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coming to Glenmont
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at Crossgates
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Health Care
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Volume XLVIII No. 11 75 cents

March 19, 2003

Eagles come close to state b'ball win

By ROB JONAS

If there is one thing the Bethlehem girls basketball team would change about this season, it's how it ended.

The Eagles reached the Class A championship game at last weekend's New York State Public High School Athletic Association tournament at Hudson Valley Community College, only to be turned away by Suffolk County champion Copiague 62-53.

"We had a winning season, and this was the best way to end the season," senior center Kaitlin Foley said. "We would've liked to win, but we accomplished more than we thought we would."

Copiague did what no other team could do against Bethlehem this season — shut down the low post combo of Foley and senior forward Jamie Mooney. Copiague's defenders clogged the area inside the three-point arc and double-teamed any Bethlehem guard handling the ball to discourage passing the ball into Foley or Mooney. When the Eagles tried to force the ball inside, Copiague defenders deflected the passes away.

"I think they shut down the inside from the outside," Bethlehem coach Kim Wise said. "Their guards are tall, so we

were tentative throwing it inside."

"That was our focus, and we focused on it so much that we allowed a couple of threes," Copiague coach Carole Olsen said.

The game started well for Bethlehem, as Sue Kelly and Emily Bango scored the first four points. Jasmine Walker put back a missed shot, and Kia Wright launched a three-pointer several feet behind the three-point arc to put Copiague ahead 5-4, but Foley scored on a transition layup to make the score 6-5.

That was the last lead Bethlehem enjoyed. Wright keyed a 7-0 run with two free throws and

a short jump shot off a steal to give Copiague a 12-6 lead after the first quarter.

"I think the key for us all year was always to get off to a good start in the first quarter, and we didn't do that," Wise said. "Our shots didn't fall."

Bethlehem rallied at the start of the second quarter. Mooney grabbed an inbound pass underneath the Copiague basket and scored on a short shot, Vanessa Patry hit from the low post and Bango made one of two free throws to pull the Eagles within 12-11. Wright sank two foul shots for Copiague, but Kelly nailed a long jump shot off an outlet pass from Mooney to bring the deficit back down to one point.

Wright did her best to silence the nearly 3,000 orange-and-black-clad Bethlehem fans by draining a three-pointer from 30 feet away, but Bango responded with a trey of her own to bring them back to their feet. Copiague finally created some breathing room for itself late in the second quarter on a driving layup by Wright and a three-pointer by eighth-grader Erica Morrow. Bango knocked down another shot from behind the arc, but Walker answered with

□ EAGLES/page 17

We would've liked to win, but we accomplished more than we thought we would.

Kaitlin Foley

Benchmark



Dan Purcell shovels snow off the benches in front of Bethlehem Public Library on Sunday, just in time for the most welcome warm weather over the weekend.

Jim Franco

Locals praise Fuller's service

By KRISTEN OLBY

When Bethlehem Supervisor Sheila Fuller wraps up her last day on the job Dec. 31, it will likely be a tearful good-bye for many town employees who have worked alongside her for the last decade. As the first woman to hold the town's No. 1 post, Fuller has gained quite a following, serving five consecutive terms that began in 1993.

"She's been the matriarch of the town now for many years," said Bethlehem Republican Committee Chairman Keith Wiggand.

"She's been a great town supervisor, and we're sorry to see her retire from the business," added Wiggand.

From water supply woes to a massive landslide, Fuller tackled a number of crises during her decade

□ FULLER/page 19

BCMS to present 'Phantom Tollbooth'

By KATHERINE MCCARTHY

If a play on words draws a grin from you, Staged Creation's performance of "The Phantom Tollbooth" at Bethlehem Central Middle School this weekend is sure to elicit a belly laugh.

Based on the book by Norton Juster, "The Phantom Tollbooth" tells the story of Milo, a young boy at home alone and bored, who is transported into a world where words and math battle for supremacy. Accompanied by a watchdog named Tock, Milo helps all the characters sort out their dilemmas. While traveling through Dictionopolis and Digitopolis, Milo encounters characters like the Humbug; Azaz the Unabridged; the Mathemagician; and the Princesses Sweet Rhyme and Pure Reason.

"The Phantom Tollbooth" is the seventh production that Staged Creations has performed. Two sixth-grade Hudson House teachers, Jennifer Grand and Sara



Eric Goldstein, left, BCMS student director, confers with Ryan Rockmore, Student tech director of 'The Phantom Tollbooth.'

Katherine McCarthy

House. Bryden does local theater and was working on two shows when she and Grand started "The Phantom Tollbooth."

Grand first came up with doing "The Phantom Tollbooth" last year when she taught the book to her students.

"I fell in love with it," she said. "There are so many different levels of humor. The kids picked up on

□ BCMS/page 14

O'Connell, founded Staged Creations to provide a theater experience for kids beyond the school musical. This year Grand, who teaches English, is working with Becky Bryden, who teaches sixth-grade math and science in Patroon



V'ville resident wants graduation site open to all

By MICHELE FLYNN

At the March 3 meeting of the Voorheesville school board, district resident Linda Conway requested that the high school graduation be held in a location large enough to accommodate all who want to attend.

"I've seen these kids grow up, and I'd like to see them graduate," said Conway.

Two of Conway's children are graduates of the high school and the youngest will graduate next year. She said she heard that the graduation planning committee has chosen the new auditorium at the high school as the site, and that attendance will be limited. In the past, the ceremony has been held in a tent on school grounds, allowing an almost unlimited number of attendees.

"I know a lot of people show up for commencement because it's part of the community," said board member James Coffin.

Later, high school Principal Mark Diefendorf said, "We built a beautiful facility, and we should use it."

He added that it was up to the graduation committee, and it had not yet made a decision.

In another matter, Kevin Kroencke, a member of the town of New Scotland's Recreation Committee, questioned the recently implemented fee schedule for the use of school facilities by community groups.

"Maybe it's just nickel and dimes, but these days every nickel and dime counts. We're probably going to have to raise our fees to cover expenses,"

Kroencke said.

"Groups inside the community should not have to pay for facility use," Kroencke said. "I think this is just wrong."

"I understand that there is maintenance that needs to be covered," he added. "We were told that if we passed this bond proposal, the community would have these facilities to use. We're already paying for it."

"We've been wrestling with a lot of issues regarding financing, and all these things will be taken under consideration," said school board president John Cole. "It's not a closed conversation. It's a community conversation."

The fee schedule is not the biggest money issue the school board is struggling with. The school district is faced with a \$421,000 loss in revenue for next year coupled with increasing costs in salaries, health insurance, retirement systems and other

items, resulting in a total \$1,238,465 increase from the 2002-03 budget year.

School Superintendent Alan McCartney outlined possible cost-saving measures, including cutting electives and supplies, eliminating whole programs instead of parts of programs and increasing class size.

One parent, Bill Corbett, had a novel solution.

"We can't afford to cut any more programs. We should come with our checkbooks," he said. "It's an investment in our own kids' future."

He said that if the school had to make too many cuts, he would end up paying more out of pocket, anyway.

"If I'm going to pay \$10,000 a year to send my kid to private school, why not put some money into the school district?" Corbett asked. "I'd be paying my school taxes anyway."

Delmar church offers Lenten prayer

Delmar Reformed Church invites the community to join in a walk throughout Lent with the use of a prayer labyrinth or a weekly prayer vigil.

Prayer vigils are held in the sanctuary on Wednesdays from 7 a.m. until 9 p.m. Individual prayer guides will be available.

The labyrinth will be available in the fellowship hall from Wednesday noon to Thursday noon until April 17.

The design or pathway is painted on canvas, which is spread out on the floor with space for more than one person at a time to use it.

Participants are welcome to walk the path at their own pace, stopping as often as they like along the way.

It may be used for 10 minutes, half an hour or more.

Geneseo singers to perform at church

Geneseo Chamber Singers will perform on Friday, March 21, at 8 p.m. at First United Methodist Church, 428 Kenwood Ave., Delmar.

A mixed chorus of 45 from SUNY Geneseo with international reputation, they will perform a mixture of sacred and secular works from Mendelssohn to Bernstein.

Admission is free.

Chamber to host business breakfast

Bethlehem Chamber of Commerce will host a business breakfast on Thursday, March 27, at 7:45 a.m. at the Quality Inn on Route 9W in Glenmont.

Brian Hannafin, administrator of the town Industrial Development Agency, will discuss efforts by the IDA to stimulate planned commercial, industrial and technological growth in the town.

Chamber events are open to everyone.

Reservations are required. A hot buffet breakfast will be served for \$9 per person, payable at the door.

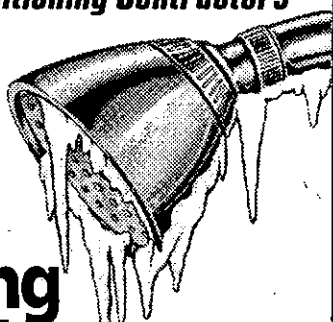
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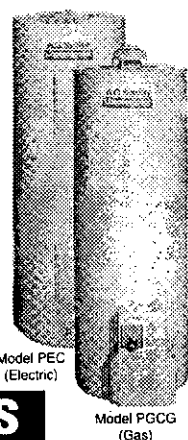
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Embroiderers' guild to meet

The New York Capital District Chapter of the Embroiderers' Guild of America will meet on Wednesday, March 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 be a mini workshop on tin toppers. Kits will be available for a small charge.

The group is open to people who are interested in the art of embroidery, from newcomers to experts.

The guild also has an evening group and a group that meets in Clifton Park.

For information, call 674-8435 or check out the Web site at www.nycapega.org.

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BC board names Glenmont principal

By RONALD E. CAMPBELL

During an interview for the job of principal of Glenmont Elementary School, Elizabeth Ahearn read the following phrases on the cover of the school's handbook: "Come curious, stay joyful, leave enriched."



Ahearn

"Those words embraced some of my philosophies about my work as an educator, and I knew it was a place I wanted to work. So I worked extra hard on the interview," said Ahearn.

She is currently assistant principal of the 650-student Gunderland Elementary School.

"She was one of 25 candidates who applied for the Glenmont opening," said school Superintendent Les Loomis.

She will start work in April. Ahearn replaces Teresa Snyder, who left Glenmont at the end of January to become superintendent of the Brittonkill Central School District.

Ahearn, who recently received tenure from the Gunderland school district, has been assistant principal of Gunderland Elementary School since 2000. She also served as interim principal of the school from November 2001 until January 2002.

Before entering school administration, Ahearn was a library media specialist at the school for 12 years. Prior to that, she held the same position in

Schenectady for eight years and served as curriculum coordinator for library and media at LaSalle School for Boys for six years.

Ahearn earned bachelor's and master's degrees from the University at Albany. She has continued her professional development with 54 graduate credit hours beyond her master's degree earned at the University at Albany, The College of Saint Rose and North Adams State College.

Her permanent state certifications include school administration and supervision, school media specialist for library and educational communications, and art.

"I have always been appreciative of the level of professional development available in the Gunderland school district and have noted the same level exists in the Bethlehem district. In addition, I have discovered the Glenmont staff to be passionate about educating young people, and I feel a nice connection developing with the staff," said Ahearn.

A Rochester native, Ahearn lives in Gunderland with her husband John and two children.

On her desk is a map of Glenmont Elementary School with the names and pictures of teachers and staff members by their classrooms, offices or other locations where they work in the building.

Not only does she want to learn the names of the adults employed in the building, but she is also dedicated to learning the names of most of the students in the little time left this school year.

Plea for peace



More than 300 Bethlehem residents participated in a candlelight peace vigil last Sunday. Shown above are Noah Coates, front row left, and Harriet Coates, and back row, Leslie Hudson, Andy Coates, Lori Coates, Peg Clement and Dan and Cadeo Rain.

Sarah Rain

Board seeks budget input from public

By RONALD E. CAMPBELL

A Community Forum on the proposed 2003-04 Bethlehem Central School District budget is scheduled for today, March 19, at 8 p.m. at the district office on 90 Adams Place in Delmar.

The forum, also a formal school board meeting, is designed to encourage dialogue with the public concerning the proposed budget that will go before voters May 20.

"As difficult a year (as) this has been, I have to give the board of

education and the district staff a great deal of credit in striking a balance between the needs of our students and the limitations of our district taxpayers," said Superintendent Les Loomis.

The year is difficult due to the massive cut in state aid to schools proposed by Gov. George Pataki. Other expenses, beyond the control of local school boards, are also impacting budgets across the state in a negative way.

These expenses include an expected increase in health insurance costs for the district of \$826,000 and a contribution to the Employee Retirement System of \$648,645.

To partially offset increased costs, spending cuts of slightly more than \$1 million were presented to the board in areas not directly related to curriculum or instructional programs.

During a discussion concerning the proposed cuts and a review of high school expenses, board member Stuart Lyman asked why the Virtual Arts Center was not more fully utilized. The board had approved more than \$300,000 for technology for the center.

High school Principal Michael Tebbano said that there had been a shift of more than 100 students from arts programs to math and science courses.

"Local school districts are losing local control over programs," said Loomis, referring to the requirement that students, starting next year, must take three math and three science courses to graduate. This requirement has caused the shift away from the arts curriculum and under-utilization of the Virtual Arts Center.

School board president Warren Stoker agreed with Loomis that schools are losing local control because of required expenditures.

"We are being mandated to death," said Stoker.

"There is a bill before the Legislature requiring that all drinking water from sources like coolers and fountains be tested annually for copper and lead,"

Stoker said.

The cost of a test at each location is \$25, and we have a fountain in every elementary classroom so it will become an added expense if the bill is approved," added Stoker.

Defibrillators are now required at every school and at school gatherings such as sports events, with district personnel trained to use them.

Acquisition of the equipment, maintenance and training of personnel adds up to a large expense item for every district.

"Now, under the federal legislation called No Child Left Behind, we have to expand our achievement testing from the fourth and eighth grade to include testing grades three, five, six and seven. Monitoring, scoring and reporting become an added expense to the district and detract from what our mission is — educating our children. Our kids always performed well before all this testing," said Stoker. "The cumulative effects of unfunded mandates is smothering us."

"From information we have received, we think that there is a possibility of some of the state aid being restored," Loomis said. "There is also a move to spread the cost of our contribution to the Employee Retirement System over a seven year period. ... These two issues may not be resolved by the time we vote on our budget on May 20 but the effects, if they are approved, can be used to reduce the effect on our tax rate."

"The third item is we are talking to the town assessor because of the likelihood that the assessed valuation of property in the town is greater than the amount we used in estimating our tax revenue," Loomis added.

The board also completed the second reading of its policy on school prayer. The federal No Child Left Behind Act requires schools to have a policy that does not prevent or otherwise deny participation in constitutionally protected prayer in public schools as a condition to qualify for federal education funds.

New Scotland honors Citizen of Year

By MICHELE FLYNN

What New Scotland resident served in the Marine Corps, has been active in the Boy Scouts since 1958, hiked all 2,200 miles of the Appalachian Trail in his senior years and volunteered for many community organizations, including Habitat for Humanity? It's New Scotland Citizen of the Year Bob Shedd.

Shedd was honored at the March 12 meeting of the New Scotland town board. He was chosen for his service to the community. The New Scotland Historical Association, Helderberg Workshop, Voorheesville Ambulance, Long Path trail maintenance, Voorheesville

Centennial, community playground, Friends of Thatcher Park and the Boy Scouts have all been recipients of his time and talent, including his carpentry expertise.

Shedd's dedication to Boy Scout Troop 73 was discussed by many in attendance, including town resident Bill Morrison, who said, "Bob was a great teacher and a practicing environmentalist."

He remembered seeing Shedd's environmental convictions in action at many Boy Scout camp-outs. "No one threw any plastic in the fire when Bob was there," he said.

"I got more out of Scouts than I put in. I got more from the town of New Scotland than I put in," Shedd said.

"When I bought a piece of land many years ago, I noticed how friendly everyone was. They still are," he added.

In another matter, it was announced that the 2003 Plum Fest will be held Sept. 20, starting with breakfast at the New Scotland Presbyterian Church and ending with supper at the New Salem Fire Department. In between, there will be yard sales, a car exhibition, a display of Eskimo artifacts and walking and

driving tours. This year will mark the 50th anniversary of the closing of the one-room schoolhouse, and there will be a reunion of graduates of the school.

In other business, the town has an opportunity to buy a 1.9-acre parcel of land on Collabek Road.

"The county is giving the town an opportunity to buy the property," Highway Superintendent Darrell Duncan said. "We can use it to straighten out the road and take out some trees," which would improve road safety. Councilman Scott Houghtaling added that there is enough savings in the highway budget to pay for it.

The town will also save money because of some detective work by Assessor Julie Nooney. Since WMHQ went from nonprofit to for profit status more than three years ago, no taxes had been collected. The tax bill was \$89,449, mostly school tax. After Nooney found the error, she was able to negotiate a settlement in excess of \$57,000.

Also, election district lines are being redrawn in the town. Approval has been granted by the county Board of Elections. Town Clerk Diane Deschenes said it will increase voters in District 1.

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The Spotlight (USPS 396-630) is published each Wednesday by Spotlight LLC, 125 Adams St., Delmar, N.Y. 12054. Periodicals postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany County, one year \$26, two years \$50, elsewhere, one year \$32. Subscriptions are not refundable.

Catching up on old and new times with good friends

By KATHERINE MCCARTHY

It's supposed to be the Windy City, but during a weekend respite with two friends from college, it was the city of numbers. Sally and I had flown out to Chicago for a girls' weekend with Cyndy, who lives there, and in two short days, all sorts of people volunteered their ages to us.

It happened first at Smith & Wollensky's, a branch of the famous New York steak house where we had slid comfortably onto three stools at the corner of the bar. For a weekend, we regressed to the 20-somethings who used to spend chunks of every weekend together. It had been far too frequent a habit to meet up after work on Fridays or finish out a Saturday night at

COMMENTARY:

*Mom's
the
Word*



Martel's on Third Avenue in Manhattan.

"I don't drink much anymore," said Sally, immersed in the back-aching phase of motherhood with 3- and 5-year-old daughters, as we hunkered in for some serious catch-up time.

"Me neither," I said, yet the leather seat under me and the wooden bar in front of me felt familiar. For just a minute, I wasn't the mother of 12- and 10-year-old sons, but someone looking forward to an evening of conversation with old friends, and maybe some new ones as well.

Oh, wait, there was a difference. In our 20s, we had been

eager to meet new people (read: men); this weekend, I only wanted to talk and talk with these two women who mean the world to me. While spending Friday night on a barstool might have felt familiar, chatting with strangers would have felt unseemly for my middle-aged mother self — not to mention unlikely, in spite of Cyndy's insistence that 40 is the new 30.

So when a group of men took up residence not far from us, we could only interrupt our non-stop conversation briefly to speculate why they were there. Bachelor party? Jump-start on St. Patrick's Day? Leather coat convention, since that's what they were all wearing?

When one detached himself to order another drink, he chatted with us briefly about wanting to switch from Guinness to something that tasted a little less like 10W30.

"I'm 43," he said, nailing our

ages right on the head, and getting only raised eyebrows and dead quiet from three women who'd been talking non-stop for the past five hours — the first time we'd all been together in nearly two years. A little while later, a work colleague of Cyndy's stopped to chat and volunteered the fact that she was 42. For a woman, we offered smiles of sympathy and support — but no raw data about our own ages.

It happened one more time, when Cyndy brought us along to a party the next day. "I'm 46," an incredibly fit, perfectly-made-up and impeccably manicured woman felt compelled to tell us. "Why is everybody telling us their ages?" Sally asked. "Is it a Chicago thing?"

Perhaps they are proud of having lived so long; perhaps they are proud that they are still in such great shape; perhaps age doesn't matter to them. Maybe they were looking for solidarity from us, hoping to check themselves against people they suspect to be in the same age range. Do they look better or worse than us? Do they want reassurances that they look great, not a minute over 35?

Did we look older than they, and they wanted verification? Did we look younger, and they were consumed with envy? Were they looking for more old people to buy into the "40 is the new 30" philosophy with them?

No math for me on a girls' weekend, please. I wanted away

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from my reality show of children, laundry, meals, wishing that all the snow were gone but dreading the leaves that lurk below, hoping to lose enough weight by July to consider buying a Land's End bathing suit with the number three leg openings and figuring out which dreams of my youth can still come true.

Cyndy, Sally and I met as college freshmen, while those dreams were still forming. Sally was my roommate for two years and Cyndy was for one. When I returned from graduate school overseas, they had already moved to New York, and while I searched for my place in the city that never sleeps, they let me stay with them for extended periods of time.

That's true friendship in a city where space is at a premium. We grew up a lot in that decade-plus that we lived in New York and had more fun than really ought to be allowed. Cyndy was the first to leave New York, heading to Chicago for work about 12 years ago. Sally left for Westchester County after she married, and eight years ago, we opted for the lifestyle change that brought us to the Capital District.

So no more New York City Friday nights, and as children and careers take up the bulk of our time, the three of us rely on quick telephone conversations, reunions and the Internet to keep the threads of our lives woven together.

When we lived in New York, we used to talk a lot about how we imagined our futures. During past reunions, we've reminisced a lot. This weekend, our current lives were our main topic, and for Sally and me, it was great to step out of our suburban lives, walk around a city and choose dinner from a wide variety of choices. We wandered Michigan Avenue, dodged St. Patrick's Day parade-goers and marveled that the Chicago River really is dyed green for this Celtic holiday.

More important than what we did, was that we were together. We have shared more good times than bad, and it is a gift to fall back into the kind of lasting ease that comes rarely among friends. Curled up on the couch in Cyndy's den, watching "Bridget Jones's Diary" and sighing over Colin Firth's soulful eyes, it felt like we'd never been apart. There's comfort knowing that when 50 is the new 40, and 60 is the new 50, we'll still be able to pick up our friendship and make it one of the strongest parts of the fabric of our lives.

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Farm Family Holdings announces promotions

Gregory V. Ostergren, director of multiple line for the American National Insurance Cos., chairman, president and chief executive officer of American National Property and Casualty Co. (ANPAC), a subsidiary of American National Insurance Co., and chairman of Farm Family Holdings, Inc., has announced the appointment of Timothy A. Walsh to the position of president and chief executive officer of Farm Family Holdings, Inc. and its subsidiaries.

Walsh will also continue to serve as the chief financial officer for Farm Family. Walsh joined Farm Family in 1995 and has served as the executive vice president, chief financial officer and treasurer since 1996.

In addition, Philip P. Weber, the former president and chief executive officer of Farm Family, has been appointed to the position of executive regional director of Farm Family, with chief responsibility for Farm Family's field operations and market

intelligence in its 12-state territory.

Weber has also been appointed chief commercial lines operating officer within the entire American National Family of Cos., with the expanded responsibility of working with ANPAC's field force of approximately 1,500 career agents to serve the agribusiness and commercial lines markets throughout the United States.

Weber joined Farm Family in 1978. He has served as an agent, agency manager, senior vice president of marketing and operations, and has been president and CEO since 1996.

Making the announcement, Ostergren said, "I have made these appointments in order to lead the Farm Family and American National field forces in growing and developing the agribusiness market, maximizing multiple-line sales and serving the needs of the total client. Tim and Phil have worked very closely during the past few years, and I am confident in their leadership

abilities to help us conquer the challenges of the future."

Commenting on his appointment, Walsh said, "The new responsibilities which Phil and I have assumed reflect the opportunities we see in the agribusiness and commercial lines markets across the nation. Our new positions will allow us to better focus our energies to achieve our goal of becoming the

premiere insurance company for the agribusiness and related rural and suburban communities in the United States."

Farm Family Holdings, Inc. is the parent of Farm Family Casualty Insurance Co., Farm Family Life Insurance Co., and United Farm Family Insurance Co., which have headquarters in Glenmont and operate in 12 northeastern states.

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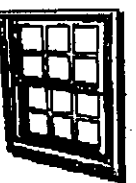
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Matters of Opinion

Shape up

About this time of year, every year, we begin thinking of shedding clothes and pounds of excess flesh brought on mostly by inactivity throughout the winter months.

The recent warm spell was a reminder that spring is actually less than a week away and that those piles of filthy snow will actually disappear before May — we hope.

So now is the time we resolve to be svelt by the time bathing suit season rolls around. But all too of-

ten to achieve our goals, we begin exercise campaigns that are doomed to failure or even worse. We hit the bricks determined to slim down in a hurry. We begin a rigorous jogging, walking or biking routine and then pull a muscle or get shin splints that send us back to couch potato land in a hurry.

To avoid injury, avoid plunging into an exercise regiment. Begin slowly — especially if you haven't moved much during the winter. See your doctor and get a physical first. Check out local health clubs to see if they have a package that suits your needs.

