

RCS taxpayers
get break

○ See

Scottish Games

Entertainment

Eagle booters
prepare for season

○ See Page 11

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Serving the Towns of Bethlehem & New Scotland

Volume XLVIII No. 31 75 cents

August 27, 2003

Dog days



Tamie Pitt of Scotia hugs her pitbull Radcliffe at a dog adoption clinic last Saturday at Indian Ladder Farms.

Jim Franco

Mining foes dig in heels to fight proposed quarry

BY KRISTEN OLBY

A coalition of New Scotland homeowners fervently fighting a neighbor's plan to open a limestone mine brought their battle to the state Department of Environmental Conservation (DEC) Monday morning.

Members of the Feura-Bethlehem Heights Alliance presented state officials at DEC with a petition signed by nearly 600 residents living within three miles of the proposed quarry. Two New Scotland town board members, Scott Houghtaling and Richard Reilly, lent their support to the group along with the director of the New York State Audubon Society, which maintains a 140-acre wildlife sanctuary near the proposed mine.

"We let them know we're concerned," said Susan Morrison, whose home sits about 1,900 feet from the proposed mine.

Peter Frueh, owner of a Feura Bush excavation and construction company, has filed an application with the state to open a 5.3-acre quarry between Old Quarry and Collabek roads in Bethlehem. Rock will be extracted from the mine through blasting several times per year, and the limestone would be used by the family-owned construction business, with a portion sold to other companies. The Frueh's say they need the mine in order to keep the 35-year-old family business lucrative.

We understand that every landowner has the right to pursue their own interests on their own property. However, adjoining landowners also have a right to protect their own property and their quality of life.

Susan Morrison

"As a business you need to find ways to diversify, to continue to survive in the construction industry; otherwise you fall by the wayside," said Chris Frueh, vice president of the company.

Right now, Frueh says the company relies on one limestone supplier in Albany County and adds his family bought the property 25 years ago in hopes of one day opening a quarry.

Neighbors, whose homes sit just over the town line in New Scotland, have circulated a petition highlighting concerns about the operation. Surrounding homeowners fear mining blasts would cause geologic shifts, threatening drinking water wells and the structural soundness of their homes.

"We understand that every landowner has the right to pursue their own interests on their own property. However, adjoining landowners also have a right to protect their own property and their quality of life," said Morrison.

New Scotland Supervisor Ed Clark has sent a letter to Bethlehem officials outlining reservations about the project.

"There's got to be some mechanism

QUARRY/page 15

Excavator unearths ancient bones

By KRISTEN OLBY

An excavation company digging a trench for a new water pipeline on Dinmore Road in Selkirk inadvertently unearthed the skeletal remains of several bodies believed to be Mahican Indians buried more than 1,000 years ago.

A Cross Excavation employee, contracted by the town, exposed the ancient remains while digging a three-foot trench with a backhoe.

"There were two adult skeletons buried in the bank," said Floyd Brewer, a former town archaeologist who investigated the scene along with other



Former Bethlehem Archaeology Laboratory President Floyd Brewer at the site where the bones were unearthed.

Kristen Olby

also exposed, according to Brewer.

"Some of the children range in age from 2 to 7, and there was one 8 to 10 (years old)," said Brewer.

A tiny bag called a "bundle burial," containing the bones of an infant was also discovered in the trench. Brewer surmises the remains are those of a family that died of disease around 1000 A.D.

The unmarked burial ground sits just feet from a town water treatment plant, near several acres of land known as the Goes/Van Derzee Farm site. One of Bethlehem's first homes

members of the Bethlehem Archaeology Laboratory. Five other bodies, thought to be children, were

RCS student dies in crash

By KRISTEN OLBY

Nearly 200 students attended an impromptu memorial service held last Thursday at Ravena-Coeymans-Selkirk High School to commemorate the life of a 16-year-old student killed in a car crash earlier that day.

Students and school personnel remembered the life of Joseph Cherry of Selkirk. The high school track star would have been a senior in September.

"The kids needed to just be together, to share their sorrow with



Cherry

CRASH/page 18

BONES/page 15



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Police charge Troy man

A Troy man has been charged in an incident that left dozens of South Bethlehem homes without power on Aug. 14. Police said Mark Kehn, 33, of Ninth Street hit a utility pole at 4:45 a.m. while driving on Route 9W, and then left the scene of the crash.

The accident caused power lines to fall, leaving homes in the area without power for much of the day. The accident closed the southbound lane of Route 9W until about 5 p.m., as Niagara Mohawk crews worked to restore power.

Police apprehended Kehn on Monday Aug. 18 after monitoring Route 9W for several days. Police spotted Kehn driving a white truck thought to have been involved in the accident. Police said the truck had extensive damage to the passenger side that was consistent with the accident. According to police, Kehn said he fell asleep, drifted off the roadway, and struck the pole. He has been ticketed with leaving the scene of a property damage accident and is scheduled to return to Town Court Aug. 26.

Two arrested for DWI

Bethlehem police recently arrested two individuals for driving while intoxicated (DWI).

Jeffrey Guinn, 38, of 144 Hasgate Drive, Delmar, was stopped by police on Route 9W for changing lanes without signaling and an improper tail light on Aug. 20 at 12:59 a.m.

Police said Guinn failed field

sobriety tests and was charged with DWI.

Carrie Donnelly, 41, of 211 Jay St. Albany, was stopped by police while driving on Delaware Avenue for failing to dim high beams and an improper tail light on Aug. 16 at 11:20 p.m. Police said Donnelly failed field sobriety tests and was charged with DWI.

Bethlehem police cite man

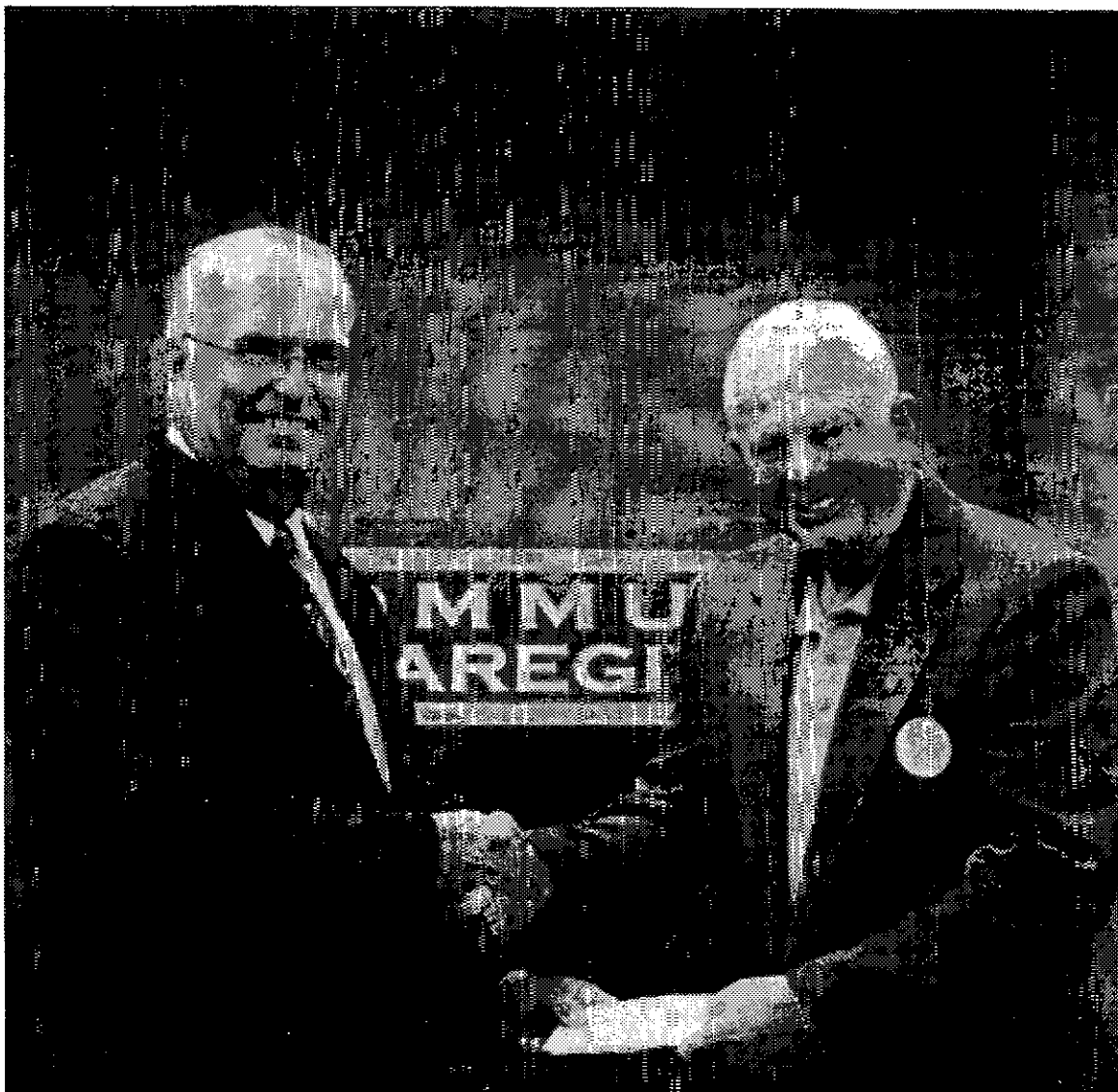
The driver of a garbage truck that struck and killed a Selkirk woman on Route 9W Aug. 18 has been charged by police with having faulty brakes.

John Calsolaro, 36, of Loudonville, was behind the wheel of the BFI waste disposal truck that hit Margherita Sangiovanni, 49, of Elm Avenue in Selkirk around 9 a.m. on Monday, Aug. 18. Police say Sangiovanni was driving east on Frontage Road in Glenmont,

when she passed through a red light at Route 9W.

Calsolaro was driving southbound on Route 9W when he struck Sangiovanni's car in the driver's side. She died a short time later at Albany Medical Center Hospital. Calsolaro has been ticketed for brakes out of adjustment on the 1990 Kenworth truck and failure to secure cargo, both violations of the Federal Transportation Law.

Caring counts



Richard Amadon, left, director of community relations for Verizon in Upstate New York, presents a check to N. Joel Edwards, outgoing president of Community Caregivers for \$3,850 to help the volunteer organization in Slingerlands upgrade its computer support system.

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River Road proposal to go before planners

BY KRISTEN OLBY

A developer's plan to transform 200 acres of River Road property in Glenmont into a nearly \$1 billion commercial and residential hub along the Hudson, hit a stumbling block at a recent town board meeting.

Victor Gush, proprietor of Castleton based VLG Real Estate Developers, presented his plan to town board members at the Aug. 13 meeting, in hopes of having the land rezoned to accommodate his project.

Beacon Heights is the residential portion of the proposed development that would include a variety of apartment buildings, condos, townhouses and single-family homes, creating almost 400 housing units. Beacon Heights would be constructed on a 97 acre bluff along River Road, overlooking the power plant to the south.

Beacon Harbor, the commercial portion of the plan, would be built on 77 acres along the riverfront and include a marina, museum, retail shops, office space, two hotels, a big-screen theater, restaurants and possibly an indoor water park. Gush cautions all of the proposed uses are still being evaluated but one certainty exists — the project is unprecedented in the area and possibly the entire state.

"There's never been a showpiece for the Capital District that's on the Hudson River," said Gush, who intends to be the first to build one.

Both parcels of land are currently zoned for heavy industrial use. On the advice of town planners, Gush sought to have both projects combined and zoned as a planned commercial district.

The idea didn't sit well with

board members. All were in favor of the commercial project, Beacon Harbor, but none supported the residential aspect of the plan. Board member Doris Davis referred to the harbor as unique and exciting for the community and Capital District but the housing failed to garner her support.

"Another residential apartment complex, in my mind, isn't anything new and exciting," said Davis.

Town Supervisor Sheila Fuller said Gush has yet to provide the board with information detailing the impact Beacon Heights will have on the already strained school district. Gush maintains the high-end apartments are designed for adult professionals and would bring few students to the district. He points to other waterfront apartment complexes he's constructed including River's Edge in Green Island and Riverwalk in Cohoes — both of which, Gush says, have drawn few, if any, families with school-age children. Undaunted by the board's lack of enthusiasm toward Beacon Heights, Gush said he would like to see both projects proceed.

"I feel that the housing is an important feature to have people living and working there. I think it's a community people would really enjoy living in," he said after the meeting.

The board voted unanimously to refer the Beacon Harbor project to the planning board for further consideration. A public hearing must be held before the town board can consider rezoning the property.

Gush withdrew the Beacon Heights portion of the project from consideration by the board. He plans to re-evaluate it and present the plan to the board again later this year.



Members of the Bethlehem Youth Hockey League ham it up for the camera.

Jacob Day

Hockey league makes it BIG time

By JACOB DAY

Since its opening in 1999, the BIG Arena in Bethlehem has played host to numerous ice events.

From high school hockey to open skating and even several school dances, the arena has served the town of Bethlehem well over its four year existence. But one group in particular has made the most out of the arena's ice rink.

Founded five years ago, the Bethlehem Youth Hockey League provides kids as young as 6 with an opportunity to play competitive hockey against others their age. With five separate age groupings, players are teamed up according to their age and can face off against other teams in the area or go on the road and play for the league's travel teams.

The league's president Bob Lane is enthused about this upcoming season. A former coach at the travel level, Lane loves what hockey does for kids.

"Hockey really captures kids

with its speed and intensity," said Lane. He feels that hockey is a sport kids really fall for quickly and stick with. "It's a fun, fast game that kids really gravitate to.

Parents get enthusiastic about it also; they turn into hockey fans."

Adam Lipnick, 14, has been playing hockey for eight years and has spent two of those with Bethlehem Youth Hockey. With a season running September to late March, Lipnick has two practices a week and two to three games every weekend.

"I like making friends and building character. Hockey really helps me to reveal my character, and I like meeting new people," said Lipnick, who enjoys the travel aspect of hockey that takes him to Montreal and Rhode Island. Lipnick, a left wing, said there are numerous qualities a hockey player must possess.

"Good endurance, strength,

focus and hockey sense," are the keys to being a good hockey player, said Lipnick. Lipnick said that hockey sense means knowing where everyone is at all

Hockey really captures kids with its speed and intensity.

Bob Lane

times. Entering ninth grade this fall, Lipnick says he plans to join the high school team at some point down the road. "I really want

to be a good high school player." With a league of nearly 300 members, BYH is hoping to continue to grow. Combined with the ever-expanding popularity of youth hockey, BYH is providing a great sport and positive activity to many youths from Bethlehem, Gunderland, Niskayuna and Troy.

"The coaches deserve all the credit," said Lane.

Registration is open until Sept. 7, and information can be obtained by calling Lane at 475-0240 or visiting the team's Web site at www.eteamz.com/byh.

SUNY honors Delmar man

Robert E. Myers Jr., a Delmar native and coordinator of media relations at Adirondack Community College in Queensbury, recently received the Chancellor's Award for Excellence in Professional Service, an honor bestowed by the Chancellor's Office of SUNY.

Myers is the son of Lois Myers of Delmar and Robert E. Myers Sr., of Stephentown. He lives in Glens Falls.

Myers earned a bachelor's degree in English from the

University of Albany and an associate degree in journalism from SUNY Morrisville. He has been with ACC since 1996 and was appointed coordinator of media relations in 1999.

The college cited Myers "dedication," "generosity and commitment to the college," and "his affable 'can-do' attitude" in nominating him for the honor.

"Bob appreciates the dedication of his colleagues and is willing to recognize this and make sure that the public is aware of its depth across campus," the college wrote. "It is Bob's appreciation of the skills and talents of others that make him so good at his job."

Correction

The date listed for a New York State Museum-sponsored bus trip to the homes of Hudson River School painters Thomas Cole and Fredrick Church in last week's edition was wrong.

The date of the trip is Saturday, Oct. 25.

For information, call 372-0777.

RCS taxpayers get bit of a break

By KRISTEN OLBY

Taxpayers in the Ravena-Coeymans-Selkirk Central School District are in for a pleasant surprise when their school tax bill arrives later this month.

Property tax rates will be less than what voters approved paying during the district budget vote in June, thanks to a slight reimbursement from the state. The state has restored \$650,000 in funding to the district, which will be used to reduce the tax rate.

"We were told (by the Legislature) to make sure we kept

our programs in place and to give some tax relief," said RCS Superintendent Vicki Wright, who praised the district's efficient fiscal management.

The RCS board of education approved a \$15.6 million tax levy at its Aug. 18 meeting. A tax levy is the sum total of the amount to be collected by taxes. Last year's tax levy was \$15.9 million.

The increased funding will allow the district to lower the tax rate by .9 percent for taxpayers in Coeymans and New Baltimore. Last year's tax rate in Coeymans and New Baltimore was \$18.18 for every \$1,000 of assessed property value. But increased property assessments could result in higher tax rates for some. Bethlehem and New Scotland

taxpayers in the district won't see a break in rates. The tax rate in Bethlehem will increase by 4.4 percent over last year's rate of \$21.45. New Scotland's rate will increase by 7.4 percent, up from last year's rate of \$18.94.

The increases in taxes for New Scotland and Bethlehem property owners comes as a result of the state-determined property value equalization rates. Both towns do not have 100 percent equalization rates, forcing property owners to pay higher taxes, according to the district. The increase compensates for property value assessments that the state has determined to be less than fair market value.

School tax bills are due by Sept. 30.

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Summer drive triggers flashback of earlier times

By DONNA J. BELL

Every once in a while, I just get smacked across the face with a moment of melancholy nostalgia. It's that instant of longing for what was, combined with the knowledge that you can never have it back again.

Perhaps what you are now yearning for was just an inconsequential event all those years ago — but, in hindsight, it has become a bittersweet memory.

I had to work on Sunday. I didn't want to sit in front of a computer screen by myself in an empty office, because the weather was my idea of perfect. The sun was warm resting on my shoulder, and just when it got a hint too hot a cool breeze whisked it away.

After the last month of unrelenting humidity, where clothing sticks to skin and just walking from the car into the house is unpleasant, it was hard to be inside. It's one of the perils of being self-employed — if the project is due on Monday you have no choice but to work on Sunday.

It was late afternoon by the time I made my way out to my pickup truck to head back home. I live 10 miles out into the country from the nearest grocery store. I grew up in "the sticks" so for me it doesn't seem so far away. In fact, I cherish the drive back to my house. It is one of the very few times I am ever alone. With three children I've learned to treasure even a few moments of silence.

Inside my truck I have time to think, to contemplate or to plan. Sometimes it's just thinking about

COMMENTARY:

**Bell
View**



what I'll fix for dinner. Other times I mull over an idea for a column or replay a conversation in my mind. There are even days when I have enough energy to ponder the deeper questions of life. This day my thoughts were played out. I was content to just absorb the rural scenery on the ride home.

I've always loved to drive — it's one of the things I share with my father. It's his truck that I'm driving now — his treasured 1986 Dodge Ram Sport 50. He gave it to me right before I left home in Washington State to move to D.C. — a journey so far away that even the closest of ties become frayed. The gift was his way of saying "I love you" in big red letters when he couldn't manage to get the words past his lips.

On either side of the street, and as far ahead as I could see on the curving road, the lush green of trees, grass and vines overwhelmed the landscape. Splashes of golden rod and spikes of lavender flowers broke up the palate of emerald, jade and pine. I saw a single branch on a tree colored prematurely with the red and oranges of fall.

I felt a pang, not sadness, just a poignant twinge. Within a few weeks there would be more timely changes of color, and very

soon another summer would slip by. With the sun dipping lower and just brushing the tops of the trees, long shadows of tree branches swayed on the pavement.

In one instant the landscape suddenly felt surreal, a painting, like I was sitting in a driving simulator with the road coming up at me. A shiver sidled down my spine as a true flash of déjà vu thumped me hard. I had been here before, a full quarter of a century ago. Not the same road, not even the same state, just the

and wild."

Driving through the countryside with the windows down and the scent of warm and growing foliage filling the front seat, I had time to ponder.

Time to imagine a life outside my country home, to realize that I would never again be 17 and riding in a car that my father had bought me for \$50 at a junk yard or to share a home with my brother or parents. The summer that had seemed so long just a short time before now seemed to be rushing to its conclusion — a

metaphor for the end of childhood. I experienced that same poignant twinge of something lost and gone forever.

Driving in 2003 I was suddenly 25 years younger — a naive 17 year old whose mirror reflected waist-length hair and an unlined visage,

no one called me "mom" and being 42 was unimaginable, my life's plans were nebulous and there were still unlimited turns and bends to be explored ahead.

