

Riverfest coming
to Henry Hudson Park

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Altamont Fair

Back to School

○ Supplement inside

The Spotlight

Serving the Towns of Bethlehem & New Scotland

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August 13, 2003

High rise proposal draws fire

By KRISTEN OLBY

An Albany developer's plan to construct a \$25 million luxury apartment complex on Krumkill Road is drawing sharp criticism from neighbors, including those in nearby North Bethlehem.

Arthur Kontogiannis has submitted plans to build a 300-unit, high-rise apartment complex, complete with an indoor pool and underground parking, to the Albany Common Council.

Kontogiannis said he modeled the complex after a similar building he spotted while vacationing on Marco Island off the coast of Florida three years ago. He believes the "unique" apartment complex would address the need for upscale housing in the city. Apartments would be in close proximity to the University at Albany, University Heights and major highways, including Route 85.

"Three years ago when I received this idea, the need was questionable, but now, yes," said Kontogiannis, whose company, Marathon Point, would build and operate the complex. Kontogiannis owns the 7 acres of property, along with four apartment buildings on nearby Olympian Drive, but acknowledges he has never constructed or managed a complex of this magnitude before. He declined to say whether another there was another investor in the project.

Rent at the gated community, which has been dubbed The Residences at

□ FIRE/page 24

RCS kicks off phase 3 of renovations

By KRISTEN OLBY

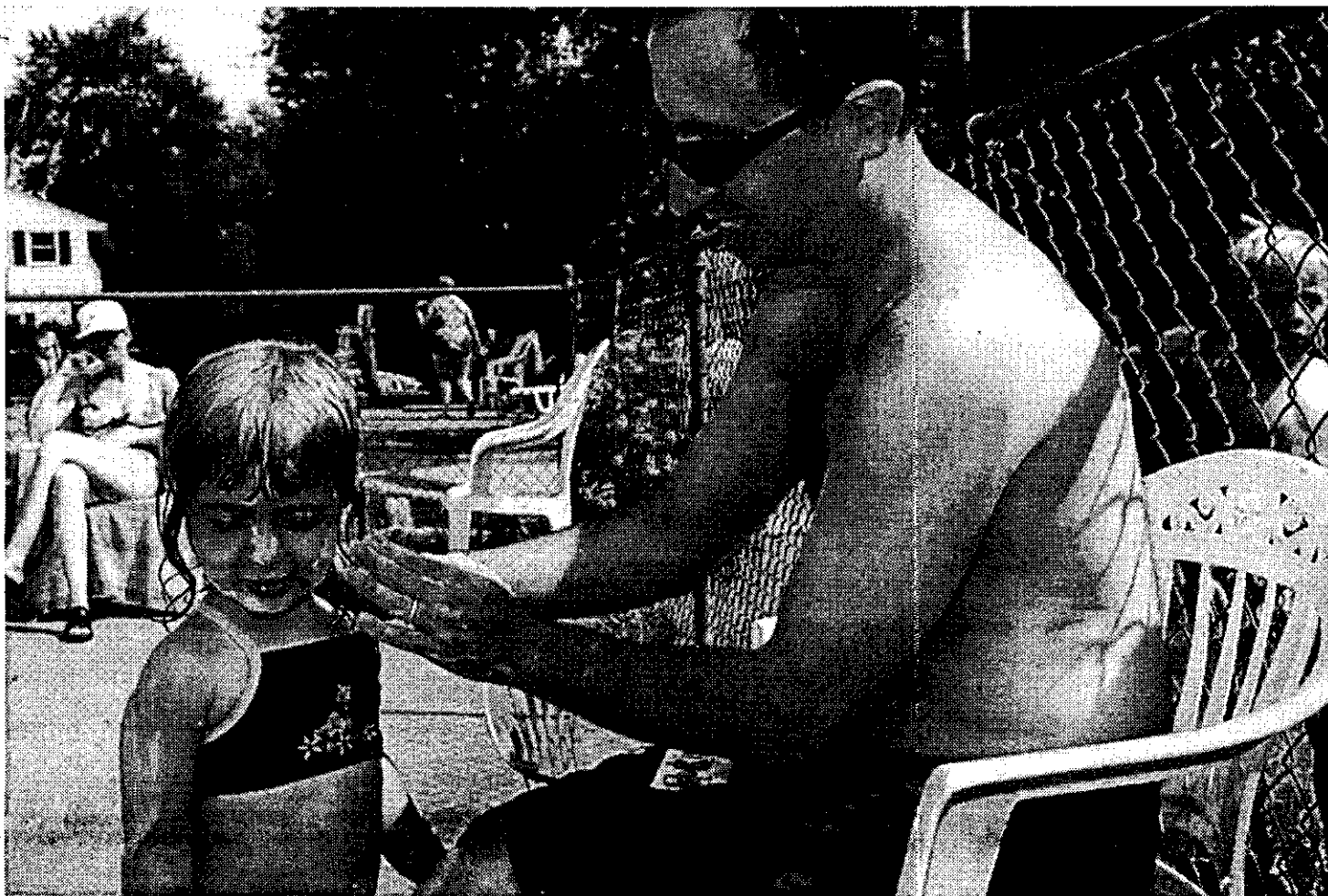
Work will soon be under way on the final phase of construction at the Ravena-Coeymans-Selkirk middle and high schools. A groundbreaking ceremony Tuesday at the high school marked the official kick-off of the capital project's third phase.

Voters approved the \$29.2 million capital project in 1999.

High school renovations will include the construction of a pool, gymnasium and locker room. Classrooms will have an updated lighting system installed, and the

□ RCS/page 24

Here comes the sunscreen



Dennis Proust applies sunscreen on his daughter Olivia at the Kenholm Pool last Sunday.

Jim Franco

NYCLU cautions about recruiters' lists

Group says parents should have greater discretion

By KRISTEN OLBY

A statewide civil rights group is pushing New York's high schools to limit how student's personal information is shared with military recruiters. Bethlehem and Ravena-Coeymans-Selkirk school districts, among others, are being prompted by the New York Civil Liberties Union to give parents greater discretion in choosing which organizations receive their child's information.

The effort stems from a small provision buried deep in the No Child Left Behind Act of 2001. The provision grants the armed forces the same access to high school students' records that prospective employers and college recruiters have. The military has traditionally visited high schools to answer questions and pass out brochures to prospective recruits.

"Congress requires us to contact 100 percent of senior students by the end of the year," said Capt. Lawrence Mullany of the Army's Albany Recruiting Battalion.

With the passage of the act, a high school student's name, address and telephone number is legally required to be shared with the military. The Army contacts students by phone to share information about the armed services, but students who are difficult to track down may receive a home visit.

"We may do what's called a house call and visit them at their home in an effort to see if they're interested," said Mullany.

The Army wants to make teenagers

aware of their option to enlist, but Mallany said students won't receive a high-pressure sales pitch.

That wasn't what Mary Francis Ford of Delmar encountered when a Navy recruiter visited her high-school-age son.

"He was very gracious, but I really wasn't comfortable with it. If you make it clear five times on the phone that you'll contact them if you are interested, that should be the end of it," said Ford.

Parents can choose to "opt-out" from the recruiting lists but the school district must be informed prior to the start of the school year.

"A lot of parents are having their children's names included on these lists virtually without their knowledge," said Melanie Trimble, executive director of the New York Civil Liberties Union, Capital Region Chapter.

The organization believes releasing the information to military recruiters is an invasion of a child's right to privacy.

"Contact the kids while they're at school. We just don't feel it's necessary to contact them in person without their permission," said Trimble.

At Bethlehem Central High School, a letter is sent home to parents informing them of their right to deny release of the information. If parents do not respond, the child's name will automatically be added to the list.

"I just think it wouldn't be that difficult to foresee any number of reasons why that letter wouldn't be returned," said Ford.

This summer, letters were sent to Bethlehem students in grades nine through 11 — roughly 1,200 students — 91 chose to keep their names off the list.

"They have the option to withhold information from the list, but they cannot specify military and be included on the colleges list," said Michael Tebbano, principal of Bethlehem high school.

The NYCLU is pushing schools to adopt an "opt-in" policy, allowing information to be shared only if a parent returns the letter granting permission.

□ NYCLU/page 24

**A lot of parents are having
their children's names
included on these lists
virtually without their
knowledge.**

Melanie Trimble



V'ville board to get recreation update

By MICHELE FLYNN

If the July 22 board meeting is any indication, the village of Voorheesville is having a relaxing summer. Besides road and sidewalk construction along Voorheesville Avenue and Main Street, there wasn't much on the agenda except for recreation.

Trustee Bill Hotaling reported on the recreation committee, noting that attendance at programs is up.

"We're changing how we do things," he said, adding that the recreation committee will update the board on the changes in September.

Sue Smith declined membership on the recreation committee, so there is a vacant seat. Anyone who lives in the village and would like to be on the committee should contact the mayor or a village trustee.

Superintendent of Public Works Will Smith reported on

road construction work in the village.

"Last couple of months, we've been trying to keep a step ahead of construction crews," he said.

The project involves dismantling part of the sidewalk outside village hall. Smith suggested the entire sidewalk be replaced there, in the interest of conformity.

Mayor Jack Stevens asked about the roundabout by village hall.

"Should we consider putting in power?" he asked. "We should think about that now (while the road is under construction), rather than later."

In other business, the village may have a little more money in its pocket. Sales tax is up \$7,000 from the same period last year. However, the village is still down \$50,000 from the preceding year.

The next village board meeting will be on Tuesday, Aug. 25, at 7 p.m. in village hall.

Good neighbor policy



County Executive Michael Breslin, third from right, recently awarded Bruegger's Bagels in Delmar with the Albany County Outstanding Consumer Service Award. A group of Down syndrome parents and children met bi-monthly at Bruegger's. In photo, Bethlehem Chamber of Commerce President Marty DeLaney, left, joins Tracie Killar, John Stackrow, Bruegger's manager Stephanie Vaughn, Mike Brand, Matthew Collier and Laura Collier. Bruegger's was nominated by Tracie Killar, who said: In a world where you don't always get smile, patience with children, good service and kindness, this business reminds me that people do care about all consumers.

Police arrest two for DWI

Bethlehem police arrested two individuals for driving while intoxicated (DWI) in the last week.

Patrick McCarthy, 44, of 755 Irving Road, Greenville, was stopped by police for speeding while driving in Delmar on Aug. 4 at 11:38 p.m. Police said McCarthy failed field sobriety tests and was charged with DWI

and speeding.

Christopher McCarthy, 33, of 13 Lake Ridge Drive, Mechanicville, was observed by police sitting in an idling car at Car Wash Cars on Route 9W in Glenmont on Aug. 4 at 2:53 a.m. Police said McCarthy failed field sobriety tests and was charged with DWI.

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Eagle executives receive promotions

By SUSAN GRAVES

Two Eagle Media executives have received promotions.

Eagle, the parent company of

Spotlight Newspapers, oversees the publication of 14 weekly newspapers in the Syracuse area and nine in the Capital District.



Grashof

Tamara "Tami"

Grashof, 38, has been with Eagle for 13 years and has been named sales director for both Eagle and Spotlight newspapers.

She began her career in sales and later became special sections manager and assistant sales director, where she oversaw a staff of 10. Grashof also worked on specialty publications and on convention bureau travel guides for special events.

"I started out in retail and really enjoyed it. My goal was to move into directing position," Grashof said. In her new role, she will be responsible for the sales departments in Syracuse and for Spotlight Newspapers.

"My motivation is keeping them (the sales staff) as organized as possible and assisting them in a positive way," and perhaps most important for Grashof — to work as a team. "My goal is to work with both Spotlight and Eagle staffs and have them work as a team to make these papers the best for readers as well as our customers."

Grashof lives in Liverpool with her daughters, Samantha, 9, and Alyssa, 6. She enjoys walking, rollerblading and is a car racing fan.

David Grieves, 42, is the new operations manager for the newspaper groups.

He, like Grashof, was part of the Eagle group from its inception in 1992.

In the early days, Grieves worked for Brown Newspapers

before it merged with Manlius Publishing and became Eagle. He was the camera operator for the production department and later became pre-press manager.

Prior to that, he had worked in printing in the Army for a few years. He has served in the Army and in the Reserves for a total of 24 years. In May, he returned from serving in Operation Enduring Freedom. This month, Grieves' son, Michael, returned from a tour of duty in Iraq.



Grieves

In terms of his new position, Grieves said he hopes to better utilize the resources in both Syracuse and Delmar. "My first goal is to get out there (the Capital District) to understand how the Spotlight production cycle works and to work to make it as streamlined as possible."

Grieves lives in Baldwinsville with his wife Erin. He has two children, Michael, 21, and Megan, 17.

According to Richard Keene, executive vice president of Eagle and Spotlight newspapers, the promotions are well-deserved.

"David and Tami have been with us from Day 1, and both have grown greatly in their professional acumen and responsibilities. It's a pleasure to have such solid professionals on our team, and both will play an important role in the future of the company," Keene said.

John McIntyre, Spotlight and Eagle newspapers vice president, was pleased by the promotions.

"Dave and Tami will help us use all of the talent and skill we have in our separate divisions to make our newspapers even better," he said. "This is a great way for our staff to work more closely with each other. We have always worked as a team and the promotion of these two professionals will strengthen our organization overall."

Riverfest slated at park

Saturday, Aug. 16, marks the first Bethlehem Riverfest celebration at Henry Hudson Park on Route 144 in Selkirk.

Riverfest will be a summer celebration that is free and open to the public. Beginning at noon, the park will host a variety of children's games, entertainment and musical performances.

Roughly 40 local businesses and groups will have informational booths set-up at the festival.

Entertainment includes Crackers the Horse, Merdwin the Magician, "Birds of Prey," three Bouncity Bounces and a whiffle ball challenge for kids.

Local fire departments will display equipment, and a crew exhibition will be given by the Albany Rowing Center. There will be craft vendors and a variety of foods. Free ice cream will be available, courtesy of Stewart's. There will be musical performances by the Brian Kaplan Band, The Luckless Pedestrians, Jeff Gonzales and headliners The Brits — a Beatles tribute band.

Donations will be welcome to help defray costs associated with the event. For information, contact David Young at 439-6482.

Selkirk man building 'old' barn

By JACOB DAY

Selkirk resident John Milburn has met the daunting task of building a barn in his backyard with persistence, strength and a love of woodworking that stems back to his childhood.

He got the idea to build a barn from scratch with no modern power tools after taking a course on timber framing at Hancock Shaker Village in Pittsfield, Mass. Inspired and excited by the challenge of constructing a barn with old-fashioned tools, Milburn set out on his own project soon after the five-day course that taught him cutting and barn-raising techniques.

He purchased an old barn and had it moved piece by piece to his house, where he then worked on his own design. Milburn then spent time locating wood for the project, which was cut and used for the barn's large sections. The tools he is using date back to the late 1800s, and Milburn has had to scour garage sales and antique stores to find the proper ones in good condition.

Milburn has spent the past two years working on the barn and hopes to turn it into a furniture-making shop after he retires. This past winter set him back a bit as snow, ice and freezing weather halted the project; snow even collapsed his makeshift work tent which had to be re-built. He used blow dryers to melt the ice.

When Milburn was ready to raise the barn's sides, he enlisted the help of his woodworking friends. Making a festive occasion out of it, they held an old-fashioned barnraising in November 2002.



John Milburn is building a barn from scratch.

Jacob Day

Each person was responsible for carving their own wood peg with their initials on it. The pegs were driven with mallets into the holes in the beams to keep them together. The holes for the pegs were drilled using an old-fashioned drill. With handles on both sides, the drill is placed on the beam and the user sits down on the drill to keep it steady. Straddling the beam, he turns the handles and the drill lowers. The user's weight keeps gives the drill bit pressure and a hole is drilled.

The sides of the barn were raised with a combination of rope, poles and pure manpower. After its successful launch, the workers placed a pine tree atop the frame both for Christmas and as part of and old tradition signifying thanks to the woods and for a safe raising.

"At times I get discouraged, but I just keep working on it. I have done a lot of reading and joined the Timber Framers' Guild of America," said Milburn.

Its Web site, tfguild.org, helped

substantially in the project.

"If I got stumped on something, I could go on there and chat with the guys who would help me get back on track," he said.

Milburn's barn is in his backyard and is a grand 42-by-24 feet with a height of nearly 23 feet. When finished, it will have a second floor accessible by stairs.

Nearing completion, it towers without walls or a roof. Milburn hopes to have those on by summer's end and plans on building the window frames himself with an old Shaker style finishing that puts large windows on the top. He also plans to leave an inscription on the barn with his name for years to come.

Milburn has already invested close to two years and nearly \$5,000 on the project.

"When I'm gone, this barn is still going to be here. As long as they keep a roof on it, it will last for hundreds and hundreds of years," he said.

Student receives degree from board

By MICHELE FLYNN

"Short and sweet, but I made it," said Christine Kurtz as she received her high school diploma at the Voorheesville school board meeting on July 14. Kurtz was not able to graduate at the ceremony held on June 20 due to a failing grade on the Math A Regents exam, a required course.

After graduation was held, state Education Commissioner Richard Mills determined that students who have passed classes in preparation for the exam, in this case, two years of math, could be awarded a diploma. Kurtz was the only graduating senior affected. Ninety students graduated this year.

Now that the class of 2003 has graduated, it's time to think about 2004. Parent Valerie Glover does not want next year's graduation to be held in the performing arts center, because attendance is limited.

"I am a mother of a child who will be graduating this year (2004) and have some comments to make regarding the graduation ceremony being held in the auditorium," Glover said. "I hope

that the ceremony held in the auditorium was the first and the last. Limiting tickets to such an important event in a child's life and trying to decide which grandparent, aunt, uncle, cousin or close friend to invite, is unfair.

"It is also unfair to the community members who support the school district with their volunteer time and taxes and who may want to attend the graduation ceremony. It is also unfair to those students who volunteered to play in the band for the ceremony and were turned

down because there wasn't enough room for them."

High school Principal Mark Diefendorf later said there are several reasons to continue to hold the ceremony in the new performing arts center.

"The auditorium provides for a more serious tone, provides for good lines of site and the weather is controlled," he said.

In addition, an outdoor ceremony involves the extra expense of tent and chair rental. The reception, which followed the graduation, was open to everyone, with or without a ticket.

Diefendorf said that he'd received some criticism of the ceremony, but "Most people told me it was a very comfortable place."

He said that although there were efforts to distribute extra

tickets to those who needed them, there were approximately 50 empty seats this year.

This year, each graduating senior received nine tickets. The 2004 graduating class is larger, so fewer tickets will be available per student. A commencement committee will make recommendations, but the school board has the final say on the arrangements.

Long before the board has to worry about room for graduation seating, they have to figure out where to park school buses. A contract with the village of Voorheesville was not renewed, so the buses will no longer be parked on village property.

"They (the village) wanted to charge us as a revenue. It was supposed to be a partnership," said board Vice President Robert Baron.

The board is considering options for enlarging parking areas on school property.

"This is a huge engineering project," said board President John Cole.

"With the buses back on site, we'll have much better control. The police will be able to monitor more easily," said school business official Sarita Winchell.

Correction

There is no joint chamber-sponsored networking mixer today, Aug. 13, at Lanthier's Grove in Latham.

The Spotlight regrets the error.

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Some people are friends forever, if only in our hearts

By KATHERINE MCCARTHY

The rain pelted through the darkness onto the windshield of the minivan, adding tangible moisture to the humid August air that refuses to let go. Inside the car, the air conditioning blasted and after a delicious dinner at A Taste of Greece on Lark Street, the boys were in a chatty mood.

It's easy to forget that our children don't bring the same breadth of experience to things that we grownups do. In our ongoing efforts to make our children totally neurotic — oh, wait, I meant to say in our ongoing efforts to motivate our children to maximize their talents — we had been talking about colleges with them at dinner.

We are, thankfully, years away from what looks like it could be the most nerve-racking experience of our family life. When Chris and I applied to colleges — about the time that dinosaurs roamed the earth, in our children's minds — having good grades and one or two extra-

COMMENTARY:

*Mom's
the
Word*



curricular activities was enough.

Today, it seems, kids need not just good grades but a résumé full of extra-curricular activities with achievements outstripping their educational ones. Reading about this pressure and watching friends with older kids go through it, we fret some about how this will be for our children. We try to remind our boys that at their ages, life is full of boundless possibilities.

We don't force it, but talk of colleges comes up naturally in the course of conversation. Recently we got chatting about where family members had gone, and how they had chosen those schools. I expressed my wish that when their turn comes, they might each find a college they

would love as much as Dad and I had loved ours, and pointed out that some of our closest friends are still our college friends.

"That surprises me," Cormac said from his vantage point as a child starting middle school in the fall. "I would have thought it would be your elementary school friends who were your closest friends."

It was a comment that needed a careful response and not one that would diminish the comfort and closeness he feels with the friends and acquaintances he's made since kindergarten. He is blessed with a peer group that's mostly easygoing and accepting — friends he's had since first grade.

For Christopher, the story is slightly different. By third grade, the kids' interests had become very different and tolerance often disappointingly limited, so his earliest friendships faded away.

The friends he made in third and fourth grade have lasted as he moves into eighth grade, and

they remind me of the final line of the movie "Stand By Me," in which the author opines that you're never again as close to anybody as the friends you had when you were 12.

So Cormac's comment made me think about why I'm not in touch with any grade school friends. I can still tell you the names of the kids I went to grade school with, but unless I hear it from my mother, I couldn't tell you what they're doing now.

I trace the shift to the Sixth Grade Incident, when a girl made fun of my younger sister. As the catechism books in our Catholic school taught us, I stuck up for my sibling. A week later, all but three girls stood up in class to sing a song they'd practiced on their own and all the boys, plus I and two other girls that I rarely spoke with, sat and watched.

I recovered from the shock and hurt enough to smile and tell all those excluding girls how great they sounded, but I vowed to stay away from the girl who had made fun of my sister. The incident left me wary, and I approached people with a great deal of caution until I became sure of myself again — somewhere in my mid-20s.

Thankfully, for every mean girl, there have been three friends like Mary Stannard from seventh grade, friends who are easy to be with and know me so well that not only do I not need to put up my guard, I don't even need to get it out.

As my life moved through college, grad school, work and parenting, there are people who've provided joy, laughter and understanding in measures too deep to ever be repaid.

Among those friends are people who still mean the world to me, but I don't know where they are. Time is perhaps the

biggest culprit, as priorities of different phases of our lives make it too easy to not pick up the phone or drop a note to a person whose friendship grew out of a particular situation. People like the co-worker with the same hatred for a Simon Lagree-type boss or the neighbor in the first apartment building who left for work at the same time as me.

Sometimes, friends move in totally opposite directions, and it's hard to imagine what you would say if you did pick up the phone to chat with them. With some friends, the depth of common experience means that no matter how much time passes, it'll always be easy to pick up the phone and say hello.

And thank God for the Internet, which lets people at great distances and with different demands on their lives stay in touch.

That shared experience was the answer I gave Cormac to why my college friends are some of my closest friends. We were each other's family when we first lived away from home.

We saw each other through hard classes and easy classes, disastrous romances and triumphant loves. We bonded over reruns of "Star Trek" and the miseries of midterms.

There's a similar closeness with other parents who like my children and feel similar anguish and delight as they raise their own. My kids will have different friends at different times of their lives — and some friends forever. Like us grownups, they will carry the influences of those people with them.

As the road they are traveling begins to bend for the first time, I am grateful that my children have the kinds of friends they can only imagine still having when the road reaches out into the vast unknown.

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Library renovation work to put programs on hold

By KRISTEN OLBY

Renovations throughout Bethlehem Public Library will force some programs to be put on hold until next year.

Beginning in September, computer classes and informational meetings, along with other activities that occupy meeting room space, will be cancelled until July.

The library is undergoing a \$1.5-million facelift that will include installing new carpet, lighting and a shifting of services to new locations.

"In order to accommodate construction, we need to have some sort of swing space, and our meeting rooms serve as that swing space," said Louise Grieco, library public information specialist.

Closing the meeting room space will allow the library to remain open during construction.

The fall story times for

children, book discussions and study times will continue, according to library staff. The library has contacted groups that frequently use meeting rooms to inform them of the change.

"We've been working with them to make other arrangements for meeting space," said library Director Nancy Pieri.

The library has made a list of other meeting spaces in the Delmar area available to the public. In January, library staff will re-evaluate programming possibilities.

The library will remain open for normal business hours throughout the six-month construction period, with circulation, references, Internet and outreach services available.

During construction, certain areas of the library will be sealed off from patrons, and some services may be temporarily relocated to other areas.

Plaque at post office points to historic honor

By JOSEPH A. ALLGAIER

The writer is the town of Bethlehem historian.

In 1988, the Delmar Post Office was placed on the National Register of Historic Places. It was the second property in the town to receive such recognition. The first to be listed was Bethlehem House in 1977. Currently, there are nine properties in town on the register.

Many residents are not aware of the historic significance of the post office building at the corner of Delaware Avenue and Grove Street. In the hopes of improving that perception, Postmaster Tim Porcaro has arranged to display a bronze plaque in honor of the distinction.

The Delmar Post Office, constructed in 1939, represents a unique period in the town's history. It was part of a public works project initiated by the U.S. government in the period known as the Great Depression in the 1930s.

The design of the building is

from the American Colonial and Federal period and became known as the Colonial Revival style.

This simplified design became a standard for approximately 80 buildings during a most prolific period of post office construction. The design of the Delmar office was very popular and used for 13 identical buildings throughout the state.

The interior of the building contains a mural painted by Sol Wilson in 1940 on the southwest wall of the lobby. The mural was commissioned by the government under an art program established during the Depression. Artworks were to depict scenes of everyday life and local history. The mural in Delmar, "The Indian Ladder," is a scene of people visiting a local landmark in nearby Thatcher Park.

