

Candidates vie
for Legislature seat

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Institute features
motorcycle exhibit

○ Family Entertainment

Health Care

○ Supplement inside

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Serving the Towns of Bethlehem & New Scotland

Volume XLVIII No. 8 75 cents

March 31, 2004

BIG deal could fly next week

By KRISTEN OLBY

A deal to sell the BIG Arena to the Capital District YMCA is in the works and could be finalized in the week ahead, according to a member of the arena's board of directors.

The Delaware Avenue sports facility has been listed with Coldwell Banker Prime Properties with an asking price of \$4.2 million.

The Bethlehem Ice Group, which operates the 75,000-square-foot complex that boasts two skating rinks, is now slated to melt all of the ice more than a week ahead of schedule. A message at the facility tells callers the arena will close down completely April 5.

"We're taking one of the sheets of ice down today," said board member Tim Thornton late Monday. "And the other one may come down (next) Monday." Thornton said he is unsure what the future holds for the arena, in part, because it is expected to be sold to the YMCA shortly.

One of the conditions under the purchase agreement would be to keep one ice rink open, according to Thornton, who added the two sides are still negotiating.

Arena management had hoped to keep a sport floor open throughout the spring and summer for indoor sporting games — a plan that was recently nixed.

"We had a lot of programs lined up for the summer which wouldn't quite meet

□ BIG/page 35

Advisory group to develop land-use plan

By KRISTEN OLBY

A nine-member planning advisory committee will meet for the first time this week to embark on developing a comprehensive land-use plan for Bethlehem.

The town board unanimously approved the committee members at its March 24 meeting.

The panel will work in cooperation with the engineering firm, The Saratoga Associates, hired by the town last month to lead the creation of a plan that will identify areas suitable for development.

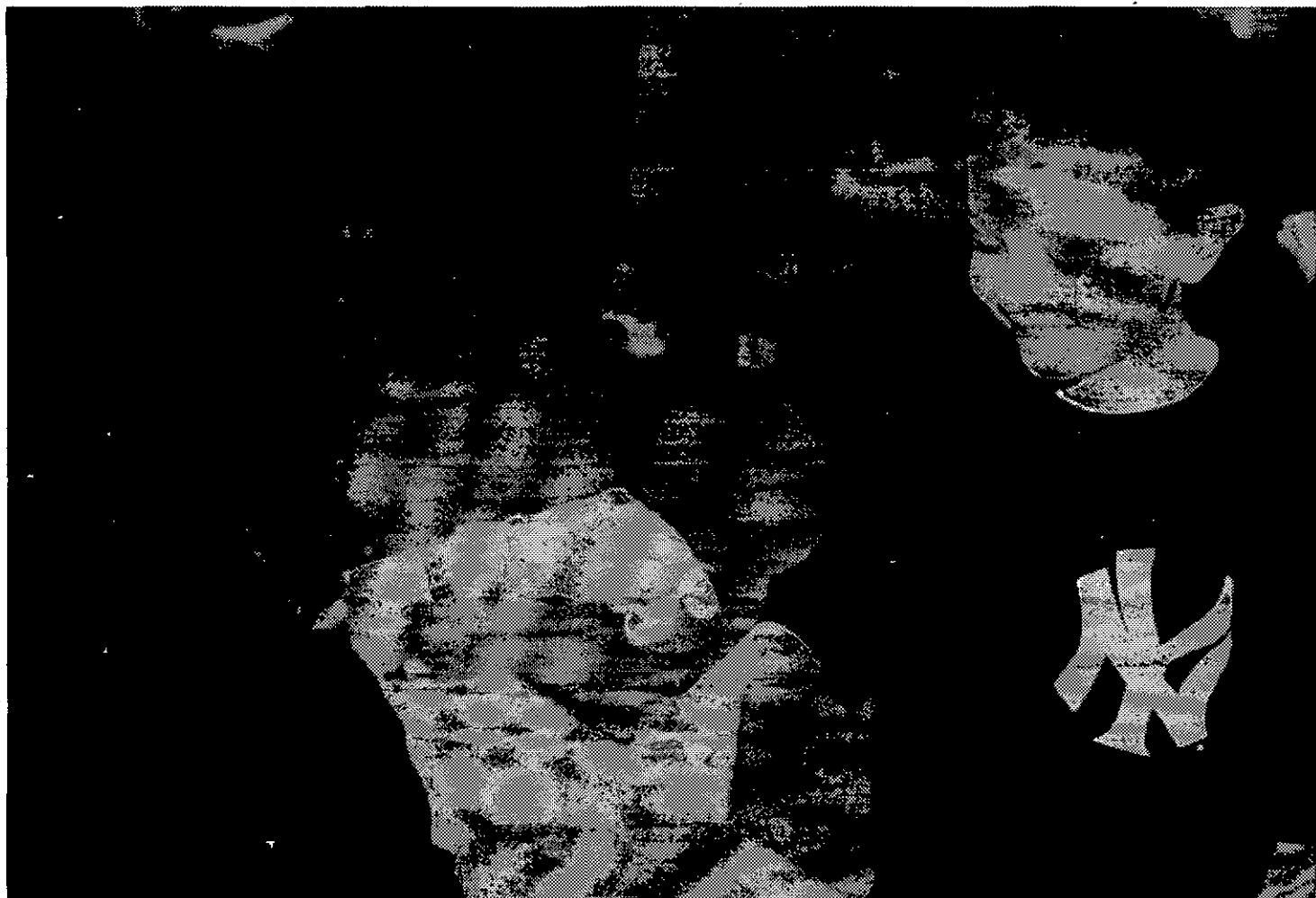
The two groups will also work to update the town zoning codes.

Committee members include John Smolinsky of Slingerlands.

□ LAND-USE/page 36

Body language

DO NOT CIRCULATE



Nick Rinaldi of Bethlehem has his finger fitted for a cast at the Journey Through the Body program at Colonie Center last Saturday.

Jim Franco

Residents applaud street improvements

Some call for more sidewalks and repairs

By KRISTEN OLBY

Walkers, runners and bikers should be able to traverse some of Bethlehem's streets with greater ease in the year ahead, as the town prepares to launch a sizeable sidewalk construction project this summer.

Among the first streets to see improvements are Elsmere Avenue in Delmar and Maple Avenue in Selkirk.

The announcement made by Highway Superintendent Gregg

Sagendorph earned a round of applause from a crowd gathered at town hall March 23 to address Bethlehem's "walkability." Citizens groups Bethlehem Tomorrow and Bethlehem Citizens for Pedestrian Safety co-sponsored the event that drew about 120 people.

Despite the good news, residents identified a number of areas where sidewalks should be installed and areas in need of repairs.

"There is a tremendous amount of walking that goes on in this town," said Henry Peyrebrune of BCPS. "And yet

there are a lot of gaps in the system."

Several streets have been identified by the pedestrian group as being in dire need of sidewalks. They include Elsmere Avenue, Feura Bush Road in Glenmont, areas of Selkirk and North Bethlehem, and the Route 9W corridor where commercial development is on the rise.

Delmar and Selkirk are among the first areas slated to see work in the months ahead. The town has approved sidewalks along Elsmere Avenue from

□ STREET/page 35

Driveway snow job goes back to WWII

By KRISTEN OLBY

The history behind a private driveway along Kenwood Avenue long plowed by the town of Bethlehem Highway Department, may stretch back to the days of World War II.

Town crews have been clearing the 250-foot driveway since the early 1940s, according to one neighbor who grew up on the street.

Marion Winne, 76, lives in one of two homes located at the end of the paved driveway. She clearly recalls town crews plowing the road for a U.S. Army doctor and an Albany Medical Center nurse

who lived in an adjacent home.

"They had to have the driveway open at all times because he was on call 24 hours a day," Winne said. "They had to get out as soon as they were called."

The doctor later moved from the home, according to Winne, but the plowing continued for six more decades, until now.

A neighbor publicly questioned the plowing at the March 24 town board meeting.

"Private driveways are being plowed by town trucks on a handshake agreement from an ex-police chief who is now deceased," said Todd Graham, who moved into a neighboring Kenwood

Avenue home about a year ago. "It's a travesty of taxpayer dollars."

Neighbors said the former police chief had a girlfriend who lived on the street at one time.

Graham claimed other private driveways have also been cleared by town crews but did not provide a list at the

□ DRIVEWAY/page 36



Donut shop missing dough

By KRISTEN OLBY

A Delmar doughnut shop was recently burglarized, for the second time in less than a month.

Sometime between 11 p.m. March 19 and 4:30 a.m. March 20, Bethlehem police said a burglar made his way into Dunkin' Donuts at 232 Delaware Ave.

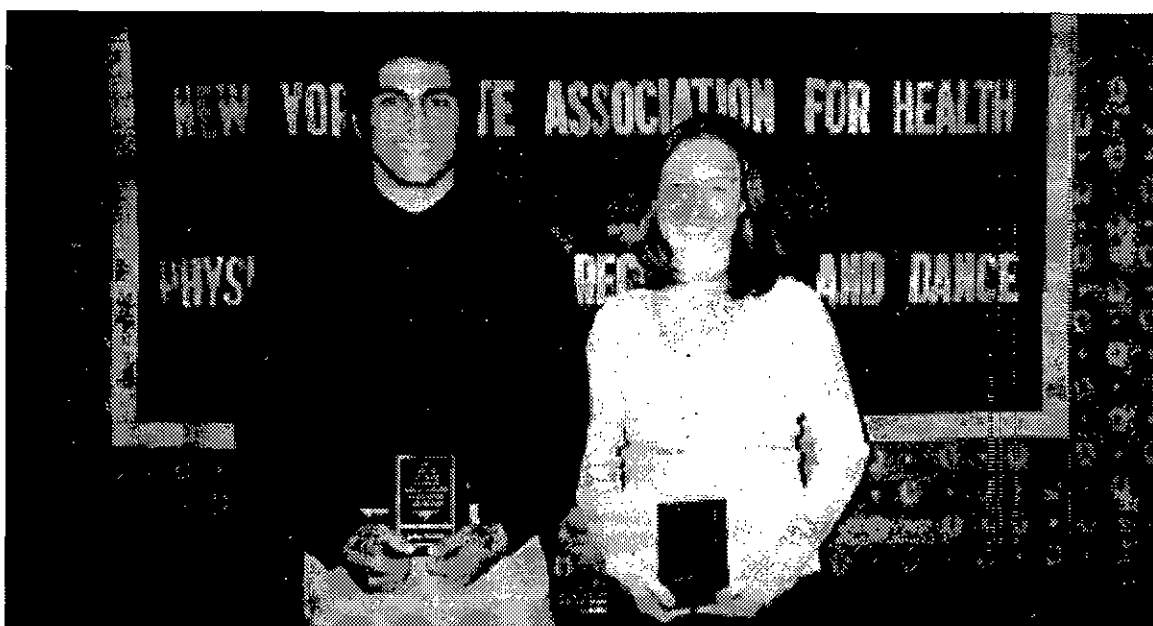
According to police, there was no forced entry into the building,

and the thief got away with an undetermined amount of cash.

On Feb. 28, two men entered Dunkin' Donuts through an unlocked front door around 2:30 a.m. Police said the two men knew how to open the registers, and managed to take cash from both.

An employee who arrived to open the store at 5 a.m. noticed the money was missing and alerted police.

Fit as a fiddle



Bethlehem Central High School seniors Arthur Barnard and Caitlin Deitz receive the 2003-04 New York State Association for Health, Physical Education, Recreation and Dance's Physical Education Leadership Award.

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Legislature hopefuls vie for legislative seat

By KRISTEN OLBY

Two political newcomers are vying for the Albany County Legislative seat in the 36th district. Republican Robin Reed,



Shafer

a f t e r serving for 12 years, decided not to run for re-election. The district is comprised of Selkirk, southern Bethlehem,



Schwartz

two years with the Marines as a corporal, and earned the Navy Achievement Medal. Shafer has lived in Selkirk for nine years and is the father of two adult children.

An independent businessman, Republican candidate Schwartz believes he can help trim county taxes and the number of legislators.

northern Coeymans and part of Glenmont.

Democrat Howard Shafer, 59, is challenging Republican Tony Schwartz, 54.

Shafer believes his fiscal management background will prove beneficial in balancing county finances.

For the last decade, he has worked for the state Department of Health as the principal health care fiscal analyst. Previously, Shafer served as president of the 69,000-member New York State Public Employees Federation and oversaw its \$8 million membership benefit fund.

"I am a lifelong Albany County resident who, over the last 40 years, has been a spokesperson representing the issues important to working women, men and their families," said Shafer. "I will continue to advocate for both quality education and efficient services provided by the county."

If elected, Shafer hopes to hold town meetings throughout the district, giving county officials an opportunity to discuss issues with constituents. He supports the development of a comprehensive land-use plan in Bethlehem.

He is also opposed to the Department of Environmental Conservation utilizing a stretch of River Road in the district as a dewatering location for the Hudson River dredging project.

"I also communicated to the Environmental Protection Agency officials that residents in our part of the county do not want a dewatering site for the Hudson River's PCBs," said Shafer.

He currently serves on the Ravena-Coeymans-Selkirk board of education and is active with the Selkirk Fire Department as a member of the fire police. Shafer holds a bachelor's of science degree in economics from West Virginia University. Beginning in 1966, he served in Vietnam for

than 20 years. Schwartz has owned and operated Albany Associates Commercial Cleaning. Throughout much of the 1970s, he worked as a sergeant with the Albany County Sheriff's Department.

"I believe that my experience in law enforcement and running a small business, coupled with community service, provides me vision to hold the line on taxes while making government more effective and efficient," said Schwartz. He supports trimming the county Legislature from 39 members to 21. "The taxpayers would save nearly \$1 million dollars a year in salaries and benefits," he said.

Schwartz faults the current Democrat-controlled Legislature with raising the Albany County property tax rate by nearly 50 percent since 2001.

"This is not government working for the people, it is simply tax and spend, and I believe I can help stop it," Schwartz said.

He holds an associate's degree in criminal justice from Hudson Valley Community College. Schwartz served in the Navy as a machinist mate from 1968 to 1971. He also held a seat on the Ravena-Coeymans-Selkirk board of education for two terms in the early 90s.

He lives in Selkirk with his wife, Elaine and their four children.

Schwartz will appear on the Republican and Conservative party lines while Shafer will be listed on the Democratic, Independent and Working Families Party lines. Polls will be open April 27 from 6 a.m. to 9 p.m.

Flight plans



Evonne and Madeline Swan prepare to fly a kite last Saturday at Elm Avenue Park.

Jim Franco

BC board dips into fund balance

By LINDA DeMATTIA

The Bethlehem Central school board adopted the district budget for the 2004-05 school year at last week's meeting. The \$59 million spending plan carries with it an estimated 4.58 percent tax rate increase. The budget-to-budget spending increase is just under 6.6 percent.

"In a year where there is not a lot of state aid and with increasing enrollment and the addition of five new teachers, you have done well to bring the tax rate increase to under 5 percent," said Superintendent Les Loomis. "We are more fortunate than a lot of districts. Health insurance and retirement are budget breakers and some of the districts that can least afford it are being hit the hardest."