It took less than a second for the sense of déjà vu to be swept away and then the truck was topping the long incline into Clarksville. As I approached my house, I didn't stop but kept driving past. I couldn't go home yet. It was like waking slowly from a dream you wish you could hold onto.

You grasp for the fleeing remnants of the vision, trying to make it linger just a little longer. I drove another 10 minutes out into the Hilltowns before I made a U-turn and headed back home to cook dinner.

exact same frame of mind.

I was 17, and it was a few days before I was supposed to leave for college — 3,000 miles away. I had taken my 1964 blue and rust-spotted Ford Falcon out for a drive to kill time. The summer had seemed long and languid after the commotion of my senior year of high school. Like this Sunday, it was an ideal day for an excursion.

No one will ever convince me that there is a more beautiful place on earth than Washington state in late summer. A song from a TV show in the '70s said it all: "The bluest skies you'll ever see are in Seattle, and the hills the greenest green in Seattle, like a beautiful child, growing up free

Tumbling Tykes

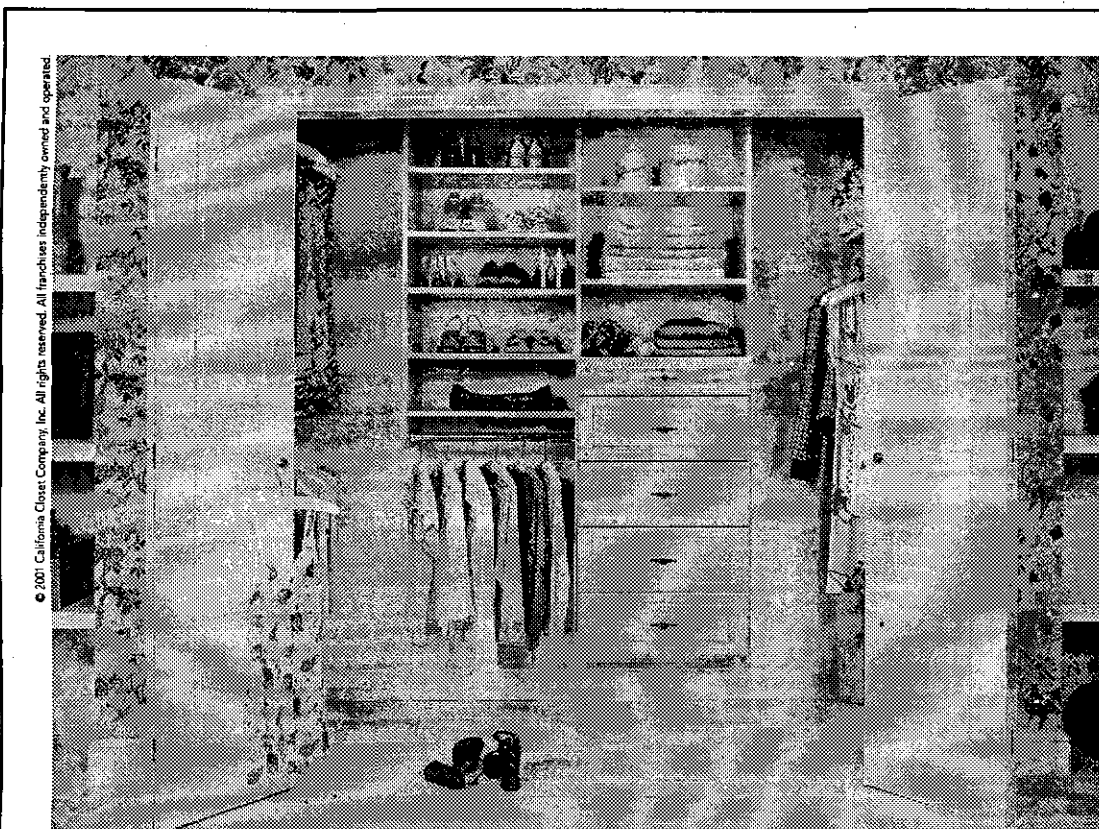
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Circle of Friends offers integrated pre-school

By JACOB DAY

With its two classrooms, an upstairs gymnasium and a playground out back, the Circle of Friends preschool in Delmar is more than equipped to handle its 34 students.

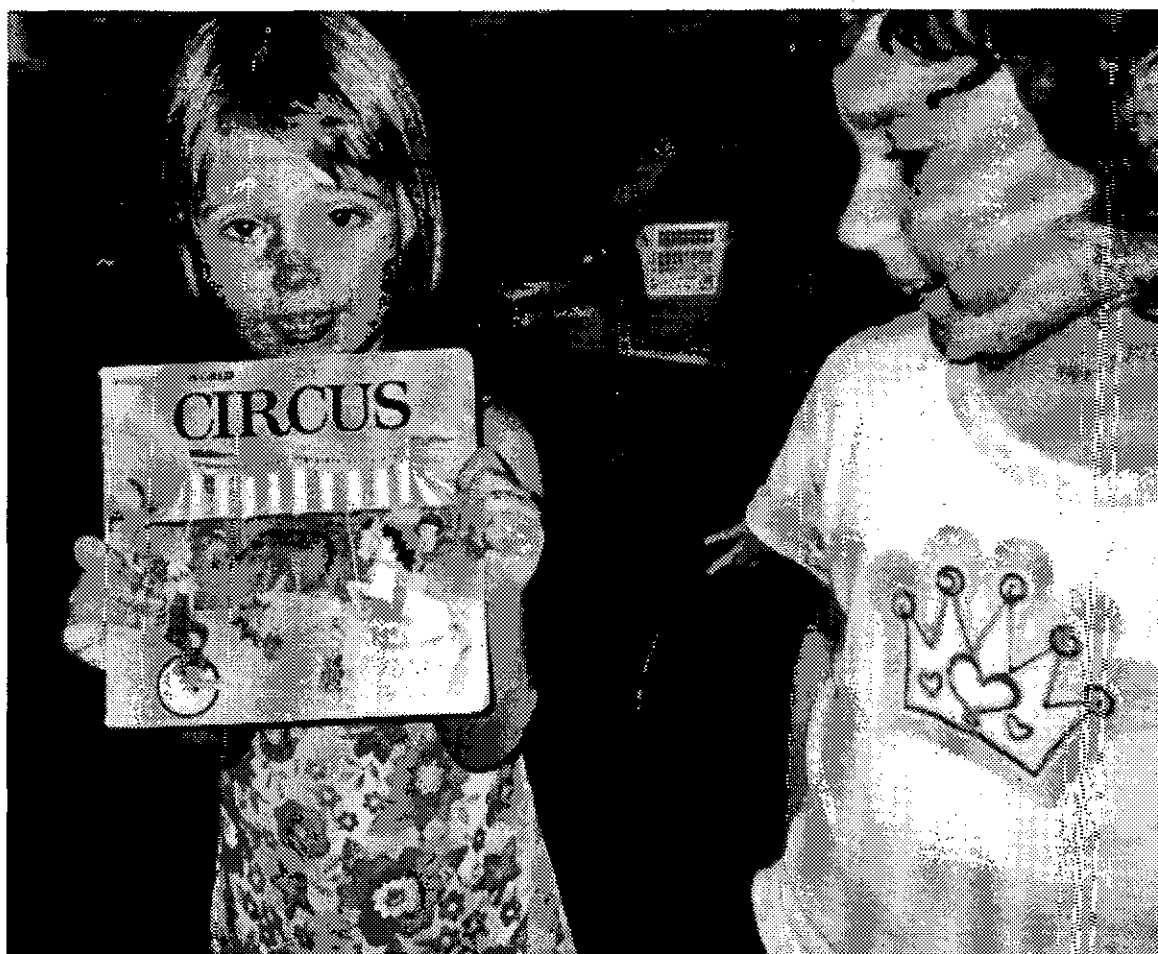
Whether they are playing out back in the water or upstairs on the mini-hoop, the students of Circle of Friends are learning new concepts, making new friends and sharing fresh experiences each day.

With two other locations, Ravena and Glenmont, Circle of Friends is an integrated preschool that looks to mix children both with and without special needs into one classroom.

The school has two rooms; the first combines eight special needs children with eight children who are not identified as having special needs and the second room has 12 special needs children and six without. Founded 20 years ago by Alice Kearse, the school also offers evaluations in which children are brought in to determine if they do, in fact, have a disability. Traveling services are also offered by the school in which therapists go to the children's home to assist with any speech or motor difficulties they may have. There are also a summer sessions available to students for two-week spans.

There are many professionals working with children who may be Autistic or suffering from physical, learning or speech problems. Director of Center Based Services Leslie Carey noted the importance of tailoring specific teaching to meet each child's needs.

"We have a special education teacher, we have a co-teacher is responsible for the programs of the nursery school kids and then we have two teacher assistants. Kids who have been approved for



Children at Circle of Friends enjoy sharing their work.

services receive a physical therapist," said Carey.

Carey said the school has a real emphasis on play and communication. "We have very rich materials because those are our treatment strategies." The school is very geared at learning each child's learning style, which can be difficult with children having such varying degrees of learning abilities. Students without special needs often learn to help students who seem to be struggling. With each student having its own individual learning style, the school prides itself on finding those styles and tapping into them so that students can be successful.

"We work really hard to have developmentally appropriate activities. The kids do well because they are not expected to do more than what is developmentally appropriate. The kids who are not disabled can be mentors and role models. That is very self-esteem enhancing."

Kids in integrated programs learn that everyone is different and that some may struggle in other areas. These interactions help to build social skills and empathy. Students will often help one another in activities that are designed for everyone. Teachers use the same activities for all students while having varying

expectations for each child. Skills and concepts are incorporated into every activity; play activities are designed for the children to learn concepts like numbers, letters and shapes. The idea is for them to have fun and learn at the same time in a highly structured environment.

There are still openings for non-special needs children in either four or five hour programs. For information, contact the school at 478-0722.

BC meal policy

Bethlehem Central School District has announced its free and reduced-price meal policy for Bethlehem school children, establishing family income eligibility requirements to participate in the program.

Applications and eligibility requirements for the free and reduced-priced lunch program are sent home with students during the first week of school.

Call Kathy Haege in Bethlehem Central's Business Office, 439-7481, for details or a copy of the eligibility requirements and an application.

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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.

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Matters of Opinion

A dark day

Like many holidays, Labor Day on Monday will be just another day of work for many Americans, from hospitals to airports, from newspapers to police stations, from restaurants to malls.

Some have always had to work on holidays, so that's nothing new. What is new this year is the third straight year of nationwide job losses, a record so terrible that it was last matched during the Great Depression.

Editorial

With official unemployment at its highest level in 10 years, and unofficial unemployment and underemployment much higher, American workers have not had much good news lately.

Net raises have been meager for most workers, as companies struggle to keep up with rising health care costs by having their employees pay more every year for health insurance.

While the raises are supposed to help workers keep pace with the official inflation rate, that government-produced number seems suspiciously low, given the double-digit increase in energy costs, insurance premiums and local taxes most of us are too familiar with.

Good-paying manufacturing jobs continue to disappear, as corporations move plants to foreign countries to take advantage of coolie-level wages and working conditions in some of the world's nastiest army/police states.

American job growth, such as it is, occurs these days in the service sector, where wages generally cannot support a middle-class lifestyle and decent benefits packages are rare.

One sign of our labor dilemma is that, 20 years ago, the largest American employer was General Motors; today, it's Wal-Mart, most of whose employees cannot afford to buy a new car.

And Americans work more hours, get fewer benefits and take less vacation than their counterparts in the rest of the industrialized world.

Labor Day was made in New York — the first Labor Day parade in early September, a protest march calling for the eight-hour day, was in New York City in 1882. Today the labor situation has regressed to the point that the administration in Washington wants to eliminate overtime pay (i.e., the eight-hour day) for millions of workers.

The latest stories about factories closing and moving to China come, ironically, from the South. Textile mills that moved to the Carolinas and Georgia in the early- to mid-20th century, to escape having to pay union wages in the Northeast, are now on their way across the Pacific, to a communist country where wages are much less than \$1 an hour.

How, exactly, is an American factory worker who aspires to have a family, own a home and drive a decent car supposed to compete "on a level playing field" with a Chinese semi-slave? The corporate and government cheerleaders for our ongoing free trade/jobs disaster have never answered that basic question.

And they won't on this dark Labor Day.

Electric grid needs coordination

By KEVIN BRONNER

The writer is a public service professor at the University at Albany and teaches in the area of regulatory administration. He is also a member of the Colonie town board.

The electricity blackout of 2003 has left many of us asking the basic question as to how a localized event, which may have started in Ohio, could have spread to 50 million citizens in several states.

While it will take several months for the experts to reconstruct the events leading up to the blackout, it is not too early to comment on some of the problems we are facing in the electric power industry today.

There are numerous topics that could be discussed in analyzing a complex subject such as electric power markets. As we look at the finger pointing that is going on concerning the event, we should keep in mind that the regulation of a public utility is a highly politicized exercise. There is a good deal of excellent academic literature on the subject.

For example, James Q. Wilson wrote an excellent book on regulation entitled *The Politics of Regulation*. Wilson emphasizes how politics and bureaucratic infighting often dominates regulation and as a result, sub-optimal regulatory policies often develop.

Another good book is *Normal Accidents* by sociologist Charles Perrow, who shows how technology such as an electric power system has accidents built into it that are waiting to happen.

We should constantly re-evaluate technological systems so that the normal accidents will not happen in the future.

We can view of blackout of 2003 as a normal accident, and we can see that many solutions to the problems causing the blackout were caught in a simple political/bureaucratic debate between the states and the federal government.

It is interesting to note that both Democrat (former U.S.

Point of View

Energy Secretary Bill Richardson) and Republican Energy Secretary Spencer Abraham both criticized the electric transmission system right after the blackout occurred.

A major problem facing the electric power system in the U.S. today is the poor coordination of the transmission system among the various states. These systems developed in the 20th century when state regulation of electric power covered these systems. This situation changed dramatically in 1993 when the Federal Energy Regulatory Commission issued Orders 888 and 889, which

A major problem facing the electric power system in the U.S. today is the poor coordination of the transmission system among the various states. These systems developed in the 20th century when state regulation of electric power covered these systems.

mandated that the transmission system had to be opened up so that power could be shipped freely across state lines. These orders gave the federal government an enormous amount of influence in the regulation of electricity transmission lines.

Since 1993, there has been much conflict between the states and the federal government concerning the open access transmission policy. One of the key points of controversy is whether states should manage their transmission system through separate entities known as independent system operators (ISO).

An ISO is designed to ensure that the power flows through the transmission system in a reliable manner to avoid situations like the 2003 blackout. New York state has a separate ISO, as do the New England states and Pennsylvania, New Jersey and Maryland.

Other ISOs exist across the country.

One of the issues with these arrangements is how well they are coordinated with each other. The 2003 blackout may have

started in Ohio and spread to other ISO areas, and many are asking how this could occur.

It is interesting to note that on Dec. 20, 1999, the Federal Energy Regulatory Commission issued a rule to have the utilities consolidate the separate ISOs into regional transmission operators (RTOs) in order to coordinate the reliability of the electric system.

Many believe that an RTO is easier to manage across state lines, and that perhaps three or four RTOs could service the entire continental United States. This would lead to fewer power coordination problems according to proponents of RTOs.

In theory, a Northeast RTO composed of the states in New England, the Mid-Atlantic region and perhaps Pennsylvania, New Jersey and Maryland could be formed.

The formation of a Northeast RTO is, however, easier said than done because many states object to the RTO. This occurs because entities lose power in the process, and the cost of power is different among the states.

Some ISOs, such as the one existing in Pennsylvania/New Jersey/Maryland are known to operate very efficient power markets. They might not wish to consolidate with other states and lose some of the efficiencies built into their systems.

Some states with low cost power believe that the cost of electricity with increase simply because of the transfers of power that will be facilitated by the RTO. For instance, electric power costs more in New York than it does in Ohio, so regulators in Ohio would be highly critical of an RTO that consolidates the Midwest with the Northeast.

It is evident that many of the problems with the electric power system are known to us and that they can be mitigated to some extent. We will always be left, however, with the political debates and the bureaucratic problems that complicate utility regulation. More problematic is the lingering threat from the "normal accident theory" which is harder to solve.

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125 Adams St., Delmar 12054
 E-mail —
 NEWS: spotnews@nycap.rr.com
 ADVERTISING & CLASSIFIED:
 spotads@nycap.rr.com

(518) 439-4949
 FAX (518) 439-0609
 OFFICE HOURS:
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How to reach us

The Spotlight's mailing address is P.O. Box 5369, Colonie 12205. Office hours are from 8:30 a.m. to 5 p.m., Monday to Friday. The phone number is 439-4949, and the fax number is 439-0609.

The following is a list of contacts, including e-mail addresses:

- News — Susan Graves, graves@nycap.rr.com
- Sports — Rob Jonas, jonasr@nycap.rr.com
- Advertising — Corinne Blackman, spotads@nycap.rr.com
- Classifieds — Brenda Wierzbicki, spotclas@nycap.rr.com
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Matters of Opinion

Thanks to everyone who helped make Riverfest a huge success

Editor, The Spotlight:

On Saturday, Aug. 16, Bethlehem's beautiful Henry Hudson Park was host to our town's first Bethlehem Riverfest.

With free children's entertainment throughout the afternoon, 45 vendors, rowing rides, great food and lots of local talent and entertainment, the festival was a great success.

We were thrilled to have such a great turnout for our first year. More than 1,500 people made their way down to our gem along the Hudson. I am writing not only to thank those who planned the event, but all those who participated and joined in the fun.

The concept of this event goes back several years, when our ad-hoc group, the Henry Hudson Park Improvement Committee, first gathered to consider was to increase awareness of our waterfront park. The committee was able to declare its first victory with the building of a new gazebo and walkway. Riverfest became the group's next project.

Riverfest was a great success because of the small group of people who spent many months planning the event's every detail. I want to thank the committee members who made many sacrifices to create something wonderful for our town. Very special thanks to co-chairs Ken Daves, Nancy Mendick, who did far more than her duties as treasurer; Robert Leslie, our counsel; Nan Lanahan, Parks & Recreation administrator; Tim

Beebe of the police department; Tim Gordon, businessman; Parker Mathusa, Dave Austin and Audrey Leczinsky, who helped deal with the difficulties of gathering vendors; and John Guastella, who helped with everything (including my own stress level).

This group of people volunteered their time, energy, creativity and perseverance to help create something from scratch that our town can be proud of. Of course, none of this would have happened without money. I would like to personally thank all of our sponsors. Our prime sponsors were: Capital Cities Imported Cars, Hannaford Supermarkets, Delaware Plaza Associates, Nigro Cos., Jim Grady Trees and Callanan Industries.

Additional large donors include: Security Supply Corp., Farm Family Insurance, Selkirk Cogen and Charter One Bank. Many other businesses and individuals also contributed, and we thank them as well.

There were many other contributions that should be recognized. A special thanks to Stewart's for providing free ice cream, Time Warner for providing the generator, sound crew and free cable advertising, Chris Graf for his handling of sound, lighting and technical issues, PAX 55 TV for cable advertising and production and *The Spotlight* for helping with advertising.

In addition, I would like to thank Bob Girouard for managing the day's superb entertainment. Also thank you to Megan DiGiovanni who was created a memorable logo.

Our wonderful give-away prizes were provided by Southwest Airlines, Normanside Country Club, Gold's Gym, Albany River Rats, Glenmont Carwash, Broadway Marketing, Del Lanes and Saratoga Shoe Depot.

Finally, there were our many volunteers who spent Friday and Saturday preparing our park, helping run the event and cleaning up. Special thanks to the many town employees who helped prepare the park.

I hope we can make Riverfest a yearly event for our community. As with many other things in our town, we have reason to feel lucky. I am sorry I cannot mention all those who participated by name, but I thank them nonetheless. It was a wonderful day and all those who helped out should feel proud. When you attempt to do something new, you realize how many special people we have in our community. Again, many thanks to everyone.

We are seeking committee members for 2004! Please feel free to call me at 439-6482.

David Young

Bethlehem Riverfest 2003

Co-chair

Support sneaker drive

Editor, The Spotlight:

Ten local merchants are selling paper sneakers for only \$1 each to benefit diabetes research. This great sneaker sale is part of the effort of our townwide team Bethlehem Cares that will participate in the Juvenile Diabetes Research Foundation's Walk to Cure Diabetes on Sept. 21 at Corporate Woods in Albany.