If you prefer walking or jogging, set realistic goals for the first few weeks. Work your way up to longer distances gradually. This approach will likely produce better results in the long run. A five-mile walk/run on the first day can spell disaster for your body and your determination. You don't need to punish yourself unnecessarily.

Now is also the time to take a cold, hard look at your diet. All the exercise and good intentions aside won't overcome months of indulging in comfort food that tends to run calories up like credit card debt. Keep in mind that most fast food tends to be less than nutritious at best.

Your doctor or nutritionist can help you get on track as far as developing more healthy eating habits.

This week's Health Care supplement has some good advice for those who are looking to get or stay in shape.

The important thing to remember is moderation in your approach to an exercise program and in the kinds and amounts of food you consume.

Set realistic goals. This will help you succeed in whatever program you choose to follow.

Good luck!

Editorials

Peace is a patriotic pursuit

By DAN RAIN

The writer is an educator and member of Bethlehem Neighbors for Peace. He lives in Delmar.

Bethlehem Neighbors for Peace (BNP) is an organization of local adults and youth who are currently working for a peaceful, diplomatic solution to the crisis in Iraq. We are teachers, students, doctors, lawyers, social workers, business people, parents, grandparents, military veterans and longtime peace activists.

BNP was formed less than two months ago and already has more than 200 members. While our group's membership is broad and represents the full political spectrum, we are on average a mainstream group of Americans: local residents compelled into action by our country's current path towards a dangerous and unjust war against Iraq.

We believe that helping our government avoid the disastrous consequences of this war is a vital and patriotic act. Our convictions stem from our love for our nation and our nation's long history of dissent; from the Declaration of Independence to the struggles for a woman's right to vote; from Thomas Jefferson to Martin Luther King Jr. Most Americans would include freedom and democracy in what they love most about our country.

Our First Amendment freedoms of speech and peaceable assembly are perhaps our most fundamental, and the very foundation of democracy is citizen participation. Our government derives its just powers from the consent of the governed. And in this case, a clear majority of Americans oppose a war against Iraq as planned by the Bush administration: a war without the strong support of our allies or the United Nations that would incur substantial U.S. military and Iraqi civilian casualties.

Bethlehem residents, like those in countless towns and cities across the nation and around the world, are saying "no" to this war. We believe this war diverts our attention from a host

Point of View

of domestic issues and will do nothing to stop international terrorism. As the CIA predicts (and common sense concludes), it will likely lead to an increase rather than a decrease in terrorism.

This war could cost up to \$1.6 trillion (U.N. estimate), at a time when our economy is failing. Untold numbers of American troops may be killed, injured or exposed to long-term diseases due to depleted uranium and other chemical and biological exposure. The United Nations estimates that at least 500,000 Iraqi civilians could be killed and countless others will be wounded and left homeless.

We want our nation's resources to be used to support schools, health care, jobs, housing and the elderly. Our nation can be a world leader for peace through diplomacy without sacrificing our security. As former President and Nobel Peace Prize winner Jimmy Carter stated, this war undermines international law as well as basic moral principles. As Pope John Paul II recently wrote to President George W. Bush, "A war on Iraq would be a failure for humanity."

We want to support our troops the best way possibly by bringing them home now. Many combat veterans agree. Col. David Hackworth, one of the most decorated soldiers in our history, stated: "Having thought long and hard about war with Iraq, I cannot find justification. I don't see a threat. In no way does the situation in Iraq affect my nation's security." (Jan. 24 *Newsday* interview.)

A war on Iraq is a clear violation of international law: "The U.N. Charter outlaws the use of force with only two exceptions: individual or collective self-defense in response to an armed attack, and action authorized by the Security Council as a collective response to a threat to peace."

The doctrine of pre-emptive self-defense against an attack that might arise at some hypothetical future time has no basis in international law. Neither Security Council Resolution 1441 nor any prior resolution authorizes the proposed use of force in the present circumstances, said Tam Dalyell, 41-year member of British Parliament.

Let's meet some members of Bethlehem Neighbors for Peace: Jim and Leslie Hudson have lived in the Bethlehem since 1970. Jim is retired from Parsons Child and Family Center, and Leslie is a retired teacher. This is the first time they have been publicly politically active. The Hudsons believe, "This war is leading us down a road that there will be no return from; that will result in the loss of our humanity forever."

Hy Curtis is a World War II veteran and retired history professor. He is opposed to this war "because we have a United Nations, and under international law, the mandates from the Security Council rule. It's a

dangerous, dangerous step to go around the law — and will lead to unknown consequences."

His wife Marion is retired from the state and owns a local business. She says that she joined BNP because "I feel like we're going to war for reasons that are not substantial, especially when you think of the lack of credible evidence that's been given. It's not in our best interest for the world to see us as precipitating a war."

Hannah Lewis is a senior at Bethlehem Central High School and a member of Students for Peace and Survival, which organized a Teach-In about the war on March 18. Since many students walked out for Peace March 5, she has seen her classmates become more involved in the issue and hopes that the forum will help further educate and motivate students and the community.

Andy Coates, a physician, and his wife Lori have three children.

"Opposing this war is the right thing to do: a pre-emptive war against Iraq lacks moral, legal and political justification," Andy said.

Lori added, "50 percent of the Iraqi population is children under 15. We also oppose the war as parents."

Like many Americans, Dawn Marar's family flies a U.S. flag at their home. And like many BNP members, Marar said she believes "It is patriotic to oppose a war if it does not reflect the precepts upon which this country was founded."

This issue strikes closer to home for the Marars than many of us; they have relatives in the Middle East.

Bethlehem Neighbors for Peace holds weekly peace vigils Mondays from 5 to 6 p.m. at the Four Corners in Delmar. We invite everyone to join us.

BNP has also organized a Community Forum on Iraq for Sunday, March 23, from 2 to 4 p.m. at First United Methodist Church, 428 Kenwood Ave. This forum will feature three well-known panelists and is an opportunity for the entire community to discuss this important issue. In the event of an escalation of war, we will rally at 5 p.m. that day (or the next day, if war begins after 5) and march to express our sorrow, outrage and dissent. Park and meet at the Delmar Presbyterian Church, 585 Delaware Ave., or join us anywhere along the route: northeast along Delaware Avenue to Elsmere Avenue and back.

For information about BNP, call 439-1968 or e-mail bethlehemforpeace@yahoo.com. On Sunday, 325 people joined Bethlehem's observance of a worldwide candlelight peace vigil. We gathered in a somber and beautiful observance of peace and demonstrated the collective power of people acting out of love and hope. The local churches, who have supported all of our efforts enormously, helped inform people of this very last-minute event. We want to especially thank Delmar Presbyterian, First United Methodist and Delmar Reformed and everyone who has or will join our efforts.

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Matters of Opinion

Consider fluoride for what it really is

Editor, The Spotlight:

In the March 12 issue of *The Spotlight*, Mr. Charles Gridley refers to the "ugly specter" of water fluoridation and boils it down to a simple matter of freedom of choice as he rails against it.

He doesn't want it, feels he doesn't need it, might even be afraid of it, so of course it should not be arbitrarily added to our water supply. All very logical.

I would propose to Mr. Gridley and others who might be of like mind that they consider other situations and how that same logic should be applied.

For example, 5 percent of the U.S. population served by community water sources, or approximately 10 million residents receive water that is naturally fluoridated at or above the recommended levels known for dental benefits.

If someone of Mr. Gridley's persuasion asked the town board in one of these communities to remove the fluoride, whose freedom would possibly be infringed upon? Would someone of my persuasion be writing a letter to the local paper denouncing the "ugly specter" of defluoridating the water?

The above example, as far as I know, has never been acted out. However, here is a real-life situation: In several communities

in the Carolinas, the natural water supply contains up to nine times the recommended level of the fluoride ion. Local governments in some of these communities are currently locked in fights with the EPA, which has required them to reduce the fluoride to a level no higher than four times the recommended beneficial level. The townspeople don't want to remove any of it because it is expensive to do so. It has been that way for many generations, and there is no downside the townspeople can see to the higher levels. Again, whose freedom is being infringed upon?

Fluoride is the normal ionic form of the element fluorine. In nature, it is almost always in a mineral salt form with metal ions such as calcium, magnesium, sodium or even more complex forms.

Yes, in extreme quantities, it is toxic. As are all the other ingredients I listed. All these minerals in minute quantities are also beneficial, even essential to life.

Calling fluoride a "highly toxic industrial waste product" is absurd. Let our Bethlehem town board consider it for what it is. After all, they have to do something, since we are already importing that "toxic" stuff from Gunderland.

Joseph J. Hart, D.M.D.
Delmar

Column critic was dead wrong

Editor, The Spotlight:

I was so stunned when I read Paul Tick's letter attacking Katherine McCarthy's Feb. 19 Mom's the Word that I had to reread the piece. Her commentary was, as I remembered, a sensitive comparison of two generations and their experiences with war. It was not the political, pro-war statement that Mr. Tick made it out to be.

Actually, if anyone was getting political, it was Paul Tick, who wrote that Ms. McCarthy "misleads her readers" and "does not tell them that" blah, blah, blah. I'd like to do the right thing, which is to ignore Mr. Tick, but I cannot.

As his launching pad, Mr. Tick apparently objects to Ms. McCarthy's analogy between pre-World War II appeasements of Hitler to the current, sad U.N. debacle over Saddam Hussein's defiance. Excuse me, that's not politics, that's history. It's not too difficult for most of us to come up with a long list of striking similarities. Maybe not if your political motives get in the way of clear thinking.

Mr. Tick states that Colin Powell and his U.N. presentations lack credibility and he adds an accusation that Powell was "involved" in "Contragate."

I had not heard this leftist

mantra before, so to check it out, I ran a "Google" Internet search using the words "Colin Powell, Iran and Contragate," and guess what?

I found this topic was mainly discussed on a group of conspiratorial and left wing Web pages, such as the International Socialist Review. It does not take more than a few mouse clicks from these pages to read some "Bring America to its knees" opinions. Try it yourself. What is Mr. Tick's source of evidence on "Contragate" and our secretary of state? Is Colin Powell a liar?

Ms. McCarthy's article did not "link" the World Trade Center attacks to Iraq as stated by Mr. Tick, other than the one sentence that happened to mention both Sept. 11 and Hussein, which both are big American concerns. This was hardly "misleading."

I'll add that it would be not only misleading, but wrong to state that Iraq has not been involved in an attack on the WTC. Saddam Hussein's fingerprints are all over the 1993 WTC bombing, as many credible sources have documented in detail. Try the Federation of American Scientists (www.fas.com).

Tick says that sanctions and inspections have made Iraq a weak and isolated nation. Saddam Hussein has made Iraq a weak

and isolated nation by nearly complete refusal to disarm in accordance with his 1991 surrender and more U.N. resolutions than we need.

Hussein continues to defy these requirements, even with hundreds of thousands of our soldiers poised at his borders to insist on Iraqi disarmament. Some of us remember the 1991 Gulf War, when the United States and a few others insisted that Hussein's brutal conquest of Kuwait would not stand. The Gulf War was not, as some war opponents accused, a U.S. oil grab. The Kuwaitis got their oil wells back, once we put the fires out.

Today is not a great time for divisiveness or to "keep the American Revolution alive" as some of those Web links advocate. Very soon, it will not be the time for any of that. We have a quarter million of our finest people waiting in harm's way and in sandstorms, while France guarantees to veto putting teeth into any U.N. resolution. Americans don't want war, but it must be done. (There's one similarity to World War II).

Honest opposition to the use of force is an American right. Tick's letter borders on something else.

Kevin Phelan
Clarksville

Letters policy

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

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



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Matters of Opinion

March onto Feestelijk's bandwagon

Editor, The Spotlight:

Some years ago, the Rolling Stones' Mick Jagger and Keith Richards wrote these lyrics, "This could be the last time, maybe the last time, I don't know."

The song came back to haunt us recently as Bethlehem's Feestelijk committee labored over the details of planning our community's seventh annual celebration of music, dance and children's activities.

On Saturday, May 3, hundreds of people wearing Feestelijk buttons at a dozen venues around town, will get to see among others: The Swing Docs, Hair of the Dog, Selkirk's own Dublin Train Wreck, Ed Stander, the glass player; Jeff Gonzales and The Jazz Factor. There will also be arts and crafts, clowns and live animals — anything you want, we've got it!

So why are we worried this might be the last time? Because

our volunteer pool is shrinking. New faces, fresh ideas, more committed Bethlehem people are desperately needed if Feestelijk is to continue. It just doesn't happen — months of planning, fundraising, publicity and just plain grunt work go into something like this. Let's face it, it's a labor of love.

We love music and creative arts, our kids and our community. Some of the Feestelijk volunteers have been coming back for years

to oversee the project. Are there others who have a few hours to spare and can share the burden?

Please don't let Feestelijk disappear — we urge you to get on board now, so you can become part of the process and help carry it on next year and beyond.

To help, call Vicki Morrell at 439-0512 or the Feestelijk voice mail at 439-4244.

Vicki Morrell
Delmar

Graduation committee seeks donations

Editor, The Spotlight:

For the past 11 years, it has been the tradition for the parents of the members of the graduating class at Bethlehem Central High School to throw an all-night, alcohol-free farewell party following graduation.

At this year's celebration, we will provide a fun-filled, memorable night of food, music, dancing, games and entertainment. Most important, we will offer an opportunity for graduating seniors to celebrate this momentous occasion with friends in a safe, supervised location. Additionally, a number of prizes will be awarded during the evening, including a \$1,000 grand prize at the end of the celebration.

Last year, local and area merchants donated more than 100 gifts! Prizes ranged from gift certificates to the grand prize and included all levels in between.

We are so grateful to all who have donated in the past. We hope you will participate by donating either a gift that is appropriate for a high school graduate ready to start college or a job or make a monetary contribution. We expect 400 students to attend this year's party and would like to have as many gifts as we have had in past years.

All donated gifts are displayed in the high school during the last week of school. Additionally, participating businesses will be acknowledged in the *The Spotlight* and in our Graduation Celebration program distributed at graduation. More important, you will be joining the parents, other local merchants, professionals, civic organizations and religious leaders who are donating money, time or gifts to make this most memorable night a success. This, in turn, contributes to the overall quality of life in our community.

To make a donation, call Glenna Grant at 439-8228 or Eileen Pasquini at 439-4659

On behalf of the Graduation Celebration 2003 Committee and especially on behalf of the members of the class of 2003, thank you for your support.

Glenna Grant and Eileen Pasquini, fund-raising co-chairwomen and Laura Swiatowicz and Debbie Ennis, Graduation Celebration co-chairwomen



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

Matters of Opinion

BCMS production brings out best in community

Editor, The Spotlight:

One of the pleasures of living in a small community is the way everyone comes together to create success, and last month's musical production, "Honk, A Musical Tale of the Ugly Duckling" was just such an event.

It was a wonderful experience in creative energy generated by talented students, devoted Bethlehem Central School District staff and hard-working parents.

The generous support of area businesses cannot be overestimated. We would like to thank

ADSPEC Marketing, Albany Theater Supply, Capitol Repertory Theatre, Clifton Park Rental Center, Cookies by Design, Curtis Lumber, Friendly's restaurant, GBS, Inc., Main Square Merchants Association, Mr. Subb, Park Playhouse, Party Warehouse, Pizza Baron, Price Chopper, Shapiro's Formal Shop, Sheila Bouchard, Staged Creations, Stewart's Shops and Sweet Melissa's.

Susan Birkhead and Alison Kurtessis
post-production party co-chairwomen

Dire need for medical items

Editor, The Spotlight:

Last fall, the Orphan Grain Train received wonderful support from the community in its collection of health related materials.

Many canes, crutches, potty seats and walkers and other items were collected.

There is still a dire need for

these items. Arrangements have been made to receive them as they become available. Items can be dropped off at First United Methodist Church on Kenwood Avenue. For information, call me at 439-2517

We thank all of you for your support.

Bob Zick
Delmar

Y fund-raising chair awed by results

Editor, The Spotlight:

I recently served as chairman for the Capital District YMCA's Annual Reach Out for Youth Support Campaign. My experience left me with an overwhelming feeling of pride to be a member of the Capital District community — a community that I feel deserves to be recognized for its tremendous contributions to children in our area.

More than 600 members of the greater Capital District volunteered six weeks of their time and effort to the YMCA's 2003 annual campaign. This campaign provides funding to scholarship children and families too critical YMCA programs and services. The Capital District YMCA is open to everyone, and no individual is turned away because of their inability to pay.

Day in and day out, I watched the campaigners rally together to raise the funds needed to reach this year's campaign goal of \$818,000. A goal aimed at providing critical financial assistance to many children and families in our community.

A goal that would provide them

with life-changing opportunities that might otherwise be out of reach for them. Opportunities like the chance to attend YMCA Camp Chingachgook on beautiful Lake George — a place where children are engaged in friendship, teamwork and the opportunity to explore the environment.

My hopes were high for this campaign because I knew I had an outstanding team of volunteers.

As the campaign drew to a close on March 1, I found myself overwhelmed with feelings of

admiration toward these volunteers.

Together with private and corporate support, our campaign volunteers were able to surpass our goal, raising a record \$913,000 for the Capital District YMCA.

I am honored and proud to be a member of such a wonderful and caring community. A community that has just made a profound impact on area children and the Capital District YMCA.

Steve Malinowski
Delmar

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Matters of Opinion

4-Corners clock a plus Town should look at bigger picture

Editor, The Spotlight:

This letter is in support of and appreciation for the plan to erect a clock at the Four Corners.

As a child of the '50s in Delmar, I remember the times when clocks were a prominent thing up and down Delaware Avenue. During the 1950s, clocks were seen in many shop windows or at gas stations. It was a time when you didn't need a wrist watch because as you walked along Delaware Avenue, you never went a block without seeing a clock to remind you how late you were getting home.

Many advertising radio stations — WOKO and WABY — were prominent along with the businesses with clocks pushing their own products or services. A real estate office had one that had the words "Time to buy a new house?" surrounding the clock face. They were usually designed

with a neon stripe or two around the outer edges so they could be read at night and were more noticeable.

During the 1960s, these advertising clocks were phased out, but we still had ways to tell time. As the town grew, so did the number of banks along Delaware Avenue. These banks took up the challenge of keeping us on time. On a recent day, I took a drive down Delaware Avenue from the high school to the Taste Freeze and did not see a clock on a single building or business.

The loss of "public" clocks was probably due in part to the improvement of vehicle clocks over the years.

The clock at the Four Corners will fill this void and add a beautiful greeting to people passing through town for the first time.

Lars E. Allenson
Delmar

Editor, The Spotlight:

Recently, the Bethlehem town board approved construction of a major commercial development, the Town Center project, as well as major residential developments. The town continues to debate the Waste Management project in South Bethlehem and is working through our IDA to attract additional commercial development into our community. As we proceed, I feel that the town needs to revisit the larger picture of how growth is unfolding in our community. We need to plan for and help direct future development and we need to seriously consider protecting the remaining open space we now enjoy.

According to calculations provided by the Bethlehem Central School District, assuming only one new Bethlehem Central School District student per single-family dwelling, a total of \$5,874 must be raised annually by local taxes to educate that student. A newly constructed home must be assessed at \$370,600 or more in order for the taxes from that property to cover the cost of educating that one student.

As we continue to add houses to the town tax roll that are assessed for less than this amount, the school tax base will continue to erode, creating the potential for increased school

taxes each year. In addition, we are creating greater demands on our town services and the infrastructure upon which we depend. Planning to support future residential growth relative to traffic, water, sewer and esthetics, is essential.

Commercial development is encouraged in some corridors of Bethlehem to help shore up the tax base. Other communities, both regionally and nationally, have demonstrated that this approach may not be the "white knight" residents are looking for to support the residential tax burden. In fact, studies indicate that communities with defined open space plans and planned development enjoy lower taxes and stronger home resale values.

I believe that our community must look very seriously at these issues and begin a dialogue regarding community planning and open space preservation.

Recently, many communities in the Capital District have taken steps in that direction to both maintain community character and address the cost of growth.

Without a plan, Bethlehem may well find itself the "community of last resort" for development that is restricted elsewhere. Even worse, without planning and open space

protection we may find that in the not too distant future, our town is lacking both its identity and the sense of community we cherish.

I am not a "no growth" advocate, nor is it my goal to criticize our community leaders.

I do feel strongly however, that growth needs to be better managed, open space needs to be more actively protected, and that town leadership from all sectors needs to be proactive in this regard.

A moratorium on future residential development might be an appropriate starting point toward this end. We could then begin to protect our existing open space until we put into place a plan for future growth.

As we enter another election year, we as a community should encourage this debate and ensure that we elect leaders attentive to this concern and familiar with similar efforts throughout the Capital District.

The answers are not easy and the debate may be challenging, but I believe that, in the end, our community will be a better place for having taken the initiative.

Jack Cunningham
Delmar

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Bethlehem announces appointments of 2 new police officers

By KRISTEN OLBY

The town of Bethlehem has two new police officers keeping a watchful eye on the neighborhood. Officers Adam Cobb and Michael Cozzy were officially sworn in as members of the Bethlehem Police Department on Monday, March 10.

The new officers fill vacancies created by two retirees. In August

2002, Joe Mastriano retired from the force after 24 years on the job, most recently working as a detective. This past January, Wayne LaChappelle retired from the position of canine officer after more than 24 years with the department.

Cobb and Cozzy are both graduates of Hudson Valley Community College's law enforcement training program.

Cobb has worked as a village of Greenwich police officer since 2001, while Cozzy has been a deputy with the Albany County Sheriff's Department since 2001. Both officers must reside in the town within 30 days of their appointment to the force.

The Bethlehem Police Department works closely with the police training academy and, according to Chief Richard

LaChappelle, both Cozzy and Cobb showed exceptional promise while they were still students.

"From the start they were really smart, we just knew there was potential with them and we were very pleased to see them apply," said the chief.

For the next six to 10 weeks, the two new officers will train with an individually assigned officer to

become acquainted with the town and department.

Cobb and Cozzy will earn annual salaries of \$37,077. The Bethlehem Police Department now has 40 officers.

The department still has one vacancy.

LaChappelle said he expects that position will be filled within the month.

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Local man to present program on Iraq

Joe Quandt will be presenting a program called "On Baghdad Street" at the library at 7 p.m. on Thursday, March 20.

The public is invited to hear this versatile actor/educator relate the story of his recent personal journey to Iraq.

Music lovers in the community should be saving the afternoon of March 30 to attend the Harbinger

**Voorheesville
Public Library**



of Spring classical music concert featuring Albany Pro Musica.

Come early and learn about the Library Friends at a short Friends of the Library annual meeting which begins at 1:30 p.m.

Refreshments will be served and music lovers of all ages are welcome.

"Approaching the College Search: A Guide for Parents," will be presented at 7 p.m. on Monday, March 31, under the direction of Sally M. Ten Eyck, certified educational planner.

Registration is necessary. To sign up, call the reference desk at 765-2791.

Petitions are available for an upcoming seat on the library board of trustees. Anyone over age 18 who lives in the Voorheesville Central School District is eligible to serve.

Candidates can pick up a petition at the circulation desk at the library and return it with 25 signatures by April 16 to appear on the May ballot.

A note on logging into your personal library records from the Web site online: You must type in your library card number without the spaces that appear on the card.

You will then be asked for your personal PIN number. If you need assistance, call the reference desk.

The Bookworm, the library newsletter, is delivered to all residents of the Voorheesville Central School District.

If you are not receiving the newsletter by mail and would like to call 765-2791 and give the library your address.

Barbara Vink

Historical group to hear speaker

The town of Bethlehem Historical Association will hold its monthly meeting on Thursday, March 20, at 2 p.m.

Charles Gehring, director of the New Netherland Project will discuss "New Light from Old Papers."

The meeting will be at the Cedar Hill School House, 1003 River Road Selkirk. The public is welcome.

For information, call 478-7247.

Fire Co. to serve fish fry dinners

New Salem Volunteer Fire Department will hold its annual fish fry dinners on Fridays through April 18 from 4:30 to 7 p.m. at the firehouse on Route 85A in New Scotland.

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



Dinners will include a fish fry or clam roll, french fries, baked potato, coleslaw and a beverage. New England clam chowder and dessert will also be available for \$1.50 each.

Eat-in dining is offered, or takeouts can be ordered by calling 765-2244.

The cost is \$6.50 for adults, \$6 for seniors and \$4 for children under 12.

Faculty to face FLY-92 DJs

The faculty of Voorheesville will play the DJs of FLY-92 in a basketball game on Thursday, March 20, at 7 p.m. in the new gym.

The event is sponsored by the Future Business Leaders of America.

PTA to discuss funding for projects

The next PTA meeting will be held at the high school on Thursday, March 20, from 6:30 to 7:30 p.m. (Note time and location change).