The board trimmed programs and services, revised state aid estimates and added more than \$900,000 in fund balance to get the increase to less than 5 percent. State aid projects were tweaked upward by an additional \$100,000, bringing the total state

aid number to \$13,235,900, according to Steve O'Shea, superintendent for business.

"We feel comfortable (adding \$100,000 in state aid) given that the governor has recommended once again to cap aid, and given that the Legislature has once again not gone along with it," O'Shea said.

Additional federal and miscellaneous revenue of \$3,153,900 leaves \$42,187,494 to be raised locally.

Board member Jon Bartow questioned the application of \$910,000 in fund balance, but O'Shea assured him that the district would still retain the state limit of 2 percent of the budget in fund balance.

"I went into this budget season feeling we have received a mandate from the community to provide a quality education but keep costs down," he said. "I think the administration has done a darned good job of presenting options that we could work with. A 5 percent increase is something I am comfortable with in light of the enrollment increase."

Board members also discussed the additions that drove the budget up, including contribution to retirement systems, health insurance costs and the need to add five new teachers to respond to growing enrollment.

Richard Svenson noted that more than 2 percent of the tax rate was attributable to the soaring cost of health insurance. O'Shea agreed that the health care situation was out of control.

"For a budget that is almost \$60 million, 10 percent of that is health insurance," he said. "There has to be (a solution) that is good for our employees, good for our students and good for the taxpayers. It has been described as a national crisis and I firmly believe that. But sometimes it takes a crisis to get people off the dime. There is no relief in the current trend. We all have an interest in having a viable health care system."

The budget goes before voters on Tuesday, May 18. There will be a budget hearing on May 5.

V'ville office shakeup shakes up former clerk

By MARTIN J. BANNAN

Voorheesville village clerk, Derris Tidd resigned from her post March 26 amid office restructuring that included elimination of her position. She and Village Treasurer Diane Williams both learned on March 16 that their jobs would be replaced by newer positions entailing broader responsibilities.

"I am shocked and disappointed," Tidd said. "I learned to do this job by the seat of my pants and feel I have given 110 percent." She added she

worked evenings and weekends learning the job.

Village officials deny their actions reflect any displeasure with Tidd or Williams. Instead, they said the move is to foster standardized office procedures in order to be consistent with other municipalities.

"Times change and so do job descriptions," Mayor John Stevens said, adding that both Tidd and Williams were invited to apply for the new positions.

The move to restructure existing positions came during a March 15 executive session and

passed unanimously, Stevens said. In the interim, Village Building Inspector Gerald Gordinier will run the office.

The proposed new titles are for a clerk/treasurer and a deputy clerk/treasurer. The clerk/treasurer will manage the office and supervise staff that includes the deputy as well as a part-time office assistant currently working for the village. A public hearing is set for April 5 at 6:30 p.m. at the village hall to finalize the proposal as well as set hours, salaries and benefits for the positions.

Tidd took over as village clerk in July 2002 after the previous clerk, Lauren Meacham, abruptly ended her 15 years with the village upon learning that she would not be reinstated, Tidd

said. Williams has been treasurer for 12 years and works for Voorheesville Village Justice Kenneth Connolly.

Both Tidd and Williams worked 35 hours per week, earning \$31,000 and \$32,500, respectively, Stevens said.

Tidd said she believes she is being penalized for not agreeing to take on bookkeeping responsibilities. She explained that she and Williams were asked to cross train each other so that the office could provide all services regardless of who was present.

"I was hired to be clerk," Tidd said, adding that Williams told her that she was not up to the task of teaching her the job. Williams, who has not resigned, declined to comment.

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Hiking and biking with two very different boys

By KATHERINE McCARTHY

The weather is almost too good to be true. With all evidence of the St. Patrick's Day storm melted away, we are hoping that spring is here to stay; that we will not have one of those late-season, big-flaked snowstorms that accumulate on heavily budded tree limbs to send them crashing through car roofs.

If early March's brief taste of warm weather was about despair at the sight of our newly revealed backyards, warm weather as we prepare to flip the calendar page is all about dreaming and planning.

Resolutions center first around our own little patch of heaven: this will be the year we pay attention to the grass and get rid of the dirt spots that kids and dogs have made. This will be the year to put fresh dirt on the flower garden and revitalize its buds.

Dreams of improving our lawn give way to dreams of summer

COMMENTARY:

Mom's
the
Word



activity, and we begin imagining all the wonderful things we will do when cicadas wake us in the morning and open windows let warm summer breezes tuck us in at night.

As April approaches, we dream bigger than our physical abilities and as if our wallets had unlimited funds.

Christopher and I have proven to ourselves that we can do a multi-day bike tour, and we talk about taking another trip this summer.

As I wash dishes, fold socks and stand in front of the meat case at Price Chopper trying to figure out the week's meals, a small part of me is dreaming about and planning the trip and trying to

figure out when to get my bike in for its annual tune-up. Christopher's plan is much simpler: let's bike somewhere that has no hills.

Last year, we started in my hometown of Burlington, Vt., and went south; maybe this summer, we'll head north for the flat Canadian plain that made my father joke, "I wouldn't want to be a sled salesman here."

My plans for a long bike ride with Christopher include a prayer that Cormac will join us too. A big tumble from his bicycle onto a paved road a few years ago has left him scarred, and beyond the occasional bike rides to Taste-Freez, he remains unconvinced of the joys of daylong biking. Never a slacker in the planning and scheming department, though, he has come up with his own idea: a three-day wilderness hike. Excellent.

It's easy to imagine pristine forests and clear mountain streams, and I go with his plans instead of remembering past hikes listening to a litany of complaints — my feet hurt, I need to rest, I'm thirsty, I'm hungry, this is boring, why did you make me come?

Like Calvin from the now-defunct "Calvin and Hobbes" comic strip, Cormac's usual

answer to "What do you think your feet are for?" is usually, "to work the gas pedal."

Still, if a wilderness hike is in his plans, I'm not going to be the skeptical one. I hope instead to be able to walk a lot more places in our daily routine, selling it all under the guise of training for the wilderness hike.

Just as I hold out hope that Cormac will join us on the bike ride, I'm hopeful that Christopher will come on the wilderness hike. Christopher's frustration with

close enough together that they are referred to as a unit — the boys — can show us that they are in fact entirely different people. I remember noticing as a teenager that although my four siblings and I came from the same parents and were growing up in the same environment, we were very different from each other.

Uniqueness in our own children is something to celebrate, but it's also a curse. Having figured out the best way to help one child along his life's path, we hope it will work for the next and are perplexed and frustrated to find that what worked so well with one child just won't fly with another.

There's another, more paranoid part of me that thinks those differences unite them against the sometimes common enemy, Mom and Dad. My own mother has told me that sometimes she and my father would listen to the low hum of the voices of their children — who should have been sleeping — and imagine they were plotting against them.

I will confess to some strong and similar suspicions of my own as I listen to the hum of my children's voices long past the time they should be sleeping. Although they have separate bedrooms, most nights they end up bunking together.

"This week," I imagine one saying, "you put off all your homework, insist that you don't feel well every morning and that school is stupid and hate everything she cooks for dinner."

"OK," the other might answer, "and just when she tenses to see me coming home from school, you announce that you are interested only in playing video games and say 'whatever' to everything she asks you."

Well, with all of the individuality that courses through our home, I console myself that perhaps they're united on one front. Maybe there's hope that they'll indulge their always-trying parents and join in on some common family activities.

As these mild spring days draw to a close, the night sky is a source of inspiration. We can see five planets this spring, and the Big Dipper and Orion are sharing the night sky.

With such vastness in the universe, we're sure to find a place for the whole family to enjoy time together.

My own mother has told me that sometimes she and my father would listen to the low hum of the voices of their children — who should have been sleeping — and imagine they were plotting against them.

hiking is due probably to the recessive gene that has given him long legs that let him propel himself up a hill and over a ridge while his stubby-legged mother, father and brother chug along, 10 paces behind. Patience is not a teenager's virtue, anyway, but time spent waiting at the top of a mountain is a gift better appreciated when half of your life has gone before you, not when most of it still lies ahead.

Liking different things is just one way these two people, born

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Spelling champs



Bethlehem Central Middle School's Sam Reichler, Aislinne Lutz and Dan Redwood participated in the regional spelling bee after winning the top spellers in the district's spelling bee.

Getty station dispute settled

By KRISTEN OLBY

Beginning today, the owners of a Getty gas station in Delmar will once again be pumping gasoline.

Amir and Faiza Salman stopped selling gasoline at their Delaware Avenue station more than five months ago, claiming their corporate parent, Russian-based Lukoil, engaged in unfair business practices that drastically cut their profits. The Salmans claim the company forced them to pay for gasoline in advance and cut their commission.

Lukoil had sought to evict the Salmans for back rent.

The two sides reached an agreement earlier this month in Bethlehem Town Court, allowing the couple to once again sell gasoline.

The action has been settled to the satisfaction of both parties.

Joseph Shwartz

"The action has been settled to the satisfaction of both parties," said Lukoil spokesman Joseph Shwartz, who declined to give details.

Meanwhile, Faiza Salman is preparing to once again welcome customers.

"I have gas in the tanks right now," said an enthusiastic Salman.

The couple has operated the gas station for the last 13 years and credited an outpouring of community support with helping them survive the ordeal.

The gas station will be open Monday through Saturday from 6 a.m. to 11 p.m. and Sundays from 7 a.m. to 10 p.m.

Delmar doctor elected to post

Dr. Eina G. Fishman of Delmar, chief of staff at Stratton Veterans Administration Medical Center, was recently elected president-elect of the National Association of VA Physician Executives (NAVAPE).

This association is comprised of Veterans Administration physician executives whose mission is to promote progressive improvements in the delivery of health services to all eligible veterans, to strengthen the academic affiliations of Veterans Affairs Medical Center with health professional schools and to enhance the VA's commitment to the furtherance of medical,

nursing and allied health research.

Fishman has been a member for the past two years and has been a part of the Veterans Administration health care system since 1998. She is board certified by the American Board of Internal Medicine. In addition to her membership in NAVAPE, she is a board member of the Maimonides Society, Jewish Federation and a member of the National Association of VA Ambulatory Care Managers.

Fishman and her husband, David Silverman have four children, Ariel, 19, Tovah, 17, Kayla, 10, and Micah, 5.

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Matters of Opinion

It's a gas

The way teenage drivers zip through suburban towns at all hours of the day and night shows little concern about ever-rising gas prices.

Add to that the seemingly growing numbers of gas-guzzling SUVs on the road, and one would never guess there is a problem with paying close to \$2 a gallon. Some local stations are already charging that and even more for premium brands.

On the other hand, local police agencies are reporting more thefts at the pump from drivers who pull in, fill up and drive away.

And for many, the increase is tapping into tight family budgets.

Ten years ago, \$10 a week was more than enough to keep a compact car happily on the road. Today the cost is double that amount, and with nicer weather, that amount will likely go up even more as higher temperatures take us inevitably into the summer driving season.

We wonder when and if the gasoline prices will level off so that our weekly budgets can come close to what we actually spend at the gas station.

It used to be that a scenic trip to Vermont could slash gas prices considerably, but that's not the case any longer. Gas prices are on the rise nationwide.

Locally, prices vary locally with a 5 cent or so difference among stations throughout the area. Many budget-conscious folks will find the station offering the best bang for the buck, but others don't have the time to find and then drive to a bargain station.

We've been told for years that Americans are spoiled rotten in terms of paying lower gas prices than the rest of the world, and that's probably not an overstatement.

The problem for us is adjusting to the new reality at the pumps. Sticker shock is still the way many of us react to the signs announcing that gas has topped \$2 a gallon.

Should we purchase gas in the morning or take the risk of paying higher prices by waiting until afternoon? This type of thinking is new to most of us who had been in the habit of filling up once a week and not thinking about it for another week.

In the 1970s, during a gas shortage crisis, many recommendations for conserving fuel, like driving slower, keeping cars in tune and tires inflated at the right pressure, etc., went unheeded. We likely will continue our routine driving habits no matter what the cost at the pump.

Editorial

New Yorkers can have green power

By PETER R. SMITH

The writer is president of the New York State Energy Research & Development Authority.

Today, New York's electricity customers have a number of choices that never existed before, beginning with a choice of who supplies their energy needs, all the way to choosing what kind of energy they want to power their home or business.

For more than a century, local utilities were responsible for generating power, delivering power to the customer and servicing the customer. In the late 1990s, the Public Service Commission (PSC) began restructuring the industry to allow new companies to compete for the customer's electricity supply business, while making sure that utilities continued safe and reliable delivery.

The belief was that a competitive electricity market would stimulate technological advancements and encourage electricity suppliers to offer new services and products to meet the individual needs of large and small customers, much like deregulation did for the telecommunications industry.

The telecommunications industry provides a perfect example of why creating choice and competition can benefit the consumer. Prior to deregulation of the telecommunications industry, cell phones were a rare commodity, cordless phones were unheard of and customers were locked into a "one-size-fits-all" service package.

Deregulation provided a competitive environment that drove costs down and led to an explosion of innovative technologies. An entire generation of phone users is coming of age wondering why anyone would pay for a phone they have to leave behind at their house.

That competitive scenario has begun to happen in the electricity market. Many of the state's largest electricity customers are realizing the benefits of reduced energy prices already.

Point of View

Some larger customers have opted to contract with energy service companies that offer greater service packages than could be offered by regulated utilities, while others have been able to lock in stable electricity prices that are not subject to change with seasonal fluctuations in demand and supply.

We are seeing technology advancements like fuel cells for on-site power and new energy management systems also becoming available to give customers greater control over their energy use and energy costs.

By choosing to purchase green power today, customers can be part of the wave that will one day make renewable resources a healthy component of New York's energy mix.

While much of the focus has been on larger customers initially, homeowners now have choices too. One of the most important choices available to homeowners is choosing what type of electricity they want for their home.

Many customers express concern over the environmental impact of electricity generation and use. Still others are concerned about our nation's dependence on foreign oil and would prefer to purchase electricity from resources that can be developed locally to support the state's economy with their energy dollars.

These customers now have that ability thanks in part to the increasingly competitive environment created by the PSC's restructuring process.

Green power is one of those emerging options that has fewer environmental impacts and generally comes from local resources.

Green power is environmentally responsible electricity that is generated from renewable fuel sources such as solar, wind, water and biomass.

Green power providers, who are working with local utilities across the state, now offer choices to customers that allow them to purchase all or part of their supply from renewable resources.

Unlike traditional fuels such as oil and natural gas, green power comes from sources that are constantly replenished and readily available, including: solar energy systems convert sunlight directly into electricity; modern wind turbines that convert wind into electricity; biomass or organic wastes such as wood, plant materials and landfill gases that can generate electricity with fewer emissions than conventional fuels; and low-impact or small hydro installations that use running or falling water to drive

turbines that generate electricity.

Green power typically costs slightly more than conventional energy resources, but as demand grows, the price is expected to decline.

By choosing to purchase green power today, customers can be part of the wave that will one day make renewable resources a healthy component of New York's energy mix.

For only a few pennies more a day, you can choose green power, which produces fewer environmental impacts than energy derived from fossil fuel and helps to diversify the state's fuel supply to support more stable energy prices.