Bethlehem Cares would like to thank these businesses by selling paper sneakers for us: SuperValu Foods in Voorheesville; Delmar Marketplace, McDonald's, Mr. Subb, Normanside Hair Design and Perfect Blend, all in Delmar; Roberta's Gift Shop and VanAllen

Farms, both in Glenmont; Houghtaling's Market in Feura Bush; and Grand Union in Ravena.

The next time you visit one of these great businesses, please consider making a \$1 donation.

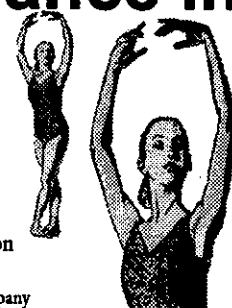
If you would like more information on participating in the Walk to Cure Diabetes, call 439-6894. If you can't participate but would like to make a donation, you can mail your check (payable to Juvenile Diabetes Research Foundation) to Bethlehem Cares at 65 Boylston Drive, Delmar 12054.

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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, and letters will not be published without a signature.

The deadline for submitting letters is Friday at noon.

Write to Letters to the Editor, *The Spotlight*, 125 Adams St., Delmar 12054. Letters can be faxed to 439-0609 or e-mailed to spotnews@nycap.rr.com.

The *Spotlight* also welcomes ideas for its Point of View column, a 1,200 word opinion piece published each week on Page 6.

If you would like to discuss a topic for a potential Point of View, call Executive Editor Susan Graves at 439-4949.

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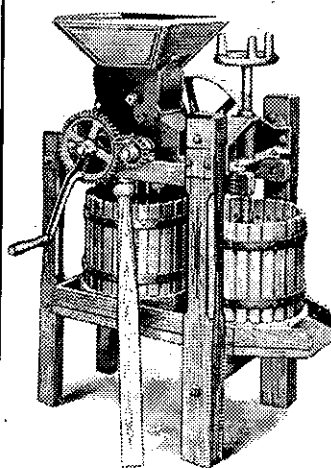
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Matters of Opinion

Ex-legislator takes issue with planning stance

Editor, The Spotlight:

As one who has served in the Albany County Legislature, the town zoning board of appeals and the town planning board, I feel compelled to respond to Mr. Trout's letter calling for more planning in the town of Bethlehem.

First, one cannot just plan for the town because we do not live in a cocoon. Our water comes from outside the town, as do other

necessities of life. Our roads are town, county and state roads over which we have little control. Our residents earn their living mainly outside the town.

When we tried to put a moratorium on future development while we surveyed the future of the town, we found that the courts restricted the time a moratorium could be in effect, and when property owners sued the town over zoning regulations,

the courts consistently upheld the rights of property owners over the rights of government. The Waste Management decision was an aberration, and they may go to court to reverse the ruling.

Second, while it is true that the "endless cycle" of housing, school costs and infrastructure seem easy to control, they are not. Ask any builder what the first question new homeowners ask, and I'll guarantee it's, "What school district is this house in?"

The school has had a planning committee working on possible solutions, but these are stopgap, at best. There may need to be two high schools and two middle schools along with six elementary schools in the town.

In my opinion, that is far better that larger schools where teachers hardly know their students. Recent findings show that students are less likely to act up or do drugs in smaller schools than in larger ones. And yes, we will have to pay for them. Luckily, we have some land still available which should be set aside while it is vacant.

Third, as one who originally introduced legislation to convert the D&H railroad into a bike-hike trail, I can tell you that the new owners are only willing to abandon it because fixing the bridges and the rails would require enormous amounts of money, much more than they think is viable for the line.

Anyone who thinks a commuter rail would work from Voorheesville to Albany is definitely in a nostalgia mode.

When the commuter line was dropped, it was because more people worked in areas around the central city than in the central city. Look at the State Campus, the university and Corporate Woods. Where would you drop commuters off? At the Port of Albany? Give me a break. Commuters would need to take a bus to get to their jobs, hardly an incentive for a commuter line. A more logical commuter line would be from Saratoga to Albany, but that idea has run into the same problem.

In addition, if the rail line is converted to a bike-hike trail, the rail interests would continue to be paramount indefinitely. That is, in case of a national emergency or other reasons, the railroad could be restored. The important thing is that we want the entire line in tact, and not split up among hundreds of landowners, which would then make restoration of a rail line impossible.

So it would make good sense for county and town agencies to join with the state to convert this trail into a safe place for bicyclists and pedestrians. I urge citizens to support this idea.

Finally, I do agree with Mr. Trout that more land needs to be set aside for recreation, conservation or scenic views. I think it might be a good idea to have a bond issue for the sole purpose of purchasing land for these reasons. Other towns have done this successfully, and I believe ours can too.

*Dominick DeCecco
Slingerlands*

Caregivers program set at town hall

A free, six-week "Savvy Caregiver Program" will be held at Bethlehem Town Hall on Tuesdays from 10 a.m. to noon beginning Sept. 9.

The program will conclude on Oct. 14. The course is designed to provide persons caring for a family member with Alzheimer's disease or other forms of dementia with some of the skills necessary to cope with the various stages of the illness.

It will also emphasize that many rewards associated with care giving.

The program will give caregivers a degree of competence that should prove helpful in dealing with the stress factor that often accompanies his or her role in dealing with a loved one afflicted with a long-term illness. The program is sponsored by the Eddy Alzheimer's Services through Marjorie Doyle Rockwell Center and is supported by a grant from Albany County.

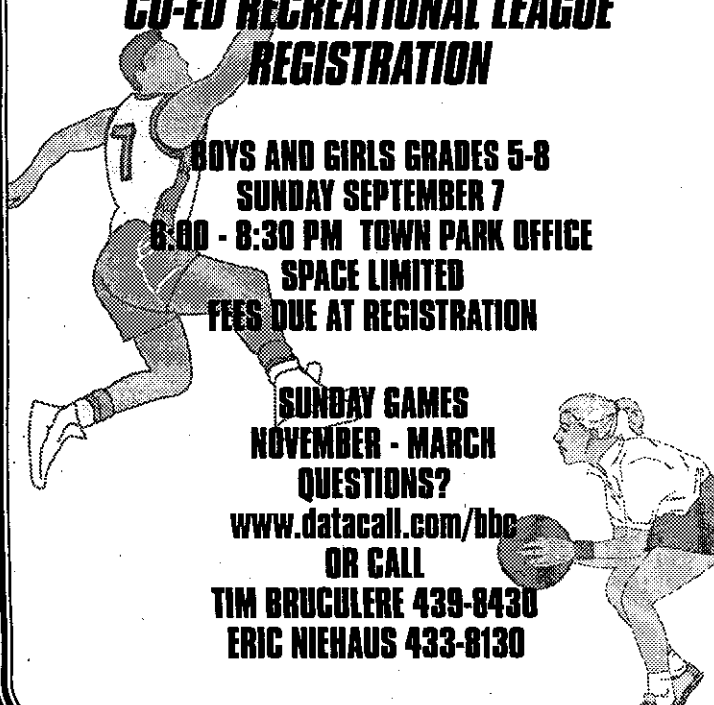
In addition to town hall, the course will be held at several other locations throughout the Capital District.

For information on the course, contact Bethlehem Senior Services at 439-4955, ext 4.

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Schools to open Thursday, Sept. 4

Students in the district will begin the 2003-04 school year on Thursday, Sept. 4.

The high school and middle school will begin their day at 7:40 a.m. and the elementary school will begin at 8:50 a.m. The first day of school is a full day for grades 1 through 12.

High school to hold opening-day barbecue

The Voorheesville high school will hold its annual back to school barbecue on opening day, Thursday, Sept. 4, during regular lunch hours. They will be serving hamburgers, hotdogs, chips and ice cream.

The price for the lunch is the regular lunch price of \$2. If any parents or adults would like to volunteer to help cook or serve lunch, contact Molly Hoyt-Fowler at 765-3314, ext. 212, so they can anticipate the number of helpers that they will have on hand.

Agenda books available at school

Students in grades six through 11 will be responsible for purchasing an agenda book. These books contain important information for students and serve as a great resource in organizing daily class assignments.

Agenda books will be distributed during class assemblies. The cost is \$5, and students may bring their money to their English class. Payment is due to the school by Friday, Sept. 12.

Checks should be made payable to the Voorheesville Central School District. Seniors who would like to purchase an agenda book may do so at the main office.

Family concert Set at Wallace park

Wallace Park on Swift Road will hold a family concert featuring live music by ARC on Friday, Sept.

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



5, from 6 to 10 p.m. There will be hot dogs and beverages available.

For information, call 478-0846.

Garden Club to resume regular programs

The Helderview Garden Club will start its new year program with master gardener Phyllis Rosenblum speaking on "Putting your garden to bed."

The meeting will be held on Thursday, Sept. 4, at 6:45 p.m. The public is invited and the garden club is accepting new members. For information or any questions call president Kazzy Gainor at 765-2576.

Music ministry welcomes new members

The music ministry at St. Matthew's Church will begin practices on Wednesday, Sept. 3, at 7 p.m.

Vocalists and musicians are welcome to join. If you love music and wish to participate, call Madge Devine at 765-2457.

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

Legal program set at seniors office

Bethlehem Senior Services at town hall will be the site of the Albany County Senior Legal Services Program the fourth Thursday of each month from 11 a.m. to 1 p.m. beginning Sept. 25.

The program provides services for residents of Albany County who are 60 years of age and up and is funded by the Albany County Department of Aging.

It is staffed by a full-time attorney through the Legal Aid Society.

The senior services program can provide representation and/or referrals as appropriate on a variety of legal issues facing seniors in the community including: Social Security, SSI, Food Stamps, pensions, HEAP, tenant issues, home repair fraud, Medicare, Medicaid and nursing/adult home issues.

The program and appointments are required. To make an appointment, call 439-4955, ext. 4.

V'ville student earns Eagle Scout award

Jon Michael Dolen, 18, son of Dawna Leon of Voorheesville and Richard Dolen of Glenmont recently achieved the rank of Eagle Scout as a member of Troop 73, held at the Performing Arts Center at the Clayton A. Bouton Jr-Sr High School.

For his Eagle project, Dolen organized a group of volunteers and worked himself on restoring the Otterness Trail at Voorheesville Elementary School, a trail that was used by teachers in the past for education purposes.

The project required more

than 110 hours that took two months to complete. Dolen became a Scout in 1993. He earned 21 merit badges, held positions of den chief, troop guide and junior assistant Scoutmaster.

He has gone to Philmont twice and was employed as a CIT at Rotary Scout Camp and later employed for three summers working at the waterfront.

He was credited with rescuing a fellow employee in the line of duty.

Dolen is currently attending IT&T Technical Institute.

Students can serve on library council

Middle schoolers in grades six through eight are eligible for membership on Bethlehem Public Library's Youth Advisory Council.

Council members provide input on youth-related library programs, books and Web site. Call 439-9314 for information.

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Check out two trips to Big Apple in fall

Voorheesville Friends of the Library are sponsoring two fall bus trips this year. Sign up now for either or both.

On Saturday, Oct. 11, you can bring the kids to see the new baby snow leopard at the Bronx Zoo and/or make a stop next door at



the beautiful. Botanical Gardens.

New York City at Christmas is always a thrill, and you can choose your own itinerary for a day of holiday lights & shopping, museums or theatre when the tour bus leaves you at Rockefeller Center on Saturday, Dec. 6.

The cost for each trip is a low \$25 for Friends members, non-members \$30. Payment is due at signup at the circulation desk. Price does not include admissions or meals. Space is limited, so sign up early - bring friends, bring the whole family!

Fast readers can still sign up for the Sept. 10 discussion of

Talking to High Monks in the Snow by Lydia Minatoya.

Copies of the book are available at the reference desk.

High school seniors can sign up for "Help! I'm filling out my college application!" with certified educational planner Sally M. Ten Eyck on Thursday, Sept. 16 at 7 p.m.

The library will be closed Aug. 30 through Sept. 1.

Regular weekend hours of 10 a.m. to 5 p.m. Saturday and 1 to 5 p.m. on Sundays will resume after Labor Day weekend. Fall storytimes begin on Sept. 8.

Check out one of our new dvds or videos for the holiday weekend. New selections include *One Hour Photo*, *Gangs of New York*, *Antwone Fisher* and *The Hours*.

Sign up for library programs by calling 765-2791 or email voorefq@uhs.lib.ny.us. Visit our Web site at www.voorheesvillelibrary.org <http://www.voorheesvillelibrary.org/>

Barbara Vink

Members wanted

The Delmar Community Orchestra, under the direction of David Beck, is now accepting new members for our 2003-2004 season. Weekly rehearsals will begin on Monday, Sept. 8.

The orchestra rehearses Mondays from 7:30 to 9:30 p.m. at Bethlehem town hall.

The orchestra is a community-based nonprofit organization dedicated to the sharing and enjoyment of music through ensemble playing.

Instrumentalists of all ages and levels of ability are invited to join. No auditions are required. The orchestra performs several concerts throughout the year in a number of locations in and around Delmar. Visit our website at www.timesunion.com/communities/dco for information.

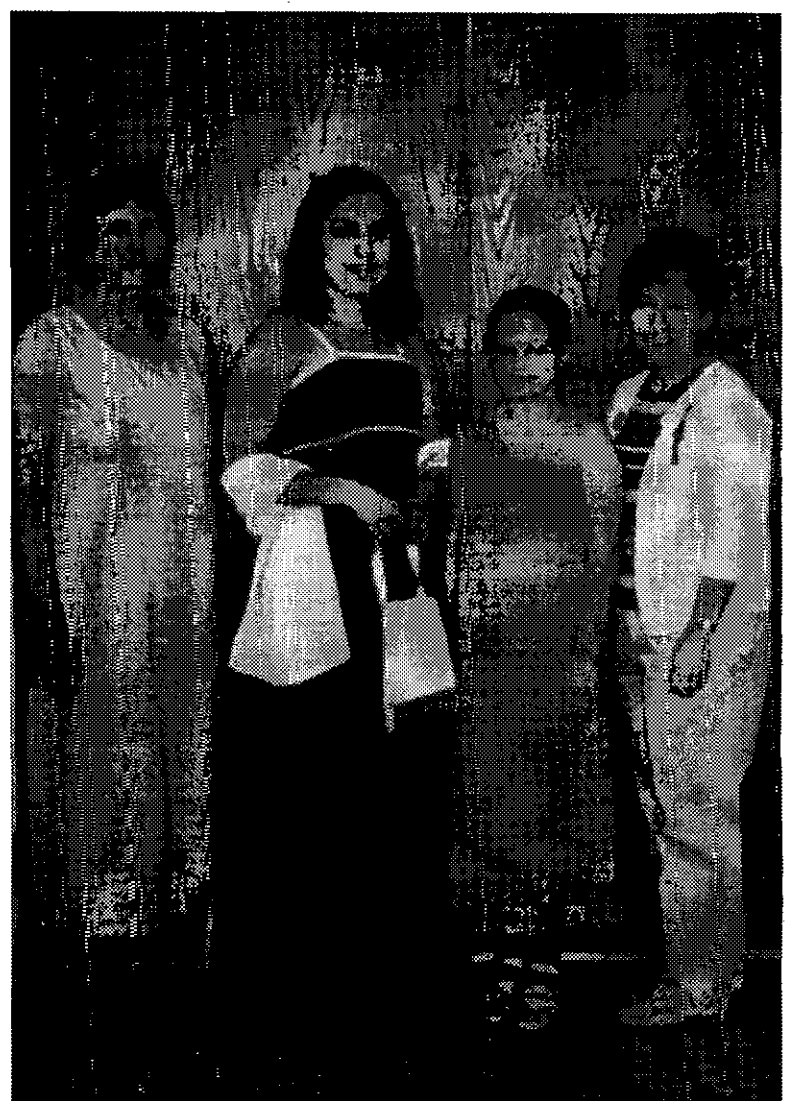
Marine completes training exercise

Marine Corps Lance Cpl. Zachary Holden, son of Eric E. Holden of Glenmont, recently completed a training exercise near Djibouti, Africa, while assigned to the 26th Marine Expeditionary Unit, based in Camp Lejeune, N.C.

Holden is one of more than 4,000 Pacific Fleet sailors and Marines deployed aboard the ships of the USS Iwo Jima Amphibious Ready Group. Holden's unit is an expeditionary intervention force with the ability to rapidly organize for combat operations in virtually any environment. MEUs are composed of more than 2,000 personnel and are divided an infantry battalion, aircraft squadron, support group, and command element. With this combination, Holden's unit supplies and sustains itself for quick mission accomplishment.

Holden joined the Marine Corps in April 2001.

Sew nice



Old Hellebergh Chapter DAR awarded prizes for outstanding sewing skill as part of its annual Young Homemakers Sewing Contest. Lorraine Whiting, chapter regent, left, Danielle Breitenback Altamont wearing her winning prom gown, Julia Soleau of Delmar wearing her winning sundress and Gwen Bondi, committee chairwoman. Absent from photo: Brooke Bondi of Gunderland and Hilarie Dahl of Delmar.

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S'lands boy named to CAR post

Justin Folger, 11, of Slingerlands has recently been appointed Adirondack District vice president for the New York State Society of Children of the American Revolution.

The New York State C.A.R. President Amber Miller, appointed Folger.

Folger was in charge of organizing a district-wide meeting held this summer and will attend the State Conference held in March.

Folger is a member of Teunis Slingerland Society CAR which is the local society linked to the Tawasentha Chapter DAR. CAR is an organization that helps promote patriotism and love of country in young Americans. For information, contact teunisslingerland@yahoo.com.



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The Kiwanis Club of Delmar and the Capital District Council for the Social Studies would like to thank all our sponsors, prize contributors and participants who made our recent 2003 charity golf outing such a huge success. Once again, because of your support we will be able to contribute over \$6000 to benefit the Pediatric Trauma Unit at the Children's Hospital at Albany Medical Center.

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Thank you one and all

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Sports

Eagles begin title defense

By ROB JONAS

Bethlehem boys soccer coach **Brett Miller** said winning Section II titles isn't a guarantee, no matter how many of them you've won.

"Winning championships is hard," Miller said. "You need to have some luck. We're always going to have good players. Good teams make their own luck, though."

The Eagles have made their own good luck twice in the past three years. To win another Class A Sectional title, though, they'll have to break in a few new players.

"It's going to take time," Miller said. "We have a lot of young kids. We have four sophomores on the team. They played the same system defensively (that the varsity team plays), but the offense is a bit different."

The rest of the Suburban Council won't be shedding any tears about Bethlehem's youth movement — not when the

Eagles return seven seniors who started on last year's championship squad.

"I think the competition is going to be a lot tougher, so we have to work harder in practice and in games," said Matt Narode, one of the seven returning senior starters.

"Columbia had a lot of juniors last year, and they have 15 players back," Miller said. "Shenendehowa was young last year. They should be much improved."

Winning championships is hard. You need to have some luck.

Brett Miller

Shaker should be improved, too."

The biggest void Miller must fill is in goal after the graduation of **John Thib-**

deau. The two candidates for the job are returning junior **Zach Sherman** and newcomer **Kyle Dunlavey.**

Up front, Bethlehem lost two of its top scorers in **Brendan Tougher** and **Bob Barrowman**, but it shouldn't lose any of its scoring punch with **Cody Germain** and **Elon Backer** moving into starting roles.

"They're both replacing very

good players, but they're both very good at putting the ball in the net," Miller said.

Germain — who played on the Adirondack region scholastic men's soccer team at last month's Empire State Games — is looking forward to being one of the Eagles' go-to offensive players.

"I like the idea that I'm playing with a bunch of premier (level) players," Germain said. "Elon's a great player."

Though there is a strong veteran presence with half of last year's roster back, Miller wants to give the newcomers from the junior varsity team a chance to play, too.

"It's a long season, and we're going to have some injuries," Miller said. "So, we want them to play because we lose so much next year."

The Eagles start their season Saturday with a non-league game at West Genesee of Section III.

Mickey Mantle team slates tryouts for 2004 season

The Bethlehem Mickey Mantle baseball team is holding tryouts for the 2004 season Sept. 7 and 14 at the Line Drive fields.

Tryouts run from 10 a.m. to 2 p.m. both days. Players must live

in the Bethlehem or Ravena-Coeymans-Selkirk school districts, or they must have a release from their local baseball coach.

For information, contact **Jesse Braverman** at 439-0895.

Got sports scores?

Coaches and statisticians from high school varsity sports teams can report scores and highlights from their games to *The Spotlight* by faxing them to 439-0609 or e-mailing them to spotnews@nycap.rr.com.

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Is early retirement for you?

