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on insurance carriers

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coming to Lakehouse

Senior Lifestyles

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The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLVIII No. 26 75 Cents

July 9, 2003

Vandalism incident floods L.C. Smith

By KRISTEN OLBY

A Delaware Avenue pet supply store will re-open for business today after a vandal flooded the store with a garden hose over the holiday weekend. On July 4, a vandal squeezed the outdoor hose at the L.C. Smith Pet Center between the two front doors of the business and let water flow into the building, according to Bethlehem police.

The store had been closed for the Independence Day holiday.

"I was sick to my stomach," said L.C. Smith owner Terry LaMay when she walked into the store Saturday morning. "I nearly collapsed when I walked through the store."

A customer had arrived at the store around 9 a.m. on Saturday to check the pet center's business hours and noticed the hose was turned on, according to police. The store was scheduled to open at 10 a.m. When police arrived, the garden hose was still stuck in the front door. A recovery company hired by LaMay estimates the water had been running for 18 hours, allowing roughly three thousand gallons to accumulate inside the building.

"There was so much water in the store it seeped out the sides of the building," said LaMay.

Dehumidifiers and air blowers have been working nonstop since Saturday to rid the building of moisture.

L.C. Smith Pet Center opened for business in Delmar in 1979, and LeMay

took over the operation in 1997, selling an array of pet foods and supplies. Over six years, the center has expanded to offer day care for dogs and pet grooming services. LaMay had recently finished construction of a room to begin boarding cats in August. No animals were inside the building at the time of the vandal struck. LaMay rents the store space from the building's owner, Len Smith, who resides in Florida.

Hundreds of bags of animal food were damaged by the water and discarded, according to LaMay. An antique desk and several trunks used to store pet toys

were destroyed. The carpet and many of the furnishings had to be removed. LaMay estimates at least \$40,000 in inventory was lost, with an additional \$25,000 in damage done to the store and its furnishings.

"It's senseless, it's malicious and I just can't imagine any kid going by and doing it," said LaMay, who believes the act was likely the work of an adult.

Bethlehem police are investigating and the vandal could face a charge of criminal mischief, a felony.

The pet center has been closed for three days, but LaMay and her husband James plan to reopen today, moving what's salvageable to the rear of the store.

"The distributors are working with us to send the product in," said James LaMay of the newly ordered pet supplies.

The LaMays are optimistic the public will continue to show its longstanding support for the business and that the culprit responsible will soon be caught.

I was sick to my stomach. I nearly collapsed when I walked through the store.

Terry LeMay

Cool cutie



Alivia Gavin cools off with an ice cream cone at the Taste Treat last Saturday. Jim Franco

Board debates parking plan for BCHS

By LINDA DeMATTIA

An option to add 230 more parking spaces at Bethlehem Central High School touched off a heated debate at last week's school board meeting. While the plan for parking was only one of a number of items the board reviewed during the presentation by Delmar resident Richard Peckham, architect with Collins & Scoville, it was the one which caused the most controversy.

The parking option that resulted in the most spaces, bringing the total to 730, would cost an additional \$320,000, in large part because it required the relocation of two softball fields and changing the drainage in the area. But it

PARKING/page 28

Ritter talk draws protest from critics

By KRISTEN OLBY

Opposition is mounting across the country in an effort to halt former United Nations weapons inspector Scott Ritter's scheduled speech in Bethlehem later this month.

Bethlehem Neighbors For Peace, a community group formed in January to formally oppose the war with Iraq, invited Ritter to speak July 20 at town hall from 3 to 5 p.m.

"He's very engaging, very bright and he has a lot of information we don't have," said Bethlehem Neighbors For Peace member Paul Tick. Ritter, who lives in Delmar, was a chief weapons inspector from 1991 to 1998 and has been outspoken against the war with Iraq from its onset. Ritter's speech will coincide with the release of his new book, "Frontier Justice: WMD and the Bushwhacking of America." Ritter has tentatively titled his speech "The Other

Face of Patriotism," and he plans to applaud those who questioned the war with Iraq, which he believes was unjustified.

"I think it's useful to note those who stood up against the war were every bit as patriotic as those who waved the flag in support of the troops," said Ritter.

Growing resistance to his appearance may overshadow Ritter's message. In June 2001, Colton police arrested Ritter for allegedly setting up a meeting over the Internet with an undercover detective posing as a 16-year-old girl. The case was adjourned in contemplation of dismissal and sealed. This year, the U.S. attorney's office reportedly had the case reopened to allow federal prosecutors to investigate whether Ritter violated any federal laws. To date, he has not been charged.

"I consider it to be a non-issue. There are those who may try to make it an issue. I'm not going to address it in any manner," said Ritter. The organization maintains

Ritter is an appropriate speaker to sponsor.

"The case was dismissed against him and in this country, a person is innocent until proven guilty," said Tick.

Ritter has been active with Bethlehem Neighbors For Peace in the past. He spoke to roughly 75 people in Bethlehem about the U.S. invasion of Afghanistan at a forum held in February of last year, prior to news of his arrest being made public. Ritter, who is normally paid a fee for speaking engagements, will not be charging the organization, calling the presentation part of "good citizenship."

"If you don't invest in your community,

RITTER/page 28



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Police seek would-be purse snatcher

Bethlehem police are searching for a man who struck an 83-year-old woman in the head as he attempted to steal her pocketbook outside of a Glenmont senior living facility.

On July 1, the woman withdrew \$200 from Charter One bank in Delaware Plaza and drove to the Van Allen Senior Housing Complex on Route 9W, according to police. As the woman exited her vehicle she was approached by a white male who engaged her in a conversation and then attempted to steal her pocketbook.

The victim fought off the suspect and managed to keep her purse, but was hit in the head by the man. The suspect is described as 170 pounds with tan skin, wearing a white tank top. He left the senior complex in a red or maroon Ford pickup truck driven by a second white man.

The victim was treated and released from the hospital for minor head injuries.

Anyone with information on the attack is asked to call Bethlehem police at 439-9973.

Rape suspect released on \$75K bail bond

A 26-year-old Catskill man charged with raping an 11-year-old Delmar girl was released from jail July 1 after posting \$75,000 bail bond, according to Assistant District Attorney Holly Trexler.

Judge Thomas Breslin approved Cory Knoth's bail application and issued an order of protection prohibiting Knoth from contacting the girl, according to Trexler.

Police said Knoth met the girl through an Internet chat room and the two arranged a face-to-face meeting on June 24. The girl left her parents' Delmar home with Knoth and was discovered

the next day alone at the Lawrence Motel in Colonie.

Knoth was arrested June 28 in connection with the disappearance of the girl and was charged with rape and sexual abuse, both felonies, and endangering the welfare of a child, a misdemeanor. Knoth could face federal charges if it can be proven he enticed or persuaded the minor to meet for sexual activity using America Online or the Internet, both of which transmit messages across state lines.

Bethlehem police make four recent arrests

Bethlehem Police recently made two felony arrests and two arrests for driving while intoxicated (DWI).

William Reyes Jr., 39, of 80 Bleakley Ave., Troy turned himself in on a warrant for a felony charge of criminal contempt for allegedly violating an order of protection. Reyes was arraigned before Judge Paul Dwyer on

July 2.

Thomas Finn, 43, of 55 Harkness Road, Johnsonville, was arrested at Rensselaer County Jail for grand larceny, a felony in connection with stolen checks he allegedly wrote in February 2000. Finn was sent to Albany County jail in lieu of \$2,500 bail.

Cheva Thompson, 23, of 9 Saratoga Sites was charged with felony burglary in connection with the May 27 burglary of a McGuffy Road home. Thompson was transported from Rensselaer County jail to Bethlehem last week where she was arraigned before Judge Frank Milano. Thompson was ordered back to Rensselaer County jail and is scheduled to return to Town Court in August.

Efrain Hernandez, 23, of Dallas, Texas, was stopped by police while driving on Route 9W in Selkirk on June 29 at 3:26 a.m. Police say Hernandez crossed the center line and later failed field sobriety tests. Hernandez was charged with DWI. Hernandez was sent to the Albany County jail in lieu of \$1,000 bail.

Craig Brinson, 29, of 275 State St., Schenectady, was stopped while driving on Route 9W in Glenmont on June 29 at 12:34 a.m. for speeding. Police said Brinson failed field sobriety tests and was charged with DWI.

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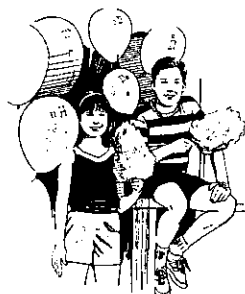
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G'mont man to stand trial for embezzlement

A Glenmont man is scheduled to stand trial on embezzlement charges in Cortland County Court beginning July 28 before Justice Mary Anne Lehmann.

Anthony Granito, 64, of Somerset Drive, allegedly filed false reimbursement requests for medical insurance premiums, hospital stays and car lease payments during 2000 and 2001 when he worked for McNeil & Co. Insurance & Risk Associates in Cortland.

An investigation by the Cortland County District Attorney's office led to Granito's indictment.

The sealed indictment was handed up March 28 and Granito was arraigned on the charges April 1. He entered a plea of not guilty and was released on his own recognizance.

Insurance rates spark lively board debate

By LINDA DeMATTIA

What should have been the routine reappointment of E. Lloyd Rogers as insurance broker of record turned into an animated discussion of insurance rates and how appointments are made at the Bethlehem school board's organizational meeting on July 2. The appointment was on the agenda, along with information from Steven O'Shea, assistant superintendent for business, regarding an unexpected increase in insurance rates.

O'Shea told the board that the 2003-04 budget included funds for a 23 percent increase in insurance premiums, but a recent letter

Both O'Shea and Superintendent Les Loomis indicated they had a great deal of confidence in Rogers, but said that if board members wanted an independent review, they would accommodate them.

"Lloyd Rogers is an expert in the field of insurance," O'Shea said. "If the board wants to bring in an independent consultant, I don't have a problem with that."

Loomis also indicated his support of Rogers. "Lloyd is a broker, and he has access to the whole market and he's got a lot of years behind him, too. He will go out and get other quotes," Loomis said. "He knows the market well. I think he is steering

us in the right direction. He is doing this skillfully on our behalf."

Svenson pressed to see an accounting of the district's insurance needs.

"We had assurances there would be no increase," he said. "We should be going out to bid in these pressing times when rates are going up."

Loomis and O'Shea attempted to differentiate the issue of rates, which are subject to pressures in the insurance market, from other services the broker provides to the district. In addition to rates, the district also receives services from its broker.

"You have to be comfortable with those agencies servicing these accounts," O'Shea said. "The advice was you can hurt yourself more by putting these out."

Loomis suggested that Rogers speak directly to the board. He asked the board to re-appoint Rogers for the next year to give board members time to further investigate the process for making appointments.

While the other board members voted to re-appoint Rogers, Svenson abstained, saying it was "nothing personal."

Lloyd Rogers is an expert in the field of insurance. If the board wants to bring in an independent consultant, I don't have a problem with that.

Steven O'Shea

indicated the increase would be much higher.

"We negotiated with local professional underwriters for a fee of 23 percent, and we thought in this tight market, that was good," he said.

At the end of June, the insurance company told the district it was refusing to endorse the policy. The move has left the district with an unbudgeted expense to deal with and a short timeline to renegotiate rates, O'Shea said. "It will be \$65,000 to \$70,000 more if the insurance increase goes up 50 percent."

O'Shea's presentation on the increase struck a cord with board member Richard Svenson, who questioned why the board was re-appointing the insurance broker who had been working with the district for more than eight years.

"It's the process — I don't find this comfortable," Svenson said. "If Mr. Rogers is the No. 1 guy, fine, but I've been here five years and I've never heard of us going out to bid. I don't know if there is a better way of doing this."

Bethlehem Tomorrow slates program on transitioning

Bethlehem Tomorrow, a newly formed citizens group, will sponsor a program entitled "Transitioning the Capital

Region to a Technology Driven Community."

LaMar Hill, the director of business development at the Center for Environmental Sciences and Technology Management in Albany, will lead the discussion.

Hill has been active promoting the Albany area to the technology-based companies that could potentially locate in the Capital District.

The event will be held Tuesday, July 22, at Bethlehem Public Library beginning at 7 p.m.

It is open to the public and free of charge.

RCS names new superintendent

By KRISTEN OLBY

An extensive five-month search by the Ravena-Coeymans-Selkirk school board has culminated in the hiring of Vicki Wright as the new superintendent of schools. Wright succeeds Robert Drake, who retired after three-and-a-half years with the district on July 1.

Wright's first day with the district will be Aug. 1.

"This is a personal privilege and a professional honor to come to Ravena-Coeymans-Selkirk," said Wright.

She beat out other candidates who were interviewed by both the school board and a community group comprised of roughly 20 business leaders, parents and seniors.

"She most closely fit our needs at RCS," said Mona Selover, president of the school board.

The board was searching for a superintendent who could raise academic standards in the district, Selover said, and an individual who is active in the community.

Wright, 57, has spent the last 35 years in education, most recently serving for three years



Vicki Wright

as director of secondary education at the 5,600-student Jamestown City School District in western New York. During her tenure at Jamestown, Wright developed a program to increase English language arts performance among eighth-grade students.

She also successfully obtained \$1.2 million in grants for the city school district while working with administrators to develop a

budget that closed a \$4.1 million spending shortfall. A supporter of increasing educational opportunities, Wright developed a grade five to 12 summer school program in the Jamestown school system.

"We must prepare our students to continually upgrade our skills, to make responsible decisions, to prepare for the demands of life in a multi-cultural environment and to maneuver through the uncharted waters of the fast-paced work force," said Wright.

Wright says she is looking forward to overseeing the completion of the district construction and renovation project.

Prior to joining the school administrative ranks, Wright served for 12 years as principal in

several New York schools. She worked for six years as an educator in school and university settings. Wright

holds bachelor's and master's degrees in education from Buffalo State College. She and her husband have two adult children. Wright will earn an annual salary of \$117,500.

She most closely fit our needs at RCS.

Mona Selover

Selkirk woman wants tougher dog law

By KRISTEN OLBY

When a vicious dog attacks in Bethlehem, Selkirk resident Kristie Sager wants to see the animal's owner held accountable and face stiffer penalties. Sager isn't alone. Roughly 200 Bethlehem residents have signed a petition originated by Sager calling for the town to strengthen its dog laws in an effort to help curb attacks.

"This happens way too often, it's turning into an epidemic and there's definitely not enough recourse," for victims, said Sager.

Sager circulated the petition and is launching the reform after she was attacked by a pit bull terrier in July of last year. Sager, 30, was walking her beagle, Emo, near her Edgewood Drive home when she said the unleashed pit bull came charging. As she tried to pull the pit bull off Emo, Sager says she was bitten in the hand, dragged to the ground and mauled by the pit bull until its caretaker pulled him off. As a result of the attack, Sager says she suffered a herniated disk, requiring back surgery.

The dog belonged to a New Jersey man but was staying at a Selkirk home. The animal's caretaker told police the dog ran outside as he opened his front door.

Sager believes the owners of violent dogs need to be held responsible for their pets' actions.

"Enforce the leash law. If your dog attacks, take the dog immediately," said Sager, who faults the Bethlehem animal control officer for not showing up until the day after the attack and for failing to promptly remove the animal.

Bethlehem police said the dog could not be seized until a town justice signed a court order — something that wasn't done until two days later.

"We went to get the dog, and the dog was gone," said Bethlehem Police Chief Louis Corsi.

The Albany County Health Department had already released the dog back to its owner — just hours earlier — to be monitored by animal control in New Jersey. The owner was never ticketed, and Corsi believes charges against him aren't warranted.

"It was a dog-on-dog attack and she (Sager) got involved and got bitten, and that was unfortunate," said Corsi, who noted the dog wasn't permitted to run freely. "The caretaker was chasing the dog, trying to catch it, prior to when this happened," he added.

In Bethlehem, dogs must be restrained on a leash, unless the owner has verbal control of the animal, according to the town's dog ordinance. Owners found in violation of the code face a civil charge and a penalty not exceeding \$100. The town's dog ordinance, passed in 1982, does not include a definition of what constitutes an aggressive dog or provisions for seizing a dog that's attacked. In the last year, Bethlehem police have had 27 dog attacks — on either people or animals — reported.

Historically, dog owners whose animals attack people or other pets are prosecuted under local government ordinances or the state Agriculture and Markets Law — low-level violations that rarely result in jail time or criminal records.

The petition calls for heftier charges at the town level and immediate seizure of an animal that's attacked a person or pet. Corsi believes the town ordinance is adequate, and said criminal charges can result in some dog

attacks.

"If you find that it's an intentional thing, where someone sets a dog loose (to attack), there can be criminal penalties for that, and that's when the District Attorney's office gets involved," Corsi said.

Any changes to the town law would have to be enacted by the town board.

"I thought I had rights to press charges. Those rights have been taken away from me," said Sager, who believes the dog's owner should have at least been ticketed.

She has launched a civil lawsuit against him.

Had the attack occurred in the city of Albany, it's likely the animal would have been immediately seized by law enforcement. The city's dog code allows animal control officers to demand a dog be seized, without a court order, if it is believed the animal is vicious. In the last year, there have been approximately 60 dog attacks in Albany — involving people or pets — according to city police. Additional legislation is pending before Albany's Common Council to stiffen the city's dog regulations. Under the legislation, dog owners must have their dog leashed at all times, regardless if they have verbal control of the animal. A person would be guilty of harboring a vicious dog in the first degree when the dog "bites, inflicts injury, assaults or otherwise attacks a human being, domestic animal, or household pet on public or private property," according to the legislation. The animal could be destroyed, and the owner would face a fine of at least \$500 and a maximum of 15 days in jail.

Sager believes quick action by Bethlehem law enforcement coupled with stiffer dog regulations will send a message to the owners of violent dogs — they aren't welcome in this town.

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The good, the bad and, well, sometimes it's all ugly

By KATHERINE MCCARTHY

Sometimes raising children is so horrible and hard that not even being able to anticipate the bad times makes them tolerable.

In our house, any kind of transition makes for tough times and brings on an onslaught of high needs and a willingness to "go to the mattresses" over small details that get overlooked when we're well-established in our routines. One of the many roles mothers take on — in addition to their primary position as food and transportation director — is that of sociologist, gradually becoming aware of patterns in their own versions of the typical

COMMENTARY:

*Mom's
the
Word*



American family.

At our house, it's become clear that we're transition-challenged at two particular times of the year. The first is after Christmas, when the kids go back to school after a week of late nights, being house-bound and the acquisition of a bunch of new stuff.

The second phase is one that we're just now limping out of, the

end of the school year.

The kids insist all spring that they can't wait for summer vacation, and I insist that I'm blessed beyond all belief to be able to be home with them when there's so much time and warm sunshine. Yet, there are days in late June when I would gladly suffocate myself in pantyhose and a suit and spend the day in an air-conditioned office rather than have to negotiate one more round of He Sat in the Front Yesterday, It's My Turn Today.

When the most recent debate started — with both boys clinging to the handle of the front right passenger door as if it were the last lifejacket on the Titanic — I

was taken unawares. I had expected the annual end-of-June meltdown to come over a catalogue full of Viking costumes and swords, that, in the most unwise Mommy-move since I'd bought them Hess police cars with full sirens one Christmas when they still got up at dawn, I hadn't thrown away as soon as it came in the door.

I had practiced responses ready for why they couldn't have a real sword and why the hooded cape wasn't a good idea.

But they blindsided me with an issue I thought we had long resolved, who rides in the front seat of the car and when. While some families might alternate

between kids on the back-and-forth legs of any journey, we alternate entire days that a child can ride in the front. The trick of course is to remember who rode there last, a fact that seems simple to recall unless more than one day has passed since using the car or if we've thrown in the variable of actually having driven somewhere in Dad's car.

So Mom's lack of memory combined with each boy's fevered insistence that it was his turn for the front is why, dear neighbors, we were all in the driveway last week, shouting and accusing each other of lies, treachery and crimes of insanity — and why we didn't go anywhere. Not going anywhere in the car that day seemed like a good consequence, even if it meant that I was the primary one punished by being stuck home with surly kids who might have put a Viking sword to bad use.

When you read about disciplining children, it sounds so easy. It's a different story when there's a toddler refusing his time-out or when children grow so tall that you are looking up at them to mete out the punishment.

One mother I know used to stand on the hall stairs to gain some height advantage over her very tall daughters during times that required strong words. Which is fine, if you can get your children to come to the stairs.

One father reported an incident when he was holding the bedroom door shut where his raging child was trying to escape his "go to your room" punishment. No matter that we hear from other people that their children can be horrible, too, or that in the space of unfolding years, incidents that drained us now will be distant memories later.

It feels like we've failed as parents whenever we have to lower the boom on our kids. We've talked to them, we've explained the consequences to them, we've been as consistent as our own human nature will allow — why do they sometimes have to push it so very far?

Human nature is clearly the answer, something that becomes its own entity in the heat of the moment. Kids have their own natures, and they're trying to find their place in the world. Academically, it's easy to understand why they'd push the limits with the people who love them best and look out for them the most. The thing is, parents' hearts are so full of love their kids that there's little room for academic reason — it just feels like betrayal when we give our kids enough rope and in fact they hang themselves.

Plus, being strong and steady parents gets exhausting. It's hard sometimes to be firm, calm and objective with our children. But we keep trying and hope that even if our kids watch us have our own little temper tantrums, they'll see that we pull ourselves together again and live by Scarlett O'Hara's words that tomorrow is another day.

While today still has us in its clutches, though, I'm going to do what Sally did after her 3 and 5-year-olds put every nerve in her body to the test. I'm having an ice cream sandwich for dinner, then going to bed.

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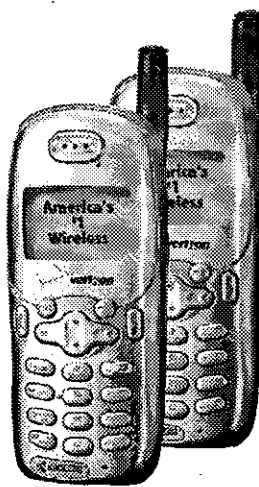
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BC school board holds organizational meeting

By LINDA DeMATTIA

The president and vice president of the Bethlehem Central school board swapped chairs at its organizational meeting on July 2.