Green power also reduces the use of imported fossil fuels, keeping your energy dollars in the state's economy to support jobs creation and investments in environmentally responsible, local facilities.

The green power you buy is supplied to the power grid that delivers electricity to all customers in your region. Your green power purchase supports the development of environmentally friendly generation to provide a cleaner, brighter New York for generations to come.

When you choose green power, you will still receive the safe, reliable electricity you've come to depend on and your local utility continues to deliver your electricity and provide you with customer service and billing and responding in emergencies.

New York state is committed to supporting the use of green power and fostering the development of renewable energy generation resources.

As an energy consumer, you now have access to information that lets you assess the environmental impacts of the energy you purchase and access to providers that let you do something about it.

Switching to green power is easy. Customers can call the state's toll-free number 1-866-GRNPOWER (1-866-476-7697) for an updated list of green power service providers in their area.

The information provided will help you compare the green power programs carefully to identify the one that best matches your budget and your environmental concerns.

Restructuring has created new choices, but ultimately the choice is in your hands. Choosing the green power program that is right for you will help to stimulate investment in renewable resources that can help preserve our natural resources and ensure a healthy environment.

You can also learn more about renewable energy sources and the New York State Energy Research & Development Authority by visiting our Power Naturally Web site www.powernaturally.org or our main Web site at www.nyseda.org

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Matters of Opinion

Quality, service are keys to survival

Editor, The Spotlight:

I love this town. It's a great place to live, it's been a great place to raise a family.

Perhaps we could do more for our teenagers and the weather could be nicer, but in general, I have few complaints.

Often it's a haven from the hustle and bustle of my usual life. I've always loved the fact that when I wanted, I could stay in Delmar and get everything I needed without venturing into the "outside" world.

When I first moved here, there was an Ames and a well-stocked Kmart, also on the 9W corridor. This is no longer the case. Businesses come and go, things change, and life goes on.

Wal-Mart was not built in the middle of the Four Corners, nor does it change the ambience of the town center.

It would have been nice if it had been built on already developed land, but obviously, this was not economically feasible.

I lived here long enough to remember the great hullabaloo that was raised when Price Chopper was built in Slingerlands.

There were worries about wetlands, traffic, open space and how this supermarket was going to "destroy our town."

Yet, not a day goes by that I am

not thrilled that this alternative for supermarket shopping exists in our community.

I am sure many of the original opponents still marvel at the sheer quantity of foodstuffs now available to us.

I don't like to see the ambience of my community destroyed, but I don't think that the addition of a Wal-Mart will do this.

Wal-Mart serves a different purpose. I have no plans to go there to get coffee - A Perfect Blend and Java Jazz do not have competition here. Nor does Applebee's appeal to me as a first choice for dining.

Small businesses survive in Delmar when they provide quality service and quality products.

I've seen many a small restaurant or business establishment fumble and fade into oblivion basically because their food and service were substandard.

Give the people of Delmar a good product and the support will be overwhelming.

The small businesses in our community have little to worry about. Wal-Mart can't replace them.

The Wal-Mart on 9W is a fact of life and doesn't necessarily mean it is going to be awful. What mom won't admit to needing an "emergency" poster board at 10

p.m. on a Sunday night for their middle schooler?

Wal-Mart serves an entirely different need; it can and probably will be an addition to our community.

Unfortunately, I've already heard similar arguments against building a YMCA in our community.

Some people feel that a Y will somehow endanger our lives by threatening smaller establishments.

Once again, the Y will serve a different purpose, like doing something for those teenagers and offering day care for school holidays and special programs for seniors.

So let's move on and pay attention to working on other things that will continue to enhance our special community.

We are intelligent people, not easily swayed by the masses. Welcome Wal-Mart, but be warned, you will survive in Bethlehem only if you provide something the community really wants and the service that goes with it.

Change can sometimes be positive. Wal-Mart is there, they built it, and more than likely, we will go.

Patricia A. Eretto, M.D.
Delmar

More ways to support troops

Editor, The Spotlight:

I would like to suggest ways people can support our armed services personnel, whether or not they agree with the war.

In addition to the agencies Scott Anson named last week, the Armed Services YMCA of the USA is a supportive organization. National headquarters are at 6359 Walker Lane No. 22, Alexandria, Va. 22310-9920.

Another is Disabled American Veterans, P.O. Box 14301, Cincinnati, Ohio 45250-0301. On a recent visit to the Stratton VA Medical

Center, I encountered several DAV representatives actively helping veterans.

You can help by saving stamps from your correspondence and donating them to Stamps for the Wounded, which distributes them to veterans hospitals in the U.S. There is a collection box at Delmar Reformed Church on Delaware Avenue where stamps can be left, or they can be sent to me at 49 Tamarack Drive, Delmar 12054.

John D. Alden
Delmar

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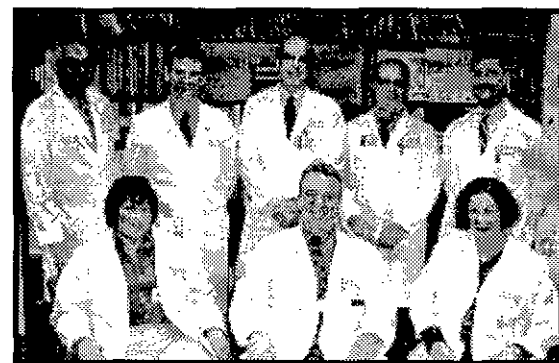
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Matters of Opinion

Troops need boost from hometowns

Editor, The Spotlight:

Amen, Scott Anson! We are the mother of an 18-year-old son, a fourth-generation Marine, who was sent to Iraq just over two months ago.

I, too, get very upset and sick to my stomach when passing through the Four Corners and am sometimes brought to tears by the men, women and children holding anti-war signs.

This is a free country. Do the protestors know why they're able to stand freely on their little corners to express themselves?

It's because of my son and thousands of other men and women service personnel who have fought and died for freedom.

How about a sign that says thank you, thank you for putting yourselves in harm's way so we

can live in peace and the freedom to live without fear. To praise our troops uplifts them.

Have any of the protestors while out on their 5 p.m. march ever stopped to think about what a slap in the face this is to families or neighbors that have a loved one in Iraq or fighting anywhere else in the world?

We are very proud of our son, and with God's love, he will return safely home, standing proud and full of honor.

To all families who have a loved one serving in the military, my husband and I would like to thank them, and we send our thoughts and prayers to you all.

God bless.

Roger and Debbie Contento
Delmar

New Scotland looks to prioritize planning

Editor, The Spotlight:

We in the town of New Scotland love our town. While other areas have sprawled without much planning, we have still retained much of our rural character.

However, like many areas, we are looking for some development consistent with our town character, which would help us reduce school and property taxes. With the forecast of high tech businesses coming to the Capital District, we know that the town of New Scotland will be a very attractive place for development.

As a result, our town board has appointed a Residents Planning Advisory Committee, made up of a diverse group of citizens, to find out how the community would like to see the town develop.

The committee has held meeting with demographers, development planners, agriculture specialists, senior citizens and others to learn what the latest thinking by the experts is. These

meetings have been open to the public.

In addition, the committee sent a survey asking town residents what they think of the town and how they envision the future. The results of this survey are being collated, and the committee is organizing meetings throughout the town to let residents know how their neighbors responded.

I would like to clear up a misimpression that might have been gleaned from a *Times Union* article about the committee and the survey results.

At no point will the committee advocate a tax increase. One question on the survey did ask if the residents were committed enough to open space that they would consider putting their money where mouths are. Many said they would.

This question was included to gauge how strongly residents felt about the issue. It was not intended to recommend a tax increase.

The town meetings at which the results will be shown will also include opportunities for residents to express their views on the issues that the survey raised. We especially urge those who did not return the survey to join us in this discussion.

The committee's responsibility is to listen to the townspeople. Our specific charge is the northeast quadrant of the town, mainly the routes 85 and 85A corridor. Depending on the success of this process, other committees will be formed to examine different areas of the town.

The remaining meetings are tonight, March 31, at the Onesequethaw Firehouse in Unionville and Thursday, April 1, at the Voorheesville Elementary School gymnasium. The meetings begin at 6:30 p.m.

Residents' input is valued. Land-use recommendations will be made to the town board based on the outcome of the survey and the public meetings. We want to be ready for changes and not just let them happen to us. For information, call town hall at 439-4889.

John Egan
Chairman, Town of New
Scotland Residents Planning
Advisory Committee

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Matters of Opinion

New ballot technology triggers little support

Editor, The Spotlight:

As citizens, we look forward to the November presidential election, and the issue of how our votes will be tallied should give us all pause for concern.

In 2002, federal legislation known as the Help America Vote Act was enacted. It offers states federal monies to convert balloting systems from the standard punch card to electronic voting.

In an effort to cash in (\$66 million for New York state) on the federal dollars, both the state Senate and Assembly have recently passed differing bills to convert New York's balloting system to an electronic one, with a paper receipt for voter verification.

A paper receipt that verifies how one has voted is the only method of tracking votes in the case of machine failure or a security breach. Most electronic balloting systems in use elsewhere do not produce a paper receipt, but could if required by that state do so.

There are other significant

problems with the electronic voting system. On Super Tuesday, for example, California and Maryland used electronic voting systems for the first time and experienced a variety of problems, from simple machine failure to security and tampering concerns.

In California, poll workers were instructed to store their balloting machines in their homes for up to a week prior to the election. In Maryland, computer hackers broke into the electronic voting system, calling into question the validity of votes cast on the system.

Because no paper receipts were produced, there was no way to accurately verify results.

Americans are rightly skeptical about this new technology. According to a cnn.com Quickvote Web poll in March, when asked how much confidence they have in electronic voting, 63 percent out of the more than 8,000 respondents said "none."

Susan Radosh
Delmar

Pols need to clean up campaign

Editor, The Spotlight:

I would like to state my feelings on the current election campaign.

I can't remember when I have ever seen a campaign start with such a negative attitude between two candidates. I have always believed that both candidates should be in the business of informing us about the issues that we really want to hear and not about spending huge amounts of money on ads, directly attacking each other.

Below is an excerpt from *The Healing of America* by Marianne Williamson. I hope you will find it enlightening as I did.

"It is our nature and our destiny to pioneer ground. What

we must pioneer now is an effort that we ourselves have been running from — the search of oneness of mind and heart.

"Our challenge is to speak up for heart, with heart. The greatest contributions a liberal can make to a liberal renaissance in America is to surrender his or her contempt for a conservative viewpoint, just as the greatest contribution a conservative can make is to surrender his or her contempt for a liberal viewpoint.


"Judgment undercuts our personal power, diminishing our capacity for insight and destroying the emotional connection without which true communication is impossible.

Contempt is a low-level emotion, and nothing low-level will serve us now. We will find our way to renaissance through heading upward, not downward, in our use of personal energy.

"Such effort takes rigorous discipline. We must always remember that God has asked us not to judge each other. If we wish to return to a civil society, we must learn to disagree, without withholding love or respect from our opponent."

My feelings are that not only politicians, but also we all should think about this and challenge ourselves to want better.

June Compton
Delmar



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on Dining**

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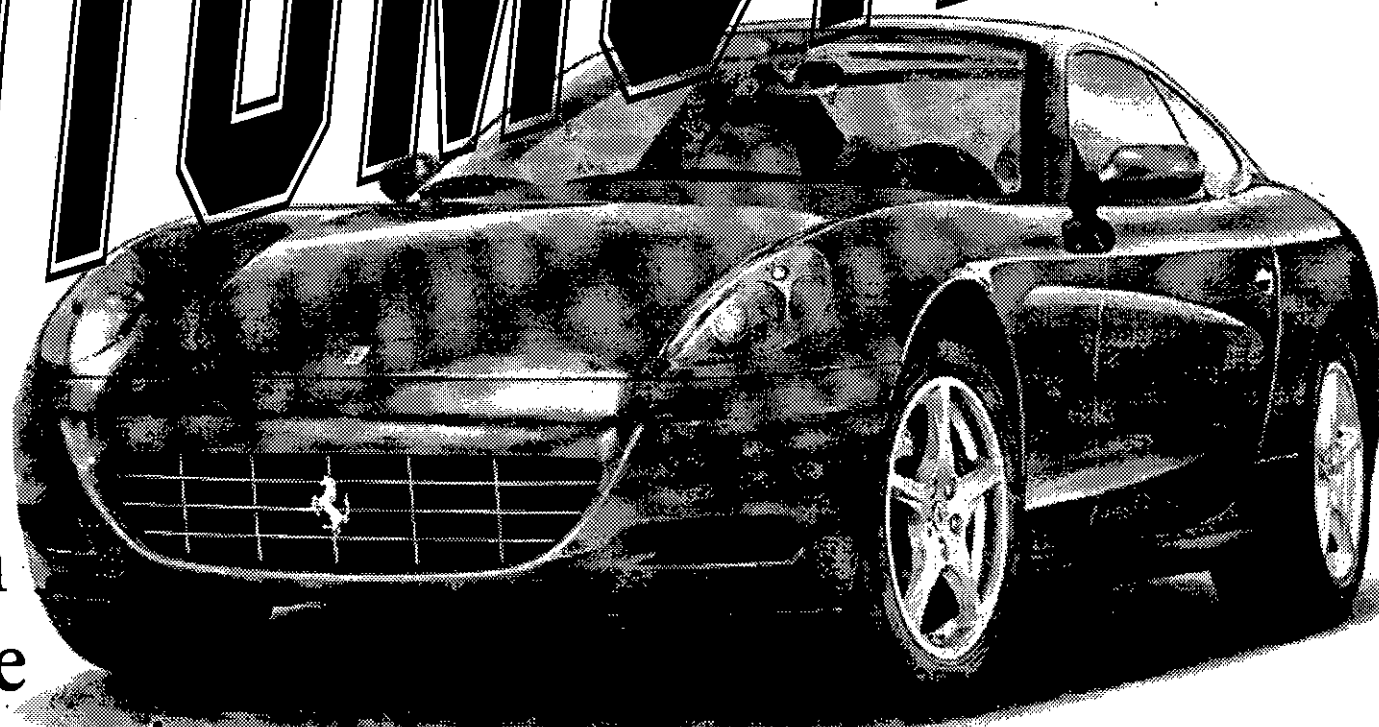
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Welcome to new spaces

Next time you're in the library, take a walk to the far left corner, where the adult lounge used to be. The area has been transformed into a bright and quiet periodicals reading area.

New shelving displays current issues. Past issues can be retrieved from underneath each display panel, affording convenience without clutter.



Individual study carrels along the wall to the left of the lounge take advantage of this quiet area of the library.

The big switch

The former periodicals area is now the spot to find your favorite feature films, audio books, music CDs, CD-ROMs and recorded nonfiction material.

The new arrangement places this popular part of the library front-and-center, near the livelier atrium area. Children's media materials are shelved separately in The Children's Place.

A home for your history

Renovations designers found a lovely space for a local history reading room. It is located at the back of the library near the new group study rooms. New oak cabinets, donated by Friends of Bethlehem Public Library, have just arrived.

They will house local history items formerly stored on the mezzanine. Our local history/genealogy collection has been set up right outside this room, which will soon be open to patrons.