For information about the National Registry of Historic Places, visit www.cr.nps.gov/nr or call the state Office of Parks, Recreation and Historic Preservation at 237-8643.

New titles on disc available

The library has purchased a dozen and a half new books on compact disc through an outreach grant provided by the Upper Hudson Library System.

Listening to books on CD is much simpler than listening to books on tape. Just put the CD into the player with the title facing up; hit the "play" button and that's all there is to it — no rewinding, no tapes to change and keep in order.

If you don't have a CD player, you can check one out at the library. Our players have built-in speakers; headphones are also provided.

Here is a selected list of new titles on CD available at the library:

Fiction (unabridged):

- *All Creatures Great and Small* by James Herriot

- *Bend in the Road* by Nicholas Sparks

- *Cape Breton Road* by D.R. MacDonald

- *The Cat Who Brought Down the House* by Lillian Jackson Braun

- *Firefly Beach* by Luanne Rice

- *Girl with a Pearl Earring* by Tracy Chevalier

- *Louis L'Amour Collection*

- *My Man Jeeves* by P.G. Wodehouse

Fiction (abridged):

- *Quentins* by Maeve Binchy

- *Rise to Rebellion* by Jeff Shaara

Nonfiction (unabridged):

- *Lost & Found Sounds: All Things Considered* radio show

- *Undaunted Courage* by Stephen E. Ambrose

Nonfiction (abridged):

- *Every Man a Tiger* by Tom Clancy

- *If I Live to be 100: lessons from the centenarians* by Neenah Ellis

- *Next Better Place* by Dennis Smith

- *Shadow Warriors: inside the*



Special Forces by Tom Clancy

Summer reading wrapup

"Har-Har Harry's Magical Musical Clown Show" will bring this year's summer reading program to a close on Thursday, Aug. 14, at 7 p.m. Harry is the creation of Jeffrey Boyer, who has performed extensively for adults and children in the region for more than 20 years.

Boyer apprenticed with Steven and Mary Richelle, aka Rickles and Tutu, of the Ringling Brothers/Barnum and Bailey Circus. He has also studied with the Boston Shakespeare Co.

His interactive performance involves singing, dancing and magic.

The program is open to summer reading program participants and their families.

To register, call 439-9314.

Nonfictionados

Next Wednesday, Aug. 20, at 7 p.m., the library's nonfiction book discussion group will talk about *Bias: a CBS insider exposes how the media distort the news* by Bernard Goldberg.

The author explores how major news organizations have perpetuated a liberal bias and opted for entertainment value over hard news.

Goldberg is an Emmy Award-winning reporter and producer who spent 30 years working for CBS.

Copies of the book are available at the reference desk.

To register, call 439-9314.

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The Brendan Cullen Memorial Scholarship Fund
Bethlehem Central Endowment Fund

Brendan graduated from Bethlehem Central High School in June of 2002. He was a freshman on the Dean's List at the University of Geneseo before his sudden death on January 8, 2003. Brendan made many friends at BCHS and at Geneseo. He was loved by all. His sister Maura Cullen, his father Bryan Cullen, his mother Kathleen Kelleher, his aunt and uncle Maureen and Michael Sontz, his grandparents Dorothy and Bill Kelleher and Grace Cullen, deeply appreciate the support and comfort given by the whole community.

A fund has been set up to provide a scholarship for a BCHS student wishing to attend the University of Geneseo.

Donations can be made to: BC Endowment Fund
Send to: Bethlehem Central Endowment Fund
In Memory of Brendan Cullen
90 Adams Place
Delmar, New York 12054

Matters of Opinion

Summer's last blush

The sad reality about the back-to-school time of year is that it essentially heralds the unofficial end of summer.

But with the first installment of our back to school supplement this week, coupled with our college intern's return to school next week, we must relinquish our illusion that summer isn't really winding down and that we still have time to unwind at the lake or poolside.

As with every change in season, there are certain things we need to be reminded of, and with back to school, it's adjusting to a different, more rigorous routine and making sure kids have supplies and clothes.

As important, however, is the recognition that school buses will be returning to the roads, which puts drivers on special alert. Thousands of children in suburbia will be picked up and dropped off five days a week — an awesome responsibility for bus drivers, and in a very real sense for all drivers.

Buses are out on the road early, and especially at the beginning of the school year, with kindergartners boarding for the first time, picking up kids who aren't used to the routine. Last year, one kindergartener's mother called and said drivers were leaning on the horn when they felt the kids were taking too long to board.

Early morning traffic is always a hassle, made even more so by various road projects being completed throughout the region. Buses stopping and starting also tend to be an irritant for some drivers who find it hard to exercise patience even under optimal road conditions.

But there's a lot more than tempers at stake here. It's a real safety issue brought home when a child is injured or killed in a school bus-related accident.

The fact is when a bus has its red lights flashing, drivers must stop. It's the law, and there's a good reason for it. Children must often cross the road in front of the bus, so there is a real danger from drivers who pass the bus when it is stopped with the red light flashing.

Never violate that law — it could mean the death of a child.

If getting to work quickly is a must, then leave earlier to avoid getting behind a school bus that has to make frequent stops. If that's not an acceptable option, make it your business to be more patient on your way to and from work.

Exercise self-control behind the wheel. A moment's road rage could be something you pay for for the rest of your life.

Editorials

Self-discipline is road to good health

By RICHARD E. MADDEN

The writer has a masters in social work and a PhD. He is a rational behavior coach who conducts telephone-based psycho-educational classes and consultation.

Almost daily we hear about the American obesity epidemic and how more medical maladies are being associated with excess weight, poor nutrition and insufficient exercise.

These health risks run the gamut from osteoporosis, arthritis, sexual dysfunction, depression and heartburn to cardiovascular disease, stroke, cancer and diabetes.

About 17 million Americans have pre-diabetes and are destined to become Type II diabetics unless they lose weight and exercise. About the same number already have Type II and can lower their increased risk of heart disease, stroke and certain cancers through medication, diet, exercise, weight loss and stress management.

As a society, we have plenty of lifestyle changes to make and health behaviors to improve. We also have self-defeating behaviors to address in the form of addictions and compulsions. These include problems with alcohol and drugs, sex, spending, gambling, smoking and even the Internet. Other happiness detractors are severe procrastination, avoidance, perfectionism, stress and emotional mismanagement. All of these maladaptive behaviors are maintained by habitual and irrational ways of thinking, feeling and acting.

We are victims of our own self-defeating ways of thinking about ourselves and the world. These misperceptions, irrational thoughts and unrealistic beliefs are familiar to us. We grow up with them and rarely question them. We listen to and act upon them, even though they hurt or hinder us. For example, self-downers may continue to suffer from low self-esteem by habitually telling themselves that the

Point of View

mistake they just made is proof of how stupid they really are.

Someone with Unconditional Self Acceptance (USA), however, would have a very different automatic response to the same disappointing behavior. They might think, instead, that the mistake is proof of their human fallibility and remind themselves that their worth is a given and doesn't change from moment to moment depending on the successfulness of their behaviors. They might then analyze why they did so poorly in the first place and work to improve their future behavior without downing themselves for being stupid.

Success at positive self-change requires learning to identify and change these cognitive self-saboteurs that make us "our own worst enemy." Cognitive-behavioral psychotherapy and, especially, Rational-Emotive-Behavior Therapy (REBT) have been very helpful in creating tools to help us free ourselves from self-defeating behaviors.

An example of the power in using REBT tools is how we can learn to conquer our "Comfort Junkie" and tolerate increased emotional discomfort without reacting in self-defeating ways. Say, for instance, we pass the refrigerator late at night while grazing for goodies in the kitchen — even though we're "dieting." We are not feeling terribly hungry, but this automatic behavior has probably added inches to our waistline over the years.

Before we know it, we open the door and seize a snack. The fleeting feeling of satisfaction in eating is soon replaced by lingering feelings of disgust. We don't feel in control. We don't feel good about ourselves. And we don't feel hopeful of ever changing. We have just added one more day — or nail in the coffin — to the habitual cycle of good intentions, over-eating, self-downing and hopelessness. Thanks to our Comfort Junkie, we have once again chosen the path of immediate pleasure over long-term health and happiness.

As we seek to improve our low discomfort tolerance and lack of self-discipline, which we humorously refer to in REBT as our Comfort Junkie, we realize that strong feelings of desire and mild craving motivated the self-defeating grazing behavior. And what made these feelings powerful enough to cause the raid on the refrigerator? Irrational thoughts did, such as, "I just need a little something to satisfy me, and it's been a hard day."

Wow. What destructive power in this cozy cognition. No wonder we couldn't make it past the refrigerator. But to stay in control and succeed at weight management, it helps to learn how to "think about our thinking" and change our potentially self-sabotaging self-talk. To do this, we would remind ourselves that if we merely "wanted" or "desired" something to eat, we could deny ourselves this comfort

rather easily. After all, we want and desire lots of things we never get and it's no big deal.

However, as soon as we escalate our desires into "demands" and our wants into "needs," our organism reacts with distress as if something bad will happen unless we satisfy our perceived "needs." This usually leads to loss of control. So whether it's a Miller or a Marlboro, your self-control success is history the moment you let yourself believe that you really need what you merely want.

Conversely, if we kick our Comfort Junkie by realizing that we don't have to satisfy our desires all the time and that we can stand some hunger discomfort without eating, the tension is eased and we can stay in control and out of the fridge.

This method of rational disputation — or thinking about our thinking — is a powerful antidote for the crooked cognitions that cause our goofing behavior. In rational behavior coaching, we use additional helpful methods like rational self-hypnosis and rational-emotive imagery. We also employ powerful behavioral strategies like stress inoculation, shame-attacking and quieting reflex relaxation.

My own Comfort Junkie remains steadfastly dedicated to dodging discomfort and making self-defeating choices for short-term pleasure and long-term pain. Since first receiving advanced training in REBT in 1980, I have sought to clobber my Comfort Junkie whenever something feels too bad, too difficult or too inconvenient. In resisting the allure of ease and comfort at the expense of my happiness, I have developed greater emotional fitness and self-discipline. This has allowed me to achieve substantial personal success in managing my own health and wellness, happiness and success.

I am convinced of the wisdom in the Hindu saying that one cannot have a good life without self-discipline.

With the powerful self-change tools of REBT, we can realistically aspire to greater self-mastery. This includes improved emotional control, self-acceptance and self-discipline. These new skills can be applied toward health and wellness behavioral goals at any age. It's never too late to be happier or healthier. All it takes is work and guided effort. And if your wellness goals are really important to you, and you have been mostly unsuccessful on your own, it may be smart to work with a rational behavior coach and wellness mentor who "walks the talk" and leads by example.

In my work, for instance, I suggest nothing to my clients that I haven't already undertaken. And I share my own successes with quitting smoking, managing anxiety and panic, controlling anger and reducing stress, gaining self-acceptance, losing weight and exercising regularly.

To find out more about self-mastery teleclasses, call (888)543-3779 to register for a free teleconference orientation to the program.

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Matters of Opinion

WM ad was scare tactic to win at any cost

Editor, The Spotlight:

I'm writing to comment on Waste Management's astonishing centerfold advertisement in last week's *Spotlight*.

First, let me say that I am offended by the format of this ad. I don't think that shouting at town residents with two pages of 20-point size type proves much beyond the fact that Waste Management is desperate to win the day at any cost.

The ad goes on to use a scare tactic, claiming that many local residents fear that new zoning will severely restrict the use of property. (They call them "zoning restrictions" but of course any zoning represents a restriction.)

As one of the largest land-owners in the area in question, I welcome a description of permitted land use that preserves the rural, agricultural character of this area while at the same time encouraging rational growth in a manner that is consistent with this character. This, by the way, and contrary to WM's claims, is entirely consistent with LUMAC's vision.

To go on to WM's assertions regarding economic and environmental benefits their plan would bring to the town, their claims here are, without

exception, laughable and totally unbelievable. They speak of an 80-acre conservation easement. This area is already designated by the Army Corps of Engineers as wetlands, making it ineligible for development.

So what's the concession? They speak of tax revenues but not of the costs involved in providing industrial-strength water, sewer and roads. They speak of jobs.

These jobs will exist no matter where they build this facility, and people are used to commuting. And they say that no transfer station or landfill will ever be built on the property. I will believe this only when WM signs a legally enforceable document that commits to this statement.

In short, the ad is a last-minute attempt to bamboozle town residents and their board (who knows better) into acquiescing to a proposal whose sole advantage is to Waste Management and one, which if implemented, will permanently deface the southeastern corner of the town.

Benjamin Chi
Selkirk

Recreational trail deserves support of residents

Editor, The Spotlight:

It was with great enthusiasm I read a recent article regarding the possible conversion of a freight railroad line to a recreational trail running between Voorheesville and the Port of Albany.

Our county Legislator Herb Reilly actively supports the modification and suggests residents of Bethlehem and New Scotland in favor of the new path write their town board members urging them to endorse the acquisition.

This would greatly assist in the effort to provide our community with a much-needed safe jogging, walking, biking and cross-country skiing thoroughfare.

As an interested citizen, I would urge politicians and community members alike to become advocates to make this project a reality.

Norine Vancans
Slingerlands

Ad was way off base

Editor, The Spotlight:

Waste Management distorts reality in its recent centerfold carried in this paper. They blame the town board for the predicament of agricultural and single family housing being disallowed uses in the RNZ district.

Truth is, the town board in its wisdom did not waste our tax dollars on a lost cause. By not authorizing money for the ZBA appeal of Judge Benza's article 78 ruling, and by expeditiously moving to amend the RNZ zoning, they have served the town well. By enacting tonight what was agreed to in June solves the problem.

I hope to see you tonight at town hall at 7:30. The meeting is not about Waste Management, though they want it to be. The meeting certainly should not be about the fiction that is the

centerfold.

Fear mongering of such a grand magnitude is unseemly. Purporting the efforts of the town board to be "zoning restriction that many local residents fear will severely restrict the uses of property" is beyond distortion. It is an insult. Sadly, it is consistent with their previous behavior in front of the town board and other bodies of the town.

If you are unable to make it tonight, I urge you to call Supervisor Sheila Fuller at 439-4955, ext. 164, and let her know how you feel about this. If you want to contribute to the ongoing effort to keep this town beautiful, please send what you can made out to: SAFER, PO Box 100, Selkirk 12158-1707. Indicate with a note on the check that it is for the 'BREATH subcommittee.'

Richard A. Orsi, M.D.
Selkirk

Marcelle has excellent credentials

Editor, The Spotlight:

I do not know Ms. Wistar, but I've known Tom Marcelle for more than six years and have found him to be extremely honest and upstanding in everything he does.

He has outstanding legal credentials and is a hard-working advocate for civil rights for all groups. I think the real issue here is that the Working Families Party was created by and is controlled by Democrats, and they are upset that a Republican has gained the line.

I think the community is fortunate indeed to have a lawyer of Tom's caliber willing to run for town justice. I know he will do an outstanding job. I intend to vote for him in November.

Dominick DeCecco
Slingerlands

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Letters policy

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

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.

Matters of Opinion

Family is overwhelmed by support after loss

Editor, The Spotlight:

To the Bethlehem community — so many of you in the community have been so kind and caring in the weeks since our son, Jonathan, died on June 26.

While we hope to acknowledge every card, all the beautiful flowers, the donations, food, phone calls and visits, we want to publicly say "thank you" to all of you.

The outpouring of support has been overwhelming, and we feel blessed to have such good friends

and neighbors. We truly appreciate being a members of this community. And, it is remarkable that people who don't even know us have taken the time to write lovely notes of support — we've learned that each kind word does help.

We can only say thank you, again and again.

Joe Albert and Sharon Kopyc
Jason, Shannah and Kristin
Albert
Delmar

Volunteers deserve recognition

Editor, The Spotlight:

I was dismayed to read the recent article about the tanker accident on River Road on July 24 in the July 30 issue of your paper.

There were outstanding volunteer men and women who also responded to this incident that were never mentioned in the article. Volunteers from Selkirk Fire District, Bethlehem and Delmar ambulances, Elsmere fire police and auxiliaries from Selkirk and Glenmont also responded in addition to the police, DEC and Hazmat crews.

And, not to be forgotten were the paramedics and town of Bethlehem Highway Department crews that also were present.

Selkirk fire personnel were second on the scene, after Bethlehem police and made the scene secure from a potential catastrophe by applying a foam product to the tanker and surrounding areas. Personnel were in the area from about 2 until sometime around 9 p.m. They then returned to their respective houses to clean up their equipment.

To omit volunteers who serve this town was unfair. They sacrifice their time to protect our residents. The real seriousness of this incident deserved mention of all personnel who were there. Next time you see a volunteer, thank them for what they do.

Jeanette Borger
Selkirk

Paper should recognize volunteers contribution

Editor, The Spotlight:

I want to clarify *The Spotlight* article about the tanker accident on Page 3 in last week's paper.

You mentioned some of the paid personnel who responded to the accident, but you failed to mention the vast number of volunteer personnel who were on the scene.

A passer-by from the Albany Asphalt plant in the Port of Albany volunteered his dump truck and delivered a load of sand to assist the Selkirk Fire Department personnel who controlled and contained the leaking gasoline for the 8,000-gallon tanker.

The firefighters applied foam and used sand, diking materials and absorbent pads to prevent the gasoline from entering the nearby Normanskill. The Bethlehem Highway Department supplied men and a front-end loader to

place the sand where needed.

Both the Bethlehem Ambulance and the Delmar Ambulance squads had medical personnel on the scene for the seven and one-half hour incident. The Elsmere Fire Department assisted with traffic control at the top of Corning Hill Road.

The Selkirk Fire Department auxiliary supplied refreshments to all who needed them as the temperature neared 90 degrees. Final cleanup was performed by crews of Clean Harbors Environmental of Glenmont.

More in-depth coverage with facts and pictures of what the volunteers that serve this community are doing would be appreciated.

Terry Ritz
Bethlehem Fire Officers
Association
past president

Help is available

Editor, The Spotlight:

The racing season at Saratoga is in full swing. For many of us, this is a time of fun and excitement. For others, it's when their gambling behaviors become problematic.

Some warning signs for problem gambling include:

- An uncontrollable urge to gamble
- Increasing bets to sustain thrill
- Becoming agitated when attempting to cut back
- Chasing losses
- Lying to conceal activity
- Financing bets through illegal acts

- Jeopardizing significant relationships
- Relying on financial bailouts.

If you or someone you know is experiencing difficulties as a result of gambling, there is help available. The Center for Problem Gambling is an outpatient program that provides services to all those affected by problem gambling, regardless of the ability to pay.

For information, call 462-6531 or visit our Web site at www.fcscapitalregion.org.

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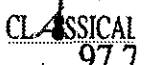



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MARCH

⊕ ➤ SPRING HOME IMPROVEMENT

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

➤ HEALTH CARE

Issue Date: March 19 • Ad Deadline: March 5

APRIL

➤ HOME AND GARDEN

Issue Date: April 9 • Ad Deadline: March 26

➤ SPRING AUTOMOTIVE

Issue Date: April 23 • Ad Deadline: April 11

MAY

➤ SENIOR LIVING

Issue Date: May 7 • Ad Deadline: April 23

➤ WELCOME SUMMER

Issue Date: May 21 • Ad Deadline: May 7

JUNE

➤ HOME IMPROVEMENT

Issue Date: June 4 • Ad Deadline: May 21

➤ CLASS OF 2003

Issue Date: June 25 • Ad Deadline: June 11

JULY

➤ SENIOR LIFESTYLES

Issue Date: July 9 • Ad Deadline: June 25

➤ SUMMER AUTOMOTIVE

Issue Date: July 23 • Ad Deadline: July 11

AUGUST

➤ BACK TO SCHOOL

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

➤ HEALTH CARE

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

SEPTEMBER

➤ COMMUNITY SERVICES

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

➤ HOME DECORATING & REMODELING

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

OCTOBER

➤ WEDDING GUIDE

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

➤ FALL AUTOMOTIVE

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

NOVEMBER

➤ SENIOR LIVING

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

➤ HOLIDAY GIFT GUIDE

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

DECEMBER

➤ HOLIDAY GIFT GUIDE II

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

➤ LAST MINUTE GIFT GUIDE/NEW YEAR?

Issue Date: Dec. 17 • Ad Deadline: Dec. 10

All Ad Deadlines are at Noon

Matters of Opinion

Developers should pay fair share

Editor, The Spotlight:

A July 30 *Spotlight* article ("BC redistricting fuels debate with developer") highlights an important issue that the town of Bethlehem is facing.

The article reported on a redistricting plan that would send children living in a new development to Clarksville Elementary School, rather than the closer Hamagrael and Glenmont elementary schools. The developer and a real estate agent denounced the decision to bus children 15 miles to Clarksville, rather than to the closer schools.

While I sympathize with the situation, it does not look like there is another choice in the matter. The builder claims that "only" 33 lots are involved in this situation. Thirty-three lots can add up to a lot of children being packed into already crowded schools.

While the builder's statement that "the best way for kids to meet each other from the neighborhood is ... on the school bus" is open to debate, what would he have the school district do? Put classrooms in the gym, in the cafeteria, the hallways?

Although the developer and realtor certainly care about the town and its children, the bottom line for them as businesspeople is not the kids — it's selling houses. Doubtless, these houses would probably sell faster and perhaps for more money if they

could be advertised as being within the Hamagrael School area. However, if a school is full, it is full.

This brings up a huge problem the town is now facing. According to Les Loomis, superintendent of the BC school district, analyses that have been conducted clearly show that "Residential development does not pay for itself unless the house in question is quite expensive."

A telephone call to the town Building Department resulted in the information that although developers must pay a parkland fee (for the creation of "green space"), developers make no contribution to the school district.

Thus, we helplessly watch the following endless cycle played out in our town:

- developers make good profits by building houses,
- our schools become overcrowded (not to mention our roads and other facilities),
- it is determined that more schools must be built (and staffed),
- this necessitates the raising of taxes and/or creation of a bond act (same thing),

• the builders continue to build, more schools must continue to be built and staffed, taxes must continue to be raised, the builders continue to profit.

In my opinion, if developers continue to build and profit, then

they should be required to invest in the town from which they are making their profits. Such investment could include:

- building new schools, or at least significantly contributing to new schools (the taxpayers will still have to pay for maintenance, buses, teachers, administrators, etc.),
- hiring more police officers and purchasing more firefighting equipment,
- improving and widening existing roads,
- contributing to the creation of a commuter rail system through Bethlehem to Albany, utilizing the existing D&H rail line (this would significantly cut down on traffic and thus ease the need for road maintenance and improvement).

There are probably other similar needs that must be met due to continued development.

We live in a great country. It is unfortunate that average citizen taxpayers get socked for underwriting someone else's profit-making enterprise. Developers should be required to assist with the infrastructure problems created by continued development.

Jim Garry
Delmar

Catalano is great candidate

Editor, The Spotlight:

A man of integrity, an individual with strong morals, a person of unwavering character and a great family man — just a few ways to describe Joe Catalano.

I've had the pleasure of knowing Joe and his lovely family for more than five years. I have had the privilege of interacting with Joe through church activities and am constantly amazed at his enormous capacity to care for others, especially our youth. He has a gift for connecting, listening and communicating with people and truly touches their hearts.

I work for a state agency where Joe had worked many years ago

and an incredible footnote is that not only do many of my colleagues remember Joe with great respect and fondness (whether they worked for him or just knew of him), but the name Joe Catalano was synonymous with "a wonderful, honest, salt-of-the-earth type of guy."

Performance is a reflection of dedication and caring, and it is indeed rewarding to know just how fortunate the town of Bethlehem is to have a candidate with such a solid track record like Joe Catalano's running for town supervisor.

Janet Griffin-Canovas
Delmar

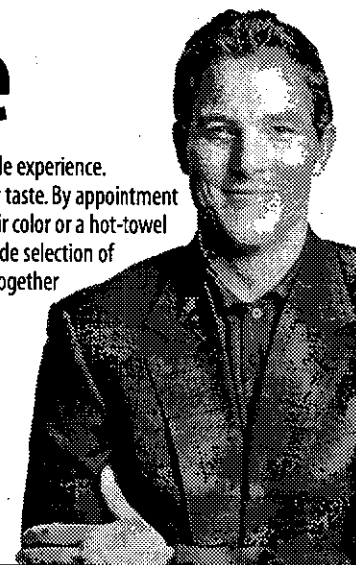
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Matters of Opinion

NYCLU: Be informed about lists

Editor, The Spotlight:

As the beginning of the school year approaches, high schools throughout the region are preparing student information lists that will be submitted to military recruiters, college recruiters and prospective employers as required under the "No Child Left Behind Act."

The New York Civil Liberties Union has been encouraging many school districts to adopt an opt-in policy where parents consciously agree to include their child's name on the recruitment list. But many school districts continue to use an opt-out policy for publishing student data, and we would like parents to be aware of their privacy rights and entitlements.

The school districts are required to ask parental permission for the students' names to be included on their

recruitment list. You should receive a letter from your school requesting your permission.

If you choose not to include your child on the list, you must send back the signed form to the school. If you do not fill out the form and return it to the school, your child will automatically be included on the recruitment list.

We believe this violates your and your child's privacy rights. Please be aware that your child's name can be included on the recruitment list without your knowledge or your permission.

We also recommend that the lists generated for recruiters should be individualized allowing parents to include their child's name on one list but not another. Perhaps a parent would like to put their child's name on the military recruiter's list but not on the prospective employer's list. The NYCLU believes these choices

should be available to parents and their children.

The NYCLU encourages parents to contact their schools and ask about their recruiting list policy and to be aware that your privacy rights are in jeopardy with an "opt-out" policy. Look for those forms in the mail and protect your personal information.

Melanie Trimble

NYCLU executive director

Town faces tough choices

Editor, The Spotlight:

Our town is faced with many vexing problems and difficult decisions must be made — made only after consideration by all those concerned with future growth and quality of life in this town.