Robin Storey, who had been board vice president for the last two years, was elected president. Warren Stoker, who had been board president over that same time period, was elected vice president. Both votes were unanimous.

"Warren and I have been doing president and vice president as a team," Storey said. "We, along with the other board members, decided to switch for a change."

"It's a good thing for other people to take on leadership roles."

Storey said she looked forward to presiding over a board that has been stable for almost a year.

"We've worked together for about nine months," she said. "Jim Lytle came on last October, and Jon Bartow was elected last June. We joke that nobody is the new guy anymore."

Storey said she believed the main focus of the board in the coming year will be the huge construction project that will go before voters on Nov. 18. Early estimates place the price tag at about \$90 million.

The projects are necessary to meet the demands of an ever-expanding student population, she said.

"The biggest thing is the bond issue," she said. "We need to inform the community and make sure they understand all the work we did to get to this point."

At last week's meeting, the board agreed on Nov. 18 as the voting date for the bond issue. In choosing the date, board members said they wanted the vote to be held after the town election, but not too close to the holidays or when winter weather could affect voter turn-out.

In other business, *The Spotlight* was once again designated the district's official newspaper.

In one of many appointments, Scott Landry was hired as the new assistant high school principal, effective July 1. Landry takes over for Johanna Friedman, who resigned after just one year due to concerns over the long commute from her home in Saratoga Springs.

Landry comes to Bethlehem after serving as assistant principal at Schalmont High School. Previously, he was an English teacher and varsity soccer coach at Cobleskill/Richmondville High School. He took courses for his administrative degree at both The College of Saint Rose and the University at Albany. Landry is a native of Vernon, Conn.

There will be a special board meeting on July 23 as well as regular meetings on Aug. 27 and Sept. 3.

RCS library announces winners

Prize winners at RCS Community Library's Garden Festival were Nancy Barrios, hanging geranium plant from Janine's Geranium Creations; Carol Mason, garden tools from Bush's True Value Hardware and Persico's True Value Hardware, fall yard clean-up by Brownie Troop 488, two carved pumpkins by Brownie Troop 406, and a garden witch made by Junior Girl Scout Troup 248; Carol Melewski, wreath from Majestic Tree Farm; Joanne Newell, gift certificate for topsoil from Vasto & Son; Lori Nunziato, flowering container garden from Secret Gardens; Lois Parker, two carved pumpkins by Brownie Troop 406; Linda Peterman, deluxe birdhouse from Treasures Mini-Mart; Steve Shook, two carved pumpkins by Brownie Troop 406; and Judy Sy, toy John Deere tractor from Osterhout & Son.

Thanks to the merchants and Girl Scouts for their contributions. Thanks to the Ravena Grange and to Big Don's Hot Dogs & More for setting up

shop despite the rain. The New Baltimore Conservancy and Ravena Coeymans Historical Society provided exhibits.

Dean's Mill Farm, Kolber's Farm and Shrub-Rite Landscaping contributed flower and vegetable plants of excellent quality for sale at the festival. Other donors of plants were Kathy Kelleher-Assael, Sophia Przybylowicz and Mrs. O'Keefe's second-grade class at Pieter B. Coeymans School.

Planning, sorting books and working through the rain storms were Louis Barrios; Gwen

Buckley; Patricia Christian; Barbara Goetschius; Marc Hafensteiner; Carol and Jenna Melewski; Deb, Abigail and Amanda Moon; Dorothy Motley; Lori, Liana, Jenna and Joe Nunziato; Lois Parker; Sherry and Ted Putney; Anne and Roy Ruske; and Beth Williams.

The library is the big winner. The new book bag — sturdy, dark green and bearing a wonderful drawing in white by Wendy Williams — made its debut. More bags are available at the price of \$10. Thanks to all who stopped to browse and buy under the library's big tent.

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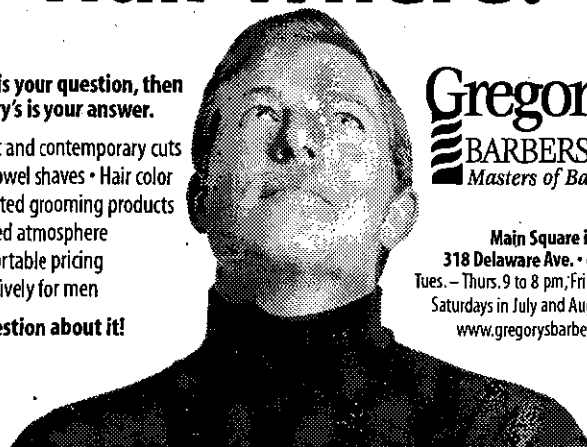
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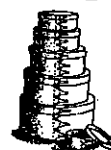
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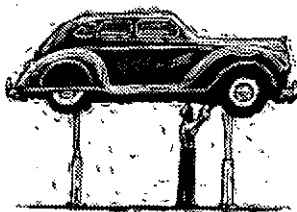
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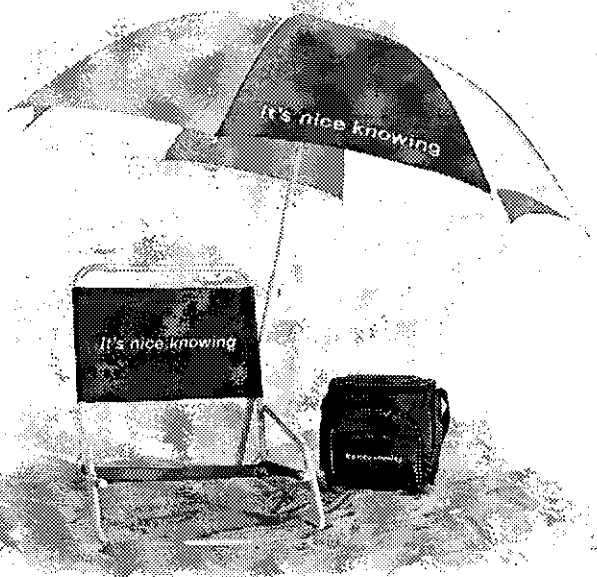
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Matters of Opinion

Don't become a statistic

Not every pool or water tragedy can be avoided. Even with careful planning and safety measures in place, 4-year-old boys can slip through the cracks, literally, and change the course of a family's future. That fact was demonstrated, all too sadly, in the Capital District last week.

For children of all ages, there is nothing more enticing on a hot summer day than taking a cool dip in the water. No matter how old your children are, you can't be too careful when taking precautions that reduce the chance of their becoming drowning victims.

First and foremost, if you or another adult are supervising young children who are swimming or bathing, you must be sure to provide your undivided attention — two eyes on the kids at all times. Don't talk on the phone, play cards, read a book or garden — it only takes seconds for a child to slip under the water.

Don't rely on swimming aids like foam noodles, boogie boards or water wings — these devices do not do the same job as life jackets or life preservers, and they provide a false sense of security for both the child and the caregiver.

It sounds like a no-brainer, but make sure the person watching the kids knows how to swim. If you don't know how, there are plenty of places, like the YMCA, that teach adults.

If you regularly spend time near the water, or if you own a pool, you should also learn CPR. The few hours you spend training for this skill can truly mean the difference between life and death.

For older children, you must remind them, from an early age, that they should never swim alone or in an unsupervised area.

One great thrill of swimming is performing the perfect dive, or holding on tight to a swinging rope, letting go at the exact right moment and creating a giant splash. However, every year there is at least one newspaper story of a child who is killed or becomes paralyzed because they dove in shallow water. The American Red Cross recommends 9 feet as a minimum depth for diving or jumping.

And although we may love to think that teenagers will never find themselves in a risky situation — it's your job to remind them of the dangers of drinking alcohol and being near a body of water.

Following a few common sense rules can help prevent a member of your family from becoming a heart-breaking statistic this summer.

Editorials

The myth of the hospice volunteer

By JONATHAN GRAY

The writer is volunteer coordinator for Community Hospice.

One of the greatest challenges I face every day in my role as volunteer coordinator for the Community Hospice is to dispel the misconception (or preconception) that being a hospice volunteer is sad, gloomy work.

I encounter that stereotype all the time. When I tell someone I work for hospice, the typical response I get is: "Isn't that, like, so depressing? How can you do it? I know I could never do that kind of work."

Many people think, "Hospice is the end of the line; it means that there's no hope; the patients are dying, right? Isn't hospice all about death?"

Well, on one hand, there's some truth in that statement: Hospice provides services for patients and their families when curative measures are no longer an option and comfort measures are a priority. But it doesn't mean that there's no hope — it means that hope changes. And hospice isn't all about death. Our patients aren't focused on their dying; they're focused on their living, and living fully, right up to the very end of their lives. Hospice isn't about death — it's about life and quality life.

And honestly, anyone involved with hospice whether they're a hospice nurse, chaplain, social worker or volunteer, will tell you that the work they do with patients and their families is anything but depressing or gloomy.

So who are these people who volunteer their time with hospice and just what exactly do they do, and more to the point, why do they do it?

Once again, stereotypes do not apply here; it is impossible to profile a 'typical' hospice volunteer. Male and female, they range in age from teens to persons well into their 80s. Bankers, truck

Point of View

drivers, housewives, students, beauticians, physicians, construction workers, secretaries; the retired and persons still in the work force — one of the many strengths and beauties of the hospice volunteer corps is its diversity.

Many people come to hospice to volunteer because they have had family members receive hospice services and so have experienced hospice firsthand: Many simply know of hospice by its reputation. Others come to hospice seeking answers to their own questions about life, death and perhaps even immortality.

"When my father died, there was no hospice available, and he really could have used hospice services," said retired New York City Police Officer John Bossoni.

A volunteer with hospice for 11 years, Bossoni says of his volunteer experience simply, "I enjoy it."

"People think it's creepy work, and in plain talk that's a bunch of bull," Bossoni continued. "I enjoy the patients I work with, I really do. We laugh, we joke, we talk. I really have a good time with them."

When asked why he volunteers with hospice, Bossoni responded, "You can't keep 'taking' all the time in this life, you've got to give back too. And who knows, maybe someday if I need it, somebody will come and visit me too."

"Hospice is a lot of different things to different people. Every time I go to visit a patient I sit in my car for a minute and I pray 'maybe I can do a little good today; maybe I can make somebody's day a little bit better.'"

When asked what he would say to someone considering volunteering some time with hospice, Bossoni unhesitatingly replied, "You're going to get more from this than you're going to give. It's hard to explain but it's true. You're just going to get so much out of this experience you won't believe it."

Beryl Drobeck has a long history of volunteerism, most recently with hospice. Trained in the fields of bacteriology, parasitology and electron microscopy, Drobeck decided to become a hospice volunteer after reading *On Death and Dying*, by Elizabeth Kubler-Ross.

"I came to hospice because I couldn't bear the thought of any old, ill person dying alone, without comfort, without a sense of someone caring that they were a person," she said. "That was my motivation."

Drobeck visits patients in their homes and assists with tasks such as grocery shopping, preparing snacks, providing respite for caregivers, as well as spending time with patients as a "friendly visitor."

"I'm contributing something to somebody's life," said Drobeck. "Perhaps my presence may help 'heal' a little bit. Not the disease obviously, but perhaps to ease any

loneliness or feelings of isolation.

"The other day, I brought flowers from my garden to the lady I'm currently visiting. Flowers are such a great gift of nature, so beautiful, and I know she appreciated receiving them."

"It's a little ironic isn't it?" asked Drobeck with a twinkle. "I'm older than the 'elderly' patient I'm visiting!"

Hospice volunteers visit patients in their homes, in hospitals, in nursing homes, and at the Hospice Inn at St. Peter's Hospital. Volunteers also provide non-patient related services such as clerical support in regional hospice offices, fund-raising, courier service and assistance with special events.

Obviously, hospice doesn't send its volunteers out 'cold' to visit patients, without any sort of training or orientation. It provides a comprehensive, broad series of workshops and presentations that cover topics ranging from "Hospice as a Spiritual Journey," "Death and Dying," "Facing Your Own Death" to "Health Care Proxies, Living Wills and DNR (Do Not Resuscitate)," "Care For the Caregiver" and "Stress Management."

"The training I received from hospice was excellent," said one volunteer. "It not only gave me new information, but perhaps more importantly, helped me to build on skills I already had."

"They provide wonderful support for their volunteers as well. Whenever I run into a problem or need some advice I just pick up the phone and call Susan (Susan Cunningham, volunteer coordinator for hospice in Rensselaer County), and she's always there for me. The other volunteers and staff are wonderful supports as well."

The Community Hospice will be conducting a summer training for volunteers in Aug. The training will be held at the hospice office in Rensselaer and is open to anyone who wants to volunteer out of any of the hospice sites in Albany, Schenectady, Saratoga, Amsterdam and Columbia-Greene, as well as Rensselaer Counties.

The training will be held in the evenings on Aug. 5, 7, 12 and 14, and on Saturdays, Aug. 9 and 16, in order to accommodate persons who work during the day. The entire training totals 25 hours.

So what do you think? Has any of this piqued your interest or at least your curiosity? Perhaps you've thought about becoming a hospice volunteer in the past, perhaps now is the time to find out more.

Drobeck summed it up beautifully: "It makes you feel good that you can do something to make someone feel better. If you really want to feel good about yourself, do something for somebody else."

For information about becoming a hospice volunteer, call Jonathan Gray at 285-8176 or e-mail him at JnGray@stpetershealthcare.org.

To borrow a phrase, "It's the toughest job you'll ever love."

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Matters of Opinion

Worst-case scenarios do happen

Editor, The Spotlight:

Being an avid race fan for more than 50 years and having a son and two grandsons involved in drag racing at Lebanon Valley for the past 30 years, I was taken aback by the recent death of a young child at the track.

I can't ever remember an incident like that happening before — a worst-case scenario. But while I was thinking about that, it brought to mind other worst-case scenarios, one of which could happen on Collaback Road at any time.

You see, there is this large outcropping of rocks, cliffs and boulders that have been very precarious for years. Occasionally, a large boulder or chunk will break off and fall on the road.

This has been going on for more than 50 years, my wife tells me. Believe it or not, no one or anything has been struck by them. But now it seems, someone wants to build a mine nearby and

blast rock out of the ground. Now that gets to the worst-case scenario or "What if?"

Collaback Road is a narrow, windy road on the border of the towns of Bethlehem and New Scotland and used by cyclists, joggers and local families for recreational purposes. We have a barn and pasture, and my daughter's home is opposite where the cliffs are.

Sometimes the neighborhood kids come by with carrots or apples to feed the horses. They stand on the road and feed them through the fence.

Our neighbors to the south have two young boys, and sometimes they take them for a walk along the road. Our neighbors to the north also have young children and on occasion ride with them on their bicycles or just walk along the road with them.

Most of the children in the area ride the school bus to and from school, so it means the bus passes

the rocky area six or seven times a day. Although it's never happened before — a worst-case scenario — a rock could fall on a child and injure or kill it, or a boulder could roll down and hit a school bus, auto, cyclist or jogger.

As a result of blasting in the area, the danger of that happening increases with every blast. Let's not believe that because it never happened before that it never could. Remember an ounce of prevention? And remember that it never happened at the race track before.

I also wonder who would shoulder the blame if a worst-case scenario happened as a result of blasting — would it be the state Department of Environmental Conservation if they permit it, the company for doing it or even the towns for not being more involved in stopping it.

Anthony Billetts
Feura Bush

Fire Dept. grateful for Boot Drive support

Editor, The Spotlight:

I am writing on behalf of the Slingerlands Fire Department to thank the public for its outstanding support of our first-ever Boot Drive.

The Boot Drive supplements our regular fund-raising efforts, and the proceeds are used to keep our members well-trained and skilled so that we can better serve and protect the lives and property in our community.

We realize that our department

is only one of many extremely worthwhile volunteer organizations that seek your support each year.

For this reason, we appreciate your continued generosity as well as the many expressions of appreciation and encouragement that many of you shared with us during the drive.

Jenny M. Colavito
Slingerlands Fire
Department
secretary

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Matters of Opinion

Former youth group member likes Catalano

Editor, The Spotlight:

The upcoming election of Bethlehem town supervisor is an event that happens every two years, usually with little fanfare and recognition, especially by the youth of Bethlehem. This year is an exception though, because Joe Catalano is running for the post.

Normally, politics is something that town youth just aren't interested in and don't have the time to deal with. However, Joe has had a great impact on the youth in this town, and the college kids and high school students want to show our appreciation and support for all the wonderful things Joe has done for us.

When I left for college last fall, I put Bethlehem behind me and moved on to what I thought were going to be bigger and better things. I wasn't really interested in what was going on in the town, nor do I think were any of my peers. This all changed, though, when I found out Joe was running for town supervisor.

My experiences with Joe come from the St. Thomas Youth Group, where he was a mentor, a leader and, most importantly, a friend and role model for all of us to look up and want to emulate. This is why I am excited and why so many other college students

are excited to learn that Joe Catalano is running for town supervisor.

We have all been around Joe, and have learned first-hand the dedication he has to improving the life of each and every person he comes in contact with. Joe Catalano has the support of the youth because he doesn't look down on us, but treats us as equals.

This is why Joe gets my support and the support of all youth, because it's our way of saying thank you for all the support he has given us over the years. When Joe Catalano becomes our next town supervisor, Bethlehem will be a place I will be proud to come home to, because I know it is in great hands.

Daniel Kidara
Delmar

Letters policy

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

Unsigned letters receive no consideration.

Rescue squad reaps benefit of concert

Editor, The Spotlight:

Every spring the Friendship Singers entertain audiences at many area nursing homes and then end their season with an open concert.

The open concert is always free, but donations are invited for a specific cause.

This year the performance on June 6 at the Delmar Reformed Church, was a benefit for the Delmar Rescue Squad.

Squad Captain, Philip Lobare, spoke briefly at the event about the rescue squad's need to equip its vehicles with defibrillators.

Now, thanks to a very generous audience of about 300 people and a major contribution from the Computer Sciences Corporation, the rescue squad has received \$3,200 to purchase a defibrillator.

The Friendship Singers are a group of 18 local women who enjoy singing and dancing, and their programs feature familiar show tunes and inspirational numbers.

This year's concert was hailed by audience members as one of their best ever.

Ann Treadway
Delmar

Drivers upset neighbors who fear for kids' safety

Editor, The Spotlight:

We live in a fairly new development in the town of Bethlehem.

Ours is a long, somewhat winding road that ends a little over a half a mile on a cul-de-sac. Like many of our neighbors, we enjoy taking walks with our two children in the evenings. Most afternoons mothers with small children in tow will venture out, walking from the front to the rear of the development and back again.

Cars, trucks and SUVs race down our road with reckless abandon. Homeowners at both ends of the development, in a rush to leave or return home put a lead foot on their gas pedal and go. They seldom slow down around the blind turns.

They race past children playing in their yards and on their driveways, taking walks and riding bikes and rarely observe a prudent speed. They are aware of the children and apparently don't care for their safety.

On more than one occasion, there have been near misses. Twice, cars going too fast around a rather sharp turn have ended up in a neighbor's front yard. Imagine if someone had been out walking. Is it going to take an

awful accident to get people to drive with caution?

Most of the homes in our neighborhood have small children who are just learning the basics of road safety. As parents, we do our best to teach them to be safe, and as children they do their best to learn those lessons.

But they are children and they do need reminders and they do make mistakes. If horrifies and infuriates me that some of our neighbors don't recognize this and continue to be so careless.

We received commendable responses to our concerns from the town and the Police Department. We had the speed trailer in our neighborhood, and the police patrolled during the busy times. But the bottom line is that our neighbors are not speeding by technical definition. They are simply traveling at speeds unsafe to all the residents, but especially our children.

Our hope is that they will see themselves in this letter and take special care to slow down and be more attentive. School is out, and so are the children. It's everyone's responsibility to do all they can to keep them safe and out of harm's way.

Mikle and Elizabeth Varney
Selkirk

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Matters of Opinion

People should realize effect of Patriot Act

Editor, The Spotlight:

Thank you for including Udi Ofer's discussion of the Patriot Act in your newspaper. I hope the writer's words will prompt people to think seriously and educate themselves about the tremendous changes the current administration has made to our personal rights in the name of security.

The attacks on Sept. 11 struck fear in our hearts, and many of us were eager for our president to do whatever was necessary to protect us by whatever means they chose, but we have inadvertently allowed them to circumvent some of the checks and balances built into our Constitution, thus creating a situation where a power-hungry politician might ultimately increase his own power unilaterally.

While the Patriot Act was passed hastily by Congress after 9/11 in an attempt to streamline efforts to gain information on possible terrorists and prevent further attacks, it seems that a broader interpretation of this law could be used to gather information on anyone who strongly disagrees or actively opposes any government policies in the future.

This is particularly alarming to me because I believe the growth of this great nation has been a direct result of the freedom to dissent, question and debate

important issues.

One of the freedoms I hold most dear is my freedom of speech. Personally, I have been very concerned over the pervasive tendency since 9/11 to label anyone who questions government policies as unpatriotic.

This was especially obvious as the war in Iraq was marketed to the public anyone who questioned the jurisdiction for the preemptive war was accused of being unpatriotic and lacking in support of our troops.

I love my country, and questioning the motivations of political leaders does not mean I am unpatriotic, but in some future interpretation of the Patriot Act, could I be considered a security risk for voicing these opinions.

I urge everyone to think long and hard about the Patriot Act and other policy changes that seem to erode our basic freedoms and rights. This is serious these are rights that we have long taken for granted in our country.

We should all consider this quotation by Edmund Burke:

"The only thing necessary for the triumph of evil is for good men to do nothing."

Susan Peters
Slingerlands

Leave pets at home in hot weather

Editor, The Spotlight:

Now that summer is here, The Humane Society of the United States wants to remind you that when the weather is hot, your pets are better off at home.