A room of their own

Our oldest renovation is The

Children's Place, completed in phase 1 of the project. As we worked our way through phases 2 through 5, this space was a bright window on the results we all looked forward to.

When you enter through the new portal, you can't miss the fact that this space is especially for children — lower shelving, colorful carpet and clouds, smaller-scale furniture, stroller parking, reading nooks and lots of space to spread out with puzzles.

Parent-teacher materials are located in one of the two alcoves; the other alcove is a comfy read-aloud space, furnished with help, again, from our Friends.

Just outside The Children's Place, to the left, is an area with pendant lamps that teens can call their own, right next to the young adult collection.

Signs of the times

One of the final details of our renovation project is signage. Professional signs will soon clearly designate our collections and services. In the meantime, floor plans are available in the

lobby and at the information/reference desk-and of course, you can always ask for directions at any service desk. We're happy to show you the way to your favorite collections.

Board meeting rescheduled

The April meeting of the library's board of trustees has been rescheduled. The board will meet next Wednesday, April 7, at 7:30 p.m. As always, the public is welcome to attend.

Have you considered becoming a library trustee? Nominating petitions for a position on the board are available in the office of the library director. The term of office is five years, beginning July 1. Trustee Rena Button's term will expire at that time.

Petitions must contain at least 86 signatures of voters residing in Central School District No. 6 of the towns of Bethlehem and New Scotland. Petitions must be filed with the district clerk, 90 Adams Place, Delmar, by 5 p.m. on April 19.

Louise Grieco

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Holy Week Services

Maundy Thursday, 7:30 p.m. - Holy Communion
Good Friday, 9 a.m. to 3 p.m., Sanctuary open for prayer & meditation

Good Friday Tenebrae Service,

A Service of Lights, 7:30 p.m.

Easter Sunday

Easter Festival Worship Services, 8:00 a.m. and 10:30 a.m.

Easter Fellowship following 10:30 a.m. worship service

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Rev. Warren Winterhoff

Rev. Mark Mueller

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Perfect Blend to celebrate a year in business

Perfect Blend Espresso Bar and Café, located at Four Corners in Delmar, is celebrating its first anniversary on Wednesday, April 7.

There will be raffles, a coffee trivia game, \$1 small lattes and prizes.

For information, contact Roberta Bastow at 439-6537.

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JOHN BARR \$29.99 8 YR. BLACK LABEL SCOTCH 1.75L	ZINFANDEL \$9.99 1.5L	

Association to feature talk on traditional tinsmithing

The town of New Scotland Historical Association's April meeting will feature a presentation by Arthur Thorman.

Thorman is a history teacher and a lifelong student of early American trades.

He is a sutler at Revolutionary War re-enactments doing traditional tinsmithing and will talk about the history of

tinsmithing in early America.

Mark your calendars for Tuesday, April 6, at 7:30 p.m. at Wyman Osterhout Community Center in New Salem.

The public is invited free of charge and encouraged to visit the association's museum, which will open at 7 p.m.

For information, call Marion Parmenter at 765-4652.

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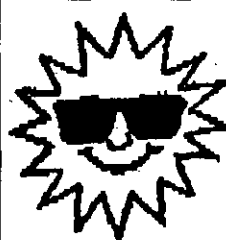


YMCA



Guilford YMCA April 4th, 12-4pm.

An afternoon of fun and excitement at the YMCA. Free activities including Martial Arts demonstrations, fire trucks, police K-9 unit, face painting, kids scuba display, synchronized swim display, basketball free throw competition, and much more. Free tee-shirt for 1st 200 kids through the door, plus many door prizes. Call for Information 456-3634.



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Voorheesville ambulance service to dish up breakfast

The Voorheesville Ambulance breakfast will be held at the Legion Post on Voorheesville Avenue on Sunday, April 4, from 7 a.m. until noon.

Blood drive slated

The high school student Council is sponsoring an American Red Cross Blood Drive on Thursday, April 1, from 8 a.m. to 1 p.m. in the gym at the school.

For information or an appointment, call 765-3314, ext. 211

Spring Gala slated

Voorheesville Community & School Foundation will hold its first Spring Gala dinner dance Saturday, May 22, 6 p.m. until midnight at Albany Country Club.

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



This event will recognize Principal Ed Diegel's 18 years of service to the Voorheesville Central School District.

Tickets are \$100 each (tax donation portion of ticket is \$30) and will include dinner, open bar, live auction, silent auction, live music and dancing.

Gala proceeds will support a new visitors center and art gallery at the elementary school, and the foundation's endowment fund.

For information, call Nancy Rucks at 765-4312.

New Salem Fire Department to serve fish fry dinners

New Salem Volunteer Fire Department will hold its annual fish fry dinners on Fridays through April 9 from 4:30 to 7 p.m. at the firehouse on Route 85A in New Scotland.

Takeouts can be ordered by calling 765-2244. The cost is \$6.50 for adults, \$6 for seniors and \$4 for children.

Plum Fest to be held in Voorheesville

The New Scotland Historical Association will hold its annual Plum Fest in the village of

Voorheesville on Saturday, Sept. 25.

The purpose of the Plum Fest is to highlight and celebrate the history and community assets of the town of New Scotland.

The village of Voorheesville is taking orders for commemorative bricks to be added to the Hotaling Park Walk of the Century, established in 1999.

Order forms are available in the village office.

For information or to help plan this event, call Carole Stevens at 765-4350.

New Scotland Seniors plan installation dinner

The annual officers installation

banquet is set for Tuesday, April 7, at 12:30 p.m. at Onesquethaw Reformed Church on Tarrytown Road in Feura Bush.

Entertainment will be provided by Retired Seniors Variety Performers.

Tickets are \$8.50 per person. For information, call Norma Walley at 439-1702.

AARP Defensive Driving Course

There will be an AARP Defensive Driving Course offered on Thursday, April 15, from 1 to 5 p.m. at Osterhout Community Center.

Call 439-4865 soon to register as class size is limited to 28.

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Library will celebrate National Poetry Month

Lifelines, the support group for prose writers, meets on Monday, April 5, at 7 p.m. The group is happy to encourage new writers; no experience necessary. There is no signup, just come and bring a short written piece to share.

If you would like to get acquainted, some of the Lifelines writers will be participating in an open mic poetry event hosted by the Thursday Night Poets in honor of National Poetry Month on Saturday, April 10. Readers can call ahead to sign up or just come between noon and 3 p.m. and put your name on the list to read. Bring your friends and family. There will be refreshments provided by the Library Friends.

The Musicians of Ma'alwyck were a big hit at the annual classical music concert. The Library Friends supplied refreshments, including a 15th anniversary cake and introduced the Friends of the Library executive board for the coming year. They are Cindy Childs, president; Jen Cillis, Jan Kurposka, Chrystie Stafford, Nancy Halpert and Michele Reilly.

The winner of the Nimble-fingers quilt raffle drawing was Don Fuglein. The staff sees him frequently in the library in his position as courier for the school district. He seemed very happy with his new quilt and we were happy to see him win.

April is a big month for book discussion. Kids, don't forget your

Voorheesville Public Library



book discussions on April 2 for grades two to three and April 6 for grades four to six. Adults meet at 7 p.m. on April 7 to discuss the *No. 1 Ladies Detective Agency*.

A final reminder: Don't forget to sign up for the April 24 bus trip to New York City.

Petitions for the board of trustees must be returned to the library by April 16.

There will be no story times at the library from March 3 until the new session begins on April 20.

Check the library Web site at www.voorheesvillelibrary.org for program information.

Barbara Vink

Letters policy

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

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

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

Help available for high energy bills

The Home Energy Assistance Program (HEAP) helps individuals on fixed or low incomes with energy related bills.

A representative from Cornell Cooperative Extension will assist with HEAP applications on the second Tuesday of the month from 4:30 to 6:30 p.m. at Bethlehem town hall for people of all ages.

Bring proof of all household income for the four most recent weeks; a rent receipt or lease, or mortgage or water-sewer bill for

proof of address; birth certificates or Social Security cards of all living in the household; the most recent fuel or utility bill; or statement from landlord if utilities are not included in rent; and resources for emergency applications.

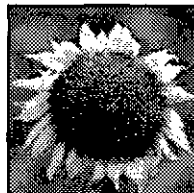
If you are age 60 or over and a resident of the town of Bethlehem, outreach workers Caroline Wirth and Jane Sanders can help with HEAP applications Monday through Friday by appointment.

To schedule an appointment, call 439-4955, ext. 173 or 174.

Slingerlands resident studies in Ireland

Erin Weaver, daughter of Lisa and Robert Weaver of Slingerlands, a junior at Hamilton College, is studying abroad at University College in Dublin for the spring semester.

An English literature and French major at Hamilton, Weaver graduated from the Doane Stuart School.



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Sports

Young Lady Eagles must become on-field leaders

By ROB JONAS

For the past four years, the unspoken challenge for the Bethlehem girls lacrosse team is to keep its streak of Section II titles going. For the past four years, the Lady Eagles have answered the challenge.

If they hope to win their sixth in a row this year, however, they must overcome the loss of six seniors from last year's team, which reached the state finals.

"Those kids were work-horses," Bethlehem coach John Battaglini said of last year's graduating class, which included three high school All-Americans.

Battaglini got his first glimpse

of what this year's team is capable of at a multi-team scrimmage last weekend in Connecticut.

"They did OK," he said. "It was a nice tournament. They had some of the top teams on the East Coast. It was their first time on a full field, and they actually found their legs, or lack thereof."

Battaglini said the one thing he looked for at the scrimmage was how well the offense worked without the presence of such stalwarts as Emily Cohen, Brianna Bubeck, Kristin Link, Kate Metevia, Katelyn Primomo and Katie Wagoner.

"The tough part for me is to get the younger girls to realize that they run the show now," Bat-

taglini said. "Last year, a lot of them weren't out (on the field) until the game was pretty much well in hand. Now, I have to make them realize that they're under the gun to make decisions not just for a few minutes, but throughout the game."

Battaglini said he is following his standard formula for replacing graduated attackers. He has moved some of his defenders up to the offense this season including Katie Rowan and Cate Quinlan, which leaves the backfield to a group of newcomers.

"I really only have one person back (from last year) playing defense, and I might have to move her up to play midfield," he said.

The Lady Eagles do have some proven scorers to build the attack around. McKenzie Riegel, Tess McGrath and Emma Strachman all contributed to Bethlehem's offense last year, and Theresa Ladouceur returns after missing

most of last season with a broken ankle.

The defense hasn't been stripped bare of key parts, either. Tricia Primomo returns, as does

join Primomo and Szelest to form a unit Battaglini said he hopes will continue Bethlehem's reputation as a tough defensive team.

I have to make them realize that they're under the gun to make decisions not just for a few minutes, but throughout the game.

John Battaglini

"What people don't realize is that we were a very good defensive team last year, and our offense was created by our defense forcing turnovers,"

Battaglini said.

Battaglini said he isn't asking his team to play like last year's squad when it opens its season. He just wants to see progress during the first month of the season.

"I need to see more in terms of fluidity and in terms of ball movement — just quicker reads — and winning 50-50 balls," Battaglini said. "Our anticipation isn't where I want it to be. I feel like we're reacting to the ball, rather than anticipating where it's going to be."

The Lady Eagles will start their regular season with a non-league game April 10 after Saratoga was forced to postpone their April 6 meeting due to a schedule conflict. Bethlehem's first Suburban Council game is now April 12 against Shenendehowa.

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Suburban Council splits senior games with Big 10

By MATT RUCINSKI

Seniors from the Big 10 and Suburban Council squared off against each other in last Tuesday's Exceptional Seniors basketball games.

The fans at Colonie Central High School were treated to an exciting boys game that came down to the final possession. After being up by 10 points with a little over a minute to go, the Big 10 saw their lead almost disappear, but were able to hold off the late Suburban run and won 78-77.

The Suburban Council led throughout the first three quarters and had a four-point lead before the Big 10 took over in the fourth quarter.

CBA seniors Brian Monahan,

Josh Duell and Datwan Hemingway played after losing to Mount Vernon in the class A state semifinals March 20. They were unable to practice with their fellow Big 10 seniors, and it was unclear if they'd be there. They were, though, and Monahan's basket gave his team a 10-point lead.

Guiderland senior Steve Dagostino led the Suburban Council's late charge. Dagostino hit a jumper, followed by a three-pointer to cut the lead to five with 40 seconds to play. Jeff Juron from Burnt Hills made a basket to trim the lead to one point, but after a Big 10 turnover, the Suburban Council couldn't capitalize, failing to get a shot off with four seconds left in the game.

Despite the outcome,

Dagostino said he was thrilled to be at the game. "It's great. Our game against CBA was a great way to end the regular season, but coming here to play with my teammate, Greg Podgorski, was a great way to end it," he said.

Although rivals throughout their careers, Dagostino said there is great respect for all the players. "We know each other so well, it's a great way to end," he said.

Dagostino led the Suburban Council with 20 points. Juron contributed 14 points, and Billy Manuel of Shaker added 13 points. Colonie's Kris Kowalczyk chipped in with 10 points.

Hemingway led all scorers for the Big 10 with 10 points. Monahan and Duell both had nine points.

CBA's Dave Doemel coached the Big 10 seniors, while Shaker coach Jeff Holmes guided the Suburban Council All-Stars.

Senior girls from the Big 10 and Suburban Council also treated their fans to one final game on March 23 at Colonie Central High School.

The Suburban Council cemented their status as the better league with a 52-39 win. Shenendehowa and Colonie, the two schools that battled for the Section II, Class AA title, both

sent two players to the game.

Colonie's Keyhana Wakefield helped the Suburban Council establish early momentum with a couple a field goals, including a three-pointer. However, the Big 10 came back in the second quarter and took a 24-22 lead.

Shannon McAllister of Shenendehowa helped the Suburban Council take a 40-30 lead going into the fourth quarter with her presence inside.

Both teams were relaxed and enjoying themselves in a friendly, fast paced game.

Valerie Alexander didn't know

what her final game in a Shenendehowa uniform would be like.

"I wasn't sure what to expect when we came together to play, but it was great and I had a lot of fun," Alexander said.

McAllister, like her teammate, also enjoyed her final game. "It's an honor to play with everyone," she said. "I grew up with half of these players. It's sad it came to an end, but this was so much fun."

Wakefield led the Suburban Council with 10 points. Bethlehem's Kaity Conklin had seven points, and McAllister added six points.

Club revises clinic dates

The Delmar Dolphins have revised their swimming clinic schedule.

The annual clinic for children age seven through 12 will take place April 5-8 at Bethlehem Central High School. The April 12-15

Goodrich takes gold

Glenmont's Courtney Goodrich won gold medals in the 100-yard individual medley and 50-yard breaststroke and a silver medal in the 50-yard butterfly at the North Country Swim League Championships. Haley Goodrich and Meghan Pentack also competed.

sessions have been cancelled due to April vacation.

The clinic is an introductory program to competitive swimming and focuses on the skills needed for the sport.

Each session runs from 6:30 to 7:30 p.m. at the high school pool.

For information, contact head coach Doug Gross at 664-0801 or dolphinscoach@juno.com.