The PTA will discuss funding for drama and camcorders. It will also talk about a proposal to eliminate the valedictorian and salutatorian at the high school, and instead recognize students in the top 10 percent of the graduating class.

Village board to meet

The Voorheesville board of trustees' next regular meeting will be Tuesday, March 25, at 7 p.m. at the village hall, 29 Voorheesville Ave.

Preschool has openings for 4-year-olds

Voorheesville Community Preschool (4-year-old program) still has openings for the fall.

For information, call 765-3028.

Library schedules college search program

Voorheesville Public Library will host a "Guide for Parents Approaching the College Search" on Monday, March 31, at 7 p.m.

Parents who are wondering what they can do to help their children plan ahead for the college search will find this program informative and reassuring.

A panel of experts will be there to discuss many issues.

Firefighters plan Vegas Night

The Voorheesville Fire Department will hold a Vegas Night on Saturday, March 29, from 8 p.m. to midnight at the firehouse on Altamont Road.

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Various library exhibits help to usher in spring

A mixed media exhibit by Eleanor Patton is on display in the northwest lobby area this month. Patton's art is as much about the creative process as the finished product.

Her pastels are painted on toned pastel and watercolor papers with a watercolor



underpainting. Acrylics are painted on YUPO, a smooth-surfaced Japanese synthetic paper. Collages painted on watercolor paper include acrylic elements and various textural and symbolic objects.

The artist finds inspiration in the beauty of the towns, wildlife and private gardens of this area. Her travels around the coast of Maine have also supplied her with unlimited subject matter.

A resident of Westerlo, Patton is a member of several regional

art associations. Her award-winning work has resulted in solo shows and private commissions.

Photography

Victor Grant's photographs are on display in the southwest lobby area. Grant received his first camera before his 10th birthday and has been taking pictures ever since.

He said he trusts that the scenes he captures "will bring back visual life experiences for the viewer."

His exhibit includes photographs from 1977 to the present, of locations ranging from the Capital District to the Caribbean and Italy. He uses a Minolta 101 and develops and prints all of his black-and-white photos.

Grant was the photographer for *Empire Plaza Magazine* in the late 1970s and '80s. His freelance work has included photography for the Albany/Colonie Chamber of Commerce, WMHT, UAlbany and the American Red Cross. He

is a retired high school band director who still gives private music lessons.

Other displays

Bethlehem Opportunities Unlimited has assembled a bulletin board display with information and handouts about their annual auction, which will be held this year on March 21.

Exhibit cases in the library feature the history of the Daughters of the American Revolution and the handiwork of the Delmar Craft Club.

Upcoming programs

Tomorrow, March 20, at 7 p.m., Ray Houghton presents "A Revolutionary Walk Along the Champlain Canal," a multimedia show tracing the British invasion of 1777 from Bethlehem to Lake Champlain Marina.

Houghton is a retired college professor with more than 20 years of teaching experience.

Therapy dogs Jake and Rummy bring their person, Iris Bartkowski, to talk about what

they do for a living in "Heal! How Therapy Dogs Do Their Job" on Saturday, March 22, at 2 p.m. Demonstrations, training tips and on-the-job stories are featured. The program is appropriate for children in kindergarten and up.

Next Friday, March 28, at 2 p.m., Ann Chapman, Ph.D., will talk about enhancing health and well-being in a program called "Increasing Health and Joy." This program is co-sponsored by Bethlehem Senior Projects.

Call 439-9314 to register for

these programs.

Second public meeting set

A second public meeting to discuss the library's proposed facilities renewal project and upcoming referendum will be held on Monday, March 24, at 7 p.m. in the Community Room.

Information and a comments form can be found at the reference desk and on the library's Web site, www.bethlehempubliclibrary.org.

Louise Grieco

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BCMS

(From Page 1)

some of the slapstick, and the word plays will appeal to middle school and high school students and most adults."

Grand said she tries to alternate between children's literature and young adult literature when choosing the plays for Staged Creations. She said that "The Phantom Tollbooth" provides a nice counterpoint to last year's more serious production of the children's classic, "The Velveteen Rabbit."

Grand and Bryden held the

first meeting for "The Phantom Tollbooth" before the December break, and cast it in January. Seventy-five kids are working on the play; 37 of them are in the cast and the rest are working on the tech crew. Cast and crew rehearsed three times a week until March, when they increased the number of rehearsals to six times a week.

"It's fabulous working with the kids outside of the classroom," Bryden said. "The relationships that develop among the kids are great," Grand added. "There are no boundaries; there's no sense

of what grade or house they're in. They really come together as one group."

Grand and Bryden credited two kids with making a difference on the play, Eric Goldstein and Ryan Rockmore. Goldstein is the play's student director and Rockmore is the tech director. Both are eighth-graders who wrote letters of interest for the position.

"I've run the rehearsals and helped with lines," said Goldstein, who has performed in past performances. "I've been at all the rehearsals. Before, I only knew a little part of the plays. Now, I can see the whole thing."

"I've worked on props, lights and designing the sets," Rockmore said. "It's been a nice

challenge, and I've learned a lot more about what goes on behind the scenes."

Both are ready for the show to be performed. "A couple of weeks ago, it looked a little iffy," Goldstein said. "We've made a lot of progress."

Alexis Carpinello will be playing Milo, David Amiri is Tock, the watchdog and Binijukta Sen is the Humbug.

"The Phantom Tollbooth" will be performed Thursday through Saturday, March 20 to 22, at Bethlehem Central Middle School, 332 Kenwood Ave. The show starts at 7 p.m. each night. Admission is \$4 at the door. Friday evening's performance will be interpreted for the deaf and hard-of-hearing.

Art sale on deck at church

The fourth annual Slingerlands Community Art Sale will again feature paintings from well-known local artists featuring familiar scenes and subjects.

On Saturday and Sunday, April 12 and 13, paintings from the Bethlehem Art Association and The Village Artists will be on display and for sale at Community United Methodist Church in Slingerlands.

A portion of the proceeds will be a donation to the church.

Desserts and other baked delicacies, homemade by church members, will also be available for sale.

Participating artists include Jean Eaton of Voorheesville, who focuses on paintings of local birds; Ray Decker of Slingerlands, who concentrates on flora compositions; and Bob Lynk of Delmar, who features barns, animals and scenic vistas.

The work of Joan Mullen, Carol Schlageter and Barbara Wooster will also be featured.

Sale hours are from 1 to 5 p.m. on Saturday and 11 a.m. to 2 p.m. on Sunday.

Admission is free, and the public is welcome. The church is located on 1499 New Scotland Road.

For information, call 439-6472 or 439-1766.

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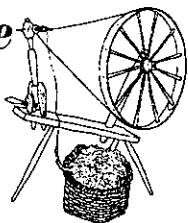
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created.

To help consumers, New York Energy SmartSM programs are designed to

services. These programs help consumers better understand their energy use resulting in energy and money savings. To guide New Yorkers towards these benefits, New York Energy SmartSM programs offer

certain financial incentives and assistance for residential customers, retailers, manufacturers and builders. These programs strive to

increase consumer demand for energy-efficient products and services while building an infrastructure to supply and deliver them.

Within this list are several New York Energy SmartSM programs offered to residential New Yorkers. Look for more information in upcoming stories on each of these programs.

New York Energy SmartSM Residential Programs ENERGY STAR[®] Products Program

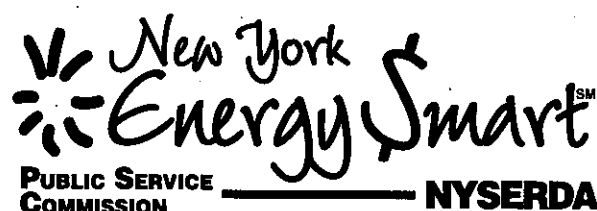
Increases promotion, sales and availability of ENERGY STAR[®] -labeled consumer



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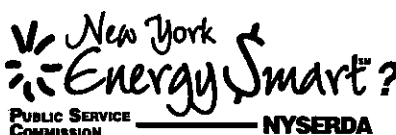
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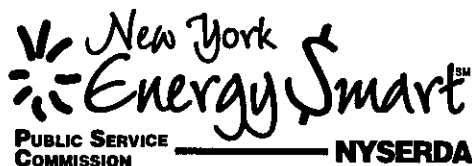
If not, you should be! New York Energy SmartSM offers great ideas, easy steps and innovative programs to help New Yorkers cut their energy use, reduce air pollution and save money through increased energy efficiency.

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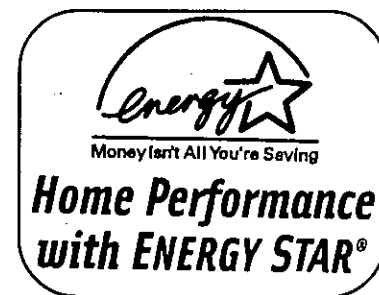
Visit www.GetEnergySmart.org or call 1-877-NY-SMART for information on residential programs.



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All New York Energy SmartSM programs are funded by the System Benefits Charge (SBC). The SBC is paid by electric customers of Central Hudson, Con Edison, New York State Electric and Gas, Niagara Mohawk - a National Grid Company, Orange and Rockland, and Rochester Gas and Electric.

The New York Energy SmartSM programs will evolve to adjust with the economic and conservation needs of our state. Future stories will cover, in greater detail, the programs we feel are of particular interest to you, the readers. We hope you will enjoy these stories and find our programs beneficial.

For more information about New York Energy SmartSM programs visit our website www.GetEnergySmart.org, or dial 1-877-NY-SMART and speak with an operator.

NYSERDA

Sports

Suburban Council All-Stars complete sweep

By ROB JONAS

For the second year in a row, the Suburban Council swept the Big 10 in the annual Exceptional Senior basketball games last Wednesday at Christian Brothers Academy.

In the boys' game, the Suburban Council mounted a fourth-quarter comeback to edge the Big 10 83-79, while the Suburban

Council girls team fended off a late charge by the Big 10 to pull out a 62-58 victory.

The Suburban boys trailed by seven points early in the fourth quarter before going on a 15-6 run to grab a 71-69 lead. Shenendehowa's **Anthony Pizzo**, Colonie Central's **Jon Branche** and Guilderland's **Jon Ciancetta** all hit three-pointers during the spurt.

"We got back a little bit faster,"

said Bethlehem boys coach **Chuck Abba**, who coached the Suburban All-Stars. "Our transition defense improved, and I thought we moved the ball around better and got some good shots."

The lead changed hands several times late in the fourth quarter until a short jump shot by Shen's **Brennan Bayly** and a three-pointer from Saratoga's **Mike Veitch** gave the Suburban Council the lead for good. Bayly added two layups in the final 40 seconds to finish with a game-high 21 points.

"I like getting out (on the fast break), especially playing with Anthony (Pizzo)," Bayly said.

Niskayuna's **Kevin Rucinski** contributed 15 points for the Suburban Council in one of his highest-scoring games of the season.

"I love just playing with these types of players," Rucinski said. "I like the style of the game—it's quick."

Ciancetta chipped in 10 points, Pizzo and Veitch each had nine points and Branche added eight points for the Suburban Council, who has won the last two exceptional senior games. Albany's **Abar Miller** led the Big 10 All-Stars with 14 points.

In the girls' game, the Suburban Council built a 12-point lead in the fourth quarter, only to

watch the Big 10 cut it down to two points late in the period before Shen's **Krystal Hammond** hit two free throws to seal the victory.

"You don't coach until the final two minutes, and when it gets hairy and you're the coach, you don't want that," said Guilderland girls coach **Frank Cacckello**, who guided the Suburban Council All-Stars. "But this was an all-star game, and you've got some good players out there."

Hammond had 18 points to lead all scorers for the Suburban Council. Colonie Central's **Jessica Tremblay** and Shaker's **Bethany Handerman** each contributed 10 points.

Between the boys and girls games, two Bethlehem players—**Matt Robbins** and **Kaitlin Foley**—received recognition for being selected as Capital District representatives for the McDonald's All American High School basketball games. The two Eagles will be considered for the final national teams, which will play in Cleveland March 26.

"It's a good award and a great honor," Robbins said.

Dolphins host 2-week swim clinic

The Delmar Dolphins swim team is offering a two-week clinic March 31 through April 10.

The program will be held Mondays through Thursdays and focuses on the skills necessary to be a competitive swimmer. The clinic is open to children ages 7-12 who can swim a strong 25-yard crawl stroke.

The sessions will be held at Bethlehem Central High School, Bethlehem Central Middle School and Albany Academy. The registration fee is \$40.

For information, call **Doug Gross** at 664-0801 or e-mail dolphincoach@juno.com.

BPW schedules registration sessions

Bethlehem Pop Warner is holding registration for the 2003 season at town hall on Delaware Avenue in Delmar.

Sessions will take place April 10 from 6 to 8:30 p.m. and April 12 from 10 a.m. to 2 p.m.

The club is open to boys and girls between the ages of 5 and 14. Parents must bring a copy of the child's birth certificate to the registration sessions.

For information, call **Joe Bonacci** at 588-3741 or visit the club's Web site at www.bethlehempopwarner.com.

Soccer club offers referee training

The Bethlehem Soccer Club is sponsoring a FIFA referee licensing course.

Classes will be held March 26 and 28, as well as April 2, 4, 9 and 10 from 6 to 9 p.m. Participants must attend all sessions to receive certification.

For information and to register, log on to www.home.nycap.rr.com/nenysrc or e-mail **Mike Short** at Mike.Short@usa.net.

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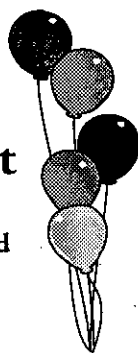
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Bethlehem Public Library

Community Room

Bethlehem residents can participate in a followup discussion about a needs assessment plan and bond referendum for the library.

The plan addresses deferred maintenance, ADA mandates, safety, and technology. The referendum will be incorporated into the budget vote on May 20.



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March 19, 2003

A supplement to Spotlight Newspapers

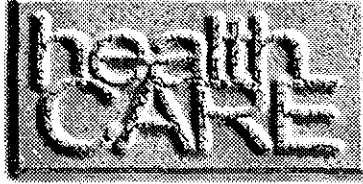


Heart attack signs different for men, women

By KRISTEN OLBY

We all know every second counts during a heart attack, but do you know that symptoms of a heart attack differ between men and women? Knowing the signals of an impending attack could mean the difference between life and death.

"Most people describe a heart attack as if an elephant were sitting on their chest," explains Dr. David Putnam, an assistant clinical professor at Albany Medical College who also practices at Capital Cardiology.



Most heart attacks start slowly with mild pain or discomfort that escalates. Men often feel heavy pressure in the middle of their chest while women can have mild chest pain, often on the left-hand side.

"With women it tends to be more of an ache and sometimes they don't have pain at all it could be shortness of breath," said Putnam.

Other signs of a heart attack include pain in the upper body such as in the arms or back, breaking out in a cold sweat, nausea or lightheadedness. But for

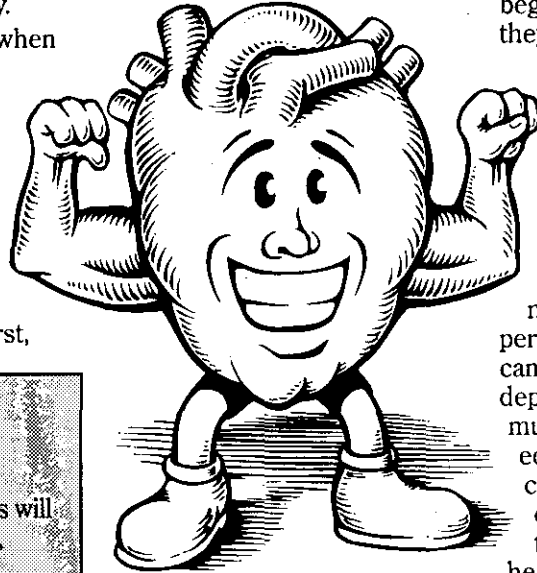
women, many of the common heart attack signs may not be present.

"It may be confused with heartburn or they may just really not feel well," said Dr. David Wolinsky of Albany Associates in Cardiology. "They shouldn't wait for the classic symptoms before going to the hospital," added Wolinsky.

A heart attack occurs when the blood supply to the heart muscle is severely reduced or stopped. The reduction of blood is caused by the blockage of one or more of the coronary arteries due to deposits of plaque — a fat-like substance. The plaque can eventually burst,

tear or rupture, creating a "snag" where a blood clot forms and blocks the artery, according to doctors.

A man is more likely to suffer a heart attack between the age of 50 and 60, while a woman's risk increases ten years later, after the age of 60.



pressure. Middle-age men, post-menopausal women and individuals with a history of family heart disease are also at an increased risk.

If you think you're suffering from a heart attack don't wait longer than a few minutes before calling for help. Emergency medical staff can begin life-saving treatment when they arrive and are also trained to revive a stopped heart.

"Take a full aspirin and actually chew it and swallow," advises Putnam.

Aspirin thins the blood, helping to dissolve the clot. If the blood supply is cut off for more than a few minutes, muscle cells suffer permanent injury and die. This can kill or disable someone, depending on how much heart muscle is damaged. Hospitals equipped with emergency cardiovascular care systems can provide prompt attention that dramatically reduces heart damage.

There is hope for those who suffer a heart attack. According to the American Heart Association, 88 percent of heart attack survivors under age 65 can return to their usual work.

For information on the signs of a heart attack and on prevention, visit the American Heart Association Web site at www.heart.org.

Delmar Dash scheduled for April 6

The 15th annual Delmar Dash will be held on Sunday, April 6, starting at 9 a.m. from the corner of Elsmere and Delaware avenues in Delmar. This 5-mile road race through residential neighborhoods is open to runners of all ages and abilities.

Runners may register at 8 a.m. on the day of the race at Elsmere Elementary School. The entry fee is \$12 for Hudson Mohawk Road

Runners Club members and \$14 for nonmembers. The first 400 entrants will receive a long sleeved T-shirt.

Kid's Runs of a quarter mile, a half mile and 1 mile for children age 12 and under will start at 10 a.m. The entry fee for the Kid's Run is \$1.

Awards will be presented following the race to the male and female winners and to top age group finishers.

To honor the race's 15th

anniversary, special awards will be given to the 15th, 115th, 215th and 315th finishers.

The course records are held by Tom Dalton (24:33) and Amy Herold (28:42).

The race is sponsored by Charter Bank One and organized by the Hudson Mohawk Road Runners Club. Refreshments are provided by Bruegger's Bagels.

For information, check the Web site at www.hmrcc.com.



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Seniors should use caution with medications

By SUSAN GAUTHIER

As we age, we tend to have more health issues that require medication.

According to statistics, older Americans consume more prescription and over-the-counter drugs than any other age group. Unless a proper medication schedule is followed, you may not benefit from the medication and in some cases, you may be doing more harm than good.

The most important thing is to understand the instructions regarding each medication, which means knowing when to take the medicine and what kinds of restrictions there may be, such as taking it with food or avoiding alcohol. When your physician prescribes new medication, be sure to ask why you will be taking the medication and any side effects you should be aware of.

Keep a list of all your medications and show it to any doctor that may prescribe additional medication. If you routinely take over the counter medications, check with your doctor or pharmacist to be sure it's safe to take with your prescription drugs.

To assure that you are taking your medicine properly, some pre-planning may be necessary. If you need to take several medications on a daily basis, sit down and write out a medication plan. It could be a grid with

dates and times detailing when to take each medicine, along with any restrictions on them. Checking off each medicine as it is taken can help you make sure you are following the regimen properly.

Commercially sold pill organizers are also available which allow you to put your pills into various compartments for different times of the day. It's important to have a consistent schedule for taking your medication and make it part of your daily routine. Most behaviors become automatic and almost unconsciously performed over time. Taking your medication can also become just as automatic.

Some people aren't able to understand why they're taking their medicines and aren't

capable of making up a daily plan for when to take each one. These people need a health professional or family member to draw up a plan for them and to figure out a system of reminders. If you have a friend or family member in this situation, try to get them as involved in the process as possible.

The following are important things to remember:

1. Keep a daily checklist of all the medicines you take. Include both prescription and over the counter medicines. Note the name of each medicine, the doctor who prescribed it, the amount you take, and the times

of day you take it. Keep a copy in your medicine cabinet and one in your wallet or pocketbook. Be sure to have it with you each time you see your doctor (including any specialists) and update it routinely

2. Read and save any written information that comes with the medicine;

3. Take your medicine in the exact amount and precise schedule your doctor prescribes

4. Check the expiration dates on your medicine bottles and throw away medicine that has expired

5. Call your doctor right away if you have any problems with your medicines or if you are worried that the medicine might be doing more harm than good

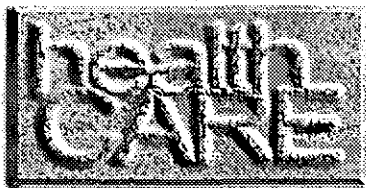
6. Do not take medicines prescribed for another person and never share yours with someone else

7. Do not stop taking a prescription drug unless your doctor says it's OK

8. Do not take more or less than the prescribed amount of any medicine

9. Do not use alcohol while taking a medicine unless your doctor says it's OK.

The writer is wellness concierge at Community Care Physicians located at the Capital Region Health Park, 711 Troy Schenectady Road, Latham. For information, call 783-3110, ext. 3347.



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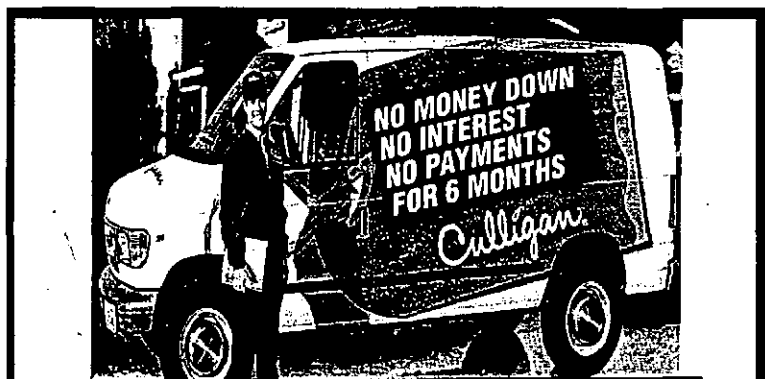
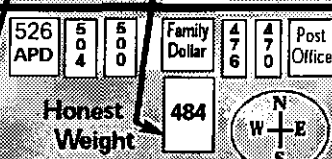
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Healthy eating: Nutritional hints for seniors

By SUSAN GAUTHIER

As we age our nutritional needs change. Some seniors need fewer calories to maintain a healthy weight due to changes in their lifestyle.

Exactly how many calories are needed depends on a person's activity level. By consuming less food, you may not be getting the appropriate nutrients you need to stay healthy. Eating foods from all of the food groups which includes breads and grains, fruits and vegetables,



dairy and meat and meat substitutes, is one step you can take to be sure you are eating healthy.

Iron is the mineral that helps supply oxygen to all parts of the body. Decreased iron levels can lead to fatigue. Many older

adults lose their appetite for meat, which is a source of iron. To maintain adequate iron levels, include iron rich foods

such as whole grains, fortified cereals, dark leafy vegetables, raisins and beans in your diet. Eating foods rich in Vitamin C at the same time will help your

body to absorb iron.

To keep bones strong, the body is always breaking down old bone and replacing it with new tissue. As people enter their 40s and 50s, more bone is broken down than is replaced. A close look at the inside of bone would show something that looks like a honeycomb. Osteoporosis is a disease that thins and weakens bones to the point where they break easily especially bones in the hip, backbone (spine), and wrist.

Osteoporosis is called the "silent disease" you may not notice any changes until a bone breaks. But your bones have been losing strength over many years. When you have osteoporosis, the spaces in this honeycomb grow larger. The outer shell of your bones also gets thinner. All this makes your bones weaker.

The risk of osteoporosis grows, as you get older. Bone loss may begin slowly in some people when they are in their late 30s. At the time of menopause women may lose bone quickly for several years. Then the loss may continue but more slowly. In



As individuals age, tastes, appetite and nutritional requirements change. Seniors should be especially careful in choosing foods to insure adequate amounts of needed vitamins and minerals.

maintain strength during trauma. Chicken, fish and low fat dairy products are an excellent source of protein and calcium.

Fiber is important to have a healthy digestive system and proper bowel function.