It's certainly important to spend time with your pets, but on hot summer days, home is the place to be. Summer is the season for flea markets, outdoor concerts, fireworks and picnics, but your pet might not always be welcome at these events.

Owners may be tempted to leave their pets in the car, but this scenario can quickly turn deadly. On a warm day, the interior of a parked car can reach 100 degrees in a matter of minutes even with the windows partially open. Even a quick stop at the grocery store can have dire consequences.

If you spot an animal exhibiting symptoms of heat stroke in a parked car, you should notify the local police as soon as possible. Signs of heat stress include heavy panting, glazed eyes, a rapid pulse, unsteadiness, staggering, vomiting or a deep red purple tongue.

If your pet becomes overheated, you must lower the animal's temperature immediately. Move your pet into the shade and apply cool (not cold) water over his body to gradually lower his body temperature.

Apply ice packs or cold towels to your pet's head, neck and chest only. Let the animal drink small amounts of cool water or lick ice cubes, and take him to a veterinarian right away. It could save your pet's life.

The humane society offers free fliers to warn people about the danger of leaving pets in hot cars. To obtain a supply, send a self-addressed business size stamped envelope to The HSUS "Hot Car," 270 Route 206, Flanders, N.J. 07836.

We urge you to use discretion when deciding where to bring your pet this summer. A little planning can go a long way

toward making this season a happy, healthy and safe one for your pet.

Nina Austenberg
HSUS
director

Letters policy

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

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



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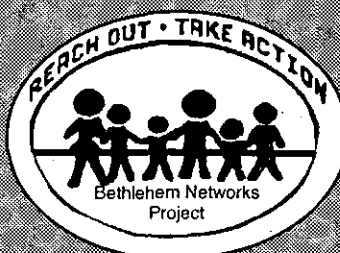
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Tips for parents of teens

As you embark on family vacations, keeping this advice in mind could improve the quality of the extra time you spend with your teenager.

- Be accessible. Teens often want to talk at strange or inconvenient times.
- Give straightforward advice or feedback on important issues such as sex, drinking and drugs – without nagging.
- Ask questions, but do it sparingly. Show them some trust. You would expect the same.
- Give them responsibilities with every privilege – that's real life.
- Teach them about making good choices by allowing them to make decisions, and help them accept the consequences of those choices.
- Teach them to know the difference between wants and needs and make them earn what they want.
- Show them you care – give lots of praise and positive feedback. Teens are still kids, and they need to know you live them for who they are inside.
- Take time to relax and have fun. Teens need to learn positive ways to manage stress.

For information, call Bethlehem Networks Project at 439-7740.



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Montana to perform at library

First United Methodist Church will host a benefit concert featuring Billy Montana, a native of Voorheesville and former member of the church, on Tuesday, July 15, at 7:30 p.m.

Proceeds will support the youth ministry and mission work. Advance tickets are available through the church office and the youth group. The suggested contribution is \$8 for adults and \$5 for children.

Board of education to hold meeting

The Voorheesville Board of Education will be holding an organizational meeting on Monday, July 14, at 6 p.m. in the high school commons area. Its regular meeting will immediately follow in the same location.

Nature Center to host birding program

Thacher Nature Center will be

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



holding a summer program on Beginner Birding on Tuesday, July 15, from 9 a.m. to noon.

Learn how to recognize songbirds, raptors, game birds and waterfowl by their songs, calls, field marks and behavior. Use binoculars, field guides and lures to see birds up close.

This program is for age 10 and up and for information, call 872-1237.

Aerobic dance class on tap at St. Matthew's

The summer session for an aerobic dance class will be held every Tuesday and/or Friday

from 7 to 8 a.m. and will run through Aug. 29.

The class will meet in the social hall at St. Matthew's Church.

Flower sketching workshop slated for 7/12

Five Rivers Environmental Education Center in Delmar will be holding a flower-sketching workshop on Saturday, July 12, at 10 a.m.

Join the world-renowned illustrator Wayne Trimm for a workshop on how to sketch flowers in a natural setting. Each participant will receive a sketchbook.

The fee is \$20 per person (\$15 per person for Friends of Five Rivers members). Participants should dress for the outdoors. Pre-registration is necessary.

For information, call Five Rivers at 475-0291.

Town board to meet

The New Scotland town board meeting will be held on tonight, July 9, at 7 p.m. at town hall on Route 85 in Slingerlands.

Helderview Garden Club accepting memberships

The Helderview Garden Club is now accepting memberships for September.

For information, contact Kizzy Gainor, president, at 765-2576.

Chorus to launch concert series

The concert season begins tonight, July 9, with a performance by our old friends, the Electric City Chorus.

Together at Twilight summer concerts are held on the back lawn at the library at 7 p.m. Concerts are

Call 765-2791 or e-mail voorefq@uhls.lib.ny.us.

For younger kids, it's not too late to join the summer reading club. You can sign up any time during the program, which runs through Aug. 13, and receive a packet of materials.

First- through third-graders meet on Monday, July 14, at 2 p.m. for a wonderful experience with the Animal Protection Foundation, which will present a lesson called BARK! (Be Aware, Responsible and Kind) about our pet friends.

Everyone is asked to bring some dog or cat food to donate to the foundation.

Fourth- through sixth-graders are instructed to wear old clothes for an experiment with "Open-Ended Art" on Wednesday, July 16, at 2 p.m. It might be messy.

The entire family is welcome to sign up for the first of two summer family nights on Tuesday, July 15 at 7 p.m. when we will have a number of "science fair stations" set up to accommodate families who would like to try out some hands-on science experiments as a fun and educational experience.

The Thursday Night Poets meet on July 10 at 7 p.m. No sign-up is necessary.



free and held rain or shine (rain site: new performing arts center at the high school).

Voorheesville Public Library and the village of Voorheesville have scheduled their concerts to fall on consecutive Wednesdays this summer. Mark your calendars for all of these dates and support our united efforts to provide this wonderful free entertainment. On July 16, you can hear The Stringdusters, with Voorheesville's Jack Toritto, at 7 p.m. at the village gazebo. The next library lawn concert is July 23 at 7 p.m. and will feature the incredible Swing Docs.

Graphic author novelist Todd DeZago will be here on Monday, July 14, at 7 p.m. for a workshop on "Story Structure and Language of Comics."

Plan on Mondays through Aug. 11 for special teen nights at the library. Sign-up is necessary.

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Lustre Kings to perform on outdoor stage tonight

The Lustre Kings come to our outdoor stage tonight, July 9, at 7:30 p.m.

Led by Mark Gamsjager on his big Gretsch guitar, the group presents a travelogue of great American rock and roll, from its rockabilly roots to right about now.

The Lustre Kings have played their brand of rockabilly from New England to Nashville. They draw their tunes from old greats like Link Wray, Gene Vincent and others and contemporaries like Paul Kennerly and Eddie Angel.

It'll be a treat. Admission is free. Bring your blankets and



lawn chairs. The concert will be held indoors if it rains.

Upcoming youth events

Thursday, July 10, at 7 p.m. — "The Puppet Tree" for children in grade one and up and families, presented by Das Puppenspiel Puppet Theater with a grant from the Upper Hudson Library System.

Monday, July 14, at 7 p.m. — "Puppetual Motion" for children age 3 and up and families,

presented by the library's Youth Advisory Council.

Tuesday, July 15, at 11 a.m. — "Reading with Rowdy," the River Rats' team mascot, for children ages 4 to 11.

Tuesday, July 15, at 7 p.m. — "Stories for Dreaming" for preschoolers and families, told by Joni Goldberg (second of a six-week Tuesday evening series).

Wednesday, July 16, at 10:30 a.m. — "Stories for a Summer Day," for preschoolers and families, told by middle-school volunteers (first of a six-week Wednesday morning series).

See the July/August issue of "footnotes" for details. All programs, except for the two story-telling series, require registration; call 439-9314. You can also find out about our programs online at www.bethlehempubliclibrary.org.

Beach books

More suggestions for summer reading, gleaned from past issues

of "Pageturners," our quarterly collection of book reviews by library staff.

The Sisterhood of the Traveling Pants by Ann Brashares is a great summer read for young adults. Said pants are just an old pair of jeans from a thrift store, yet they impart a certain magic upon the four friends who share them one summer. They fit all the girls perfectly, despite the friends' different sizes and builds. The pants travel to Greece, to a soccer camp in California, through a parent's divorce in South Carolina and to a minimum-wage job in a pharmacy. The girls' stories unfold along the way. If you like this book, follow it up with the sequel, *Second Summer of the Sisterhood*, just published this year.

In *Stuffed: Adventures of a Restaurant Family*, Patricia Volk regales us with a humorous and poignant memoir of growing up in a family of New York City restaurateurs. Vignettes about

many relatives and their adulation of all things culinary are fascinating. Volk describes a nostalgic New York — a city of vibrancy, glamour and innocence. You'll want to finish this slim volume in one sitting—like a good meal.

Thanks to Julia Doellefeld and Meryl Norek for these reviews. The current issue of "Pageturners" can be found on the library Web site, www.bethlehempubliclibrary.org. Click on "Read, Listen and View," and look under "Librarians' Choice."

Louise Grieco

NS Kiwanis plan August golf outing

The Pediatric Trauma Unit of Albany Medical Center and several local community groups will share the proceeds of the New Scotland Kiwanis Club's 2003 Golf Outing at Orchard Creek Golf Course in Altamont on Friday, Aug. 8.

The event will begin with registration at 8:30 a.m. Tee-off is at 10 a.m. and will include a buffet luncheon, dinner, awards presentations and a raffle. The format will be a "modified scramble." Prizes will be given for the longest drive, closest to the pin and a hole-in-one.

The registration fee of \$110 per person (or \$420 per foursome) includes golf, cart, lunch, dinner and prizes.

For information, call 765-3578 or 446-0550.

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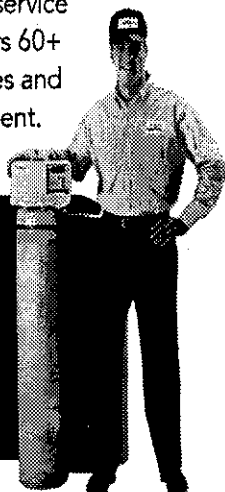
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The Spotlight welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, accuracy, style and length.

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

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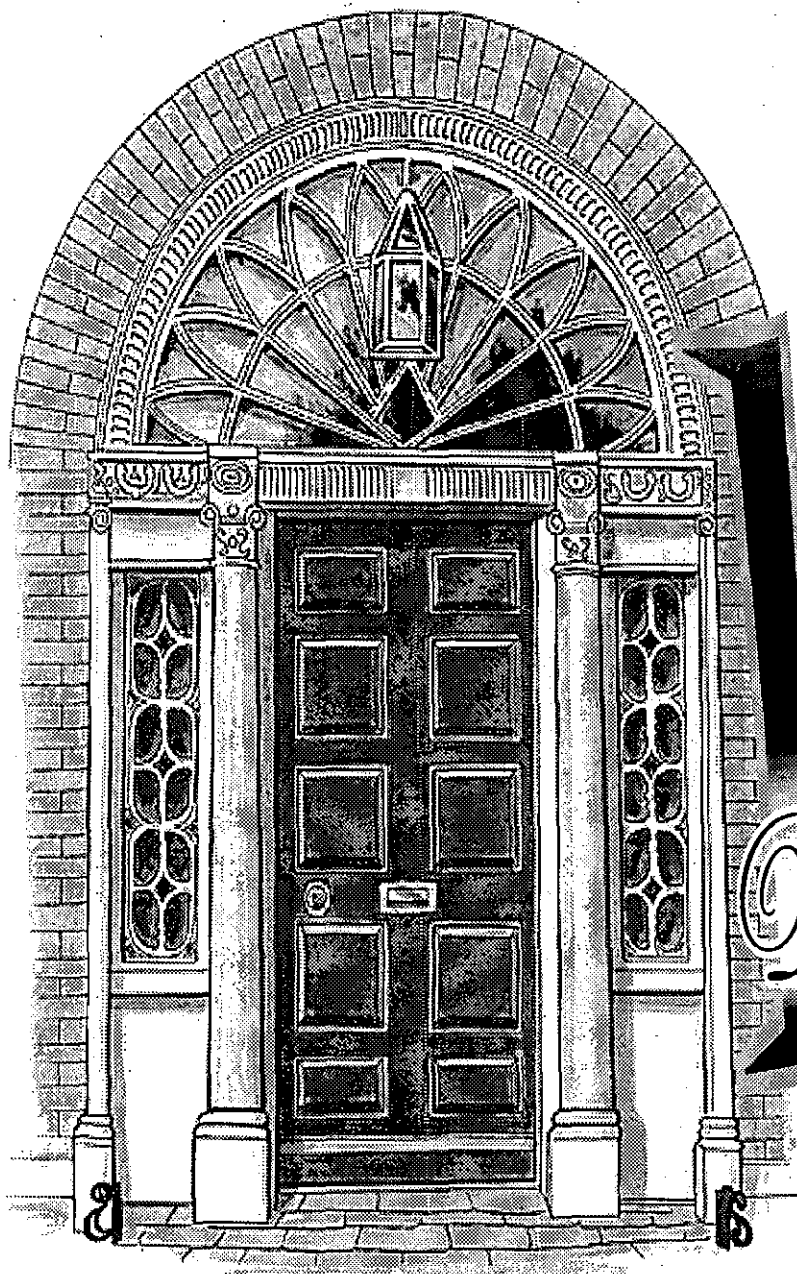
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Senior Lifestyles

Inside:

Financial planning for seniors

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Routine eye checkups can protect vision

— page 6

Keep your cool this summer

— page 8

Check out all that HILL has to offer

By HELEN ADLER

The Bethlehem Institute for Lifelong Learning (HILL) is a unique learning opportunity for Capital District residents.

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And by T.S. Eliot who must surely have had learning like HILL's in mind:

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Do not delay. If you are a Bethlehem resident, look for our fall brochure of five

university-level courses and a registration form in the August-September issue of Bethlehem Highlights. If you live outside the BC school district and are not already on our list, call 767-9579 or 439-9661 for a brochure.

Ask us questions about our program or just tell us what you want in the next stage of your growing and learning. We are open to your ideas and questions.

The writer is a former Bethlehem Central High School English teacher and a founder of HILL.



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Seniors: take care of your tootsies

By JACOB DAY

Taking care of one's health is especially important for senior citizens. Feet, which throughout a lifetime will walk the equivalent of the earth's diameter threefold, are especially important to attend to as we age.

Some seniors run into problems trying to keep up their feet. Poor eyesight and a lack of flexibility can lead to an inability to see or reach one's feet, which can in turn lead to a lack of proper care. It's important for older people to take care of their feet through proper cleaning and grooming.

Ignoring basic foot care could lead to ingrown toenails, bunions or thick nails and fungus.

One very common problem is an affliction known as peripheral neuropathy, or a loss of feeling in the feet. Combined with worn and thinner skin on the soles of seniors, someone with peripheral neuropathy could have a problem and not even know it, thus not seek medical attention.

"I had a patient who was recently suffering from

peripheral neuropathy and went out for a stroll on his deck. He contracted a splinter from the deck but could not feel it. The splinter had caused an infection by the time he had come to see me," said Dr.

Joseph A. Manzi of Bethlehem Foot Care in Delmar.

"It is very important, especially for seniors, to maintain regular visits to a podiatrist. Just like the eyes, the feet require a specific doctor to do a thorough and complete examination," said Manzi.

For seniors living with

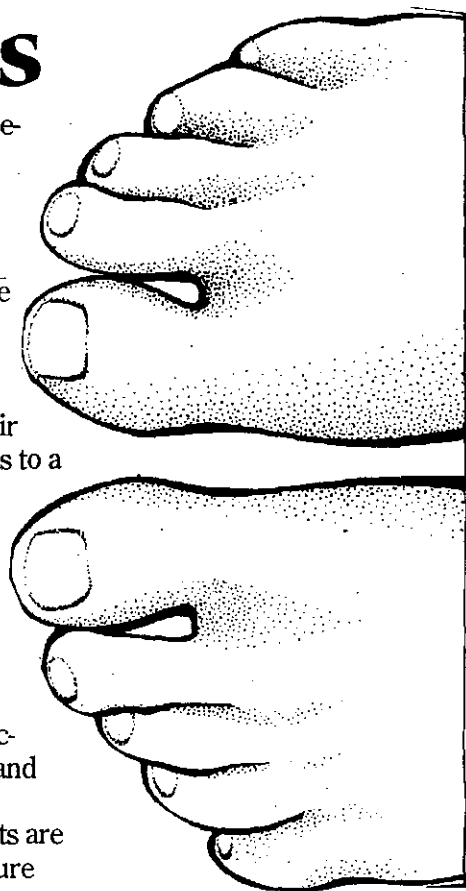
diabetes, the feet are especially susceptible due to circulation problems associated with the disease. The feet of diabetic seniors are at much more risk as the circulation begins to diminish. Diabetic seniors should pay extra attention to their feet through regular visits to a podiatrist.

Proper footwear and shoe inserts are also essential for maintaining healthy, problem-free feet. Shoes for arthritic seniors or those with sensitive feet are manufactured at a lighter weight and with more padding. Also, many types of shoe inserts are available to reduce pressure on the feet.

A podiatrist might tell a patient to wear special shoes that will help his or her specific condition and can help fit the patient with a comfortable pair. Through Medicare, patients can receive free specialized shoes from the government.

Staying active, if an individual's feet are not causing them pain, is also important to maintaining general good health.

For information on foot care, contact Manzi of Bethlehem Foot Care at 439-0423 or Dr. Mark Lentini at 456-2014.



Healthy heart info can empower you

Cardiovascular disease is the most common cause of death in the United States and an astonishing number of people live with it every day. However, making certain lifestyle changes can result in a lowered risk of cardiovascular disease and avoidance of drugs for many people.

"Guide to a Healthy Heart," a new book by "Consumer Reports," gives readers unbiased, independent information designed to empower them to make informed choices and take control of their heart health. A bonus prescription drug guide discusses the pros and cons of blood pressure and cholesterol drugs for those who must take medication.

One highlight of the book is the heart-attack risk test, which helps readers assess their chances of having a heart attack.

"These days many people are feeling that some aspects of their lives — as well as stressful world events — are moving away from their control. But it's within our control to make personal lifestyle changes and take positive steps to improve our heart-health outcomes and possibly extend our life span," said Marvin Lipman, the guide's primary author and chief medical adviser for Consumers Union, the independent nonprofit publisher of "Consumer Reports."

"This guide helps people become more involved in the healthcare decision-making process, so they can be well informed and communicate better with their doctor about the options being presented to them and, if necessary, seek a second opinion," he said.

The easy-to-follow 60-page book is enhanced with many easy-to-read charts on a wide variety of important topics, from how to calculate body-

mass index for losing weight, to measuring anger for lowering hostility, to the essential details on drugs for treating heart failure.

Highlights include:

- The 12 best ways to prevent heart disease: A 12-step "how-to" program for making lifestyle changes and taking positive action, from being vigilant about blood sugar to quitting smoking for good.

- The tests you need and those you don't for evaluating risk and for diagnosis, including the promising new, inexpensive CRP blood test.

- Treatment decisions: Angioplasty or bypass? A comparison for when surgery is needed and what to expect during the rehab period.

- Recognizing heart failure: Warning signals and details about currently available medications.

- Is your doctor up-to-date? Advice on how to best diag-

nose and treat heart disease is changing fast. Not all doctors are up-to-date and not all of them follow established guidelines.

"Guide to a Healthy Heart" can be ordered for \$15.95 at www.ConsumerReports.org/health.

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Long-term outlook key to financial planning

By LYNN ROTHENBERG

The dour mood of the stock market for the past few years has led many seniors to wonder whether their savings might not be safer in the bank.

According to Terry Jandreau, a certified financial planner and vice president of A.G. Edwards, putting money in a savings account is not a good idea. Banks now offer interest rates of 1 percent or less.

While many have turned to bonds for what they perceive as safer investing, Jandreau said the bond market is at its peak now, not unlike what the stock market was like in the winter and spring of 2000. Greater risk lies in bond investments than in equities now, he said.

"The public does the wrong thing at the end of the game, typically. Most people invest by their stomach rather than by their brain," he said. "The cardinal rule is to figure out what your stomach is telling you to do and to do the exact opposite and 99.9 percent of the time, you'll be right."

A growth approach is still appropriate for seniors, Jandreau maintains, and added that blue chip stocks are a good place to invest money — especially stocks that yield dividends. New federal tax dividend law requires that, regardless of a person's tax bracket, dividend income is taxed at a rate of 15 percent, except for those in a

lower tax bracket, which casts dividends in a new light. Jandreau acknowledged that the new law is especially good news for the wealthy.

Although the downturn in the market has caused many to question the wisdom of

investing in equities, Jandreau said the market has come up "quite

a little bit from its most recent low."

"The risk in the market, more times than not, is a risk over a reasonably short period of time," he said. "If you take an average, there has never been a negative decade in the Dow."

Individuals looking for investment advice often turn to self help books, which Jandreau said sounds like a good idea, but is not necessarily effective.

"There's no mechanical formula. I have to evaluate an individual's situation as well as their investment personality in terms of risk tolerance," he said.

Jandreau explained that a client's goals also influence how money is invested. If the primary objective is to enhance the wealth of heirs, then usual investment rules for a senior citizen would not necessarily apply. More

conservative investments are appropriate for those who are disabled and living on a limited income, he said, even if they are only 45.

Finally, Jandreau recommends people maintain a long-term outlook and one that makes them feel comfortable.

"The best investment in the world isn't worth anything if you can't sleep at night," he concluded.

Mark Bryant, certified financial planner and owner of Bryant Asset Protection, agreed that risk tolerance is an aspect of investing that people need to consider.

"Everyone who thinks about investing should look at their risk tolerance psychological make-up so they know who they are and what they're trying to achieve," he said.

Bryant said the majority of his business is with post-retirees, many of whom have asked him where to put their money due to their unease with the market.