By JAMES CARRIERO,
Senior Vice President,
McDonald Financial Group

Many Americans are taking early retirement if we can afford it, some hoping to enjoy retirement periods as long as our working lives. A recent MSN Money survey of workers age 30 to 50 found that more than half wanted to retire before age 65 and only 6 percent planned to work past age 65.

Three years of stock market downturns have dashed those hopes for many. A Time/CNN poll reported that one in three Americans expects to retire later than they'd initially planned. Two in three plan to work full- or part-time after retirement, 1.6 million more Americans 55 and older are working than a year ago, and

most baby boomers expect to work until 70, or longer.

Retirement planning has become more important now than ever.

Staying ahead of inflation and filling the gap between Social Security income and our actual needs were once the top retirement planning challenges.

Even if inflation continues at just 3 percent per year on average, a dollar will buy one-third less 10 years from now than it does today.

Our retirement income should total at least 75 to 80 percent of preretirement income. Living longer raises hopes for longer, healthy lives after leaving the work place but also increases the amount we need to save. In 1999 approximately 35 million Americans lived past age 65. By 2030 that number will most



James Carriero

likely double to more than 70 million, and almost 9 million are expected to live past age 85.

After determining how much is required for retirement, we need to maximize savings to

reach our goals, recognizing that Social Security benefits will likely provide far less than the 75 to 80 percent of preretirement income that most experts say is necessary for a comfortable retirement.

The Social Security Administration annually sends out updated notices of anticipated retirement benefits, making this gap easy to determine. Retirees can start receiving benefits at 62 but benefits will be lower than if they waited until 65 when full benefits, the primary insurance amount or PIA, begin. Benefits increase when workers retire even later. Once we know the size of this gap, we should consult financial advisors to help determine how much to invest by retirement age to close it.

Naturally, the younger we are when we start saving, the less we'll need to invest. A 55-year-old with a projected retirement income gap of approximately \$1,000 per month, for example, will need to set aside \$653.49 per month to close the gap by age 65, based on the anticipated return on that investment.

Some retirement planning opportunities bring significant tax advantages, such as individual retirement accounts (IRAs). Investors do not pay any taxes on dividends, interest and accumulated gains on these funds until they withdraw the money.

Contributing the maximum amount to employers' retirement savings plans, if available, before contributing to our own investments (IRAs, Roth IRAs, rollover IRAs and annuities) will allow us to take maximum advantage of this tax-exempt savings opportunity. Corporations and some nonprofit organizations offer 401(k) plans, and recent tax law changes have put tax-deferred 401(k) plans into the reach of individual entrepreneurs for the first time. Some companies fund simplified employee pension plans (SEP IRAs) and simple IRAs; both are employee-funded savings match plans.

When early retirees seek withdrawals from their IRAs before age 59-1/2, a 10 percent tax penalty applies, although certain exceptions may be used to avoid it.

Payments from an IRA must be based on the life expectancy of the owner, continue for at least five years and consistently use one of three approved methods. The life expectancy distribution method simply divides the total IRA account value by the owner's life expectancy or the joint life expectancy of the owner and his or her designated beneficiary. Annual withdrawals will change based on updated life expectancies and the account balance after payouts and investment earnings. The Amortization Method is based on both life expectancy and an assumed interest rate on the remaining account balance, with payments remaining the same. Similarly, the annuitization method is based on a life

expectancy, based on separate, slightly shorter IRS annuity factors.

Choosing the right investments initially is just as important as determining a payment method becomes after retirement.

Despite recent downturns, investing in stocks has historically provided the best return and best protection against inflation. Americans earned 19.35 percent on their stocks in the 1950s, for example. These investments earned 7.81 percent in the 1960s, 5.9 percent in the 1970s, 17.5 percent in the 1980s and 18.2 percent in the 1990s. Mutual funds that own many different stocks offer investors diversification, professional management and convenience.

An investment advisor can help determine which investments best fit an investor's risk concerns and the time available before retirement.

The earlier we begin investing, the better. We should also use dollar-cost averaging long term. That means investing relatively consistent amounts over time, buying fewer shares when they're expensive and more shares when the price per share drops.

We should also be ready to change retirement savings plans as our needs change. For example, when our grown children have graduated from college, our financial needs will be smaller.

As we near retirement age, other concerns become paramount. We should consult our financial advisors on the timing of retirement fund distributions, and on insurance issues, periodically reviewing our long-term care coverage, disability and Medicare supplemental benefits. Charitable giving also needs periodic review.

Above all, our financial advisors can help us plan a secure and stable financial future. Many financial professionals begin helping investors by providing a financial assessment: a detailed blueprint of where the investor is now and a roadmap to where he or she wants to be financially at retirement. This useful process will provide information on how to achieve retirement dreams and down-to-earth information about investing, insurance, saving for college and other important concerns — as well as retirement planning.

Many full-service banks and financial planners offer insurance in addition to investment services. Working with these experienced professionals brings the opportunity for a comprehensive plan and the means to follow it to a comfortable retirement.

About the author: James Carriero is senior vice president and oversees of the Capital Region District's office of McDonald Financial Group. His office is at 22 Corporate Woods, and he may be reached at 391-1415.

Seeing the whole picture is crucial to retirement planning. So where's your financial advisor's focus?



Some financial planners work for a bank. Others work for a brokerage firm. While still others work for an insurance company. So when it comes to your comfortable retirement and the legacy you want to leave your family, whose advice do you prefer?

Only a McDonald Financial Group advisor provides a comprehensive, integrated solution that makes the most of all your assets. By aligning the established expertise of Key PrivateBank and McDonald Investments Private Client Group, our advisors not only see and understand your total financial situation, but can mix various investment, banking, trust and insurance strategies to maximize results.

Meet with a McDonald Financial Group advisor now, to build yourself a retirement that better suits your big picture.

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League champions



The Bethlehem under-12 boys team finished in first place in the Capital District Youth Soccer League this season. The players are, from left, (front) Samuel Cochetti, James Angermeier, Thomas Matthews, Grant Facto, Ben Bloodstein, Neil Robertson, Austin Santoro, (back) Evan Finkle, Sean Osborne, Alexander Mangeri, Benjamin Gollop, Dylan Mohlo, Gregory Roeth, Gavin Tougher and Gregory Roth. The coaches are Ian Santoro and Neil Robertson.

G'land YMCA hosts Brenda Deer race

The Guilderland YMCA is hosting the inaugural Brenda Deer Memorial Road Race Saturday, Sept. 13, at 10 a.m.

The event features a 3.25-mile road race for runners age 10 and older and a half-mile kids fun run. The 3.25-mile race starts and finishes at the Guilderland YMCA, and the fun run begins in the Mercy Care parking lot near the Guilderland Library.

The entry fee is \$20 for the 3.25-mile race, with proceeds

donated to the YMCA Reach out for Youth campaign to benefit its Circle of Champs program for children age 5 to 15 that have been touched by a life-threatening illness. The kids fun run is free.

The Brenda Deer Memorial Road Race is named after Brenda Deer — a popular teacher's aide at Guilderland Elementary School who was killed in an accident while running in 2000.

For information, contact Jason Kennedy at 456-3634, ext. 20.

Dinouzzia wins town park race

Latham's Louis Dinouzzia won last Monday's 5-kilometer cross country race at Elm Avenue Park.

Voorheesville's Ben Greenberg was the top local finisher with a third-place performance.



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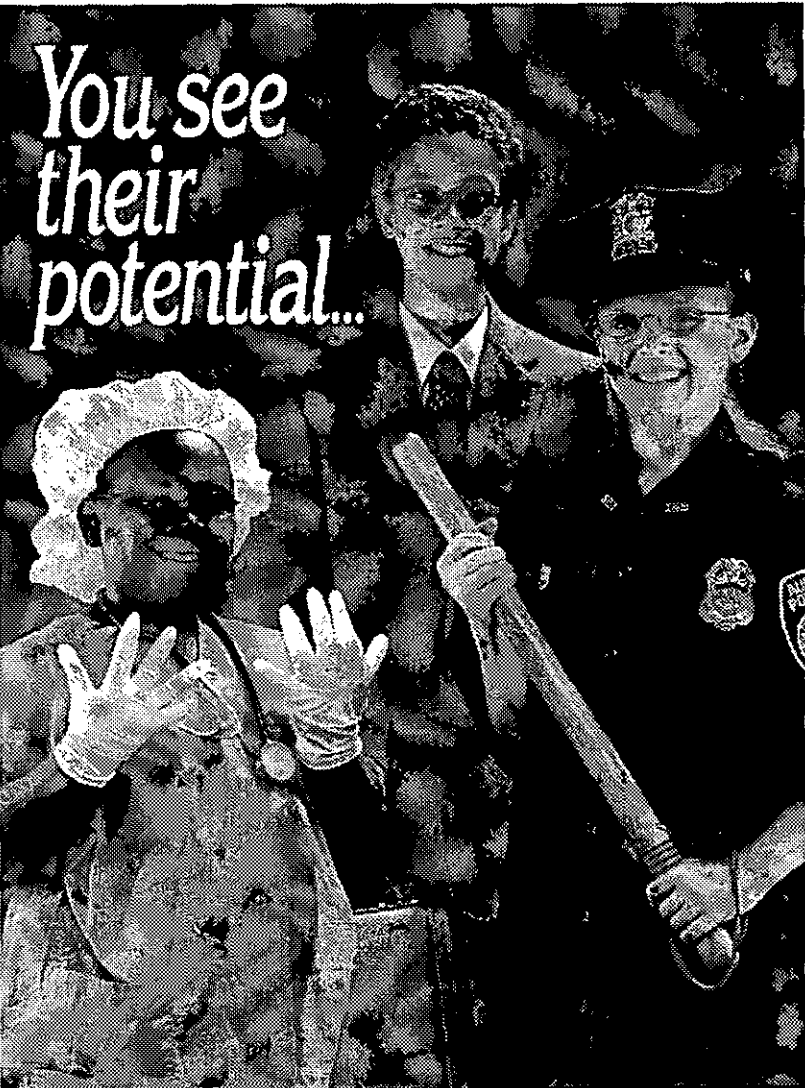
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The environmental disclosure label: a must read for smart energy consumers.

New York State electricity customers are now receiving a new kind of information in their bills about the types of fuel used to generate the electricity they buy and the related air emissions. The New York State Public Service Commission requires electricity providers throughout the state to include environmental disclosure labels at least twice a year with the bills they send to customers. These labels give customers access to information that will enable them to take into account the environmental impacts of the energy they purchase.

New York is the first state in the nation to use a verifiable, third-party tracking system to produce such environmental labels. All investor-owned electric utilities and energy service companies providing retail electricity, as well as those municipi-

pal or cooperative electric utilities subject to PSC jurisdiction, are required to provide the label.

The New York State Department of Public Service, as administrator of the program, developed New York's unique third-party environmental labeling tracking system. Using data obtained through the New York Independent System Operator (NYISO—the entity responsible for the day-to-day operation of the electric transmission grid in New York State), electricity purchases and sales are tracked back to specific generators.

Air emissions associated with specific generation sources are then calculated based on information and data from the New York State Department of Environmental Conservation, the Federal Environmental Protection Agency and the

United States Department of Energy.

How electricity suppliers stack up

The disclosure label provides plain language information on the mix of fuels used by the customer's supplier to generate the electricity provided over a 12-month period. Customers can clearly see the percentage of the power they buy that is coming from each of the following fuel sources: biomass, coal, natural gas, oil, hydro, solar, solid waste, and wind. In addition, the label provides information on the levels of three air emissions associated with the generation of electricity and compares the supplier's emission levels to the statewide average for a given time period. Two of the air emissions, sulfur dioxide and nitrogen oxide,

contribute to acid rain and smog. A third emission, carbon dioxide, contributes to global climate change.

Knowledge is power

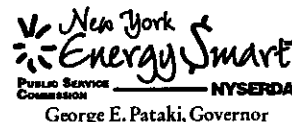
New York State electricity customers can now shop for a supplier other than their local utility. The information on the environmental disclosure label gives consumers another important piece of information to use when shopping for electricity. Also, suppliers are now in a better position to adjust their own generation portfolios and to respond to customer demand for cleaner sources of energy as the market for green power continues to develop.

To help introduce the program and familiarize consumers with the label, the Public Service Commission has developed an informative brochure entitled

"Environmental Disclosure—A Consumer Guide." The brochure helps explain the program and how to use the information provided on the label to select an electricity supplier.

This brochure is also available in a Spanish version. In addition to receiving the labels, twice a year, as part of their bills, customers can also view the disclosure labels on the Commission's Web site at <http://www.dps.state.ny.us/EnvDisclosureLabel.html>

For more information on the environmental disclosure label and shopping for electricity, call the New York State Public Service Commission toll-free at 1-888-Ask-PSC1 (1-888-275-7721) or visit the PSC's Web site at www.AskPSC.com



New York State sample environmental disclosure label

Fuel Sources

Electricity can be generated using many different fuel sources as shown on the right. The environmental disclosure label provides information on your supplier's "fuel mix," i.e., the types and percentages of fuels used to generate the electricity your supplier provided to you during a given time period.

Air Emissions

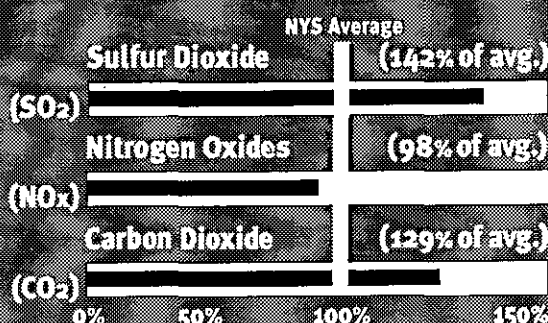
The Air Emissions portion of the environmental disclosure label provides information on the levels of three air pollutants associated with the generation of electricity and how the emissions from electricity sold by your supplier compare to the statewide average for a given time period.

The environmental disclosure label you receive from your supplier will be in a similar format to what is shown on the right. Your electricity supplier will send it to you at least twice a year.

Fuel Sources Used to Generate Your Electricity

Biomass	Less than 1%
Coal	20%
Natural Gas	33%
Oil	6%
Hydro	20%
Nuclear	20%
Solar	Less than 1%
Solid Waste	1%
Wind	Less than 1%
Total	100%

Air Emissions Relative to the New York State Average



Fuel Sources

Biomass — fuels such as landfill gas, wood and other plant matter.
Coal, Natural Gas and Oil — fossil fuels.
Hydro — falling water from rivers or dams.
Nuclear — nuclear energy.
Solar power — energy from the sun transferred by photovoltaics.
Solid waste — fuels such as municipal waste.
Wind — from wind turbines.

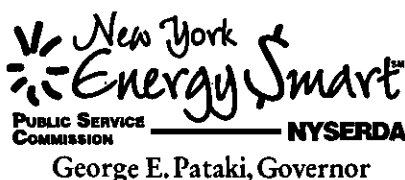
Air Emissions

The Air Emissions graph shows the average Sulfur Dioxide (SO₂), Nitrogen Oxides (NO_x), and Carbon Dioxide (CO₂) emissions of the electricity sold by your supplier for a given time period specified on the label.

The horizontal bars show how the emission levels of your supplier's electricity compare to the average emission levels (the vertical line) of all the suppliers selling electricity in New York.

If your company exceeds 100 percent in an air emissions category, the emissions level is higher than the statewide average of all the electricity suppliers in the state. Similarly, if the percentage is less than 100 percent, the emissions level is lower.

Remember — It's "Your Energy...Your Choice."





Spotlight Newspapers • August 27, 2003

Natural foods are a healthy alternative

By JACOB DAY

It seems as if nearly everything is bad for us these days — the sun, red meat, even the air we breathe. Unfortunately, many of these dangers are unavoidable and there is no alternative. However, when it comes to the groceries we buy and the food we eat we do have a choice.

With the advent of new technologies and ever-changing approaches to food growing, chemicals, additives and preservatives are found in nearly all store bought food items. Read the back of a box of cookies and you will be hard-pressed to identify the long and confusing names of the many synthetic ingredients that are added to them. The same goes for most foods that we buy.

Fortunately, there are healthier, natural alternatives to the man-made feeding frenzy. Many local grocery stores carry a wide variety of natural and organic fruits, vegetables and groceries to counter nearly anything that could be purchased at a large supermarket. There is even organically "shade-grown" coffee that boasts a better taste. Vitamins have a natural counterpart as well, with brands available that feature a coating made from vegetables instead of animal products as some vitamins are.

"Consumers want to know what things are in their food," said Nate Horwitz, membership coordinator of the Honest Weight Food Co-Op on Central Ave.

While the store is open to anyone, members paying \$100 receive a discount on their purchases and may even work in the store for a larger discount. Honest Weight features a large selection of naturally grown food items.



Naturally grown organic food products use no chemical pesticides in their growth. These pesticides have been proven to stay in the body's fatty tissues for long periods of time and have been linked to cancer. Additives for taste, color and texture are also unhealthy for human consumption and are found commonly in fruits and vegetables.

"When fruit is dried, it naturally becomes somewhat dark. However, bleach is added to make it appear brighter," said Horwitz.

In addition to fruits and vegetables, there is also a large availability of dairy products produced without the use of animal growth hormone. Free-range chickens produce healthier eggs and live better lives. Cows are often pumped full of antibiotics to counter their close living quarters and these antibiotics could be found in milk. Alternatives such as soy or

rice milk are available.

Natural alternatives do not end with food. There are many other products for your home

that would complement a natural-product lifestyle. Many cleansers are not environmentally friendly and do not biodegrade. Natural cleansers are biodegradable and work very well.

Natural soaps can be found as well, such as Dr. Bronner's, which can be used as a body soap,

shampoo or toothpaste and will not harm the environment.

Grocery shoppers will find a wide variety of naturally grown fruits and vegetables as well as a plethora of breads, cereals, juices and dairy products that are healthy, free of toxins and better for the body.

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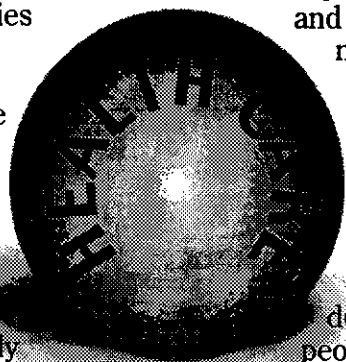
The best stress buster

Exercise has the therapeutic ability to bring balance to your life

By MIKE MASHUTA

Many people find themselves under a great amount of stress because of the pressure in today's society and its demands, but the good news is there is a way you can relieve stress: exercise. According to Karla Kubitz, Kansas State University

physical education and leisure studies professor, exercise helps people cope better with stress. Her study revealed that people who exercise regularly recover faster



from psychological stress and their bodies are more efficient in responding to stress.

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Exercising on a regular basis is the best way to deal with stress, but people who only exercise on weekends,



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"Weekend Warriors," or sporadically will also cope better with stress than people who don't exercise at all. Even with a little exercise, people are using their "stress response system."

The reason exercise helps us cope better with stress has to do with hormonal changes in our bodies. When experiencing stress, the body produces

hormones that cause the heart to beat rapidly.

Exercise strengthens the heart, which in turn helps the heart to beat slower and handle stress more efficiently.

Exercise strengthens the heart, which in turn helps the heart to beat slower and handle stress more efficiently.

The writer is a certified personal trainer, professional body building judge and owner of Delmar Health & Fitness.

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A (hair)piece of hope

Hairstylist specializes in hair alternatives for cancer patients

By RICHARD NACY

Helen Carroll: super-woman. She would never agree. At first glance, one might think that Carroll is a typical hairdresser, with a keen sense of style, quick smile and readiness to share a fascinating story.

But spend a little time at Le Shoppe Hair Design Studio at the Four Corners in Delmar, and you'll see a woman who obviously enjoys making people look beautiful. Look a bit deeper and you'll see a woman who gives people hope.

For the past 10 years, Carroll has specialized in providing wigs, hairpieces and hair alternatives for cancer patients.

"I started as a hairdresser in 1967, and I just loved it," Carroll said.

After raising a family and continuing as a beautician, Carroll took on a new challenge: nursing. From the early 1980s until 1993, Carroll worked as a nurse at Albany Medical College's Division of Gynecologic Oncology. It was there that the seeds of Carroll's future path were sown.

"As I worked closely with physicians and support staff, I (learned) about treatment resulting in hair loss," she said.

Carroll said she also saw firsthand pain, fear and hope in her patient's eyes.

"I saw a lot of anger," Carroll said. "So much of cancer treatment used to be

just about the disease itself — which is bad enough — and little was done about the side effects, including hair loss from chemotherapy."