Since only a small percentage of the adult population bothers to vote (some 3,000 out of 30,000), it becomes a contest between conflicting viewpoints of small minorities, them and us or is it you and me?

Diverse opinions must be resolved by long-term solutions — not temporary popular reactions. We must look forward while maintaining those things which form the core of our society — one family homes, small family homes, local business and organizations.

It can be done with time and effort but not with hasty patchwork changes in current laws.

Fred Richter
Selkirk

Legislature hopeful details campaign focus

Editor, The Spotlight:

Recently, I accepted the Democratic and Independence party nominations to run for the Albany County Legislature in the 34th District. This district is comprised of parts of Elsmere, central Delmar and Slingerlands. It is a great honor for me to stand as a candidate for this office.

I was born and raised in Delmar, and I am running for this office because I care deeply about our town and believe that this is an excellent opportunity to serve the community that has given so much to me. I was educated at St. Thomas the Apostle School and Bethlehem Central High School. After receiving a degree in political science from the University of Massachusetts, my wife Leslie and I briefly made our home in Washington, D.C., before returning to Bethlehem to raise our family.

As legislator, I will bring a fresh point of view to this position. During my 27 years of banking experience, I have worked with state and local governments to help them deal with some of the issues unique to municipalities while managing their finances. I have worked with local businesses throughout the county to help them grow, and I understand the challenges these companies face in order to achieve success. I have worked at various volunteer positions and have learned firsthand about the trials these organizations deal with in order to accomplish their mission. Combined, these

experiences give me a unique perspective on the issues that confront our community.

I am under no illusions about the challenges I will face as your representative in the Albany County Legislature. Still, there are fundamental issues upon which I will focus. These serve as the basis for my candidacy.

- I will advocate for economic development that will provide good jobs and help stabilize our tax base and support future growth.

- I will promote community planning that supports progress while maintaining the character of our community.

- I will promote initiatives that provide for open space preservation and ensure water and soil conservation.

- I will work within our community to advocate policies that protect our public education system.

While serving in the county Legislature, I will value the advice and the knowledge of my constituents and will work hard to effectively represent the residents of my district. It is on their behalf that I will gratefully serve.

I am energized by the prospect of the upcoming campaign and look forward to meeting with many of the town residents who make up the 34th District. I appreciate your support and welcome comments through my Web site at www.JACKCUNNINGHAM2003.com.

Jack Cunningham
Delmar

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Pet owners should take care of animal waste

Editor, The Spotlight:

Several years ago, the town of Bethlehem made a decision that it would require pet owners to clean up after their pets on town streets. An ordinance was passed which is fondly referred to as the pooper-scooper law. I believe most pet owners do observe the law.

Unfortunately, we have found that some pet owners deposit their dog's droppings in the bags of grass clippings or other yard debris left at the curb for the routine pickup by the town.

Therefore, town employees remove the packages of dog droppings that have been deposited in the grass clippings, and we totally support this action. These "packages" are left on the lawn for the homeowners to dispose of. As a result, we, the homeowners, are still cleaning up after someone's pets.

Dog walkers who frequent Jordan Boulevard, please do not leave your dog droppings in our grass clippings.

Pamela Seward
Delmar

Town sponsoring trip to adventure park

The town of New Scotland recreation committee is sponsoring a trip to the Bromley Mountain Thrill Zone Family Adventure on Friday, Aug. 15. The bus leaves town hall at 8:30 a.m. and returns at approximately 5:30 p.m.

Thrill Zone favorites include: The Big Splash, America's Longest Alpine Slide, Trampoline Things, Devalakarts, 24-foot climbing wall, mini golf and chairlift rides.

Sign up at town hall Monday through Friday from 8:30 a.m. to 4 p.m. For information, call Pat Geurtze at 475-0385.

Town board to meet

The New Scotland town board meets today, Aug. 13, at 7 p.m. at town hall on Route 85.

Garden club

accepting memberships

The Helderview Garden Club is now accepting memberships for September.

For information, call club President Kazy Gainor at 765-2576.

Preschool has openings

The preschool at First United Methodist Church of Voorheesville still has openings available for the 2003-04 school year.

The child must be 4 by Dec. 1.

For information, call 765-2951 or 765-2547.

Library to host magic show

Voorheesville Public Library will present a magic show for the summer reading club families at 7 p.m. on Wednesday, Aug. 13.

Church to sponsor blood drive

St. Matthew's Church is sponsoring a St. Peter's Hospital blood drive on Saturday, Sept. 6, from 9 a.m. to 1 p.m.

Your single donation goes directly to patients at St. Peter's Hospital.

For information, call 765-2805.

Sign-up sheets will be put up at the church.

PTA to hold meeting

The Voorheesville PTA will hold its fall kick-off meeting on Tuesday, Aug. 19, from 7 to 8 p.m. at Heather MacMaster's home on 5524 Hennessey Road.

For information, call 861-5692.

Advisory committee to meet Mondays

The town of New Scotland Residents Planning Advisory

NEWS NOTES

Voorheesville

Betsy Glath
765-4415



Committee meets Mondays at 7:30 p.m. at Wyman Osterhout Community Center on the Old Road in New Salem.

The committee will make recommendations to the town board regarding the future of the northeast section of the town, particularly the routes 85 and 85A commercial corridor.

The committee welcomes and encourages public participation in the discussions.

Call town hall for weekly agendas or cancellations at 439-4889.

Clown to perform at Bethlehem library

"Har-Har Harry's Musical Magical Clown Show" is featured at the final festivities of Bethlehem Public Library's summer reading program on Thursday, Aug. 14, at 7 p.m.

Reading program participants in grades one and up can register by calling 439-9314.

Harry is the creation of Jeffery Boyer, a versatile performer with more than 20 years of professional experience. Boyer received clown training under the tutelage of Steven and Mary Richelle, aka Rickles and Tutu, currently with the Ringling Brothers/Barnum & Bailey Circus.

Summer reading club families are invited to an evening of amazing and hilarious entertainment with the Michael Mills Magic Show on Thursday, Aug. 14, at 7 p.m.

The program offers comedy, magic, prizes and refreshments and a great time for all.

No sign-up is required, but you must come early to be

Voorheesville Public Library



guaranteed a seat.

The party will be the grand finale of summer reading club 2003, which has resulted in a busy and productive summer at the library for all ages.

Books are now available for the Sept. 10 discussion of *Talking to High Monks in the Snow: An Asian American Odyssey* by Lydia Minatoya.

The author, the American-born daughter of Japanese immigrants, grew up in Albany in the 1950s.

Despite the discrimination Lydia's parents experienced, including the indignity of spending the war in a relocation camp in Wyoming where they met, both have unwavering faith in the promise of their adopted country.

When Lydia loses her job as a college professor, she embarks on a search to reconcile the cultural forces that shaped her, and her most poignant story is about a visit to her Japanese relatives.

Although her mother's mother had been banished from the family for disgracing them, Lydia is granted an audience with the family patriarch, who tells her of

the illustrious family history.

For high school seniors the time is right to sign up for "Help! I'm filling out my college application!" with Sally M. Ten Eyck on Thursday, Sept. 16, at 7 p.m. If you are feeling stressed about your college applications, Ten Eyck has some ideas to help you feel better.

She can help you get organized to show your strengths to prospective colleges through your essays and shine in your interviews.

This program is a working session with time to develop essay ideas and answer questions such as "How important is an interview?" and "Which teachers should I ask for recommendations?" There will be a question/answer period to address student's individual issues. The program will not cover financial aid.

Ten Eyck is a certified educational planner with College Assistance Plus and a member of the Independent Educational Consultants Association, the national and New York state associations for college admission counseling.

The Every Other Thursday Night Poets meet on Aug. 14, at 7 p.m.

Nimblefingers continues through the summer at 1 p.m. on Tuesdays. Newcomers are welcome. No sign-up is necessary.

Sign up for library programs by calling 765-2791 or e-mail voorefq@uhls.lib.ny.us.

Visit the library Web site at www.voorheesvillelibrary.org.

The library is closed on Sundays and open Saturdays from 10 a.m. to 1 p.m. until after Labor Day weekend.

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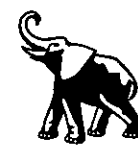
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The Spotlight welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length.

All letters must include the writer's name, address and a daytime telephone number for verification.

Unsigned letters receive no consideration.

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

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Recycle old sneakers for Nike Grind

By SHARON FISHER

The writer is recycling coordinator for the town of Bethlehem.

Are your sneakers worn out, not good enough to donate to charity or a friend and too expensive to throw out?

Recycle your sneakers in the Nike Reuse-A-Shoe program, and get those old sneakers back in the game.

Nike collects old and defective athletic shoes of any brand. They slice and grind up these post-consumer sneakers to make a material call Nike Grind.

Although Nike's ultimate goal is to make new sneakers of old ones, they currently use Nike Grind to make innovative sports surfacing products that benefit both the environment and local communities.

Nike collects and recycles more than two million pairs of athletic shoes every year to be used on basketball and tennis courts, soccer, football and baseball fields and track and playground surfaces in under serviced areas.

Bring worn out and unwanted sneakers to the Elm Avenue Park 'n' Ride. Place them in the special bin marked sneakers only. Do not tie them together or put them in bags.

Any sneaker regardless of brand name, casual sneaker or high performance basketball shoe is acceptable in this program. The only requirements are that the shoes have no metal eyelets or metal cleats and absolutely no mud.

Thacher Park slates upcoming programs

Thacher Park and nature center have scheduled upcoming events.

The nature center is on Thompson's Lake.

• Friday, Aug. 15, at 8:30 p.m. — Stargazing at Thacher Nature Center.

View the heavens and learn about the stars and planets of the summer skies. Telescopes will be set up near the nature center parking area.

Call 872-0800 before 5 p.m. to confirm because if skies are cloudy, the program will be cancelled. The rain date is Saturday, Aug. 16.

• Saturday, Aug. 16, at 9 a.m. — Bird banding demonstration at Thacher Nature Center.

Come see birds up close and personal. Rich Guthrie will demonstrate bird banding and talk about how it is used to gather information about bird life styles and migratory habits.

In case of inclement weather, the program will be moved indoors for a slide show.

• Sunday, Aug. 17, at 9 a.m. — Hike from Thacher Nature Center.

Hike to the Helderberg Escarpment with leader Fred Schroeder. Bring water and lunch and meet at the nature center for this 6-mile round-trip hike.

Call 872-0800 for information.

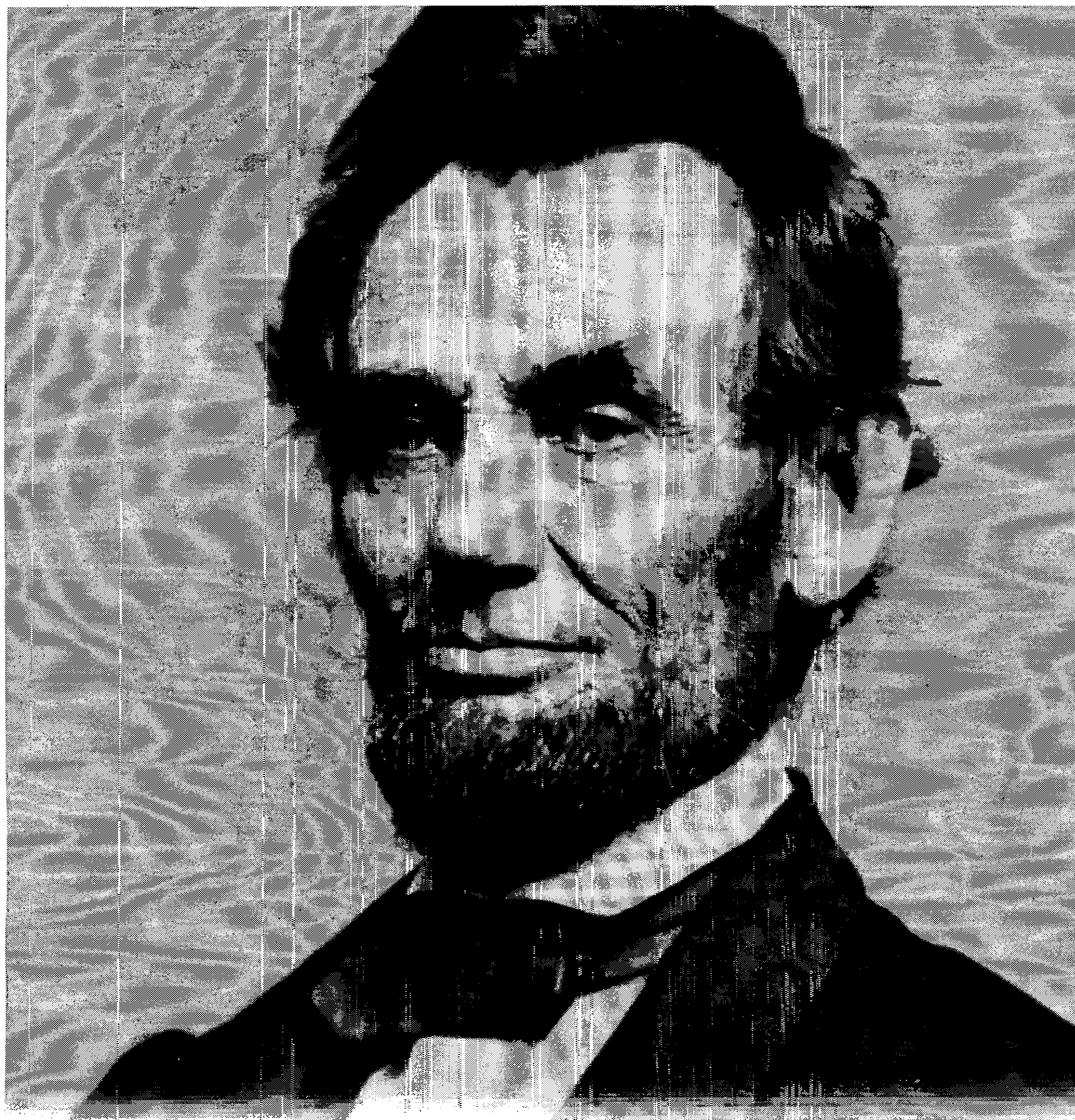
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Sports

TVLL champs



After winning the Tri-Village Little League Major division championship, the Exit 23 Mobil team advanced to the District 13 tournament. The team concluded its run in the tournament with a 10-7 victory over National of Albany July 25. The players are, from left, (front) Dylan Languth, Andy Bettinger, Ryan Kennedy, Connor Costello, (middle) Jacob Becker, Mike Costello, Brett Bukowski, Tyler Kriss, J.D. Languth, Patt Hoff, (top) coach Jim Languth, Max Bassinson, Sam Smith, David Gallagher, Nick Vita, manager Pete Bukowski and coach Pete Smith.

Bombers play in Dreams Park tourney

The Bethlehem Bombers, a team representing the Tri-Village Little League, finished 19th out of a field of 64 teams at a 12-and-under baseball tournament at the Cooperstown Dreams Park during the week of July 26.

The Bombers finished with an overall record of 5-3, one of the best performances by a Bethlehem team in eight years of participating at the Dreams Park.

The 19th place finish is significant considering the Dreams Park hosts some of the top teams in the world for week-long tournaments throughout the summer. The field included teams from Hawaii, Canada, California, Texas and Florida and was won by the Beaver Valley Red team from Western Pennsylvania, which is considered one of the top 12-and-under baseball programs in the country.

The Bombers started the tournament in dramatic fashion with a 4-3 victory over the Holly City (N.J.) Hornets. Down 3-0 in

the bottom of the seventh, Tim Blumkin singled and Noah Pannucci followed with a long home-run to close the gap to 3-2. Matt Branigan then walked and Dan Lanchantin hit a two-run, walk-off home run for the victory.

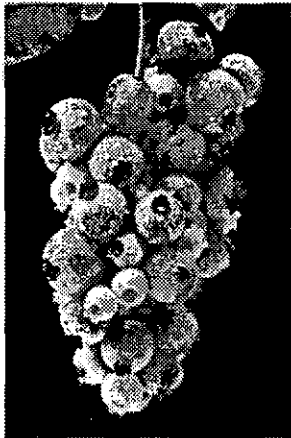
Bethlehem lost in the tournament portion of the week's play to the Wheeling, W.Va., All-Stars

7-6 in nine innings.

Branigan (2), Blumkin (2), Pannucci, Lanchantin, Matt Stanton and Nick Vita hit home runs during the tournament for the Bombers.

Sam Gallup, Mike Mancuso, Alex Sutherland, Chris Riedel and Mike Fish also contributed clutch hits.

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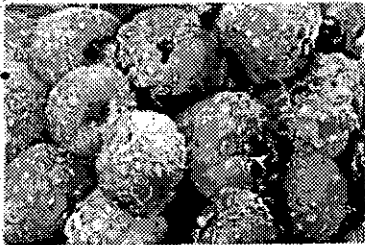
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Riccio scores three goals at USA hockey camp

Chris Riccio of Glenmont had three goals and two assists playing for the gold medal-winning team at the USA Hockey Select 14-year-old Player Development Camp at the ESL Ice Centre in suburban Rochester.

The top players born in 1989

from across the country competed in the week-long tournament. Riccio's team was coached by Harvard assistant coach Bill Irving.

The players were housed at Rochester Institute of Technology for the week.

Softball club schedules under-16 tryouts

The Capital District Lightning Xtreme softball club is holding tryouts for its under-16 team Aug. 16 and 24 at Mohonasen High School in Rotterdam.

All positions are open to players from across the Capital District. For information, call Richard Suker at 765-4214 or Ken Litz at 356-2038.

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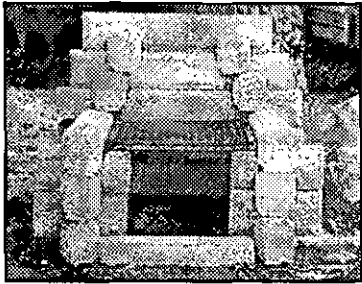
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The Spotlight welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, accuracy, style and length.

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

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

Bethlehem releases fall varsity sports schedule

Bethlehem Central High School has released its schedule for its fall varsity sports season.

The defending Section II, Class A champion-boys soccer team opens with a non-league game at West Genesee Saturday, Aug. 30. The Eagles begin their Suburban Council season with home games against Colonie Sept. 9 and Shenendehowa Sept. 11.

Other key league games for Bethlehem include Burnt Hills-Ballston Lake Sept. 18, two meetings with Niskayuna—Sept. 29 at home and Oct. 16 at Niskayuna—and a rematch with Shen Oct. 1 in Clifton Park.

The varsity girls soccer team begins defense of its Sectional championship Wednesday, Sept. 10, by hosting Niskayuna. The Lady Eagles then meet the team they beat in last year's Class A finals, Burnt Hills, Sept. 12 at home before going to the Oneonta Invitational Sept. 13 and 14.

Other key games for the girls soccer team include two matches with Shen Sept. 17 (home) and Oct. 8 (away) and a non-league contest against Monroe-Woodbury Sept. 20.

The football team faces a tough opener when it hosts defending

Section II, Class AA champion Shen Friday, Sept. 5, at 7 p.m. The Eagles have three more home games after that—Mohonasen Sept. 12, Niskayuna Oct. 3 and Saratoga Oct. 10. Road games are against Colonie Sept. 19, Columbia Sept. 25 and Shaker Oct. 17.

The cross-country teams start running Saturday, Sept. 6, at the Washingtonville Invitational. Their Suburban Council season starts Sept. 9 with a dual meet at Guiderland in Tawasentha Park.

Bethlehem will also compete in the Shaker Invitational Sept. 13, the Guiderland Invitational Sept.

20, the Grout Run in Schenectady Oct. 4 and the Manhattan Invitational Oct. 11 in New York City.

The field hockey team opens its Suburban Council season Wednesday, Sept. 3, with a home game against Saratoga. Its first meeting with Shaker is Sept. 12 at home, and its first game against Columbia is Sept. 20 in East Greenbush.

The girls swim team has its first dual meet Thursday, Sept. 11, at home against Schalmont. The Lady Eagles will host two key Suburban Council meets this season—Shen Sept. 25 and

defending Section II team champion Saratoga Oct. 9.

The girls tennis team opens its season Monday, Sept. 8, with a match at Shen, and its first home match is Sept. 10 against Saratoga. The short regular season ends Sept. 29 with a home match against Niskayuna.

The girls volleyball team travels to Niskayuna for its first match Wednesday, Sept. 3 before hosting defending state champion Burnt Hills Sept. 5. The schedule also includes a home-and-home series with Ravena-Coeymans-Selkirk, with the Lady Eagles traveling to Ravena Sept. 15 and the Indians coming to Bethlehem Sept. 29.

The boys volleyball team begins its season by hosting Burnt Hills Monday, Sept. 8 in a Suburban Council match. Other key matches include two meetings with defending Suburban Council champion Shen Sept. 20 (away) and Oct. 15 (home).

The golf team opens with a match against Colonie and Saratoga Tuesday, Sept. 2, at Saratoga Spa State Park. Bethlehem's first home match at Normanside Country Club is Sept. 5 against Colonie and Burnt Hills.

UAlbany hires Corrigan

Delmar native Winnie Corrigan has been hired by the University at Albany as an assistant coach for the women's soccer team. She was a volunteer assistant with the Bethlehem girls soccer team last year.



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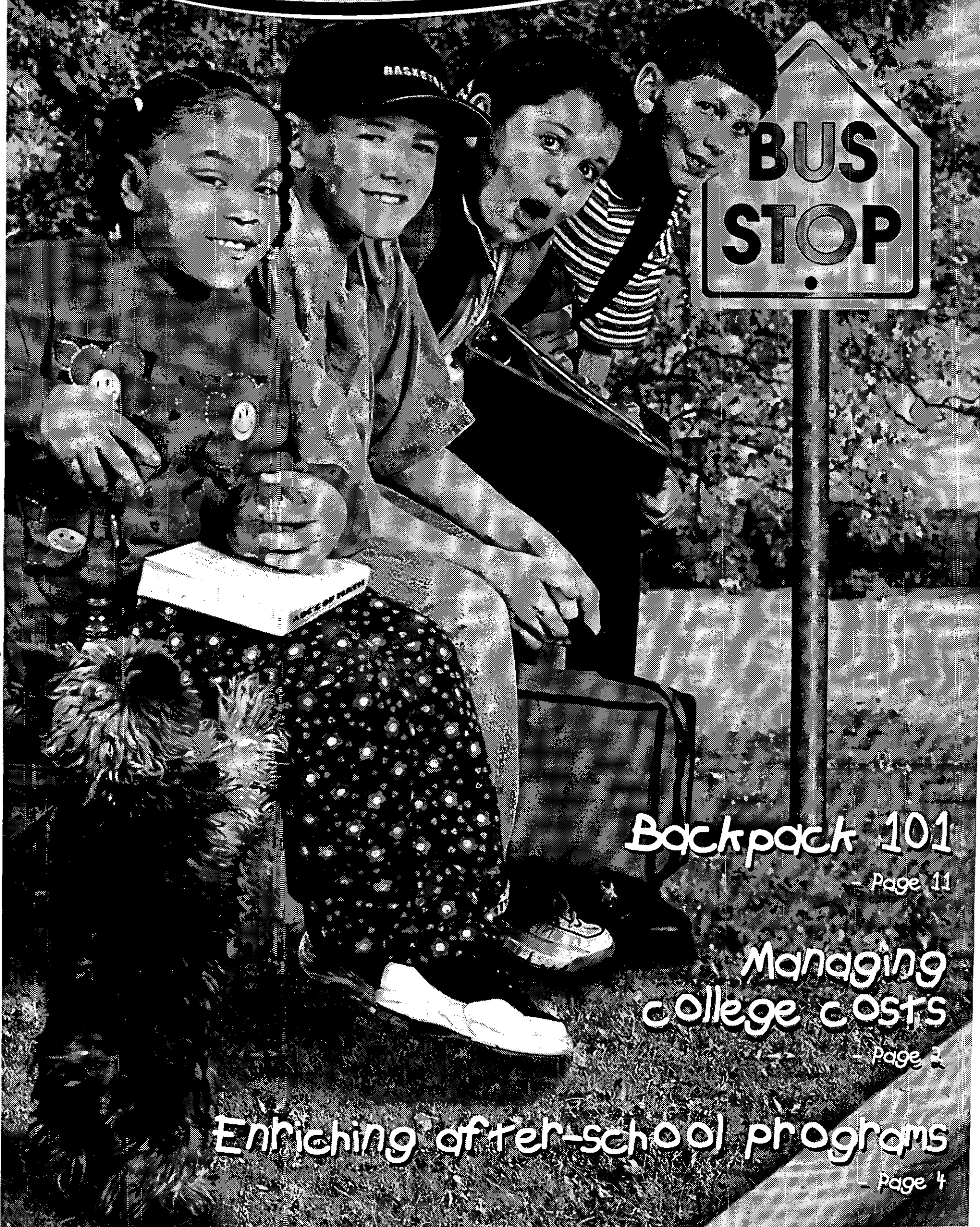
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BACK TO SCHOOL



Backpack 101

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Managing college costs

— Page 2

Enriching after-school programs

— Page 4

Managing the high costs of a college education

By SCOTT H. SOLOMON, CMFC

Over the course of your child's life, the difference in earning potential between a college degree and a high school diploma can be in excess of 1 million dollars. With the increase importance placed

on attending college, comes exponentially increasing tuition cost. According to the College Board, a child born in 2000 could face college expenses of \$245,000 to attend a private college and \$113,000 to attend a public university.



Federal loans can be used to pay these exorbitant prices but there maybe a much better alternative.

Introduced in 1996, the 529 plan is a college saving vehicle that anyone can open. These plans allow investors to save significant monies for education expenses. Investments can be as conservative or as aggressive at the individual plan holder might like.