He recommends an asset allocation for a 65-year-old that is 65 percent in bonds, 15 percent in stocks, and the balance in money markets, although an investor's goals must be considered when compiling a portfolio.

Over the years, Bryant

said stocks have won out over bonds and money market funds.

"The problem is, when you're supposed to be buying, you're selling," he said of those who react to market fluctuations.

The intelligent person sees a down market as a great time to buy, he said. The unintelligent investor panics and says, "I'm out," as he assumes the market will not regain its strength in time.

"Time is the factor that will win the day," he said.

Bryant recounted an old financial planning adage: "People spend more time planning their summer vacation than they do their retirement."

He said people often view financial planning as a backburner issue, then suddenly they're 57 years old.

"Statistically, common stock is going to win the game in a 10-year period of time, assuming it's invested in good companies. People began chasing what was the hot product to invest in," he said. "They need to get back to asset allocation and diversification. They have to try and take the emotion out and put the science back in."

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Older adults keeping teeth longer

Tooth loss was once thought to be an inevitable consequence of aging, but with proper care and attention, adults are keeping their teeth and their oral health intact.

"Teeth were meant to last a lifetime," said Dr. Ed Schooley, oral health advisor for Delta Dental Plans Association. "Older adults face some additional challenges to oral health, but many of these can be overcome with a bit of extra vigilance and common sense."

Many older adults have already gotten the message. Thanks to advances in dentistry and an increased emphasis on prevention, the rate of toothlessness has dropped 60 percent among adults aged 55-64 since 1960, according to the National Institute of Dental and Craniofacial Research.

Despite these promising statistics, Schooley warns that there is still much room for improvement. "Poor oral health has serious consequences and it is still too common among older adults."

Not just a childhood problem, cavities are one of the oral health challenges that come with age. Bacteria tend to settle around existing fillings and the roots of teeth, which become exposed as

gumlines recede. If left unchecked, bacteria will accumulate and cause new cavities to form.

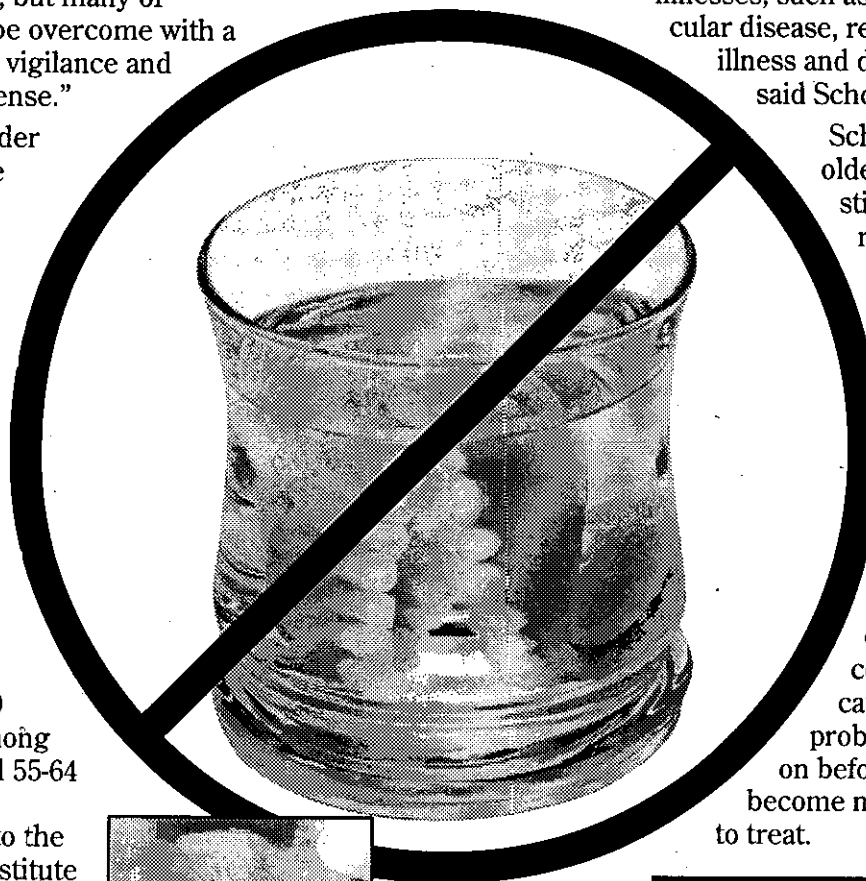
Oral bacteria are also the culprit in periodontal (gum) disease, another common dental illness among older adults. In its early stages, gums appear

them vulnerable to cavities.

"Whatever your age, oral health is important. It affects some of the body's most essential functions

including speech, chewing and swallowing. Studies have also demonstrated relationships between oral health and systemic illnesses, such as cardiovascular disease, respiratory illness and diabetes," said Schooley.

Schooley urges older adults to stick to a routine of good oral hygiene by brushing and flossing daily and setting up regular visits to the dentist to discuss oral health concerns and catch any problems early on before they become more difficult to treat.



irritated and inflamed. As the disease progresses, pockets of infection form between teeth and gums, causing gum and bone loss and, eventually, tooth loss.

A condition known as dry mouth can exacerbate these conditions. Often a side effect of certain medications, dry mouth inhibits the body's ability to wash food away from teeth and neutralize decay-causing acids produced by oral plaque. Plaque sticks to teeth and leaves

Senior Lifestyles

Online sources can help maintain independence

A dose of the right advice may help seniors stay healthy and independent. For instance, trusted sources of information online may help people learn about health care, as well as supportive services that assist with shopping, light housekeeping, transportation as well as offer companionship and other aspects of daily living.

Web sites such as www.homestyle-services.com also provide access to comprehensive "problem solving" information. The site includes a free "Independent Living Assessment" feature that people can access to help decide if they or someone in their lives can safely continue to live at home. In addition, the site offers



Seniors can find information on the Web that helps them live healthy, independent lives.

advice for getting extra support or help.

The Web site also links to seniornet.org, another useful online resource for seniors.

For information, visit www.interimhealthcare.com.

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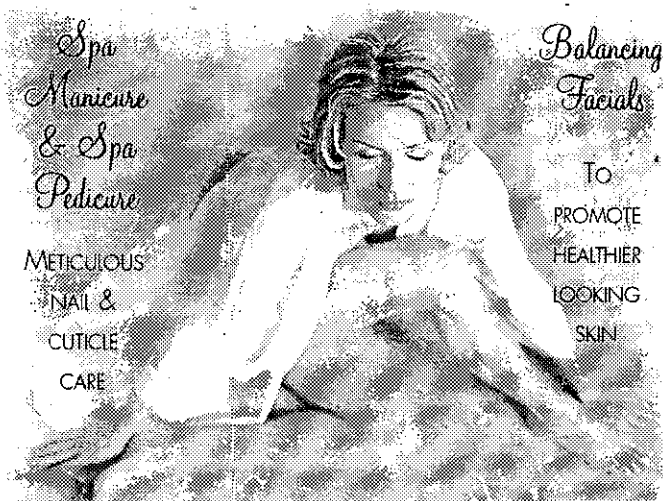
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Routine eye exams essential for seniors

By SURESH G. KAMATH, M.D.

Vision is the most precious sense we have and results in the greatest disability when lost. Many conditions that damage vision

are preventable. Routine eye care is recommended. It is essential for the elderly in an effort to diagnose and treat potentially blinding conditions as early as possible.

There are many vision

threatening conditions that occur more commonly in the elderly. These range from normal-aging changes to disease processes. To understand the full spectrum of potential problems, it is helpful to understand how we see. When we see, our eyes act like video cameras. They take continuous footage of the world around us. These images are sent as electrical signals over the optic nerves (like video cables) to the brain (the monitor or TV set). Together, these three components (eyes, optic nerves and brain) make up the visual circuit.

The brain processes these images and decides what to do with that information. The brain determines that a car is coming towards us and that we must move out of the way. As we move, we continue to process images of oncoming traffic, and we keep moving until we are out of the way. If anything happens to any part of the visual circuit, vision may be compromised. Therefore, problems with the eyes, optic nerves or the brain can result in blindness. As we age many conditions damage

these structures.

The most common or serious conditions that affect vision as we age include cataracts, glaucoma, dry eye syndrome, age related macular degeneration, droopy or otherwise malpositioned eyelids, diabetes, high blood pressure, retinal detachments, carotid artery disease, strokes and temporal arteritis. Some of these conditions can occur at any age.

CATARACT

Cataract is a normal aging change. When we are born the lens inside the eye is normally crystal clear. When this lens becomes cloudy it is called a cataract. Cataracts normally occur because of aging. Sometimes eye injuries or exposure to radiation or medications like Prednisone can also cause cataract formation. The cloudiness of the lens with cataract formation generally causes reversible, painless, progressive loss of vision over months to years. Some people also experience glare, haloes, distortion and multiple images due to scattering of light produced when the cataractous lens attempts to focus light. In early cataract formation, some of the visual changes can be compensated with glasses, glare coatings and tinted lenses. At some point, the cataract may block vision to the point that it is difficult for the patient to read, drive or perform other activities of daily living. When a cataract significantly impairs vision in any of these ways not compensated with glasses, then surgery is indicated. Cataract surgery is relatively safe, quick and is done on an outpatient basis. Cataracts are easily diagnosed by your ophthalmologist during examination with the slit lamp microscope.

GLAUCOMA

Glaucoma is a disease process of the optic nerve. As we discussed above, the optic nerve is the cable that connects the eye to the brain. If the optic nerve is damaged (like a frayed cable) the image quality to the brain goes down. If the optic nerve is cut or dies then it is like cutting or unplugging the cable—no picture!

There are two main types of glaucoma: open angle and closed angle. We will concentrate on the more common type — open angle glaucoma (COAG, the C is for chronic).

In COAG, the optic nerve becomes damaged over months to years slowly causing a painless, progressive loss of peripheral vision and then all vision (if left untreated). The

biggest problem with COAG is that it is painless and doesn't damage

central vision until very late in the course of the disease. Most people don't know they have it until they are nearly blind or if their ophthalmologist diagnoses it. Because COAG damages peripheral vision first, many sufferers may bump into walls, miss steps or the curb, or get into motor vehicle accidents. Therefore glaucoma can be very dangerous.

However, glaucoma progression can be slowed or stopped with appropriate treatment. This may include eye drops, pills, laser treatment or surgery. Every glaucoma patient is different. An ophthalmologist will evaluate each eye based on the optic nerve appearance, eye pressure and a visual field test (which measures how much peripheral vision is damaged). This evaluation determines what treatment combination is appropriate. These patients are reevaluated every few months to ensure good control of the disease.

Glaucoma can be detected early during routine visits to an ophthalmologist. Glaucoma tends to be inherited in some families — anyone with a family history of glaucoma must be examined at least once a year. Early detection and treatment can spare most people with glaucoma from heartbreaking permanent blindness.

DRY EYE SYNDROME

Dry eye syndrome is very common. It can occur as a result of aging, menopause, previous injuries or infections of the surface of the eye, or in association with other health problems like rheumatoid arthritis or Sjogren's syndrome. Normally, tears are produced in small amounts all day and night to keep the surface of the eye moist, clean and smooth. Excess tears drain away from the surface of the eye into the nose through tear drains found in the eyelids.

Keeping the eye wet keeps it healthy. Keeping the eye clean keeps the eye comfortable and free from infection. Keeping the eye smooth helps to focus light inside the eye. Without tears, the

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eye cannot function properly and is not comfortable.

Tears are made up of three parts: oil, water and mucus. These three parts mix together to keep the eye healthy. If one or more of these three parts are produced too thick, too thin, too much or too little, the tear film which coats the eye will not be healthy. Therefore most dry eye sufferers can experience dryness, excessive tearing (if there is too much of the water part or not enough oil or mucus), scratchy, burning or itchy eyes, excess mucus, blurry vision, redness of the white part of the eye, or may become prone to eye infections.

Dry eyes are diagnosed by the ophthalmologist by observation at the slit lamp microscope and with tests of tear production. Most dry eye sufferers can be treated with lubricant eye drops and gels with different ingredients and thickness. Some patients may need plugging of the tear drains to keep their tears from draining away too quickly. Some patients with severe dry eye syndrome may need other procedures to protect their eyes or certain medications like Cyclosporine eye drops.

AGE RELATED MACULAR DEGENERATION

Age related macular degeneration is a disease of the eye in which the central part of Retina becomes damaged. If we imagine the eye like a camera again — there are lenses in the front of a camera and film in the back. The retina is like the film in a camera — bad film equals bad picture. The central part of the retina is responsible for central straight ahead vision and for reading and driving vision as well. This area of the retina is called the macula.

In some people as they get older (any time in adulthood but in most cases in their 60s or 70s) this macula can become sick or degenerate. This degeneration can be associated with bleeding (wet macular degeneration) or no bleeding (dry macular degeneration). Either type can cause loss of central vision, which can vary from mild distortion of small print to total loss of central vision. This is devastating as well as disabling.

At this point the only well-proven help for macular degeneration is good nutrition and multivitamin/antioxidant supplements with zinc. This is not a cure and usually will not reverse visual loss. However these supplements have been shown to lessen the severity of the disease. Some forms of bleeding (wet macular degeneration) can be treated with lasers and certain medications (mostly experimental). Although macular degeneration is still a disease without really good treatments early detection and treatment of bleeding can improve the long-term outcome.

RETINAL DETACHMENT

Retinal detachment is when the film in the camera (= eye) tears away from the inner lining of the eye and loses its blood supply. This tearing and detachment of the retina can result from aging changes of the inner gelatinous core of the eyeball, previous eye trauma or surgery (like cataract removal) and is more common in people who are very near sighted. Patients may see flashes of light or spots in their vision. This is often followed by a veil or curtain coming

over the field of vision. Any of these symptoms should prompt the sufferer to see an ophthalmologist as soon as possible. This is an emergency and must be repaired quickly.

EYELID PROBLEMS

Healthy, properly positioned eyelids protect the eyes, keep the eyes moist and clean (like windshield wipers), and drain excess tears (like gutters around the roof of a house). With aging, the eyelids lose their elasticity and strength. Upper eyelids may droop (ptosis) and block vision. Lower eyelids may sag and roll away from the eyes (ectropion). Infections and damage to the eye surface may result when lower eyelids with ectropion fail to protect the eyes (They won't collect excess tears resulting in tearing and stagnation of tears on the surface of the eyes). Lower eyelids can also roll inwards (entropion) and the eyelashes and skin rub against the eyes causing pain, discharge and infection. Bell's Palsy can paralyze the eyelids temporarily or permanently causing ectropion and often an inability to close the eye can cause drying, scarring, infection and blindness. Most of these eyelid problems are treated by the ophthalmologist

with minor surgical procedures — reducing the risk of blindness.

DIABETES

Diabetes and high blood pressure damage blood vessels throughout the body. Damage to the brain causes strokes; damage to the heart causes heart attacks and heart failure; damage to the kidneys causes kidney failure; and damage to the eyes can cause blindness. Aggressive control of high blood pressure and blood sugar is proven to significantly reduce the risk of blindness, stroke, heart attack and kidney failure. Weight loss is mandatory. Exercise (with doctor's guidance) and proper diet are recommended.

Patients with diabetes should be examined by an ophthalmologist every year and whenever any visual changes occur. Diabetic damage to the blood vessels in the eyes is treatable in many cases. The risk of long-term visual loss from leaky diabetic blood vessels can be reduced significantly with appropriate laser treatment,

weight loss, proper diet and exercise. Diabetics must also aggressively control other factors that damage blood vessels like high blood pressure, cholesterol and triglycerides.

CAROTID ARTERY DISEASE AND STROKE

Many people get clogging or "hardening of the arteries" due to age, diabetes, high blood pressure, or high cholesterol. The carotid arteries provide blood supply to the head (brain and eyes). If these arteries become blocked, or if a piece of clogged cholesterol (plaque) breaks off, slowing or cutting the blood supply to the eye or brain may cause blindness.

Blindness can be caused directly by blood vessel damage in the eye or by damage (a "stroke") to the part of the brain which "sees." Some patients will experience sudden transient changes in their vision ("amaurosis") that reverse within minutes, due to the breaking off of little plaques or clots from the clogged carotid artery. If a plaque is large or flows into an

important vessel in the eye or brain it can cause permanent and often devastating blindness (and paralysis, with strokes).

Any sudden visual change or loss should be reported to the ophthalmologist, internist, emergency room physician and/or neurologist immediately. Examination of the eyes, and vascular and neurological system should be done immediately and proper testing done (which may include carotid ultrasound, CT scan, MRI, angiogram, echocardiogram or electrocardiogram, as appropriate). This can be a blinding and life threatening issue.

TEMPORAL ARTERITIS

Temporal arteritis is another disease that can cause blood vessel damage in the eyes or other parts of the head. It is a poorly understood disease that causes inflammation of blood vessel walls choking off the blood supply to the eye or other part of the head. Temporal arteritis is seen most commonly in people over seventy (but has been reported in people as young as 50). Some patients can also get other symptoms like headaches (especially in the temple), jaw pain when chewing,

(EYES/ page 8)



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Tips for keeping your cool this summer

By DAMIAN PAGANO

Keeping cool on hot days can be as simple as closing the curtains.

As summer heats up, people will be looking for ways to cool down. The New York State Energy Research and Development Authority (NYSERDA) offers several tips for keeping cool despite the heat, from simple things to advice on air conditioners.

People should close curtains, windows and doors on the sunny side of their home in order to prevent build-up of solar heat, according to NYSERDA.

People should also consider

setting the thermostats on their air conditioners to 78 degrees. Every temperature degree above 78 saves 3 percent of the energy used to cool a house or room. That can mean savings on the power bill.

NYSERDA also recommends people use window fans at night to draw cool night air into their homes.

For people in the market for air conditioners, NYSERDA recommends using smaller air conditioners over a longer period of time instead of a larger air conditioner over a short period of time. The smaller units

will use less energy, which will also translate to money savings.

Several air conditioner manufacturers make "Energy Star" models, which can save their owners as much as much as \$27 per year depending on use.

Senior Lifestyles

A New York state rebate program is still in place for

people who buy an Energy Star model air conditioner. People who trade in an old air conditioner for a new Energy Star model can receive a \$35 rebate. The program will be in place until July 31.

Several local merchants offer air conditioning units.

For those who can afford it, the Buhrmaster Energy Group offers central air conditioning units. These units can easily cool a whole house and can be upgraded with things like air filters and air cleaners.

Manager Ken Buhrmaster said financing programs are available through manufacturers and banks for central air conditioning units, which can cost at least \$1,300.

For people in search of something more modest, 5,000

BTU air conditioners cost about \$100.

"Even if you don't think you can afford an air conditioner, you might want to consider a small one to cool at least one room of your house," said Ben Sledziewski, assistant manager at Roy Matthews TV & Appliance Center on Mohawk Avenue in Scotia.

In addition, Niagara Mohawk offers the following suggestions for keeping homes air-conditioned in the most energy-efficient way possible:

- Don't cool unoccupied rooms, but don't shut off too many registers with a central system either — the increased system pressure may harm the compressor.

If your air conditioner has an outside air option, use it sparingly. It is far more economical to recirculate and cool the indoor air than to cool down the hot outside air to comfortable room temperatures.

- Always keep all doors and windows closed when operating an air conditioner.

- Most people are comfortable with the thermostat set at about 78 degrees Fahrenheit, but ceiling fans can increase the comfort range, allowing for

comfort at a higher thermostat setting.

- Reducing humidity will increase comfort at even warmer temperatures. Try using a bathroom exhaust fan when you shower, don't dry firewood in your basement, don't vent your clothes dryer inside, and put houseplants outside during the summer.

- Clean the air filters on room air conditioners monthly. They never should be allowed to get dirty enough to impede airflow. The condenser should be cleaned by a professional every other year, or even yearly in dusty conditions.

- Central air conditioning units should be inspected, cleaned, and tuned by a professional once every two to three years to extend the life of the unit and reduce electricity consumption. Check with a service technician about the proper maintenance schedule.

For additional energy-saving tips for air-conditioning use, visit Niagara Mohawk's Web site at www.NiagaraMohawk.com. Under "Energy & Home," click on "Money-Saving Energy Tips."

Information is also available on the NYSERDA Web site at www.getenergysmart.org.



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Eyes

(From page 7)

other aches and pains, tiredness, double vision or loss of appetite. Some patients may have one or more or none of these symptoms.

Diagnosis is difficult. Two blood tests (ESR or "sed rate" and CRP) are done in any older person with headache, visual loss alone or in combination with any of the other symptoms described. If these blood tests are abnormal (for the patient's age) then the ophthalmologist

performs a biopsy of the temporal artery. (A small incision is made near the front of the ear and a specimen of the artery is sent to the pathologist for evaluation).

If the temporal artery biopsy (TAB) is positive the diagnosis is certain. Unfortunately this "TAB" can be normal in a patient with the disease. Sometimes another TAB is done if the suspicion for the disease is high. Occasionally a patient with normal TAB(s) and highly suspicious symptoms is treated for temporal arteritis as the symptoms warrant. The reason treatment may proceed this way is that untreated temporal arteritis carries a high risk of permanent blindness in both eyes.

Usual treatment is with Prednisone or other immunosuppressant drugs for several months to a couple of years until the "sed

rate" returns to normal and stays normal.

OTHER DISEASES

There are many other diseases that can cause blindness in the elderly. These conditions should be taken seriously since blindness results in loss of independence (and driver's license) and greater risk of falls, injuries and motor vehicle accidents (and death). Routine examinations with an ophthalmologist can result in early detection and treatment, thereby reducing the risk of blindness.

Dr. Kamath can be reached at 439-1383.

The writer specializes in ophthalmology and eye plastic and cosmetic laser surgery with Cosmetic Laser Surgery of Albany in the Bethlehem Professional Building at 1345 New Scotland Ave., Slingerlands.

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Preserve your family's memories

Special family photos are more than simple snapshots. They're memories that just might become family heirlooms — but only if they're properly protected from the ravages of aging. Just because your treasured photos are displayed in frames or tucked away in photo albums, that doesn't mean they're safe from harm.