Carroll watched the heartbreaking reaction of many patients to their hair loss, as well as the lack of action from the medical community.

Furthermore, the world of beauty failed to meet the needs of her patients. Wigs and hairpieces "looked terrible," she said and were expensive to boot. The anger she saw directed at the hair loss turned into anger directed at bad, pricey wigs.

Carroll had a revelation: "People need a guardian angel." In 1993, she combined her oncology nursing experience with her skills as a beautician and founded Caring Creations, a salon specializing in assisting cancer patients in finding high quality and reasonably priced hairpieces.

"It gave me the best of both worlds," Carroll said. "I not only get to do something I like (hairdressing), but I make people happy instantly."

In dealing with what Carroll referred to as "the lighter side of the disease," she starts with an initial, private consultation, free of charge for cancer patients.

"It's important that the patient feels comfortable and safe. I'll often schedule consultations on days when Le Shoppe is closed or has a lighter volume of customers, since some patients are hesitant for everyone to know their situation."

Carroll's initial consultation includes a fitting, since, she said, "the fit of any wig is my primary concern. An ill-fitting piece just won't look right, no matter what the style."

Carroll stocks numerous styles, but also deals with five wig companies and can order a specific style if required.

"A wig usually takes four to seven days to come in, so the patient knows that the turn-around time is not weeks or months."

In the meantime, Carroll also specializes in "hair alternatives," including hats, scarves and turbans.

"Everyone likes variety. A little color or a different option gives patients a sense

of control over their appearance. A positive experience builds a positive attitude, and this can only help in the healing process," she said.

In addition to aesthetics, Carroll also educates her clientele on hair care for cancer patients. She emphasizes the importance of shampooing and avoiding hair dryers and chemical processes, while dispelling the myth that covering one's head can impede future hair growth.

"It's important that people with cancer have the facts. They're dealing with

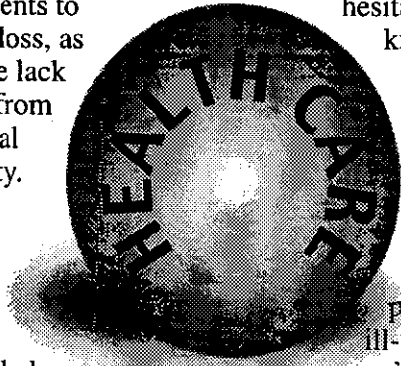
enough uncertainty already," she said.

Carroll said her work with cancer patients has not only impacted their lives, but also her own.

"I got my priorities straight," she said. "I remember working with a patient who had one wish: to make chocolate chip cookies with her girls once more. It put my own life and troubles into perspective."

Helen Carroll: spirit-healer.

She would never agree, but just ask one of her customers.





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Andrews, with an associate's degree in medical secretarial science, opened Andrews' transcribing, Inc., in 1984, selling her business in 2000 to MedQuist, the largest

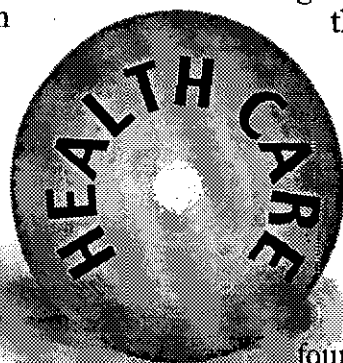
medical transcription service in the world. Holbrook has a bachelor's degree in health care administration and began Professional Medical Office Services, which has continued to run successfully for the past 10 years.

In 2000, the two women, with their combined expertise, joined

forces and formed Andrews & Holbrook Training Corp.

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

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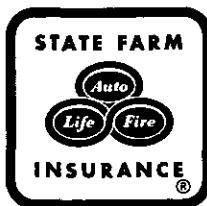
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Widespread facial disorder soars in heat

While warmer weather makes more than a few people's faces turn red, not all of them are getting a sunburn. According to a new survey, heat and sun exposure top the list of factors that often trigger rosacea, an embarrassing but treatable facial disorder now estimated to affect more than 14 million Americans.

Rosacea is growing especially common as the baby boom generation enters the most susceptible years. The condition typically strikes at any time after age 30 as a temporary redness on the cheeks, nose, chin or forehead that might be mistaken for a sunburn. Over time the redness becomes more persistent and severe, and tiny blood vessels may become visible.

Left untreated, bumps and pimples often develop and, in severe cases, the nose may become bumpy

and enlarged from excess tissue. In some cases, the eyes are also affected, feeling gritty and appearing watery or blood-shot.

Fortunately, this widespread disorder can be effectively controlled with medical therapy and lifestyle changes to avoid

the factors that may aggravate the condition. In a survey of 1,066 rosacea patients by the National Rosacea Society, sun exposure was the No. 1 trigger, cited by 81 percent of the respondents. The other leading triggers were hot weather, reported by 75 percent and emotional stress, which affected 79 percent.

"A tremendous array of everyday activities can aggravate rosacea in various individuals," said Dr. Joel Bamford, a dermatologist and associate professor of family practice at the Uni-

versity of Minnesota-Duluth. "Identifying and avoiding the things that affect each person is crucial to managing this conspicuous and potentially life-disruptive disorder."

Other trigger factors were also found. Wind caused flare-ups for 57 percent, while heavy exercise was mentioned by 56 percent, and

alcohol by 52 percent. Hot baths affected 51 percent and cold weather was noted by 46 percent. Spicy foods were listed by 45 percent, and humidity affected 44 percent.

Indoor heat and skin-care products both were cited by 41 percent and heated beverages caused flare-ups for 36 percent.

The good news is that

90 percent of the respondents said their condition improved once they began avoiding their specific trigger factors. People who suspect they may have this condition are urged to see a dermatologist or other qualified physician for diagnosis and appropriate medical treatment.

For information on rosacea or how to avoid rosacea triggers, write the National Rosacea Society, 800 S. Northwest Highway, Suite 200, Barrington, Ill., 60010, call 1-888-NO-BLUSH, visit www.rosacea.org or e-mail rosaceas@aol.com.



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Specialists join staff at Greenville Family Health Care

By Carolyn J. Martone

Twenty years ago, when Gloria Fuina-Darrah began a primary care practice in rural Greene County, she had many goals on the forefront; namely, to provide top-quality health care to people who lived rurally. Today, with the expansion of her practice to include cardiology and OB/GYN services under the same roof, her vision of bringing exceptional health care treatment and services to

a rural locations is being realized.

Physicians Dr. Julio Sosa, a cardiologist, and Dr. Josefina Vega Marin, a gynecologist, bring with them backgrounds as specialists at the highest level of their respective fields. Both have recently joined the staff at Greenville Family Health Care.

"We haven't, until now, had this level of care and commitment available to patients" said Fuina-Darrah. "Over the past two decades, our goal and our

ideal has been to come together to provide the best health care to patients who live rurally, and to be able to offer all services under one roof. Bringing these specialists of this caliber aboard is definitely the advent of a new beginning for Greenville Family Health Care.

"We are thrilled to

have these practitioners on staff, not just renting space in the building. Now, patients who have relied solely on our facility for their primary care needs, will have access to more complex medical treatment and overall care."

Sosa, an internationally recognized cardiologist, professor and researcher, joined the staff at Greenville this May. A native of Guatemala, Sosa studied at McGill University in Montreal and spent four years at the Cleveland Foundation, before he was recruited by Albany Medical College in 1968, where he founded the cardiac catheterization lab and presided as a professor of medicine and radiology for 35 years. Throughout his career, Sosa has been instrumental in training more than 50 percent of cardiologists in the Capital District and throughout New York state.

"Health care is the foundation of the future for this country, access to health care should be the same for everyone" said

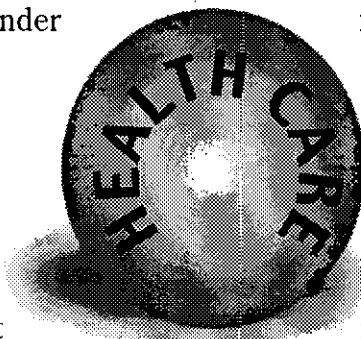
Sosa. "Being at the clinic in Greenville has allowed me to see the human condition in a more real way, the average American is who we see every day here."

Marin grew up in the projects of Brooklyn. A self-made success story, she is a graduate of Yale Medical School and the residency program at Cornell Medical Center.

Marin knew early on that she wanted to specialize in women's health care, especially for those who couldn't afford it. She participated in the formation of a one-stop women's program at Alameda County Hospital in Oakland, Calif. She also held a teaching position there with an emphasis on high-risk obstetrics.

In 1982, Marin was the first physician to implement the addition of midwifery into her private practice in Berkley, Calif. She has worked extensively with communities of immigrants, and is an award-winning member of the National Urban Coalition.

"I have learned that the medical system tends to give the least amount of



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Dr. Josefin Vega Marin, seated, Dr. Julio Sosa, standing at left, and Gloria Fuina-Darrah.

care and access to those who need it the most, and I wanted to serve that community," said Marin. "Greenville Family Health Care is a clinic that brings me back to where I began — reaching people who need my services the most."

Until now, female patients had to travel to Albany or a further location to see a gynecologist.

Both Marin and Sosa are in agreement with Greenville Family Health Center's goals of treating the whole person, eliminating the "big business" aspect of medicine, and developing a more personal relationship with the patients they treat.

"In this day and age of HMO's and the tendency for politicians to ignore health care, we want to get back to the basics," said Sosa. "People have disregarded the basics and have relied heavily upon pharmaceuticals. The business aspect of healthcare separates the physician from the patient; our goal is to come together to restore the personal aspect of treating a patient."

Likewise, Marin is a firm believer in the importance of treating the whole person.

"One of my goals is to bring total health care to the women in rural areas; not only access to OB/GYN care, but also insight and information on nutrition, exercise, stress reduction, and the importance of the mind/body concept in maintaining

wellness. I believe that a crucial element that has been missing from medical practice is that of healing. Many patients leave hospitals cured, but not necessarily healed. I'm more than a gynecologist, I'm a physician — and as such, I am interested in treating the whole person."

Marin has studied and will begin an affiliation with Dr. Herbert Benson this fall. Benson is the internationally renowned physician and originator/author of *The Relaxation Response*. After moving to the Capital District in 1994, Marin has

focused on developing comprehensive health programs for women of all ages, and has practiced as a general OB/GYN with a concentration on holistic management in regards to menopause and urogynecology.

"When I met the medical professionals here who shared my goals for personal and accessible medical care that treated

the whole person, I knew that Greenville Family Health Care was ahead of its time," she said.

Both Sosa and Marin look forward to a long career in Greenville.

"We are beginning to see the fruits of the past 20 years of labor, and are realizing a dream with the addition of these two professionals to our staff," said Fuina-Darrah.

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Give your medicine cabinet a checkup

You aren't the only one who needs periodic checkups — so does your medicine cabinet. It's good to clean it out at least once a year, pitch out what you don't need and restock supplies that are low or missing.

Out with the old

If your medicine cabinet includes tubes and bottles that are outdated, the first step is to discard them. Rite Aid pharmacist Sarah Matunis pointed out that all prescription drugs have expiration dates on

their labels. Over-the-counter medications have this information stamped on the package.

Throw away any medicines that have expired, changed color, formed residue in the bottle or were not stored according to the manufacturer's recommendations. The only prescriptions you should have in

your medicine cabinet are those you are currently taking.

"Resist the temptation to share left-over prescriptions with anyone, no matter how similar their symptoms. Prescriptions should only be used by the person for whom they were prescribed. People who self-medicate can build resistance and mask symptoms. Furthermore, any old

medications given to others can cause serious allergic reactions or drug interactions," added Matunis.

If you can't remember what a prescription was for, a "brown bag" session may be in order. Collect the items, put them in a brown bag and take them to a pharmacist who is specially trained to review the medications and answer any questions.

In with the new

According to Matunis, a well-stocked medicine cabinet should have certain staples, like pain relievers, antiseptics, antibiotic ointments, bandages, analgesics and medications for diarrhea, nausea and constipation. In case of an accidental poisoning, every home should also have a supply of ipecac syrup available.

Keeping medications safe

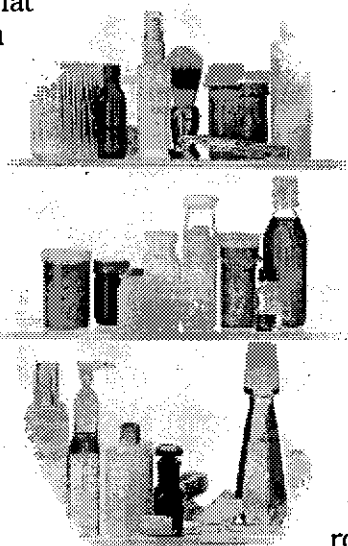
Your bathroom and kitchen are the worst places in the house to store medications. The heat and humidity in these rooms can quickly degrade medications. All medications should be kept in a cool, dark place, away from sunlight, heat sources and children.

Checkup reminder

It's important to establish a routine home assessment of your medical supplies to ensure everything is available and hasn't expired.

"Develop some sort of reminder so it becomes a routine annual event," suggested Matunis. "Try writing down the date on a piece of tape and sticking it on an inside shelf. A year later, repeat the 'house cleaning' of your medicine cabinet."

Don't delay, clean your medicine cabinet today!



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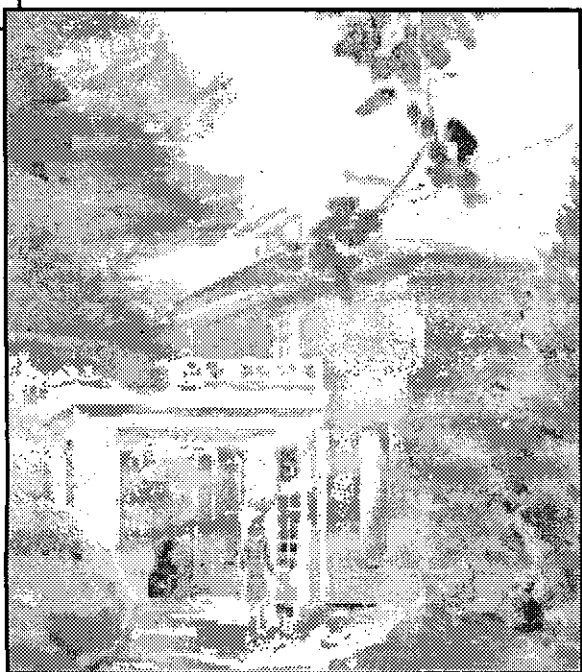
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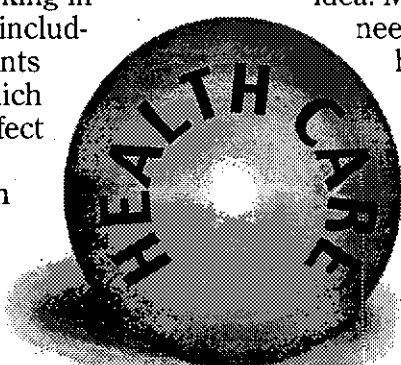
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Smoking ban is an opportunity to quit

As a result of the statewide ban on smoking in workplaces including restaurants and bars which went into effect July 24, coupled with the high price of cigarettes, more and more New Yorkers will be making an attempt to quit smoking. Getting a start on this now in preparation to



avoid those cold weather smoke breaks is a good idea. Many smokers need a little extra help to quit, so don't be afraid to ask for it. The American Cancer Society has some tips for those who are trying to banish the butts:

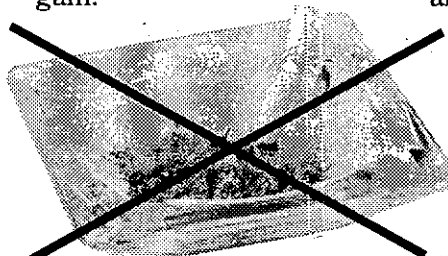
- Call the NYS Quitline for a smoking cessation group in your area

at 1-888-609-6292.

- Your body is recovering from a strong addiction and going cold turkey may not be enough. Talk to your doctor about what smoking cessation products may be best for you. Nicotine replacement therapy products range from gum and patches to lollipops and pills. Go to www.cancer.org for information.

- Drink plenty of water.
- Eat healthy snacks like fruits and veggies.

- Start an exercise program to prevent weight gain.



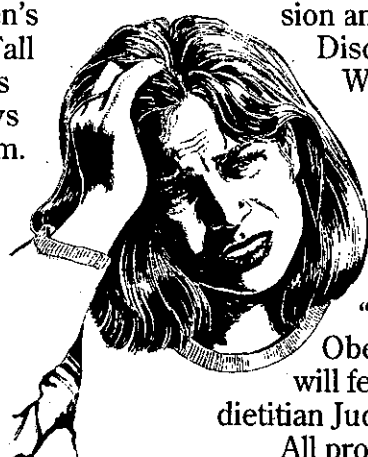
- Chew gum, suck on cinnamon sticks.

- Team up with a buddy who is trying to quit and support each other.
- Try different relaxation techniques to deal with moments of stress.
- Don't give up if you start smoking again. Remember that your body is addicted to nicotine, and it can take several attempts to quit for good. Keep trying.

Church to host Women's Health Series

Bethlehem Lutheran Church will host a Women's Health 2003 Fall Lecture Series three Mondays from 7 to 8 p.m. The series is supported by St. Peter's Hospital.

The first program, on Sept. 15, will be an update on migraine headaches with Dr. Jim Storey.



The second program, on Oct. 20, is titled "Depression and Anxiety Disorders in Women." The speaker will be Dr. Gregory Lavigne.

And on Nov. 10, the final program "How to Stop the Obesity Epidemic," will feature registered dietitian Judith Siler.

All programs in the Women's Health Series are held at the church at 85

Elm Ave. in Delmar. They are free and open to the public.

To make a reservation, call 439-4328. Leave a message if the office is closed.

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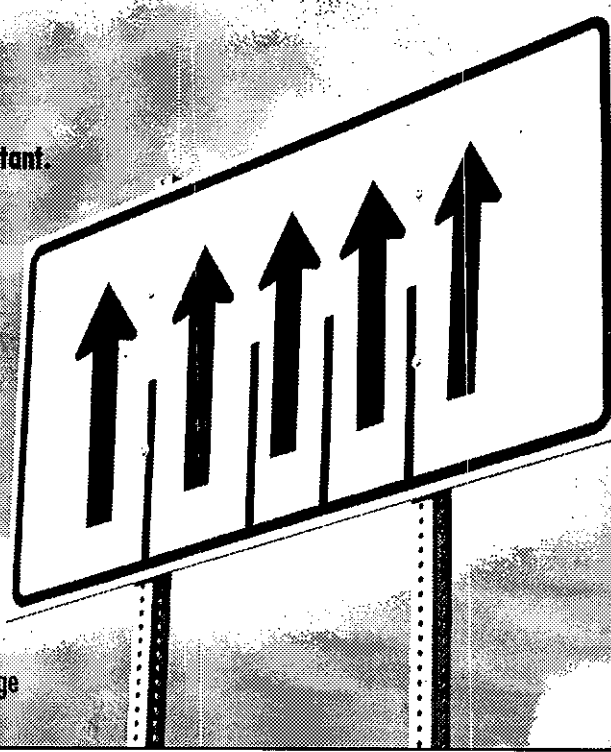
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When it comes to allergies, genes may hold some of the answers

Many people wonder why peanuts make some people sick but leave others unaffected. Scientists and allergy sufferers alike have been searching for answers as to why some people have allergies while others do not. Recent studies suggest the answers may lie in our genes.

Allergies have an unmistakable genetic predisposition, but often require an appropriate environmental "trigger" to make the allergy respond. These triggers seem to come in the form of what we

are exposed to as babies, such as peanut butter or insect stings. The same studies also show that a family history of allergies greatly increased a child's chances of developing allergies of his or her own.

In fact, if both parents have an allergic disease, their child has a 70 percent chance of having some form of allergies as well. Additionally, researchers have discovered that identical twins—those who share the same genetic makeup—are much more likely to share a peanut allergy than fraternal twins. Learning more about the particular genes that cause allergic diseases may

lead to better diagnostic tools and medications.

Researchers even theorize that they are only a few years away from being able to match an individual's genes to particular allergy medications, allowing a doctor to customize treatment to each patient. Genetic testing for allergies could also provide patients with an early alert that they are at risk for a potentially life-threatening reaction known as anaphylaxis.