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Glenmont Plaza KeyCenter	449-4080
Guiderland KeyCenter, 2050 Western Ave.	456-8304
Latham KeyCenter, 851 New Loudon Rd.	785-0610
Niskayuna KeyCenter, 3337 Consaul Rd.	346-7083
Queensbury KeyCenter, 154 Quaker Rd.	798-1807
Rensselaer County Plaza, Route 4 and 43	283-8384
West Sand Lake KeyCenter, Route 43 and 150	674-2866
Westgate Plaza KeyCenter, 911 Central Ave.	482-3357
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Voorheesville school district budget at \$18.4 million

By MARTIN J. BANNAN

In spite of uncertainty regarding future state aid, Voorheesville Superintendent Alan McCartney released next year's proposed budget of \$18.4 million during a special school board meeting on March 22.

With this comes a 6.5 to 7.2 percent tax hike that could translate to \$25.37 per \$1,000 of assessed property values in New Scotland, McCartney said.

"These estimates are still high," McCartney said. "We are still trying to bring them down."

McCartney added that possible additional retirements could further lower costs.

Of greatest concern, McCartney said, is Gov. George Pataki's proposed budget's impact on Voorheesville as well as all Capital District schools.

"Our districts face the prospect of a fourth straight year of operating aid that has either been cut or flat-lined," McCartney said. "Based on the current flex aid proposal, not one of the 48 school districts in the Capital Region would receive any increase in operating aid next year, which is where the need is greatest." He added that schools continue to face skyrocketing costs for health insurance, mandated teacher and staff retirement contributions, fuel, utilities and other insurance expenses.

In addition, McCartney said, the contingency spending cap for a defeated 2004-05 school budget must reflect the consumer price index of 2.8 percent. Exceptions to this would be increases resulting from enrollment growth, tax certioraris and voter-approved construction and equipment purchases.

"This is unrealistic at a time when health insurance and retirements alone drive up costs by 3 to 4 percent," McCartney said.

Budgets get two chances to pass. After two defeats, districts must comply with the contingency spending cap. In Voorheesville's case, that would mean a reduction of an additional \$371,780 in expenditures. McCartney reminded the board that the current budget passed by only nine votes.

"Where is it going to come from this time?" he said, referring to possible deficits. "We would have no choice but to cut staff and

programs across the board."

McCartney also voiced opposition to proposals by the governor that would alter expense-driven aid. One such proposal would spread state aid payments on bus purchases. "It's a good way for the state to balance their budget but not a good way for school districts," he said. "This will only discourage school districts from paying cash for buses and will end up costing taxpayers a lot more money in the end." He added that this year's state aid to Voorheesville reflects a \$92,000 increase. Most of this, he said, is aid to reimburse last year's bus purchases.

Other expense-driven aid freezes, according to McCartney, include proposals to cap transportation aid as well as force school districts to compete with one another for building aid under a priority-based project selection system.

In light of uncertainty regarding many of the governor's proposals, the board approved a measure placing a \$222,000 proposition to buy three 60-passenger buses before the voters in May.

"We rotate our fleet by two buses each year because we don't want a fleet of old buses that are too costly to maintain,"

McCartney said. "This way we never have to go to the public saying, 'We haven't bought a bus in five years. We now need to buy 10.'"

Purchase of the buses would be either up front or through bonding, depending on the outcome of the state budget.

Final adoption of the budget is scheduled for April 19 with a public hearing set for May 10. Voting takes place May 18.

In other business, the board amended the district's sliding exemption scale for aged and disabled persons with limited incomes. Exemptions range from 50 percent for eligible persons

with incomes of \$24,000 or less to 5 percent for people who make between \$31,500 and \$32,400. District Business Official Sarita Winchell advised those eligible for the exemption to enroll through their town hall.

Finally, after 15 years serving on the board, Thomas M. Thorpe announced he would not run for another term, but plans to stay active with the school district.

"Voorheesville school district is a close and caring community," he said. "I'm proud to have served on the board and I will miss it."

Thorpe plans to spend more time pursuing his interest in music.

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Supplements 2004

Spotlight Newspapers — supplements for 2004

JANUARY

➤ BRIDES AND GROOMS

Issue Date: Jan. 7 • Ad Deadline: Dec. 19

➤ HEALTH, DIET AND FITNESS

Issue Date: Jan. 21 • Ad Deadline: Jan 7

FEBRUARY

➤ UPDATE I — BUSINESS & FINANCE

Issue Date: Feb. 11 • Ad Deadline: Jan 28

➤ UPDATE II—SERVICES

Issue Date: Feb. 25 • Ad Deadline: Feb. 11

MARCH

➤ SPRING HOME IMPROVEMENT

Issue Date: March 3 • Ad Deadline: Feb. 18

➤ UPDATE III — AUTOMOTIVE

Issue Date: March 17 • Ad Deadline: March 5

➤ HEALTH CARE

Issue Date: March 31 • Ad Deadline: March 17

APRIL

➤ HOME AND GARDEN

Issue Date: April 7 • Ad Deadline: March 24

➤ SPRING AUTOMOTIVE

Issue Date: April 21 • Ad Deadline: April 7

MAY

➤ SENIOR LIVING

Issue Date: May 5 • Ad Deadline: April 21

➤ WELCOME SPRING

Issue Date: May 19 • Ad Deadline: May 5

JUNE

➤ HOME IMPROVEMENT

Issue Date: June 2 • Ad Deadline: May 19

➤ SUMMER HEALTH & RECREATION

Issue Date: June 16 • Ad Deadline: June 2

➤ CLASS OF 2004

Issue Date: June 30 • Ad Deadline: June 16

JULY

➤ SENIOR LIFESTYLES

Issue Date: July 7 • Ad Deadline: June 23

➤ SUMMER AUTOMOTIVE

Issue Date: July 21 • Ad Deadline: July 7

AUGUST

➤ BACK TO SCHOOL

Issue Date: Aug. 11 • Ad Deadline: July 28

➤ HEALTH CARE

Issue Date: Aug. 25 • Ad Deadline: Aug. 11

SEPTEMBER

➤ COMMUNITY SERVICES

Issue Date: Sept. 8 • Ad Deadline: Aug. 25

➤ HOME DECORATING & REMODELING

Issue Date: Sept. 22 • Ad Deadline: Sept. 8

OCTOBER

➤ WOMEN'S HEALTH

Issue Date: Oct. 6 • Ad Deadline: Sept. 22

➤ FALL AUTOMOTIVE

Issue Date: Oct. 20 • Ad Deadline: Oct. 8

NOVEMBER

➤ SENIOR LIFESTYLES

Issue Date: Nov. 3 • Ad Deadline: Oct. 20

➤ HOLIDAY GIFT GUIDE

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

DECEMBER

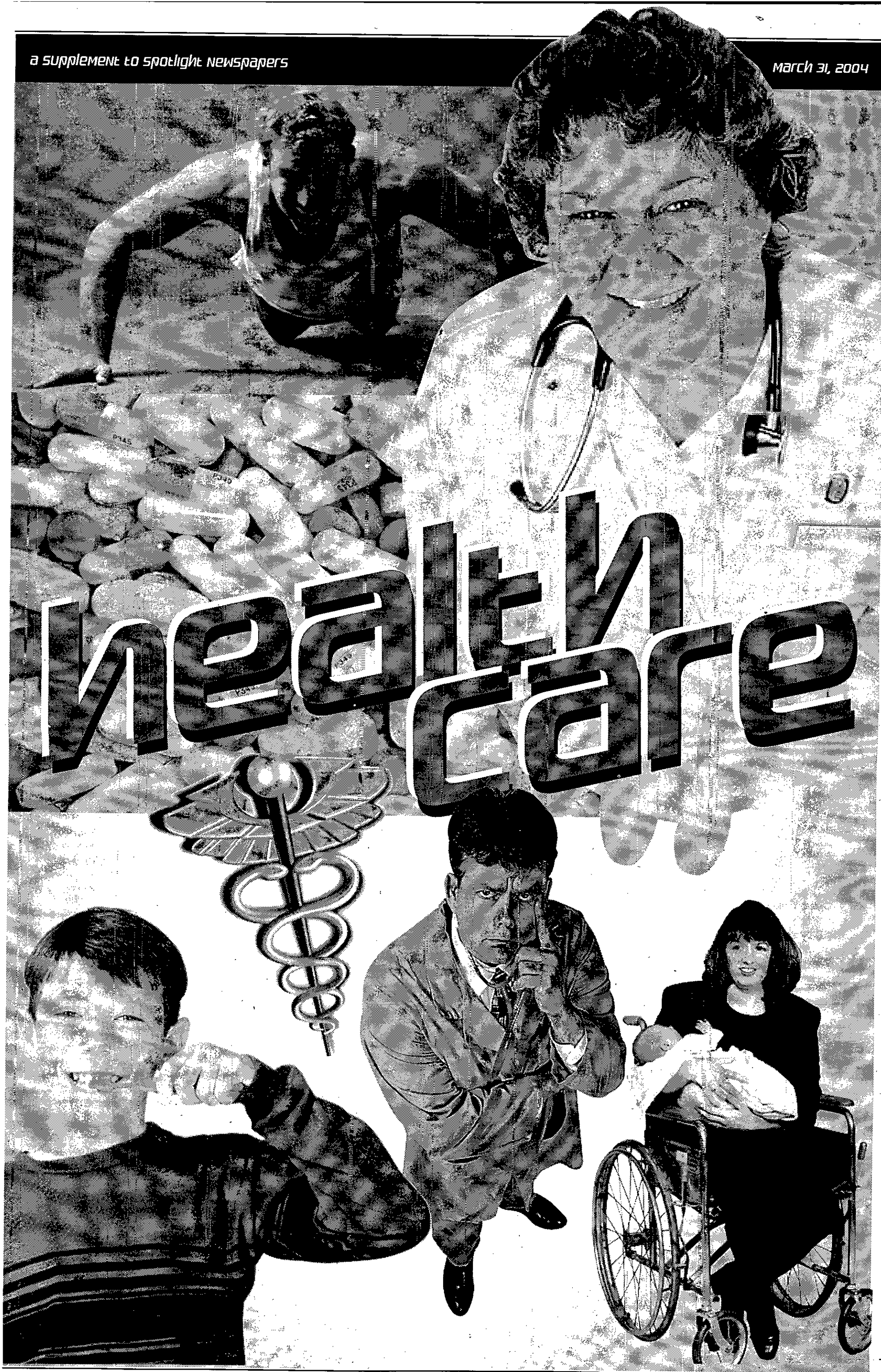
➤ HOLIDAY GIFT GUIDE II

Issue Date: Dec. 8 • Ad Deadline: Nov. 24

➤ LAST MINUTE GIFT GUIDE/NEW YEAR'S

Issue Date: Dec. 15 • Ad Deadline: Dec. 10

All Ad Deadlines are at Noon



CDPHP offers senior fitness program

Capital District Physicians' Health Plan. (CDPHP) recently announced one of the nation's leading exercise programs for seniors is now available free to members of its Medicare Choice plan. As one of the only area health plans offering a Medicare Choice HMO, CDPHP is the first Capital District company to

partner with HealthCare Dimensions to provide the successful senior wellness program, SilverSneakers.

Designed for Medicare-eligible men and women, SilverSneakers is an innovative fitness program that will provide CDPHP

Medicare Choice members with the opportunity to take advantage of a variety of health and physical activities.

Through classes with specialized instructors and discounts on gym memberships, the SilverSneakers program is a great way for participants to increase their health and fitness.

The initial network of cooperating health clubs in the Capital District will include ABC Sports & Fitness in Latham; the YMCA of Saratoga and the YMCA Racquet and Fitness Center, both in Saratoga Springs; the Cardiac Wellness Center of Capital Cardiology in Albany; the Sidney Albert Jewish Community Center in Albany; and the Robert and Dorothy Ludwig Jewish Community Center of Schenectady, located in Niskayuna. Medicare Choice is available only in Albany, Rensselaer, Saratoga and

Schenectady counties. CDPHP and HealthCare Dimensions are targeting additional fitness centers in the region to add to

balance and coordination, the class format is non-impact and applies to all fitness levels. In addition to classes, participants can also enjoy other fitness center membership benefits, including use of exercise equipment, weight training, and any additional on-site facilities that may be offered. It also provides members with access to health education seminars, personal fitness advisors, and social events.

SilverSneakers is designed to address the main areas of disease and disability in our senior population, including: diabetes, hypertension, weight management, osteoporosis, arthritis, depression, tobacco use and



the network, specifically in Troy and Clifton Park.

"Studies have shown that seniors enrolled in a regular fitness program have had significantly fewer inpatient admissions, emergency visits, and their overall health care costs are lower than those who don't partake in regular exercise," said Dr. Duke Dufresne, medical director at CDPHP. "This can be directly attributed to the healthy lifestyle that results from the type of frequent, moderate exercise that SilverSneakers offers."

Taught by certified instructors who focus on improving strength, flexibility,

congestive heart failure.

"We are pleased to be able to work with such a well-respected health plan to help improve the health and well-being of their senior members," said Mary K. Swanson, founder, president and CEO of HealthCare Dimensions. "The long-term health benefits of regular exercise for older adults are compelling. In addition to helping seniors stay physically healthy, SilverSneakers also offers a great way for them to socialize, meet new friends and have fun."

To learn more about CDPHP's products and services, visit the Web site at www.cdphp.com.

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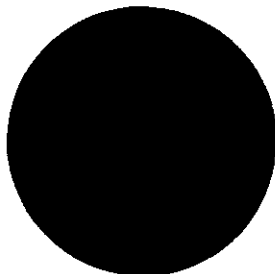
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Natural approaches to menopause help women

By Dr. Eliot W. Edwards

Results from one of the largest and most recent studies on hormone replacement therapy (HRT) has contradicted what doctors have thought about this menopausal treatment. Touted as one of the best ways to decrease women's risks of cardiovascular disease, stroke and osteoporosis, HRT has actually been found to increase the rates of cardiovascular disease, stroke as well as certain types of cancers. Women have sought out HRT from their doctors to relieve the symptoms of menopause such as hot flashes, mood swings, fatigue and decreased libido.

Because of this new and conflicting information, many women have become confused and uncertain what to do. The good news is there are many alternative therapies that can support women as they transition through this stage of their lives.

From the time of adolescence to menopause, women experience a cyclic fluctuation of reproductive hormones. These fluctuations in some women become a source of great discomfort, which often leads them to seek treatment. These symptoms can exacerbate at the time of menopause.

Hormone replacement therapy can decrease the symptoms of menopause by providing those hormones that the body is no longer making. However, once the HRT is discontinued the woman

usually experiences the symptoms all over again. Today, women may be experiencing intensified symptoms due to diets which are high in carbohydrates, sugar, caffeine, preservatives and processed foods.

At the time of menopause, the body is forced to rebalance homeostasis, which has been highly influenced by the estrogen and progesterone during the reproductive years. This is very similar to the balancing act the body went through during puberty as the hormones progressively increased in the body. Through diet, lifestyle changes and natural supplementation the body can be supported. This will optimize metabolism, decrease the hormone fluctuations and alleviate the symptoms.