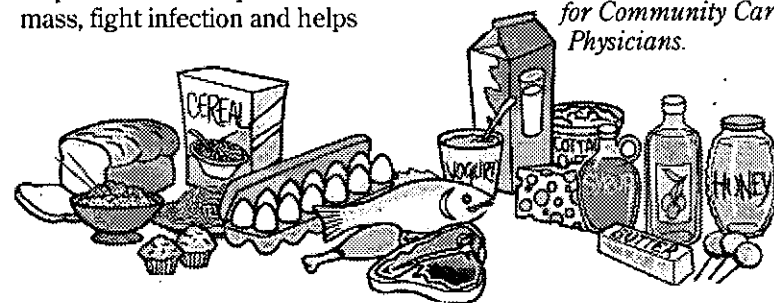
Constipation is a problem for many aging adults. Choose a variety of high-fiber foods — vegetables, fruits, beans, nuts, and whole-grain products — drink plenty of water to

avoid dehydration and constipation and be physically active to stay regular.

As you age, favorite foods may not taste like they used to because the sense of taste and smell can decrease with age. This can lead to a loss of appetite, which can result in you not eating the right foods to meet your nutritional needs. Experiment with adding spices and herbs to your food when cooking to increase the flavor. Many health problems can be avoided by eating a proper, well-balanced diet — an important step in maintaining good health.

For information, contact Susan Gauthier, Community Care Physicians wellness concierge (783-3110, ext. 3347) at the Capital Region Health Park in Latham. Community Care Physicians Wellness Concierge is available to provide general health education information and to connect the public with health related services and programs across our community.

The writer is wellness concierge for Community Care Physicians.



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Families ask Congress to invest in Alzheimer research

The U.S. health care system is about to implode, and Alzheimer's disease will be the detonator, according to the board of directors of the Northeastern New York (NENY) affiliate of the Alzheimer's Association.

Members of the board are traveling to Washington, D.C., March 28 to April 1, to meet with Congressional leaders, calling on them and President George W. Bush to make conquering Alzheimer's disease a key federal health priority.

"There is a disaster looming on the horizon that only the President and Congress can prevent," said Marvin LeRoy Jr., president & CEO in NENY. "We are urging lawmakers to increase Alzheimer research funding at the National Institutes of Health to \$1 billion a year."

Current funding levels are approximately \$650 million.

These local advocates are not alone in their fight. They will be joining hundreds of other families from across the country at the 15th annual Alzheimer's Association Public Policy Forum, and lobbying Congress for a wide variety of support for people and families living with the disease. There are currently more than four million Americans suffering from Alzheimer's.

According to the association, an Alzheimer's epidemic is imminent. By the middle of this century, as many as 14 million of today's baby boomers could have Alzheimer's disease. For most of them, the process that will destroy their memories, their lives and their savings, has already begun.

In New York, the number of people currently suffering with Alzheimer's disease is approximately 400,000. Studies show that figure will increase to almost 1.5 million in the year 2025. The numbers continue to soar after 2025, as the bulk of the baby boomers age. After age 65, one in every 10 Americans has the disease, and after age 85, half of all Americans get the disease.

"Congress must act — immediately and aggressively — to prevent the economic and emotional disaster that Alzheimer's will otherwise cause," said Phil McCallion, chairman of the NENY Public Policy Committee. "There is no other salvation. We either make the necessary investment now or leave it to our children, and to future Congresses and future presidents, to reap the devastating financial and human consequences of inaction."

The Alzheimer's Association calls on the nation to harness its resources — public and private — to conquer Alzheimer's disease, much as we have mobilized against cancer, heart disease and AIDS.

While in Washington, the Alzheimer's Association advocates will call on the 108th Congress to:

- Provide \$1 billion for Alzheimer research at the National Institutes of Health, to reduce dramatically the numbers

of people with Alzheimer's in the future and to lessen the disabling impact of the disease on those who get it.

- Direct Medicare resources to chronic care, including meaningful prescription drug coverage, to prevent the acute care crisis and excess disability that are driving up health care costs today.

- Maintain the Medicaid long-term care safety net while expanding options and supports for family-centered home and community based care.

"We are in a race against time. It is a race we can win — but only if Congress and the president lead us to the finish line," said

LeRoy. "The best scientific minds have joined the race for the answers to Alzheimer's disease. A

solid research infrastructure is in place. The paths for further investigation are clear. The missing ingredient is the money needed to realize the scientific opportunities before us. Continued infusion of funds from the National Institutes of Health will maintain the existing infrastructure and continue the momentum of current research efforts."

The largest private funder of Alzheimer research, the association has committed more than \$136 million toward research into the causes, treatment, prevention and cure of Alzheimer's. You can contact the Alzheimer's Association — NENY at 438-2217 or on the Web at www.alzneny.org.

The Alzheimer's Association is the only national voluntary health organization dedicated to research for the causes, prevention, treatment and cure of Alzheimer's disease and assistance to families.

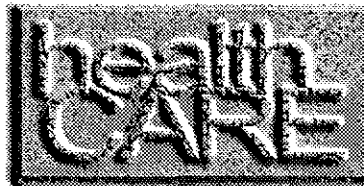
The Alzheimer's Association of Northeastern New York serves approximately 40,000 families affected by Alzheimer's disease

and related disorders in the seventeen counties of Albany, Clinton, Columbia, Delaware, Essex, Franklin, Fulton, Greene, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington.

Local programs include support groups, respite training, public policy advocacy and educational programs for family members and training programs for professionals. Anyone interested in becoming involved with the chapter is encouraged to

contact the chapter office.

The Capital District administration office is in Albany. The phone number is 438-2217 or (800) 303-2218 and the fax number is 438-2219. You can also send e-mail to Lauren.desantis@alz.org.



Doctor completes integrative medicine fellowship

After two years of intensive training in areas including botanical medicine, mind-body interactions and nutrition, Dr. Ann Tobin has completed her associate fellowship in integrative medicine at the University of Arizona.

Launched in the summer of 2000 by internationally recognized integrative medicine pioneer Dr. Andrew Weil, the one-of-a-kind program combines residential sessions in Tucson with a "distributed learning" model in which participants learn via the Internet at their own home or office.

Tobin, a board-certified family physician practicing at Delmar's Center for Integrative Health and Healing, joined 42

other physicians from all over the world in a graduation ceremony in October in Tucson.

"Dr. Tobin has received the best training available in integrative medicine," said Weil. "I consider her fully prepared to go out in the world and help transform the practice of medicine and health care in the directions consumers want."

The program, which includes 1,000 hours of instruction, emphasizes clinical applications and collaboration to establish a broad knowledge base that will transfer into clinical practice.

The curriculum utilizes patient simulations, collaborative dialogues,

research updates and dialogues, problem-solving exercises, selected readings, group projects and presentations.

The focus is on the practical application of approaches that have scientific evidence and/or a history of traditional use. Methods of healing are also explored, and physicians gain the ability to discuss these areas with both their patients and the practitioners of these disciplines.

Associate fellows explore the art of medicine, philosophy of medicine, medicine and culture, mind-body interactions, nutrition, botanicals, physical activity, spirituality, leadership and legal issues.

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Seniors dance their way to healthier hearts

The foundation of a good fitness program is aerobic exercise, according to www.ahealthyme.com

(Seniors and Exercise by Chris Woolston, Blue Cross Blue Shield of Massachusetts). Regular exercise not only strengthens the heart but also helps reduce hypertension and lower high cholesterol, the two major causes of heart disease. Other age-related diseases, such as type II diabetes, can also be controlled or reduced by exercise, and any weight-bearing exercise helps prevent osteoporosis by

building bone strength.

In addition, the National Center for Injury Prevention and Control states (www.cdc.gov) that maintaining a regular exercise program is also important in preventing the falls that lead to broken bones.

The key to success is finding an activity that you enjoy, so you stay with it.

Because it emphasizes fun and fitness rather than competition, dance is an aerobic exercise that more and more seniors are enjoying. It combines rhythmic movement and simple steps with music to improve and maintain a healthy

heart and develop balance and coordination. Like any other aerobic exercise, dancing can give you more energy, increase resistance to fatigue, increase stamina, tone muscles, relieve tension, and help you relax for a sound sleep.

Seniors in Colonie can choose from eight dance classes offered by Colonie Senior Service Centers, Inc., including tap, ballet and line dancing. Experienced and supportive instructors encourage beginners.

"Anyone interested in music can learn the steps, according to Helen Fitzgerald, "Terri (tap/ballet instructor) is wonderful with beginners."

Classes range from beginner

to intermediate, and there is a performance group, The Colonie Timeless Tappers! Tap is great for coordination, ballet is slower and especially helpful for grace and balance, and line dancing is an excellent low impact aerobic exercise.

Participants range in age from 55 to 85 and love the social aspect of the classes, as the friendships forged often extend into other classes and activities.

"Thanks to all the (dance) programs offered ... I'm a very active, healthy senior," says Jean Rogers, "Once a week, I line dance ... and I tap dance with

the Timeless Tappers!"

If your goal is heart healthy fitness, and not competition, then a dance class is the way to go. If you are over 50, get an OK from your doctor before starting any new exercise program, then exercise with common sense. Drinks lots of water, and always include a warm up and end with a cool down period. Let dancing take you to a healthier heart and happier life.

For information about Colonie Senior Service Centers' spring dance class schedule, call Marion Lamar at 459-2857, ext. 312.



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Mangia to host smoke-free event

The American Cancer Society, along with Mangia in Stuyvesant Plaza, will hold a smoke-free happy hour.

During this smoke-free after work party, supporters will advocate for comprehensive smoke-free worksite laws.

The smoke-free after work party will be held at Mangia, located in Stuyvesant Plaza in Albany today, March 19, from 5 to 7 p.m. The event also will include an opportunity for attendees to learn more about smoke-free worksite legislation

and how they can get involved. There is no cover charge.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service.

For information about cancer, call toll-free anytime 1-800-ACS-2345 or visit the American Cancer Society Web site at www.cancer.org.

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Gyms help win the battle with weight loss

Programs that suit today's hectic lifestyle

By TANYA LEET

Some health fitness companies tout exercise, while others concentrate on eating healthy. Many opt for a combination of both strategies. But it's up to the individual to decide what flab-fighting tactics best suit his or her lifestyle.

Delmar Health & Fitness offers a variety of exercise equipment for different types of people.

According to owner Mike Mashuta, the center "caters to a huge variety of clientele."

More self-motivated people can use machines to monitor their progress, while people who "need more of a nudge" can take classes guided by staff members.

Delmar Health & Fitness offers a wide range of levels, from low-intensity yoga classes to more intensive group sculpting. Most classes are offered in the early morning, mid-morning, afternoon and again in the evening.

Mashuta said "there are an infinite number of ways" for members to become more conditioned.

At Delmar Health & Fitness there is no generic program. Mashuta stressed that everyone gets an individually designed program to suit their temperament.

"Members can make four to 10 appointments free of charge to hone in on their strength level and specific needs," said Mashuta.

"And if anyone is intimidated by the one-on-one, we have group classes," Mashuta added.

For nutritional needs, he refers clients to a professional dietician.

Diet Workshop, a national chain, focuses on nutrition and learning healthier eating habits. That focus is highlighted in its slogan: "Learn how to eat — not how to diet!"

Local Diet Workshop owner Chris Herr points out that her program does not include any gimmicks, hidden costs or mandatory purchases. The program is based on the USDA food pyramid and balancing different food groups.

"There are no extremes — no high protein, low carb gimmicks that are not permanent programs. We take the middle road," she said.

Diet Workshop is not based on fast weight loss, but aims for the long haul; members usually shed 2 to 3 pounds a week.

"Doctor recommendations for heart patients and diabetics runs parallel to our own program," Herr said.

Diet Workshop, which has been in the Capital District for 40 years, promotes a low-fat diet, watches added sugars and provides clients with knowledge of better types of bread and

The staff instructs members how to use measuring cups to determine a serving size and how to read nutrition labels. But have no fear, the program also allow members to incorporate their favorite foods so they don't have to sacrifice them.

"We have tried to be as normal and realistic as humanly possible," said Herr.

Holidays are always a problem, because seasonal goodies are available. So, with Easter coming up, watch out for those Cadbury eggs!

Seniors often have a more difficult time watching their weight because they have a tendency to eat out. Diet Workshop teaches them more sensible ordering choices, such as taking home a doggie bag and getting salad dressing on the side.

Instead of demanding a regimented exercise

program, Diet Workshop encourages simple activities to keep the body's metabolism going. Herr tells people to stand

and marching in place while cooking or talking on the phone, and to take the stairs instead of an elevator.

Diet Workshop also offers its own product line of nutrition bars, protein shakes and the like.

The company trains its employees through seminars and many chose to become certified

nutritionists. Herr said that most of the staff started out as Diet Workshop members.

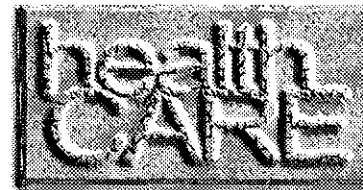
Schenectady Jewish Community Center (SJCC), which recently completed a \$3.8 million renovation and addition, is a sprawling complex on 26 acres. The SJCC combines exercise and nutrition with a

complete equipment room and a nutrition expert on staff.

One unique class they offer is indoor group cycling, or "spinning," that is a virtual ride complete with landscape imagery to simulate hills.

The facility also offers an indoor and outdoor pool, tennis courts and playing fields. In addition, there are Tae Kwon Do lessons, other classes and an after-school program for kids.

Yearly membership rates vary. The SJCC offers discounted rates for full-time nonmarried students, senior citizens and single parent families, along with regular individual and family memberships.



grains. It also teaches members how many servings of each food group they should eat throughout the day.

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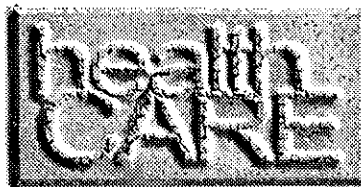


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New model of health care opens at Four Corners

How do you ease the pain of a chronic condition that medication cannot relieve? Or better yet, how do you help prevent these pains in the first place?

Twenty, even 10 years ago, your options would most likely be limited to a five-minute consultation and prescription drugs. But medical times are changing and our options are growing. Eight area health care practitioners are adding to the community's choices by pooling their strengths together to create an integrative medical practice that takes the best of contemporary medicine and combines it with complementary healing modalities for a new, comprehensive approach to health care.



The Center for Integrative Health and Healing, located at the Four Corners in Delmar, consists of an emergency room doctor, a family practice physician, a registered nurse-energy healer, two acupuncturists, a

psychotherapist, a massage therapist and a physician-nutritionist. These individuals, working as a

team, create a patient-centered approach that attends to the whole person — body, mind, heart and spirit. This allows for both individual visits with the center's eight practitioners, as well as the design of unique cross-discipline treatment plans.

"We wanted to create a new approach to health care in the Capital Region," said the center's president, Dr. Ronald

Stram, who is also the director of emergency medicine at Albany Memorial Hospital. "By taking an integrative approach to health and healing, we offer the best of safe and effective therapeutic modalities to promote a patient's optimal wellness."

The strength of the practice lies not only in its core mission but in the multiple services provided by each of the multifaceted, trained and licensed practitioners.

A person can choose from any of the following services or take an integrative approach and design a program that works best for them: therapeutic massage; acupuncture; Reiki; Chinese herbal medicine; nutrition; lifestyle counseling; psychotherapy; energy healing; stress reduction; hypnotherapy and imagery; polarity energy balancing; or healing touch. Every client receives the kind of attention that goes beyond the immediate symptom focus.

"We consider the relationship that develops between the client and practitioner a vital part of the therapeutic experience, and we believe this partnership will help to facilitate the innate

ability to heal," said Dr. Ann Tobin, whose expertise is in family practice and women's health. "Our initial in-takes are usually 1 and a half hours long. We review the patient's complete history and develop a treatment plan that may include traditional medicine, Chinese herbal medicine, massage therapy and healing touch."

Dr. Stram used the following example to illustrate. A patient comes to the Center with tendonitis of the shoulder. A traditional medical model could call for a shot of cortisone, an anti-inflammatory drug such as Vioxx and some physical therapy. On the other hand, the integrative model could call for the same traditional options as well as massage therapy and acupuncture, leading to a potentially more complete, effective and long-lasting healing process.

"There are so many options open to people. The center's model allows for the healing of the whole person, not simply curing the ailment," said Stram. "We focus on the importance of the physician/practitioner-patient relationship. We spend more time with our patients

allowing us to know what is important to them and how best to approach their health and well being."

Both Stram and Tobin have done fellowship training in integrative medicine through a comprehensive distance learning program taught under the auspices of Dr. Andrew Weil at the University of Arizona Health and Science Center.

Additionally, the center is made up of Dr. Sharon Alger-Mayer, a physician nutrition specialist; Diane Bossung a psychotherapist; Myrna Denison a registered nurse, CHTP/I, CSEM and energy healer; Michael Perman a state licensed massage therapist and certified hypnotherapist; Christopher Reilly an acupuncturist and traditional Chinese medicine practitioner; and Rebecca Rice, also an acupuncturist and traditional Chinese medicine practitioner.

The center is at 388 Kenwood Ave. in Delmar and is open Monday through Friday.

An open house is scheduled for Saturday and Sunday, March 22 and 23, from 11 a.m. to 3 p.m.

For information, call 689-2244, or visit www.cihh.net.

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Church schedules women's health series

A series of lectures and presentations on women's health issues will be offered the second Monday of the month at 7 p.m. at Bethlehem Lutheran Church at 85 Elm Ave., Delmar. The free series has been organized through St. Peter's Hospital.

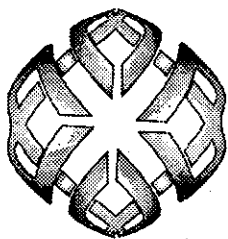
In the third program on April 14, family life educator Helene Wallingford will give a presentation titled Osteoporosis: Can It Be Prevented?

For the final talk on May 12, Wallingford will discuss Contraception; Preconception;

Conception and Beyond.

The series has been organized through St. Peter's Hospital and is open to women of the community at no charge. Register for each session by calling the church office at 439-4328.

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Understanding low back pain can improve spinal health

With the exception of cold and flu symptoms, backaches send more people to the doctor than any other medical condition. Approximately 65 million Americans are affected by back pain, and about 80 percent of the population will experience some form of it at least once in their lifetime.

Low back pain affects both men and women equally, and usually occurs between the ages of 25 and 60. Low back pain is so common that it is the most prevalent cause of disability in people under the age of 45, and is the fifth most frequent reason for hospitalization in the United States.

Many factors can contribute to low back pain, including strain or injury, infections, arthritis, inflammatory disease or damaged discs in the spine. Discs are spongy "shock absorbers" between each vertebra in the spine. They provide the flexibility to twist, turn and bend, and serve as cushions that each individual bone in the spine sits on, allowing people to walk, run, jump and perform all other normal activities without creating friction between the vertebrae.

When discs harden, or begin to deteriorate due to age, injury or disease, the vertebrae can press against nearby nerves or the spinal cord, which can be extremely painful. Low back pain can be defined in one of two ways: acute or chronic.

Acute pain has an immediate, abrupt onset and is typically a result of arthritis, trauma or stress, fractures, infections, internal organ damage or in some cases, cancer. Roughly half of all back pain patients experience acute pain caused from trauma or injury, and the pain is usually a result of a contusion, torn muscle or strained joint.

In contrast, chronic pain generally lasts for an extended

period of time, with no relief, and is caused by injury and/or damage to the spine or the surrounding area.

Beverly Marzucco, a 48-year-old mother and grandmother, experienced low back pain for more than 10 years before the cause of her pain was determined. The pain was so intense that she was forced to



quit her job and eventually, could no longer perform everyday activities such as getting dressed, taking a shower or putting on her shoes without the assistance of her husband.

She saw nine different doctors, but not one could identify the source of her pain. Beverly was deemed a "hypochondriac" and was told to "learn to live with the pain." She became so frustrated that she contemplated suicide.

Finally, Beverly sought treatment from an orthopedic surgeon, who diagnosed her with a damaged disc. She had surgery to fuse or "weld" the bones in her spine that were the source of her problem, and today she is back at work, living her life pain-free.

Aside from surgery, a variety of treatments can be recommended for low back pain, depending on the severity and cause of the pain. Rest, ice/heat, meditation and/or light exercise are generally prescribed for patients who have minor pain. For more severe, constant pain, oral

medication and/or epidural steroid injections, or potent anti-inflammatory medications delivered into the spinal canal to reduce pain and inflammation, are often recommended.

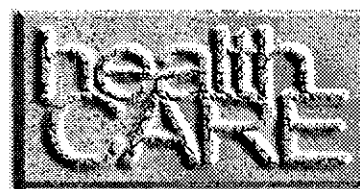
If these treatments do not provide relief within two to three months, surgery is considered. Beverly Marzucco underwent a spinal fusion surgery, which is a common procedure for patients with damaged discs. Until recently, spinal fusion procedures required two surgeries — one to harvest pieces of bone from the patient's hip, and a second to

implant them into the spine.

However, a genetically engineered protein, called INFUSE Bone Graft, recently became available for spinal fusion surgeries, and eliminates the need to harvest bone from the hip. People with severe low back pain — especially pain that has lasted more than two weeks — should consult their physician or schedule an appointment with an orthopedic surgeon or spine specialist to assess the

source of their pain.

Additionally, people who are experiencing pain that increases with sneezing or coughing, is accompanied with numbness or radiates down the leg and buttocks, or pain that induces urinary problems or causes difficulty sleeping, should consult their physician immediately. Low back pain can have serious consequences, both physically and emotionally, if not treated appropriately.



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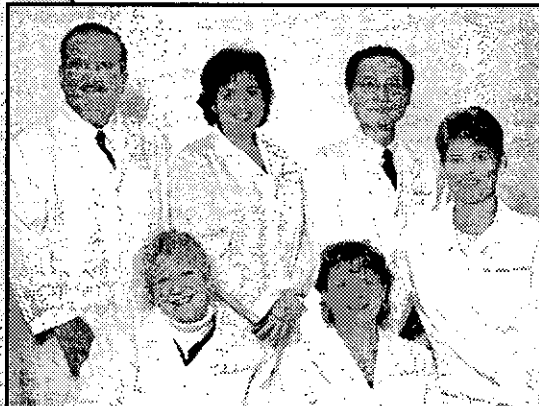
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Positive family contact can add years to your life

Gatherings with your relatives may be more important than you think. Did you know that familial encounters not only provide positive experiences, but also can play a large role in how successful and happy you are in life?

"Families through time have changed, but they have not declined in importance to Americans," said Dr. Vern Bengtson, professor of gerontology and sociology at the University of Southern California in Los Angeles. "Multi-generational bonds represent a valuable resource for families in the 21st century and are becoming more important than nuclear family ties for well-being and support over the course of our lives."

A Harris interactive survey based on 1,001 random

telephone interviews indicate that most Americans aged 25 to 65 (98 percent) believe it is good for children to know their relatives and family history. Americans connect

with their families through a variety of gathering activities, such as holiday

meals, weddings, birthday parties, reunions, family vacations and less formal get-togethers.

In fact, the survey indicates that approximately nine out of 10 Americans have attended a family event in the past three years, and 72 percent of Americans attend multiple family gatherings throughout the year. Why? The reasons vary and overlap. Americans cite everything from the noble

desire to provide their children with the opportunity to know their relatives and to learn about their family heritage to participating just because family events are fun.



often more successful in their personal lives.

Both children and adults benefit from these relationships during times of great stress, such as tragedy, death or divorce. They also reap the rewards when joyous events enter their lives, whether it is a new job, a new child or a milestone birthday. It is even suspected that interaction with extended family can have a positive effect on your life span and physical health.

"We have seen evidence that an

increased degree of positive contact with family can add years to your life," said Bengtson. "We have strong reason to believe that people with active children and grandchildren relationships live longer."

Children today are very fortunate," he said. "Provided their parents take the initiative, they have more opportunities for interaction with the larger extended family than children several generations ago. They literally have more relatives living."

Even though technology allows families to keep in touch and share personal milestones more easily, Bengtson also cautions against relying too much on long-distance technological conveniences, such as e-mail and teleconferencing. Nothing replaces the experience of actually gathering in the same room with family.

"Sometimes there is a sense of something missing if you do not have face-to-face contact," Bengtson said. "In-person contact gives you the ability to discern subtle nuances and cues in other people. Body language and gestures say a lot. And touch is very, very important, especially for the very young and very old."

With families dispersed all over America, technology helps to bring those families together now more than ever — and not just during the holidays.

"But you just can't beat a hug or pat on the shoulder," he added.

"Face-to-face contact provides the context, a part of what it means to be family," said Michael Benjamin, executive director for the Council On Family Relations in Minneapolis. "We are genetically predisposed to cling to our family," said Bengtson. "It is wired into us the need to bond with family members. Historically, family relationships have played the most basic role of all — ensuring survival. Today, most people rely on family interactions to provide an affirming, positive experience. They provide a sense of support and an identity of who we are and what's unique about us."