In June 2001, the Economic Growth and Tax Relief Reconciliation Act made 529 plans even more attractive. This legislation allowed assets in the plan to now grow tax-deferred. This is means even more money for higher education.

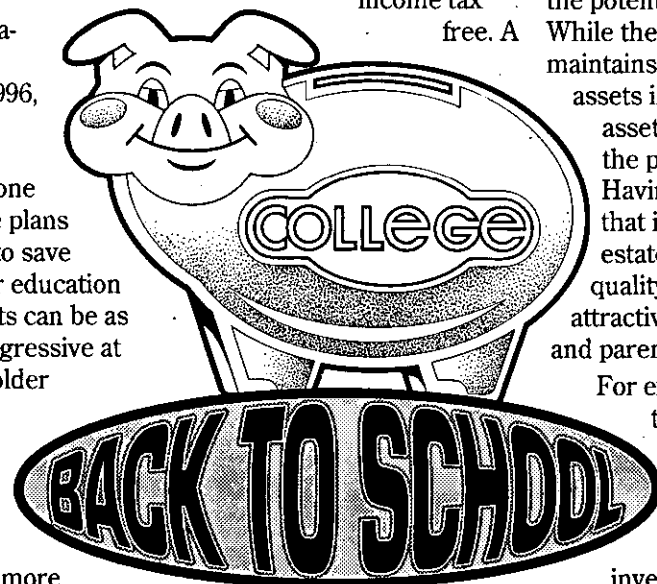
Beginning in 2002, withdrawals that made from a 529

account for qualified higher education expenses are federal income tax free. A

Most of the other major tax benefits of 529 plans come from the potential estate tax savings. While the 529 plan holder maintains total control of the assets in the plan, those assets are not included in the plan holder's estate. Having control of an asset that is no longer in your estate is an extremely rare quality that makes 529 plans attractive for grandparents and parents alike.

For exact deductions and tax laws you should consult your accountant. Creating a sound financial plan with the proper investment vehicles will make managing the high costs of a future college education easier.

The writer is a financial consultant and regional manager for Halliday Financial Group in Albany.



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Trendsetters like glasses

By LINDA DEMATTIA

From "The Matrix: to the Calvin Klein, Hollywood and fashion designers set the trend when it comes to eyewear for young people today, according to Barbie Lynn Damiano of Buenau's Opticians in Delmar.

"Whatever they see, is what they want," she said. "Kids want brand names like DKNY and Calvin Klein because they know the brand. Movies are really big, too. They see it in the movies or on a star and that is what they want to look like. When Ashley Banfield started wearing those frames, everyone went nuts and wanted ones just like them."

Damiano said times have changed since the days when children were teased or made fun of for wearing glasses.

"We had a little girl in here the other day and we were talking about that issue," she said. "She has been wearing glasses a long time, and she said some of her friends want to wear them even though they don't need to."

Older high school and college students purchase frames without prescription lenses just to achieve a certain fashion look.

"We put plain non-prescription lenses in and sometimes they get a tint," she said. "They do it as a fashion statement. They see the stars wearing them and they want to wear them, too."

Not unlike the clothing business, new frame styles are rolled out twice a year at large conventions, one in the fall in Las Vegas, called the Vision Expo West and one in the spring in New York City, called Vision Expo East. Held at the Jacob Javitz Center, the expos have floor after floor of optical-related products.

"That is where the frame manufacturers introduce their new lines," she said. "They have fashion shows and everything. It's really awesome."

While the general trend continues to be for glasses to be on the small side, the range of looks is broad, Damiano said.

"Everything is very individualized," she added. "Those on the preppy side want plastic frames and those who are a bit more radical want mirrored lenses.

"One new style is a black frame with clear, mirrored lenses that can be worn indoors and out. Kids are going for that because they can wear them when they go out clubbing: There is really something for everyone's taste. Right now frames are small, but big ones might be back in five or six years."

Damiano said that while adults may not change their eyewear more than every couple of years, children and

young adults might need to have new glasses more frequently. High activity levels of

younger people take their toll and prescriptions can change as often as every six months in a young child.

prescription sports glasses are also hot items.

"Someone on a swim team or who swims a lot will get prescription swim goggles," she said. "Someone with contacts might wear safety sports glasses over them, but a number of students will get sports glasses to wear when playing basketball or other sports."

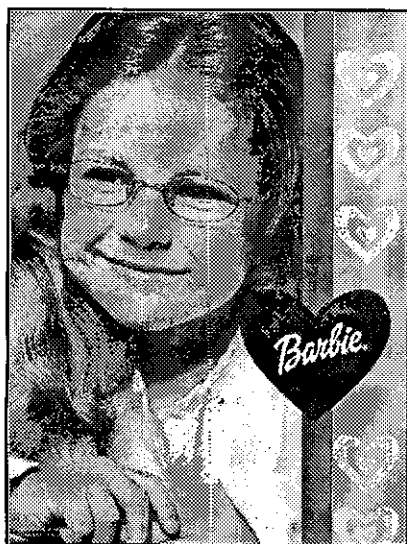
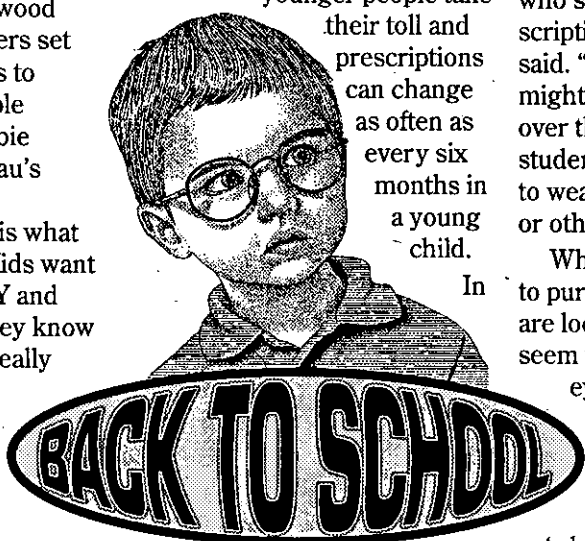
While college students seem to purchase exactly what they are looking for, parents still seem to have the final say in eyewear for younger

students, Damiano said. "If they start looking at something too outrageous, their parents say

'why don't we look at these instead.'"

Buenau's Opticians, owned by Michael Buenau, has been family owned since 1915. It is located at 228 Delaware Ave. in Delmar.

addition to glasses, many students are wearing contact lenses because they are easy and don't interfere with sports activities. Colored lenses are the current trend for contacts, Damiano said. Sunglasses and



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How to spot learning disabilities

To make the most of available help, parents and teachers should look out for learning disabilities when kids start school and all through the year. Ninety percent of kids who get help by first grade can achieve normal reading ability.

The experts at the Coordinated Campaign for Learning Disabilities suggest you watch for these early warning signs:

Preschool: Late talking; pronunciation problems; slow vocabulary growth; difficulty finding the right word; difficulty making rhymes; trouble learning numbers, alphabet, days of the week,

colors and shapes; extremely restless and easily distracted; trouble interacting with peers; poor ability to follow directions or routine.

Kindergarten through fourth grade: Slow to learn the connection between letters and sound; confuses basic words (run, eat, want); consistent reading and spelling errors; difficulty learning basic math concepts and signs; slow to recall facts; slow to learn new skills; impulsive, lack of planning; unstable pencil grip; trouble learning about time; poor coordination.

To learn more about learning disabilities, how to spot them and what to do about them, visit www.focusonlearning.org.

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After-school programs to enrich and delight

By KATHERINE MCCARTHY

Kids today have such a wide variety of stimuli to choose from, there's never a reason to hear "I'm bored." A number of after-school programs in the Capital District supplement book learning with physical and artistic activities.

At U.S. Budokai Karate at 100 Everett Road in Albany, kids can pursue martial arts and develop their self-esteem at the same time.

"After-school programs like ours have been successful in other parts of the country," said Jan Raeder, who manages U.S. Budokai Karate. "We offer all the benefits of karate, like discipline, respect, self-esteem building and physical activity. We're combating the sedentary

lifestyle that computers and television promote."

The after-school program is designed for kids between the age of 7 and 13, and there will be one instructor for every eight to 10 kids, with a maximum of 50 kids. No prior experience with karate or martial arts is necessary.

The program will run after school until 6 p.m., and costs will start at \$50 per week. Raeder is checking to see which school districts can provide transportation to the karate facility.

"We'll have quiet time for kids to do their homework, but they'll participate in a karate class," Raeder said. "We've been around for more than 25 years

One of the most positive benefits of martial arts, Raeder said, is that it gives kids something to hang on to.



"Martial arts gives you a good sense of self-worth and something to believe in," she said. "This can help kids with their peers and gives them a base so that they can say it's OK to do the right thing."

For information about the after-school program, call 458-2018. If your child likes music, Miss Peggy's Music Room on Manning Boulevard in Albany might be a good place to start. Peggy Vogel-Nagengast is a performer who has taught music for more than 20 years.

In the studio she's had since 2001, she offers parent and child classes throughout the day and private and group piano and voice lessons for school-aged kids. Her "Music for Little Mozarts" class for 4- to 6-year-olds combines music appreciation with beginning piano skills once a week for eight weeks.

For older children, Vogel-Nagengast offers 10-week group piano lessons in the fall and winter and nine-week sessions in the spring. The 45-minute sessions cost \$120.

"I do group piano lessons by

age and ability," Vogel-Nagengast said. "Kids work together to develop their skills. In a group setting, they help each other. It's encouraging for them to see other kids excited about music and motivational to do it with their friends."

Vogel-Nagengast gears her private lessons to each student's learning style. She works with beginners for 30 minutes once a week and advanced students for 45 minutes. In all her classes, Vogel-Nagengast keeps her mission in mind.

"I want to provide a positive and playful beginning learning experience for music," she said.

For information about Miss

Winders said. "It's a great way to put the two together."

Winders also does yoga birthday parties where the "happy birthday candle pose" is always a favorite. Her six-week sessions of one-hour classes cost between \$5 and \$10, and are limited to seven or eight kids.

For information, contact Winders at 456-1417, or e-mail her at innertides@yahoo.com.

At the Sidney Albert Albany Jewish Community Center on Albany's Whitehall Road, kids can participate in a number of activities in the after-school program called Kaleidoscope.

"There's snack time as kids arrive, and homework assistance is available," said Sharon Mudge, the JCC's director of children's services.

"Kids can choose from a range of activities, like swimming, soccer or flag football or classes in computers, cooking, dancing and art."

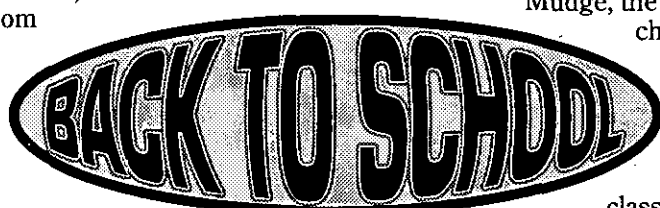
Mudge said the program also varies by students' interests; recently, for instance, some of the kids were learning sign language. The JCC also offers vacation camps for scheduled holidays and school days off.

The after-school program is for children in kindergarten through sixth grade, and runs till 6 p.m., except Friday, when it runs until 5 p.m. Parents can choose to send kids for one day or all five.

Mudge is currently looking into transportation from area schools.

Five days of after-school care costs \$234 per month; four days cost \$198; three days cost \$180; two days cost \$128; and one day is \$69.

For information, call 689-0039 or visit the JCC's Web site at www.saaajcc.org.



Peggy's Music Room, call 458-2927. If you think your child might enjoy gentle physical activity, Jen Winders' yoga classes are the way to go. Designed for kids between the age of 4 and 8, Winders offers playful and creative yoga for children.

"I want kids to be able to discover the playground within," Winders said. "I'd also like to help kids connect with their bodies, and yoga enhances their flexibility, coordination and body awareness."

Winders works out of The Yoga Room in Malta, and Lunar Mist Healing Arts in downtown Albany. She is a social worker who has always worked with kids and has practiced yoga for 10 years.

"I saw an article in 'Yoga Journal' about how yoga can help kids calm themselves, and I put my social work and yoga



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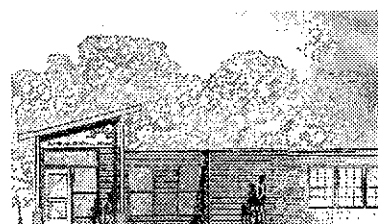
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Finding child care can be a daunting task

By KATHERINEMcCARTHY

Finding child care for your little one may seem like a daunting task, whether you're looking for full-time day care, or a nursery school program that will give your child some time to socialize with other kids.

A good starting point is the Capital District Child Care Coordinating Council, an agency with a database listing center-based and home-based child care services, pre-schools, nursery schools, in-home day care services, after-school programs and summer camps in Albany, Rensselaer, Schenectady and Saratoga counties. The CDCCCC's list of licensed providers is available free of charge, and they've been in business for 15 years.

"We can provide information about the location, hours of operations and the cost of the care," CDCCCC's Executive Director Dianne Meckler said.

The CDCCCC also provides caregiver training, assists child care providers who offer meals in being reimbursed and register school-age and family care programs.

"We offer a lot of night training programs," Meckler said, "including a child development associate course that translates into college credits at

unexpected," Meckler said. "Also, check out the educational credentials and training of the providers, because quality of care is directly related to training."

Meckler advised watching the interaction between the caregivers and the children, taking into account the fact that one caregiver will be speaking with you.

"Are the caregivers on the floor interacting with the children, or are

they in the corner talking?" Meckler asked.

When looking at the physical space, look for the right balance between clean and sterile.

"You don't want the books and toys to be out of reach on high shelves, and you want to see signs of the children's artwork, plus areas dedicated to dramatic play, books and science," she said.

Mostly, Meckler added, parents need to trust their — and their children's — gut feelings. After your child is

enrolled in a program, Meckler said it's essential to drop by unannounced sometimes. This holds true even if you have an in-home nanny.

"Consider this a preventive check-up," she said.

The Capital District Child Care Coordinating Council can be reached at 426-7181 and has one phone number dedicated to low-income parents, 1-800-521-KIDS.

Its Web address is www.cdcccc.org.



Schenectady County Community College."

Meckler offered some advice on what parents should look for in child care. The CDCCCC has a rating system in place for Albany and Rensselaer counties, using Cornell's Child Care Programs of Excellence. Childcare centers that volunteer for the rating receive three to five stars, which is one aspect parents can consider

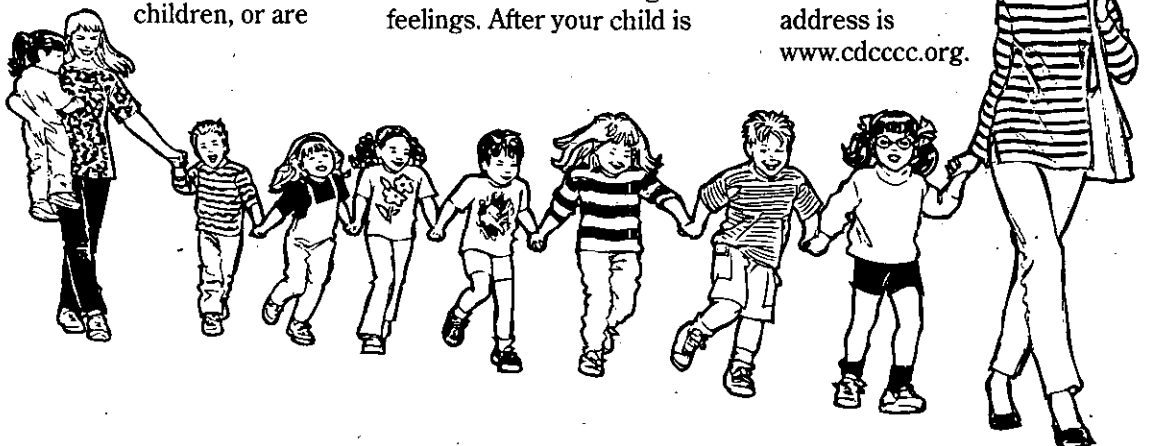
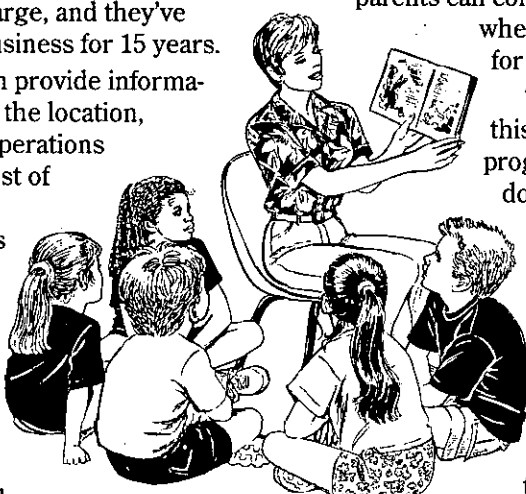
when looking for childcare.

"Beyond this voluntary program, we don't rate centers," Meckler said.

The first thing she advised, though, is that parents visit

the program they're considering for their child.

"If possible, go more than once, and go unannounced and



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Terms used when talking about student loans

By ROBERT WALKER

The world of student loans can be a confusing maze for parents and students. Yet, while the process may seem overwhelming, there are a number of loan options and resources available to applicants. Familiarizing yourself with the following terms is a great starting place when beginning your search.

• **FAFSA** — Free Application for Federal Student Aid. FAFSA is the starting point of the entire aid process and the most important piece. Without this, nothing else happens. All students must send their completed FAFSA to the Department of Education to determine their level of aid eligibility. Using the Web e-application is simple, intuitive and reduces processing time by weeks.

• **Stafford Loan** — subsidized (need based) and

unsubsidized (non-need based) loans guaranteed by the government and available to students for education funding. On July 1, Stafford loan rates dropped to a record low of 3.42 percent for loans in repayment.

• **Perkins Loan** — A school-based program, awarded, administered and collected by the school. At 5 percent, this loan has a low interest rate and the interest is subsidized

while the student is in school.

• **PLUS: Parent Loans for Undergraduate Students** — Federal loans available to parents of dependent undergraduate students. A great cash flow option and any excess payments go directly to the principal, quickly lowering repayment amount.

• **Consolidation loan** — Combining several loans into a single loan, reducing monthly payments and/or extending the repayment period. Many loan

companies such as Nelnet (National Education Loan Network) provide additional interest rate reductions for students, increasing monthly savings.

• **Disbursements** — The release of loan funds to the

school for delivery to the borrower.

• **Deferment** — A period when a borrower meeting certain criteria may suspend loan payments.

• **Forbearance** — The lender allows the borrower to

temporarily postpone repaying the principal, but interest charges continue to accrue, even on subsidized loans.

The writer is director of financial aid at Creighton University in Omaha, Neb.



Must-haves for the home away from home

Gift registries are no longer just for weddings and baby arrivals. Now, college students looking to outfit their dorm rooms can set up a registry at some stores. It can include such items as bedding, bath towels, butterfly chairs, bed rests and bubble crates to help make their home away from home more comfortable, stylish and personal.

Here are some suggestions for furnishing and decorating the small, often shared space that's used for sleeping, studying and socializing:

Slumber: As the largest piece of dorm furniture, the bed is the room's focal point, incorporating function and fashion. Since it's used for sleeping and seating, choose bedding to reflect your personality and your sense of style, but make sure it's durable and washable. Today's popular bedding styles reflect casual, ready-to-wear apparel trends including Hawaiian surf/skate, utilitarian and preppy. Most dorm beds are 5 inches longer than standard twin size, so consider purchasing two sets of extra-long sheets. For comfort, add a mattress pad and two standard pillows.

Study: Equip your room with the basics so that the library isn't the only place conducive to reading and writing. Floor and table lamps ease the harsh effects of dorm room fluorescents. Desk sets keep



A "wish list" can help college students make the most of their dormroom

writing utensils and materials organized and a bed rest and lap desk are great for studying while stretched out on your bed.

Sort and store: Take advantage of items that can serve a dual purpose. For example, storage bins and bubble crates are great for holding books, clothing or decorative items and they make terrific bedside tables. Add under-bed storage space with 6-inch bed risers or double your closet space with a double-hung rod.

Socialize: Dorm life is dominated by impromptu get-togethers. Butterfly chairs, soft beanbag cubes (as seats, tables or footrests) and small stacking stools serve as invitations to come in and sit down.

Snacking: Supplement your school's meal plan with your favorite snacks, made conveniently in your own room. Consider a dorm-size refrigerator, combination toaster oven/microwave and dual mug coffee maker.



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A safe commute to school and home

Keeping children safe before and after school can be as easy as A-B-C if they have proper safety equipment for an injury-free commute to and from school on skates or bicycles.

"Oftentimes, parents may not think to check safety gear for their children who ride bikes or rollerblade to school," said Dr.

James Wells, president of the American Society of Plastic Surgeons (ASPS). "Plastic surgeons treat children injured in bicycle or skating collisions throughout the year. Proper helmet and wrist guard use minimizes soft-tissue injuries of the face and hands such as bruises, scrapes and cuts."

Dr. Wells reminds parents

that particular concern should be given to injuries on the face, where the potential for scarring and nerve damage exists. A surgeon qualified to repair the face and all areas of the body should treat the injuries.

ASPS urges parents to take the following safety precautions:

1. Make sure children wear safety equipment—helmets, elbow pads, knee pads and wrist guards.

2. Remember, children grow fast. The helmet that fit last year may now be too small. All helmets, knee pads and wrist guards should fit snug and be worn as described on the equipment's directions.

3. Caution children to use bicycles, scooters, in-line skates and skateboards only on smooth-paved roads.

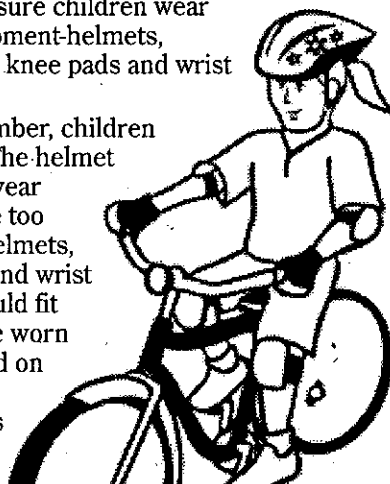
7. If the injury requires a trip to the emergency room, consult with the emergency room physician regarding the need for a plastic surgeon.

8. Make sure the plastic surgeon called is certified by The American Board of Plastic Surgery (ABPS).

Board-certified plastic surgeons have specialized training to treat cut tendons and soft tissue that require complex repair.

"Child safety is of great importance to ASPS as the use of proper safety equipment can minimize or eliminate injuries when a child falls," said Dr. Wells.

ASPS supports child safety with its "Helmets 4 Safety" annual event, distributing helmets to schoolchildren in the city that hosts its annual meeting.



4. Teach children how to stop properly.

5. Check park districts and sports stores for classes on safety and proper equipment usage.

6. Know what to do in an emergency situation. Have emergency phone numbers available.

Don't lose sleep over child's first sleepover

First sleepovers can be both exciting and scary for children and parents. Parents may feel uneasy about sending their child to a stranger's house, and once the party lights go out-kids can become unsettled in unfamiliar surroundings.

Still, sleepovers can be a positive experience for kids, not to mention a memorable part of childhood, once the jitters disappear. These tips can help everyone be more comfortable the night of that first sleepover:

- Get to know your child's friends and their parents. Forming such relationships will create a sense of security. You might not be familiar with your child's entire social circle, so give the parents a call and introduce yourself. Let them know if your child has any health problems, allergies or quirky sleeping habits, and don't forget to leave all your phone numbers.

- Create a checklist for your child's overnight bag. You'll feel better knowing your child is prepared. Be sure to include personal items like favorite toys, clothes, toothbrushes and sleeping bags.

- Treat your child with a sleeping bag to call their own. Let your child choose one she likes, since it's an extension of her bedroom. A sleeping bag should not only provide comfort but also reflect the child's personality. There are a wide range of sleeping for just about every child's liking, from unique and fun-shaped ones to extra-large bags that come with coordinating totes for storage and easy carrying.

- Remind your child to be courteous and respectful of the host family and their belongings so he's welcomed back.

- Agree on a pickup time with your child and the host family.

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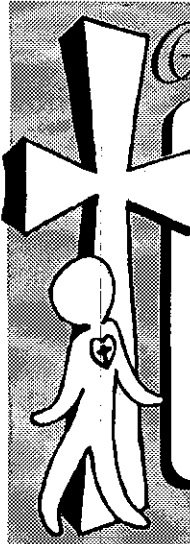
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Mothers group warns about meningitis on campus

Five mothers from across the United States are fighting back against a deadly infectious disease that hits college students. They want to make sure other parents don't suffer the same tragedy by making sure their kids get vaccinated before heading to campus.

Each of the moms lost a child, or has a daughter or son living with permanent disabilities as a result of meningococcal meningitis, a potentially deadly bacterial infection that struck their children while they were away at college. Three of the five mothers had children who died from this deadly campus killer. The other two stood by helplessly watching their children go through multiple amputations of their arms and legs to save their lives.

Before meningococcal meningitis touched their families, these mothers knew little or nothing about the disease or that college students

are at greater risk. They also didn't know the number of college-age cases has increased since the early 1990s. They had



no idea how contagious the disease is and that early symptoms mimic the flu—so much so that doctors often misdiagnose the disease as the flu and send students back to the dorm.

The mothers were also unaware that students who survive meningitis can be left with permanent brain damage, hearing loss, or limb amputations, or that the deadly bacteria kills up to 15 percent of people who get it. Most painful of all, they didn't know immunization was available that could have protected their children from getting meningococcal meningitis.

These five mothers have

united with the National Meningitis Association (NMA) to form the "Moms on Meningitis" (M.O.M.s), a new public awareness program.