Basic naturopathic interventions include supporting the liver, adrenals and ovaries. The liver detoxifies the body including hormones. The adrenal glands are intricately involved with the function of the ovaries and also modulates the stress response. The ovaries produce the majority of the body's estrogen and progesterone during the reproductive years.

A diet of whole foods is key to any health concern, especially menopausal symptoms. Decreasing the intake of sugar, carbohydrates, dairy products, caffeine, and saturated fats is key to support the body through menopause. This is easily accomplished

when we choose to eat fresh vegetables and whole grains instead of processed foods. Eating organic poultry and fish will help avoid the intake of exogenous hormones, which have adverse effects on the body and may be found in some non-organic meats.

Supplementing with essential fatty acids including flax, borage, evening primrose and fish oils help to decrease inflammation in the body and balance hormones. These oils contain lignans, which have phytoestrogenic activity and are thus balancing to the hormone levels in the body.

Phytoestrogens are compounds found in virtually all plants at varying concentrations. These plant chemicals have the ability to bind at estrogen receptors in the body. Their hormone balancing activity is thought to be due to this binding capacity. Certain herbs that have significant amounts of phytoestrogens and have been studied for their use of treating menopausal symptoms include chaste tree berry, ginkgo biloba, black cohosh, dong quai, panax ginseng, licorice, red clover and St. John's wort.

Herbs are traditionally used in combinations in order to provide a broader scope of

effects. Sometimes using a single herb does not elicit the effects we are hoping for. As well it should be understood that the effects of herbs are much more gentle on the body and may take a longer time act as compared to pharmaceuticals.

Stress affects our mood, digestion, thyroid function, neurotransmitter function, hormonal activity and overall well-being — to name a few. In our culture and lives we endure more stress than we are aware of. This insidious process, which is rarely perceived, has a huge impact on our health. This stress is another factor that can amplify menopausal symptoms. Activities that help lower stress include yoga, tai chi, qi

gong, meditation, mild to moderate exercise, and taking an active role in your health.

Taking a holistic approach toward menopause by working on diet changes, stress management, addressing nutritional deficiencies and using herbal supplements may offer the relief that women are seeking. With growing evidence that hormone replacement therapy may cause adverse health effects, natural approaches may be a good answer for women to turn to.

The writer, a naturopathic doctor, is an adjunct lecturer at SUNY Oneonta and practices naturopathy at The Center for Integrative Health and Healing in Delmar. He can be reached at 689-2244.



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Training force educates physicians on low health literacy

You or someone you know may be one of the 90 million Americans, as reported by the American Medical Association Foundation, having problems understanding the information presented to you by your physician. Knowing that low health literacy can cause barriers to access and quality of care, the foundation, which is the philanthropic arm of the AMA, is putting a training force in place to educate physicians across the country about this problem and how to improve it.



"A key component of the AMA Foundation's national Health Literacy Initiative is organizing a team of trainers who can help physicians and other healthcare workers in different regions of the country better understand the issue of low health literacy," said Dr. Duane Cady, president of the board of directors of the AMA Foundation.

The Train-the-Trainer program provides sessions for individuals from local medical societies and other

organizations about the scope of the issue and the barriers faced by patients and physicians and about specific techniques for creating a shame-free environment and improving written and verbal communication. The foundation held its first Train-the-Trainer session in May 2003 and



now has new trainers in the field. Participants have been enthusiastic about the program.

"The training sessions were just superb," said Dr. Mary Ann Abrams, a Des Moines, Iowa, pediatrician and member of the Iowa Medical Society. "The training materials were excellent, and the program placed a lot of attention on providing follow-up support and resources."

Since returning to Iowa, Abrams' group has begun implementing a program that will identify and train others in the state, integrate the program into the activities of the Iowa Medical Society and identify

collaborative partners from other organizations.

"One of the most rewarding things about the program was the opportunity to interact closely with national leaders in the field of health literacy," said Abrams, who has conducted two health-literacy training sessions in Iowa since completing the program.

Common problems among patients with low health literacy include misunderstandings about such things as:

- Directions for taking prescribed medicines
- Explanations of an illness or condition
- Reasons for surgical procedures
- Written materials, such as background forms, directions for pre-/post-surgical procedures, appointments and patient brochures.

The Train-the-Trainer program raises awareness among health care personnel about the serious nature of misunderstandings such as

these and provides tips and tools to help them improve patient communication, as well as identify those who may be at risk. Difficulties with issues such as language, reading and comprehension, fear and anxiety and memory, often are key indicators.

Physicians are listening and learning.

Since launching a major Health Literacy Initiative in 2003, including the Train-the-Trainer program, the foundation has distributed thousands of health literacy toolkits to physicians and other health professionals across the country. Ask your physician if he or she knows about the program and the supporting health literacy materials. Your health may count on it.

For more information about the American Medical Association Foundation's Health Literacy Initiative, including the Train-the-Trainer program, call (312) 464-4200 or visit www.amafoundation.org.

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How to know when a senior needs at-home help

What today's seniors want most is to age in place. What they fear most is to lose their independence. But what they're least likely to ask for is the kind of help that will keep them comfortable and safe at home. That's why it's often up to the adult children of aging parents to look for the signs that their elderly loved one needs help at home. Neglecting those signs likely will lead seniors to the kind of dependence that most would like to avoid.

"Seniors often don't recognize when they require help," said Mary Ellen Carpenter, owner of the Home Instead Senior Care office serving Saratoga, Washington and Warren counties. "That's why adult children should identify where their loved ones need assistance. Home Instead Senior Care has made this process easier by providing a list of simple, look-and-see signs that adult children can use to identify the types of services their loved ones might need. Providing seniors assistance with a few basic tasks — such as meal preparation, light housework, companionship and medication reminders — often means the difference between whether they stay at home or go to a facility. And that kind of independence is very important to seniors' overall happiness."

The latest report in the AARP's Beyond 50 series confirmed that seniors' No. 1 fear is loss of independence.

"The vast majority of people 50 and older do not require long-term assistance at any given time. However, most people will require assistance at some point in their lives, and most families will face these

issues with their older family members," according to the report.

Seniors' expectations for remaining at home are high. In a survey conducted late last year by Home Instead Senior Care, 83 percent of seniors surveyed said they are very or somewhat likely to remain in their homes rather than move to a care facility. Home Instead Senior Care, the largest provider of non-medical home care and companionship for the elderly in the United States, sends CAREgivers to seniors to help keep them independent and at home for as long as possible.

"Most people, in general, want to live at home or independently in a retirement community," said Mary Hujer, a registered nurse with a master's degree who is a geriatric clinical nurse specialist for the Cleveland Clinic. "Who wants to lose their independence? The best approach to staying self-sufficient is to plan ahead and accept help when necessary."

Hujer explained that some concerns of aging, which jeopardize independence, could include isolation, weight loss, safety and transportation.

"First, research shows that routine socialization is one of the key aspects of successful aging so it's important for seniors to find social activities," she said.

"Second, poor nutrition that leads to weight loss can be caused by multiple factors, some of which may be social. Up to one-third of patients I see experience some weight loss at one time or another," she added.

"Third, safety becomes a real concern for seniors who are suffering illness or mobility

problems. To prevent falls, consider putting grab bars in bathrooms, placing bright yellow tape strips on stairs or painting the toilet seat yellow," she said.

"Finally, transportation is a big challenge for those seniors who are forced to give up their keys. Communities can offer the best programs in the world, but if you can't get the individual there, what good are they?" Hujer said.

Ofentimes, seniors are reluctant to seek outside help because they want to keep doing things the way they always have.

"Dementia, which includes Alzheimer's disease and other cognitive problems, may impair seniors' judgment as well as their memory," Hujer said. "That's when, with an older adult's input, a caregiver can intervene to promote a safe environment and help ensure quality of life."

"By helping adult children identify the types of resources



that a senior might need to remain independent at home, we hope that families can avoid some of the stress that goes with caring for an aging loved one," Carpenter said.

For information about Home Instead Senior Care, contact Mary Ellen Carpenter at 580-1042 or visit the company's Web site at www.Homeinstead.com.

Dear Dr. McGarry, what is "tooth whitening"?

Whitening can be accomplished in two ways, with bleaching and non-bleaching products. Bleaching products contain peroxide, which can remove both superficial as well as deep stains. Non-bleaching products (certain toothpastes) contain special chemical or physical polishing agents that help to remove surface stains only.

The use of peroxide to lighten teeth dates back about 100 years. Only recently, however, with the advent of current techniques and materials has peroxide bleaching become a safe and effective way to brighten one's smile.

A variety of products exist both over-the-counter and dentist-dispensed, but it is important to consult your dentist prior to engaging in a whitening program because teeth can be discolored for a variety of reasons. Certain stains are caused by



Dr. Gabriel McGarry

Ask Dr. McGarry

the various food and drink we consume, such as coffee, tea, wine or cigarettes. Other types of stains are due to dental fluorosis, tetracycline staining, nonvital teeth, or certain types of hereditary conditions.

Professional bleaching is accomplished at the dental office and is considered to be the most effective way to brighten your smile whether your stains are deep or superficial. Your dentist will either make you a set of take-home trays for daily or overnight use over a 2-4 week period or perform in-office bleaching and follow-up with a set of take-home trays. Some people experience tooth sensitivity while bleaching. This is common and usually subsides once treatment is complete. No matter what product you select it is important to look for the ADA seal of acceptance and consult your dentist prior to beginning.

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Look-and-see signs of aging

1. Look in refrigerator, freezer and drawers. Has food spoiled because Mom can't get to the grocery store? Does she have difficulty cleaning tight, cluttered places?

2. Look over the grocery list. Has your loved one's declining health prompted her to purchase more convenience and junk foods, and neglect proper nutrition? Is she losing weight?

3. Look on top of furniture and countertops. Are dust and dirt signs that household tasks are becoming more difficult for your parents?

4. Look up at fans and ceilings. Has the inability to lift her arms and climb stepstools prevented your loved one from cleaning soot and grime from high places? Caution your senior not to climb.

5. Look down at floors and stairways. Have shaky hands spilled drinks and food, soiling vinyl, wood, carpets and walkways? Are frayed carpets, throw rugs, objects and furniture creating tripping hazards? Does Dad's bad knee put him at greater risk on cracked sidewalks and with broken stair rails?

6. Look under beds and sofas. Is your senior having difficulty organizing old newspapers, books and magazines, which are creating a fire hazard?

7. Look through the mail. Is Mom's dementia causing her to forget to pay bills and answer correspondence?

8. Look below bathroom and kitchen sinks. Is poor eyesight making it difficult for your elderly relative to read medication labels and to properly store cleaning materials? Is he forgetting to refill medications and to take them on schedule? Check the refill date against the number of pills in the bottle to help determine if your loved one is taking medication regularly. Or call the pharmacy.

9. Look at your senior's appearance. Is clothing dirty and unkempt, and is your loved one neglecting personal hygiene?

10. Look to your parents' neighbors and other close friends to find out about their daily routine. Are your seniors at home more watching television and avoiding stimulating conversation and companionship?

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What everyone needs to know about glaucoma

By Dr. Suresh G. Kamath

More than two million Americans suffer from glaucoma and about 100,000 of them are blind. Glaucoma is one of the most dangerous diseases one can have because the most common type (open angle glaucoma) is a silent but progressively blinding disease. Few people know they have this disease because there are usually no symptoms until one is almost blind.

Glaucoma is a disease of the optic nerve. If one imagines the eye like a video camera and the brain like a monitor the optic nerve is the cable that connects the two. When one sees a face, for example, the eye takes a picture and sends the picture as an electric signal over the optic nerve to the brain. The brain

processes the picture and then we recognize the face as that of a loved one. In order to see, all three parts of the visual system (the eye, the optic nerve and the brain) must work properly. If the circuit is broken at any step—the picture quality is poor or lost. In glaucoma, the optic nerve becomes sick. This is like the cable between the camera and monitor getting frayed or damaged. Therefore the picture signal to the brain is degraded and eventually lost.

It is not understood why the optic nerve gets sick. Theories include problems with blood flow or circulation, eye pressure changes and genetics. Open angle glaucoma (OAG) can occur at any age but is most

commonly seen in the elderly. Individuals with a family member with OAG may have up to 10 times the normal risk of getting the disease. It is also much more common among African Americans. Patients who have diabetes, are on certain medications (like Prednisone), or who have had previous eye surgery or injuries are much more prone to the disease.

Unfortunately, the gene or genes for glaucoma have not been absolutely defined—but research is ongoing. At this point we only know that the patients in the previous risk groups should be examined periodically to try to catch the disease as early as possible.

Early detection and ongoing treatment of glaucoma can

reduce the risk of blindness. All adults should be examined by an ophthalmologist every two years—and persons in those high risk groups should be examined at least once a year.

An ophthalmologist is a surgeon specializing in eye disease. Typically, the examining ophthalmologist will take a complete medical and family history to determine the patient's risk factors. Then a complete examination of the eye—especially the optic nerve, the eye pressure and certain other eye structures that can aid in the diagnosis is completed. Patients with abnormalities in the examination will then have a visual field test.

A visual field test is done with a special computer and a projection screen. The computer flashes lights on different areas of the screen. The patient

presses a button when she notices each of these flashes. At the end of the test the computer paints a picture of the areas that the patient saw well and also the areas that the patient didn't see well or could not see at all. Certain patterns of blind spots on this visual field test can help diagnose glaucoma.

Patients with abnormal optic nerves and characteristic blind spots on the visual field test have glaucoma and should be treated.

Patients with abnormal optic nerves but a normal visual field are classified as "glaucoma suspects." Diabetics and patients with a family history of glaucoma are usually glaucoma suspects as well. Glaucoma suspects are monitored closely. How often a glaucoma suspect is reexamined depends on how abnormal the optic nerves and

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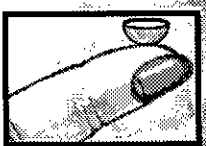
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other parts of the examination appear.

Eye pressure is another factor that is often evaluated in glaucoma suspects and glaucoma patients. The pressure in the eye has no direct relationship to the patient's blood pressure. The "normal" eye pressure is between 10 and 22 (millimeters of mercury). Eye pressure fluctuates over the course of the day. The pressure can fluctuate as little as one or two points at different times of day for one patient and more than 10 points at different times of day for another. The peak or high pressure for the day can occur at different times of day for different patients.

Eye pressure should be measured directly with a device that touches the surface of the eye (the cornea). There are several such devices that are very accurate. The air puff technique can be extremely inaccurate — and should not be relied on for the management of glaucoma.

Unfortunately the eye pressure alone does not determine whether one has glaucoma. A patient with glaucoma can have eye pressures that are above, below or within the "normal" range. By definition, a patient has glaucoma when the optic nerves and visual field tests are abnormal, regardless of the eye

pressure. However, if a patient's eye pressure is much higher than "normal," this also qualifies the patient as a glaucoma suspect (these patients are called ocular hypertensives = high eye pressure). Some ocular hypertensives are treated as if they have true glaucoma because they are at high risk of suffering optic nerve damage from the elevated pressure.

Treatment for glaucoma may include medication (usually as eye drops or occasionally pills by mouth), laser therapy or eye surgery. Which treatment or combination of treatments depends on the severity of the glaucoma and the patient's particular situation. Treatment is tailored specifically to the individual patient. There is no "cookbook" formula for treatment (There is no "one size fits all").