An anaphylactic reaction can begin within minutes of exposure to an

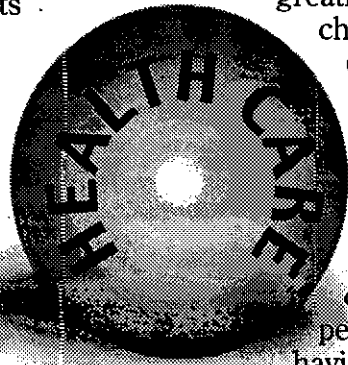
allergy and may include difficulty breathing, swelling of the throat and tongue or hives. The most common triggers of anaphylaxis are food, latex, insect stings or medicine.

Patients at risk for anaphylaxis are closely following genetic research of allergies. In the meantime, the daily threat of a severe reaction means they must have access to an emergency dose of epinephrine such as in an EpiPen epinephrine auto-

injector.

A shot of epinephrine can help stop the symptoms and buy time for a patient to reach the emergency room. EpiPen is available by prescription only. Side effects of EpiPen may include fast or irregular heartbeat, nausea and difficulty breathing. While there is more research to be completed in the area of

genetic predisposition to allergies, the next few years should see some dramatic advances that could help sufferers who live with these diseases.



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Making strides against breast cancer

5K walk supports breast cancer research, programs and services in the Capital District

If it hasn't already, breast cancer will touch you or someone you know. This year in New York state, 14,800 women will be told they have breast cancer and nearly 3,000 women will die of the disease. And while we have made great strides against breast cancer, the American Cancer Society still needs your support so our mothers, daughters, sisters and friends will never have to know this disease.

You have an opportunity to take action and join the battle against the disease by supporting the American Cancer Society's Making Strides Against Breast Cancer walk on Sunday, Oct. 19. The 5K (approximately three miles), non-competitive walk is a fun way to get involved. Gather your family, friends and colleagues at work to build a team. You can walk in honor of a loved one lost to cancer or celebrate the lives of those who have courageously survived.

Proceeds from Making Strides Against Breast Cancer go to support breast cancer research and local American Cancer Society patient service programs

including:

- 24-hour connection to cancer specialists — Live, trained cancer information specialists are available day or night to answer your questions and connect you with the services you or your family needs by calling the American Cancer Society toll free number, 800-ACS-2345.

- Reach to Recovery — the American Cancer Society links newly diagnosed breast cancer patients with survivors to offer information, answer questions and provide support while serving as role models for a life after cancer.

- Look Good Feel Better — An educational and support program that helps women with cancer manage the appearance-related side effect of treatment. Professional cosmetologists volunteer their expertise during individual or group sessions. Complimentary kits containing name-brand cosmetics are distributed during group programs.

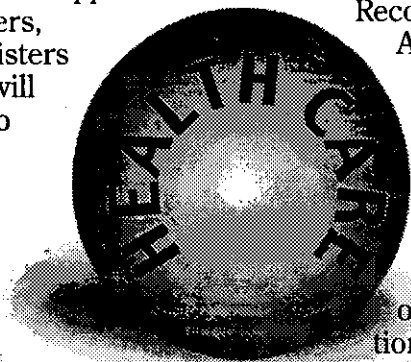
- Tell-A-Friend — A peer counseling approach to encourage women to schedule mammograms and clinical breast exams.

- Road to Recovery —

Transportation to life-saving medical appointments can be a challenge for a woman with breast cancer. An American Cancer Society volunteer will drive her to and from treatment.

- Triple Touch — an American Cancer Society breast health education program that provides women with the information they need about mammography, clinical breast examination and breast self examination to develop their own plan of action to detect breast cancer early.

For information on how to get involved in the Making Strides Against Breast Cancer walk, either as a walker or a volunteer, please call 1.800.ACS.2345 or visit www.cancer.org/stridesonline.



Breast cancer screening guidelines

October is Breast Cancer Awareness Month, and the American Cancer Society would like to remind women that the key to good breast health is easy by following the Cancer Society's recommendations for the early detection of breast cancer:

- Women in their 20s and 30s

Have a clinical breast exam as part of a periodic health examination, preferably at least every three years. Women should discuss with their medical service provider whether or not to conduct a Self Breast Examination and with what frequency.

- Women 40 and older

Have a mammogram and clinical breast exam

each year. Women who have severe health problems that make it difficult or unlikely for testing to increase their lifespan, may want to discuss stopping regular mammography with their doctor.

- Women at increased risk

Women who have a higher than average risk of developing breast cancer should discuss the benefits of starting early detection practices with their doctor.

Information about breast cancer can be found on the American Cancer Society Web site at www.cancer.org. In addition, trained cancer information specialists are available 24 hours a day by calling the American Cancer Society at 1-800-ACS-2345.



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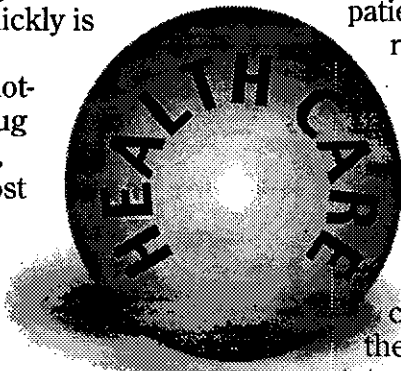
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Key to stroke care: Know the signs and act in time

In treating a stroke, every minute counts. Knowing the symptoms of a stroke and getting to the hospital quickly is the key to getting a clot-busting drug called t-PA, still the most effective early treatment for most strokes according to recently published national guidelines. T-PA can reverse the effects of a stroke



by dissolving blood clots that obstruct blood flow to the brain.

"The sooner the stroke is recognized and the patient begins

receiving treatment, the better are the chances for a complete recovery," said Dr. John R. Marler, associate director for clinical trials at the National Institute of Neurological

Disorders and Stroke (NINDS). "Stroke is an unmistakable event. Few

other medical conditions come on so suddenly or are so noticeable to a bystander."

A stroke occurs when blood flow to the brain is interrupted. Brain cells die when deprived of oxygen and nutrients provided by blood. Because stroke injures the brain, a person having the stroke may not realize what is happening. But, to a bystander the signs of a stroke are distinct:

- Sudden numbness or weakness of the face, arm or leg (especially on one side of the body)

- Sudden confusion, trouble speaking or understanding speech

- Sudden trouble seeing in one or both eyes

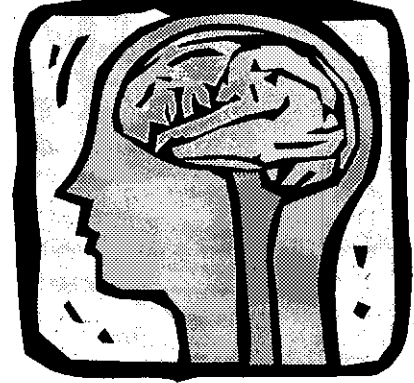
- Sudden trouble walking, dizziness or loss of balance or coordination

- Sudden severe headache with no known cause

Each year more than 600,000 Americans suffer a stroke. It is the third leading cause of death and long-term disability in the United States. Yet, many Americans do not know the symptoms of a stroke or what to do when they witness someone having a stroke.

The NINDS, part of the National Institutes of

Health, has developed an informational campaign called Know Stroke: Know the Signs. Act in Time to educate Americans about the symptoms of stroke. Free campaign materials may help more people understand stroke and be



able to take action if they suffer from or witness someone having a stroke.

"It is really worth the effort it takes to call 911," said Dr. Marler. "Treating stroke as an emergency pays back in terms of going home and living your life."

Information on stroke, including how to reduce the risk of stroke, is available in the NINDS materials. Order free materials by calling 1-800-352-9424 or by visiting www.ninds.nih.gov.

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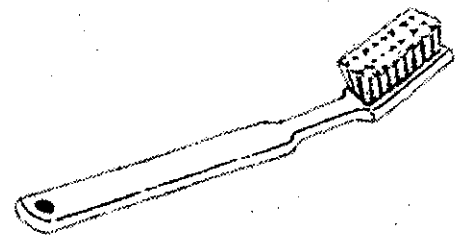
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MONDAY-THURSDAY 8-5

FRIDAY 8-3



Bones

(From Page 1)

was built on the property, and a small historic cemetery sits nearby. Multiple archaeological digs on the land over the course of four summers in the 1980s uncovered nine bodies, all believed to be Mahican Indians that inhabited the land, according to the Journal of the New York State Archaeological Association.

Remains located in the past and those recently identified share a familiar characteristic: all were laid to rest pointing to the east. The burial ritual, known as the Owasco tradition, is unique to the Mahican culture and resembles a fetal position.

"The head would have been pointed south, because that's the way the spine was pointed. The feet, which we did find...were flex style, pulled up toward the chest," Brewer said.

Several pieces of clay pottery, crafted in the Mahican's distinct cord-on-cord style, were also discovered in the burial plot.

"They took cord from the banks of the river, twisted it around, pushed it into the pottery and it gave you raised bands," said Brewer.

Archaeologists' suspicions will

be confirmed on Tuesday, Aug. 26, when a descendent of the Mahicans pays a visit to the sacred ground. A representative of the Stockbridge/Munsee Band of Mahicans, now living on a reservation in Wisconsin, will visit the site, review the findings and determine what should be done with the remains.

"Most of the time, what they really want is to have the remains, very sensitively, put back in their place," said Robert Kuhn, assistant director of the state historic preservation office.

The agency is advising the town on proper procedures to be followed when an ancient burial

ground is identified.

In unique situations, Kuhn says the Indians may request the bones be repatriated or moved to a more discrete resting place, such as a reservation, where they won't be disturbed in the future.

When the remains of two adult Mahicans were discovered below a city street in Waterford in 1997, the tribe had the remains moved to Peebles Island State Park, where they would rest in peace.

For now, the Selkirk remains lay covered by a shallow coating of dirt. Kuhn hopes they'll stay undisturbed and that the town and Native Americans can resolve the dilemma quickly.

"The hole has been open too long already," he said.

This may not be the last discovery of ancient remains on the plot of farmland. Artifacts found over the years by archaeologists have linked other Native American groups to the Goes Farm as early as 6500 B.C.

With easy access to the Hudson River by canoe down the Vroman Kill, the land may have been an ideal place to live and be laid to rest.

"They had to bury their dead somewhere," said Brewer. "My guess is they're all over this area. A perfect place for the Indians over all the centuries."

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 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.

Quarry

(From Page 1)

for ensuring the water source would be protected, and if they can't do that, I don't think it's right for the area," said Reilly.

The Frueh's live on property bordering the mine and contend the half-second blasts should not jeopardize homes or drinking wells.

"It's a concern of ours also. We don't want to do anything that would endanger our neighbors' water. I live there also; why would I want to endanger my own water?" questioned Frueh.

The alliance has requested a public hearing be held, but DEC has only said that such a meeting is a possibility.

The property sits within the Rural Not Zoned district, where state Supreme Court Justice Louis Benza recently determined mining is not a permitted use. But the town board may bring mining operations back into compliance at its Aug. 27 meeting.

"Mining has been a permitted use in the rural unzoned district," said Bethlehem Town Supervisor Sheila Fuller, who points out the Frueh's have been mining other types of stone in smaller quantities on their property for 25 years.

The alliance has hired a hydrogeologist, archaeologist and lawyer to help support their stance, chalking up roughly \$6,000 in bills thus far. A community-wide garage sale held in New Scotland in early August generated \$1,000 in funds, including a handful of donations totaling \$200 from those living outside of the community.

The group plans to hold a spaghetti dinner in late September to garner more support for their cause and additional funding.

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279-3653

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OLD CHATHAM
605 Rt. 295
392-5264

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HUDSON FALLS
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LEGAL NOTICE**LEGAL NOTICE**

Notice of formation of Adirondack Fence Co., LLC, a NYS Ltd. Liability Co., (LLC). Formation filed with SSNY on 12/12/02. Off. Loc: Albany Co. SSNY designated as agt of LLC, upon whom process may be served. SSNY shall mail copy of process to: Vinciguerra & Brown, 10 Utica Ave., Latham, NY 12110. Purpose: all lawful purposes. LD-7045 (August 27, 2003)

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 27, 2003)

LEGAL NOTICE

CAPITOL PLAZA OFFICE ASSOCIATES, LLC
Notice of Formation of Limited Liability Company
Certificate of Conversion of CAPITOL PLAZA OFFICE ASSOCIATES, A Partnership, to CAPITOL PLAZA OFFICE ASSOCIATES, LLC ("LLC") was filed with the Department of State of New York ("SSNY") on May 28, 2003. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process to Capitol Plaza Office Associates, LLC, PO Box 517, Latham, New York 12110. LLC does not have a specific date of dissolution. Purpose: All legal purposes.
Filer: Law Office of Kara Conway Love
Address: 450 New Karner Road, Suite 203
Albany, New York
12205-3898
LCD-6093
(August 27, 2003)

LEGAL NOTICE

GRECIAN TERRACE II, LLC
1. The name of the limited liability company is GRECIAN TERRACE II, LLC.
2. The Articles of Organization creating the limited liability company were filed in the Office of the New York Secretary of State on June 17, 2003 and became effective on said date.
3. The principal office of the limited liability company is Albany County.
4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail a copy of process against it is GRECIAN TERRACE II, LLC, c/o Burns Management, 1732 Western Avenue, Albany, New York 12203.
5. The purpose of the limited liability company may be organized under the Limited Liability Company Law of the State of New York.
Dated: August 19, 2003
NOLAN & HELLER, LLP
Attorneys for GRECIAN TERRACE II, LLC
39 North Pearl Street
Albany, New York 12207
LD-7047
(August 27, 2003)

LEGAL NOTICE

New York State Department of Environmental Conservation Notice of Complete Application
Date: August 14, 2003
Applicant: JAMES VILLASENOR
Facility: GLENMONT WOODS AT JOURNEY LANE JOURNEY LANE
GLENMONT, NY 12077
Applicant ID: 4-0122-00185-00005
Permit (s) Applied for: } -Article 24 Freshwater Wetlands
} - Section 401 - Clean Water Act Water Quality Certification
Project is located: in BETHLEHEM in ALBANY COUNTY
Project Description:
The applicant is proposing a 12 lot subdivision on an approximately 32 acre parcel of land which will consist of 9 single family residential lots (Lots 1 thru 9) on 4 acres of land and 3 lots (Lots 10, 11, and 12) on the remaining 28 acres. This 28 acres of land are to remain undeveloped. The 32 acre parcel consists of approximately 11 acres

LEGAL NOTICE

of NYS regulated wetland. Approximately 0.17 acres of wetland and 2.50 acres of wetland adjacent area will be impacted by this project. Long term protection of wetland is proposed to be accomplished by the placement of deed restrictions on Lots 10, 11 and 12. The project site is located on the westerly side of US Route 9W, between Route 9W and the Crossroads Subdivision (Placid Lane), in the Town of Bethlehem, Albany County.

State Environmental Quality Review (SEQR) Determination Project is a Type I action and will not have a significant effect on the environment. A coordinated review with other involved agencies was performed and a Negative Declaration is on file.

SEQR Lead Agency Bethlehem Town Planning Board
State Historic Preservation Act (SHPA) Determination
A cultural resources survey has been completed. Based on information provided in the survey report, the New York State Office of Parks, Recreation and Historic Preservation (OPRHP) has determined that the proposed activity will have no impact on registered or eligible archaeological sites or historic structures. No further review in accordance with SHPA is required.

Availability For Public Comment
Comments on his project must be submitted in writing to the Contact Person no later than 09/12/2003

Contact Person
MICHAEL T HIGGINS
NYSDEC
1150 NORTH WESTCOOT RD
SCHENECTADY, NY 12306-2014
(518) 357-2069

LD-7043
(August 27, 2003)

LEGAL NOTICE

Notice of Qualification of Administaff Retirement Services, L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 7/24/03. Office location: Albany County. LP formed in Delaware (DE) on 7/8/03. 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. Principal office of LP: 19001 Crescent Springs Drive, Kingwood, TX 77339. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, Lookerman & Federal Sts., Dover, DE 19901. Purpose: any lawful activity. LD-7070 (August 27, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.
NAME: JENUINE DESIGN LLC.
Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/12/03. 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, 33 Par Circle, Albany, New York 12208. Purpose: For any lawful purpose. LD-7069 (August 27, 2003)

LEGAL NOTICE

Notice of Formation of 232 East 88th Street, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 8/5/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Purpose: any lawful activity. LD-7067 (August 27, 2003)

LEGAL NOTICE

Notice of formation of WHITEPINE, LLC a NYS limited liability company (LLC). Formation filed with SSNY on 08/06/2003. Off. Loc: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 141-16 32 Ave., Flushing NY 11355
Purpose: All Lawful purposes. LD-7064 (August 27, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC
Notice of Formation of LIGHT-

LEGAL NOTICE

HOUSE TAVERN LLC, a domestic Limited Liability Company, Articles of Organization filed with the Secretary of State of the State of New York on December 18, 2002. NY office location is Albany County. Secretary of State is designated as agent upon whom process against the LLC may be served. Secretary of State shall mail a copy of any process against the LLC served upon Michael Tyrell, 6 Christine Drive, Latham, NY 12110. The Purpose of LLC is restaurant and tavern business. LCD-7052 (August 27, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC
Notice of Formation of 614 RT. 9W LLC, a domestic Limited Liability Company, Articles of Organization filed with the Secretary of State of the State of New York on 10/10/02. NY office location is Albany County. Secretary of State is designated as agent upon whom process against the LLC may be served. Secretary of State shall mail a copy of any process against the LLC served upon Andrew Carroll c/o Patron House, 614 Route 9W, Glenmont, NY 12077. The Purpose of LLC is restaurant management. LCD-7051 (August 27, 2003)

LEGAL NOTICE

Notice of Formation of USWT, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 4/1/03. 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: all lawful purposes. LD-7048 (August 27, 2003)

LEGAL NOTICE

Notice is hereby given a license, number pending, for beer, liquor and wine has been applied for by TLC Central, LLC DBA Applebee's Neighborhood Grill & Bar to sell wine, liquor and beer under the Alcoholic Beverage Control Law at 291 Route 9W, Glenmont, NY 12077 for on-premises consumption. LD-7046 (August 27, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).
The name of the LLC is 10B HOLDINGS, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 14, 2003. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 302 Washington Avenue Extension, Albany, New York 12203. LCD-7044 (August 27, 2003)

LEGAL NOTICE

NOTICE TO BIDDERS
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for new air conditioning system at the Town of Bethlehem, Parks and Recreation Department, pursuant to law; Bids will be received up to 3:30 p.m. on the 3rd day of September, 2003 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mrs. Sheila Fuller, Supervisor, Town of Bethlehem, and 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes, which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informality in and/or

LEGAL NOTICE

to reject any or all bids.
BY ORDER OF THE TOWN BOARD
OF THE TOWN OF BETHLEHEM
Kathleen A. Newkirk, CMC
TOWN CLERK
Dated: August 13, 2003
LD-7039
(August 27, 2003)

LEGAL NOTICE

Notice of Formation of PG Hemlock Road, LLC, Art. of Org. filed Secy. of State (SSNY) 8/11/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 33 Fuller Rd., Albany, NY 12205. Purpose: any lawful purpose. LCD-7034 (August 27, 2003)

LEGAL NOTICE

Notice of Qualification of The Cambridge Group of New York, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/5/03. Office location: Albany County. LLC formed in Delaware (DE) on 4/30/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: National Registered Agents, Inc., 875 Ave. of the Americas, Suite 501, NY, NY 10001. DE address of LLC: 9 E. Lookerman St., Suite 1B, Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: all lawful purposes. LD-7028 (August 27, 2003)

LEGAL NOTICE

Notice of Qualification of Remington Lodging & Hospitality, L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 7/31/03. Office location: Albany County. LP formed in Delaware (DE) on 7/22/03. 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. DE address of LP: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD-7016 (August 27, 2003)

LEGAL NOTICE

Notice of Qualification of Mercantile Mortgage, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 8/1/03. Office location: Albany County. LLC formed in Delaware (DE) on 2/25/02. 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. Principle office of LLC: One Home Campus, MAC# X2401-049, Des Moines, IA 50328. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-7024 (August 27, 2003)

LEGAL NOTICE

Notice of Qualification of North Albany Terminal Company, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 7/31/03. Office location: Albany County. LLC formed in Delaware (DE) on 7/29/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Principle office of LLC: 8235 Forsyth Blvd., Suite 400, St. Louis, MO 63105. Arts. of Org. filed with DE Secy. of State, Federal & Lookerman Sts., Dover, DE 19901. Purpose: all lawful purposes. LD-7025 (August 27, 2003)

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

LEGAL NOTICE

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 27, 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 27, 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 27, 2003)

LEGAL NOTICE

NOTICE OF CONVERSION OF NOTT REALTY COMPANY TO 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 real estate activities or other activities necessary for incidental

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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 27, 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 27, 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 process against the Company served upon such Secretary of State is 50 State Street, 6th Floor, Albany New York 12207. LD-7018 (August 27, 2003)

LEGAL NOTICE

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

LEGAL NOTICE

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 27, 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 27, 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 27, 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 27, 2003)

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 27, 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 27, 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

LEGAL NOTICE

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 27, 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 27, 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 27, 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 Arapaho Rd., Addison TX 75001. Name/address of genl. ptr. 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 27, 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 27, 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 27, 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

LEGAL NOTICE

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 27, 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 27, 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 27, 2003)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is THE 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 27, 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 27, 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 27, 2003)

LEGAL NOTICE**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 27, 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 27, 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 27, 2003)

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 27, 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 27, 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

LEGAL NOTICE

19901. Purpose: any lawful activity. LD-6049 (August 27, 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 27, 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 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 27, 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 27, 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, September 3, 2003, at 7:45 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of The Gold Coin Restaurant, 1360 New Scotland Road, Slingerlands, New York for Variance under Article VI, Permitted Uses, Section 128-22, Schedule B- Off Street Parking, Article XX, Nonconforming Buildings & Uses, Section 128-88, Alteration of Buildings devoted to nonconforming uses of the Code of the Town of Bethlehem for construction of a new building to re-

LEGAL NOTICE

place existing nonconforming building at premises 1360 New Scotland Road, Slingerlands, New York 12159.