Think about the most meaningful photos in your life: your own wedding picture, your daughter's prom picture, a picture of you with your great-grandparents or maybe you with all your grandkids. Are those photos going to be around for generations to come, or have they already started to turn yellow or look stained?

These discolorations and stain deposits are caused by ultra violet (or UV) light, the same light rays that cause sunburn and wrinkles. Ultra violet light is one of the most dangerous elements that your photographs can be exposed to. Its irreversible damage ruins even framed memories by turning them yellow and brittle and making their color less vibrant.

Other artwork, from prized paintings to the Polynesian print you brought back from your once-in-a-lifetime trip to Hawaii, is also susceptible to this damage. Even the experts are sometimes surprised by the effects of sun damage.

Donald Erlichman, international sales manager for McCook, Ill.-based Tru Vue, a company that specializes in conservation-grade framing products, tells this story: "On a trip to New Orleans I bought a set of 16 colorful recipe cards and had them framed in colors to match the cards. I hung them on a wall with a southwestern exposure. One morning, years later, I noticed that the frames no longer matched the cards



— the vibrant reds, oranges and greens in the cards had completely washed out. Lesson learned."

Ultra violet light is present in every light source found in your home and office: skylights, unshaded windows, even fluorescent and halogen bulbs. Once damage from UV light has occurred, it can never be reversed. But there are some simple, cost effective steps you can take to prevent UV light damage

Senior Lifestyles

from destroying your framed artwork.

Danata Donnerson, marketing communications manager for Tru Vue offers these tips for conserving your precious memories:

- Consult with a knowledgeable custom framer. A professional framer has the skills and training to guide you in selecting the proper framing materials for your particular project. This means helping you choose the right colors, the right frame style, and most importantly, the right

materials to protect your art, photo or memorabilia. The more he or she knows about your project, the better they are able to use materials that will ensure your enjoyment of it for years to come.

- Opt for a higher quality art board to protect your framed piece. Artboard that is not rated as conservation quality contains elements that will damage your artwork over time. These "natural" substances include acids and lignins (which make paper and fabric brittle).

Through the aging process, which is intensified by sunlight and heat, the artboard "burns" or discolors the art that it surrounds.

- Protect your framed memories with conservation glass. Glass serves as a barrier between artwork and dust, moisture

and other elements. Using specialty glass protects against harmful light rays and can also enhance the presentation of the framed artwork by lowering or completely omitting reflection and glare.

- Use proper lighting techniques when hanging your artwork. Choose subdued lighting effects that will not reflect into the glass. Also try adding a sense of atmosphere by using wall lights or sconces on either side of your framed piece. You can also

try adding individual

picture lights for more emphasis on the artwork, but remember to illuminate your art at the lowest level possible for long-term enjoyment.

- Avoid direct sunlight. When possible, try not to hang your valuable artwork in direct sunlight. Even with protective UV-blocking glass, prolonged exposure to the sun's heat can destroy your art. Proper care and framing of your precious (and often irreplaceable) memories, photos and works of art means you'll be able to enjoy them for years to come. And when you're ready, you can hand them down to future generations as well. Ask your custom framer for information about conservation framing and conservation quality mats and glass.

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Consider a bed and breakfast getaway

How about spending a long weekend at a stately Louisiana plantation house, or celebrating an anniversary at a Victorian mansion nestled in a New Hampshire mountain village? Bed and breakfast inns can be found in almost any location you can think of and provide all kinds of romantic options for couples who want to plan a memorable trip.

Combining luxury on an intimate scale with personalized service, bed and breakfasts are ideal for a special celebration. Innkeepers are well-practiced at providing pampering service while at the same time respecting guests' privacy. And there are so many possibilities in vacation spots all over the country. But how do you find all those great places?

That's where Bed & Breakfast Inns Online comes in. It's an easy-to-use online directory of more than 4,500 bed and breakfasts and small inns in North America.

"All over the nation, bed and breakfast innkeepers are making plans for honeymooners and couples in search of a memorable anniversary getaway," said Randy Fought, CEO of Bed & Breakfast Inns Online. "They're offering extras like

flowers, chocolates, champagne, whirlpool tubs, candlelit dinners and carriage rides."

The Web site dedicates a section to hundreds of honeymoon and anniversary packages, as well as more than 500 romantic getaways. Here are some highlights of the romantic packages available at bed and breakfasts around the country right now: Brookhirst Farm Bed & Breakfast, Snowville, N.H. This 200-year-old, antique-filled farmhouse boasts

a view of the entire Presidential Mountain Range, is surrounded by 50 acres of woods and has its own trout-stocked pond.

Haborlight Guesthouse Bed & Breakfast, Cape Carteret, N.C. Located on a peninsula on the central North Carolina coast, and surrounded on three sides by water, this secluded inn is



Bed and breakfasts offer luxurious accommodations that are perfect for anniversaries and special occasions.

perfect for a romantic celebration. With a stay of two or more nights, anniversary couples are greeted with complimentary champagne and chocolate truffles. Innkeepers will even pack a picnic for a private day trip to one of the nearby islands to explore the pristine beaches and hiking trails. All suites feature two-person jacuzzis, and/or fireplaces. From their rooms, guests have views of Bogue Sound, the Intracoastal Waterway and the occasional porpoise or river otter.

Conifer House Bed &

Breakfast Inn, Flagstaff, Ariz. You'll be welcomed with champagne, and strawberries drenched in chocolate at this quiet, Craftsman-style retreat on the edge of a forest. Visitors can relax

Senior Lifestyles

by the fire or in the spacious whirlpool tub in each room, or explore hiking and mountain biking trails, and the upscale stores and antique shops of Flagstaff.

The Lowell Observatory is nearby and the Grand Canyon is just 80 miles to the north.

The Christmas House Bed & Breakfast Inn, Ouray, Colo. This restored Victorian mansion looks out over the San Juan Mountains. The anniversary package includes a jeep tour for two, or one full day lift ticket for two, dinner for two, and two half price hot springs pool passes.

Pearson's Pond Luxury Inn & Adventure Spa, Juneau, Alaska. This mountainside inn, perched on the edge of a pond, has been called one of the "most romantic hotel destinations in the world." The innkeepers can arrange an out-of-the-ordinary wedding using one of their spectacular locations: a gazebo with views of the glacier and garden, or a flower-filled floating dock with the mountains as a backdrop. In summer, visitors can walk or dog sled on the glacier, ride the tram, paddle a kayak or explore hiking and biking trails. In winter, ice skate out the front door, cross-country or downhill ski and perhaps catch a glimpse of the Northern Lights.

Unlike many sites, Bed & Breakfast Inns Online includes detailed descriptions of properties, including photographs, and organizes them according to location to make trip planning easier. Also included are more than 3,000 special packages divided into categories. For information, visit www.bbonline.com.

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New treatments offer hope for osteoporosis patients

For a time, hormone replacement therapy (the administration of estrogen either alone or in combination with other hormones) served as the preferred treatment for postmenopausal women hoping to reduce the progression of osteoporosis, a debilitating and inevitable bone-thinning disorder. Yet the latest findings from the prematurely halted Women's Health Initiative (WHI) study on hormone replacement therapy alarmed many women.

The study concluded that an estrogen and progestin combination used by thousands increased the risk of breast cancer, blood clots, heart attacks, and strokes when taken over a long period of time. Osteoporosis is drastically accelerated during menopause and is the third leading cause of death of women over 70. By age 55, the average woman has already lost 30 percent of her bone mass. Eventually, bone loss can progress to the point where bones become so thin that they are susceptible to fracture from even the slightest trauma.

According to the National Osteoporosis Foundation, one out of every two women over the age of 50 will have an osteoporosis-related fracture in her lifetime. Caucasian and Asian women are more likely to develop osteoporosis. However, African American and Hispanic women are at significant risk for developing the disease. Additionally, small-boned and thin women (under 127 pounds) are at greater risk for osteoporosis.

Many women are now searching for a safe alternative to hormone replacement therapy to



alleviate the effects of osteoporosis. Current treatments on the market such as bisphosphonates and SERMs (estrogen-related therapies) have safety issues and focus primarily on slowing bone loss. Another existing treatment option is calcitonin, a naturally occurring hormone involved in calcium regulation and bone metabolism.

In women who are more than five years beyond menopause calcitonin slows bone loss, increases spinal bone density and, according to recent studies, reduces the risk of spinal fractures. In

recent trials, calcitonin demonstrated a 62 percent reduction in the incidence of new vertebral fractures for a subgroup of women over 75, one of the most significant reductions demonstrated by any current osteoporosis therapy.

In addition, calcitonin is the only osteoporosis therapy that can reduce the significant bone pain often associated with osteoporosis. Because calcitonin is a peptide, it cannot be taken orally because it would be

digested before it could exert its therapeutic effect. Currently calcitonin is available as an injection or nasal spray. The U.S. Food and Drug Administration (FDA) is currently reviewing FORTICAL, a unique nasal calcitonin product developed by Unigene Laboratories; and Unigene is also developing an oral form of the product. A new therapeutic option is parathyroid hormone (PTH), which can rebuild bone mass that has been lost due to osteoporosis. PTH has proven to increase the volume and strength of honeycomb-shaped bone mass located within the bone. This inner mesh contains blood vessels and bone marrow and begins to diminish after menopause.

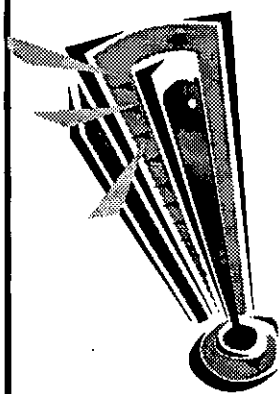
PTH helps reduce the

incidence of fractures by restoring some of the lost bone architecture. Currently, PTH therapy is available only via daily injections. Unigene Laboratories and GlaxoSmithKline are jointly developing a PTH treatment that can be administered orally.

"Calcitonin has a proven, 25-year record of safe human use with virtually no side effects, and can be taken simultaneously with other medications," said Dr. Warren Levy, president and CEO of Unigene. "After the WHI study, safety has become an even more important consideration because once a therapy is initiated, it should ideally be taken for life."

For information on osteoporosis and treatment options, log on to www.unigene.com.

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Environment can make for a good night's sleep

It can make or break your day. It can impact your mood, your productivity on the job, your personal relationships, and even your health. Yet how much do you really know about your sleep environment?

There are more than 100 million mattresses in use in the United States today, yet many Americans know little about what they're sleeping on, the environment they're sleeping in, or the steps they can take to have better, more restful sleep.

"A good night's sleep is essential," said Nancy

Blatt, executive director of The Better Sleep Council, "Yet too often people are trying to sleep in bedrooms that are too hot or too cold,

or on a mattress that doesn't meet their needs for comfort and support."

To help Americans take control of their sleep environment, The Better Sleep Council has developed a Better Sleep Guide and enhanced its Web site. Both offer information on everything from purchasing a new mattress to setting your thermostat to the right temperature.

"A few changes to your bedroom can make a world of difference," noted Blatt.

"You'll get more out of a night's sleep, which has a profound effect on both your physical and mental well being."

As part of its broader consumer education program, The Better Sleep



Council has put together a "Sleep Surroundings Quiz" that tests knowledge of bedding and sleep

environment issues. The quiz helps consumers understand what makes for an ideal sleep environment — and what to look for when purchasing bedding.

The eight multiple choice and true or false questions address space, comfort, support and technology and consist of the following:

1. Bedding technology has remained virtually the same since 1985. *True or false?*

2. Which of the following is not a consideration when buying a new mattress? *a. Matching sleep sets. b. Space c. Durability. d. An attractive salesperson.*

3. How do I select the mattress that is ideal for me? *a. You ask your mother. b. You choose for yourself because every individual has different sleep comfort and support needs, which change over time. c. You add your height plus your weight and divide by three to determine the approximate mattress length and width required. d. The salesperson should be able to tell me.*

4. What are the dimensions of a king-sized bed? *a. 76 inches by 80 inches. b. 75 inches by 78 inches. c. 60 inches by 79 1/2 inches. d. 53 inches by 74 1/2 inches.*

5. How often should you replace your mattress? *a. Never. b. Every 25 years. c. Depends on individual definitions of comfort and support. d. Every time you move.*

6. When buying a mattress what is also essential to purchase? *a. Foundation (a.k.a. box spring). b. New sheets. c. New headboard. d. New pillows.*

7. What is the ideal bedroom temperature? *a. 60 to 65 degrees Fahrenheit. b. 70 to 75. c. 55 to 60. d. 45 to 50*

8. Which of the following is recommended to help get a good night's sleep? *a. Unwind early in the evening. b. Develop a sleep ritual. c. Keep regular sleep hours. d. All of the above*

ANSWERS 1. False; 2. d; 3. b; 4. a; 5. c; 6. a; 7. a; 8. d.

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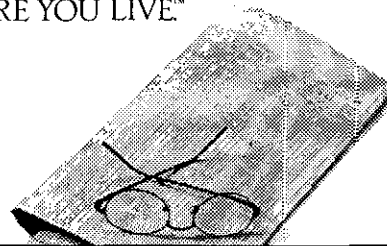
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6/02

Sports

On to college



The six graduating members of the Bethlehem high school varsity girls lacrosse team are continuing their careers in college. The six graduates are, from left, Emily Cohen, Katelyn Primomo, Kate Metevia, Kristin Link, Brianna Bubeck and Katie Wagoner. Cohen will attend Clarkson University, while Primomo goes on to Niagara University and Metevia moves on to Colgate University. Link (University of Connecticut), Bubeck (University of Massachusetts) and Wagoner (Boston College) will all enter college as high school All-Americans.

Thacher Park hosts trail races July 20

The Hudson Mohawk Road Runners Club hosts its annual Indian Ladder Trail races Sunday, July 20, at Thacher State Park.

A 15-kilometer race will start at 9:30 a.m., with a 3.5-mile race to follow at 11 a.m. Sean's Mile, a fun run for children, begins at 11:30 a.m.

Race registration and check-in takes place at the Haile's Cave Picnic Area. Runners can register up to 15 minutes before the start of each race. The entry fee is \$15 for club members and \$18 for non-members.

Race T-shirts will be given to the first 300 registrants, and a barbecue lunch will be served to all participants after the races.

For information, visit the club Web site at www.hmrrc.com.

Exit 23 Mobil takes Major division title

Nick Vita hit a home run and pitched a complete game to lead Exit 23 Mobil to a 5-4 victory over Price Greenleaf in last Monday's Tri-Village Little League Major division championship game at Magee Park.

Exit 23 Mobil, which had the best record during the first half of the season, advances to the City and County Tournament. Price Greenleaf finished first during the second half of the season with an 8-1 record.

In the Intermediate division championship game last Tuesday, Nick Hodom pitched a no-hitter to lead Blue Sky Music Studios to a 6-0 victory over First Prize Paintball. Blue Sky Music Studio completed the season with a 15-3 record.

Orioles struggle through tough league season

The Bethlehem Orioles ended a recent string of losses with a 20-7 victory over North Colonie last Thursday in an Eastern New York Connie Mack League baseball game.

The Orioles capped the win with a rare game-ending triple play. Shortstop Jeff Young fielded a ground ball, tagged out one runner heading to third and then started a 6-4-3 double play.

The victory came one day after Bethlehem battled Adirondack (Queensbury) for five tough innings before losing 11-4.

The Orioles were tied with Adirondack at 4 after the fifth inning when starting pitcher Charlie Olinger came out of the game with an injured foot.

Adirondack then scored seven runs over the final two innings to pull away.

Injuries to pitchers have hampered Bethlehem (5-17) all season. The Orioles lost starting pitcher Matt Young to a broken hand, while two other hurlers have seen limited action with sore arms.

Bethlehem had five games left in its summer schedule, but the team is planning on selecting next year's roster this fall at tryouts to be held Sept. 14 and 21. Bethlehem Babe Ruth is also offering fall baseball for players ages 16-18 at Bethlehem and Ravena-Coeymans-Selkirk high schools. For information, call Mark Lyons at 439-5889.

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439-0409

Tim Barrett



Robert Brass, MD

Ophthalmology

CAPITAL REGION HEALTH PARK
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Latham, NY 12110-2454
(518) 782-7827 Fax (518) 782-7820



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Virginia Plaisted, D.D.S.

Views on Dental Health®

Sports Drinks or Water: The Dental Perspective

Once your child leaves for school it is difficult to monitor what they eat and drink. It is however, important to educate our children about the hazards of certain dietary choices.

A recent study has proven that many top brand sports drink are acidic enough to erode enamel. Furthermore, the method of consumption, which usually involves swishing liquid after an intense cardiovascular

work out, can contribute to adult onset tooth decay.

The best fluid to drink following intense activity is water. If however, sport drinks are your fluids of choice, use the squirt top, or a straw to bypass the teeth and remember to refrain from holding the liquid in your mouth for any period of time. Be sure to ask your dentist for advice regarding other foods or beverages that may be detrimental to your oral health.

Virginia Plaisted, D.D.S.
74 Delaware Avenue · Delmar, NY 12054
(518) 439-3299

BETHLEHEM PREMIER SOCCER TRYOUTS

Under 11 boys co-coached by Willie Sanchez & Brett Miller
Under 12 boys coached by Brett Miller
Under 13 boys coached by Jeff Guinn
Under 14 boys coached by Jeff Guinn



Under 12 girls coached by Paul Rogan
Under 14 girls coached by Tom Rogan
Under 17 girls coached by Danielle Hummel



Try-out Dates:

July 16, 20, 30
(Rain date, August 3rd)

Registration

5:30-6 p.m. • Try-outs 6-7:30 p.m.

Soccer Plex

Wemple Road, Glenmont

QUESTIONS

For Boys Team, MaryAnn Schubmehl **475-1368**
For Girls Team, Tracy Teal **439-3293**

LEGAL NOTICE

LEGAL NOTICE

The resolution published herewith has been adopted on the 2nd day of July, 2003, and the validity of the obligations authorized by such resolution may be hereafter contested only if such obligations were authorized for an object or purpose for which the Bethlehem Central School District is not authorized to expend money or if the provisions of law which should have been complied with as of the date of publication of this notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty (20) days after the date of publication of this notice, or such obligations were authorized in violation of the provisions of the constitution.

Steven O'Shea
District Clerk
BOND RESOLUTION DATED JULY 2, 2003 OF THE BOARD OF EDUCATION OF THE BETHLEHEM CENTRAL SCHOOL DISTRICT AUTHORIZING NOT TO EXCEED \$1,495,285.00 AGGREGATE PRINCIPAL AMOUNT OF SERIAL GENERAL OBLIGATION BONDS TO FINANCE THE RECONSTRUCTION OF THE BETHLEHEM PUBLIC LIBRARY, INCLUDING ACQUISITION OF ORIGINAL FURNISHINGS AND EQUIPMENT REQUIRED FOR THE PURPOSE FOR WHICH SUCH BUILDING IS TO BE USED, AT AN ESTIMATED MAXIMUM COST OF \$1,495,285.00, LEVY OF TAX IN ANNUAL INSTALLMENTS IN PAYMENT THEREOF, THE EXPENDITURE OF SUCH SUM FOR SUCH PURPOSE, AND DETERMINING OTHER MATTERS IN CONNECTION THEREWITH.

WHEREAS, the qualified voters of the Bethlehem Central School District (the "School District"), Bethlehem, New York, at the annual School District meeting of such voters duly held on the 3rd day of June, 2003, duly approved a proposition authorizing the issuance of serial general obligation bonds in an aggregate principal amount not to exceed \$1,495,285.00 to finance the cost of repairs and improvements to the Bethlehem Public Library, including maintenance repairs, technology upgrades, handicapped accessibility and safety improvements and purchase of furnishings or equipment, at a maximum aggregate cost of \$1,495,285.00, and the levy of the necessary tax therefor, to be levied and collected in annual installments;

NOW THEREFORE, BE IT RESOLVED BY THIS BOARD OF EDUCATION AS FOLLOWS:
Section 1. The School District is hereby authorized to issue serial general obligation bonds (the "Bonds") in the aggregate principal amount of not to exceed \$1,495,285.00 pursuant to the Local Finance Law of New York, in order to finance the class of objects or purposes described herein.

Section 2. The class of objects or purposes to be financed pursuant to this Resolution (hereinafter referred to as "Purpose") is the reconstruction of the Bethlehem Public Library (the "Library"), including the acquisition of original furnishings and equipment to be used for the purpose for which the reconstructed building is to be used. The Purpose shall include repairs and improvements to the Library, including maintenance repairs, technology upgrades, handicapped accessibility and safety improvements and purchase of furnishings or equipment.

Section 3. It is hereby determined and declared that (a) the maximum cost of said Purpose, as estimated by the Board of Education, is \$1,495,285.00, (b) no money has heretofore been authorized to be applied to the payment of the cost of said Purpose, and (c) the School District plans to finance the cost of said Purpose entirely from funds raised by the issuance of the Bonds and bond anticipation notes hereinafter referred to.

Section 4. It is hereby determined that the Purpose is one of the class of objects or purposes described in Subdivision 12(a)(1) of Paragraph a of Section 11.00 of the Local Finance Law, and that the period of probable usefulness of the Purpose is twenty (20) years.

Section 5. Subject to the provisions of the Local Finance Law, the power to authorize the issuance of and to sell bond anticipation notes

in anticipation of the sale of the Bonds, including renewals of such notes, is hereby delegated to the President of the Board of Educa-

LEGAL NOTICE

tion, the chief fiscal officer. Section 6. The power to further authorize the issuance of the Bonds and bond anticipation notes and to prescribe the terms, form and contents of the Bonds and bond anticipation notes, including consolidation with other issues and the use of substantially level or declining annual debt service, subject to the provisions of this Resolution and the Local Finance Law, and to sell and deliver the Bonds and bond anticipation notes, is hereby delegated to the President of the Board of Education. The President of the Board of Education is hereby authorized to sign and the District Clerk is hereby authorized to attest any Bonds and bond anticipation notes issued pursuant to this Resolution, and the District Clerk is hereby authorized to affix to such Bonds and bond anticipation notes the corporate seal of the School District.