They hope to arm other parents of college-age children with the facts about this dangerous disease.

Their message is "Don't Wait. Vaccinate."

Vaccination is highly effective against the most common strains of the disease and has minimal side effects, mostly soreness from the shot or mild fever.

Immunization lasts three to five years—the length of time most students are away at college.

(The vaccine is not advised

for pregnant women and people with certain medical conditions.)

College students are at special risk because lifestyles common in this age group are linked with meningococcal meningitis and have been known to compromise the immune system: communal living (group houses and dormitories), bars and clubs, smoking and exposure to tobacco smoke, irregular sleep habits and the sharing of beverages, utensils, lip balm, etc.

To learn about meningococcal meningitis and immunization, visit the National Meningitis Association web site at www.nmaus.org.

☒ Safety Checklist for College Students To Prevent Meningococcal Meningitis

■ Protecting Against Meningitis

Meningococcal meningitis spreads through contact with an infected person—for example, coughing or kissing. The best protection is preventing it altogether. Protect your college-age children by making sure they:

- ▶ make an appointment for immunization (the pre-college physical is a good time to talk to your doctor about vaccination)
- ▶ avoid sharing drinking cups, bottles, glasses, mugs
- ▶ avoid sharing utensils or food that touches the mouth
- ▶ avoid sharing toothbrushes, lip balm, etc.
- ▶ avoid sharing cigarettes
- ▶ wash hands regularly

■ Recognizing the Flu-Like Symptoms

Shock or death can come within hours after the first symptoms of meningococcal meningitis. If any one of the symptoms below comes on hard and fast, don't wait to see if it's only the flu. Call your doctor immediately. Symptoms include:

- ▶ high fever
- ▶ sensitivity to light
- ▶ bad headache
- ▶ nausea, vomiting
- ▶ stiff neck
- ▶ exhaustion
- ▶ sore throat
- ▶ rash

Source: National Meningitis Association, www.nmaus.org



A+ lunches for back to school

Lunchtime is one of the most important moments of your children's school day. While compact, portable coolers have replaced the Annie Oakley and Wild Bill Hickock lunch boxes of the 1950s, the contents have not evolved much, with PB&J and tuna fish sandwiches making

regular appearances.

This year, school lunch doesn't have to be boring. You can revitalize your kids' packed lunches by filling their lunch boxes, brown bags or space-age coolers with healthy and delicious twists on old lunchtime favorites, such as tuna salad "sushi."



Tuna salad "sushi" prep time: 10 minutes makes 2 servings

1 can (12 ounces) chunk light tuna in water, drained

1/4 cup light mayonnaise

1/2 cup chopped celery

2 large (10-inch) flour tortillas

6 carrot strips

In mixing bowl, stir together tuna, mayonnaise and celery, breaking up any large chunks of tuna. Place half of the tuna salad on each tortilla in a line slightly below the center of the tortilla. Make a line of carrot strips along the middle of the tuna salad. Roll into a cylinder, sushi-fashion, trim ends and cut each roll across into 6 pieces. Place in a plastic container, cut sides up.

Other lunch packing tips:

- Make a tasty "ice pack" by freezing a juice box. Toss the box in the lunch bag in the morning and by lunchtime, the food is still cool and the juice is ready to drink.

- Plan for leftovers! If burritos are on the dinner menu, make an extra one and package for a quick, easy lunch.



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Childhood obesity: What parents can do

Obesity is now an epidemic in the United States. Over the last two decades, obesity rates in adults have doubled, and in school-age children and adolescents they have tripled according to the American Dietetic Association.

One child in five is now overweight. National Institutes of Health (NIH) research shows that this public health problem affects both children and adolescents and cuts across all age, race and gender groups.

Children who are obese are at risk for a wide range of health problems. Diseases that used to only occur in adults are now appearing in children. Obese children and adolescents have shown an alarming increase in the incidence of type 2 diabetes and many have high cholesterol and blood pressure levels,

which put them at greater risk for heart disease.

One of the most severe problems for obese children is sleep apnea, which can lead to problems with learning and memory. Overweight children also have a high incidence of

Teaching healthy lifestyle habits involving physical activity and nutrition are the best ways to stop children and adolescents from becoming overweight. Eating the right foods should be a priority.

A particular challenge for parents is finding snacks that their kids will enjoy in place of all of those high-fat cookies and chips.

"Parents are looking for healthful snacks for their kids, a tough search given the sugar, fat, and calories so many snacks pack in. A snack that solves that problem is welcome indeed," said Dr. Neal Barnard, president of the Physicians Committee for Responsible Medicine.

Here are some suggestions for parents from the NIH on how to help your children maintain a healthy diet:



- Eat meals together as a family and not in front of the television. Encourage your kids to eat slowly and savor the food.

- Keep healthy snacks on hand such as fresh fruits and vegetables, frozen fruit juice bars and low-fat cookies such as graham crackers.

- Don't use food as a reward or punishment. Children should not be placed on restrictive diets, unless done so by a doctor.

- Involve your children in meal planning and grocery shopping. This helps them learn how to make good choices.

- Focus on small, gradual changes in eating. This helps create habits that will last a lifetime.

Today's parents want more time to read with their kids

Many years ago, the German philosopher Karl Kraus (1781-1832) mused, "Where do I find the time for not reading so many books?" Today, busy parents might want to borrow a page from Kraus — and find ways to fit important pleasure reading with their families into daily schedules that feel booked solid.

According to a new Gallup survey, 80 percent of parents of children age 6 to 11 read to, or with, their kids at least two or three times per week; in fact, 48 percent of parents report reading to, or with, their children on a daily basis. However, the majority of parents (70 percent) say they'd like to be able to read with their children more than they currently do.

What prevents families from burying their collective noses in books together more often? Contrary to popular perception, it isn't necessarily the contemporary child's fast-paced schedule of school, homework, sports and activities that squeezes pleasure reading out of

the picture. According to the survey, 81 percent of parents view their own hectic personal schedules as the main barriers to spending time reading with children. Surprisingly, only 7 percent of parents identified their children's schedules as the main barrier.

Books compete with TV and video games

Despite the fact that 88 percent of parents surveyed report their child likes to read (and 57 percent rate their child as an "above-average" reader), most parents indicated that their kids spend more time in front of the tube than they do engrossed in tales.

Seventy-five percent of parents estimate that their child spends one to three hours each day watching television or playing video games; only 27 percent estimate that their child spends one to three hours daily reading for fun. Consequently, 43 percent of parents cite TV and video games as the main reason their child doesn't read more often for pleasure (25 percent cite

activities, such as sports and music lessons; only 6 percent responded "my child doesn't like to read").

Here are some tips to help parents find creative ways (and more time) for reading with children:

- Take books wherever you go. Keep a supply of books in your car that your child can read while you wait at the doctor's office or stand in line at the store.

- Tune in to your child. Rather than listen to the radio while in the car, turn it off and have your child read out loud from his or her favorite book.

- Make your own chores more

fun. Have your child read aloud to you while you do things around the house, such as washing dishes or folding laundry.

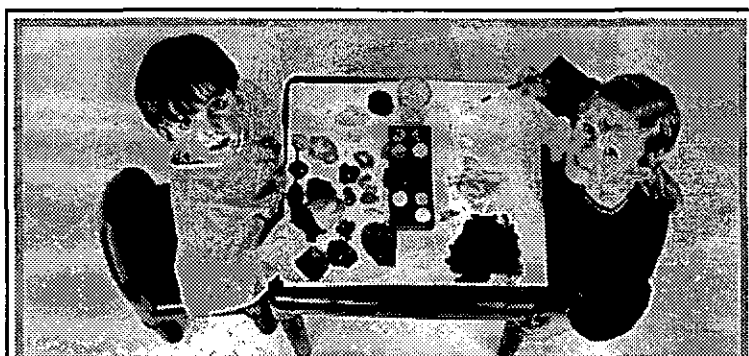
- Read recipes. While preparing dinner, have your child read the recipes to you—a fun complement to reading books.

- Learn together. When taking a trip or a walk, bring a book about the things you might see along the way (such as bugs or trees) and learn about them together as you go.

- Be a reader yourself. Reading is exercise for the mind—and your kids will be more likely to do it if they regularly see you enjoying books.

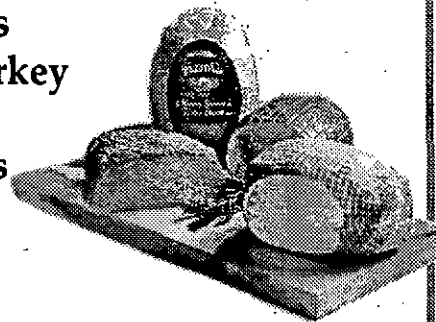
75%
Percent of parents who say their child spends one to three hours each day watching television or playing video games

27%
Percent of parents who say their child spends one to three hours each day reading for fun



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Using technology to keep families connected

When time, geography or financial constraints keep you from being with family, a little old-fashioned imagination combined with some of today's technological conveniences can keep you connected and make you feel ... almost as if you're there.

According to a study conducted by Harris Interactive, 74 percent of Americans utilize the Internet for communicating via e-mails and passing along photos. And, while only one in six have created a family Web site, nearly 40 percent of us are interested in the possibility.

In addition, family Web sites, instant messaging and digital cameras, including digital camcorders and Web cams, are quickly taking their place along with the telephone and postal service as popular methods for communicating from afar. Web sites — an exciting answer to sharing news. For the Kiechle family of Valbonne, France, the family Web site plays an important role in maintaining connections with family and friends in the United States.

"When we first moved here (France), all our relatives, friends, and acquaintances went into mild shock, wondering what in the world we were doing," said Daniel Kiechle, who created his family Web site in 1995, five years after his job

transplanted him, his wife and two sons from Huntington, Long Island. "The responses have been great. Grandma even learned how to use a Mac and subscribed to Earthlink when she found out that this enabled her to receive photos of her grandchildren the day they were taken!"

Getting started

Once you've made up your mind to take advantage of today's technology to stay in closer touch with family, there is a large list of possible equipment which you will need or want to consider.



- **Computer** — Your computer should have at least a 56K modem, although for video and Web cams a DSL line or faster is preferred, a serial port, a parallel port, a USB port, and a Firewire/IEEE-1394 (your computer expert will understand this requirement).

- **Digital camera** — A digital camera records and stores photographic images in digital (electronic) form that can be fed to a computer later on.

- **Digital camcorder** — A digital camcorder records and stores video images in digital

(electronic) format that can be fed to a computer later on.

- **Compatible flash memory cards**, for the digital camera or camcorder — A small "disk" used to store data such as text, pictures, audio, and video, for use on small, portable or remote computing devices.

- **Floppy disk adapter** — An adapter is a physical device that allows the disk to communicate with another hardware or electronic device.

- **Web cam** — A device that takes digital (camcorder) images and transmits the images to a Web page, which hosts images or even live video.

- **Scanner** — A scanner captures images (somewhat like a photocopier) from photographic prints, posters, magazine pages and similar sources for use on a computer.

- **Printer** — Most inkjet printers produce good enough quality for personal use.

- **Snapshot software** — The snapshot software (which sometimes comes with your digital camera or camcorder) usually uses your Internet connection to upload a single snapshot captured from the



Take a closer look at how modern technology can bring you together. Watching Grandma blow a kiss to her granddaughter over a Web cam may not be the same as breaking bread at their table, but it will create a special memory and bond — even if it is electronic.

camera set up on your computer.

Keeping families connected

Whatever method you choose, whether the technological wonders of a family Web site, instant

messaging, voice/video Internet chatting, or the traditional communication choices of phone and mail, the end result should be to surround yourself with the presence of your family no matter how many miles lie between you.

A successful school year starts now

After months away from school and homework, it's time for parents to help their children prepare for class.

A successful school year, according to Andrea Pastorok, an educational specialist, can depend on how smooth a child transitions from vacation.

Pastorok suggests the following tips for a successful route back-to-school.

- **Focus on the positives.** Talk to your children about their summer accomplishments and recognize the skills they used to be successful, such as perseverance, time-management, responsibility and independence, which are the same skills that will help them succeed in school.

- **Give your child genuine and frequent praise.** Praise your child's progress, not perfection. Let them know that you believe in them, you think they are special and you have confidence in them. Let your child know that you recognize and value their efforts not just their final accomplishments.

- **Set up a study area for your child.** It should be quiet (no TV or stereo), well-ventilated, free of distractions (no phones, pets), well-lit and equipped with all necessary supplies for the child (pens, paper, markers, dictionary, thesaurus).

- **Establish a consistent**

homework routine at the very beginning. Schedule daily

homework time in your house so it becomes a part of your family's routine. This also helps children to see that homework is a priority



in your home.

- **Make time to get acquainted with your child's teachers and keep the communication open.** Discuss goal-setting with both your child and the teacher. This parent-teacher-child partnership will be very effective in the development of healthy homework habits, which will in turn help children have a successful school year.

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Back To School: Back on Track

An Essential Parenting Seminar for Academic Success
By Randy L. Cale, Ph.D.

- Are you tired of daily hassles over homework? Dread the start of school?
- Is it an endless chore to get your kids to cut off the TV or video game?
- Does it seem that you are working harder on their projects than they are?
- Are bedtime & morning routines enough to have you pulling out your hair?
- Are you worried about a lack of motivation and effort?
- Will ADD/ADHD take over your life and your child's life?

If these questions haunt you, **come join us!** Help is on the way! In this engaging and informative workshop, Dr. Randy L. Cale will discuss the strategies that teach you how to get your kids back on the track for their success. While it's not magic, **it works!** During this workshop, you will learn:

- The parental mindset to **awaken your child's full potential.**
- The **three key parental mistakes** that hinder your child's success.
- The distinctions in parenting that **really make a difference.**
- Five specific strategies that **build homework habits...naturally and easily.**
- The actions you can take to **build focus and self-motivation.**

You have three chances to experience this valuable seminar. **It's free! Join us:**

- **September 15th** from 7:00 to 8:30 pm at Brown School in Schenectady
- **September 17th** from 7:00 to 8:30 pm at Stillwater Central Schools
- **September 29th** from 7:00 to 8:30 pm at Guilderland Elementary

Who is the presenter? Your presenter for this dynamic workshop will be **Dr. Randy L. Cale.** He is a licensed psychologist, author, speaker, and parenting coach. He has written and spoken extensively on effective parenting. He has also completed a six-week parenting audiotape program, titled **"Essential Parenting"**. You can check out Dr. Cale's materials, or subscribe to his free email newsletter for parents at www.TerrificParenting.com.

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To avoid injury choose your backpack wisely

By KATHERINE MCCARTHY

Perhaps the most frequently used item your child will have this school year is his or her backpack. In recent years, more attention is being paid to the sorts of backpacks kids carry, and the American Academy of Pediatrics even offers a tip sheet on how to choose the right backpack and how to carry one. Backpacks are designed to distribute the weight of the load along some of the body's

strongest muscles, but if they're too heavy or worn incorrectly, they can injure muscles and joints and lead to back, neck and shoulder pain.

To prevent injury, choose a



backpack with wide, padded shoulder straps that won't dig into shoulders, which will avoid pain and won't restrict circula-

tion. Two straps are better than one on a backpack, since they guarantee distributed weight.

If your child carries books, a calculator, a ruler and a CD case, a backpack with a padded back will keep those objects from jabbing him or her in the back.

Features to consider are a waist strap and wheels. A waist strap can keep that weight distributed, and a wheeled pack can take the weight off your child's back altogether.

When buying a backpack, choose one that's not very heavy itself — the math and social studies books will create enough weight on your child's back.

Tough Traveler in Schenectady manufactures backpacks that can meet all those needs. In business for 32 years, Tough Traveler makes three different sizes of backpacks for different-sized children. One of Tough Traveler's most popular lines right now is the Super Padre collection, an ergonomically designed backpack that takes a load off — literally.

"The Super Padres get the weight off a child's upper back and shoulders and onto their backs and hips," Tough Traveler President Mary Gold said. "Chiropractors tested the Super Padre with 59 other backpacks — including wheeled ones — and this came out the best for preventing injury."

Gold said that Tough Traveler's customers always comment on the durability of the company's backpacks.

Although the Super Padre packs are popular with students, Tough Traveler manufactures a wide range of backpacks for all ages and activities. "We make backpacks for kids from 2 and a half years old to 99," Gold said.

"We have a good guarantee for all of our products."

Gold recommended that people try on a backpack if possible before purchasing it. Tough Traveler's retail store is at 1012 State St. in Schenectady. For information, call 393-0168. It is also online at www.toughtraveler.com.

Once you've purchased your backpack, the American Academy of Pediatrics offers a few tips for its use. Use both shoulder straps, for instance, and tighten the straps so the pack is close to the body. A pack

should never weigh more than 10 to 20 percent of the student's total body weight, and kids should try to organize it so that the heavier items are close to the center of the back.

Doctors also advise frequent stops at a student's locker, so they don't carry the day's weight around with them.

When lifting a heavy backpack, kids should try to lift from the knees, not the waist, and the same holds true for when they're wearing the backpack.



Super Padre backpacks from Tough Traveler are designed to prevent back injury.

Tough Traveler Super Padre series made for comfort

The Tough Traveler Super Padre backpack series has been chosen by Allied Health of Wisconsin, Society of Chiropractors, as the choice backpack for its wellness program to prevent back injury.

Allied Health test 60 backpacks, including ones with wheels, and picked the Super Padre as the best.

This backpack series has a mini frame and has been designed to get the load weight of school book or travel or hiking gear comfortably down to the hips instead of on the shoulders and upper back, where it is in conventional backpacks or daypacks.

Using this backpack series has been recom-

mended for elementary school kids from age 5 through middle, high school and college, as well as adults of all ages.

Good Housekeeping Institute also tested the Super Padre and recommended it for its superior durability.

In addition to its mini frame, the backpack series has lift control and hip belt and shoulder straps as an integral part of its ergonomic design. The series comes in extra small, small, medium and large and also the slightly different Super Cay version.

Tough Traveler's retail store is at 1012 State St. in Schenectady. For information, call 393-0168. Backpacks are also available online at www.toughtraveler.com.

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College search tips for students and parents

When it comes to getting into the college of your choice, the early bird truly gets the collegiate worm. Due to the growing selectivity of private colleges, waiting until spring of junior year to begin the search, application and financial aid processes can be too late.

That selectivity has its advantages, said Ken Faffler, director of recruitment and admissions at Northwestern College in St. Paul, Minn. "Not only are colleges articulating what kind of student they want, they are standing by it. As a result, the quality of students and academics increases, which produces a better quality graduate."

Faffler has seen the college

admissions process advance considerably over the last 15 years. "Many colleges now use a point system based on high school course pattern, leadership, extracurricular activities, references and legacy."

Another advancement is the global experience of prospective students.

"It used to be college was the student's first venture into the world," Faffler said. "But the world has gotten smaller and travel is common. Seeing international service and mission experiences on applications is almost normal."

The financial aid process has also evolved. In addition to the

traditional government and institutional aid, there are many other financial aid sources: parents' workplaces, military, community and neighborhood programs, civic organizations, etc.



"Researching financial aid is easy thanks to the Internet, such as Fastweb.com," he said. "You don't need a consultant to do the research; it's at your fingertips."

The student's search

Emily Carlson, a college senior, thought about college for years and had her choices narrowed down by the end of her junior year.

"Keep horizons wide, but don't have too many options," she recommended.

Beginning the search in the freshman year is not too early. Even if the student hasn't thought about college, it's a good idea to chat with the guidance counselor about how to get the most out of high school. Get involved in extracurricular activities to help define interests, talents and skills. Look into Advanced Placement (AP) courses to earn college credit.

Most students take the PSAT (pre-SAT) test in the fall of their junior year, but some take the test when they are sophomores. Students should take subject SAT II tests (the old Achievement Tests) after they complete the high school course in that subject. For example, if you take biology as a sophomore, plan to take the biology SAT II test that spring.

Not all colleges require SAT IIs. Those that do generally want three: the writing test, one of the math tests and a third test. Colleges will often ask for either the SAT and three SAT IIs or the ACT.

Spring of junior year, take the ACT and/or SAT, then decide which schools to send the scores. Check out college fairs.

"When you receive the scores, meet with the guidance counselor to see what schools and scholarships you qualify for," Faffler said. "Then visit the colleges you're most interested in."

"Don't skimp on the campus visits," Carlson advised. "Ask a lot of questions of students, tour guides, staff and faculty."

"College visit events have changed in recent years," Faffler said. "The formal hard-sell visit days talking to professors, taking tours and attending seminars on admissions and financial aid are disappearing. The focus is now on the informal soft-sell experience-based event where prospective students are among college students and experience college life."

Carlson cautioned prospective students to look beyond the promotional perspective found in the view books and brochures. "Go beyond the photos of smiling students on green lawns surrounded by stately brick buildings. Find out what it's like seven days a week in the cafeteria, classrooms, library and residences."

By fall of senior year, students need to narrow the college list, then complete applications.

"Write drafts of application essays and have your parents and a teacher edit them," Faffler suggested. "Send in early admission applications; many are due as early as November."

If seniors aren't happy with their ACT/SAT scores, retake them.

The Free Application for Federal Student Aid (FAFSA)

application should be completed as soon after Jan. 1 as possible.

When acceptance letters start coming, students must decide which school to attend and notify the other schools by May 1.

The parents' search

Faffler, Carlson and her parents, Gary and Cynthia Carlson, strongly encourage parental involvement in the college search.

"Parents want and need to be involved. Keep them in the loop," Faffler said. "After all, your education is their investment."

The Carlsons offer the following advice.

1. Talk with parents in the neighborhood, school, church, work, social or sport activities about what they are doing to prepare.

2. Talk to the school guidance counselor; they specialize in helping parents with higher education advice.

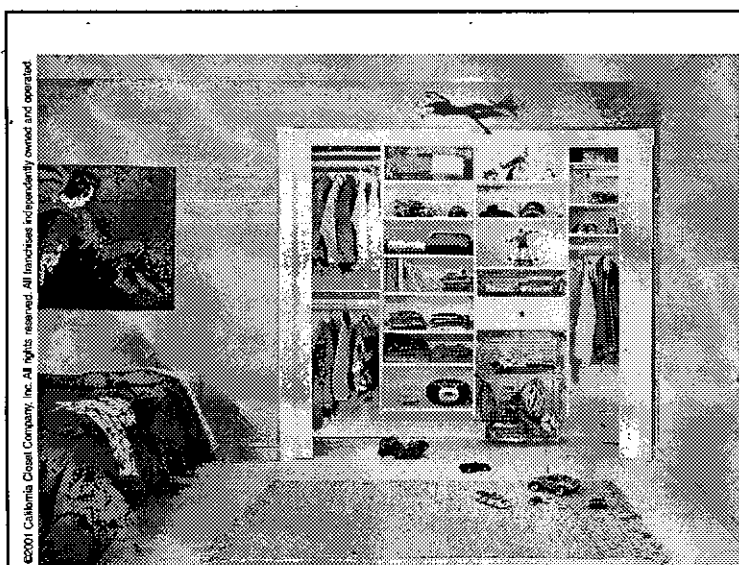
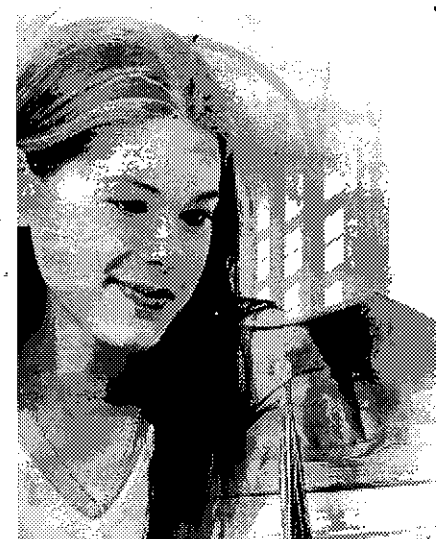
3. Go to college/financial aid prep classes offered at church, work, a library community center, etc.

4. Discuss financial options with a financial advisor at your bank or place of business. 5. Visit college Web sites to learn about

the school's culture, philosophy, policies, etc. 6. Take advantage of college visit days and parent days to check out the dorms and classes. Prepare a list of questions so you won't forget anything.

7. Network with parents or students who have gone to the college your child is interested in. There is nothing better than talking to people who have experienced the college firsthand.

8. Set aside a certain amount of money for your child's education. Begin as early as possible — and add to it as often and regularly as possible.



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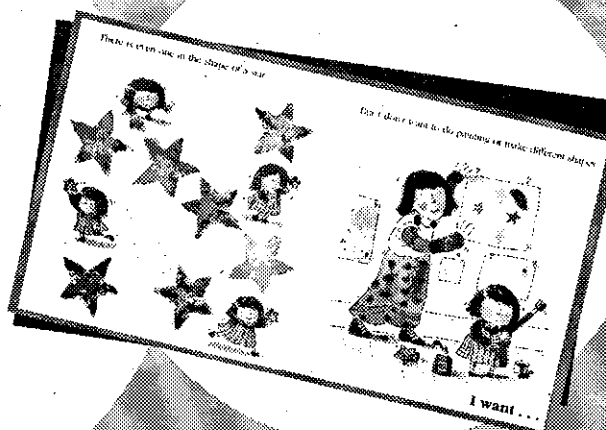
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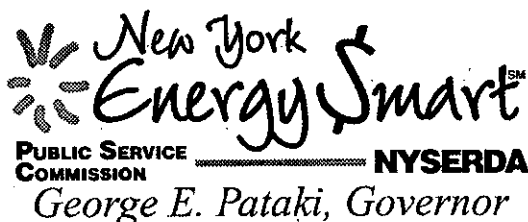
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simple strategies:

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doesn't already have one. Properly used timers save money and energy by turning off the appliance when no one is home. Set the timer to turn the air conditioner on shortly before you return home to enjoy the cooling benefits. Many ENERGY STAR room air conditioners feature a built-in timer for convenience.