Michael C. Hodom
Chairman
Board of Appeals

LD-7066

(August 27, 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, September 3, 2003, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Independent Wireless One 52 Corporate Circle, Albany, New York for Special Exception under Article VI, Permitted Uses, Section 128-11 B (1), Public Utility and Chapter 113-4 A (1), Alternative Tower Sites of the Code of the Town of Bethlehem to install four (4) PCS antennas and related call processing equipment within the church and/or steeple located at the Slingerlands Methodist Church, 1499 New Scotland Road, Slingerlands New York 12159.

Michael C. Hodom
Chairman
Board of Appeals

LD-7065

(August 27, 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 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. LCD-7010 (August 27, 2003)

LEGAL NOTICE

NOTICE OF PUBLIC HEARING TOWN OF BETHLEHEM, ALBANY COUNTY
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem, Albany County, New York will hold a public hearing on September 10, 2003 at 7:30 p.m. at the Town Hall, 445 Delaware Avenue, Delmar, NY to consider a proposed Local Law amending Section 128-23A(12), Zoning, of the Code of the Town of Bethlehem dealing with Permitted Uses in Rural Districts Not Zoned.
All parties in interest 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 need assistance in order to participate should contact Nan Lanahan at 439-4131. Advanced notice is requested.

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

Dated: August 13, 2003

LD-7050

(August 27, 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 27, 2003)

Obituaries

Jeanne Cornes

Jeanne L. Cornes, 77, of Delmar died Sunday, Aug. 24, at her home.

Born in Rochester, she was a longtime resident of Delmar.

Mrs. Cornes was a graduate of Bethlehem Central High School.

She was the widow of Allen L. Cornes.

Survivors include two daughters, Carol Croak of Troy and Judith Martinez of Corning; a son, James Cornes of Delmar; and two grandchildren.

Services are scheduled at 9 a.m. Thursday, Aug. 28, at the Applebee Funeral Home, 402 Kenwood Ave., Delmar. There will be no calling hours.

Contributions may be made to Bethlehem Public Library, 451 Delaware Ave., Delmar 12054 or Voorheesville Public Library, 51 School Road, Voorheesville 12286.

Paul Donohue Sr.

Paul R. Donohue Sr., 87, of Delmar died Saturday, Aug. 23, at St. Peter's Hospital in Albany.

He was a graduate of Vincentian Institute, the College of the Holy Cross and Albany Law School.

He was a Navy veteran of World War II.

After the war, Mr. Donohue served as a law clerk to Judge Marvin Dye of the New York Court of Appeals and then as a trial lawyer until he retired.

He was the founding partner of the law firms of Donohue, Bohl, Clayton & Komar and Paul F. Donohue Sr. & Associates in Albany.

He was a member of the board of trustees at St. Coleman's Home for more than 50 years.

During his retirement, he was a driver for Meals on Wheels and was an announcer on RISE and WMHT radio for the blind.

Survivors include his wife, Ann R. Donohue; three sons, Paul Donohue Jr. of Albany, William Donohue of Anchorage, Alaska, and Daniel Donohue of Vienna, Va.; a daughter Mary Donohue Smith of Westerlo; and eight grandchildren.

Services were from the Church of St. Thomas the Apostle in Delmar.

Burial was in Calvary Cemetery in Glenmont.

Arrangements were by the Applebee Funeral Home in Delmar.

Contributions may be made to St. Coleman's Home, Boght Road, Watervliet 12189.

Joseph Cherry

Joseph Emmanuel Cherry, 16, of Selkirk died Thursday, Aug. 21, of injuries sustained in an automobile accident.

Born in Sarasota, Fla., he lived in Selkirk for most of his life.

He was a student at Ravena-Coeymans-Selkirk High School.

Survivors include his father, Surry Cherry of Sarasota; his mother, Mary Di Giovanni Mattice of Selkirk; four brothers, Surry, Richard, Michael and Tyler; two sisters, Eumonica and Melissa; and his maternal grandmother, Thea DiGiovanni of Selkirk.

Services were from Grace Fellowship Church in Latham. Arrangements were by the Daniel

Keenan Funeral Home in Albany.

Burial was in Calvary Cemetery.

Contributions may be made to the Joe Charity Fund to promote Unity in Diversity to PO Box 432, Selkirk 12158.

Bella Feulner

Bella Feulner, 85, of Bethlehem died Friday, Aug. 22.

Born in Lowell, Mass., she was a longtime resident of Bethlehem.

Mrs. Feulner worked for the state Thruway Authority before she retired.

She was a volunteer at Glenmont School as a library aide, the Red Cross and the Selkirk Fire Department Ambulance. She enjoyed bowling.

Survivors include a daughter, Carolyn Oulette of Colonie; two sons, Bruce Feulner of Alcove and Richard Feulner of New York; three grandchildren; and two great-grandchildren.

Graveside services are scheduled at 10 a.m. Thursday, Aug. 28, at Park View Cemetery in Schenectady. There will be no calling hours.

Arrangements are by the New Comer-Cannon Funeral Home in Colonie.

Contributions may be made to the Bethlehem Volunteer Ambulance, 1121 Route 9W, Selkirk 12158.

Crash

(From Page 1)

each other," said Superintendent Vicki Wright, who said students and a handful of parents arranged the candlelight vigil.

Cherry was behind the wheel of a 1993 Chevy Suburban around 7:15 a.m. when police say he fell asleep while driving on the Thruway. The SUV plowed into the back of a tandem tractor trailer parked at a rest area entrance in the southbound lane, just south of Exit 23. Police say Cherry was killed instantly in the crash and that the vehicle left no skid marks on the road.

"He was going home but we're not sure exactly where he was coming from," said State Police Sgt. Brian Dollard.

Cherry had his license less than a year but was legally allowed to be driving. State law restricts the hours 16-year-old drivers can be behind the wheel from 5 a.m. to 9 p.m. Bethlehem police ticketed Cherry in June for driving after 9 p.m. He later pleaded guilty, paying a \$100 fine.

Last Thursday's accident closed one southbound lane of the Thruway for roughly three hours.

News of the student's death stunned classmates, teachers and school administrators.

"It certainly is a tragedy and I think the biggest question, is why? Why did it have to happen," questioned Maureen Carroll, assistant principal at the high school. Carroll fondly recalled Cherry as a popular, caring student who excelled as a pole vaulter on the track team.

"He was a tough competitor and a good kid," said high school Athletic Director Gary VanDerzee.

Cherry was taking classes at a technical school and planned to pursue a nursing career, according to Carroll.

"He was a person with a lot of school spirit, very energetic and what I remember best is a wonderful smile," she said.

A memorial service may be held at the high school when students return for classes in two weeks.

Bethlehem Tomorrow sets meeting dates

Bethlehem Tomorrow, the community's new citizens group, has announced special programs to provide information, answer questions and stimulate interest in future growth and open space protection issues.

- The Effect of Development and Growth on the School District with Les Loomis, superintendent of the Bethlehem Central School District on Sept. 15 at the school district offices, at 90 Adams Place.

- Open Space Protection Strategies with Katherine Daniels, a consultant with the Open Space Institute and SUNY adjunct professor in planning on Sept. 23 at Bethlehem town hall, at 445 Delaware Ave., Delmar.

All programs start at 7 p.m. and are open to the public and free of charge. They are designed to provide background information for citizens in anticipation of the upcoming Community Conversation on open space to be held on Oct. 2 at Bethlehem town hall.

For information, contact bethlehtomorrow@hotmail.com.

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.

Card of Thanks

The family of Edward A. Erzkorn would like to thank all our friends and associates who have been so kind and thoughtful to us during this sad time. A special thank you goes to Father Leskovar at St. Thomas Church and Tom Pratt at Tebbutt's Funeral Home for helping us arrange a beautiful tribute to our husband/father/grandfather. We would especially like to thank the Delmar Volunteer Ambulance Service for always being there to help our parents in any emergency during the last several years. Words cannot adequately express our gratitude to Phil Robare and Schuyler McCammon, whose caring and responsiveness went above the call of duty on many occasions, and together with Tim Herr, understood the true meaning of "neighbors". You will always have a special place in our hearts.



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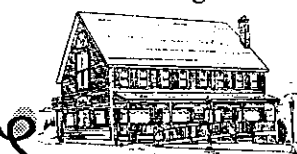
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Ryan Venter and Christy Halvorsen

Halvorsen, Venter to wed

Christy Jean Halvorsen, daughter of Carl and Audrey Halvorsen of Glenmont, and Ryan Patrick Venter, son of Thomas and Maureen Venter of Delmar, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School.

She is a student at Siena College.

The future groom is a graduate of Bethlehem Central High School and Boston College.

He is a financial aid counselor at Albany College of Pharmacy.

The couple plans a May 30 wedding.

Bethlehem Cares seeks walkers

Bethlehem Cares, a townwide walk team that will participate in the Juvenile Diabetes Foundation's Walk to Cure Diabetes, is looking for individuals and school, church, fraternal, youth and Scout groups to join their team.

All proceeds from the walk, scheduled Sept. 21 at Corporate Woods in Albany, will benefit diabetes research.

The first 175 people who register as members of Bethlehem Cares and turn in at least \$25

for diabetes research will receive free team T-shirts. Free food and entertainment will be provided for all participants on the day of the walk.

To join the team, call 439-6894 or pre-register using walk brochures found in many Bethlehem area businesses.

If you are unable to participate but would like to make a donation, mail your check, made payable to the Juvenile Diabetes Research Foundation, to Bethlehem Cares at 65 Boylston Dr., Delmar 12054.

Church open during renovations

First United Methodist Church of Delmar at 428 Kenwood Ave. in Delmar will be holding its worship service through August at 9:30 a.m. in the

fellowship hall while the sanctuary is enhanced and air conditioning is installed. Everyone is invited to services. For information, call 439-9976

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.

Births

Bellevue Hospital

Boy, Gavin Patrick DeCrescenzo, to Melissa and Patrick DeCrescenzo of Delmar, July 30.

Orchestra seeks new members

Delmar Community Orchestra, under the direction of David Beck, is accepting new members for our 2003-2004 season. Weekly rehearsals will begin on Monday, Sept. 8.

The orchestra rehearses Mondays from 7:30 to 9:30 p.m. at Bethlehem town hall.

The orchestra is a community-based nonprofit organization dedicated to the sharing and enjoyment of music through ensemble playing.

Instrumentalists of all ages and levels of ability are invited to join. No auditions are required.

The orchestra performs several concerts throughout the year in a number of locations in and around Delmar.

For information, visit the Web site at www.timesunion.com/communities/dco.

Delmar student wins Russian award

Virginia Fisher, a Delmar resident and former Bethlehem Central student, was among the winners of the 2002-2003 Albany Tula Young Writers Competition.

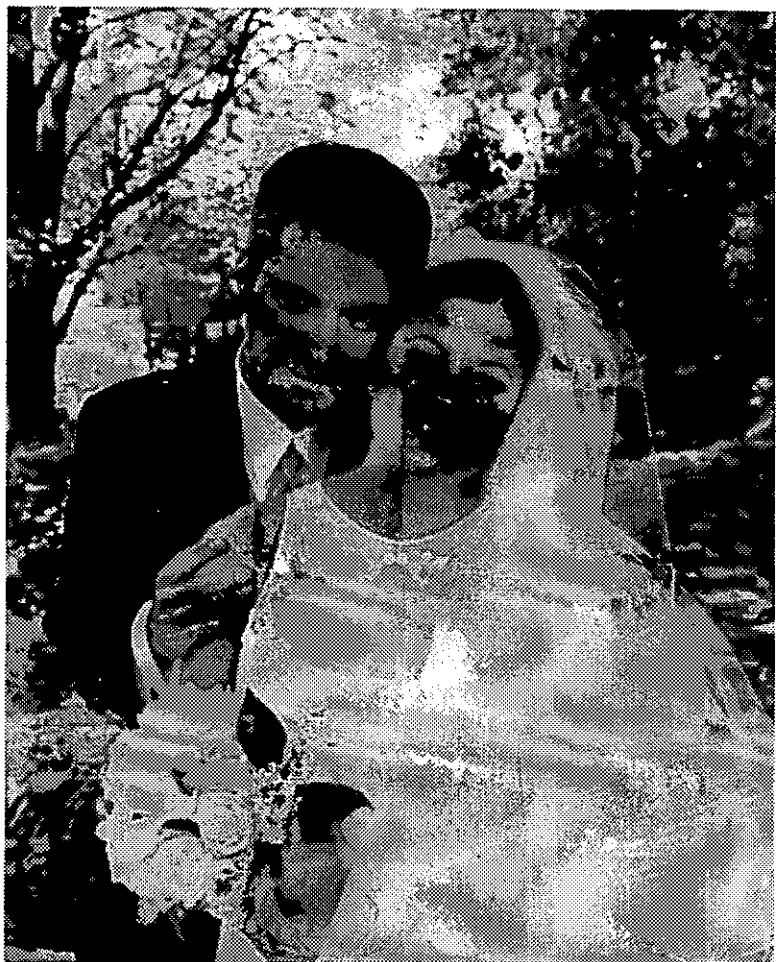
A graduate of Emma Willard School and a student of Dawn Weinraub, Fisher won third prize for her essay in Russian. She will spend the fall semester of 2003 at Moscow State University before entering Harvard to major in linguistics.

RCS grad honored for writing skills

Aubrey Spaulding, the daughter of Patricia and Fred Spaulding of Feura Bush, and a sophomore at Hamilton College, was recently named to the school's Alexander Hamilton's List for the spring 2003 term.

Hamilton faculty recognizes students for their achievements in writing each semester by naming them to the Alexander Hamilton list.

Spaulding is a graduate of Ravena-Coeymans-Selkirk Senior High School.



Anthony and Rebecca Falcone

Doyle, Falcone marry

Rebecca Doyle, daughter of Ralph and Judy Doyle of Delmar, and Anthony Falcone, son of Gaetano and Renate Falcone of New Bern, N.C., were married May 17 at the Round Hill House in Washingtonville, Oneida County.

The bride is a graduate of St. Louis University and Rutgers Graduate School of Management.

She is a senior finance

manager for Kraft Foods in East Hanover, N.J.

The groom is a graduate of Bethlehem Central High School and Rutgers University College of Pharmacy.

He is a senior medical information specialist for Aventis Pharmaceuticals in Bridgewater, N.J.

The couple lives in Basking Ridge, N.J.

BCHS grad participates in Alaskan study

Daniel Traub of Delmar is one of 11 St. Lawrence University students participating in a two-week study of the geomorphology of south central Alaska, along with a St. Lawrence geology professor and 12 students from Queens University in Kingston, Ontario.

Traub, a 2000 graduate of Bethlehem Central High School, will be a senior at St. Lawrence in the fall.

During the project, the first

joint geological study undertaken by two universities, participants will complete a circuit of the Chugach Mountains, camping along the way and examining aspects of glacial, fluvial and slope geomorphology.

Traub is a geology and history major at St. Lawrence.

He is a member of the university's men's swim team, and studied for a semester in Italy, through St. Lawrence's international education program.

Community

Corner



Clarksville church to serve spaghetti supper

Clarksville Community Church will serve an all-you-can-eat spaghetti dinner on Saturday, Sept. 6, from 4 to 6 p.m.

The menu will include tossed salad, Italian bread with butter, spaghetti with homemade meatballs and spaghetti sauce, coffee, tea, milk, iced tea, lemonade and ice cream.

The cost is \$6 for adults and \$5 for seniors and children under 12. Children 5 and under eat for free.

Wedding Directory for Bridal Services

FLORISTS

Floral Garden Specializing in Weddings 339 Delaware Ave., Delmar, 478-7232 www.thefloralgarden.com Catering to all budgets

INVITATIONS

Paper Mill Delaware Plaza. 439-8123 Personalized invitations & announcements for weddings, showers, bar mitzvah, new baby, graduation.

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Harold Finkle, "Your Jeweler" 1585 Central Ave., Colonie. 456-6800. Diamonds - Handcrafted Wedding Rings & Attendant's Gifts.

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Family ENTERTAINMENT

SPOTLIGHT ON CALENDARS ◆ ARE ENTERTAINMENT



Let the games begin!

Altamont hosts annual celebration of Scottish culture

By ROB JONAS

The culture of Scotland will be on display when the annual Capital District Scottish Games comes to the Altamont Fairgrounds Aug. 30 and 31.

Sports, dance and music competitions highlight the two-day event presented by the Schenectady Pipe Band.

"This has gotten to be a big-league event," publicity chairman Bob Gordon said. "Everybody does (Scottish) games, but we're one of the first and we're proud of that."

This year, the Capital District Scottish Games will feature an Eastern United States Pipe Band Association competition. More than 40 pipe bands, including Schenectady's North American championship band, will compete in grades 2 and 3 — only a step below the top level.

The bands will be judged by officials from the Eastern

United States Pipe Band Association and unofficially by the spectators.

"We're going to give (the spectators) some guidelines as to what to look for," Gordon said. "At the end of the competition, they can see if they agree with the judges."

Other music will be provided by such traditional Celtic acts as the Brigadoons and balladeer Colin Grant Adams, as well as less traditional, rock-based bands such as the McKrells and the Glengarry Bhoys.

Scottish sports such as caber tossing, hammer throwing and sheath tossing will also be on display at the games. Of the three, the caber toss is the toughest, since points are awarded for accuracy and distance. And with the size and weight of a

caber (more than 20 feet tall and more than 100 pounds), getting it to fall the right way takes brawn and brains.

"You want it to land in a 180-degree angle because if it falls to the left or the right, points are deducted," Gordon said. "Say you take a straw and you want to throw it in a way that it points in the other direction. A straw doesn't weigh that much, but if you put a stone in one end of it to weigh it down, if you flip it the right way, it will fall over in a 180-degree angle."