While the most dramatic results appear to revolve around the parent-child-grandchild relationship, relationships with more distant relatives such as aunts, uncles and cousins also are important.

"Intergenerational and extended family relationships not only create a sense of identity but, even today, are a valuable resource for exchanging information, services and goods," said Bengtson.

Close extended family relationships can have educational, economic and professional implications. According to Benjamin, people with extended family contacts tend to be more literate and reach out to get more education and better jobs. People who cultivate extended family relationships are at an advantage emotionally and are



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Hope takes flight: AirLifeLine gets patients to treatment

"They are angels in airplanes," said Karon Kennerknect of the volunteer pilots who make the mission of AirLifeLine a reality for patients and their families.

For nearly a quarter-century, AirLifeLine has worked to ensure that people are not denied access to medical care simply because they cannot afford the cost of travel. Last year alone, AirLifeLine's 1,500 volunteer pilots donated free flights for nearly 9,500 passengers across the United States.

In addition to coordinating free air transportation for people with medical and financial need; AirLifeLine also coordinates free air transportation for precious cargo such as organs, blood, tissue and medical supplies; disaster-relief efforts in times of crisis; and other humanitarian needs. Nearly 40 percent of the organization's flights assist children and their families.

Kennerknect and her 7-year-old daughter Tiffany have flown with AirLifeLine 33 times in the past two years. When she was 5 years old, Tiffany suffered acute renal failure after an E coli poisoning. She required immediate kidney dialysis to save her life, and was evaluated for a kidney transplant shortly thereafter.

After waiting over a year, Tiffany received a kidney transplant in March 2002. She travels often from her home in Oneonta, Otsego County, to Children's Hospital in Boston for ongoing treatment.

For those who need to travel to receive medical care, ground transportation is often impractical and uncomfortable. Many people simply cannot endure multiple hours of travel by car, bus or train, and their treatment plans often require frequent trips far from their homes.

Kennerknect first heard about AirLifeLine from the transplant coordinator at



Children's Hospital.

"Before finding out about AirLifeLine, we were driving back and forth to the hospital — a five-hour trip each way," she said.

In contrast, the plane ride from a small airport near their home takes just an hour. Tiffany and her mom are met in Boston by a volunteer driver from AirLifeLine who drops them at the hospital and brings them back to the airport. While the service they provide is priceless, AirLifeLine's volunteer pilots are a modest bunch who say they are simply doing something they love.

"It is a good way to justify my hobby," said pilot John Campbell, who is one of the pilots who has flown the Kennerknect family to Boston. "This is the ultimate win/win situation," he said. "I love to fly

and need to fly to stay current, and I can use my piloting skills to help some people who really need these flights."

Campbell, who has flown

nearly 80 missions since joining AirLifeLine in July 2000, points out that many people with

critical illnesses exhaust the limits of their health insurance quickly, and are then faced with large medical bills.

"We can help these families save money on transportation, and since we often fly round trips in the same day, people also save money by not having to stay in a hotel," he said.

Since 1978 AirLifeLine has served almost 70,000 passengers, who have saved more than \$40 million in travel

He said the ability to help people and the gratitude of those he flies make it a pleasure to work with AirLifeLine. Yet he doesn't think of himself as a hero. He says simply that "it is important for those who can contribute time and money to do so."

Kennerknect thinks the volunteers deserve more credit than they're willing to give themselves.

"The day we got the call that there was a kidney available for Tiffany, it was snowing. With the traffic delays, we never would have been able to reach Boston in time by car, but AirLifeLine got us there," she said. "The pilots are willing to drop whatever they're doing when they get a call to take a patient."

AirLifeLine is supported entirely by donations from individuals, corporations and foundations. For every dollar contributed, AirLifeLine generates \$6 in passenger services.

For information on how AirLifeLine can help you or someone you know, or to volunteer, call (877) AIR-LIFE or visit the organization's Web site at www.AirLifeLine.org.

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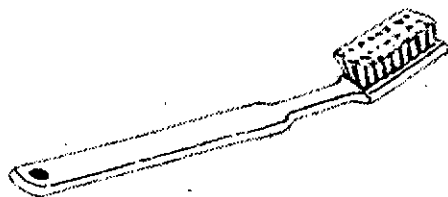
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Volunteering keeps your healthy spirit alive

Volunteering gives you the opportunity to help others throughout the year. It's time to stop making excuses like "I don't have enough time," or "I'm not sure where to start."

VolunteerMatch, a nonprofit Web site, makes volunteering easy. The site, located at www.volunteermatch.org, serves as a clearinghouse for organizations needing volunteers and volunteers looking for a place to use their skills.

There are literally thousands of opportunities waiting on VolunteerMatch, making it easier than ever to find a great place to volunteer. The service has already helped more than 23,000 community service

organizations post over 40,000 opportunities, and VolunteerMatch has generated nearly 1 million new volunteer referrals since its start in 1998.

Any nonprofit or tax-exempt organization can list volunteer opportunities on the Web site; potential volunteers simply enter their ZIP code to find local opportunities. Volunteers can

also search by interest, date and keyword to generate a personally customized list.

Once a volunteer finds a

listing they're interested in, they simply click the link to contact the organization and get involved. Kathleen Murray is one volunteer who takes full advantage of VolunteerMatch. Beginning in January 2002, she began working on a personal



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goal of volunteering in 12 different states for at least 12 different nonprofit agencies.

"I feel called to volunteer," said Murray. "I have been extremely blessed in my life and it is my way of giving back and making a difference."

She has used VolunteerMatch to sign up for the majority of her volunteer stints. At the outset, Murray decided to devote six months to working on children's issues and six months addressing issues of hunger, homelessness, poverty, special needs and aging.

She started her odyssey at a neo-natal unit in Atlanta. From there she moved on to an assisted living facility for the elderly in New Orleans; then she was off to Santa Fe, N.M., to volunteer at a food bank. She has also worked at an agency in San Diego that serves homeless street kids and at-risk youth, and at the San Francisco Food Bank.

Her most far-flung assignment took her to Alaska to volunteer at a shelter for individuals with AIDS and HIV.

Her final destination is New York.

"My personal experience is that I get much more from it than I feel I give to it," said Murray. "Martin Luther King Jr. once said, 'Everyone has the power for greatness, not for fame, but for greatness, because greatness is determined by service.' I believe that."

"Community organizations find the Web an easy and efficient way to connect with people who can support their

efforts through volunteer activity," said Jay Backstrand, president of VolunteerMatch. "Volunteers can find out if their skills meet an organization's needs before they make contact, and it's also a great way for organizations to get the word out about projects and special needs within a specific community."

Find the match that will help you experience the personal reward and fulfillment that comes with volunteering, at www.volunteermatch.org.

Slingerlands woman named controller of Seton Health

Seton Health has named certified public accountant Kathleen D. Hoffman of Slingerlands as controller.

In this position, Hoffman will oversee the day-to-day financial operations of Seton Health.

Hoffman earned a bachelor's degree in business administration from Siena College. She has been a certified public accountant since 1989. Before joining Seton Health, Hoffman was the finance

director at St. Peter's Addiction Recovery Center. Prior to that, she held several financial positions at St. Peter's Hospital.

Seton Health is a comprehensive, integrated health care system anchored by St. Mary's Hospital in Troy. It provides health care services from more than 20 sites in Rensselaer, Saratoga and Albany counties.

Information is available at Seton Health's Web site at www.setonhealth.org.

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Are your doctor visits leaving you confused?

Ever feel a little confused after visiting your doctor? Or forget which pill you're supposed to take, and when?

You're not alone. Surveys reveal that 90 million Americans — half of all adults — may struggle with understanding common health care information, such as prescription instructions, test results and insurance forms. Known as "low health literacy" this limited understanding challenges people from all ages, races and income levels, and contributes to poor health outcomes.

Individuals with low health literacy incur medical expenses that are up to four times greater than patients with adequate literacy skills, costing the health care system billions of dollars every year for unnecessary doctor visits and hospital stays.

Compounding the problem is the fact that most patients hide their confusion from their doctors because they are too ashamed and intimidated to ask for help.

Healthy People 2010, a nationwide health promotion and disease prevention initiative

by the Department of Health and Human Services, has identified low health literacy as a priority in improving the quality of life and eliminating health disparities for all Americans.



patients. Pfizer has awarded an unrestricted educational grant to the AMA Foundation to strengthen its efforts in addressing low health literacy.

"The vision of the AMA Foundation is to achieve total awareness in the medical community that health literacy must be recognized and addressed to obtain effective medical care," said AMA Trustee and President of the AMA Foundation Dr. Joseph Riggs.

In 1998, the American Medical Association — the country's largest physician association — became the first national medical organization to adopt policy recognizing that limited patient literacy affects medical diagnosis and treatment. The AMA Foundation, the philanthropic arm of the American Medical Association, has since been working to raise awareness of health literacy among physicians. However, according to recent findings, most physicians are still unfamiliar with the issue of low health literacy.

"Low health literacy is a national problem and a serious problem," Riggs added, "and thus we have only just begun our work. We have only

scratched the surface."

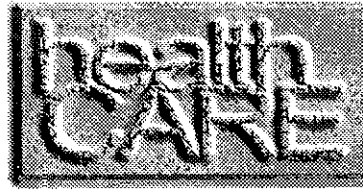
The AMA Foundation will develop and distribute health literacy informational kits to physicians and health care professionals. It will also provide grants to health literacy community service projects and link dozens of organizations across the country through the AMA Foundation's Health Literacy Coalition.

"Our vision is simple," said Riggs. "Physicians want to live in a world where patients can be confident that they know how to care for themselves. Patients want to care for themselves and

they want to live healthier lives. We know that when physicians and patients work together, this vision will become a reality."

Understanding health information is everyone's right and improving health literacy is everyone's responsibility. Low health literacy is a silent and pervasive epidemic that must be addressed.

For information, explore these related sites: www.amafoundation.org/go/healthliteracy, www.pfizerhealthliteracy.com and www.health.gov/healthypeople.



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To Life, Bellevue join forces for breast cancer

In putting its stamp of approval on a new collaborative effort of To Life! and Bellevue Woman's Hospital, "New York state has made it possible for more women and families affected by breast cancer in the greater Capital Region to receive supportive services," said To Life's Executive Director Thea Hoeth.

To Life! is a nonprofit organization providing free breast cancer education and support services in a 10-county region, including and surrounding Albany County. Bellevue Woman's Hospital in Niskayuna is one of only two health care organizations in the nation dedicated exclusively to the care of women and

newborns. Established in 1931, this nonprofit hospital serves 17 counties of Northeast New York.

To Life! and Bellevue Woman's Hospital will launch a new community-

based outreach initiative, Reach Out to Our Community, with a \$19,746 state grant recently

authorized by Gov. George Pataki.

"Women who are battling breast cancer face a long list of challenges," said Jennifer Cassin, chief of patient services at the hospital. "This joint venture will bring sorely needed support, education and related services to the increasing

population of breast cancer patients in our area," she added.

Hoeth said that Reach Out to Our Community is enhancing existing services offered by To Life! and Bellevue Woman's Hospital with the addition of specialized peer support services. Among the new offerings are group and one-on-one support meetings for patients with metastatic breast disease and group sessions for children of breast cancer patients.

These services will be offered at To Life! and at Bellevue's Niskayuna location. The presentation of an education program is included in the program's objectives. "It is so important to support family members throughout the breast cancer journey because they experience the disease too, only differently," said Hoeth. "By helping the family we help the woman-unleash anxiety that can take its toll on her physical and emotional well being during treatment."

This program will also enable To Life! to bring its boutique service to Bellevue. The To Life! Abracadabra boutique offers patients and others with a private, one-stop shopping opportunity for prostheses,

® mastectomy bras, wigs, hats, scarves and skin care products. To Life's licensed hairstylist and trained prosthesis fitters are available to assist customers.

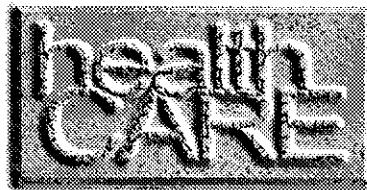
In a letter approving To Life's outreach initiative, Pataki said, "Congratulations for your leadership in addressing the needs of your community regarding cancer." He extended

"best wishes for success in this challenging and rewarding program."

To Life! and Bellevue Woman's Hospital previously collaborated on an education forum presented under the sponsorship of the biology department of Union College on the topic of colon cancer and its detection, treatment and connection to breast and other cancers.

To Life! has offices at 278 Delaware Ave., Delmar. The phone number is 439-5975 and the fax number is 475-9141.

The Web site is at www.ToLife.org. Send e-mail to info@ToLife.org.



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Albany JCC offers enriching after-school program

The new Kaleidoscope after-school program is open at the Sidney Albert Albany Jewish Community Center on Whitehall Road.

The program offers high quality enrichment and after-school programs at the center for children in kindergarten through sixth grade.

Kaleidoscope is designed to accommodate families with elementary children that are looking for a flexible and enriching program. There are kid-friendly activities, special enrichment classes, free play and homework time. Each day features healthy snacks and many extra optional activities in the cost.

Children can choose from swimming, tennis, art, flag football, green thumb class, science class, book club, chess club, basketball, cooking, martial arts, community service classes, soccer clinics drama, dancing and more.

Children are currently

transported from school in Bethlehem, Voorheesville, Colonie, Guilderland and Albany to the program.

For the fall, if parents sign their children up for the full five-day program, they will get all school year vacation camps free.

Open house for the JCC, including fitness, early childhood, camps, after-school and more, is set for Thursday, March 20, from 5:30 to 8 p.m. There will be a carnival with games, prizes and entertainment.

When families sign up for the after-school program, they can take advantage of all the center has to offer — swimming, indoors and out; fun family nights and sleepovers; the opportunity to participate in summer camps both on and off site; Sundays in July and August, relaxing on beach-front property in Grafton; exercising in the state-of-the-art fitness center; and more.

For information, call Diane Burman at 438-6651.

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Nine ways swimming can boost your fitness

Swim to For those who think a workout means running or weights, and a pool is just for play, the coaches and physicians of United States Masters Swimming (USMS) have news for you: Swimming can be a rigorous, effective fitness workout — and be fun in the process.

"Swimming is not always the fastest way to lose weight, but swimming provides excellent overall conditioning because you use lots of different muscles, as opposed to running," said Dr. Jane Moore, a physician and active USMS swimmer in Tacoma, Wash. "People who consistently swim strenuously enough to be out of breath when they finish, and elevate their heart rate, do burn calories and lose weight. The key is to push yourself a bit."

"Putting on a swimsuit will encourage you — by itself — to lose, and keep off, five to 10 pounds," adds Kris Houchens, head coach of the YMCA Indy SwimFit masters swimming club in Indianapolis, who holds a master's degree in biomechanics from Ball State University. In addition to helping you strut your stuff in a

swimsuit, here are nine ways swimming can benefit your body:

1. Heart helper: With good technique, swimming provides important cardiovascular fitness



benefits. Swimmers can brush up on technique by taking adult classes offered by the Red Cross, local rec centers, YMCAs and Jewish Community Centers.

2. Balance your build: Swimming builds long, lean muscles that complement the

shorter, bulkier muscles created by activities like weight training. These long muscles also boost your metabolism to keep burning calories longer.

3. Cross-train: A swimming regimen can boost lung capacity and muscle strength, while giving your body a break from other activities like running, basketball or weight training.

4. Stretch it out: Stretching and increasing flexibility is easier in a heated pool, which relaxes muscles, and in the water, which reduces the body weight you feel by 90 percent.

5. Strengthen your core: Swimming builds core body strength by using all of your muscles. While 70 percent of a swimmer's effort comes from the upper body, exercises with kickboards and fins can provide an incredible lower body workout when done properly.

6. Breathe deeply: If you are comfortable with swimming technique and breathing, swimming can be less taxing on lungs than running, because arms, with their smaller muscles, don't require as much oxygen as legs do.

7. Keep going and going: With proper technique, many

swimmers can swim longer than they can sustain other activities — allowing you to burn more calories.

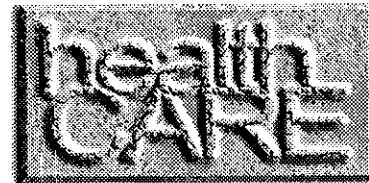
8. Do it anywhere: Swimming isn't just about dingy, crowded neighborhood pools. Many recreation centers and health clubs have beautiful pools, and open-water swimming can take you to lakes, reservoirs and even the ocean. For spots to swim around the world, check the online directory at www.usms.org.

9. Where the boys — and girls — are: Swimming pools are a great place to meet

members of the opposite sex.

United States Masters Swimming (www.usms.org) is a national organization that provides organized workouts, competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive and noncompetitive) who are dedicated to improving their fitness through swimming and maintaining a healthy lifestyle.

Founded in 1970, USMS is organized with 500 clubs in 53 regions throughout the nation.



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Delmar library to host health program

Ann Chapman will present "Increasing Health and Joy" at Bethlehem Public Library on Friday, March 28, at 2 p.m. Chapman will talk about enhancing health and well-being through relaxation, stress reduction, and increasing pleasurable experiences.

Chapman is a New York State

certified social worker and retired Siena College professor with more than 20 years of experience as a health enhancement educator and counselor.

This free program is cosponsored by Bethlehem Senior Projects, Inc. Call 439-9314 to register.

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Sleep disorders can produce serious health problems

The weekend of April 6 this year, when most Americans will "spring forward" and set their clocks one hour ahead for daylight-saving time, also marks the end of National Sleep Awareness Week. (observed this year March 31-April 6). And it may be a time when many Americans are losing something precious — an hour's worth of sleep.

When you don't snooze, you lose — physically and mentally. Not getting a good night's sleep can have a dramatic impact on your ability to perform even basic physical and mental

tasks. But imagine having a sleep disorder so serious that simply running into an old friend or holding your grandchild might result in an uncontrolled physical collapse, leaving you paralyzed.

For persons with cataplexy, which is a symptom of narcolepsy, such episodes can oftentimes be a fact of everyday life. Narcolepsy can have a very serious personal impact on those who suffer from it, affecting even routine tasks of everyday life.

Stanford University's Center for Narcolepsy reports that studies show patients who are

treated for narcolepsy may be more prone to accidents than non-sufferers and are often impaired in the areas of work, leisure and personal relationships.

What Is Narcolepsy? Narcolepsy is a chronic neurological sleep disorder that affects about one in every 2,000 Americans. It is characterized by sudden, uncontrollable attacks of deep sleep. Excessive daytime sleepiness, or the overwhelming and recurring need to sleep when you want to be awake, is one of the hallmark symptoms of the condition.

Cataplexy, another defining sign of narcolepsy, is often the most troubling symptom for many sufferers. Characterized by the sudden loss of muscular control without loss of consciousness, cataplexy

affects between 60 and 90 percent of narcolepsy patients. Cataplexy attacks are usually triggered by strong emotional reactions, such as laughter, elation, anger, embarrassment and surprise. The effects of cataplexy range from slurred speech to buckling of the knees and even total physical collapse.

During severe attacks, a patient may collapse and be unable to move for several minutes, while still remaining conscious and alert of his or her surroundings. While some people with narcolepsy experience only one or two episodes of cataplexy a year, others have many such episodes each day.

"Cataplexy can have an extremely debilitating effect on persons who suffer from narcolepsy," said John Bullion, CEO and chairman of Minneapolis-based Orphan Medical Inc., a company that has researched narcolepsy and cataplexy extensively. "Imagine not being able to control where or when you might suddenly fall down and you'll have some idea as to just how dramatically narcolepsy can impact the lives of those who are affected by the disorder."

More than a nuisance

Individuals with narcolepsy can fall asleep without warning, at inappropriate times and places. You might, for example, suddenly doze off while working or talking with friends.

Depending on the severity of the condition, narcolepsy sufferers may sleep for just a few minutes or up to a half-hour before awakening. Other narcolepsy signs and symptoms can include:

- Hypnagogic hallucinations, which are extremely vivid, often scary dreams.
- Automatic behavior, in which familiar or routine tasks are performed without later memory of such events.
- Sleep paralysis, the brief inability to move or speak when falling asleep or waking up. Such episodes are usually brief — lasting no more than 10 minutes — but they can be frightening.

Why does this happen? While the exact causes of narcolepsy are unknown, many

scientists believe that individuals with the disorder may have imbalances in certain brain chemicals that help regulate sleep.



Normally, the process of falling asleep begins with a phase called non-rapid eye movement (NREM) sleep, a time in which your brain waves slow down considerably. After an hour or two of NREM sleep, brain activity picks up again and rapid eye movement (REM) sleep begins, a time of deep sleep when most dreaming occurs.

Narcolepsy sufferers, however, can suddenly and at abnormal times fall into deep REM sleep without first experiencing NREM sleep. Individuals with narcolepsy can experience certain aspects of REM sleep that should normally occur only during deep sleep — such as sudden lack of muscle control, sleep paralysis and vivid dreams.

Can it be cured?

Narcolepsy is a chronic condition, so symptoms usually don't go away entirely. But doctors can suggest lifestyle changes and prescribe certain medications to help manage the symptoms of the condition.

Stimulants, which help people with narcolepsy stay awake during the day, have long been a

primary treatment for narcolepsy. However, such medications may also be addictive and can cause side effects such as nervousness and heart palpitations.

Antidepressants can help suppress REM sleep, which may limit narcolepsy symptoms including cataplexy, hypnagogic hallucinations and sleep paralysis. Sodium oxybate, a prescription medication, is used to help improve nighttime sleep.

Studies have shown that the drug can dramatically reduce incidences of cataplexy in a large percentage of narcolepsy patients. It can also help reduce the occurrence of sleep paralysis and hypnagogic hallucinations.

Lifestyle modifications can also be important in managing the symptoms of narcolepsy. Patients are often encouraged to take steps such as setting a regular sleep pattern, scheduling naps of 10-15 minutes each day and exercising regularly. Avoiding substances that can impair the ability to sleep deeply, such as caffeine, nicotine and alcohol, may also aid in reducing symptoms.

Find out more

If you experience excessive daytime sleepiness that you can't control or think you may be suffering from other symptoms of narcolepsy, see your doctor. Because its symptoms are sometimes associated with other disorders, narcolepsy can sometimes be difficult to diagnose.

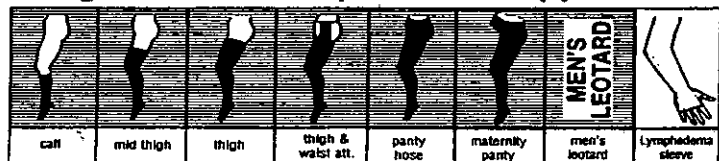
You may want to consider asking your doctor to refer you to a sleep specialist for additional studies and evaluation. Trained sleep specialists can perform an in-depth analysis to properly diagnose any sleep disorder you might have and help determine your best treatment options.

To learn more about narcolepsy and potential treatment options available today, visit the National Sleep Foundation's Web site at www.sleepfoundation.org or the Narcolepsy Network's Web site at www.narcolepsynetwork.org.

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Director of Activities Faye Silton gives resident Joe Olmer a friendly hug.

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Eagles

(From Page 1)

a basket in the waning moments to put Copiague ahead 24-19 at halftime.

Copiague let its two forwards, Walker and Angela Clark, do most of the damage in the second half. The two seniors combined to score 23 their team's 25 points in the third quarter and keyed an 8-2 run to start the fourth quarter to help Copiague build a 57-39 lead.

Bethlehem fought back as best it could. Mooney and Kelly each scored to knock the deficit down to 14 points. Later, Bango netted her fourth three-pointer of the game to bring Bethlehem within 11 points with 1:01 left. The Eagles outscored Copiague 4-2 the rest of the way but it was too little, too late.

Bango finished with 15 points, Kelly contributed 13 points and Mooney added 11 points for Bethlehem, but Foley was limited to six points — less than half of her season average.