Section 7. The faith and credit of the School District are hereby irrevocably pledged for the payment of the principal of and interest on such Bonds and bond anticipation notes as the same respectively become due and payable. An annual appropriation shall be made in each year sufficient to pay the principal of and interest on such obligations becoming due and payable in such year. There shall be levied annually on all taxable real property of said School District, a tax sufficient to pay the principal of and interest on such obligations as the same become due and payable.

Section 8. This Resolution shall be published in full by the Clerk of the School District, together with a notice in substantially the form prescribed by Section 81.00 of said Local Finance Law, and such publication shall be in each official newspaper of the School District. The validity of the Bonds or of any bond anticipation notes issued in anticipation of the sale of the Bonds may be contested only if such obligations are authorized for an object or purpose for which the School District is not authorized to expend money, or the provisions of law which should be complied with at the date of publication of this Resolution are not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty (20) days after the date of such publication; or if said obligations are authorized in violation of the provisions of the Constitution.

Section 9. This Resolution shall constitute the declaration of the School District's "official intent" to reimburse expenditures authorized by Section 1 with proceeds of the Bonds and notes, as required by United States Treasury Regulation Section 1.150-2.

Section 10. This Resolution shall take effect immediately upon its adoption.
LD-6007
(July 9, 2003)

LEGAL NOTICE

"Notice is hereby given that pursuant to the provisions of the Alcoholic Beverage Control Law of the State of New York, Philly Bar & Grill, LLC, has applied for a license, whose serial number is pending, to permit the on-premises sale and consumption of beer, liquor, and wine, at retail, in a restaurant/bar located at 622 Watervliet Shaker Road in the Town of Colonie, County of Albany."
LD-5095
(July 9, 2003)

LEGAL NOTICE

"On June 6, 2003, 242 Broadway LLC, which is located at 359 Broadway in the Town of Menands, County of Albany, filed its Articles of Organization with the New York Department of State. The Secretary of State has been designated the agent of the company upon whom process may be served. Frank Esposito, with offices located at 359 Broadway in the Town of Menands, County of Albany, has been named the registered agent upon whom process against the limited liability company may be served. The business purpose of the company is to engage in any and all business activities permitted under the laws of the State of New York, including but not limited to, the operation of a drycleaner business at the above address."
LD-5055
(July 9, 2003)

LEGAL NOTICE

"On June 16, 2003, Philly Bar and

LEGAL NOTICE

Grill, LLC which is located at 622 Watervliet Shaker Road in the Town of Colonie, County of Albany, filed its Articles of Organization with the New York Department of State. The Secretary of State has been designated the agent of the company upon whom process may be served. The business purpose of the company is to engage in any and all business activities permitted under the laws of the State of New York, including, but not limited to, the operation of a restaurant/tavern at the above address."
LD-5051
(July 9, 2003)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF

Advanced Pool Safety, LLC
Under Section 203 of the Limited Liability Company Law

FIRST: The name of the limited liability company is: Advanced Pool Safety, LLC

SECOND: The county within this state in which the office of the limited liability company is to be located is: Albany

THIRD: The latest date on which the limited liability company is to dissolve is:

FOURTH: The Secretary of State is designated as 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 a copy of any process against the limited liability company served upon him or her is:

Advanced Pool Safety, LLC

65 Dove St.

Albany, NY 12210-1810

FIFTH: The name and street address within this state of the registered agent of the limited liability company upon whom and at which process against the limited liability company may be served is:

SIXTH: The future effective date of the Articles of Organization, which does not exceed 60 days from the date of filing is: 3/4/03

SEVENTH: If all or specified members are to be liable in their capacity as members for all or specified debts, obligations or liabilities of the limited liability company as authorized by Section 609 of the Limited Liability Company Law, an affirmative statement must be made. A statement of such effect is made as follows:
Daniel J. Pickett, organizer

ARTICLES OF ORGANIZATION OF

Advanced Pool Safety, LLC
Under Section 203 of the Limited Liability Company Law

Filed by:
Daniel J. Pickett

65 Dove St
Albany, NY 12210-1810

LD-4096
(July 9, 2003)

LEGAL NOTICE

CAPITAL REGION MORTGAGE CENTER, LLC

Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with Secretary of State of NY ("SSNY") on 05/21/2003. Office location, Albany County, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to the LLC, 1775 Western Avenue, Albany, New York 12203. Purpose: any lawful business purpose.
LCD-5012
(July 9, 2003)

LEGAL NOTICE

CAPITOL PLAZA OFFICE ASSOCIATES, LLC

Notice of Formation of Limited Liability Company

Certificate of Conversion of CAPITOL PLAZA OFFICE ASSOCIATES, A Partnership, to CAPITOL PLAZA OFFICE ASSOCIATES, LLC ("LLC") was filed with the Department of State of New York ("SSNY") on May 28, 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 Capitol Plaza Office Associates, LLC, PO Box 517, Latham, New York 12110. LLC does not have a specific date of dissolution. Purpose: All legal purposes.

Filer: Law Office of Kara Conway Love

Address: 450 New Karner Road, Suite 203

Albany, New York 12205-3898

LD-5045
(July 9, 2003)

LEGAL NOTICE

LEGAL NOTICE

CERTIFICATE OF LIMITED PARTNERSHIP OF WORCHESTER PARTNERS, L.P. UNDER SECTION 121-201 OF THE REVISED LIMITED PARTNERSHIP ACT

1. The name of the limited partnership is "WORCHESTER PARTNERS, L.P."

2. The county in which the office of the limited partnership is located is Albany County, New York.

3. The Secretary of State is hereby designated as agent of the limited partnership upon whom process against it may be served, and the office address to which the Secretary of State shall mail a copy of any process against the limited partnership served upon him is 596 New Loudon Road, Latham, New York 12110.

4. The name and business address of the sole general partner is:

Shopping Center Development Co., L.L.C.

596 New Loudon Road
Latham, New York 12110

5. The latest date upon which the limited partnership is to dissolve is June 30, 2103.

IN WITNESS WHEREOF, the undersigned has executed this Certificate of Limited Partnership on the 20th day of June 2003, and verify and affirm under penalties of perjury that the foregoing is true and correct as of the date hereof.

WORCHESTER PARTNERS, L.P.

by: Shopping Center

Development Co., L.L.C.

By: Kenneth B. Segel, Member

LCD-5088

(July 9, 2003)

LEGAL NOTICE

KELTHO PARTNERS, LLC

1. The name of the limited liability company is Keltho Partners, LLC.

2. The Articles of Organization creating the limited liability company were filed in the Office of the Secretary of State on June 2, 2003 and became effective on said date.

3. The principal office of the limited liability company is in Albany County.

4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail any copy of process against it is: Keltho Partners, LLC, c/o James M. Thayer, 8 Carlton Terrace, Loudonville, New York 12211.

5. The limited liability company is formed for the purpose of engaging in any business purposes permitted by law.

Date: June 5, 2003

Cooper Erving & Savage LLP
Attorneys for Keltho Partners, LLC

39 North Pearl Street
Albany, New York 12207

(518) 449-3900

LCD-5020
(July 9, 2003)

LEGAL NOTICE

KNICKERBOCKER CLASSICS, LLC

Notice of Formation of Limited Liability Company

Articles of Organization of Knickerbocker Classics, LLC ("LLC") were filed with the New York State Department of State ("NYSDOS") on June 12, 2003. Office location: Albany County. NYSDOS is designated as agent of LLC upon whom process against it may be served.

NYSDOS shall mail a copy of any process to David Darrin, P.O. Box 468, Newtonville, New York 12128. LLC does not have a specific date of dissolution.

Filer: Lavelle & Finn, LLP

Address: 29 British American Blvd.

Latham, New York 12110

LD-5075
(July 9, 2003)

LEGAL NOTICE

Notice of Formation of an LLC: Quality Pools Service, LLC

Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 3, 2003. Office location is in Albany County. The 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, 20 Dandel Drive, Latham, NY 12110 (Address). Purpose: for any lawful purpose.

LD-6011
(July 9, 2003)

LEGAL NOTICE

LEGAL NOTICE

NOTICE TO BIDDERS
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for Pool Deck Repairs at the Town of Bethlehem Department of Parks and Recreation, Elm Avenue, Delmar.

Bids will be received up to 3:00 p.m. on the 25th day of July, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL and ONE COPY 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

BETHLEHEM

Kathleen A. Newkirk, CMC, RMC
Town Clerk

Dated: June 25, 2003
LD-6009
(July 9, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC

53 Pleasant Street, LLC, filed Articles of Organization with the New York Secretary of State on June 13, 2003. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to 53 Pleasant Street, LLC, c/o Paul T. Engel, 4174 Route 66, Malden Bridge, NY 12115. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act.

LD-6003
(July 9, 2003)

LEGAL NOTICE

Notice of Qualification of TEPSCO, L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 3/13/2003. Office location: Albany County. LP formed in Texas (TX) on 8/17/1999. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. TX address of LP: 2909 Aaron St., Deer Park, TX 77536. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with TX Secy. of State, Corps. Section, 1019 Brazos, Rm. 105, Austin, TX 78701. Purpose: for any and all lawful purposes.

LD-5096
(July 9, 2003)

LEGAL NOTICE

Notice of Qualification of WEBLINK WIRELESS I, L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 4/23/03. Office location: Albany County. LP formed in Texas (TX) on 2/28/03. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. TX address of LP: 3333 Lee Parkway, Suite 100, Dallas, TX 75219. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with TX Secy. of State, Corp. Section, Capitol Bldg., Room 127, Austin, TX 78711. Purpose: any lawful activity.

LD-5094
(July 9, 2003)

LEGAL NOTICE

Notice of Qualification of MMS Investment Trust LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/9/03. Office location: Albany County. LLC formed in Illinois (IL) on 5/28/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. IL address of LLC: c/o SCN & R Registered Agent, 8000 Sears Tower, Chicago, IL 60606. Arts. of Org. filed

LD-5065
(July 9, 2003)

LEGAL NOTICE

with IL Secy. of State, Dept. of Business Services, LLC Division, Rm. 359, Howlett Bldg., Springfield, IL 62756. Purpose: any lawful activity.
LD-5087
(July 9, 2003)

LEGAL NOTICE

Notice of Qualification of The Women's Basketball Club of Seattle, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/6/03. Office location: Albany County. LLC formed in Washington (WA) on 4/23/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. WA address of LLC: 351 Elliott Ave. West, Suite 500, Seattle, WA 98119. Arts. of Org. filed with WA Secy. of State, Corps. Div., 801 Capitol Way South, P.O. Box 40234, Olympia, WA 98504. Purpose: all lawful purposes.

LD-5079
(July 9, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of LLC is BRUNSWICK DONUTS, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 18, 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 1676 New Scotland Road, Slingerlands, New York 12159.

LCD-5078
(July 9, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF RLO, LLC (PURSUANT TO SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW)

NOTICE IS HEREBY GIVEN that the Articles of Organization of RLO, LLC (the "Company") were filed with the Secretary of State of the State of New York on May 30, 2003. The Company is being formed to engage in the preparation of compost and other organic soil material, and; to engage in 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 1900 New Scotland South Road, Slingerlands, New York 12159.

LD-5077
(July 9, 2003)

LEGAL NOTICE

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

The name of the LLC is ROBERTS AUTO SERVICES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 20, 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 46 Lincoln Avenue, Watervliet, New York 12189.

LCD-5076
(July 9, 2003)

LEGAL NOTICE

Notice of Formation of CSS Petroleum Services LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/19/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Office of Andrew T. McEvoy, 90 State St., Suite 1501, Albany, NY 12207. Purpose: any lawful activities.

LD-5065
(July 9, 2003)

THE SPOTLIGHT

LEGAL NOTICE

LEGAL NOTICE

Notice of formation of 1671 PITKIN AVE. LLC a NYS limited liability company (LLC). Formation filed with SSNY on 06/10/2003. Off. Loc: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 46 State St. 5th Fl., Albany, NY 12207 Purpose: All Lawful purposes. LD-5052 (July 9, 2003)

LEGAL NOTICE

Notice of formation of C & J Holdings LLC, Art. of Org. filed Secy. of State (SSNY) 5/29/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 265 Woodlawn Ave., Albany, NY 12208. Purpose: any lawful purpose. LCD-5044 (July 9, 2003)

LEGAL NOTICE

NOTICE OF FORMATION LLC Empire Realty Investors LLC, filed Articles of Organization with the New York Secretary of State on May 20, 2003. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to Empire Realty Investors LLC, c/o Dawn Homes Management LLC, 20 Corporate Woods Boulevard, Albany, NY 12211. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-5036 (July 9, 2003)

LEGAL NOTICE

Notice of Formation of an LLC: Whitehall Land Development, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on May 13, 2003. Office location is in Albany County. The 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, 1621 Central Avenue, Albany, New York 12205. Purpose: for any lawful purpose. LD-5030 (July 9, 2003)

LEGAL NOTICE

Notice of Qualification of KinderCare Real Estate, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/2/03. Office location: Albany County. LLC formed in Delaware (DE) on 5/30/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: all lawful purposes. LD-5029 (July 9, 2003)

LEGAL NOTICE

Notice of Formation of Adirondack Cartoons, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 3/5/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Michael G. Bouchard, Esq., 4 Atrium Drive, Albany, NY 12205, registered agent upon whom process may be served. Purpose: to engage in any lawful act, activity, business or enterprise. LD-5022 (July 9, 2003)

LEGAL NOTICE

Notice of Qualification of Pro Golf Retail, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/3/03. Office location: Albany County. LLC formed in Connecticut (CT) on 4/10/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. CT address of LLC: 101 Taine Mountain Rd., Burlington, CT 06013. Arts. of Org. filed with CT Secy. of State, 30 Trinity St., Hartford, CT 06106. Purpose: any lawful activity. LD-5021

LEGAL NOTICE

(July 9, 2003)

LEGAL NOTICE

Notice of Qualification of CM Tel (USA) LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/20/2003. Office location: Albany County. LLC formed in Delaware (DE) on 7/13/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process against it may be served. SSNY shall mail 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: 700 Wilshire Blvd., 7th Fl., Los Angeles, CA 90017. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 3, Dover, DE 19901. Purpose: any lawful activity. LD-5016 (July 9, 2003)

LEGAL NOTICE

Notice of Qualification of BM America, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/20/03. Office location: Albany County. LLC formed in Delaware (DE) on 5/16/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail 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: 75 Triangle Blvd., Carlstadt, NJ 07072. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD-5015 (July 9, 2003)

LEGAL NOTICE

Notice of Qualification of F.F.T. LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/23/2003. Office location: Albany County. LLC formed in Nevada (NV) on 4/26/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. NV address of LLC: c/o The Corporation Trust Company of Nevada, 6100 Neil Rd., Suite 500, Reno, NV 89511. Arts. of Org. filed with NV Secy. of State, 202 N. Carson St., Carson City, NV 89701. Purpose: all lawful purposes. LD-5014 (July 9, 2003)

LEGAL NOTICE

Notice of Qualification of APG Consulting, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/20/03. Office location: Albany County. LLC formed in Delaware (DE) on 4/22/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail 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: 6751 Forum Drive, Suite 200, Orlando, FL 32821. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD-5013 (July 9, 2003)

LEGAL NOTICE

Notice of Formation of DELAVE GROUP LLC, Art. of Org. filed Secy. of State (SSNY) 5/30/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: Margaret Inderhees, 36 Darroch Rd., Delmar, NY 12054. Purpose: any lawful purpose. LCD-5010 (July 9, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC 455 Sand Creek Road, LLC, filed Articles of Organization with the New York Secretary of State on May 21, 2003. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to 455 Sand Creek Road, LLC, c/o Craig T. Allen, 5 Lexington Street, Clifton Park, New York 12065. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-5008

LEGAL NOTICE

(July 9, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF JEAL, LLC (PURSUANT TO SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN that the Articles of Organization of JEAL, LLC (the "Company") were filed with the Secretary of State of the State of New York on May 30, 2003. The Company is being formed to engage in the ownership, leasing, purchasing, selling, development, mortgaging and all other dealings with real estate 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 1900 New Scotland South Road, Slingerlands, New York 12159. LD-5007 (July 9, 2003)

LEGAL NOTICE

Notice of formation of AVE. P CONDOMINIUM ASSOCIATES LLC a NYS limited liability company (LLC). Formation filed with SSNY on 05/27/2003. Off. Loc: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 1811 Avenue P, Brooklyn, NY 11229. Purpose: All Lawful purposes. LD-4092 (July 9, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: LJ TRANSPORT LLC, Articles of Organization filed with Secretary of State of New York (SSNY) on 5/2/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to c/o Breakell Law Firm P.C., 10 Airline Drive, Albany, New York 12205. Purpose: Any lawful business purpose. LD-4086 (July 9, 2003)

LEGAL NOTICE

Notice of Formation of Hospitalist Medicine Physicians of Albany County, PLLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/15/03. Office location: Albany County. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Purpose: practice the profession of medicine. LD-4080 (July 9, 2003)

LEGAL NOTICE

Notice of Qualification of Softlight Systems, LLC, App. for Auth. filed Secy. of State (SSNY) 4/18/03. Office location: Albany County. LLC org. in DE 3/20/03. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: c/o CSC, 80 State St., Albany, NY 12207, the Reg. Agt. upon whom proc. may be served. DE office addr: c/o The Company Corp, 2711 Centerville Rd., Wilmington, DE 19808. Art. of Org. on file: SSDE, Townsend Bldg, Dover, DE 19901. Purpose: any lawful purpose. LCD-4079 (July 9, 2003)

LEGAL NOTICE

Notice of Qualification of Rushmore Capital- II, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 5/9/03. Office location: Albany County. LLC formed in Delaware (DE) on 4/28/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Federal & Duke of

LEGAL NOTICE

York St., Dover, DE 19901. Purpose: any lawful activity. LD-4076 (July 9, 2003)

LEGAL NOTICE

Notice of Qualification of Rushmore Capital-I, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 5/9/03. Office location: Albany County. LLC formed in Delaware (DE) on 4/28/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-4075 (July 9, 2003)

LEGAL NOTICE

Notice of Formation of Nadine Yates, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/8/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Purpose: database management. LD-4074 (July 9, 2003)

LEGAL NOTICE

Notice of Qualification of Moveo, LLC. App. for Auth. filed Secy. of State (SSNY) 2/5/03. Office location: Albany County. LLC org. in NJ 7/26/02. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 7 Hamilton Rd., Ste. 2L, Morristown, NJ 07960, the principal office address of LLC. Art. of Org. on file: NJ Div. of Revenue, 225 W. State St., Trenton, NJ 08608. Purpose: any lawful purpose. LCD-3063 (July 9, 2003)

LEGAL NOTICE

PUBLIC NOTICE PLEASE TAKE NOTICE that the Board of Trustees of the Village of Voorheesville will hold a Workshop Session on Wednesday, July 9, 2003 at 6:00 p.m. to discuss various Village projects. The meeting will be held at the Village Hall, 29 Voorheesville Avenue, Voorheesville, N.Y. The Workshop Session is an open meeting and the public is invited

LEGAL NOTICE

to attend. If you have any questions in regard to this notice, please call the Village Office Monday-Friday, 9 a.m.- 4 p.m. at 765-2692. Derris V. Tidd Village Clerk

Dated: July 2, 2003
LD-6008
(July 9, 2003)

LEGAL NOTICE

RAYMOND REALTY ASSOCIATES, LLC Notice of formation of RAYMOND REALTY ASSOCIATES, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 4/14/03. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o Patricia J. Raymond, 7 East Ridge Road, Loudonville, New York 12211. The purpose of the LLC are Own, acquire, manage, lease, develop, operate, buy, sell, exchange, finance, refinance, and otherwise deal with real estate, personal property, and any type of business. LCD-5056 (July 9, 2003)

LEGAL NOTICE

STATE OF NEW YORK FAMILY COURT SARATOGA COUNTY Docket No. A-5398-02 In the Matter of the Adoption of Damien, NOTICE OF PROPOSED ADOPTION ADOPTIVE CHILD. TO: Michael Yattaw 111 South Third St. Mechanicville, NY 12118 PLEASE TAKE NOTICE that a petition praying for an order approving and allowing the adoption of an adoptive child whose name is Damien who is alleged to be your son, together with an agreement to adopt and consents to the adoption pursuant to the Domestic Relations Law, has been filed with the Family Court of the State of New York, Saratoga County, and a hearing thereon will be held at that Court on the 18th day of July, 2003, at 9:00 o'clock in the forenoon of that day, at which time and place all persons having any interest therein will be heard. PLEASE TAKE FURTHER NOTICE that your failure to appear may constitute a denial of your interest in the child which may result, without further notice to you, in the adoption or other disposition of the custody of the child. Dated: May 29, 2003 Anne Reynolds Copps, Esq. Attorney for Petitioner (s)

LEGAL NOTICE

Office and P.O. Address 126 State St., 6th Floor Albany, NY 12207 Telephone No. 518-436-4170 LCD-5026 (July 9, 2003)

LEGAL NOTICE

TOWN OF BETHLEHEM BOARD OF APPEALS NOTICE OF PUBLIC HEARING Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, July 16, 2003, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Helen Ernst, 8 Boylston Drive, Delmar, New York for Area Variance under Article XII, Percent of Lot Occupancy, Section 128-50, Single Family Dwellings and Article XVII, Side Yards, Section 128-73, Required Widths of the Code of the Town of Bethlehem for construction of a Screened in porch, which will exceed the percent of lot occupancy and encroach into the side yard setback requirement at the premises of 8 Boylston Drive, Delmar, New York 12054. Michael C. Hodom Chairman Board of Appeals LD-6010 (July 9, 2003)

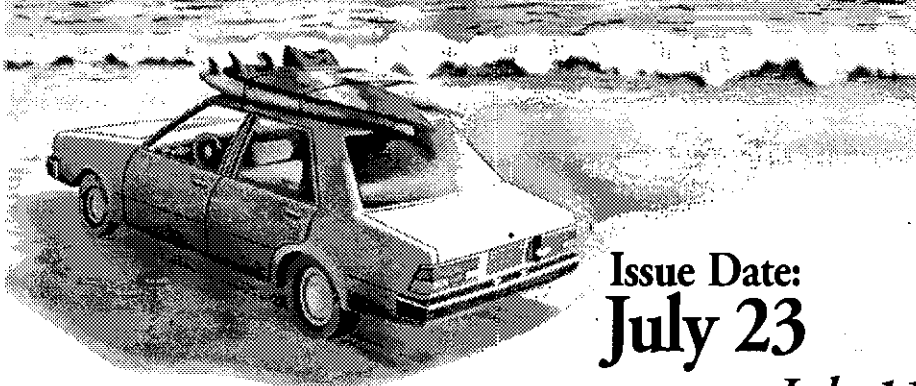
LEGAL NOTICE

Winant-Bomack Insurance Agency, LLC LLC was filed with the SSNY on 5/12/2003. Office: Albany County, SSNY designated as agent of LLC upon whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Robert E. Winant, 3318 Route 33, Neptune, NJ 07753. Purpose: Any lawful purpose. LCD-5024 (July 9, 2003)

LEGAL NOTICE

WORCHESTER COMPANY OF ALBANY, LLC, Notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on June 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 596 New Loudon Road, Latham, New York 12203. LCD-5072 (July 9, 2003)

SUMMER AUTOMOTIVE



Issue Date:
July 23

Advertising Deadline: **July 11**

Proof Deadline: Mon. July 7 at noon for ads requiring a proof

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Spotlight Newspapers

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The Spotlight, Colonie Spotlight, Loudonville Spotlight, Guilderland Spotlight, Niskayuna Spotlight, Scotia-Glenville Spotlight, Rotterdam Spotlight, Clifton Park/Halfmoon Spotlight & Burnt Hills Spotlight

Obituaries

Talisha Richards

Talisha Luna Mary Richards, 33, of Delmar died Saturday, July 5, at Albany Medical Center Hospital.