- Proper sizing is very important for efficient air conditioning. A properly sized unit operates more efficiently and is more effective at dehumidifying than a unit that is too large and cycles on and off too

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- Clean or replace filters monthly to save you the cost and inconvenience

of an air conditioner failure.

- Get back to basics.

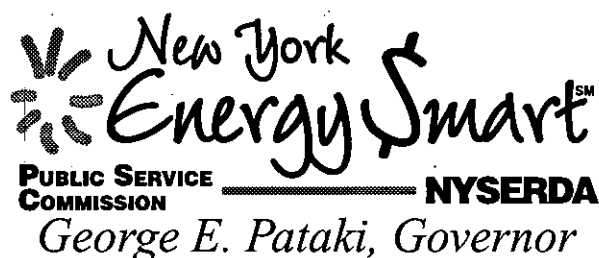
Don't let your costly-cooled air escape needlessly. Check out the Home Performance with ENERGY STAR Program at www.GetEnergySmart.org to find out specific ways that you can save energy in your home. Treating an existing home for cooling, insulation and air leakage problems can reduce energy costs by up to 40% while increasing comfort and safety.

- Close your draperies, windows and doors on the sunny side of your home on hot, sunny days to reduce solar heat buildup. Consider using window fans, particularly in the evening when you can draw cooler air into the house.

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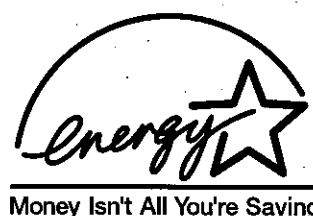
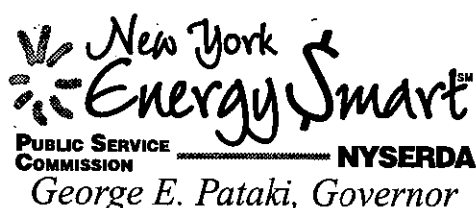
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--- Bethlehem Riverfest 2003 Schedule of Events ---

Schedule Of Events

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1:20 & 1:50

The Clown Family

Face painting, balloons, and general silliness

12 to 4:00

Crackers the Horse

A well-known local favorite equine who does more than just give rides!

12 to 3:00

Wiffle Ball Challenge

Join wiffle ball expert Charlie Kruzansky to test your pitching skills and win prizes.

4 to 5:00

Bouncity Bounce

Fishing Derby Sponsored by Glenmont K-Mart

12 to 5:00

For ages up to 16 (parents welcome to help!) bring your rod and tackle! Worms provided!

Win a new rod and reel, tackle box or tackle! First, second and third place prizes based upon weight.

Albany River Rat's Hockey Mascot "Roudy"

12 to 3

On The Big Stage

The Brian Kaplan Band

3 to 4:00

A blend of late 60's song writing with a twist of funk and Latin harmonies

Jeff Gonzales

4:30 to 5:30

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The Luckless Pedestrians

6 to 7:00

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Delmar woman starts event-planning venture

By JACOB DAY

Bethlehem resident and retired St. Stephen's parish secretary June Compton has started her own event-planning business, Compton's Event Planning, which she said is unique to the area.

"Going back to when I was a kid, my dad was always in the hotel and restaurant business, so I grew up in that atmosphere. There was always a lot of planning going on and catering that I helped him with," said Compton. "I have also worked in marketing for many years. People have also encouraged me to get involved in this area, and I decided to after my retirement in December."

Compton's new business will focus on assisting people in the organization, planning and execution of events such as weddings, meetings, seminars, birthday or retirement parties and bar or bat mitzvahs.

She will utilize her knowledge of the industry to help customers with the daunting task of finding a suitable place to hold the event, preparing invitations and will even be present at events to iron out the minor details.

The service is ideal for those who would like an expert in the field to help create the most memorable and problem-free event.

"If someone wants a wedding, I will sit down with them and first look at their budget. It is my job to reach all the suppliers and work with all of them to put it all together to make the affair a nice event. Fitting everything into a strict budget is one of the most important things," said Compton.

She started the business herself, but is utilizing her connections to build a staff that will assist in planning and be paid according to the size of the event and its budget.

The cost for Compton's services can range from 10 to 20 percent of the total budget for the affair, depending mainly on the size and length required for preparation.

For weddings, she said she will need anywhere from six months to a year for preparations. June and September are the most popular months for weddings, according to Compton.

Compton will use her knowledge mainly to ensure that the unexpected problems involved with formal and informal events are prevented and to see that the



June Compton

minor details that may not occur to most people are attended to.

"If a couple wants a certain room for a specific date, one intricacy to work out is what other events are happening at the same time in another room that could be loud and disruptive to their event. We will be saving them time, energy and the stress of all the running around at the last minute," said Compton.

Event-planning is becoming popular, and Compton feels that her new business will take off.

"I am very excited because I am going to be able to help people plan the entire event. I have not seen anyone else doing this here, and I think it will be successful," said Compton.

For information on Compton's Event Planning, contact Compton at 439-1356 or jujef@earthlink.net.

Alb. Academy hosts open house Thursday

The Albany Academy and Albany Academy for Girls will hold an open house for prospective students on Thursday, Aug. 14 at 4 p.m.

Albany Academy for Girls, established in 1814, educates girls from age 3 through grade 12. Its college preparatory program emphasizes teaching principles that help girls maximize their educational experience.

Albany Academy is an independent college preparatory school for boys. Since its founding in 1813, it has been a day school; recently it began a seven-day boarding program. The school's diverse academic and extracurricular programs, with a student to faculty ratio of 9:1, attract 400 students from age 3 through postgraduate year. For reservations or information, call The Albany Academy Office of Admissions at 465-1461.

Soccer referee course set at town hall

A junior soccer referee course will be offered Tuesday, Aug. 26, from 7 to 8:30 p.m. in room 101 at Bethlehem town hall.

Referees must have turned 12 by July 31 and be available Saturday mornings during the Bethlehem Soccer Club's fall season.

The course costs \$10, and participants will receive a shirt and whistle. Junior referees receive \$8 per game.

To register, mail name, phone number, copy of birth certificate and \$10 check made payable to Bethlehem Soccer Club to 40 Wedgewood Drive, Delmar 12054.

For information, call 439-1317.

Happy 100th



Grace H. Osterhout celebrated her 100th birthday on July 28. She moved to Delmar as a child and resided on Kenwood Avenue for most of her life. She moved to Shrewsbury, Mass., in 1984 to live with her daughter.

Selkirk woman named president

Beth van Bladel, controller of Selkirk Cogen Partners, was recently installed as president of the Northeast Chapter of the New York State Society of CPAs (NYSSCPA).

The Northeast Chapter of the NYSSCPA has almost 800 members residing in the Capital District. van Bladel is a resident

of Knox and an active member of the board of directors of Community Caregivers.

Community Caregivers has been in existence for nine years and assists more than 300 Albany County residents, many of whom are elderly and have limited access to care, to maintain their independence by remaining in their homes and community.

Robert Brass, MD

Ophthalmology

CAPITAL REGION HEALTH PARK
711 Troy-Schenectady Rd.-Suite 123
Latham, NY 12110-2454
(518) 782-7827 Fax (518) 782-7820



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*Etiquette, the correct way of doing things
Manners, the polite way of behaving*

Learn both in this fun & informal approach to behavior

WORKSHOPS:

Ages 7 to 11

Tues., Wed., & Thurs. August 19, 20, 21,
9 a.m. to 12 p.m.

Your child will learn:

Introductions
Telephone etiquette
Proper table setting
Napkin folding
Respect for others' feelings

Formal Luncheon included

Mind your manners, you've said. Now make sure they can!

478-0757

LEGAL NOTICE

LEGAL NOTICE

ALTERNATIVE DESIGN, LLC
Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 07/25/2003. 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, 18 Elaine Ct, Latham, New York 12110. Purpose: any lawful business purpose. LCD-6094 (August 13, 2003)

LEGAL NOTICE

CAPITOL PLAZA OFFICE ASSOCIATES, LLC

LEGAL NOTICE

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

LEGAL NOTICE

LCD-6093
(August 13, 2003)

LEGAL NOTICE

CHRISTAN CONTRACTING, LLC
Notice of formation of Christan Contracting, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 5/8/03. 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, 10 Sage Estates, Albany, New York 12204. The purposes of the LLC are to engage in the business of making estimates on and erecting and constructing building structures, roadways, parking lots, side-

LEGAL NOTICE

walks and waterlines and any other structures or things in the line of light or heavy construction work; to manufacture, buy, lease and sell construction equipment of all kinds, shapes, and sizes; to purchase, acquire, hold sell and deal in the necessary real estate, equipment, and building materials of all kinds to carry out the above objectives.
LCD-6020
(August 13, 2003)

LEGAL NOTICE

DARIEN HOLDINGS, LLC
Notice of Formation of Limited Liability Company
Articles of Organization of Darien Holdings, LLC ("LLC") were filed with the Department of State of New York ("SSNY") on

LEGAL NOTICE

July 2, 2003. Office located on: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process to The LLC, 12 Elmwood Road, Menands, New York 12204. 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
LCD-6021
(August 13, 2003)

LEGAL NOTICE

MARTIN HOLDINGS, LLC
Notice of Formation

LEGAL NOTICE

of Limited Liability Company
Articles of Organization of Martin Holdings, LLC ("LLC") were filed with the Department of State of New York ("SSNY") on July 2, 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 The LLC, 12 Elmwood Road, Menands, NEW YORK 1204. 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
LCD-3022
(August 13, 2003)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF CONVERSION OF PERTH PLAZA ASSOCIATES TO PERTH ASSOCIATES, LLC (PURSUANT TO SECTION 1006 OF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN that the Certificate of Conversion of PERTH PLAZA ASSOCIATES, a New York Partnership, to PERTH PLAZA ASSOCIATES, LLC (the "Company") was filed with the Secretary of State of the State of New York on June 27, 2003. The Company is being formed to hold, manage, develop, purchase and sell property located in the State of New York and to engage in any other real estate activities or other activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, 6th Floor, Albany New York 12207. LD-7023 (August 13, 2003)

LEGAL NOTICE

NOTICE OF CONVERSION OF REID HILL PLAZA TO REID HILL PLAZA, LLC (PURSUANT TO SECTION 1006 OF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN that the Certificate of Conversion of REID HILL PLAZA, a New York Partnership, to REID HILL PLAZA, LLC (the "Company") was filed with the Secretary of State of the State of New York on June 27, 2003. The Company is being formed to hold, manage, develop, purchase and sell property located in the State of New York and to engage in any other real estate activities or other activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, 6th Floor, Albany New York 12207. LD-7022 (August 13, 2003)

LEGAL NOTICE

NOTICE OF CONVERSION OF NMP ASSOCIATES TO NMP ASSOCIATES, LLC (PURSUANT TO SECTION 1006 OF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN that the Certificate of Conversion of NMP ASSOCIATES, a New York Partnership, to NMP ASSOCIATES, LLC (the "Company") was filed with the Secretary of State of the State of New York on June 27, 2003. The Company is being formed to hold, manage, develop, purchase and sell property located in the State of New York and to engage in any other real estate activities or other activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, 6th Floor, Albany New York 12207. LD-7021 (August 13, 2003)

LEGAL NOTICE

NOTICE OF CONVERSION OF NOTT REALTY COMPANY TO

LEGAL NOTICE

NOTT REALTY COMPANY, LLC (PURSUANT TO SECTION 1006 OF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN that the Certificate of Conversion of NOTT REALTY COMPANY, a New York Partnership, to NOTT REALTY COMPANY, LLC (the "Company") was filed with the Secretary of State of the State of New York on June 27, 2003. The Company is being formed to hold, manage, develop, purchase and sell property located in the State of New York and to engage in any other real estate activities or other activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, 6th Floor, Albany New York 12207. LD-7020 (August 13, 2003)

LEGAL NOTICE

NOTICE OF CONVERSION OF MICHAEL & PAUL GORDON TO MICHAEL & PAUL GORDON, LLC (PURSUANT TO SECTION 1006 OF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN that the Certificate of Conversion of MICHAEL & PAUL GORDON, a New York Partnership, to MICHAEL & PAUL GORDON, LLC (the "Company") was filed with the Secretary of State of the State of New York on June 27, 2003. The Company is being formed to hold, manage, develop, purchase and sell property located in the State of New York and to engage in any other real estate activities or other activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, 6th Floor, Albany New York 12207. LD-7019 (August 13, 2003)

LEGAL NOTICE

NOTICE OF CONVERSION OF ROTTERDAM ASSOCIATES TO ROTTERDAM ASSOCIATES, LLC (PURSUANT TO SECTION 1006 OF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN that the Certificate of Conversion of ROTTERDAM ASSOCIATES, a New York Partnership, to ROTTERDAM ASSOCIATES, LLC (the "Company") was filed with the Secretary of State of the State of New York on June 27, 2003. The Company is being formed to hold, manage, develop, purchase and sell property located in the State of New York and to engage in any other real estate activities or other activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, 6th Floor, Albany New York 12207. LD-7018 (August 13, 2003)

LEGAL NOTICE

NOTICE OF CONVERSION OF GORDON DEVELOPMENT, LLC (PURSUANT TO SECTION

LEGAL NOTICE

1006 OF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN that the Certificate of Conversion of GORDON DEVELOPMENT, a New York Partnership, to GORDON DEVELOPMENT, LLC (the "Company") was filed with the Secretary of State of the State of New York on June 27, 2003. The Company is being formed to hold, manage, develop, purchase and sell property located in the State of New York and to engage in any other real estate activities or other activities necessary or incidental to such purpose and any other lawful act or activity for which limited liability companies may be organized under the LLC.

The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 50 State Street, 6th Floor, Albany New York 12207. LD-7017 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Remington Lodging & Hospitality, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/31/03. Office location: Albany County, LLC formed in Delaware (DE) on 7/22/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 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, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD-7016 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Ashford Properties General Partner LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/31/03. Office location: Albany County, LLC formed in Delaware (DE) on 7/16/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 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, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD-7015 (August 13, 2003)

LEGAL NOTICE

Notice of Formation of BF Acquisition Company, LLC, Art. of Org. filed Secy. of State (SSNY) 2/21/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: LexisNexis Document Solutions Inc., 1275 Broadway, Albany, NY 12204, the Reg. Agt. upon whom proc. may be served. Purpose: any lawful purpose. LCD-7014 (August 13, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is NEW ENGLAND LASER & COSMETIC SURGERY CENTER, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 6, 2003. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 1072 Troy-Schenectady Road, Latham, New York 12110. LCD-7013 (August 13, 2003)

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of Turbo Parts, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/31/03. Office location: Albany County, LLC formed in Minnesota (MN) on 7/25/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 29 British American Blvd., Latham, NY 12110. MN address of LLC: 4200 IDS Center, Minneapolis, MN 55402. Arts. of Org. filed with MN Secy. of State, 100 Rev. Dr. Martin Luther King, Jr. Blvd., St. Paul, MN 55101. Purpose: all lawful purposes. LD-6098 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of MD & A Generator Services, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/31/03. Office location: Albany County, LLC formed in Minnesota (MN) on 7/17/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 29 British American Blvd., Latham, NY 12110. MN address of LLC: 4200 IDS Center, Minneapolis, MN 55402. Arts. of Org. filed with MN Secy. of State, 100 Rev. Dr. Martin Luther King, Jr. Blvd., St. Paul, MN 55101. Purpose: all lawful purposes. LD-6097 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Adirondack Services, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/31/03. Office location: Albany County, LLC formed in Minnesota (MN) on 4/11/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 29 British American Blvd., Latham, NY 12110. MN address of LLC: 4200 IDS Center, Minneapolis, MN 55402. Arts. of Org. filed with MN Secy. of State, 100 Rev. Dr. Martin Luther King, Jr. Blvd., St. Paul, MN 55101. Purpose: all lawful purposes. LD-6096 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Mohawk Labor Services, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/31/03. Office location: Albany County, LLC formed in Minnesota (MN) on 4/11/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 29 British American Blvd., Latham, NY 12110. MN address of LLC: 4200 IDS Center, Minneapolis, MN 55402. Arts. of Org. filed with MN Secy. of State, 100 Rev. Dr. Martin Luther King, Jr. Blvd., St. Paul, MN 55101. Purpose: all lawful purposes. LD-6095 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Growth Capital Partners, L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 5/6/2003. Office location: Albany County, LP formed in Texas (TX) on 11/1/1999. 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. TX address of LP: 363 North Sam Houston Pkwy. East, Suite 455, Houston, TX 77060. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with TX Secy. of State, P.O. Box 13697, Austin, TX 78711. Purpose: to provide business and financial advisory and consulting services. LD-6087 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of OSTEOMED L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 7/15/03. Office location: Albany County, LP formed in Delaware (DE) on 12/3/02. 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. Principal office of LP: 3885 Arapahoe Rd., Addison TX 75001. Name/address of genl. ptr.

LEGAL NOTICE

available from SSNY. Cert. of LP filed with De Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD-6083 (August 13, 2003)

LEGAL NOTICE

Notice of Formation of Argor USA, L.L.C. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 1/2/02. 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 Rosemarie Eminente, 12 Normandy Court, Ho-Ho-Kus, NJ 07423. Purpose: any lawful activities. LD-6082 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of CPK NYC, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/1/03. Office location: Albany County, LLC formed in Delaware (DE) on 6/4/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: c/o CSC, 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD-6081 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Progressive Logistics Services, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/17/2003. Office location: Albany County, LLC formed in Georgia (GA) on 5/27/1999. 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. GA address of LLC: 4 Executive Park East, Suite 400, Atlanta, GA 30329. Arts. of Org. filed with GA Secy. of State, 2 Martin Luther King, Jr. Drive, Room 604, West Tower, Atlanta, GA 30334. Purpose: all lawful purposes. LD-6080 (August 13, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of LLC is LODGE STREET, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 25, 2003. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in 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 c/o JRN Development, LLC, 302 Washington Avenue Extension, Albany, New York 12203. LCD-6079 (August 13, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Articles of Organization of Wonovia LLC, a limited liability company, were filed with the New York Secretary of State on June 23, 2003. The principal office of the LLC is located in Albany County. The Secretary of State has been designated as agent to the LLC upon whom process against it may be served. The Secretary of State may mail a copy of any process against the LLC served upon him or her to 136 Chestnut Street, Albany, NY 12210. The character of the business of the LLC is plastics materials design and development consulting. LD-6078 (August 13, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is THE

LEGAL NOTICE

CROSSING II, LLC. The Articles of Organization of the LLC were filed with the New York Secretary of State on July 23, 2003. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 116 Wolf Road, Albany, New York 12205. LCD-6076 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of VIBROFLOORS WORLD GROUP UNITED, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/7/03. Office location: Albany County, LLC formed in Georgia (GA) on 6/19/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207. GA address of LLC: 180 Walter Way, Suite 114, Fayetteville, GA 30214. Arts. of Org. filed with GA Secy. of State, 315 West Tower, 2 Martin Luther King, Jr. Drive, Atlanta, GA 30334. Purpose: any lawful activity. LD-6074 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of ACUMED LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/3/03. Office location: Albany County, LLC formed in Delaware (DE) on 10/22/02. 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: 5885 NW Cornelius Pass Rd., Hillsboro, OR 97124. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD-6073 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Courtesy Outdoor Finance, LLC, App. for Auth. filed Secy. of State (SSNY) 7/16/03. Office location: Albany County, LLC org. in GA 10/17/02. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 325 Five Acre Road, Alpharetta, GA 30004, the principal office addr. of LLC. Art. of Org. on file: SSGA, 315 West Tower, 2 Martin Luther King Jr. Dr., Atlanta, GA 30334. Purpose: any lawful purpose. LCD-6070 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of WS Insurance Services, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/2/2003. Fictitious name in NY State: WS Insurance Agency. Office location: Albany County, LLC formed in Virginia (VA) on 10/29/1971. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. VA address of LLC: c/o CSC, 11 South 12th St., Richmond, VA 23218. Arts. of Org. filed with VA State Corporation Commission, 1300 East Main St. P.O. Box 1197, Richmond, VA 23218. Purpose: any lawful activity. LD-6068 (August 13, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BUSINESS SYSTEMS AND CONSULTING, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/18/03. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 107 Grand Street, Altamont, New York 12009. Purpose: For any lawful purpose. LD-6066 (August 13, 2003)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of professional limited liability company (PLLC): Name: Timothy R. Esmay, D.D.S., PLLC, Articles of Organization filed with Secretary of State of New York (SSNY) on 05/22/03. Office location: Albany County, SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail copy of process to Timothy R. Esmay, D.D.S., PLLC, 877 Western Avenue, Albany New York 12203. Term: Perpetual. Purpose: orthodontic practice and any other lawful purposes. LD-6063 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Anaheim Angels L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 6/30/2003. Office location: Albany County. LP formed in California (CA) on 5/15/1996. 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. CA address of LP: 2000 Gene Autry Way, Anaheim, CA 92806. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with CA Secy. of State, 1500 11th St., 3rd Fl., Sacramento, CA 95814. Purpose: any lawful activity. LD-6061 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Five Long Island Properties, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/10/03. Office location: Albany County. LLC formed in Delaware (DE) on 6/12/03. 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: c/o SunAmerica Life Insurance Company, 1 SunAmerica Center, Los Angeles, CA 90067. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD-6049 (August 13, 2003)

LEGAL NOTICE

Notice of Publication:
1. The name of the Company is O & H MANAGEMENT, LLC.
2. Articles of Organization were filed on 6/6/2003 with the secretary of state.
3. The county within the State of New York in which the Company is to be located is Albany.
4. The Secretary of State is designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 12 Sheridan Avenue, Albany, NY 12207.
5. There is no registered agent.
6. There shall be no specific date of dissolution.
7. The purpose of the company is to engage in any lawful act or activity for which limited liability company may be organized under the limited liability company law of the State of New York. The Company is not formed to engage in any act requiring the consent of any state agency without such consent first being obtained. LD-6039 (August 13, 2003)

LEGAL NOTICE

NOTICE OF PUBLICATION
FORMATION OF A NEW YORK LIMITED LIABILITY COMPANY PURSUANT TO NEW YORK LIMITED LIABILITY COMPANY LAW SECTION 206 (c).
1. The name of the limited liability company is Miller-Wolbin Anaerobic Microbiology, LLC
2. The date of filing of the articles of organization with the Department of State was May 23, 2003.
3. The county in New York in which the office of the company is located is Albany.
4. The Secretary of State has been designated as agent of the Company upon whom process may be served, and the Secretary of State shall mail a copy of any

LEGAL NOTICE

process against the company served upon him or her to Miller-Wolbin Anaerobic Microbiology, LLC
c/o Terry Miller
20 Mayfair Drive
Slingerlands, NY 12159-9701
5. The latest date upon which the company is required to be dissolved is 8/31/2049
6. The business purpose of the company is to engage in Assisting individuals and corporations with the development of products, the marketing of patents, and the solution of problems relating to anaerobic microbial ecosystems (e.g., intestinal tract and anaerobic waste decomposition systems) and other microbial ecosystems. LD-6038 (August 13, 2003)

LEGAL NOTICE

Notice of Formation of Fifth Avenue Luxury Group LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 7/9/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Purpose: selling watches, gift items, jewelry and accessories, and engaging in any lawful act or activity for which limited liability companies may be formed under the limited liability company law. LD-6035 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of CenterOne Remarketing Services, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/20/03. Office location: Albany County. LLC formed in Delaware (DE) on 4/30/01. 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., Suite 4, Dover, DE 19901. Purpose: all lawful purposes. LD-6032 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Ingenio Y Refineria San Martin del Tabaco S.R.L. Authority filed with Secy. of State of N.Y. (SSNY) on 6/20/03. Fictitious name in NY State: Ingenio Y Refineria San Martin del Tabaco, LLC. Office location: Albany County. LLC formed in Argentina on 7/15/02. 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. Office address of LLC in Argentina: Av. Leandro N. Alem 986-Piso 9, Buenos Aires (1001) Argentina. Arts. of Org. filed with Public Registry of Commerce, Buenos Aires, Argentina. Purpose: any lawful activity. LD-6031 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Kelson Industrial Service Co., Ltd. Authority filed with Secy. of State of N.Y. (SSNY) on 4/18/03. Office location: Albany County. LP formed in Texas (TX) on 12/23/02. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: Colby Attorneys Service Co., Inc., 41 State St., Suite 106, Albany, NY 12207, registered agent upon whom process may be served. TX address of LP: 2221 Sens Rd., La Porte, TX 77571. 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-6024 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Omnicare Respiratory Services, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/17/03. Office location: Albany County. LLC formed in Delaware (DE) on

LEGAL NOTICE

6/21/02. 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: Omnicare, Inc., 100 East River Center Blvd., Suite 1600, Covington, KY 41011. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-6023 (August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Zilkha Renewable Energy, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/27/03. Office location: Albany County. LLC formed in Delaware (DE) on 3/19/1998. 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: c/o The Corporation Trust Co., 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: all lawful purposes. LD-6019 (August 13, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF DOWNLOAD RECORDS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/26/03. Office location: Albany County. SSNY designated as the Agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to 4 Old Valley Road, Schenectady, NY 12309. Purpose: To engage in any lawful act for which limited liability companies may be organized. LCD-6014 (August 13, 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
(August 13, 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 (August 13, 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: 27936 Aaron St., Deer Park, TX 79536. 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 (August 13, 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 (August 13, 2003)

LEGAL NOTICE

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, August 20, 2003, at 7:45 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of US Mart (Applicant), Amna Enterprises, Inc. (Owner), for a Special Exception under Article VI, Permitted Uses, Section 128-17 C (3), CC Retail Commercial District of the Code of the Town of Bethlehem for an alteration to an existing structure to allow the sale of items not listed under the previously granted Special Exception at the premises 414 Route 9W, Glenmont, New York 12077.
Michael C. Hodom
Chairman
Board of Appeals

LD-7012
(August 13, 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, August 20, 2003, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of David Lawrence, 4 Magee Drive, Glenmont, New York for Area Variance under Article XII, Percent of Lot Occupancy, Section 128-49, Total Building Area, Section 128-55, Accessory Structures of the Code of the Town of Bethlehem for construction of a detached garage, which will exceed the Total Building Area and also exceed the lot occupancy for accessory structures at the premises 4 Magee Drive, Glenmont, New York 12077.
Michael C. Hodom
Chairman
Board of Appeals

LD-7011
(August 13, 2003)

LEGAL NOTICE

WORCESTER 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

LEGAL NOTICE

Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 596 New Loudon Road, Latham, New York 12110. LD-7010 (August 13, 2003)

LEGAL NOTICE

NOTICE OF PUBLIC HEARING
TOWN OF BETHLEHEM
NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town Board of the Town of Bethlehem on the 27th day of August, 2003 at 7:30 p.m. to consider a proposed Local Law Amending the Code of the Town of Bethlehem as follows:
AMEND VEHICLE AND TRAFFIC ARTICLE VI, Section 119-33, Schedule VII, Stop Intersections as follows:
ADD: Stop signs on Orchard Street at its intersection with Fisher Boulevard from both directions.
All interested persons and citizens will have an opportunity to be heard at the said hearing. The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who are in need of assistance in order to participate should contact Nan Lanahan at 439-4131. Advanced notice is requested.