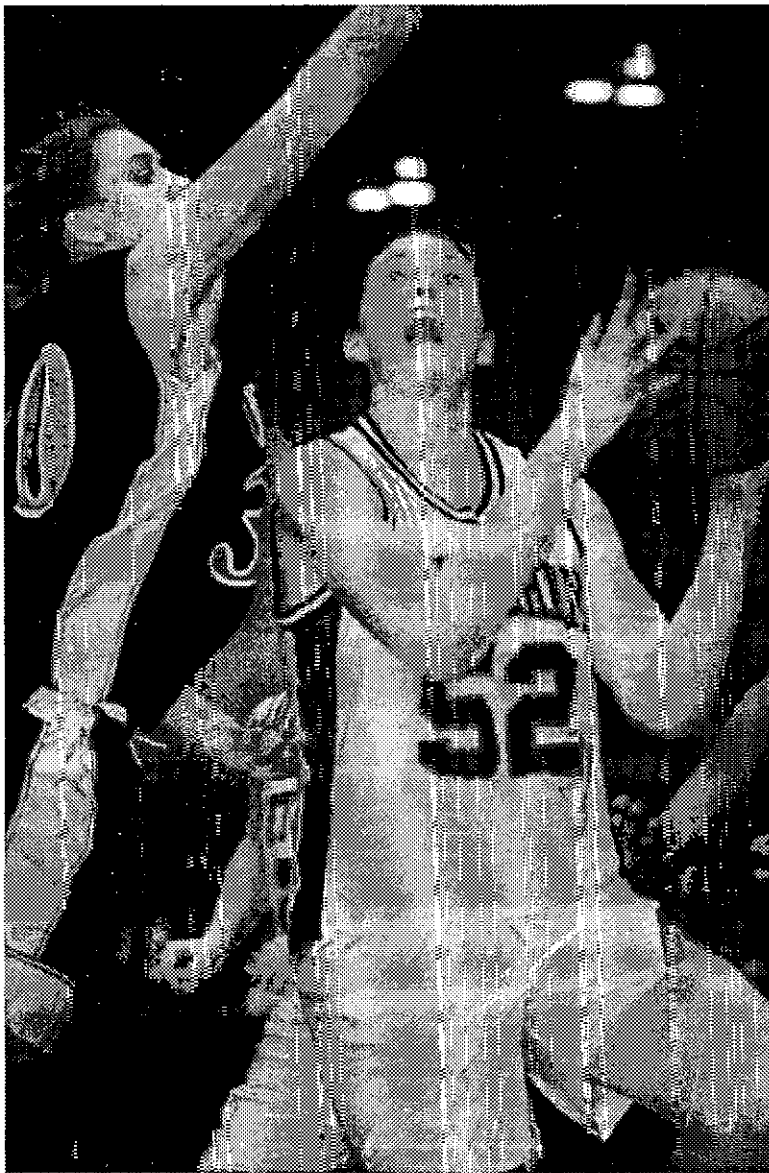
"Bango never wants to quit, and you could see that on the floor," Wise said.

Wright — who will be heading to the University of Connecticut on a full scholarship — and Clark each had 19 points, and Walker added 18 points and 16 rebounds for Copiague, which won its first state title in any sport. Wright was named the tournament's most valuable player.

Bethlehem reached its first state championship game by knocking off Section I champion Ursuline of New Rochelle 69-63 last Friday.

Unlike the game against Copiague, the Eagles had no trouble getting the ball into the low post early. Foley scored Bethlehem's first two field goals, while Mooney and Kaity Conklin added key baskets to key a 16-6 opening run. By the end of the first quarter, the Eagles had a 20-9 lead.

Ursuline got as close as four points midway through the second quarter before Bethlehem went on a 15-6 run to grab a 38-25 lead. During the run, the Eagles held Ursuline without a field goal, though a series of fouls gave the



Bethlehem's Kaitlin Foley drives past an Ursuline defender during last Friday's state semifinal game at Hudson Valley Community College. Foley had 22 points and 16 rebounds in the 69-63 victory. *Jim Franco*

Koalas several opportunities from the charity stripe. At halftime, Bethlehem was in front by the same 11-point margin it had at the end of the first quarter.

The Eagles extended the lead to as many as 18 points in the third quarter before Cori Chambers started to take over for Ursuline. Chambers, who was named the top player in the state prior to the game, scored 12 of her 27 points from the final three minutes of the third quarter through the first six minutes of the fourth quarter to help the Koalas pull within eight points.

"I think it was important to have the lead going in (to halftime) because they have a player like Chambers," Wise said.

Ursuline received an extra boost when Foley fouled out with 1:32 left before Bethlehem responded by hitting several key free throws down the stretch. Chambers gave the Koalas one last bit of hope when she hit a three-pointer and was fouled for a four-point play to make the score 66-63 with 14.3 seconds left, but Sarah Homer made three out of four foul shots to seal the victory.

"There's actually no word that can describe this," Homer said. "We've worked so hard for this."

Foley had 22 points and 16 rebounds, and Kelly contributed 14 points for Bethlehem. Both players were named to the all-tournament team.

Colonie Central hosts 3-on-3 tournament

Colonie Central High School will host the preliminary rounds of the KeyBank HoopLa Fan Fest 3-on-3 Basketball Tournament March 23.

There will be six men's and six women's divisions, and the top teams will advance to the finals March 29, which will be held outside Pepsi Arena as part of the NCAA Division I men's basketball East Regional festivities.

Each team will consist of a captain and three players, and the divisions will be broken down by

age: 11-and-under, 13-and-under, 15-and-under, 17-and-under, open (18-34) and 35-and-older.

The entry fee is \$100 per team, and registration forms are accepted on a first-come, first-served basis. Proceeds benefit Capital District YMCA's urban teen initiatives.

Entry forms are available at all Capital District YMCA branches, by visiting the organization's Web site at www.cdymca.org or by calling Greg Koubek at 869-3500, ext. 37.

Braverman takes LaSalle job

Former Bethlehem Central High School coach Jesse Braverman was hired as the new skipper of the LaSalle Institute baseball team last Tuesday.

Braverman, who also coaches the Adirondack region team at the Empire State Games and the Bethlehem Mickey Mantle squad, has a lifetime coaching record of 463-205.



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by Lee Bormann
President/C.E.O.



CHANGING TASTES

You do not need a researcher to tell you that age is the best predictor of a healthy diet when you see a child reach for dessert while her grandmother is looking for her second helping of broccoli at the dinner table. Aside from being educated about the benefits of a healthy diet, older adults may have a physiological reason for preferring healthy foods. According to a recent study, women were less sensitive to such bitter-tasting foods as broccoli, Brussels sprouts, and mustard greens as they got older. They also showed an increased preference for vegetables, whole-grain foods, citrus fruits, and coffee and tea. At the same time, their preference for meat and dairy products varied little.

Good nutrition is one of the foundations of health and well-being. At Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar, we make sure our residents are offered wholesome, healthy meals, and encourage positive choices that support their overall physical health. To set up an appointment, give us a call at 439-8116 for more information.

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LEGAL NOTICE**LEGAL NOTICE
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 (March 19, 2003)

LEGAL NOTICE

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 (March 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 (March 19, 2003)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF HOLLYFIELD FARMS, LLC
Under Section 203 of the Limited Liability Company Law
The undersigned, for the purpose of organizing a limited liability company in the State of New York, does hereby certify:
FIRST: The name of limited liability company is HOLLYFIELD FARMS, LLC
SECOND: The county within this state in which the office of the limited liability company is to be located is ALBANY COUNTY
THIRD: The Secretary of State is designated as an agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the secretary of state shall mail copy of any process against the limited liability company upon him is HOLLYFIELD FARMS, LLC C/O MICHAEL PARMELEE 109 SUSSEX COURT VOORHEESVILLE, NY 12186
IN WITNESS WHEREOF, this certificate has been subscribed this 2/21/2003 by the undersigned who affirms that the statements made herein are true under the penalties of perjury.
S/MICHAEL PARMELEE
MICHAEL PARMELEE/
ORGANIZER
109 SUSSEX COURT
VOORHEESVILLE, NY 12186
LCD-2851
(March 19, 2003)

LEGAL NOTICE

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

LEGAL NOTICE

York 12211.
LCD30002829
(March 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: 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) (March 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) (March 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 (March 19, 2003)

LEGAL NOTICE

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 (March 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 (B) (March 19, 2003)

LEGAL NOTICE

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 (March 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) (March 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) (March 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 "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) (March 19, 2003)

LEGAL NOTICE**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) (March 19, 2003)

LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name of LLC: Helderberg Roof Consultants, LLC. Articles of organization filed with the Secretary of State of New York ("SSNY") on March 19, 2002. Office location: Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to 2706 New Scotland Road, Voorheesville, New York 12186. Purpose: to engage in any activity for which LLCs may be organized under the LLC Law. LD-2843 (March 19, 2003)

LEGAL NOTICE

Notice of Qualification of Benchmark Assisted Living, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/19/03. Office location: Albany County. LLC formed in Delaware (DE) on 6/16/1997. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Principal office of LLC: 35 Walnut St., Wellesley Hills, MA 02481. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: all lawful purposes. LD-2828 (March 19, 2003)

LEGAL NOTICE

Notice of Formation of R S & REBATH, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 2/13/03. 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: 130 Wilton Rd., Greenfield Center, NY 12833. Purpose: any lawful activity. LD-2827 (March 19, 2003)

LEGAL NOTICE

Notice of Formation of CARES, LLC Arts of Org. filed with Secy. of State of N.Y. (SSNY) on 2/05/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: The LLC, P.O. Box 10263, Albany, NY 12201. Purpose: any lawful activity. LD-2819 (March 19, 2003)

LEGAL NOTICE

The limited company of Hayes Development, LLC was formed on January 23, 2003 by David H. Hayes. The address of the company is 27 Folmsbee Drive, Menands, New York 12204 in the County of Albany. The Secretary of State is designated as agent of the company on whom process can be served. LD-2817 (March 19, 2003)

LEGAL NOTICE**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
(March 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. LD30002812 (March 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")
The name of the LP is MJB, FPLP. 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 mail a copy of any process against the LP is 26 Century Hill Drive, Latham, New York 12110-2128. LCD30002809 (March 19, 2003)

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION
1. The name of the Company is: T.G.R. FOODS, LLC
2. The Articles of Organization of the Company were filed with the Secretary of State on February 12, 2003.
3. The County within the State of New York in which the Company's office is to be located is Schenectady County.
4. The Secretary of State is designated as agent of the Company upon whom process against it may be served. The post office address to which the Secretary of State shall mail process against the LP is 204 Vley Road Scotia, New York 12302
5. The registered agent of the limited liability company upon whom process against the liability company may be served is Thomas G. Rimmer, Jr., 204 Vley Road, Scotia, New York 12866.
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.
LD-2822 (B) (March 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
NAME: CAMPUS REALTY LLC.
Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/18/03. The latest date of dissolution is 12/31/2103. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Kahn Management, 235 West 103rd Street, New York, New York 10025. Purpose: For any lawful purpose. LD-2898 (March 19, 2003)

LEGAL NOTICE

Notice of Formation of West End Pharmacy, LLC, Art. of Org. filed Secy. of State (SSNY) 2/26/03.

LEGAL NOTICE

Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 68 Ontario Street, Albany, NY 12206. Purpose: any lawful purpose. LCD-2889 (March 19, 2003)

LEGAL NOTICE

Notice of Formation of Brandywine Development, 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: c/o Becker & Becker, P.O. Box 575, Albany, NY 12201-0575. Purpose: any lawful purpose. LCD-2880 (March 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY, NAME: BALMORAL PARTNERS, LLC.
Articles of Organization were filed with the Secretary of State of State of New York ("SSNY") on 09/12/02. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 200 LANCASTER ST #100 ALBANY NY 12210. Purpose: For any lawful purpose. LD-2874 (March 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY, NAME: RIVERTOWN INVESTMENTS, LLC.
Articles of Organization were filed with the Secretary of State of New York ("SSNY") on 10/18/02. 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, 200 LANCASTER ST #100 ALBANY NY 12210. Purpose: For any lawful purpose. LD- 2873 (March 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).
The name of the LLC is UNIFIED HOLDINGS, LLC. The Articles of Organization of the LLC were filed with the Secretary of State on February 25, 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 Name 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 5 Edgewood Circle, Menands, New York 12204. LCD-2866 (March 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY, NAME: M & T DEVELOPMENT COMPANY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/09/02. 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, 17 Homestead Avenue, Albany New York 12203. Purpose: For any lawful purpose. LD-2844 (March 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY, NAME: SHAWN HENDERSON, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/27/03. The latest date of dissolution is 12/31/2002. 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 process to the LLC, c/o Shawn Henderson, 221 Bleecker Street, #2W, New York, New York 10012. Purpose: For any lawful purpose. DL-2818 (March 19, 2003)

Fuller

(From Page 1)

in office. Her knack for handling stressful situations with ease hasn't gone unnoticed by her peers.

"Where Sheila was most successful was when there was a problem. She always brought the parties together and things got handled," Wiggand said.

As Fuller stepped into the supervisor's role, town board member George Lenhardt was also beginning his first term.

"We really started together," Lenhardt fondly recalled.

Fuller's decision not to run for a sixth term didn't surprise many, including Lenhardt.

"I sort of anticipated that was going to happen. She has put in 10 years," he said.

Both Republicans, Lenhardt says he and Fuller share a similar vision for the town that includes providing a balance between residential and commercial

development.

"More often, we've agreed on issues than disagreed. We haven't agreed on everything, but that's the nature of human beings," said Lenhardt.

Doris Davis, another long-serving Republican town board member, said, "Having served on the town board with Sheila for the past nine plus years, I know that she sincerely cares about the town and always makes decisions based on what she thinks is best for Bethlehem and its residents.

"The door to her office is always open. For her, being supervisor is a 24/7 job, and to her the community is like family. She is always there for them.

"While Sheila takes her job very seriously, she also has a great sense of humor, which is an important part of her style and effectiveness. I have admired her independence in dealing with many important issues over the years," she added. "I must say that

I've truly enjoyed working with Sheila and am pleased to call her a friend. I will definitely miss working with her next year."

For nine years, Barbara Asprion worked as Fuller's confidential secretary, and she's still singing the supervisor's praises.

"I can't imagine any employee with the town not enjoying working for her," said Asprion.

Now retired, Asprion can recall Fuller putting in plenty of long days while always maintaining her open-door policy, allowing citizens to freely approach Fuller with concerns. Throughout 10 years of service, Asprion says Fuller's dedication to the people hasn't ever wavered.

"It didn't matter whether it was a Cub Scout receiving an award or a great big crisis such as the landslide. Everything received the importance it deserved," said Asprion.

"Fuller has been supportive of

public safety efforts in the town going all the way back to her time on the town board," said Bethlehem Police Chief Richard LaChappelle.

One of Fuller's first projects in office was to upgrade the Bethlehem Police Department with better technology. The department now has a computer aided dispatching system and can store records electronically.

"Everything is electronic now, more efficient and effective and she was behind a lot of that," said LaChappelle.

When town board member Dan Plummer began his term four years ago, he barely knew

Fuller. Despite the divide of party lines — Plummer is the only Democrat on the board — he found Fuller to be welcoming.

"I got to know her personally, I worked with her. She and I philosophically, I think, are on the same page on a lot of issues, so I would describe it as being very productive," said Plummer.

While he won't say if he'll make a run for the post on the Democratic ticket, Plummer is looking forward to the election.

"I think this is a great opportunity for a Democrat. I think it's going to be a great race. It will be very competitive," Plummer said.

Got a gripe? Write a letter

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of limited liability partnership (LLP): Name: Meyers & Meyers, LLP. Certificate of Registration filed with Secretary of State of New York (SSNY) on 1/23/03. Office location: Albany County. SSNY designated as agent of LLP upon whom process against it may be served. SSNY shall mail copy of process to Meyers & Meyers, LLP, 1734 Western Avenue, Albany, New York 12203. Purpose: law and any other lawful purpose. LD-2810 (March 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LONDONERRY REALTY,LLC (PURSUANT TO SECTION 203 PF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN that the Articles of Organization of Londonderry Realty,LLC, LLC (the "Company") were filed with the Secretary of State of the State of New York on December 6,2002. The Company is being formed to engage in the ownership, management,leasing, purchasing, selling, development, and mortgaging of property and any activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC. The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, 6th Floor, Albany, New York 12207. LD2807 (March 19, 2003)

LEGAL NOTICE

Notice of Qualification of New Bedford Realty Development, LLC, Authority filed with Secy. of State of N.Y. (SSNY) on 3/3/03. Office location: Albany County. LLC formed in Massachusetts (MA) on 3/19/01. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. MA address of LLC: c/o The Richmond Company, Inc., 7 Essex Green Dr., Suite 56, Peabody, MA 01960. Arts. of Org. filed with MA Secy. of Commonwealth, One Ashburton Place, 17th Fl., Boston, MA 02108. Purpose: any lawful activity. LD-2879 (March 19, 2003)

LEGAL NOTICE

Notice of Qualification of NB Realty, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/3/03. Office location: Albany County.

LEGAL NOTICE

LLC formed in Delaware (DE) on 2/27/03. 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. LD-2878 (March 19, 2003)

LEGAL NOTICE

Notice of Qualification of Xerox XBS Warehouse Holding LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/4/03. 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: 800 Long Ridge Rd., Mail Stop 2-4B, Stamford, CT 06904. Arts. of Org. filed with DE Secy. of State, Lockerman & Federal Sts., Dover, DE 19901. Purpose: any lawful activity. LD-2872 (March 19, 2003)

LEGAL NOTICE

Notice of Qualification of Eby-Brown Transportation,LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/21/03. Office location: Albany County. LLC formed in Delaware (DE) on 9/17/01. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 280 West Shuman Blvd., Suite 280, Naperville, IL 60566. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-2871 (March 19, 2003)

LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of one (1) truck-mounted storm sewer cleaner/jetter for use of the Town of Bethlehem Highway Department. Bids will be received up to 3:00 p.m. on March 31, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the

LEGAL NOTICE

NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY of each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM
Kathleen A. Newkirk,CMC, RMC
TOWN CLERK

Dated: February 26, 2003
LD-2865
(March 19, 2003)

LEGAL NOTICE

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 mail a copy of any process against the LP is 26 Century Hill Drive, Latham, New York 12110-2128. LCD30002810 (March 19, 2003)

LEGAL NOTICE

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 (March 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

LEGAL NOTICE

50, 3511 RC Utrecht, the Netherlands. Purpose: any lawful activity. LD30002804 (March 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 Liability Company Law. LD30002800 (March 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME:TPUG 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 (B) (March 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 (March 19, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: VARGA DEVELOPMENT CO.,LLC. Articles of Organization

LEGAL NOTICE

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 (March 19, 2003)

LEGAL NOTICE

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 Rd., Suite 400, Wilmington,DE 19808. Arts. of Org. filed with DE Secy. of State, Corp. Dept., Lockerman & Federal St., Dover, DE 19901. Purpose: any lawful activity LD30002826 (March 19, 2003)

LEGAL NOTICE

VOORHEESVILLE CENTRAL SCHOOL DISTRICT NOTICE REGARDING ABSENTEE BALLOT PROCEDURE

NOTICE IS HEREBY GIVEN that pursuant to Board of Education action taken December 9, 1991, the following procedures must be followed to procure an absentee ballot to be used for elections conducted by the Voorheesville Central School District. An absentee ballot and application will be mailed to each qualified voter who requests such in a signed letter provided the voter meets the criteria listed below: The person will be unable to appear to vote in person on the day of the school district election for which the absentee ballot is requested because he/she is, or will be on the day: a) a patient in a hospital, or unable to appear personally at the polling place because of illness or physical disability or; b) because his/her duties, occupation, business or studies will require him/her to be outside of the county or city of his/her residence on that day: 1) Where such duties, occupation, business or studies are of such a nature as ordinarily to require such absence, a brief description of such duties, occupation, business or studies shall be set forth in the affidavit. 2) Where such duties, occupation, business or studies are not such a nature as ordinarily to require such absence, the application shall contain a statement of the special circumstances that such absence is required; or c) because he/she will be on vacation outside the country or city of his/her residence on that day.

LEGAL NOTICE

The application shall also contain the dates which he/she expects to begin and end the vacation, the place or places where he/she expects to be on vacation, the name and address of his/her employer, if any, and if self-employed, a statement to that effect; or d) absent from his/her voting residence because he/she is detained in jail awaiting action by a grand jury or awaiting trial or is confined in prison after conviction for an offense other than a felony. Letters requesting applications for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to: Clerk, Board of Education P.O. Box 498 Voorheesville Central School District Voorheesville, New York 12186 The Clerk shall post the list in a conspicuous place or places during the election, and any qualified voter may challenge the acceptance of the absentee voter's ballot of any person on the list at that time, by making a challenge and the reasons known to the inspector's of election before the close of polls. Dated: March 12, 2003

Dorothea Pfeleiderer, District Clerk, Voorheesville Central School District

LD-2869 (March 19, 2003)

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., 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) (March 19, 2003)

LEGAL NOTICE

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 10/24/02. 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) (March 19, 2003)

Obituaries

Gertrude Goodman

Gertrude "GG" Molish Goodman, 96, of the Terrace at the Beverwyck in North Bethlehem died Thursday, March 13, at her home.

Born and raised in Philadelphia, she and her late husband owned and operated Estates Pharmacy in Haddonfield, N.J. for many years.

Mrs. Goodman was a member of Congregation Beth Emeth and its Sisterhood in Albany.

She was the widow of Harry Goodman.

Survivors include two grandsons, Rabbi Scott Shpeen of Slingerlands and Dr. Stephen Shpeen of Voorhees, N.J.; a sister, Anne Solms of Melrose Park, Pa.; and six great-grandchildren.

Services were private.

Arrangements were by the Levine Memorial Chapel in Albany.

Jamie Lynn Drummer

Jamie Lynn Drummer, 15, of South Bethlehem died Friday, March 14, at her home.

She had been a student at Wildwood programs and later at the Center for the Disabled.

Survivors include her mother, Martha Drummer of South Bethlehem; her father, James Drummer of Dayton, Ohio; a brother, Dylan James Drummer of South Bethlehem; her maternal grandfather, William McGee of Delmar; and her great-

grandmother, Ethel DeFlumer of Delmar.

Services were from the Meyers Funeral Home in Delmar.

Contributions may be made to the National MPS Society, 45 Packard Drive, Bangor, Maine 04401.

Arlene Weiss

Arlene A. Weiss, 69, of Delmar died Sunday, March 9, at St. Peter's Hospital in Albany.

Born in Cleveland, Ohio, she was a longtime resident of Rotterdam before moving to Reilly House in Delmar.

She was a graduate of the former Mont Pleasant High School.

She worked for St. Clare's Hospital in Schenectady and was a homemaker.

She also worked as an assembler at the Center for the Disabled vocational program in Albany and was active with the ARC Mapleridge Center in Rotterdam.

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

Survivors include two sisters, Carol A. Walsh of Niskayuna and Shirley M. Bremser of Lynchburg, Va.

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

Arrangements were by the DeMarco-Stone Funeral Home in Rotterdam.

Burial will be in Schenectady

Memorial Park in Rotterdam.

Contributions may be made to the Church of St. Thomas the Apostle, 35 Adams Place, Delmar 12054.

Edward Jerome

Edward F. Jerome, 82, of Selkirk died Wednesday, March 12, at St. Peter's Hospital in Albany.

He was husband of the late Marie Jerome.

Survivors include two daughters, Linda Robustelli of Long Island and Karen Jerome of Westchester; a son Edward Jerome of Selkirk, and six grandchildren.

Services were from St. Anastasia Church in Monroe.

Burial was in St. Anastasia Cemetery.

Local arrangements were by the Daniel Keenan Funeral Home in Albany.

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

Helen Newcomb

Helen Margaret Alcorn Newcomb, 89, of the Beverwyck in North Bethlehem, and formerly of Voorheesville, died Sunday, March 16, at her home.

Born in Philadelphia, she was a graduate of Smith College.

She was the widow of Edwin Knapp Newcomb.

The funeral will be held at a later date.

Family's the focus at Patroon House

By KRISTEN OLBY

The renovation and grand opening of the Patroon House Restaurant on Route 9W in Glenmont is best described as a fervent family affair.

On any given night, you'll find owner Andrew Carroll wandering from table to table greeting customers while brother Jake mixes drinks behind the bar and Andrew's wife Amy washes dishes in the kitchen. In fact, a host of family members have played various roles in helping Andrew turn his lifelong dream of owning a restaurant into reality.

"At one point, there were 13 people here with paint brushes, chisels and mops cleaning this place up," said Andrew of the renovation process that included an entire overhaul of what was formerly known as the Capital House.

While owning a restaurant may be new to Andrew, managing one certainly is not. The Watervliet native has more than 20 years of experience in fine dining, catering and even fast food — he got his start at McDonald's as a wide-eyed 17-year-old who was eager to learn. After earning his culinary degree, Andrew managed restaurants and catered events at various Capital District country clubs. Eventually, his calling to open a restaurant prompted him to venture out on his own.

"I always said I couldn't work any harder for myself — I was wrong," said Andrew.

His brother Jake, whose expertise is in computer software sales, decided he too would make the jump and pursue his dream of being a restaurateur.

"While I'm the restaurant guy, he helped invest in the business and he's my partner," said Andrew.

The two are off to a promising start. Open just one month, the menu is already drawing rave reviews from patrons.

"It's a truly an a la carte steak and seafood menu featuring the area's only chef's tasting menu," said Andrew.