Born in Brooklyn, she lived in Central Islip and Bronx before moving to Delmar.

She worked at the Center for the Disabled in Slingerlands since 1992.

Survivors include her husband, Leaford Lyon Richards; a son, Brandon Richards; two sisters, Corinne Lynne Blackman of Delmar and Yvette Blackman of New Jersey; and a brother, Corey Blackman of New Jersey.

Calling hours are scheduled from 4 to 8 p.m. today, July 9, at the Applebee Funeral Home, 403 Kenwood Ave., Delmar.

Funeral services will be at 11 a.m. Thursday at the funeral home.

Contributions may be made to the American Lung Association, Asthma Research Institute, 61 Broadway, New York, N.Y. 10006.

Robert Patterson

Robert E. Patterson, 59, of Delmar died Monday, July 7.

Born and educated in Albany, he was an Air Force veteran of the Vietnam War.

Mr. Patterson worked for the state Department of Transportation as a mechanic for more than 30 years.

He was a volunteer for the Slingerlands Fire Department. Survivors include his wife, Monique Patterson; two daughters, Lisa Szynaszek and Debra Patterson; a sister, Eleanor Taggart; and two grandchildren.

Services are scheduled at noon

on Friday, July 11, at the Daniel Keenan Funeral Home, 490 Delaware Ave., Albany.

Calling hours will be from 4 to 7 p.m. on Thursday at the funeral home.

Burial will be in Saratoga National Cemetery.

Sharon Mannolini

Sharon Mannolini, 35, of Delmar died Sunday, June 29, in Cherverly, Md., as a result of injuries sustained in an automobile accident.

Born in Albany, she lived in Guilderland for many years before moving to Delmar.

She was a volunteer at the State Museum and later worked on the staff of the paleontology department.

Her most recent project involved her use of photography skills in the creation of a New York State Field Guide to Plant Fossils.

She enjoyed animals, nature, astronomy and pottery.

Survivors include her husband, John Ingro; her father, Franklin D. Mannolini of Albany; a brother, Franklin D. Mannolini of Guilderland; a sister, Mary Lifshin of Guilderland; and her two dogs and three cats.

Services were from the Hans Funeral Home in Albany and Hamilton Union Presbyterian Church in Guilderland.

Contributions may be made to Pets Alive, Derby Road, Middletown 10940.

Donna Allinger

Donna R. Allinger, 38, of Selkirk died Sunday, July 6, at Albany Medical Center Hospital.

Born in Erie, Pa., she was a long-time resident of the Selkirk, Ravena area.

She worked for the Visiting Nurses Association for two years.

Survivors include a son, Chad R. Meilak of Selkirk; a daughter, Lindsay R. Meilak of Selkirk; her father, Claude R. Allinger Sr. of Pennsylvania; her mother, Pauline Brooks of Nevada; her paternal grandmother, Ann Allinger of Pennsylvania; a sister, Sandra Hughes of Pennsylvania; and a brother, Claude R. Allinger of Pennsylvania.

Services are scheduled at 7 p.m. tonight, July 9, at the Babcock Funeral Home, 19 Pulver Ave., Ravena.

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

Donald VanCleve

Donald R. VanCleve, 94, of Voorheesville died Thursday, July 3, at St. Peter's Hospital in Albany.

Born in Tacoma, Wash., he was a long-time resident of Voorheesville.

Mr. VanCleve was a professor at the State University in Albany from 1960 to 1975. Prior to that, he taught at the University of Washington.

He was an Army veteran of World War II.

He was a member of St. Andrew's Episcopal Church in Albany.

He was the husband of the late Julia West Van Cleve.

Survivors include two sons, Donald VanCleve of Los Angeles, Calif., and Andrew VanCleve of Voorheesville; and two

granddaughters.

A memorial service will be scheduled at a later date.

All other services were private.

Arrangements were by the Reilly & Son Funeral Home in Voorheesville.

Contributions may be made to St. Andrew's Episcopal Church Memorial Fund.

Dorothy Blanchard

Dorothy O. Blanchard, 76, of Albany, and a longtime Sunday school teacher at St. Stephen's Episcopal Church in Delmar, died Tuesday, July 1, at her home.

Born in Jersey Shore, Pa., she was a graduate of Albany High School.

She completed nurses training at Child's Hospital School of Nursing and graduated from Albany Business College.

Mrs. Blanchard taught Sunday school at St. Stephen's for 25 years and also was a Brownie and Girl Scout leader. She established the first Albany city chapter of 4-H.

She worked as a claims supervisor for the Insurance Company of North America.

She loved animals, decorating and gardening.

She was a member of the Eastern Star, the Alpha Iota Honorary Business Society and several historical associations.

Survivors include her husband, Raymond S. Blanchard; and a sister, Lois J. Prinzo of Slingerlands.

A memorial service is scheduled at 11 a.m. on Saturday, July 12, at St. Stephen's Episcopal Church on Elsmere Avenue in Elsmere. A reception will follow the service.

Contributions may be made to the Child's Canterbury Foundation, Tree of Life, 25 Hackett Blvd., Albany 12208; the Animal Hospital, Rocking Horse Lane, Guilderland 12084; the ASPCA, 2805 Reach Road, Williamsport, Pa.; or the Children's Flower Fund, c/o St. Stephen's Episcopal Church, Elsmere Avenue, Delmar 12054.

Dora Daub

Dora Dixon Daub, 89, of Cohoes, and formerly of Delmar and Albany, died Friday, July 4, at the The Eddy of Cohoes.

Born in Ellington, England, she and her family came to America and settled in Delmar in 1929.

Mrs. Daub was an avid gardener. She enjoyed traveling and spending summers in the

Adirondacks.

She was the widow of John T. Daub.

Survivors include two sons, William Daub of Cohoes and James T. Daub of Medford, N.J.; three sisters, Ada Hallenbeck of Rensselaer, Joan Tietz of Fort Myers, Fla., and May Spain of Brandon, Fla.; and four grandchildren.

Services are scheduled at 11 a.m. today at the Daniel Keenan Funeral Home, 490 Delaware Ave., Albany.

Burial will be in Our Lady Help of Christians Cemetery in Glenmont.

Contributions may be made to the American Cancer Society, 260 Osborne Road, Loudonville 12211.

Richard Gallagher

Richard S. Gallagher, 68, of Navan, Ireland, and formerly of Slingerlands, died Saturday, June 28, in Dublin.

Born in Brewster, he received a bachelor's degree from St. Michael's College in Vermont.

Mr. Gallagher worked for Penn Central and Conrail as a conductor for 47 years.

Survivors include his wife, Eileen Gallagher.

A memorial service will be held at a later date.

Contributions may be made to St. Luke's Hospital, Highfield Road, Rathgar, Dublin 6, Ireland.

Parsons names board officers

Three local residents were recently elected to three-year terms as associate directors of the board of Parsons Child and Family Center.

Mark Bryant of Slingerlands, vice president of Bryant Asset/A.W. Schermerhorn; Anne-Jo Pennock McTague of Voorheesville, attorney with Maynard, O'Connor, Smith, & Catalinotto in Albany; and David Kiner of Slingerlands, president of Marketing Professionals were named to the board.

Two town residents were elected as officers of the board of directors for a one-year term. Karen Carpenter-Palumbo of Bethlehem, executive vice president, government programs at CDPHP, was elected as second vice president; and Karen Schimke of Glenmont, president/CEO of Schuyler Center for Analysis and Advocacy, was elected as secretary.

**I LOVE
SMOKEFREE
NY!**

Mark Your Calendar!

July 24, 2003

**All public and work places in
New York State will be smokefree!**

Dine at your favorite restaurant!

Getting together with your friends at a local tavern!

Go bowling!

"Rack 'em up" at the pool hall!

Support your local businesses and have fun!

All of these entertainment/hospitality businesses will be smoke free as of
Thursday, July 24, 2003!

Eat, drink, be merry and support your favorite place!

Need more information about the law?
Call your county health department or district health office or call
1-800-458-1158, Ext. 2-7600.

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.

Dean's List

- Bates College**
Gregory Jukins of Slingerlands and Craig Saddlemire, formerly of Slingerlands.
- Daemen College**
Laura Ryan of Selkirk.
- New York University**
Alec Betterley of Delmar.
- SUNY New Paltz**
Catherine Dwyer.
- University of Pennsylvania**
Alan Lewis of Delmar.
- University of Scranton**
Andrea Youngs of Delmar.
- University of Vermont**
Jeremy Arenos of Delmar.
- Wake Forest University**
William Nathan of Delmar.
- Washington University**
Audrey Ting of Delmar.
- Wells College**
Jill Parsons of Feura Bush.
- Wheaton College (Mass.)**
Jacqueline Donnaruma and Valerie Messina, both of Delmar; and Caitlin Deighan of Slingerlands.

Class of '03

- Binghamton University**
Benjamin Vancik of Delmar (bachelor of arts) and Timothy Nevinger of Glenmont (bachelor of science).
- Springfield College**
Kiley Shortell of Delmar (master's in physical education).
- SUNY Alfred**
Luke Giovanniello of Delmar (associate's in mechanical engineering tech).
- Union College**
Kristin Darlington (bachelor's in industrial economics) and Dale Kurtz (master's in business administration), both of Delmar; Patrick Swete of Glenmont (master's in operations research/applied statistics); Ryan Murray (master's in business administration) and Dmitry Abramov (bachelor's in health management, summa cum laude), both of Slingerlands; and Brian Kern (bachelor's in biology, cum laude), Patrick St. Denis (bachelor's in managerial economics) and Eric Papandrea (bachelor's in political science), all of Voorheesville.
- Western New England College**
Andrew Corlett (bachelor's in industrial engineering) and Joseph Petrillo (bachelor of arts, magna cum laude), both of Delmar; and Jessica Laviano of Glenmont (bachelor's in criminal justice).

Births

- Bellevue Woman's Hospital.**
Boy, Spencer James Yarwood, to Stacy and Paul Yarwood of Selkirk, June 10.
- Boy, Aiden James Connell, to Erica and Christopher Connell of Slingerlands, June 12.

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.

Check it out



Amos Bastiani, Delmar Fire Department and Rescue squad president, left, and Sergio Menendez, fiscal officer of Computer Sciences Corp. look on as Philip Lobare, captain of the Delmar Fire Department and Rescue Squad, accepts a check for \$3,200 from Marie Liddle, director of the Friendship Singers. David Languish, chief of the Delmar Fire Department and Rescue Squad, is at right.

Girl Scouts earn Bronze Award

The Girl Scouts Hudson Valley Council is pleased to announce Kelly Visconti, daughter of Al and Patricia Visconti of Ravena, and Jessica Jones, daughter of Richard and Wendy Dixon of Feura Bush have both earned the Girl Scout Bronze Award, the highest award in Junior Girl Scouting.

The Girl Scout Bronze Award is earned by Junior Girl Scouts who are in grades four to six, who have completed a wide range of Girl Scout and community experiences.

The award recognizes a commitment by girls to help others, improve their community and be the best they can be. Before a Junior Girl Scout can begin her project, she must complete three prerequisites, which prepare her for the project. She should log 15 hours and the project should take between seven and eight hours.

For her Bronze Award project, Visconti worked with her Troop designing a program for the Ravena senior citizens sharing stories, games, songs and snacks. They also decorated bags and filled them with personal items.

Visconti is a student at Pieter B. Coeymans School in Ravena and is a member of Troop 150. She is involved in her school's yearbook club, art club, band and chorus.

For her Bronze Award project, Jones and her Troop made crafts, made a Girl Scout bingo game, made a calendar, prepared a snack and made a picture display for the seniors at Ravena Senior Services Center. In return, Jones learned more about the community and shared stories and songs.

She is a student at A.W. Becker Elementary in Selkirk and is a member of Troop 150. She is involved in her school's Future Teachers of America, band, chorus and chess club.

The Girl Scout mission is to inspire girls ages 5 to 17, with the highest ideals of character, conduct, patriotism and service that they may become happy and resourceful citizens. The Girl Scouts Hudson Valley Council, serves nearly 7,000 girls and more than 2,000 adults in Albany, Rensselaer, Columbia, Greene and southern Saratoga counties.


Feura Bush student wins poetry prizes

Jill Parsons, a member of the class of 2005 at Wells College in Aurora, recently received the Class of 1905 Prize in Poetry and the Catherine B. DePau Prize.

The Class of 1905 Prize in Poetry is awarded for the best poem or poems written by an undergraduate during the year. The Catherine B. DePau Prize is awarded for the best poem or group of poems submitted by a student. Parsons is the daughter of Skip and Linda Parsons of Feura Bush.

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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PHOTOGRAPHY
Personal, Professional Photographic Services. - 469-6551.

Community Corner



Library sets program on first ladies

"First Ladies of our Second Century" examines the lives of presidents' wives from Ida McKinley through Hillary Clinton who have ties to New York state.

Bethlehem Public Library and the Scotia-Glenville Museum offer this program on Friday, July 11, at 2 p.m. Slides, prints and artifacts enhance the presentation, which is cosponsored by Bethlehem Senior Projects.

Call 439-9314 to register.

Family ENTERTAINMENT

CALENDARS ♦ ARTS & ENTERTAINMENT

By JACOB DAY

With long hot days and quiet cool nights here to stay, summer has finally arrived on the Capital District. Once again, as they have for 15 years, the Park Playhouse, based in Washington Park in Albany, opens its outdoor, under-the-stars amphitheater to another summer season of free Broadway-style musical theater.

After its debut productions of "Annie" and "Camelot" in 1989, the outdoor theater concept proved so successful that the City of Albany replaced the hill opposite the Lakehouse with an outdoor amphitheater prior to the second season of "Park Playhouse, Inc." Relying solely on the financial support of its corporate sponsors and the City of Albany, Park Playhouse found success each year as it produced such fine musicals as "Brigadoon," "Kiss Me Kate," "Guys and Dolls," and "Damn Yankees." The group proved so successful that Mayor Jennings helped to establish Park Playhouse II in 1995, which is a Youth Theater Program designed to allow younger talents from the Capital Region the opportunity to become involved in live music by performing each night before the main production.

This year is no exception to the commitment to excellence by the Playhouse group. With a six-week run of "My Fair Lady," the Park Playhouse will again be filled with local actors ready to take the stage. Running July 8 through Aug. 17, Tuesday through Sunday at 8 p.m., "My Fair Lady" tells the tale of the transformation of Eliza Doolittle. A poor and uneducated flower girl, Eliza is turned into an elegant and gracious lady as the result of a boast and a bet.

Professor Henry Higgins, who finds Eliza selling flowers on the street, is convinced that he can pass her off as a great lady simply by teaching her to replace her crude language and heavy cockney accent with refined speech and proper English.

Colonel Pickering, a friend of Higgins, accepts the bet and the two men begin an exhausting effort to change Eliza's status in society by changing the way she speaks.



Eliza Doolittle (Mary Brazeau) is surrounded by the ensemble in one of the early scenes in the Park Playhouse production of "My Fair Lady."

Wouldn't it be lovely?

Eliza becomes increasingly frustrated as the two men take all the credit for her progress.

The ultimate test comes when Higgins and Pickering escort Eliza to a high society function and attempt to fool the upper crust into believing that she is a genuine lady.

Will they succeed?

"Lovely," "With a Little Bit of Luck" and "The Rain in Spain" are three of the many memorable songs from this Lerner and Loewe blockbuster musical, based on the George Bernard Shaw classic play, "Pygmalion."

Many people will no doubt be familiar with the story and music through the award-winning movie production made in the early 1960s starring Audrey Hepburn and Rex Harrison.

This year's talented cast brings new faces and returning actors to the stage. Mary Brazeau stars in the production as Eliza Doolittle. Brazeau's former credits include her most recent appearance at the Cohoes Music Hall as Carlotta in "Phantom." She has also seen the roles of Marian in "The Music Man," Kate in "Kiss Me Kate," Maria in "The Sound of Music" and Laurey in "Oklahoma!"

Starring alongside Brazeau is Park Playhouse veteran Steven Earl-Edwards in the part Professor Henry Higgins. No stranger to Albany, Earl-Edwards returns after his roles at the Playhouse including King Arthur in "Camelot," Captain Von Trapp in "The Sound of Music," and Professor Harold Hill in "The Music Man." He has also directed the previous Park productions of "Kiss Me Kate," "Guys and Dolls"

and last season's "George M!"

The director/musical director for this year's production of "My Fair Lady" is 14-season Park Playhouse veteran Tim Nelson who has served as resident Musical Director for Park Playhouse since 1990 and as director of Park Playhouse II since its inception in 1995. A graduate of the University of Colorado in Boulder, with further training at Boston University's School for the Arts, Nelson has conducted and performed in over one hundred shows including five productions of "My Fair Lady." Nelson currently serves as the Musical Theater Director for the Academy for Performing Arts in Huntington Beach, CA.

Park Playhouse II will this year produce "Cinderella" in conjunction with Park Playhouse. This beloved story continues the theme of rising above one's place in life and becoming more than you could have dreamed. It runs prior to "My Fair Lady" beginning Aug. 5 through Aug. 17, Tuesday through Sunday at 5:30 p.m.

With these two free productions in the park, the City of Albany is once again lucky to have its popular theater under the stars. Information and reserved seating is available at 434-0776 or on the Web site at www.parkplayhouse.com.



Eliza Doolittle, played by Mary Brazeau, fascinates Professor Henry Higgins, played by Steven Earl-Edwards, who becomes convinced that her status in society can be changed if only she learns to speak properly.

ARTS and ENTERTAINMENT

Theater

COWGIRLS

Capital Repertory, 111 N. Pearl St., Albany, through Aug. 10, \$24 to \$39. Information, 445-7469.

MY FAIR LADY

Park Playhouse, Washington Park, Albany, Thursday through Sunday at 8 p.m., through Aug. 17, free. Information, 434-0776.

MURDER AT HOWARD JOHNSON'S

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

SUGAR BABIES

Mac-Haydn Theatre, Route 203, Chatham, through July 13, \$19.90 to \$21.90. Information, 392-9292.

THE MYSTERY OF IRMA VEP

The Theater Barn, Route 20, New Lebanon, through July 20, \$17 and \$19. Information, 794-8989.

ALBANY SYMPHONY ORCHESTRA

pops concert of Broadway tunes, Coming Preserve, Albany, July 13, 7 p.m., free, followed by fireworks.

RAY BARRETTO SEXTET

Central Park, Schenectady, July 13, 4 p.m., free. Information, 382-0447.

CHAVA ALBERSTEIN

Washington Park, Albany, July 14, 8 p.m., free. Information, 382-0447.

THEY MIGHT BE GIANTS

The Egg at Empire State Plaza, Albany, July 18, 8 p.m., \$24. Information, 473-1845.

Dance

DANCEBRAZIL

The Egg at Empire State Plaza, Albany, July 13, 7:30 p.m., \$26, \$22 for seniors, \$13 for children under 13. Information, 473-1845.

Visual Arts

NEW YORK STATE MUSEUM

permanent collections on New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF HISTORY AND ART

All Aboard: Models, Memorabilia and Memories of Railroads; 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., paintings and drawings by Ruth Leonard, through Aug. 29. Information, 462-4775.

ALBANY INTERNATIONAL AIRPORT GALLERY

Albany-Shaker Road, Colonie, Unplugged: Painting in the Age of Technology, through Jan. 4. Information, 242-2222.

Call for Artists

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

INTERESTING TOWN NAMES IN NORTH CAROLINA

MAGIC MAZE

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

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

Askewville
Avon
Bahama
Bat Cave

Bath
Big Lick
Bunnlevel
Duck

Frog Level
Frog Pond
Meat Camp
Speed

Tick Bite
Welcome
Whynot

Community United Methodist Church
1499 New Scotland Road, Slingerlands.
Information, 439-2360.