We live in a golden age of glaucoma medications. We have a wide variety of drugs from which to choose. Patients who are allergic to or fail to respond to one drug can try others or combinations of others. The goal of therapy is to reduce the eye pressure — regardless of whether it is high, low or "normal" at the start. Occasionally, medical treatment fails or is not enough. These patients may require laser treatments that help lower the eye pressure or keep the

pressure maintenance system of the eye open. In some cases surgery that makes a new controlled opening in the eye as a kind of a pressure releaser or "pressure relief valve" may be necessary.

Regardless of the treatment required, most patients can achieve control of glaucoma with aggressive and ongoing treatment. Glaucoma cannot be "cured." The damage done by glaucoma cannot be reversed. However, glaucoma can be controlled. Further damage or visual loss from glaucoma can be slowed down or stopped!

The key to glaucoma is early diagnosis. Treating the disease early and aggressively can reduce the risk of going blind.

Steroid induced glaucoma

Steroids (Prednisone and its cousins) can cause elevation in eye pressure (ocular

hypertension) in some susceptible people (steroid responders). If optic nerve damage occurs and/or if ongoing steroid treatment is needed (as in emphysema,

asthma, arthritis, Lupus, etc) open angle glaucoma (OAG) may develop. In most

patients, stopping the steroids will lead to a return to normal pressure. In some patients treatment for OAG as described above is necessary.

Angle closure glaucoma

A less common type of glaucoma is "angle closure glaucoma" (ACG). Angle closure glaucoma is a completely different disease. In ACG the system that controls the pressure in the eye suddenly closes off, causing a sudden increase in eye pressure. This sudden enormous increase in eye

pressure can lead to eye pain, redness, light sensitivity, blurry vision, haloes, headache, nausea, vomiting, and near fainting. Some patients may only have mild symptoms.

ACG can occur at any age but is more likely to occur in or after middle age and in some people who have a certain type of extremely thick glasses (but usually not the near sighted type. This type of thick eyeglass prescription is not the cause of the glaucoma. It is a sign of the abnormal anatomy of the eye that leads to this type of glaucoma).

Immediate treatment for ACG is necessary to prevent permanent blindness and ongoing pain. Treatment usually involves lowering the eye pressure with eye drops and medications by mouth and/or intravenously followed by reopening the pressure valve system with laser or surgery.

The writer is a board-certified ophthalmologist.

S.G. Kamath, M.D.

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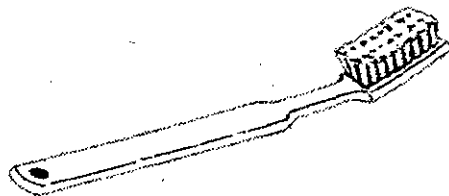
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Community Care Physicians contribute \$5,000 to Stride

Community Care Physicians, a physician directed, multi-specialty medical practice with physicians and providers located throughout New York's Capital District, recently partnered with STRIDE (Sports & Therapeutic Recreation Instruction/Developmental Education) Great Race to provide sports and recreation learning activities for challenged children.

The \$5,000 sponsorship supported Stride's seventh annual Great Race for adaptive skiers at Jiminy Peak in Hancock, Mass., held on March 13, which provided a competitive racing environment for individuals with disabilities to showcase their skiing and snowboarding skills. The \$5,000 sponsorship helped

underwrite the event as well as enabling the program's expansion to reach more people with special needs.



The money was awarded through Community Care Physicians' involvement to support local nonprofit organizations focusing on community volunteerism. Two Community

Care Physicians' employees, Dr. Roy Fruiterman, and Deb Aberdale volunteer as adaptive ski instructors to Stride's program.

STRIDE is an educational organization specializing in therapeutic recreation services for individuals with disabilities. STRIDE currently operates eight sport programs annually. The growing demand of these unique therapeutic recreation programs has led to the need for expansion. CCP's funding will enable STRIDE to develop new programs, in particular, skiing.

"This partnership with STRIDE aligns with the mission of Community Care Physician's 'out of the box' thinking," said Aberdale, nurse practitioner for CCP. "Using recreational activities such as skiing and snowboarding, as a creative way of teaching life skills to challenged people, is not only a unique program but provides an opportunity for individuals with disabilities to express their independence, positive self-

esteem and the athletic achievements they have worked on all year."

Mary Ellen Whitney, chief executive officer of STRIDE, added, "We are delighted to have Community Care Physicians as our corporate partner for three consecutive years. The relationship we have developed with Community Care Physicians, demonstrates the commitment of how one business can make a serious impact on the betterment of our community. This generous contribution provides us with the ability, together, to expand our ongoing efforts."

With headquarters in Rensselaer, Stride attracts participants to its year-round programs from the Northeast and nationwide. STRIDE continues to develop new programs each year. Stride's programs include skiing, swimming, sailing, camping, baseball, white-water rafting, snow-shoeing and bowling. For information about Stride, visit www.stride.org or call 598-1279.



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Professor awarded largest research grant in history

Robert M. Levin, Ph.D., a leading researcher in the field of urinary bladder function and disease, has received the largest grant in the history of Albany College of Pharmacy, a \$1.15 million, four-year award from the National Institutes of Health, President James J. Gozzo announced.

Levin, a professor in the Department of Basic and Pharmaceutical Sciences, will investigate the potential benefits of antioxidants in mitigating loss of bladder function, which affects 80 percent of men over 50, primarily due to an enlarged prostate. Levin's previous research in this area indicates significant antioxidant use by adult men earlier in life may delay the onset and reduce the severity of obstructive bladder dysfunction.

Associate professor Martha A. Hass, the department chairwoman, is a co-investigator on the project. Together, Levin and Hass have published a number of joint scientific articles that have formed the basis of these projects.

"Dr. Levin's work is invaluable to the academic and scientific environment at Albany College of Pharmacy, and the medical community as a whole," Gozzo said. "We are very proud of this significant grant, which is a testament to Dr. Levin's position as a leading researcher in this important field. His work in this area for more than two decades has been vital to the advancement of new modalities to treat this common, yet often misunderstood condition."

A continually enlarging prostate is an unavoidable fact of life. The prostate, genetically programmed to grow throughout a man's life, forms a ring around the urethra. As it grows it impedes the flow of urine. This forces the bladder to work harder to empty, which over time causes the bladder to lose elasticity and its ability to empty efficiently and completely. This leads to more frequent urination and, in severe cases, potentially life-threatening kidney infections.

Most men will require medical attention for this ever-worsening condition, either surgical, pharmacological or both, depending on the severity. Dr. Levin believes, and hopes

this research effort will prove, that exposing men to elevated levels of antioxidants beginning at about age 30 will delay the onset and reduce the severity of this condition, and that men who would have started experiencing symptoms in their 40s will not show symptoms until their 60s.

"Our goal is to prove that ischemia (reduced blood flow to the bladder) and reperfusion, which leads to the creation of free radicals that can damage cellular and subcellular membranes, is the major etiology of obstructive bladder dysfunction," Levin said. "Current medication for this condition is aimed at the enlarging prostate. If we're right, then if you treat the ischemia and reperfusion with antioxidants it can delay the onset and reduce the severity of bladder dysfunction."

In a related current research

effort funded by the California Table Grape Commission, Levin has found that grapes, which are high in antioxidants and other beneficial components, significantly increase bladder function in rabbits in the presence of partial outlet obstruction (an animal model of obstructive bladder dysfunction). Levin

also currently is involved in a related five-year, \$840,000 research effort funded by the Veteran's Administration. He also is working on another grant proposal that would study female bladder incontinence.

In 2003, Levin received a 20-year service award from Stratton VA Medical Center in Albany, where he is a senior research career scientist with the rating of research pharmacologist. He has been continuously funded by the VA for approximately 18 years and has been conducting bladder

research since 1978, when he was hired to establish a basic research laboratory in urology at the University of Pennsylvania.

Levin came to Albany College of Pharmacy in 1996 following 18 years on the Penn faculty as a researcher (1978-96). Along with his research efforts, he is director of the college's Office of Research Administration and oversees the High School Summer Enrichment Program, in which Albany High School students participate in hands-on research projects at the college.

An Albany resident, Levin earned a bachelor's degree in biology at Albright College in 1967, a master's in pharmacology at the University of Pennsylvania in 1969, served in the Navy for three years and then returned to Penn and

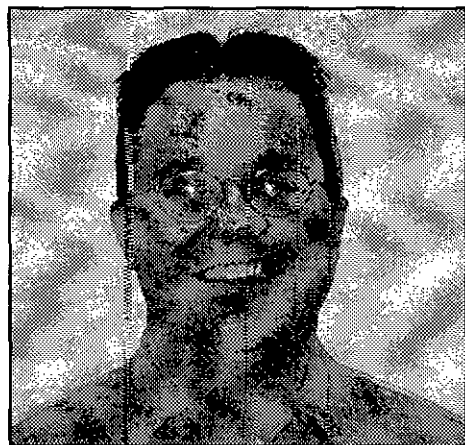
received a doctorate in pharmacology in 1974. After a two-year post-doctoral fellowship at the Medical College of Pennsylvania, he served as an instructor at that institution from 1976-78 before moving to the faculty at Penn.

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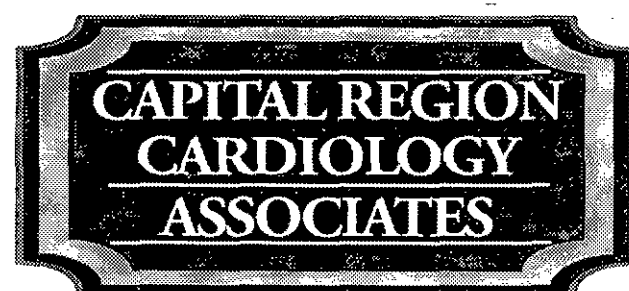
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Straight talk about devastating colorectal cancer

By JEANNE WALSH

The writer is executive vice president of the American Cancer Society, Eastern Division.

Colorectal cancer, commonly referred to as colon cancer, is the fourth most commonly diagnosed cancer in New York state and the second leading cause of cancer-related death.

It's also very preventable. The American Cancer Society hopes that during the month of March, Colorectal Awareness Month, more people speak publicly about this disease. We can all help to address the issue and help the public, particularly those over 50 years

old, seek screenings that could lead to prevention, early diagnoses and more lives saved from this devastating disease.

As it was with breast cancer 25 years ago, people today are reluctant or embarrassed to think or talk about the areas of the body affected by colon cancer. And, there's a common myth that this top cancer killer is a man's cancer when in fact just as many women are diagnosed or die from the disease every year. In 2004, the American Cancer Society estimates that nearly 9,900 New Yorkers will be diagnosed with colon cancer and more than 3,800 will die from the disease.

In order to increase public awareness about this disease, we'd like to share a few answers to the most common questions often asked about colorectal cancer.

Questions and answers about colorectal cancer

Who is at risk?

While the exact cause of colorectal cancer is not known, colorectal cancer occurs more often among:

- Men and women over 50 — (about 90 percent of colon cancer patients are over 50)
- Those with a strong family history (parent or siblings) of colon or rectal cancer or polyps or any type of cancer
- People with a personal history of colon or rectal cancer or chronic inflammatory bowel disease
- Physically inactive people
- Those who eat high-fat, low-fiber diets without enough fruit or vegetables
- People who smoke regularly have also been recently linked to colorectal cancer risk.

If you or a loved one falls into a high-risk category, talk to your doctor about setting a regular testing schedule.

What are the symptoms?

Colorectal cancer can be treated successfully if caught early, however, symptoms may not appear until the disease has advanced. That's why open communication with your doctor and following screening guidelines are so important, even if you do not have

symptoms.

If you have:

- A change in bowel habits that lasts for more than a few days
- Bleeding from the rectum
- Blood in the stool
- Cramping or gnawing stomach pains
- Fatigue

See your doctor immediately. While these symptoms may not necessarily point to colon cancer, it is better to be safe and seek treatment right away.

When should I be screened?

Beginning at age 50, the American Cancer Society recommends men and women follow one of the following five testing options:

- Yearly fecal occult blood test (FOBT)
- Flexible sigmoidoscopy every five years
- Yearly FOBT and flexible sigmoidoscopy every five years (preferred over either option alone)
- Double-contrast barium enema every five years
- Colonoscopy every 10 years

Those with a strong family (parent or sibling) or personal history of colon or rectal cancer or polyps and/or chronic inflammatory bowel disease, should consider screening earlier and more often and should consult their doctor.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, diminishing suffering and preventing cancer through research, education, advocacy and service. Founded in 1913, the Society has community-based offices in 3,400 communities, involving millions of volunteers across the United States. For information, call toll free 1-800-ACS-2345 or visit www.cancer.org.

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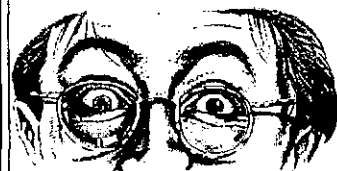
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Steps for taking charge of your personal health

It is often said that little things make a big difference. From a simple thank-you note to saying hello to a stranger on the street, the small tasks in life can often be the ones that set a person apart from the crowd. The same holds true when it comes to your health. Paying attention to the smaller details now may mean a healthier you later down the line.

Pharmacist Lori Mendoza says taking charge of your personal health begins with knowing and understanding your health conditions and family health history.

"Knowing is half the battle," says Mendoza. "For example, if you didn't know you had high-blood pressure, you could be putting yourself at risk by taking certain medications."

Mendoza also recommends becoming familiar with your medications, both prescription and over-the-counter, and keeping them organized and up-

to-date.

"Making positive changes to your health routine doesn't have to be time consuming or difficult," says Mendoza.

To begin to take charge of your personal health, start with some simple organizational tasks:

- Carry a list of your health information. Take a moment to write down on a 3 by 5 or 5 by 7 index card the names and numbers of your emergency contacts, the name(s) and number(s) of your doctor(s), and which medications you are taking and why. Be sure to list the name and dosage of all of your prescription and over-the-counter medications, including vitamins and herbal supplements. Remember, this card is only helpful to you when it is easily accessible and on hand, so store the card in an everyday place like a wallet, purse, glove compartment or checkbook.

• Be consistent. When filling your prescription medications try to use the same pharmacy. It is important for your pharmacist to know all of the prescription and over-the-counter medications you are taking so they can alert you to any possible drug interactions.

• Keep it clean — your medicine cabinet that is. A majority of American medicine cabinets are likely to contain expired or nearly empty over-

the-counter or prescription medications. It is important to the health of everyone in the home to ensure that all medications are up-to-date and properly stored. Health experts advise cleaning out the medicine cabinet at least once a year. During this cleanup, throw out all expired, unlabeled, or unused prescription and over-the-counter medications. Restock expired medications and other essential items. Make

sure to store them in their original packaging that contains valuable information on dosing, drug interactions and precautions.

By adding these simple steps into your life you can be on your way to a year of increased wellness.

For more information on personal health and wellness, talk with your doctor or pharmacist.