While individual entrees are available, the tasting menu allows guests to choose a variety of a la carte dishes that comprise a four- or six-course meal. Guests can also sample a number of wines that compliment the selections.

"I wanted to do something that you couldn't find in other restaurants and that no one else dared do," said Andrew.



Andrew Carroll

Chef Richard Toth, who has more than 25 years of culinary experience — most recently at Schuylers Meadows Country Club — creates the diverse entrees, ensuring that everything right down to the ketchup and Worcestershire sauce is freshly prepared.

Those who dine at the Patroon House will enjoy fine food in a casual atmosphere where jeans are considered acceptable.

"You can be treated like you would at a private club, without paying the price and without having to get dressed up," said Andrew.

The welcoming ambiance feels as if you are dining at a friend's home rather than a restaurant. That's exactly the effect Andrew and wife Amy — who actually live upstairs — are striving to create.

"Have dinner in my living room and be treated like you are a guest in my house," said Andrew.

Walls are decked with historic paintings depicting life on the shores of the Hudson when Albany was first settled. While the name Patroon House honors the area's early Dutch settlers, it also incorporates the house's history.

"It was called the Capital House and it is a home, my house, so I said the 'Patroon House,'" said Andrew.

The Carrolls hope to welcome dozens of guests into their "home" for dinner each night. The spring and summer months will make outdoor dining on the patio possible and they also plan to open for lunch.

"I'm going to try to be the best restaurant in the area, and whether I am or not remains to be known," said Andrew.

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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.



Kenneth Slingerland and Rebecca Smolen

Smolen, Slingerland to wed

Rebecca Smolen, daughter of Ronald and Anne Smolen of Voorheesville, and Kenneth Slingerland Jr., son of Kenneth and Doreen Slingerland of Delmar, are engaged to be married.

The bride-to-be is a graduate of Clayton A. Bouton Jr./Sr. High

School in Voorheesville. She is a student at SUNY Cobleskill.

The future groom is a graduate of Bethlehem Central High School.

He works for Hudson Rivers Construction.

The couple plans a May 2004 wedding.

BCHS graduate wins college award

Matthew Cardamone of Slingerlands was recently honored at the Programs Rooted in Developing Excellence (PRIDE) Program for academic and leadership excellence in the L.C. Smith College of Engineering and Computer Science at Syracuse University.

The PRIDE Program challenges and supports students with experiences and opportunities that will ensure their success well beyond the Syracuse University campus.

Cardamone is a junior majoring in civil engineering.

Dean's List

Connecticut College

Anne Lind of Delmar.

Ithaca College

Sara Hughes and Hannah Olmstead, both of Delmar; Robin Betzholt of Selkirk; and Erin Wiater of Voorheesville.

Paul Smith's College

Kristin Follette of Glenmont.

Russell Sage College

Erika Schmit of Delmar, Kellas Scholar.

Siena College

Sarah Thomas of Delmar; Michael Ricchiuti and Jeffrey Ricchiuti, both of Delmar, president's list.

University of New England

Katie Strait of Glenmont.

Wheaton College

Caitlin Deighan of Slingerlands and Valerie Messina of Delmar.

Class of '02

Sage College of Albany

Heather Gilmore of Slingerlands (associate's in fine arts).

Slingerlands woman studying in Paris

Lauren Englisbe, a 1999 Bethlehem High School graduate and a computer science major at Siena College, is studying at the American University of Paris during the spring semester.

She is the daughter of Wynn and Bobbie Englisbe of Slingerlands.

Local student named class president

Margaux Knee was elected to serve as president of the class of 2005 for the 2002-2003 academic year at Vassar College.

The daughter of Karen Kirchofer and Michael Knee of Delmar, Knee is a graduate of Doane Stuart School in Albany.

BCHS grad elected to college post

Alexander Weber was elected to serve as vice president of Davison House for the 2002-2003 academic year at Vassar College.

The son of Barbara Weber of Slingerlands and Martin Weber of Niskayuna, he is a graduate of Bethlehem Central High School.



Heather Engman and Michael Murphy

Engman, Murphy marry

Heather Engman, daughter of Fred and Lynn Engman of St. Cloud, Minn., and Michael Murphy, son of Patricia and Donal Murphy of Slingerlands, were married Aug. 24.

The Rev. Dee Pederson performed the ceremony at The Walsh House at the Bar Harbor Regency in Bar Harbor, Maine. A reception followed.

The maid of honor was Kristin Carr.

Bridesmaids were Lori Muphy,

sister of the groom, and Christa Engman, sister of the bride.

The best man was Matt Metz.

Ushers were Bram Lutton and Christopher Arata.

The bride is a graduate of Colby College. She is a student at Northeastern Law School.

The groom is a graduate of Bethlehem Central High School and Colby College.

He expects to graduate from Tufts Medical School in May.

The couple lives in Boston.

Delmar student earns scholarship

Emily Leroy of Delmar, a senior in the school of education at Syracuse University, has been selected to receive the Carnation Endowed Scholarship as part of the university's Senior Scholarship Program for the 2002-03 academic year.

The Senior Scholarship Program at Syracuse University recognizes outstanding students in their final year at the university. To be eligible for a senior scholarship, students must attain dean's list status during their first three years at Syracuse.

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.

Wedding Directory for Bridal Services



FLORISTS

Floral Garden Specializing in Weddings 339 Delaware Ave., Delmar, 478-7232 www.thefloralgarden.com Catering to all budgets

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

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NS Kiwanis plan Brooks barbecue

The Kiwanis Club of New Scotland will hold a Brooks chicken and ribs barbecue on Saturday, March 22, from 3 to 7 p.m. in the parking lot of SuperValu market on Maple Avenue in Voorheesville.

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

Prices are \$8.50 for an adult chicken dinner, \$6.50 for half chicken, \$8.50 for spare ribs dinner, and \$7 for ribs only.

Chicken and ribs dinners include a baked potato, cole slaw, a roll and butter.

Family ENTERTAINMENT

CALENDARS ♦ ARTS & ENTERTAINMENT

By DEV TOBIN

Capital Repertory Theatre in Albany has a highly acclaimed play on its stage now — Alfred Uhry's "Driving Miss Daisy," which won both a Pulitzer Prize and an Academy Award.

If there were any similar local theatre award, this production would be another winner.

The odd-couple comedy about a Southern gentlelady and her black chauffeur may be familiar to those who saw the popular movie, but the Cap Rep production is nonetheless a revelation.

The story is that an elderly well-off Jewish woman in Atlanta has a black chauffeur forced on her by her son, after one accident too many.

Daisy and Hoke spend a quarter century together. Daisy helps Hoke learn to read and write, and Hoke good-naturedly helps Daisy get where she's going.

The play is not directly about civil rights, but the struggle of blacks to throw off the chains of the Jim Crow South is always there, like malevolent shadow.

Early on, Daisy makes clear her support for civil rights by making a critical comment about segregationist Gov. Herman Talmadge. Later, on a trip to visit relatives in Alabama, Hoke is forced to urinate by the side of the road since the Standard Oil gas station they'd just filled up at did not allow blacks to use its rest room.

They also come upon the scene of the 1958 Atlanta Temple bombing, an act of racist terrorism that, as usual in those days, went unpunished. And, in a more subtle form of racism, Daisy's son has to avoid attending a dinner honoring Martin Luther King Jr. because of the damage it would do to his business.

The relationship between Daisy and Hoke grows beyond mistress/servant into a caring friendship. The play ends with Hoke feeding a forkful of pie to a smiling Daisy in her nursing home.

Lois Markle and Larry Marshall are excellent as Daisy and Hoke, as is Jay Edwards as Boolie.

The set looks great and works wonderfully, with two bar stools on a small moveable platform suggesting the car, a plush sofa on another moveable platform suggesting Daisy's mansion, and a desk and chair suggesting Boolie's office.

These days, far more people are likely to see the movie than read the book or see the play that the movie is based on. But the real, more immediate experience of a work of art is almost always better in the original, not the often pared-down, simplified Hollywood version. So it is with Capital Rep's "Driving Miss Daisy."

"Driving Miss Daisy" will run through April 19. Show times are Tuesday through Thursday at 7:30 p.m., Friday at 8, Saturday at 4 and 8:30 and Sunday at 2:30.

The theatre is at 111 N. Pearl St. Tickets are \$30 to \$38.

For information or reservations, call 445-7469.

Lois Markle as Miss Daisy and Larry Marshall as her chauffeur, Hoke Coleburn

Cap Rep's 'Driving': Fresh as a Daisy

Guilderland Chamber brings entertainment, information to Expo

By KATHERINE MCCARTHY

Information and entertainment will be the order of two days when the Guilderland Chamber of Commerce Family Expo & Trade Show takes place at Crossgates Mall on March 29 and 30. The Family Expo started in the mid-1980s as a mini-trade show at Farnsworth Middle School, and this year, there will be about 50 vendors and 10 entertainers on two floors of the mall.

The vendors cover a broad range of activities. A sampling includes the Albany Conquest, Mad Science, the College of St. Rose, Hudson River Bank and Trust, Mary Kay Cosmetics, Honest Weight Food Co-Op, Culligan Water Conditioning, local media, and tourism destinations like Ausable Chasm and the Baseball Hall of Fame. This is the 10th year the Family Expo will be held at Crossgates Mall.

"Our vendors get great exposure in a lovely venue, and there's built-in traffic," Jane Schramm, executive director of the Guilderland Chamber of Commerce, said. This is only the second year that the Family Expo will provide entertainment, which will be located in front of Cohoes Fashions. In addition, JC Penney will stage a spring fashion show on Sunday afternoon in their store. Entertainers include Poppytown Puppets,

Backyard Circus, the Raab Fiddlers, Tynan's Dance Ensemble, and S.T.O.P., Student Theater Outreach Program. While the benefits to the Family Expo vendors are clear, the mall benefits, too.

"We're a member of the Guilderland Chamber of Commerce, and a supporter of the local small businesses that are our neighbors," said Sara Nieves, marketing director for Crossgates Mall.

"At the end of March, the weather can still be iffy," Schramm said. "The mall is a nice, safe place to see entertainment, and to learn about some things you might not have known about before." Participants in the Family Expo come from a broad-reaching area.

"Our vendors range from A New England Nanny, which helps you find child care, to tourism representatives, to sports teams, to banks, schools, the library, and health care providers," Schramm said. Schramm gave credit to two Chamber members, Bill Parmelee and Bill Tatum, who volunteer a great deal of time getting vendors and making sure the Family Expo runs smoothly.

"I first got involved as a vendor," said Parmelee, head of Parmelee Enterprises. "I'm in the timber business. I'll buy the trees from your land, hire somebody to harvest them, and sell the lumber." At the Family Expo, Parmelee sets up a mini-timber-harvesting operation. "Maybe somebody learned something from that," he said. Parmelee began working on the Family Expo about four years ago. "It looked like fun work,

and I offered to do it," he said. "It's a good chance to see what the small vendor stuff is all about."

This year's Family Expo will take place from 10 a.m. to 6 p.m. on Saturday, March 29, and from 11 a.m. to 5 p.m. on Sunday, March 30. With all that information and entertainment, spending time at the mall has never been so easy.



Some of the entertainment scheduled for the Guilderland Chamber Expo will be, clockwise from top, Merdwin the Meddler, The Raab Fiddlers and Poppytown Puppets & Music.



"The Family Expo is a great addition to the Capital District. You can be inside, browse the tables, and do a little shopping. It's free of charge, and it generates traffic for us." In fact, Nieves said, shoppers call the mall and ask when the Family Expo will be taking place. Schramm attributes the show's popularity to the venue, the vendors, and the time of year.

ARTS and ENTERTAINMENT

Theater

DRIVING MISS DAISY
Capital Repertory Theatre, 111 N. Pearl St., Albany, through April 6, \$30 to \$38. Information, 445-7469.

MASTER CLASS
Maria Callas as Juilliard teacher, New York State Theatre Institute, Schacht Fine Arts Center of Russell Sage College, Troy, March 27 through April 6, \$19, \$16 for seniors and students. Information, 274-3256.

SOME LIKE IT HOT
with Tony Curtis, Palace Theatre, Clinton Avenue and North Pearl Street, Albany, March 25 at 7:30 p.m., March 26 at 2 and 7:30 p.m. Information, 463-466

ZOMBIE PROM
Schenectady Light Opera Co., 826 State St., weekends through March 16, \$18, \$9 for children under 13. Information, 377-5101.

THE BEAUTY QUEEN OF LEENANE
Albany Civic Theater, 235 Second Ave., Albany, weekends through March 23, \$12. Information, 462-1297.

VERONICA'S ROOM
Schenectady Civic Players, 12 S. Church St., weekends through March 30, \$12. Information, 382-2081.

HARRIET RETURNS TO US
one-woman show about Harriet Tubman, Capital Repertory Theatre, 111 N. Pearl St., Albany, March 29, 11:30 a.m., \$12, \$40 for four. Information, 445-7469.

Music

SCHENECTADY SYMPHONY ORCHESTRA
with pianist Findlay Cockrell, playing works by Beethoven, Dvorak and Gershwin, Proctor's Theatre, State Street, Schenectady, March 20, 7:30 p.m., \$22, \$12 for students, free for up to three children under 13 with a paying adult. Information, 346-6204.

JANIS IAN
The Van Dyck, 235 Union St., Schenectady, March 20, 7 and 9:30 p.m., \$22. Information, 381-1111.

HABANA SAX
The Egg at Empire State Plaza, Albany, March 21, 8 p.m., \$24. Information, 473-1845.

FLANDERS RECORDER QUARTET
with friends playing other instruments and singing, Memorial Chapel of Union

College, Schenectady, March 22, 8 p.m., \$20. Information, 372-3651.

NNEENA FREELON
The Van Dyck, 235 Union St., Schenectady, March 22, 7 and 9:30 p.m., \$24. Information, 381-1111.

'60S ROCK 'N' ROLL SPECTACULAR
with Gary Puckett, The Tokens, etc., Proctor's Theatre, State Street, Schenectady, March 22, 7:30 p.m., \$27.50 and \$42.50. Information, 346-6204.

HIGH SCHOOL CHORAL FESTIVAL
with Albany Pro Musica, Troy Savings Bank Music Hall, State and Second streets, March 23, 5 p.m., \$5. Information, 273-0038.

ZAKIR HUSSAIN
with Shankar & Giggler, Indian music, The Egg at Empire State Plaza, Albany, March 23, 3 p.m., \$24. Information, 473-1845.

MICHAEL BRECKER
The Van Dyck, 235 Union St., Schenectady, March 27, 7 and 9:30 p.m., \$20. Information, 381-1111.

JOHN COWAN BAND
with Drew Emmitt and Peter Rowan, Troy Savings Bank Music Hall, State and Second streets, March 28, 8 p.m., \$22 and \$25. Information, 273-0038.

MARIA MULDAUR
The Van Dyck, 235 Union St., Schenectady, March 28, 7 and 9:30 p.m., \$20. Information, 381-1111.

FOUR BITCHIN' BABES
The Egg at Empire State Plaza, Albany, March 29, 8 p.m., \$18. Information, 473-1845.

CYRIS CHESTNUT TRIO
The Van Dyck, 235 Union St., Schenectady, March 29, 7 and 9:30 p.m., \$20. Information, 381-1111.

MARSHALL CRENSHAW
with Eddie Dillon, WAMC Performing Arts Studio, 339 Central Ave., Albany, March 29, 8 p.m., \$22. Information, 1-800-323-9262, ext. 4.

DOGS OF DESIRE
Albany Symphony Orchestra chamber group performs "Best of" concert, featuring American music, Troy Savings Bank Music Hall, State and Second streets, March 29, 8 p.m., \$20, \$15 for seniors and students. Information, 273-0038.

L'ENSEMBLE
Cole Porter concert, The Egg at Empire State Plaza, Albany, March 30, 3 p.m., \$20. Information, 473-1845.

Dance

CAPITAL BALLET
New Beginnings show, featuring works by Balanchine, Martins and David Otto, The Egg at Empire State Plaza, Albany, March 22, 7 p.m. Information, 473-1845.

Comedy

PAUL ZALOOM
solo surrealist/satirist/puppeteer, The Egg at Empire State Plaza, Albany, three-part "Mighty Nice," March 22, 8 p.m., \$24; "Beakman Live!" March 23, 2 p.m., \$12, \$10 for seniors, \$8 for children. Information, 473-1845.

THE NOBODIES OF COMEDY
with Mark Gross, Jamie Lissow and Modi, Proctor's Theatre, State Street, Schenectady, March 29, 8 p.m., \$16 and \$19. Information, 346-6204.

Visual Arts

NEW YORK STATE MUSEUM
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
Richard Gallner retrospective, through June 1; 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. Maronis, through April 4. 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, photographs of Ecuador by Dale Raisig, through May 21, Wednesday to Sunday. 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.

ARTISTS WANTED
exhibit space available for original paintings at Local Color Art Gallery, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

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.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Signs are switched. 2. Log is missing. 3. Elbow patch is black. 4. Map has illustrations. 5. Walking stick is missing. 6. Black tree is gone.

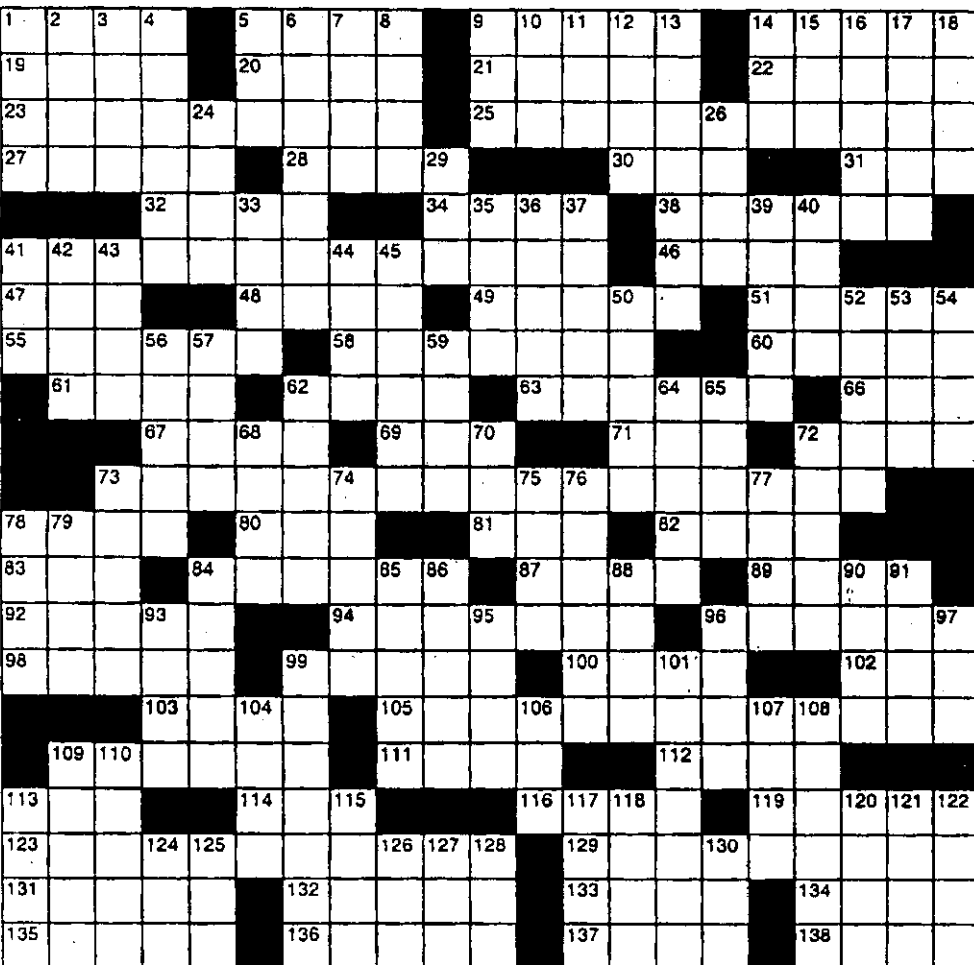
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Q O M J D H C K F Y C I A Y W
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H E F I A D A B Z A X L N V T
R L Q R R G O L L M M A E M K
I G F H F T U Y R R L N D D B
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O M N L K I H I A O F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

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

Austria	France	Luxembourg	Spain
Belgium	Germany	Netherlands	Sweden
Denmark	Ireland	Poland	United Kingdom
Finland	Italy	Portugal	

The Super CROSSWORD



- ACROSS**
- 1 Sarah — Jewett
 - 5 Melville monomaniac
 - 9 Michelangelo subject
 - 14 Mecca men
 - 19 "The Seventh —" ('56 film)
 - 20 Fount
 - 21 — acid
 - 22 Craze
 - 23 WORK IS FIRST PRIORITY
 - 25 DELEGATES WELL
 - 27 Plant pest
 - 28 Pianist Lupu
 - 30 Anderson's "High —"
 - 31 "I told you so!"
 - 32 Alaskan port
 - 34 Wine valley
 - 38 "Blue —" ('63 hit)
 - 41 NEEDS LITTLE DIRECTION
 - 46 Opposite of aweather
 - 47 London lavatory
 - 48 Anglo-Saxon laborer
 - 49 Jabber away
 - 51 Catherine of "7th Heaven"
 - 55 Most fashionable
 - 58 Produces a cryptogram
 - 60 Islamic deity
 - 61 Swiss sharpshooter
 - 62 — "War (racehorse)
 - 63 Crossworder's need
 - 66 Tempest — teapot
 - 67 Bull or boar
 - 69 Author Umberto
 - 71 "— Nidre"
 - 72 Once again
 - 73 GOOD COMMUNICATION SKILLS
 - 78 Oktoberfest offering
 - 80 Past
 - 81 Cologne cry
 - 82 Snaky swimmers
 - 83 Blunder
 - 84 Ritter or Houston
 - 87 Olympic hawk
 - 88 Kansas city
 - 92 Colorado or Connecticut
 - 94 Dickens character
 - 96 Dennis, for one
 - 98 Barnyard birds
 - 99 Burn a bit
 - 100 Actress Virna
 - 102 Advanced deg.
 - 103 Tolstoy's — "Karenina"
 - 105 HAS LEADER-SHIP QUALITIES
 - 109 Pull on a rope
 - 111 Tend the sauce
 - 112 Actress Perlman
 - 113 "— the season . . ."
 - 114 — glance
 - 116 Singer Laine
 - 119 Fester or Sam
 - 123 CAREER-MINDED
 - 129 AGGRESSIVE
 - 131 Shakespearean sprite
 - 132 Surround a Seurat
 - 133 Mythical vessel
 - 134 Give off
 - 135 "— Night in Georgia" ('70 hit)
 - 136 De Valera of Ireland
 - 137 Snack
 - 138 One of the Kennedys
- DOWN**
- 1 Dept. of Labor div.
 - 2 Harvest
 - 3 Old auto
 - 4 Weather factor
 - 5 Leather-worker's tool
 - 6 Legatee
 - 7 — Romeo
 - 8 Ran in the wash
 - 9 Pop
 - 10 Latin t word
 - 11 Compete
 - 12 Part of MIT
 - 13 "Mellow Yellow" fellow
 - 14 Qty.
 - 15 Sound from the stands
 - 16 Aromatic plant
 - 17 French psychologist
 - 18 Wise guy?
 - 24 Fragrance
 - 26 Hurler Hersher
 - 29 Sturm — Drang
 - 33 Encounter
 - 35 Flying start?
 - 36 Inhibited one
 - 37 Ed of "JFK"
 - 39 "The Merry Widow" composer
 - 40 Conceal
 - 41 Out of sorts
 - 42 Zodiac animal
 - 43 A bit of Bach
 - 44 Draft status
 - 45 Cheese-maker's need
 - 50 Honshu metropolis
 - 52 Hold fast
 - 53 Lucci role
 - 54 Clarinetist
 - 56 Playwright
 - 57 Eastern European
 - 59 Actor James
 - 62 Highway sign
 - 64 Does some cobbling
 - 65 Actress Sommer
 - 68 Rachel's sister
 - 70 — Locka, FL
 - 72 Williams of "Happy Days"
 - 73 Novocaine target
 - 74 Maestro Georg
 - 75 "Beat it!"
 - 76 Rollercoaster feeling
 - 77 Tennis pro Nastase
 - 78 "Wozzeck" composer
 - 79 "Clinton's Ditch"
 - 84 Senator
 - 85 Some skirts
 - 86 Trepidation
 - 88 Runner
 - 90 Composer Schiffrin
 - 91 Bill of Rights grp.
 - 93 Son of Isaac
 - 95 He's abominable
 - 96 Ho Chi —
 - 97 "Kookie" Byrnes
 - 99 Southwestern capital
 - 101 Lamour's wardrobe
 - 104 Tidy
 - 106 Parenthesis shape
 - 107 Pas de —
 - 108 Poet Sidney
 - 109 Pageant prop
 - 110 Computer acronym
 - 113 It'll give you a lift
 - 115 "— Ca-Dabra" ('74 song)
 - 117 Bank offering
 - 118 Spanish river
 - 120 Crooner Perry
 - 121 San — Obispo, CA
 - 122 Ferrara first family
 - 124 Berry or Olin
 - 125 Crafty
 - 126 Impact sound
 - 127 First name in comedy
 - 128 Timpy's pal
 - 130 Aah's partner

The Spotlight CALENDAR

Wed. 3/19
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.