BY ORDER OF THE TOWN BOARD
KATHLEEN A. NEWKIRK,
CMC, RMC
TOWN CLERK
Dated: July 9, 2003

LD-7010
(August 13, 2003)

LEGAL NOTICE

Notice of Qualification of Sheraton Long Island Properties, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/10/03. Office location: Albany County. LLC formed in Delaware (DE) on 6/23/03. 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: c/o Northridge Capital, Inc., 1000 Potomac St., NW, Suite 150, Washington, DC 20007. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-6037 (August 13, 2003)

LEGAL ADVERTISERS:
Please note our new
Legal Advertising Deadline is
Friday at 11:00 A.M.

Obituaries

Edmund Cleveland

Edmund J. Cleveland, 78, of Adriance Lane in Slingerlands died Tuesday, Aug. 5, at St. Peter's Hospital in Albany.

Born in Charleston, he lived in Sloansville before moving to Slingerlands many years ago.

He was a graduate of the former Cobleskill High School.

Mr. Cleveland was an Army veteran of World War II, serving in the European Theater.

He worked for the State University as an account clerk for 26 years before he retired.

He was a member of the CSEA Employees Retirement Association.

Survivors include two sisters, Edna M. Gahr of Naples, Fla., and Marjorie R. Tierney of St. Petersburg, Fla.

Services were from the langan Funeral Home in Central Bridge.

Burial with full military honors was in Sloansville Valley Cemetery.

Harlow Wetmore

Harlow G. Wetmore, 98, of Delmar, died Sunday, Aug. 3, at St. Peter's Hospital in Albany.

Born in Troy, he was president and salutatorian of his 1923 Lansingburgh High School class and a graduate of Colgate University.

He was a member of the editorial staff of *The Record* of Troy. From 1929 through 1970, he worked in the sales and traffic department of the former New York Telephone Co. and from 1970 to 1985, he was a special representative in the United States for Buchan Industries of New Jersey.

Mr. Wetmore was a member and vestryman of St. Paul's Episcopal Church in Albany.

He was a founding member and first president of Episcopal Men of the Diocese of Albany, a member of the diocesan council and a delegate to the triennial national Episcopal Church general convention.

He was a member of the Telephone Pioneers and had served as president of its former Eastern New York Council.

Mr. Wetmore was a volunteer at Child's Nursing Home and a visitor of shut-ins for St. Paul's Church.

He was husband of the late Frances Alden Wetmore.

Survivors include a daughter, Janice Romero of Delmar; and a granddaughter, Loretta Romero of Albany.

Services were from St. Paul's Episcopal Church.

Arrangements were by the Daniel Keenan Funeral Home in Albany.

Contributions may be made to Columbarium Environment Fund, St. Pual's Episcopal Church, 21 Hackett Blvd., Albany 12208.

Marjorie Holden

Marjorie Blessing Holden, 79, of Delmar, and formerly of Cohoes, died Sunday, Aug. 3, at Hospice Inn at St. Peter's Hospital in Albany.

Born in Bethlehem, Pa., she was educated in Middletown, Orange County, and graduated from Watervliet High School.

She was a communicant of St. Michael's Church in Cohoes and a former parishioner of St. Patrick's Church in Cohoes, where she was a member of its Mothers Club and past president of the Rosary Society.

She worked as a supervisor for the Albany County Board of Elections for many years, retiring in 1986.

Survivors include her husband, Charles H. Holden of Delmar; three daughters, Ann Palin of Clifton Park, Cathy Rogowski of Cohoes and Diane Colacino of Delmar; a sister, Dorothy Brown of Cohoes; nine grandchildren; eight great-grandchildren and two great-great-grandchildren.

Services were from the Fitzgerald Funeral Home in Cohoes and St. Michael's Church.

Burial was in St. Michael's Cemetery.

Contributions may be made to Good Samaritan Health Care Center, D Wing, 125 Rockefeller Road, Delmar 12054 or Community Hospice of Albany, 445 New Karner Road, Colonie 12205.

Joseph Filiberti

Joseph Filiberti, 89, of Delmar died Tuesday, Aug. 5, at Hospice Inn at St. Peter's Hospital in Albany.

Born in Cornol Parma, Italy, he served in the Italian Army for 10 years and was a political prisoner of war in Germany during World War II.

He moved to New York City in 1949 and to Delmar in 1980.

He worked for the Marlyn Warehouse in Long Island City for 27 years, retiring in 1971.

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

He was husband of the late Mary Rose Lusardi Filiberti.

Survivors include a daughter, Elvira McCarry of Delmar; a sister, Alice Restani of Italy; and a granddaughter, Jennifer McCarry of Delmar.

Services were from the Applebee Funeral Home in Delmar and the Church of St. Thomas the Apostle.

Burial was in Calvary Cemetery in Glenmont.

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

Alfred Shutts

Alfred Shutts, 79, of Delmar died Wednesday, Aug. 6.

Born in Great Barrington, Mass., he was a World War II veteran.

Mr. Shutts was a carpenter for Local 370.

He was a member of the American Legion, Oxbow Club of Hillsdale and Onesquethaw Rod & Gun Club.

Survivors include his wife, Evelyn S. Shutts; a daughter, Sandra Conley of Delmar; a son, Mark Shutts of Willsall, Mont.; a sister, Evelyn Rogers of Hudson; a stepsister, Charlotte Shutts of Hillsdale; three grandchildren; and a great-grandchild.

Services were from the Oxbow Club.

Arrangements were by the Meyers Funeral Home in Delmar.

Mary Connolly

Mary C. Connolly, 78, of Good Samaritan Lutheran Nursing Home in Delmar, died Saturday, Aug. 9, at the home.

Born in Hudson, she was a graduate of Hudson High School.

Mrs. Connolly was a longtime resident of the Troy area. She was a court clerk for the Rensselaer County Sheriff's Department and the owner of Time-Out Restaurant. She was the widow of J. Leo Connolly.

Survivors include a son, J. Patrick Connolly of Colonie; three daughters, Mary Weatherwax of Delmar, Colleen Brown of Cambridge and Eileen Charles of Troy; a sister, Marguerite Klevitch of Colonie; 14 grandchildren; and 10 great-grandchildren.

Services are scheduled from the Wm. Leahy Funeral Home, 336 Third St., Troy, at 9:30 a.m. Friday, Aug. 15, and St. Peter's Church at 10 a.m., where a Mass of Christian Burial will be celebrated.

Friends may call from 4 to 8 p.m. on Thursday.

For directions and guest book, visit www.leahy-bocketti.com

Burial will be in St. Peter's Cemetery in Troy.

Memorial service

A memorial service for Mary R. Beecher, who died in February, has been scheduled at 10 a.m. Thursday, Aug. 14, at the Church of St. Thomas the Apostle, 42 Adams Place, Delmar.

Following the service, there will be a luncheon at Normanside Country Club, 150 Salisbury Road, Delmar.

NYCLU

(From Page 1)

The organization believes this is the only way to ensure both parents and children are consciously choosing to be included on recruiting lists.

A small number of schools have heeded the NYCLU's advice and adopted opt-in policies, including the Fairport school district outside of Rochester and the Averill Park school district.

"What we need to do is provide the military with a list if they ask for it. It wasn't real clear if it had to be an opt-in or opt-out list," said Josephine Moccia, assistant

superintendent of the Averill Park school district.

The district also gives parent the option of choosing to take part in a college recruiting list, but not necessarily a military list.

The NYCLU says that district that adopt opt-in policies and generate individualized lists will not suffer from a lack of federal and state funding.

For now, deciding how to best comply with the federal law seems to be in the hands of each individual school district.

Fire

(From Page 1)

Westwood, would begin at \$900 a month for a one-bedroom apartment and climb to \$1,750 for a three-bedroom apartment.

Before Kontogiannis' plan can get a preliminary green light, the city must agree to rezone the property that is currently designated for single-family homes. The area would need to be zoned for multi-family, high-rise, residential use.

"It's a change in the appearance of the neighborhood," acknowledges Richard Nicholson of the city's Department of Development and Planning, which is currently reviewing the proposal. The complex would sit directly across from Ohav Shalom Senior Citizens Housing Project, a 14-story apartment complex. Single-family homes border the site and continue down nearby roads.

Darlene Jerry grew up on Andover Road, barely half a mile from the projected complex, where she and her husband Brian now live in a quaint country cottage. The couple recently submitted a letter signed by roughly a dozen neighbors who oppose rezoning the land to city officials.

"The city of Albany will get a tax revenue from it and everybody else around here, including the town of Bethlehem, will get the impact," said Brian Jerry.

Neighbors argue a residential

area is the wrong location for high-rise complex that would bring at least 300 more cars to an already strained Krumkill Road. Because the proposed complex sits just off Route 85, Nicholson said the city will likely consult with the state Department of Transportation to determine what traffic problems could result from the project.

"There may be other, more suitable sites to launch an experiment in luxury apartment construction," said Joseph Sullivan, who serves as president of Albany's Buckingham Pond Crestwood Neighborhood Association. "For example, downtown, along the Hudson River," he added.

Sullivan is asking the developer to conduct a survey of nearby employers and workers. The New Scotland Avenue area prove a demand for this type of housing truly exists. The longtime Albany resident feels the city could learn a lesson from past mistakes.

Sullivan pointed to a similar high-end apartment complex built on Central Avenue decades ago that has since failed. Central Towers now houses low-income residents.

"Neither the neighborhood nor the city and school system should be exposed to such a risk," said Sullivan.

The Albany Common Council is expected to address the zoning issue at its Aug. 18 meeting.

RCS

(From Page 1)

auditorium will be equipped with a new lighting and sound system.

Outside improvements at the high school include an additional 100 parking spaces and new bleachers at the athletic fields.

The middle school will see the creation of a new band room and renovations to the cafeteria, computer room, offices and the special education room.

All of the work is expected to be complete by 2005, according to the district, marking the end of the four-year project.

In order to bring the project to its final phase, the board of education was forced to scale back the work earlier this year.

Renovations to the two schools were slated to begin in the summer of 2002, but the proposed

\$14 million budgeted for the work fell short. The district attributed the shortfall to the length of the project and unexpected construction work that arose. The work included asbestos removal, increased classroom ventilation, the middle school and the addition of parking spaces and sidewalks at the middle and high schools.

To stay within the budget, the board of education decided earlier this year to eliminate an expansion of the district office, the middle school, renovations to the bus garage and scrap plans to construct a new concession stand at the athletic fields. The district is looking for alternative ways to fund those projects.

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.

Conserve water



Ronald and Alicia Benner

Berg, Benner wed

Alicia Berg, daughter of Herman and Fannie Berg of Kingston, and Ronald Benner Jr., son of Ronald and Leslie Benner of Saratoga Springs, were married June 14 at St. Mary's Church in Kingston.

A reception followed at Hillside Manor in Kingston.

The matron of honor was Diana Bartells.

Bridesmaids were Kathleen Benner, Beth Black and Gina Menendez.

The best man was Nick

Aquino. Ushers were Brian Benner, Tim O'Brien and Jamie Boyce.

The bride is a graduate of the University at Albany and New York Chiropractic College.

She is a chiropractor at Dudick Chiropractic in Albany.

The groom is a graduate of the University at Albany and New York Chiropractic College.

He is a chiropractor at Delmar Chiropractic.

The couple lives in Delmar.

Dean's List

Smith College

Cathryn Oakley of Slingerlands.

University of Rochester

Timothy Corson, Daniel Israel, Daniel DiPaolo and Jennifer Zogg, all of Delmar; Megan Fish of Glenmont; and Amy Shatsoff of Slingerlands.

Paintings on display at Delmar cafe

The Tuesday evening oil painting class of the Bethlehem Central adult education class are showing their paintings at Java Jazz in Main Square in Delmar through Aug. 15.

Everyone is invited to drop by and view the works on display during regular business hours.

Those displaying their works are Jocelyn Cole-Calkins, Linda Cutler, Sue Fox, Lee Grefalda, Ed McAllister, Mehdi Shayegani, Tanya Stefanik, Kate Thibault, Mary Tierney and Mason Forando.

Glenmont student studying in Ireland

Gregg Ciprioni of Glenmont, a junior history major at Carleton College, will be participating in a Carleton English Seminar in Ireland.

The off-campus program is offered during the summer to students who are interested in Irish literature and culture.

The seminar will be held in locations throughout Ireland including Dublin, Louisburgh, Belfast and Cork.

Upon arriving, students will study a variety of topics. They will also write extensively during their studies. In addition, students can attend many lectures, readings and plays and can independently travel throughout Ireland.

Ciprioni is the son of Nancy and Richard Ciprioni.

Student named valedictorian

Deborah Spinosa of Delmar was named valedictorian of the Sage College of Albany class of 2003. She graduated summa cum laude, with a 3.97 cumulative grade point average.

Spinosa gave the valedictory address to her classmates, professors, administrators, family and friends at the college's honors convocation in May.



Tammy Kaplan and Jason Spiewak

Kaplan, Spiewak engaged

Tammy Kaplan, daughter of the New York City Schools and a John and Debbie Kaplan of Selkirk, and Jason Spiewak, son of Michael Spiewak of New Hope, Pa., and Ilene Spiewak of Yardley, Pa., are engaged to be married.

The future groom is a graduate of Penn State University.

He is a product manager for Studio E Records in New York City.

The couple plans an Oct. 19 wedding.

She is a third-grade teacher in

DeCarlo, Potter marry

Erica Marieanna DeCarlo, daughter of Marieanna DeCarlo of Endwell, Broome County, and the late Frederick DeCarlo, and Larry Edward Potter, son of Maurice Potter of Royal Oak, Mich., and Linda C. Potter of Holland, Mich., were married July 5 at Bethlehem Community Church in Delmar.

The bride is a graduate of Union College, where she also earned a master's degree in teaching.

She is a math teacher at Bethlehem Central High School.

The groom is a graduate of Maranatha Baptist Bible College in Wisconsin.

He is a network administrator at Wheaton College in Illinois.

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

Mail weddings, engagements

The Spotlight would like to publish your engagement, wedding or anniversary announcement and photo. There is no charge for this community service.

Black and white photos are preferred, but color photos are acceptable. Polaroid photos cannot be printed.

For information and submission forms, call 439-4949. Mail announcements to P.O. Box 100, Delmar 12054.

Wedding Directory for Bridal Services



FLORISTS

Floral Garden Specializing in Weddings 339 Delaware Ave., Delmar, 478-7232 www.thefloralgarden.com Catering to all budgets

JEWELRY

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

INVITATIONS

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

PHOTOGRAPHY

Personal, Professional Photographic Services. - 469-6551.

Community Corner



Pool hours change Aug. 16

End of the season pool hours will go into effect Saturday, Aug. 16, at Elm Avenue Park.

The pool complex will be open Monday to Friday from 11:30 a.m. to 7:30 p.m. and weekends and Labor Day from 11 a.m. to 7 p.m.

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And of course, we always welcome and print letters on our **Opinion** pages, so that you can read what your neighbors are talking about.

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50

2001 graduates
3 supplement inclusions

even Shaker grads
in national award
see page 3

State Museum features
American landscapes
family entertainment section

LoudonvilleSpotlight

Giddy grads

town board approves
rowing club agreement

By GARY MACES
The town board approved a new agreement with the Shaker Rowing Association, a national organization, to use the Shaker Lake as a training area for rowing. The agreement was approved by a 4-2 vote on Tuesday night.

The agreement allows the Shaker Rowing Association to use the lake for rowing and to use the lake as a training area for rowing. The agreement also allows the Shaker Rowing Association to use the lake as a training area for rowing.

This is a huge step forward for the program and the kids.

about 100 and 150 rowers would be training on the lake. The town would have the rowers on a new table. The town would have the rowers on a new table. The town would have the rowers on a new table.

West Nile program
is outlined online

By GARY MACES
The town board approved a new agreement with the Shaker Rowing Association, a national organization, to use the Shaker Lake as a training area for rowing. The agreement was approved by a 4-2 vote on Tuesday night.

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Class of 2001
3 supplement inclusions

50

[illegible][illegible]

Plotter Kill is region's
hidden treasure
» See Page 3

Irish music
abounds in March
» Family entertainment section

Spring Home
Improvement
» Homeowner's Guide

SCOTIA-GLENVILLE
Vol. VII, No. 8 March 7, 2002 \$5.00

Scotia
seeks firm
to help on
warehouse

Park 'n' bark

Spotlight

By PHIL SCHWARTZ
The first of the new
year has begun in the
city of Scotia-Glenville.
The city is looking for
a firm to help with the
warehouse. The city is
looking for a firm to
help with the warehouse.
The city is looking for a
firm to help with the
warehouse. The city is
looking for a firm to
help with the warehouse.



Legislature fails to OK
Glendale Home study
» See Page 4

Flowers.

[illegible][illegible]

Family ENTERTAINMENT

CALENDAR ARTS & ENTERTAINMENT



An A-Fair to Remember

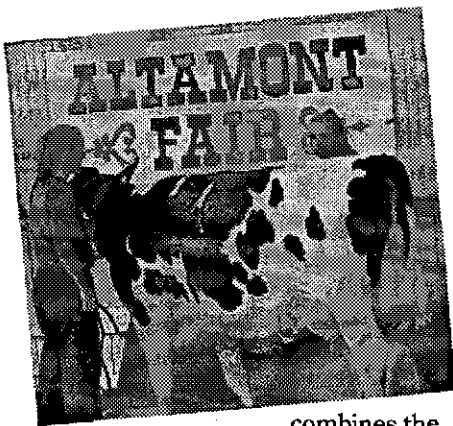
By DONNA J. BELL

Yes indeed, if it's August it's time for racing pigs, corn dogs, the tilt-a-wheel, giant pumpkins, music and of course, the midway. You'll find all that and more at the Sunflower Fair — more commonly known as the Altamont Fair. This year the fair is celebrating 110 years of games, rides, educational exhibits, agricultural competitions, farm animals, great gooey, greasy fair food and fun.

"The fair is about tradition," said Jerry Oliver, the fair's media director. "Like the 4-H kids who plan for the whole year to the fireworks — it just encourages families to come." This year, as in the past, there is plenty for families to enjoy.

One "star" attraction for everyone in the gang is the Star Family Circus, which performs daily at 1, 3:30 and 6 p.m. on the infield. Headlined by the Garcia family with dad Oscar and mom Kathy and their three children, Aaron, 16, Celeste, 15, and Reyna, 12, the entire family performs feats of daring-do. Born into a circus family Oscar traveled his whole life with the circus and met his future wife Kathy when she was working as a flying trapeze artist and soon after the kids joined the act.

Also performing on the infield each day at 2, 4 and 6 p.m. you'll find local favorites, the Poppytown Puppets & Music presenting a unique show that



combines the excitement of a live band with all the fun and enchantment of a magical stage show. Performing for more than twenty years, husband and wife team, Marilyn Schroeder and Martin Howard draw the audience into the show. The adults will enjoy the puppets "playing" instruments, while the children are enchanted as they sing along with the band. The show also includes fast paced, family oriented, adventure stories with plenty of audience participation — you should come prepared to cheer the hero and boo the villain.

There would be plenty of squealing from the crowd if Robinson's Racing Pigs weren't on hand. It's an Altamont tradition to pick your favorite and cheer the little porker on. Who needs Funny Cide and the Saratoga Race track? Just head on over to gate three at 11:30 a.m. and 1, 2:30, 4, 5:30, and 7 p.m. And

for those of you who want to get even closer to the animals the petting zoo opens at 10 a.m. every day.

For some hands-on fun The Backyard Circus invites families to return to the days before TV — when boys and girls made up their own fun in their own back yards. The costumes drop right over kids' clothes and all are welcome to join in this nostalgic exercise of pure imagination at the Circus Museum at noon, 2:30 and 4:30 p.m.

Mad Science will also be on stage at Gate 1 with a multi-sensory experience of sound, 3D video animation, lighting, laser effects, pyrotechnics, and interactive science for children and parents. Right after the show stop by the Interactive Discovery booth to explore even more.

No fair would be complete without Reithoffer's Midway that opens at 10 a.m. every day (Sunday 11 a.m.) The fair is promising a few new rides this year, along with all of your old favorites, including an extensive "kiddy" area.

The Altamont fair is also known for its museums, which open daily at 10 a.m. and run until 10 p.m. The museums, which are always being enhanced, offer a window to the past. As you wind your way through a vast collection of artifacts, memorabilia and exhibits illustrating life and the ingenuity and inventiveness of our forefathers, you can experience the challenges, hardships and joys of "the good life" of years gone by.

After reflecting on the past, you can take in one of the main attractions, which Oliver said are bigger and better in 2003.

"We have really beefed up the grandstand shows this year," Oliver said. "Beatlemania has gotten great reviews and we really worked to get the bull-riding, which is very entertaining, to come back to the fair."

Each day offers a different special. On opening day, Tuesday, Aug. 12 you

can ride the midway all day for only \$12 with a coupon and see Beatlemania at the grandstand at 7 p.m.

On Aug. 13 children 14 and under are free, there will also be bull riding at the grandstand at 7 p.m. and the Back Forty Band at the Reid F. Northrup stage at 8:15 p.m.

You can ride the midway all day for only \$13 with a coupon on Aug. 14, see the bull riding again and enjoy Round Bale Conspiracy at 8:15 at the Reid F. Northrup stage.

On Aug. 15 children 14 and under are free and it will only cost you one ticket off per ride until 5 p.m. The grandstand will feature the Figure 8 Demolition Derby at 7 p.m. and local favorite Hair of the Dog will play at 8:15 p.m.

Saturday the 16th will feature fireworks at 9:30 p.m., Motorcross at the grandstand at 7 p.m. and the Burners U.K. playing at 8:15 p.m. And on Sunday, the 17th, the last day of the fair, you only pay one price to ride the midway and as always they end the fair with the Fireman's demolition derby and the Grand Slam

Derby at the Grandstand at 7 p.m.

In between all the major shows you find sheep shearing demonstrations, arts and crafts exhibits, fruits, vegetables, plants & flowers, 4-H exhibits, pony & horse shows and all your favorite fair attractions.

The Altamont Fair opens its gates at 8 a.m., the exhibits begin closing at 10:00, but the rides and games on the Midway remain open as late as midnight.

Advance sale tickets (\$6 for adults, kids 12 and under are free) can be purchased at Price Choppers. During the week of the Fair, tickets (\$8 for adults) may be purchased at any of the six gates of entry to the fair. Parking is free. If you don't want to drive you can also hop a free CDTA bus from Albany or Schenectady. For a schedule of buses call 482-8822. For information or directions to the fair visit www.altamontfair.com.



ARTS and ENTERTAINMENT

Theater

COWGIRLS

Capital Repertory, 111 N. Pearl St., Albany, through Aug. 23, \$24 to \$39. Information, 445-7469.

MY FAIR LADY

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

CINDERELLA

Park Playhouse II, Washington Park, Albany, Tuesday through Sunday at 5:30 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.

THE SECRET GARDEN

Mac-Haydn Theatre, Route 203, Chatham, through Aug. 17, \$19.90 to \$21.90. Information, 392-9292.

HOLLYWOOD PINAFORE

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

Music

THE PHILADELPHIA ORCHESTRA

Saratoga Performing Arts Center, Saratoga Springs, Aug. 13 — works by Glinka, Shostakovich and Tchaikovsky, with cellist Boris Pergamenchikov; Aug. 14 — works by Mussorgsky, Prokofiev and Shostakovich, with pianist Martha Argerich; Aug. 15 — works by Borodin, Rachmaninoff and Prokofiev, with pianist Boris Berezovsky; Aug. 16 — Tchaikovsky Spectacular, with violinist Nikolaj Znaider, followed by fireworks; Aug. 20 — works by Mozart, Poulenc, Ravel and Stravinsky, with pianist Martha Argerich; 8:15 p.m.; \$14.50 to \$56. Information, 587-3330.

ERIC BURDON AND THE ANIMALS

with NRBO, part of Food Festival, Empire State Plaza, Albany, Aug. 13, 6 p.m., free. Information, 473-1845.

THE ROBERT CRAY BAND

The Egg at Empire State Plaza, Albany, Aug. 14, 8 p.m., \$26. Information, 473-1845.

SHA NA NA

Fabulous 50s Dance Party, Coming Preserve, Albany, Aug. 20, 7 p.m., free.