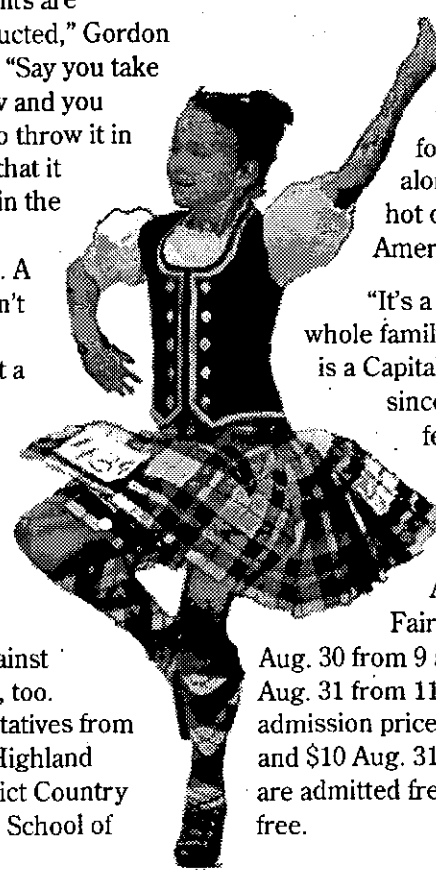
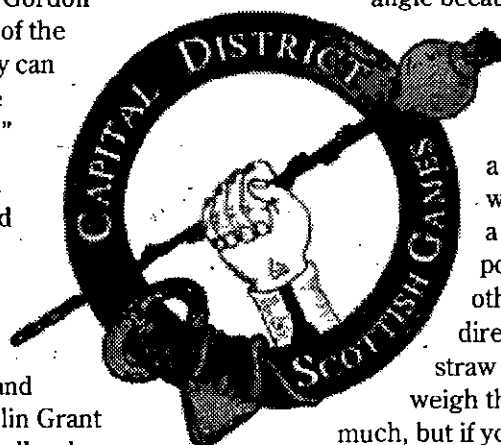
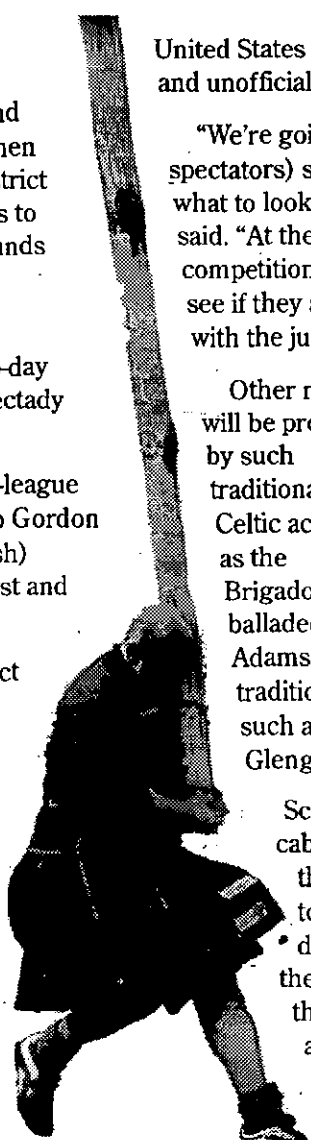
Scottish dancers from across the Capital District will compete against each other at the games, too. Teams include representatives from the Breamar School of Highland Dance, the Capital District Country Dancers and the Boland School of Irish Dancing.

Some competitions will be open to anyone who passes through the gates. There will be several children's events, as well as a Bonniest Knees contest and Celtic Canine Capers. A drawing for trips for two to Scotland, the British Isles and anywhere in the continental United States is also being held, and there will be traditional Scottish food and beverages, along with hamburgers, hot dogs and other American fare.

"It's a weekend for the whole family," Gordon said. "It is a Capital District tradition since 1939; it is a Celtic festival of the arts, but it is also a great family event."

Gates at the Altamont

Fairgrounds are open Aug. 30 from 9 a.m. to 6 p.m. and Aug. 31 from 11 a.m. to 7 p.m. Adult admission prices are \$15 Aug. 30 and \$10 Aug. 31. Children under 12 are admitted free, and parking is free.



ARTS and ENTERTAINMENT

Theater

STATE FAIR

Mac-Haydn Theatre, Route 203, Chatham, through Aug. 31, \$19.90 to \$21.90. Information, 392-9292.

CHICAGO

The Theater Barn, Route 20, New Lebanon, through Aug. 31, \$17 and \$19. Information, 794-8989.

Music

ROSANNE CASH

Empire State Plaza, Albany, Aug. 27, 7 p.m., free.

RIVERFRONT JAZZ FESTIVAL

Riverfront Park, Albany, Sept. 6, noon to 7 p.m., Peter Cincotti, Jimmy Scott, Patti Austin, Samatha Siva and Steve Broidy, free.

Visual Arts

NEW YORK STATE MUSEUM

The Course of Empire: Thomas Cole and the Hudson River School Landscape Tradition, through Nov. 30, plus 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.

SCENECTADY MUSEUM

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

ALBANY CENTER GALLERIES

161 Washington Ave., paintings and

drawings by Ruth Leonard, through Aug. 29. Information, 462-4775.

ALBANY INTERNATIONAL AIRPORT GALLERY

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

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 SCHAFER ORCHESTRA

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

MALE SINGERS NEEDED

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

MONDAY MUSICAL CLUB WOMEN'S CHORUS

invitation for new members to join in singing classical and popular songs, Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

CAPITAL COMMUNITY VOICES

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

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.

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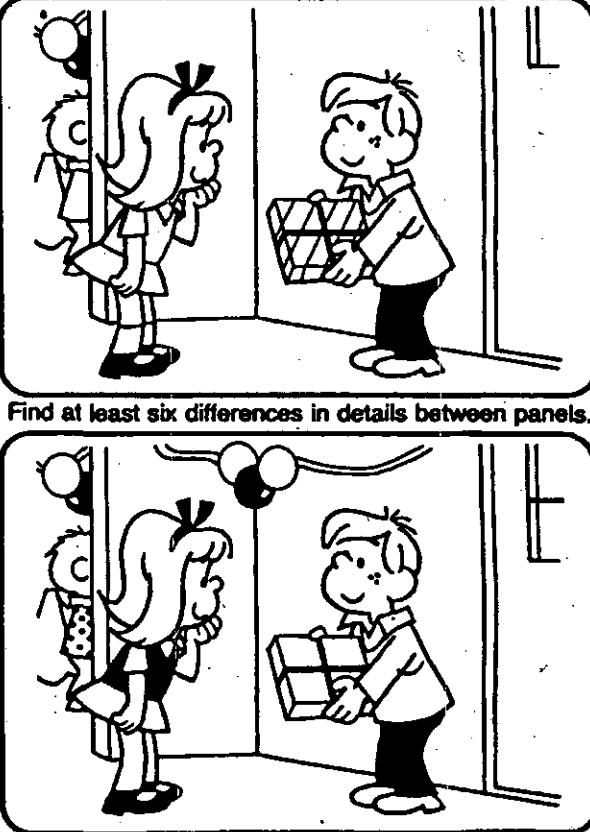
MAGIC MAZE • MOVIE STUDIOS

B D A X V S P N K I F C A X X
V S Q S L P O L J H E C A A X
V T R P K A N U L J H F M D H
B A Y R Y R S X V T R A P G P
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Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Columbia Disney Dreamworks FoxMandalay MGM Miramax ParamountPixar Raleigh Ren-Mar RKOSony Universal USA Films

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. No stripes on gift. 2. No socks on girl. 3. Girl's shirt is different. 4. Balloons are added. 5. Window pane is added. 6. Boy's shirt has dots.

The Super CROSSWORD

ACROSS

1 Conclude a deal

6 Drinks like a Dalmatian

10 Current unit

13 Bagel or bialy

17 State

18 Build

20 He'll give you a squeeze

21 Singer

24 Adams

27 Egyptian manipulator?

28 German rock group?

29 Thames town

30 blond

31 Quick comeback

32 Furtiveness

33 Encounter

34 Luke's book

37 Baseball stat

38 Feudal tenant

40 "Lohengrin" role

42 "Pshaw!"

45 Wind instrument?

48 Galley feature

50 Asta's father

51 Pie __ mode

52 Indian restaurant?

57 Church bench

58 Mississippi mound

60 Help

61 Actress Rivera

62 Got up

64 Tragic monarch

65 Bar supply

66 Noggin

67 Fine

69 A bit of Bach

71 Bandleader

72 Sitarist

73 Shankar

76 Sheepish sounds

77 Seville shout

79 "Beowulf," e.g.

82 More naive

83 __ of robins ...

85 Bartok or Peron

86 Islamic deity

87 Speedometer abbr.

88 Senegalese sitcom?

92 Khan

93 Mayberry town drunk

95 "The Lady Tramp" (37 song)

96 Maintenance workers

97 Hitler's mate

98 Contemptible

100 Good luck charm

104 __ de plume

106 Film site?

107 Worm-out

108 TV's "Shade"

112 Seminole shoe

116 Whitney or Mintz

117 On one's __ (alert)

119 Italian actor?

122 Sensible

126 Duel tool

127 Season firewood

128 Dieter's dish

129 __ Fideles"

130 Ward (off)

131 Evergreen tree

132 Sup in style

133 Soprano Fleming

DOWN

1 Blind parts

2 "Untouchable" Ness

3 Klempner of "Hogan's Heroes"

4 Actor

5 Energy

6 Rover's restraint

7 Roguish

8 Hound or hamster

9 A great many

10 "Waterloo" group

11 Yorkshire feature

12 Gasp

13 Tosses aside

14 "Deep Space Nine" role

15 Actress

16 Ullmann

17 Wahine's wreath

18 Master

19 Banyan and baobab

23 Scoundrel

25 Close

29 School grp.

31 Residence

32 Brindisi bread

33 Artist Franz

35 Libyan baseball maneuver?

36 Most confident

38 Nullify

39 Like some sheep

40 Spectator's prize

41 Loser to

42 Cinderella's soiree

43 Nautical adverb

44 Cuban game-show figure?

46 Jai __

47 Lean

49 PDQ, politely

53 Overlay material

54 Massenet opera

55 Aachen article

56 Darling dog

59 Carve a canyon

63 "Bolero" composer

65 Jewel

66 Impetuous

68 Prior to, to Prior

70 Semester

71 Encourage a culprit

73 Iron clothes

74 Paris, to Helen

75 Tropical tubers

77 Ellipse

78 Chad or George

80 Othello's inducer

81 Detective Charlie

84 Linguist

85 Redact

86 Torch's crime

89 __ and yang

90 Hair part

91 Composer

94 Thomas

99 Prepared cherries

101 Morlocks' prey

101 Donkey

102 Tanker and trawler

103 "Lord Jim" author

105 Kitten gear?

108 Manage to miss

109 Compete

110 Din

111 "Beau" (39 film)

113 Potter's need

114 Circus sight

115 Once again

116 Richard of "Love Me Tender"

118 Sault __ Marie, MI

119 Ring counter

120 Do Little work

121 Kyoto coin

123 Actress

124 MacGraw

124 Delancey

125 Citrus



The Spotlight CALENDAR

Wed. Aug. 27

BETHLEHEM

DELMAR ROTARY

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

SOLID ROCK CHURCH

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

TOWN BOARD

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

BETHLEHEM TOASTMASTERS

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

BINGO

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

TESTIMONY MEETING

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

NEW SCOTLAND

FAITH TEMPLE

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

PRAYER MEETING

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

NEW SCOTLAND SENIORS

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

AA MEETING

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

Thurs. Aug. 28

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

TAKE OFF POUNDS SENSIBLY

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

YOUTH EMPLOYMENT SERVICES

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

AA MEETINGS

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

NEW SCOTLAND

THE CLOTHING CLOSET

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

Fri. Aug. 29

BETHLEHEM

AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND

PIONEER CLUBS

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

YOUTH GROUP MEETINGS

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

Sat. Aug. 30

BETHLEHEM

AA MEETING

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

listening devices, handicap accessible. Information: 439-4328.

BETHLEHEM COMMUNITY CHURCH

Worship service 10 a.m., nursery and Sunday school through 5th grade provided. 201 Elm Ave. Information: 439-3135.

SOUTH BETHLEHEM UMC

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

DELMAR FULL GOSPEL

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

DELMAR REFORMED

Worship services, 10 a.m., with child care and Sunday school through grade 3, T.G.I. Sunday contemporary worship at 5:30 p.m. with child care and children's program through grade 3. 386 Delaware Ave. Information: 439-9929.

FIRST REFORMED OF BETHLEHEM

Summer hours, worship service, 10 a.m., child-care provided, no church school for summer. Route 9W, Selkirk. Information: 767-2243.

FAMILY OF GOD COMM. CHURCH

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

FIRST UMC OF DELMAR

Sunday school and worship service, 9:30 a.m., in Fellowship Hall, 428 Kenwood Ave. Information: 439-9976.

MOUNT MORIAH MINISTRIES

Sunday school, 9:45 a.m., morning worship, 11 a.m., youth group, 6 p.m., evening service, 7 p.m., Route 9W, Glenmont. Information: 426-4510.

UNITY OF FAITH CHRISTIAN FELLOWSHIP

Sunday school and worship service, 10 a.m., 436 Krumkill Road. Information: 438-7740.

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday school and worship service, 10 a.m., child-care provided, 555 Delaware Ave. Information: 439-2512.

KING'S CHAPEL

Traditional Baptist Bible service, 10 a.m.; 434 Route 9W, just south of Glenmont Road, Glenmont. Information: 426-9955.

BETHLEHEM CONGREGATION OF JEHOVAH'S WITNESSES

Bible lecture, 10 a.m., Watchtower Bible study, 10:55 a.m., Elm Avenue and Feura Bush Road. Information: 439-0358.

SLINGERLANDS COMMUNITY UMC

Worship service and church school, 10 a.m., fellowship hour, nursery care provided, 1499 New Scotland Road. Information: 439-1766.

DELMAR PRESBYTERIAN

Worship service, church school, nursery care, 10 a.m., fellowship and coffee, 11 a.m., adult education, 11:15 a.m., family communion service, first Sunday, 585 Delaware Ave. Information: 439-9252.

GLENMONT COMMUNITY CHURCH

Sunday school and worship service, 10:30 a.m., child-care available, 1 Chapel Lane. Information: 436-7710.

SOLID ROCK CHURCH

Worship service, 11 a.m., 1 Kenwood Ave. Information: 439-4314.

NORMANSVILLE COMMUNITY CHURCH

Services Sundays, 6:30 p.m. Mill Road, Normansville, beneath the Normanskill Bridge on Delaware Ave., Delmar. Information: 439-5710.

BETHLEHEM HISTORICAL ASSOCIATION

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

NEW SCOTLAND

ST. MATTHEW'S CHURCH

Masses Saturday at 5 p.m. and Sunday at 8:30 and 10:30 a.m., Mountain View Road, Voorheesville. Information: 765-2805.

FIRST UNITED METHODIST

Early worship, 8:30 a.m., worship celebration, 10 a.m., church school classes for nursery through high school, 10 a.m., choir rehearsals, 11:15 a.m., 68 Maple Ave., Voorheesville. Information: 765-2895.

BETHEL BAPTIST CHURCH

Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information: 475-9086.

UNIONVILLE REFORMED

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship, Delaware Turnpike. Information: 439-5001.

CLARKSVILLE COMMUNITY CHURCH

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by coffee hour, nursery care provided, Route 443. Information: 768-2916.

MOUNTAINVIEW EVANGELICAL FREE CHURCH

Family Bible Hour, 9:15 a.m.; worship service, 10:30 a.m., nursery care provided. Route 155, Voorheesville. Information: 765-3390.

ONESQUETHAW REFORMED

Worship service, 9:30 a.m., Sunday school, 10:45 a.m., Tarrytown Road, Feura Bush. Information: 768-2133.

FAITH TEMPLE

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

NEW SCOTLAND PRESBYTERIAN CHURCH

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

UNITED PENTECOSTAL CHURCH

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

JERUSALEM REFORMED

Worship service, 9 a.m., followed by coffee hour, Sunday school 9 a.m., Route 32, Feura Bush. Information: 439-0548.

FAMILY WORSHIP CENTER

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

Mon. Sept. 1

BETHLEHEM

PEACE VIGIL

Bethlehem Neighbors For Peace, weekly peace vigil, Four Corners intersection, Delmar, 5-6 p.m., Information: 439-1968.

DELMAR KIWANIS

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

CLASS IN JEWISH MYSTICISM

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

INDOOR PISTOL SHOOTING

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

ELMWOOD PARK FIRE DISTRICT

Board of fire commissioners meeting, North Bethlehem firehouse, 589 Russell Road, 7:30 p.m.

EXPLORER POST 157

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

DELMAR COMMUNITY ORCHESTRA

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

BLANCHARD LEGION POST

meeting, 16 Poplar Drive, 8 p.m. Information: 439-9819.

ROYAL ARCH MASONS

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

AA MEETING

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

NEW SCOTLAND

QUARTET REHEARSAL

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

Tues. Sept. 2

BETHLEHEM

FARMERS MARKET

Market and Chicken Barbeque, 2:30 p.m. to 6 p.m. rain or shine, First United Methodist Church, 428 Kenwood Ave.

TREASURE COVE THRIFT SHOP

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

THRIFT SHOP AND LUNCH

sponsored by the South Bethlehem United Methodist Women's Organization, next to the church on Willowbrook Avenue, weekly on Tuesday 10 a.m. to 2 p.m., with lunch from 11:30 a.m. to 1 p.m. Information: 767-9953.

YOUTH EMPLOYMENT SERVICES

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

ELSMERE FIRE COMMISSIONERS

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

PLANNING BOARD

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

BINGO

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

A.W. BECKER PTA

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

SLINGERLANDS FIRE COMMISSION

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

NEW SCOTLAND

NIMBLEFINGERS/QUILTERS

Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information: 765-2791.

PLANNING BOARD

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

V'VILLE PLANNING COMMISSION

Village Hall, 29 Voorheesville Ave., 7 p.m. Information: 765-2692.

Wed. Sept. 3

BETHLEHEM

DELMAR ROTARY

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

OPPORTUNITIES UNLIMITED

Board meetings first Wednesday of each month, open to public. Bethlehem Town Hall, 445 Delaware Ave., 4 p.m.

BETHLEHEM BUSINESS WOMEN

Normanside Country Club, Salisbury Road, Elsmere, 6 p.m.; dinner 6:30 p.m., program and meeting to follow dinner. Information: 439-7237.

SOLID ROCK CHURCH

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

BETHLEHEM LIONS CLUB

Quality Inn, Route 9W, Glenmont, 7 p.m. Information: 439-4857.

BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 7 p.m. Information: 767-2886.

TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information: 439-2512.

ZONING BOARD OF APPEALS

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

BINGO

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

BC SCHOOL BOARD

district office, 90 Adams Place, 8 p.m. Information: 439-7098.

ORDER OF THE EASTERN STAR

Onesquethaw Chapter, Masonic Temple, 421 Kenwood Ave., 8 p.m. Information: 439-2181.

NEW SCOTLAND

V'VILLE ZONING BOARD

Village Hall, 29 Voorheesville Ave., 7 p.m. Information: 765-2692.

NEW SCOTLAND SENIORS

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

PRAYER MEETING

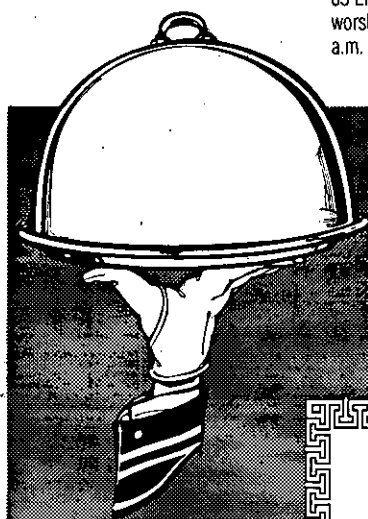
evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information: 765-3390.

FAITH TEMPLE

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

AA MEETING

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



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Childcare My Delmar Home, Starting Sept 3rd. 7:30-3:30, M-F. Mature, References, Reliable Car. 439-5324 Leave Message.

LATHAM - 2:30-7:30, 3 Days A Week Days Vary. 782-2766.

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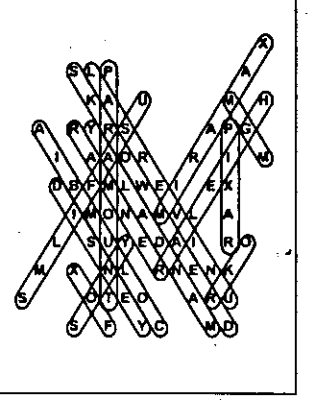
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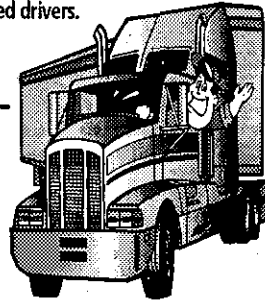
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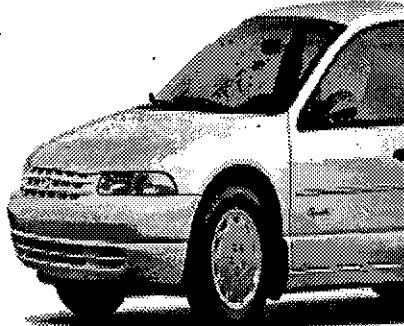
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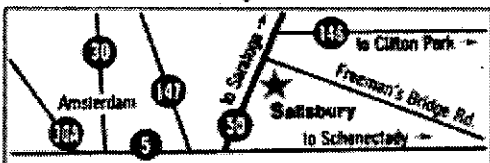
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