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.

PRESCHOOL STORYTIME

Voorheesville Public Library, 51 School Rd., 10:15 a.m., 765-2791.

Thurs. 3/20
BETHLEHEM
'REVOLUTIONARY WALK ALONG CHAMPLAIN CANAL'

Ray Houghton traces local history of British Invasion of 1777, Bethlehem Public Library, 7 p.m., Register 439-9314.

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.

NEW SCOTLAND KIWANIS CLUB

New Scotland Presbyterian Church, Route 85, 7 p.m.

'ON BAGHDAD STREET'

A personal journey to Iraq with actor Joe Quandt, Voorheesville Public Library, 7 p.m. March 20

Fri. 3/21
BETHLEHEM
'IS IT SPRING?'

An outdoor search at dusk for geese, peepers, and other sounds of a spring evening. Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, 7 p.m. Information, 475-0291.

'LIBRARY BABIES'

Free play and stories for babies 15-21 months, Bethlehem Public Library, 9:30 a.m. & 10:30 a.m., Register 439-9314.

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.

PRESCHOOL STORYTIME

Voorheesville Public Library, 51 School Rd., 10:15 a.m., 765-2791.

Sat. 3/22
BETHLEHEM
AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779. March 22

MAPLE SUGAR OPEN HOUSE

Study of sugaring process, from drilling to tapping to evaporating to sampling. Open to the public, groups welcome. Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, 1:30-4 p.m. Also March 23, 29-30. Information, 475-0291.

'HOW THERAPY DOGS DO THEIR JOB'

Presented by Iris Bartkowski and dogs Jake and Rummy, Bethlehem Public Library, 2pm, Register 439-9314.

NEW SCOTLAND
SPAGHETTI DINNER

To benefit Guiderland Pop Warner, Voorheesville American Legion, 4-7 p.m., Adult \$7.50, Child (5-12) \$5.

Sun. 3/23
BETHLEHEM
ST. THOMAS THE APOSTLE

Masses — Saturday at 5 p.m. and

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

ST. STEPHEN'S EPISCOPAL

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

BETHLEHEM LUTHERAN

85 Elm Ave., worship services 8 a.m. and 10:30 a.m. coffee/fellowship following worship. Sunday School and Bible classes 9:15 a.m., infant and nursery care, assistive listening devices. Bible class for developmentally disabled, second and fourth Sundays of each month. Information, 439-4328.

DELMAR REFORMED

Worship services, 9 & 11 a.m., with child care, Sunday school for all ages T.G.I. Sunday contemporary worship at 5:30 p.m. with child care and children's program through grade 6. 386 Delaware Ave. Information, 439-9929.

BETHLEHEM COMMUNITY CHURCH

Worship service 10 a.m.; nursery and Sunday School through 5th grade provided at both services. 201 Elm Ave. Information, 439-3135.

SOUTH BETHLEHEM UMC

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

DELMAR FULL GOSPEL

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

FIRST REFORMED OF BETHLEHEM

Church school 9:30 a.m., worship 11 a.m., fellowship hour after worship; child-care provided, vespers 7 p.m. Wednesdays, Route 9W, Selkirk. Information, 767-2243.

FAMILY OF GOD COMM. CHURCH

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

FIRST UMC OF DELMAR

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

MOUNT MORIAH MINISTRIES

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

UNITY OF FAITH CHRISTIAN FELLOWSHIP

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

KING'S CHAPEL

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

BETHLEHEM CONGREGATION OF JEHOVAH'S WITNESSES

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

SLINGERLANDS COMMUNITY UMC

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

DELMAR PRESBYTERIAN

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

GLENMONT COMMUNITY CHURCH

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

SOLID ROCK CHURCH

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

NORMANSVILLE COMMUNITY CHURCH

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

ST. MATTHEW'S CHURCH

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

FIRST UNITED METHODIST

early worship, 8:30 a.m., worship celebration, 10 a.m., church school classes for nursery through high school, 10 a.m., choir rehearsals, 11:15 a.m., 68 Maple Ave., Voorheesville. Information, 765-2895.

BETHEL BAPTIST CHURCH

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

UNIONVILLE REFORMED

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

CLARKSVILLE COMMUNITY CHURCH

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

MOUNTAINVIEW EVANGELICAL FREE CHURCH

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

ONESQUETHAW REFORMED

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

FAITH TEMPLE

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

NEW SCOTLAND PRESBYTERIAN CHURCH

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

UNITED PENTECOSTAL CHURCH

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

JERUSALEM REFORMED

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

FAMILY WORSHIP CENTER

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

THE DRAGON'S EGG

Welsh language group of the Saint David's Society of the Capital District, New Scotland Presbyterian Church, 2010

New Scotland Road, 2:30 to 5 p.m. Information, 861-6976.

Mon. 3/24
BETHLEHEM
PEACE VIGIL

Bethlehem Neighbors For Peace, weekly peace vigil, Four Corners intersection, Delmar, 5-6 p.m., Information, 439-1968.

MOTHERS' TIME OUT

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

DELMAR KIWANIS

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

CLASS IN JEWISH MYSTICISM

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

INDOOR PISTOL SHOOTING

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

EXPLORER POST 157

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

DELMAR COMM. ORCHESTRA

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

AA MEETING

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

NEW SCOTLAND
QUARTET REHEARSAL

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

PRESCHOOL STORYTIME

Voorheesville Public Library, 51 School Rd., 10:15 a.m., 765-2791.

Tues. 3/25
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.

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

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.



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\$\$\$EARN EXTRA MONEY\$\$\$ DELIVER THE NEW VERIZON TELEPHONE DIRECTORIES

Men and women 18 and older with insured vehicles are needed to deliver in Troy, Schenectady, Albany, and surrounding areas. We are also looking for Office Clerks & Loaders. Delivery starts for Troy about March 24; Schenectady starts about March 27; and Albany starts about March 29. Work a minimum of 4 daylight hours per day. Get paid within 24 hours upon successful completion of your route. Call 1-800-979-7978 between 7:00 a.m. and 4:00 p.m. M-F. Troy refer to job #3570-3; and Albany refer to job #3666-3. EOE

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Responsible for the daily program supervision and recruiting, hiring and orienting staff for a quality Multi-site School-age Childcare Program.

- BA/BS degree in Elementary Ed., Early Childhood Ed., Recreation, Health Fields, Psychology and/or Human Services
- Five years experience in a childcare program setting, planning and implementing large group activities.
- Three years experience in an administrative capacity supervising staff and provide technical assistance to childcare staff.
- Benefits include full health insurance, paid vacations, holidays, 401K Plan and Tuition Reimbursement.

Send Resume to:
Executive Director
School's Out, Inc.
 239 Delaware Avenue
 Delmar, NY 12054

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"An Ideal Pt. Job with a Flexible Schedule"

Earn an extra \$600-\$900/month to pay off bills, or pay for college tuition, or just saving for a vacation. Environment service systems has pt/cleaning pos. in the Malta, Saratoga, Latham, Albany & Colonie areas. Call HR at (465-4370) or (465-4501). EOE

DIRECTOR OF RESIDENT CARE

Full time RN managerial position for 120 bed NYS licensed adult home. Qualifications: RN with minimum 3 yrs. experience in provision of services to the elder adult population. Excellent supervisory and leadership skills essential. Experience with in-service education/training, policy development/implementation & regulatory compliance. Experience in assisted living/ long term care preferred.

Benefits include: health and dental insurance, 401K plan, on-site child care, tuition assistance. Competitive salary offered. EOE.

Send resume to: Guy Calleri, Director of Human Resources at address below or e-mail to: gcalleri@kingswaycommunity.com. Special interview hours available for your convenience.

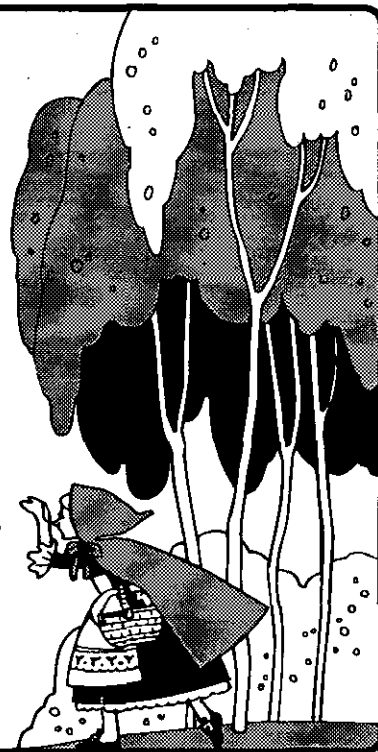
KingsWay Manor Assisted Living
 357 Kings Road, Schenectady, NY 12304

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If you are interested in any of the above positions, please send resume to:
Community Care Physicians - Human Resources Department
 711 Troy-Schenectady Road, Suite 201
 Latham, New York 12110
 Email: jobs@communitycare.com

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CHILDCARE NEEDED FOR 2 School-age girls in my Voorheesville home. 3PM-6:30PM, MONDAY-FRIDAY. Must have car. 262-5952.

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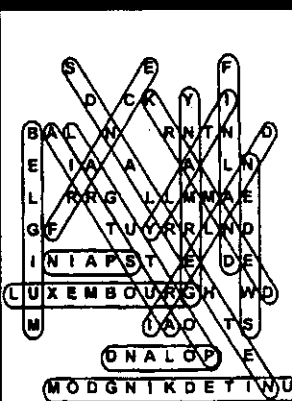
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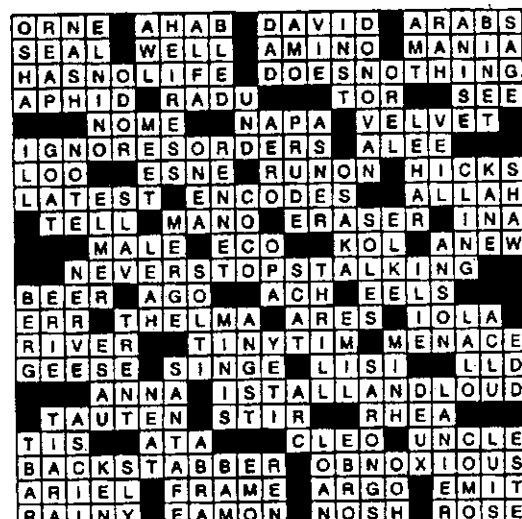
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Automotive CLASSIFIEDS

Classified INFORMATION



Office Hours
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8:30 AM - 5 PM
Monday-Friday
Deadline: Friday at noon
for 1st following week



Mail Address • In Person
Spotlight Newspapers
P.O. Box 100
Delmar, NY 12054
125 Adams St.
Delmar, NY 12054



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8 Newspapers;
105,000
Readers



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In Schenectady County
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In Saratoga County
Clifton Park/Halfmoon Spotlight

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Private Party Classifieds - Line Ads - Eight paper combo \$10 for 12 words 50 cents for each additional word.

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All line ads must be pre-paid in order for placement.
Ads will appear in all eight newspapers, as well as on the internet for the number of weeks requested.

Order Form

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: _____ Work Phone: _____
Amount Enclosed: _____ Number of Weeks: _____
MasterCard or Visa: _____
Expiration date: _____ Signature: _____

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New 2003 Chrysler Voyager

Features Auto, A/C, Power Locks, Cruise, Tilt, Sunscreen Glass & MORE! Stock#3V11



22,195 MSRP
20,780 Marshalls Price
-2,500 Rebate

\$18,280 Your Price

Or Lease for Just
\$239.99 Per Mo.
48 MO. LEASE

\$999 down & 1st mo. payment & tax due at inception. No security deposit. 12,000 miles per year included. 20¢ per mile thereafter. Customer responsible for maintenance & excess wear & tear.

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Features A/C, Auto, Cruise, Tilt, Power Windows & Locks & MORE! Stock#3SE8



18,720 MSRP
18,057 Marshalls Price
-2,500 Rebate

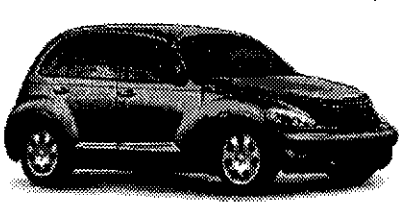
\$15,557 Your Price

Or Lease for Just
\$269.99 Per Mo.
48 MO. LEASE

Due at inception - \$1115.31 down payment, sales tax & \$269.99 1st mo. payment. 12,000 miles per year included. 20¢ per mile thereafter. Customer responsible for maintenance & excess wear & tear.

New 2003 Chrysler P.T. Cruiser

Features Auto, A/C, Power Windows, Locks, Tilt, AM/FM Cass. & CD & MORE! Stock#3PT21



18,915 MSRP
18,499 Marshalls Price
-2,500 Rebate

\$15,999 Your Price

Or Lease for Just
\$199.99 Per Mo.
48 MO. LEASE

Due at inception - \$1662 down payment. \$199.99 1st mo. payment. 0 security deposit + sales tax. 12,000 miles per year included. 20¢ per mile thereafter. Customer responsible for maintenance & excess wear & tear.

USED CAR SPECIALS

G2PC5	2001 DODGE STRATUS 4DR	\$13,995	13,608 miles, leather, auto stick, loaded
G1PC38	2001 DODGE INTREPID	\$12,995	29,638 miles, 8-80 Warranty
G2PT24A	2000 FORD FOCUS WAGON	\$ 8,995	37,658 miles, Auto & A/C - Must see
G2V53B	1996 PLYMOUTH VOYAGER	\$ 4,995	67,421 miles, A/C & auto - Nice van
3T622A	1998 TOWN & COUNTRY	\$ 7,995	87,129 miles, All the toys!



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SALE HOURS: Mon.-Thurs., 8-8pm • Fri 8-6 pm • Sat. 8-5pm
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Spotlight CLASSIFIEDS

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MIXED HARDWOOD- Face Cords, \$75. Stacking Extra. Call Jim Stanton: 365-7334 or 857-9486.

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DELMAR- 14 Elmwood (Off Orchard). Fri. 9:30-4:30, Sat. 9:00 to 12:00. Furniture- Upholstered, Maple End Tables,

Chests, Single Bed, Table & Chairs, Open Hutch, Mogh. Bedroom Set, Cedar Chests, TV, Sewing Machine, Glass, China, Kitchen Items, Linens, Decorative Items, Radios, Records, Tools, Tool Chest, Much More- Entire Contents.

Huge Garage Sale (Southgate School). Fund Raiser. Southgate Rd off Old Niskayuna Rd. Loudonville. Sat. March 22, 9AM-3PM. \$ 2.00 Early Bird 8 to 9AM.

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BEST BET HANDYMAN, Home Repairs & Maintenance, Electrical, Plumbing, etc., Senior Discounts, Call 434-5612.

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HAS YOUR BUILDING SHIFTED? Structural repairs of barns, houses and garages. Call

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String Instrument Repairs, Bow Rehairing, Buying Older Violins. Delmar 439-6757.

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CAUGHT SPEEDING OR OTHER TICKETS? In Albany, Schenectady, Rensselaer Or Saratoga Counties? Don't Plead Guilty! Racking Up Points, Doubling Insurance Rates! Call Me First! George P. Kansas, Attorney. 14 Forest Road, Delmar, NY 12054. DON'T PLEAD GUILTY! Most Cases Only \$125!!! Call TODAY! 365-5756.

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LOST DOG: German Shorthair Pointer, White With Brown Spots, Dock Tail, Tattoo In Left Ear. (Glennville Area). \$100 Reward! 377-2516.

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NEED A BAND? Elegant music for your special event. Peg Delaney, piano jazz, sophisticated/ swinging. for listening and dancing. 237-3129 www.pegdelaney.com

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Family Raised—1st Shots. Please Call 785-7333.

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PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

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PILATES & YOGA CLASSES - in Delmar and Albany. Monica 439-9612. www.wpyoga.com.

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COMPANION CARE for the elderly. Elder sitting. 356-4772.

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WANTED

BUYING: All old costume and better jewelry. Call 439-6129.

Cap for GMC 1500 pickup, full size bed. 756-7965.

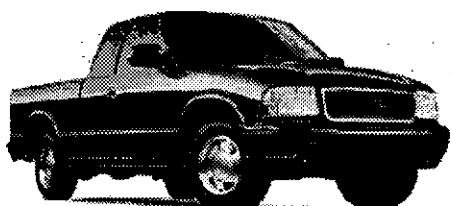
WANTED TO BUY Pre-1955 telephones, radios, television sets, tube amplifiers, cast iron penny banks, cameras, pre- 1920 tin or glass or paper photographs, old wood fishing lures, old toy cars, trucks, boats, or model boats, pre 1960 soda machines any condition, World War II/American or Nazi items, Civil War swords, pictures, etc.. Any condition on above items even broken or rusty. Call 745-8897.

WANTED: TOYOTA Avalon XLS, reasonable, 439-1598.

Automotive CLASSIFIEDS

Look At These Great Deals Sprouting Up At Marshall's

New 2003 GMC Sonoma

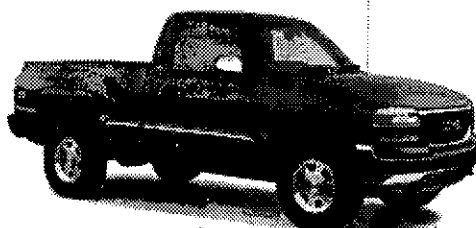


VORTEC 2.2, 4 CYLINDER,
5 SPD, DUAL AIR BAGS,
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\$ 15,145
- 355 Dealer Discount
14,790
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12,790
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New 2003 GMC Sierra 4x4

\$ 23,885 MRSP
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22,200
2,000 National Rebate
20,200
1,000 GM Loyalty Rebate
\$ 19,200



New 2003 GMC Envoy



LOADED WITH LOTS OF
STANDARD EQUIPMENT
INCLUDING POWER WINDOWS,
DOOR LOCK, CD PLAYER,
CRUISE, TILT, TINTED GLASS.
STK#3T117

\$ 31,167
- 2,267 Dealer Discount
28,900
2,000 National Rebate
26,900
1,000 GM Loyalty Rebate
\$ 25,900

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We are
Professional Grade.

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756-6161

For ladies who enjoy shopping:

How to shop for a battery

When it comes to smart shopping, women generally have the upper hand and, because they buy their share of batteries, this information will help the ladies stay up to date in the automotive department.

Gender-wise or otherwise, if your car battery is dead or even weak, you're not going anywhere. It is the leading cause of starting trouble, whether because of lights left on, a charging system problem or other cause. Sometimes it is just that the battery has outlived its usefulness.

But even at best, a healthy battery in 80-degree weather has only half of its output when the thermometer dips to zero. When shopping, remember that a battery is rated by cold cranking amps (CCA), indicating its power and the reserve capacity rating (RC), which indicates how long your car's accessories can run and still have enough power to start the engine.

Since starting a car in cold weather can take up to twice as much current to turn over a cold engine, cars in colder climates would benefit from a higher CCA rating. Check your owner's manual for the original equipment manufacturer's (OEM) minimum requirements needed for your car and

select the battery adequate for you needs. Buying one with an excessive CCA rating may be a waste of money.

In every situation, more RC (reserve) is better, like a little extra in the checking account. The size and number of plates in a battery determine how many amps it can deliver. By having more and/or large plates, you can increase the normal life of the battery. This is what distinguishes a three-year from a five-year warranty battery.

Battery manufacturers build their products to an internationally adopted Battery Council International (BCI) group number based on the physical size, terminal placement (where you connect the cables to the battery) and terminal polarity. BCI and the battery manufacturers offer application guidelines that contain the OEM cranking amperage requirements and group number replacement recommendations by make, model and year of car and battery size, CCA and RC specifications.

After all of this information, it is still best to shop where knowledgeable salespeople can assist you in selecting the right size and requirements for your vehicle.

Automotive CLASSIFIEDS

A remanufactured engine may save your 'totaled' car

It was among travelers' worst nightmares and a very expensive trip for this motorist. His beloved pickup blew the engine and had to be towed 250 miles home. The temperature gauge didn't work, nor did the check engine light. By the time he realized the engine was overheated the damage was done.

Now back in his hometown repair shop, it was time to face the music: where do we go from here? Exploring his choices, he and his technician considered the pros and cons of trading the truck, having a new engine installed, overhauling the old engine or having a remanufactured engine installed.

Trading in the truck, like "throwing the baby out with the bath water," was out. The costly option of a new engine was also out. How about overhauling the old one? Also expensive, said his mentor, possibly costing about the same as installing a remanufactured engine. Further, the reman would carry a strong factory warranty.

The remanufactured engine would not only be as good as the original, in several respects it would be better. Hand-built with the finest equipment

available, claim remanufacturers, these engines are built to more exacting standards than original. Further, a reman has the added benefit of a "seasoned" block, a metallurgical phenomenon which extends engine life and enhances performance.

Several lessons can be learned from this owner's experience and that of others who have "blown" their engines.

Lesson #1: Don't gamble with inoperative instruments and warning lights (the latter, when working properly, light up when the ignition first is turned on).

Lesson #2: At the first indication of overheating pull off the road and shut off the ignition. You may be able to avoid totally destroying your engine.

Lesson #3: If, by failing lessons #1 and #2, you've ruined your engine, you have some viable options beyond disposing of your vehicle.

Automotive CLASSIFIEDS

AUTOMOTIVE FOR SALE

2002 FORD F-150 BLACK SPORTS PICKUP. 16,300 Miles, 6-Foot Box, 5 Speed Standard, 4 Wheel Drive, Cassette, AM/FM. Asking \$14,800. 439-6619.

CROSSROADS

RT. 9W Ravena

756-2105



Quality
Preowned



Mercury

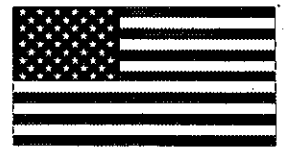
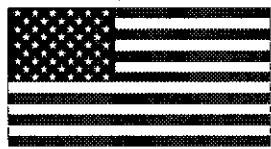
HERO'S Preferred Purchase Plan

This is a unique purchase plan that entitles **POLICE, FIREFIGHTERS, CORRECTION OFFICERS, & MILITARY PERSONNEL** (including family members) to purchase and new* (in stock or ordered) vehicles

at a cost of \$200.00 over invoice.

PLUS ALL AVAILABLE INCENTIVES!

To take advantage of this extraordinary offer, please stop by or call



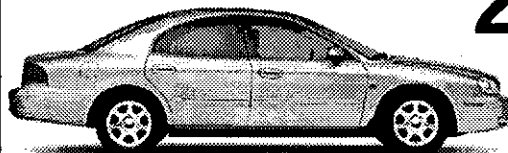
*This offer excludes T-Birds, 6.0 Ltr. Diesels and Specialty vehicles. Invoice does not always reflect dealer cost.

This Weeks Special

2002 Sable LS

4 Door Sedan

Power Driver Seat,
Perimeter, Anti-Theft,
Auto Trans., CD, Moonroof



(ONE LEFT!)

MSRP - \$24,630

*Includes \$4,000 Rebate

NOW: \$17,992*

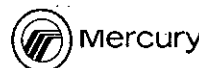
**\$6,638
OFF**

7 Ford Certified Vehicles Ready For Delivery!

YOU NEED:

- \$1000 CASH OR TRADE
 - 1 YEAR EMPLOYMENT
 - PAY STUB
 - DESIRE & COMMITMENT FOR A PRE-OWNED VEHICLE
- Application is confidential.

FRESH START AUTO CENTER

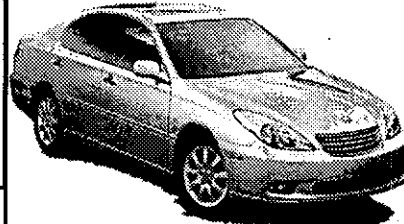


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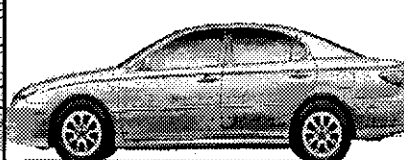
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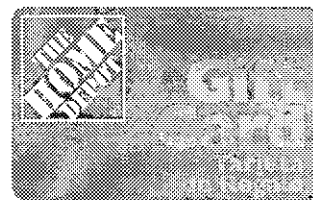


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