THE HOUSE JACKS

with Harmonytrix, Central Park, Schenectady, Aug. 17, 4 p.m., free. Information, 382-0447.

SHIRLEY ALSTON REEVES

of the Shirelles, with The Tokens, Empire State Plaza, Albany, Aug. 20, 7 p.m., free.

Dance

AJKUN BALLET COMPANY

The Egg at Empire State Plaza, Albany, Aug. 15, 7 p.m., performing Act III of Swan Lake, We, Ivan the Terrible and Regalia, \$18, \$13 for seniors, students and 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

Fragile Works: The Steinmetz Photograph Collection, 1892-1910, through Aug. 15; Oakroom Artists: Member Exhibition, through Aug. 25; 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.

LOCAL COLOR ART GALLERY

961 Troy-Schenectady Road, Latham, Summer Waters and Gardens, through Sept. 30. Information, 786-6557.

Call for Artists

DELMAR COMMUNITY ORCHESTRA

openings in the string, horn and percussion sections. Information, 439-7749.

COLONIE TOWN BAND

several openings, rehearsals on Mondays at 7:30 p.m. at town hall, Route 9, Newtonville. Information, 783-2760.

COLONIE CENTENNIAL BRASS CHOIR

openings for brass players, rehearsals on first Thursday and third Tuesday of the month, at 7:15 p.m., town hall, Route 9, Newtonville. Information, 783-2760.

SUBURBAN SOUNDS COMMUNITY CHORUS

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

FRIENDSHIP SINGERS

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

SIENA CHAMBER ORCHESTRA AND CHOIR

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

ANNIE SCHAFFER ORCHESTRA

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

MALE SINGERS NEEDED

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

MONDAY MUSICAL CLUB WOMEN'S CHORUS

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

ARTISTS WANTED

exhibit space available for original paintings at Local Color Art Gallery, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

CRAFTERS WANTED

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

Classes

DANCE CLASSES

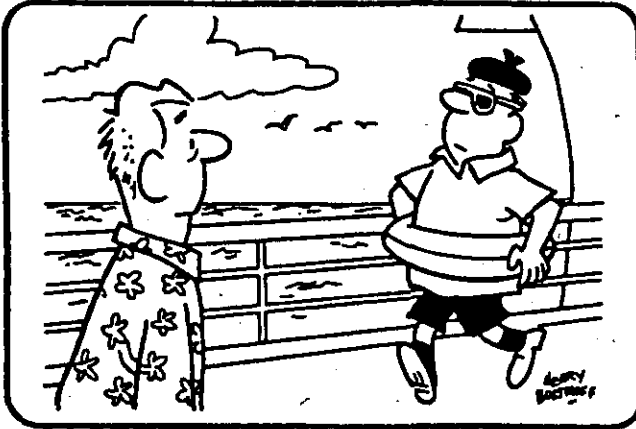
ongoing, all levels, ballet, jazz and modern, New School of Ballet, 1098 Parkwood Blvd., Schenectady, Mondays to Thursdays and Saturdays. Information, 346-1096.

ART CLASSES

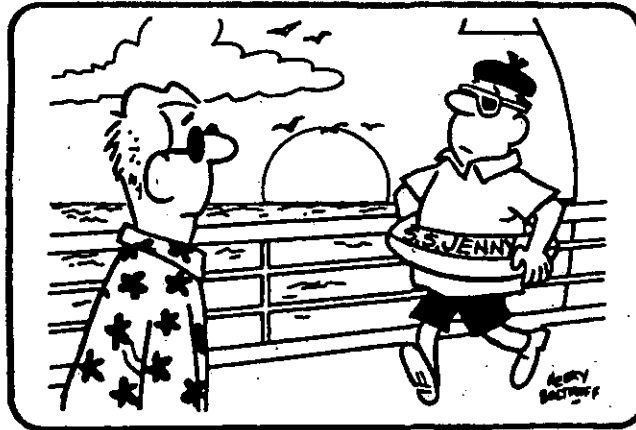
watercolor, oil and drawing, beginner and intermediate, Wednesdays and Thursdays, taught by Kristin Woodward. Information, 783-1828.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. There's writing on the life buoy. 2. Sun is setting. 3. Man has sunglasses. 4. Man's shirt is different. 5. More birds are shown. 6. Man has no socks.

MAGIC MAZE • WIND —

VOGLHEBXUROLIEB
YVSNDQSNKHEBYWT
ROLJIGTEBYWUDRP
NKILRFOGDBSEZXV
NDSNEERCSEWPTQO
MOLKCNMUIPMGECB
AYIETWNMSUISQLP
NLJSIEGUAGHHOLF
ECAYOHXVTJCWUAS
QPNMNRSPRINTKFJ
HFECBREKAERBZYX

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

Blown Breaker Direction Erosion
Fail Gauge Jammer Screen
Shield Speed Sprint Storm
Surfing Swept Tunnel

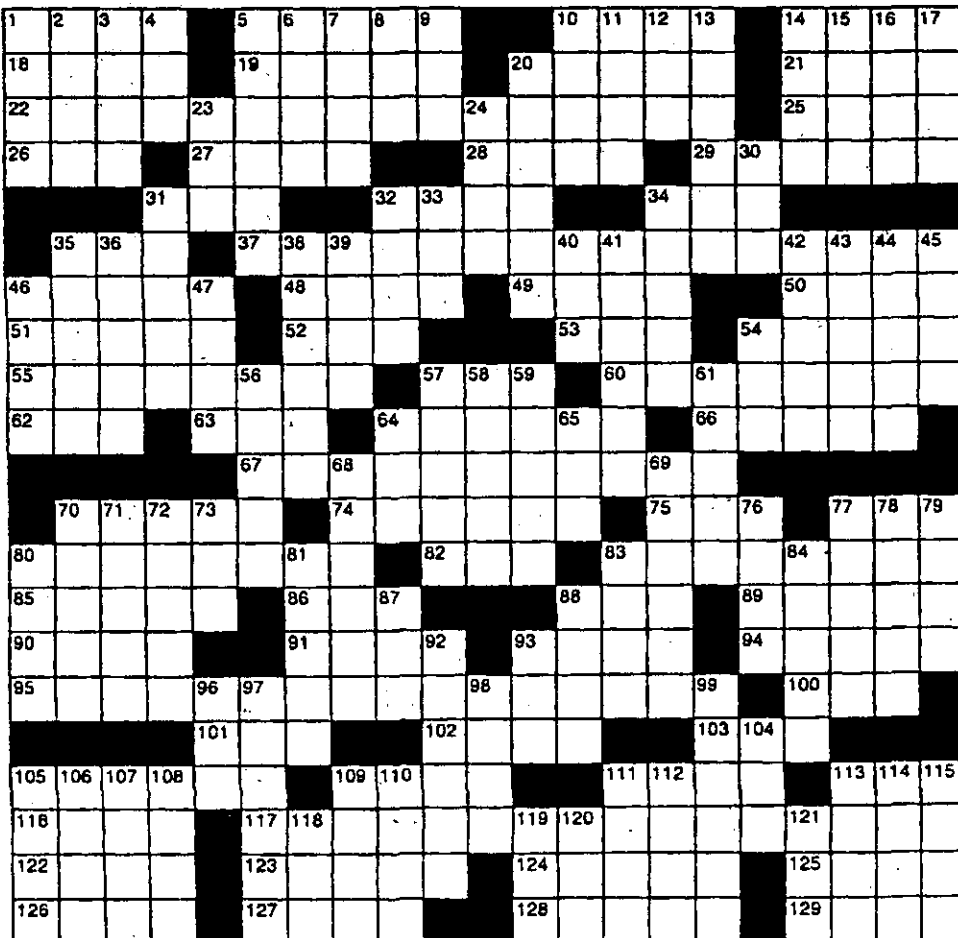
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ACROSS

1 Writer Roald
5 Taxing time?
10 Thousand —, CA
14 — vu
18 Soap additive
19 Range rope
20 Tall story?
21 25 Across maneuver
22 Start of a remark by Henny Youngman
25 Skater Lipinski
26 Settled on the sofa
27 Pump part
28 Pressing need
29 Runny-mede's river
31 Morning moisture
32 Baltic city
34 Sault — Marie, MI
35 Chop
37 Part 2 of remark
46 Silly Soupy
48 Designer Ricci
49 Mrs. Nick Charles
50 Parent
51 Folklore figure

52 AAA offering
53 "— the Dog" ('97 film)
54 Ballroom dance
55 Fabric ornament
57 Mil. honor
60 Casanova, for one
62 Caviar
63 Wagner's "— Rheingold"
64 Vaudeville's Tucker
66 Islamic title
67 Part 3 of remark
70 Frank or Dweezil
74 Greet the general
75 Peculiar
77 "A mouse!"
80 Biblical city
82 Nice season
83 German shepherd
85 Cropped up
86 Goal
88 Pub order
89 Elbow
90 Quindien's "One — Thing"
91 Paper quantity
93 Trauma aftermath

94 "Die Fledermaus" mald
95 Part 4 of remark
100 Prospector's prize
101 Time to evolve?
102 Travel with Tonto
103 "Tell — About It" ('83 hit)
105 Mideastern mall?
109 Singer Lesley
111 Iowa city
113 Task
116 Prayer finale
117 End of remark
122 Tilt
123 Hood's handle
124 "Wait — Dark" ('67 film)
125 Similar
126 Punta del —
127 Neighbor of Ark.
128 Mars has two
129 Gnat or brat

4 Singer Sayer
5 They're kept in a quiver
6 Rind
7 Fury
8 Robert of "Quincy, M.E."
9 Chou En-
10 "Beetle Bailey" dog
11 Like — of bricks
12 Rib
13 Diva Renata
14 Base stuff?
15 Final
16 Actor Burns
17 "Oh, wool!"
20 With — of salt
23 Employ
24 Imminent
30 Female fowl
31 Reside
32 Artist Magritte
33 Call — day
34 Play ground?
35 Silent star?
36 Wed in haste
38 Torrent
39 Speck
40 Right away
41 Concrete component
42 Fuming

43 Bottled spirit?
44 Cartoon Viking
45 '82 Jeff Bridges film
46 TV's "Search"
47 Coasted
54 Pro — (for now)
56 Doha's country
57 Holmes' creator
58 Teapot part
59 Coal conveyance
61 Must-haves
64 Police hdqrs.
65 — de France
68 More pallid
69 Jacket
70 Bernardo's boss
71 Romance
72 Puzzling problem
73 Affix meaning "before"
76 Delany or Wynter
77 Duck down
78 Bald bird
79 Patella's place
80 Gangsters' guns
81 Composer Copland

83 Fruit-tree spray
84 English dynasty
87 Welcome item?
88 Lot size
92 Udall or West
93 Lay down the lawn
96 Nay opponent
97 Setup
98 Appearance
99 Automobile, informally
104 Kraskin's letters
105 Bound bundle
106 Author Kingsley
107 Gusto
108 Relative of type
109 Prepare to bear it
110 — even keel
111 Chair member
112 Chow —
113 Boxer LaMotta
114 Model Carre
115 Crooked
118 Seville shout
119 Chew it!
120 — Cat
121 Peke's perch

Spotlight CLASSIFIEDS

ANNOUNCEMENTS

The Western Turnpike Rescue Squad Neighbors Helping Neighbors OPEN HOUSE Station 2 - 3686 Carman Road. Saturday August 16th. 12PM-3PM. Station 1- Saturday August 30th. 12PM-3PM.

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WANTED

ANTIQUE PAPER ITEMS: autographs, photographs, stereoviews, daguerreotypes, sports programs, auto/motorcycle sales literature, road maps, travel brochures, airline/oceanliner schedules; political items; General Electric Edison-Mazda calendars, posters, scrap books, sheet music, billheads, stocks; maps, globes, post cards, children's books, etcetera. Tom Jardas, 356-0292.

BUYING OLD BICYCLES Looking For Old Schwinn Balloon Tire And Sting Ray Banana Seat Bicycles & Parts. Other Makes Also Considered. Please Call Matt 475-1074.

Wanted Used Washers, Dryers, Refrigerators, Ranges. Cash Paid If Working. 439-0912.

Classified INFORMATION



Office Hours Deadline

8:30 AM - 5 PM.
Monday-Friday
Deadline: Thursday at 5PM
for following week



Mail Address • In Person

Spotlight Newspapers
P.O. Box 100
Delmar, NY 12054
125 Adams St.
Delmar, NY 12054



READERSHIP:
9 Newspapers;
105,000
Readers



Phone • Fax

(518) 439-4940
(518) 439-0609 Fax

Classified Ads Appear In All Nine Papers

In Albany County

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

In Schenectady County

Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight

In Saratoga County

Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight

Classified Rates

Private Party Classifieds - Line Ads - Nine paper combo - \$12.00 for 12 words 50 cents for each additional word.

Commercial Classifieds - Line Ads - Nine paper combo - \$15.50 for 12 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.

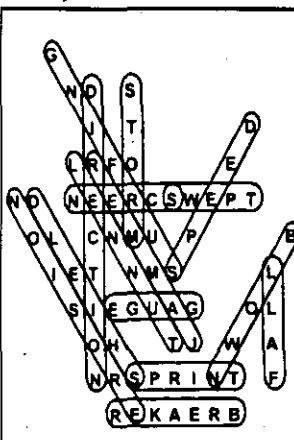
All line ads must be pre-paid in order for placement.

Ads will appear in all nine newspapers, as well as on the internet for the number of weeks requested.

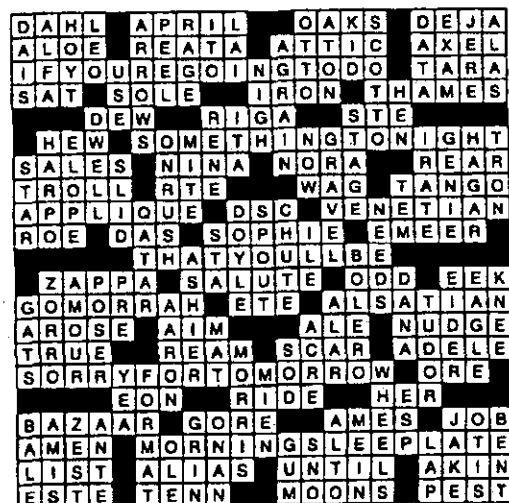
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Name: _____	
Address: _____	
City: _____	State: _____ Zip: _____
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Amount Enclosed: _____	Number of Weeks: _____
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Expiration date: _____	Signature: _____

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ALL STUDENTS Summer work starting at \$13.85 guaranteed base appointment. Fun/easy customer service/sales work. Flexible schedules can transfer to office near school in fall, conditions apply 782-2776 or 4college-work.com

ASSISTANT MANAGER Full time retail management position; benefits and health care are offered. Candidate should be articulate and present well to the public. Retail experience helpful but not required. Fax resume to 869-1048 or apply in person to Dexter shoe store, 1831 Central Ave, Colonie.

AVON Earn Up To 50% Low Start Up More Info Call Sandy-439-9052. Independent Representative.

Busy Slingerlands Dr.'s office part-time file clerk 20 hrs. a week \$9 hr. Ideal for college student. Please mail resume to PO Box 610, Slingerlands, NY 12159 or Fax 439-1592.

Cashier Hours include Sun-Tues 3-11pm or Sun-Mon 11pm-7am. Apply in person to Big Main Truck Stop, 68 Rt. 9W, Glenmont.

Dishwasher PT Perfect after school job. Apply in person. Patroon House Restaurant, 614 Rt 9W Glenmont. Or call Chef Rich at 463-5130.

FULL TIME CALL COORDINATOR/RECEPTIONIST 9:00-5:00 pm. for Local Real Estate Office. Duties include: customer service, setting up appointments, computer knowledge, and general office duties. Please call 439-9600 and ask for Hazel.

COFFEE HOUSE OPPORTUNITIES Perfect Blend Coffeehouse seeking dependable, energetic, friendly, service oriented individuals to work part-time in a fun environment. Coffee drinkers pre-

ferred with fast food experience, but not required. Competitive salaries and incentives offered. Call Perfect Blend at 439-6537 for an interview appointment.

High-Paying Postal Jobs! No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

HORSE FARM HELP NEEDED For Cleaning Stalls And General Barn Work. Experience Highly Desirable. Non Smoker. Full time And Part Time Positions Available. Call Joe 767-2906.

Insurance Trainee. Must have excellent telephone & people skills. Hourly. Hourly plus commission after you obtain license. Working with small commercial policies. Sales experience helpful. Call 869-1500.

Looking For Part-time Employment Pinchasers, Desk Help, Snack Bar. Call Del Lanes- 439-2224 Ask For Marvin.

MEMBER BENEFITS COORDINATOR Part Time Position. Applicant must have a background in accounting or related field. At least two years of work experience with office management, customer service and basic office finances. Experience with computer as a tool and comfortable with Peachtree Accounting and Windows software programs. Send resume to: GCC PEGA Plaza, Suite 105, 2021 Western Avenue, Albany, NY 12203. No phone calls please.

Office/Retail: Tough Traveler in Schenectady is looking for full-time or Part-time help, from 10am-4pm, Mon-Sat. Call 377-8526.

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GOVERNMENT JOBS \$11 - \$48.00/ hr. Paid Training. Full Benefits. 1-800-320-9353 ext 2500

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Spotlight Newspapers

Give us a Call at:
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Hey moms! Are you looking for a job for a few hours a day in a very pleasant atmosphere? We need a teacher's assistant to provide one to one child support, approx. 3hrs./day, 5x/week, following the school year calendar. Please send resume or letter of introduction to **Circle of Friends**, 537 Route 9W, Glenmont, NY 12077 or fax to 462-9162.

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for small, growing company in Delmar - Position requires Organizational, Accounting, & Customer Service Skills - Flexible schedule & Pay based on qualifications
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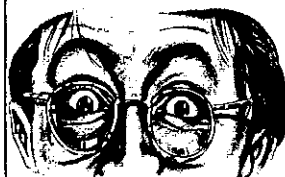
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1-866-834-6795

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for a small non-profit that focuses on conflict resolution. The individual will provide general office management functions and will coordinate the agency's Lemon Law Arbitration and Specialized Mediation programs. The position is 20 hours/week, 9:00 AM to 1:00 PM. **Qualifications include** computer literacy, good written and oral communication skills, good people skills, good humor, creativity and flexibility. Knowledge of mediation and alternative dispute resolution preferred. **Salary:** \$9 - \$11/hour depending on qualifications. To apply, please send a cover letter, resume, and three references by August 15th to: **Peter Glassman** - Executive Director; Mediation Matters; 30 Watervliet Avenue; Albany, NY 12206; peter@mediationmatters.org

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Hudson River Energy Group, One Steuben Place, Suite 508, Albany, NY 12207



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COMMERCIAL FOR LEASE

DELAWARE PLAZA - DELMAR - Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

LAND/LOTS

DELMAR- Bethlehem Schools, Elm Ave Near Wexford 1/2 Acre+, All Utilities Available. \$79,900. 439-3210.

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DELMAR- Professional office space, 212 Delaware Ave. Approximately 1300 sq. ft. of prime office space, \$1,500/month. Call Hazel at Coldwell Banker Prime Properties, 439-9600.

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CLARKSVILLE- 2 Bedroom, Full Basement, W/D hookup, lease, no pets, \$795/mo incl. util. 439-9958.

DELMAR- \$675 including Heat & Hot Water, Large 1 Bedroom Apt. Garage; No Pets/ No Smoking. 439-3210.

DELMAR - 2 Bedroom apt, quiet area, busline, garage, A/C, 2nd floor, \$750+, 448-5322.

DELMAR- 2 Bedroom, Garage, W/D Hookup, Storage, Gas Heat, Fenced Yard, No Pets/ No Smoking. \$850. 439-3950.

DELMAR- 2 BR, 1 Bath, EIK, Private Basement, W/D hookup, Garage, Gas H/HW, No Pets, Avail Sept 1, \$650+utilities, 518-424-9900.

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SLINGERLANDS- 1 Bedroom, Kitchen, Bath, Small Den. \$525 Heated. 439-3667.

SLINGERLANDS- 2 Bedroom, Hardwood Floors, W/D Hookup, Yard, No Dogs. \$700/Month. 439-2896.

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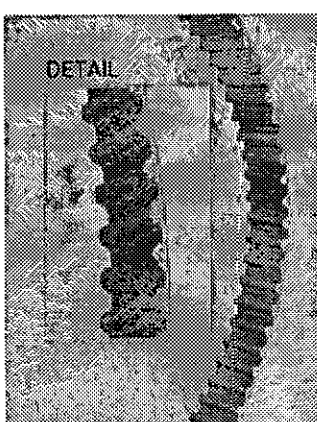
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Timing is Everything

Automotive engines and life have at least one thing in common: Timing is everything. And one vehicle component often overlooked during routine maintenance is the engine timing belt. If this component fails, the engine will cease running, and the car will coast to a stop. The lucky motorist will only have the inconvenience of being stranded on the side of the road until the car can be towed to a repair facility to have the timing belt replaced. On the other hand, the engine might suffer severe, if not catastrophic, damage to its internal components.

This potential disaster can be avoided easily and relatively inexpensively by replacing the timing belt within the required replacement interval. Timing belts resemble an engine accessory serpentine belt in



appearance, only they typically have square teeth on the inside surface. They usually are constructed of rubber reinforced with nylon. Simply put, the timing belt transfers the rotation of the crankshaft to the camshaft. The rotating camshaft activates the valves, which provide air and fuel to the cylinders and expel combustion gases to the exhaust system.

The valves and pistons are constantly moving up and down at very high speeds. When the pistons are down, the valves are open; when the piston

is at the top of its travel, the valves are closed. Some engines don't allow clearance between a valve at its lowest point and a piston at its highest. The timing belt, therefore, is the critical link to ensure that these components don't collide. If collision occurs, damage to the valves, pistons, cylinder head, and cylinder walls can result. This can be an expensive repair.

Many domestic vehicles built within the last several years and the majority of imports are equipped with a timing belt. Other engines rely on a timing chain rather than a belt. Refer to your owner's manual or take your car to a repair facility if you are unsure. The owner's manual maintenance schedule is a source of timing belt replacement intervals.

Typically, automakers recommend replacing the belt every 60,000 to 90,000 miles.

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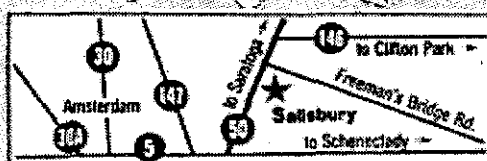
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 MSRP.....\$25,460
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 pw/pl, 4,380 mi.

 MSRP.....\$41,417
 Demo Disc.....-\$5,422
 \$35,995
 Rebate.....-\$4,000

**TOTAL
SAVINGS
\$9,422**
\$31,995
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 Stk.#03-6152.
 Htd. leather seats, pw/pl,
 AM/FM/CD, 4,549 mi.

 MSRP.....\$37,145
 Demo Disc.....-\$3,250
 \$33,895
 Rebate.....-\$3,000
 Bonus Cash..-\$1,000

**TOTAL
SAVINGS
\$7,250**
\$29,895
**'03 CHEVY
IMPALA**

 Stk.#03-7.
 Pw/pl,
 CD, 6,610 mi.

 MSRP.....\$21,695
 Demo Disc.....-\$1,696
 \$19,999
 Rebate.....-\$3,000
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**TOTAL
SAVINGS
\$5,196**
\$16,499
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 Extended, pw/pl, cc/tilt,
 AM/FM/CD, 5,725 mi.

 MSRP.....\$27,140
 Demo Disc.....-\$2,541
 \$24,599
 Rebate.....-\$3,000
 Bonus Cash..-\$750

**TOTAL
SAVINGS
\$6,291**
\$20,849
**'03 CHEVY 3/4
TON EXT. CAB**

 Stk.#03-6002. LS, 6.0L V8,
 auto, pw/pl, cc/tilt,
 AM/FM/CD, 5,380 mi.

 MSRP.....\$34,087
 Demo Disc.....-\$4,088
 \$29,999
 Rebate.....-\$3,000

**TOTAL
SAVINGS
\$7,088**
\$26,999
**'03 CHEVY
IMPALA LS**

 Stk.#03-70. Leather,
 sunroof, pw/pl, cc/tilt,
 AM/FM/CD, 4,374 mi.

 MSRP.....\$27,235
 Demo Disc.....-\$2,036
 \$25,199
 Rebate.....-\$3,000
 Bonus Cash..-\$500

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SAVINGS
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 cc/tilt, 16,258 miles

\$13,487
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 air, 36,057 miles

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 Stk.#P3713. V6, Auto.,
 T-tops, cc/tilt, air, full power,
 alloy wheels. 34,125 miles

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LIBERTY LTD 4WD**

 Stk.#P3622. Auto.,
 air, full power, alloys,
 cc/tilt, 23,142 miles

\$17,816
**2002 CHEVY
TRAILBLAZER LT 4WD 4 DR**

 Stk.#P3572. Auto.,
 air, V6, full power,
 CD, cc/tilt, 22,473 mi.

\$23,840
**1999 CHEVY
BLAZER LS 4WD 4 DR**

 Stk.#03-907811. Auto.,
 air, cc/tilt, alloys,
 60,063 miles

\$9,997
**2000 JEEP
CHEROKEE SPORT 4WD 4 DR**

 Stk.#P3678. Auto.,
 air, cc/tilt, full power,
 35,913 miles

\$12,996
**1997 JEEP
CHEROKEE LTD 4WD 4 DR**

 Stk.#03-1003A. V8,
 auto., air, leather,
 cc/tilt, 81,207 miles

\$10,587
**1997 CHEVY G1500
MARK III CONVERSION VAN**

 Stk.#89848A. Auto., air,
 cc/tilt, full power, V8,
 loaded, 50,007 miles

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**1999 PONTIAC
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