SIENA CHAMBER ORCHESTRA AND CHOIR

rehearsals Thursdays at 7:30 p.m. for orchestra, Wednesdays at 6 p.m. for choir, Siena College, Route 9, Loudonville. Information, 783-2325

ANNIE SCHAFER ORCHESTRA

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

MALE SINGERS NEEDED

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

MONDAY MUSICAL CLUB WOMEN'S CHORUS

invitation for new members to join in singing classical and popular songs,

Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

CAPITAL COMMUNITY VOICES

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

CRAFTERS WANTED

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

Classes

DANCE CLASSES

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

ART CLASSES

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

Music

DAVE MASON

Corning Preserve, Albany, July 10, 5 p.m., free.

FLEET BLUES FEST

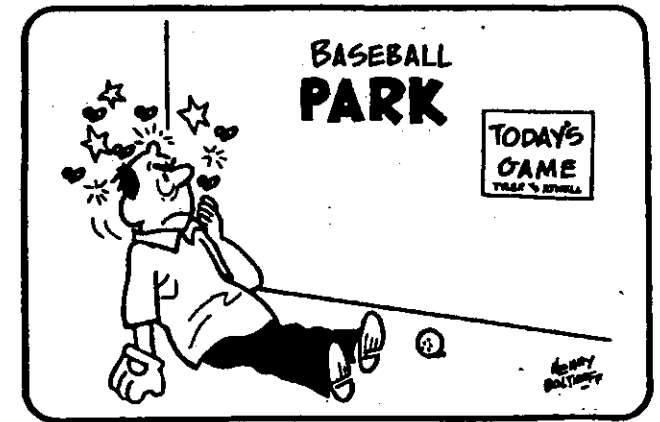
Empire State Plaza, Albany, July 12, noon to 10 p.m., free. Information, 473-0559.

HOCUS-FOCUS

BY HENRY BOLTINOFF

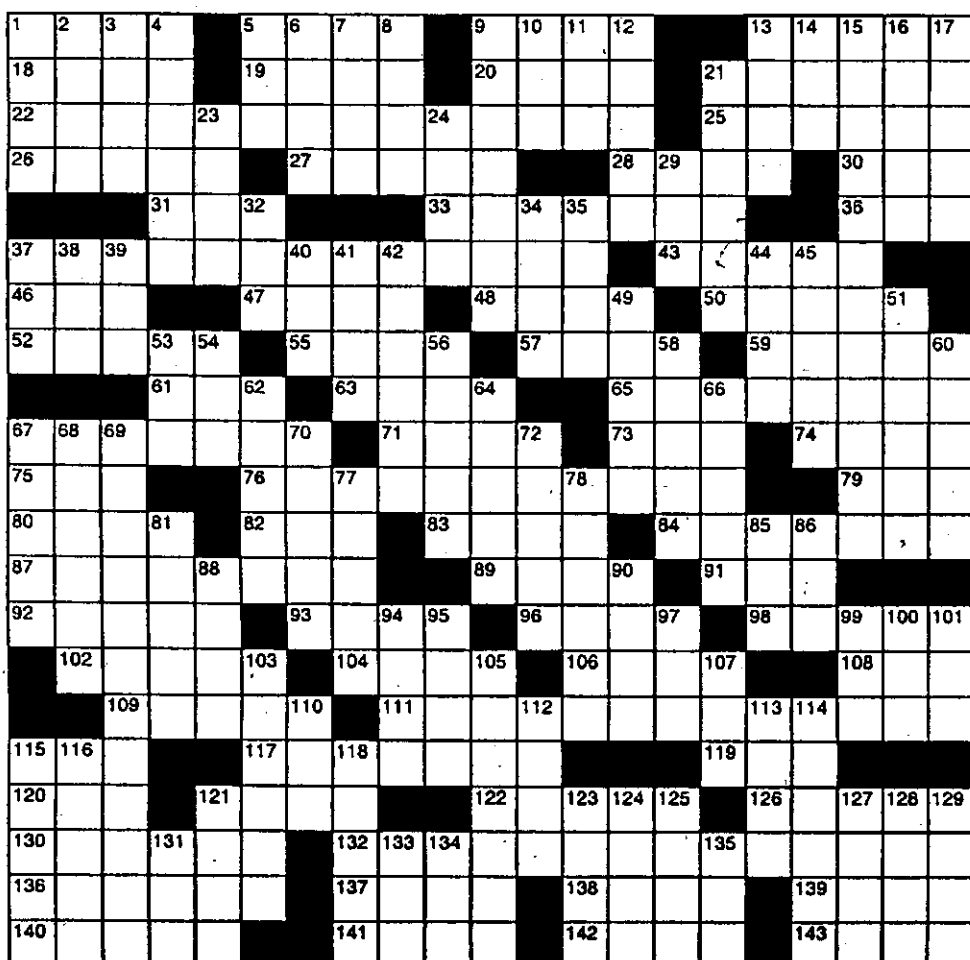


Find at least six differences in details between panels.



Differences: 1. "Game" sign is different. 2. Word "PARK" is black. 3. More symbols above man's head. 4. Ball is different. 5. Man has catcher's glove. 6. No building in background.

The Super CROSSWORD



ACROSS

1 Applies lightly
5 Helicopter sound
9 Swedish rockers
13 "Whole — Love" ('69 hit)
18 Guinness or Baldwin
19 Actress Skye
20 Chrysler competitor
21 Toils
22 "Butch Cassidy and the Sundance Kid" star?
25 O'Neill's "The — Cornet"
26 New Hampshire city
27 Postpone
28 Leaf part
30 Married Mlle.
31 Tarbell or Lupino
33 Theft
36 Spring mo.
37 "Duelo at Diablo" star?
43 Punjabi princes
46 Ornamental vine
47 It may be bitter

48 Blue hue
50 The very bottom
52 Tijuana title
55 "Star Wars" Skywalker
57 Fawn's father
59 Pride of lions?
61 Be a pest
63 Actress Helgenberger
65 Alaric, for one
67 Easily read
71 Kedrova of "Tom Curtin"
73 Unwell
74 Gulf ruler
75 Part of EEC
76 "The Tin Stella" star?
79 Wrath
80 Fateful 15th
82 Demolished a Danish
83 Rain hard?
84 Incorporated, as territory
87 Smith or Jones, e.g.
89 Junket
91 Petite pooch
92 Forster's "— With a View"
93 Evaluate
96 Level
98 Account entry

102 Have — over one's head
104 "My Sweet —" ('70 smash)
106 Debtors' letters
108 Indefinite pronoun
109 Baal and Elvis
111 "Rosso River" star?
115 Funnyman Philips
117 Hailing from Haifa
119 Paw part
120 Once around the track
121 "Peter Pan" pirate
122 Pound the podium
126 Stallone role
130 Puts up
132 "How the Ovest Was Won" star?
136 Actress Tyson
137 Poker stake
138 Peter and Gordon song, e.g.
139 Small combo
140 Asian capital
141 Tavern staples
142 District

143 Prophet
DOWN
1 TV's "— Shadows"
2 Bum remedy
3 Neuwirth or Daniels
4 Picturesque
5 Humor
6 Car part
7 Memo start
8 Scuba site
9 Insult
10 Derisive cry
11 "It's freezing!"
12 Confuse
13 Tablecloth fabric
14 UK honor
15 "Riders of the Purple Sage" star?
16 Vagabond
17 Ed of "Lou Grant"
21 Tripoli native
23 Change the decor
24 Earl — Biggers
29 Hockey's Bobby
32 Current unit
34 Honey bunch?
35 Wild child
37 "M*A*S*H" extras
38 "— been had!"
39 Writer Rand

40 Vinegar's partner
41 Dejected
42 Detergent ingredient
44 Actress Gariz
45 Saying
49 Linda of "Alice"
51 Join the leisure class?
53 Kimono closer
54 Massage
56 Fromm or Segal
58 Comic Radner
60 Start the slaw
62 Shimmer
64 Rub it in
66 Distort
67 Camera company
68 Writer Welty
69 "The Grande Country" star?
70 Go in
72 Blazing
77 Kidney-related
78 De Havilland or Hussey
81 Hair net
85 Start to snooze
86 Spud bud
88 Melville novel
90 Menial laborer
94 Tiberius' threads?
95 A Great Lake
97 Sister
99 Lad
100 Bed and breakfast
101 Pigskin prop
103 Poorly made
105 Costello or Del Rio
107 Use a straw
110 Compass pt.
112 Neighbor of Tenn.
113 Welt's opposite
114 Modifies
115 Vote in
116 Lanza or Lemieux
118 "King Lear" role
121 WWII site
123 Verdi opera
124 — de force
125 Fencing weapon
127 Full-grown filly
128 Soft cheese
129 Scent
131 Dodger Ron
133 Shiba — (Japanese dog)
134 Giant legend
135 Greek vowel

The Spotlight CALENDAR

Wed. July 9

BETHLEHEM

DELMAR ROTARY

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

SOLID ROCK CHURCH

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

TOWN BOARD

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

BETHLEHEM TOASTMASTERS

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

BINGO

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

DELMAR FIRE COMMISSION

firehouse, Adams Place, 7:30 p.m.
Information, 439-3851.

TESTIMONY MEETING

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

NEW SCOTLAND

TOWN COUNCIL

New Scotland Town Hall, Route 85, 7
p.m. Information, 439-4889.

PRAYER MEETING

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

FAITH TEMPLE

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

NEW SCOTLAND SENIORS

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

AA MEETING

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

Thurs. July 10

BETHLEHEM

TREASURE COVE THRIFT SHOP

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

YOUTH EMPLOYMENT SERVICES

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

ELSMERE FIRE COMMISSION

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

A.W. BECKER PTA

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

BINGO

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

SLINGERLANDS FIRE COMMISSION

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

NEW SCOTLAND

PRESCHOOL STORY TIME

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

Fri. July 11

BETHLEHEM

AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND

PIONEER CLUBS

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

YOUTH GROUP MEETINGS

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

Sat. July 12

BETHLEHEM

AA MEETING

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

Sun. July 13

BETHLEHEM

ST. THOMAS THE APOSTLE

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

ST. STEPHEN'S EPISCOPAL

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

BETHLEHEM LUTHERAN

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

BETHLEHEM COMMUNITY CHURCH

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

SOUTH BETHLEHEM UMC

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

DELMAR FULL GOSPEL

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

FIRST REFORMED OF BETHLEHEM

Summer hours, worship service, 10 a.m.,

child-care provided, no church school for
summer. Route 9W, Selkirk. Information,
767-2243.

FAMILY OF GOD COMM. CHURCH

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

FIRST UMC OF DELMAR

Sunday school and worship service, 9:30
a.m., in Fellowship Hall, 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,
439-7740.

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.

BETHLEHEM HISTORICAL ASSOCIATION

Cedar Hill School House Museum, open
2 p.m. - 4 p.m., 1003 River Rd. (Rt. 144),
Selkirk, information 767-9432.

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, 9:45 a.m., Tarrytown Road,
Feura Bush. Information, 768-2133.

FAITH TEMPLE

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

NEW SCOTLAND PRESBYTERIAN CHURCH

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

UNITED PENTECOSTAL CHURCH

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

JERUSALEM REFORMED

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

FAMILY WORSHIP CENTER

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

Mon. July 14

BETHLEHEM

PEACE VIGIL

Bethlehem Neighbors For Peace, weekly

peace vigil, Four Corners intersection,
Delmar, 5-6 p.m., Information, 439-1968.

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 COMMUNITY ORCHESTRA

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

ROYAL ARCH MASONS

Temple Chapter No. 5; Masonic Temple,
421 Kenwood Ave.

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.

Tues. July 15

BETHLEHEM

TREASURE COVE THRIFT SHOP

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

YOUTH EMPLOYMENT SERVICES

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

PLANNING BOARD

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

BINGO

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

ONESQUETHAU LODGE 1096 F&AM

Masonic Temple, 421 Kenwood Ave.

NEW SCOTLAND

PRESCHOOL STORY TIME

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

VOORHEESVILLE PTA

Elementary school cafeteria, 7:30 p.m.
Information, 765-3644.

Wed. Jul. 16

BETHLEHEM

DELMAR ROTARY

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

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.

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.

Your neighborhood. Your neighbors. Area business. Local schools & sports. Town & county government.

Your town — your news — that's what we do.

Spotlight Newspapers

The Spotlight • Colonie Spotlight • Loudonville Spotlight
Guilford Spotlight • Niskayuna Spotlight
Rotterdam Spotlight • Scotia-Glenville Spotlight
Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight

Spotlight on Dining

元寶屋 DUMPLING HOUSE
Chinese Restaurant

Specializing in Dumplings, Lunches, Dinners, Cocktails, Mandarin, Szechuan, Hunan & Cantonese. Eat in or Take Out. Open 7 days a week.

458-7044 or 458-8366

120 Everett Road, Albany • (Near Shaker Road)

Spotlight CLASSIFIEDS

ACUPUNCTURE

Acupuncture Works! Get Healthy Summer Special: 50% Off 1st 2 Visits Free Consultation. Michael Wayne, L.Ac. Latham, Saratoga. 782-0723.

ADOPTION

Pregnant? Not ready to parent? Make your dreams for your child come true. Choose a loving family. Profiles sent ASAP. Free and confidential services. Spence-Chapin Adoption Agency 1-800-321-LOVE(5683) www.spence-chapin.org

AUCTIONS

Unreserved Real Estate Auction, Tuesday July 15, 1pm. 95 East Main Street, Mohawk, NY Mohawk Station restaurant. Turn-key operation. Brzostek's Real Estate Auction. www.800-374-SELL.com

BUSINESS OPPORTUNITIES

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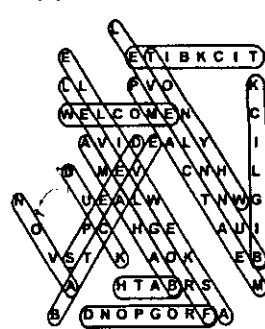
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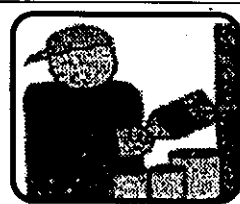
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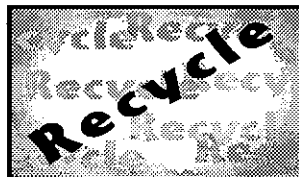
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- Vehicle registration and insurance information - these documents are required by law to be in your car. Don't make a bad situation worse by failing to have them

with you.

- An accident kit - a disposable camera, a pen or pencil, auto club cards and/or names and phone numbers for towing services and your insurance company, and a blank accident report form

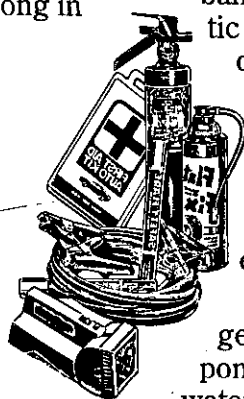


one is available at www.certifiedfirst.com.

- A basic tool kit - jumper cables, a flashlight with extra batteries and bulbs, adjustable wrenches, screwdrivers, spare wiper blades and fluid, fuses, reflective triangles, a fire extinguisher and, in colder climates, an ice scraper.

- A basic first aid and survival kit - tape, bandages, antiseptic ointment and disinfectant, scissors, over-the-counter pain relievers, bottled water and high-energy snacks.

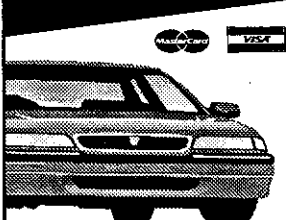
- Foul-weather gear - waterproof poncho or rain coat, waterproof boots, a towel, a jacket or coat, a warm hat or cap, gloves and a blanket.



- Helpful gadgets, including a pocket knife, in case air bags need to be deflated manually, and a spring-loaded punch for breaking car windows if doors are jammed and a rapid escape is necessary - both items should be kept within easy reach of the driver.

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Ritter

(From Page 1)

if you don't become part of it, the community doesn't have much value," said Ritter.

But opposition to Ritter's Bethlehem speaking engagement is growing online. Free Republic, a California based Web site calling itself "a conservative news forum," is denouncing Ritter's speech and prompting people from around the country to take action to cancel it. The Web site makes reference to Ritter's arrest and encourages activists to e-mail town officials and question why he is speaking on taxpayer-funded property.

Bethlehem Neighbors For Peace anticipates a large crowd to attend Ritter's speech, with some 350 members belonging to the organization alone. Organizers plan to meet with Bethlehem police to ensure adequate security on the day of the event.

"We know that some shock jocks at some of the local Clearchannel radio stations have been talking about encouraging people to disrupt this meeting," said Bethlehem Neighbors For Peace member Joseph Lombardo, who attributes the opposition to Clearchannel's pro-war stance. Clearchannel

public relations representative Lisa Viscusi said she is unaware of any of the company's local radio personalities encouraging a disruption.

Tick expressed disappointment with the attempts to silence Ritter's appearance.

"It's unfortunate somebody or some group would try to stop free speech," he said.

The event is open to the public and free of charge.

Firefighters to hold flea market July 26

The 2003 Glenmont Firemen's Flea Market will be held on Saturday, July 26, from 8 a.m. to 5 p.m. at Bethlehem Elks Club located on Route 144 in Selkirk.

The Elks Club is about 8 miles south of Thruway Exit 23 and approximately 2 miles north of Thruway Exit 22.

The flea market is part of the annual fund-raising activities of Selkirk Fire Co. 2 that also includes the annual Firemen's Fair.

To obtain an application to rent space at the flea market, call 436-1601 and leave a message or stop by Selkirk Fire Co. 2 firehouse in Glenmont next to Price Chopper and pick up an application.

Parking

(From Page 1)

would be well worth it to prevent approximately 70 students from parking on Van Dyke Road, according to Superintendent Les Loomis.

"We badly need all of those spaces," he said. "We've got major problems. My recommendation would be to move the softball field. Please recognize if you decide against this, the parking will continue on Van Dyke."

Loomis said if the district offered more parking in the lots, it would work with the town to eliminate street parking on Van Dyke.

Not moving the field would result in only 110 more spaces, according to Peckham.

While Peckham assured the board that the fields could be moved with little difficulty, and "top grading work without affecting the drainage under it," some board members were unconvinced that the benefits outweighed the risks and cost.

"I feel uncomfortable moving our field, especially for parking," said Lynne Lenhardt. "This is a big bond issue, and the focus had to be on the academic."

Board members Richard Svenson and James Lytle agreed with Lenhardt.

"These cars are not solely owned by the kids," said Svenson, suggesting parents tell students to take the bus to school to alleviate the problem. "This is an old issue that we thought we fixed. Enough is enough."

Loomis urged board members to consider its options carefully.

"With the expansion of the student population, we are really going to need parking for staff and visitors," he said. "We tried shuttle buses in the past and nobody used it. We've lived through this. It's not such a big deal to move the softball field."

Warren Stoker was cautious, but seemed agreeable as long as the relocation did not cause students to lose a season of play. Jon Bartow was very much in favor of creating the most new spaces.

"I'm fine with (shifting the fields) if it works," he said. "The parking issue is an issue that needs to be solved. We have to recognize that we have student drivers and the option of buses is not realistic. To say, 'too bad, they can ride the bus,' is not realistic. We need to solve this. It has been a horrible issue for the residents. It's a paramount concern."

When Lytle suggested that the board "find more imaginative ways to deal with it," Loomis told him, "There are not creative solutions. There is no way we can move parking off Van Dyke. I'm trying to say this issue of student driving is an immovable force."

The board discussed a compromise configuration that would require rotating one of softball fields to allow for a few more spaces. It also discussed the need to have a parking lot entrance and exit across from Evelyn Drive with the hope that the state Department of Transportation will put a light there.

The parking lot is just a small part of a proposed building project that would cost about \$90 million. The projects are in response to escalating student enrollment that has increase continuously for almost two decades. Other projects at the high school include adding storage, classroom and office space, redesigning the high school cafeteria and lobby and a block concession stand with bathrooms.

The construction project calls for a new elementary school and work at other district schools that will add classroom, office and storage space, as well as address safety issues in the parking lots. District residents will vote on funding for the project on Nov. 18.

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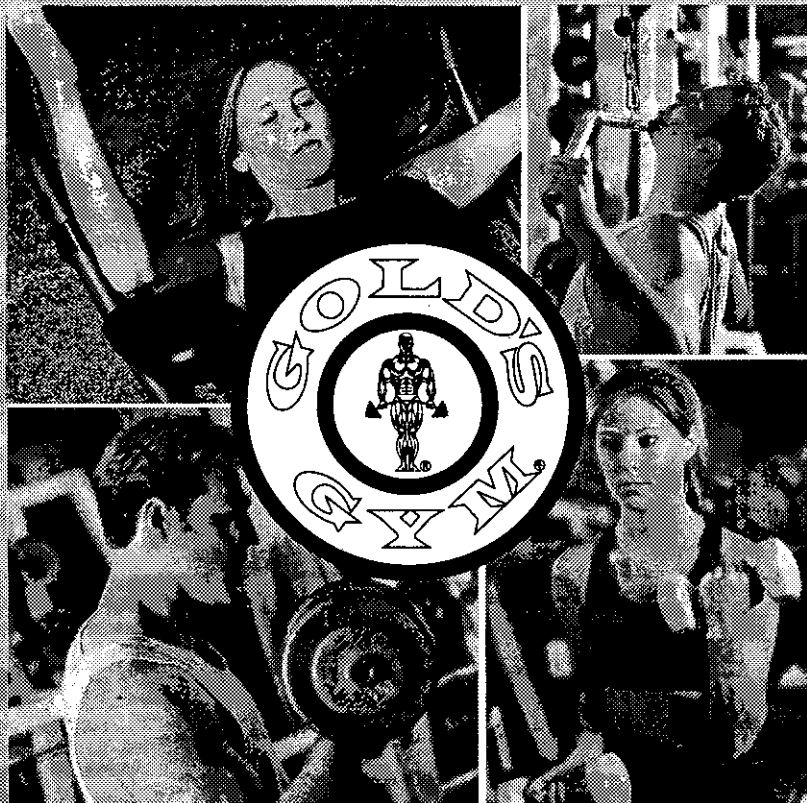
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Write to Letters to the Editor, The Spotlight, 125 Adams St., Delmar 12054. Letters can be faxed to 439-0609.