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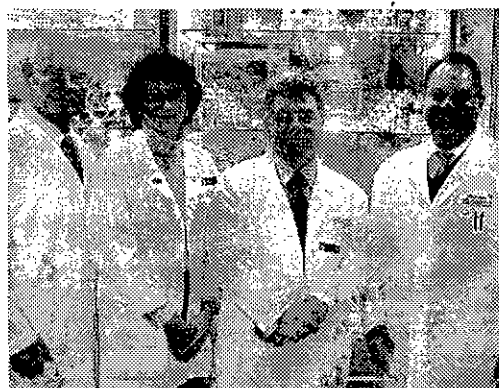
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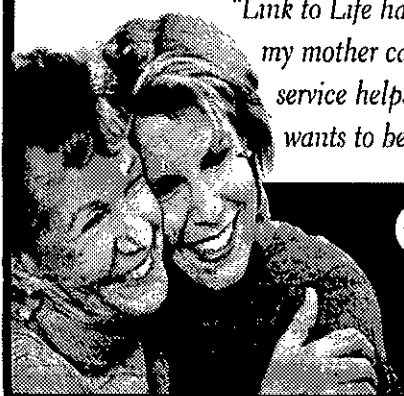


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- Creates healthier air quality and helps to reduce respiratory illness.

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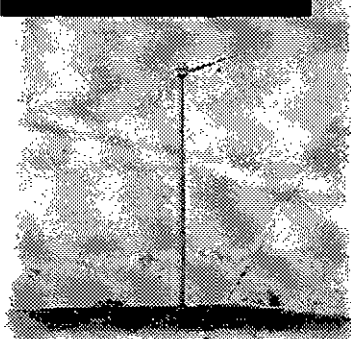
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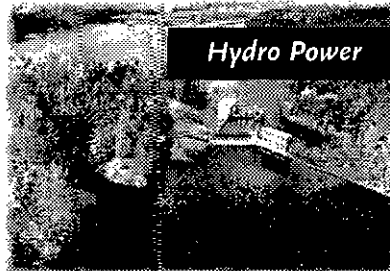
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Solar Power



Hydro Power



For more information on New York's Green Power choices, please visit the NYS Public Service Commission Web site at www.AskPSC.com or call 1-866-GRN-POWER.

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BCHS announces second quarter honor students

Bethlehem Central High School has announced the honor and merit roll students for the second quarter.

Grade 12 honor roll

Frieda Arenos, Sara Bailey, Arthur Barnard, Shara Bellamy, Elizabeth Birkhead, Stephen Blanch, Richard Bonventre, Elizabeth Boyle, Kara Braaten, Jessie Brown, Stephanie Cariati,

Jessica Czajka, Michael Dax, Sophia Deblasi, Caitlin Deitz, Daniel Donovan, Lilach Epstein, Kathleen Fage, David Farber, Jonathan Felch, Cara Ferrentino, Jared Frisch, Michael Giacomini, Brian Greenberg, Jennifer Grund and Thomas Hackman.

And Kathleen Hanley, Eric Hansen, Stephenie Hartmann, Rachel Hathaway, Leslie Jackson, Molly Jaffe, Evan Kalman,

Christopher Lee, Adam Lenhardt, Joshua Lewis, Sari Lipnick, Katherine Madden, Peter Marler, Scott Marmulstein, Johanna Marvin, Anya Maslack, Christopher McGann, Robert McGrath, Julia Oakley, Sophia Panych, Kevin Perazzelli, Meaghan Persing, Jameson Putnam, Davia Rabinoff-Goldman, Jesse Rasowsky, Bethany Reddy, Richard Rodgers and Thomas Rood.

And Anna Rubin, Tiah Rubin, Michael Sanders, Jessica Schoen, Kate Schoenbach, David Schwab, Ariel Schwartz, Jenna Segal, Andrew Shawhan, Laura Sherin, Shauna Spinosa, Abby Stambach, Luke Sullivan, Matthew Tymann, Matthew Unright, Rebeka

VanDerzee, Brendan Venter, Danielle Wolinsky and Carrie Zurenko.

Grade 11 honor roll

Craig Alfred, Corey Alston, Aaron Arditi, Vidhya Aroumougame, Jacqueline Avitabile, Danielle Baker, Lisa Barnes, Beth Barrowman, Matthew Bell, Katherine Beyer, Sara Blanch, Zachary Blau, Jordyn Blumkin, Christopher Bonafide, Maria Bratslavsky, Timothy Brosnan, Chao Cao, Olivia Carpinello, Emily Coles, Julie Deitz, Laura Drislane, Lindsey Dugas, Allison Farer, Samantha Feinberg, Sarah Fudin, Tessa Gadowski, Chantel Gibson, Matthew Goldstein, Emily Gollop,

Julia Hall and Danielle Hallenbeck.

And Nathan Harrison, Kevin Hasselbach, Claire Hickey, Adam Hill, Elizabeth Hoffman, Timothy Karpowitz, Danielle Khalife, Amanda Kondrat, Laura Krzykowski, Matthew Laiosa, Rachel Laufer, Jeanne Lee, Ethan Levine, Jaclyn Livingston, Kurt Lowery, Stephanie Malinowski, Abby Miller-Taber, Laura Molino, Sachin Munshi, Tracy Myers, Carolyn Niehaus, Andrew Olinzock, Katherine Ollier, Christopher Olsen, Vanessa Patry, Jessica Pisciotta, Mary Plummer and Elise Puzio.

And Ashley Rio, Federico Rodriguez, Katie Rowan, Michelle Sargent, Patrick Schneider, Mark Schwab, Laura Sciaolino, Diane Sheppard, Zachary Sherman, Leslie Shrager, Emily Sobiecki, Kipp Spencer, Adam Storm, Holly Storm, Scott Strogatz, Owen Stump, Kyra Swartz, Benjamin Taber, Melissa Taub, Jamie Thalmann, Lauren Triner, Brian Trombley, Lauren Turner, Brian Ungerer, Amy Van Deusen, Jodi Veeder, Peter Verhagen, Dayne Wahl, Alexander Waite, Adam Wasserzug, Roxanne Wegman, Aaron Wistar, Liling Xiong and

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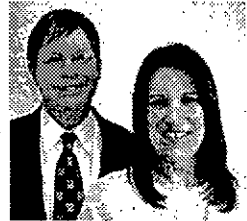
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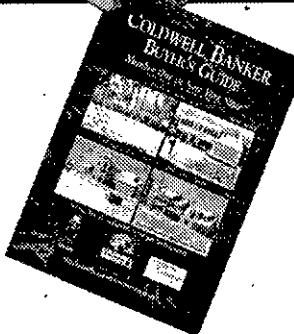
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**Grade 10
honor roll**

Jacob Abolafia, Kasey Agneta, Nicole Angermeier, Adam Augusiak-Boro, Matthew Baboulis, John Barker, Pat Branigan, Michelle Bub, Emily Caracandas, Liz Casline, Leigh Collins, Sean Comber, Brian Cooper, Janessa Cornell, Mary Davis, Joseph DeGennaro, Ann DeLucco, Eric Devore, Sue Ding, Katie Dombrowski, Aaron Dorman, Sarah Durlacher, Jaime Eberle, Caitlyn Edmundson, Inbar Epstein, Denise Feirstein, Benjamin Finkle, Joshua Finkle, Kelly Fitzsimmons and Morgan Fluster.

And Bridget Ford, Emily Forrest, Lisa Frangella, Hannah Fudin, Megan Gallagher, Jeanette Goldwasser, Emily Greenstein, Lindsey Grossman, Mallory Grossman, Christine Hackman, Alesia Hall, Steven Hannigan, Britt Hedderman, Robert Hoffman, Shee Shee Jin, Alex Kasparian, Marina Katko, James Kennedy, Daniel Kieval, Rebecca Kolakoski, Benn Kornstein, Emily Kriss, Shoko Kubotera, Emily Labate, Caroline Lang, Zhengdao Liu, Krista Lombardo, Claire Luke, Meredith Lutz, Laura Marmulstein, Jonathan Marsh, Andrew McCurdy, Eric McLeer and Ryan Menrath.

And Robin Meyers, Michael Morrill, Julie Munro, Robert Nickles, Catherine Nussbaum, John O'Brien-Carelli, David Peterson, Neal Plummer, Darroch Putnam, Ryan Python, Heather Ringler, Jacqueline Rosenthal, Erik Russo, Seth Saltiel, Sydney Schwartz, Matthew Shaffer, Natalie Singer, Andrew Smith, Scott Sonne, Kevin Supple, Danielle Swanson, Emily Szelest, Shanna Ungate, Catie Vincent, Nicole Volpi, Krista Wentworth and Christy Wray.

**Grade nine
honor roll**

Robyn Anderson, Therese Avitabile, Amanda Ball, Noah Bartfield, Jarrett Bastow, Thea Baynes, Benjamin Bergmann, Hanna Birkhead, Peter Bonventre, Megan Braaten, Molly Bradley, Clare Browne, Brittany

Bugbee, Kirstie Caesar, Olivia Cammisa-Frost, Pat Campbell, Michael Carroll, Rebecca Chambers, Lu Chen, Michelle Clair, Krissy Conroy, Kathryn Conway, Daniele Coplin, Kendall Day, Tyler Dudas, Sara Eckert, Michael Ernst, Paul Fang, Paige Farrara and Justin Finkle.

And Amy Forando, Joseph Frasca, Julia Frisch, Katelyn Gannon, Lawrence Gloeckler, Emma Goldsmith-Rooney, Eric Goldstein, Scott Greenberg, Rebecca Hager, Colleen Hart, Katherine Hart, Samantha Hasselbach, Caitlin Hill, Erica Hill, Benjamin Himmelfarb, David Iselin, Rachel Jacobs, Bethany Karpowitz, Gopu Kiron, Leslie Klein, Katherine Kurtessis, Sydney Lane, Melissa Lee, Joshua Levy, Dylan Lewis, Rebecca Lewis, Jennifer Liebschutz, Robert Lyons, Deirdre Manzi and Mike Marcal.

And Andrew Marler, Michael Mashuta, Alison Melcher, David Morse, Kevin Niehaus, Adam Nye, Rebecca O'Keefe, Chelsea Palmer, Kira Pannucci, Alex Parker, Nicholas Piplani, David Plummer, Barbara Pohl, Justine Prior, Damian Privitera, Molly Reider, Adele Ricciardi, Ryan Rockmore, Daniel Royle, Kristianna Russo, Anna Scaife, Rachel Schachter, Marianne Schwab, Heather Soleau, Simone Staley, Rebecca Stern, Jeremy Stevens, Chelsea Swete, John Teevan, Emily Traylor, Sara Turner, Michael Turo, Melina Vamvas, Daniel Van Deusen, Jessica Venezia, Ryan Wall, Emma Walsh, Stefan Weijola, Lauren Wendth and Jaclyn Wheeler.

**Grade 12
merit roll**

Emily Abbott, Stephen Allen, Ben Ambrosio, Meghan Amiri, Calyn Austin, Monica Ayres, Elon Backer, Donald Ballard, Jamey Bartley, Katie Bormann, Cassie Bradley, David Brewster, Emily Caesar, Thomas Caraco, Timothy Carey, Gabriella Carney, Colin Cassidy, Jim Collins, Krina Collins, Darren Conroy, Bridget Daley, Ryan Decker, Mike Dineen, Grace Dupuis, Ashley Dwyer, Kevin Eames, Carol Ann Edie, Jaclyn

Entringer, Jennifer Foley, Mark Foster, Sarah Frueh, Elizabeth Gallacchi, Heather Giaccone, Casey Gillham, Lauren Ginsburg and Abigail Goldberg.

And Aaron Gookin, Victoria Graf, Michael Greenberg, Jennifer Gregory, Brian Gyory, Timothy Hannigan, Nicholas Hogan, Stephen Ieronimo, Carole Jenks, Stephan Johnson, Marcus Kaplan, Dan Kern, Allison Klein, Jamie

Kleinhans, Victoria Knox, Kathryn Kolakoski, Aaron Kolodny, Jeremy Kondrat, David Kopach, Alex Kopp, Laura Krenn, Atalia Krohmal, Lisa Kutey, Sarah Lackner, Amy LaGrange, Carrie Lyman, Elizabeth Maltzman, Kevin Manilenko, Sean Manning, Mike Manzione, Adam Margolis, Evan Marsh, Shamus McGlynn and Amy McPheeters.

And Matt McVoy, Max

Mehlman, Catherine Mendel, Lindsay Montesano, Leah Mosall, Lisa Moskowitz, Jenna Munnely, Paul Munsell, Conor Murphy, Meaghan Murphy, Rosalie Norris, Susan Pedlow, Amy Phillips, Emily Pietrafesa, Christopher Pillot, Greg Pittz, Brendan Pratt, Alexandra Puccio, Laura Rabinow, Nick Radko, Kristyn

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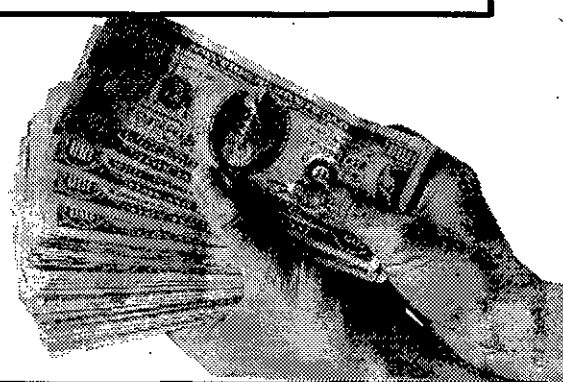
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9:30 Service in Sanctuary
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11 a.m. Service in Chapel
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Maundy Thursday - April 8

Christian/Passover Seder - 5:45 p.m.
Tenebrae Service and Communion - 7:30 p.m.

Good Friday Ecumenical Service - April 9 at noon

St. Stephens Episcopal Church
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Easter Sunday - April 11

Easter and Handbell Choirs and Brass Quartet
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Special Event:

Easter Egg Hunt - April 10 from 10-11 a.m.

Egg Hunt, games, crafts and eggs!!! For ages 2 y/o-3rd. Grade

Obituaries

Arlene Person

Arlene C. Person, 77, of Voorheesville, died Sunday, March 28, at Our Lady of Mercy Life Center in Guilderland.

Born in New Scotland, she moved to Voorheesville 58 years ago.

She worked for the state Department of Taxation & Finance for 29 years.

She was an active member of the New Scotland Presbyterian Church.

She enjoyed traveling, especially to the Atlantic Coast of Canada.

Survivors include her husband of 57 years, Francis H. Person Jr.; a son, Donald Person of Albany; a daughter, Linda Loop of Houston, Texas; a sister; and four grandchildren.

A memorial service will be held at 7:30 p.m. on Friday, April 2, at New Scotland Presbyterian Church, 2010 New Scotland Road.

Burial was in Bethlehem Cemetery.

Contributions may be made to the Presbyterian Church Building Fund, 2010 New Scotland Road, Slingerlands 12159.

Barbara Gypson

Barbara Knox Gypson, 84, of Delmar, died Thursday, March 25.

Born in San Antonio, Texas, she attended the former Milne High School in Albany and Russell Sage College.

She was a homemaker. She worked as a volunteer at St. Peter's Hospital in the 1940s and as deputy town clerk in Bethlehem from 1977 to 1988.

She also taught dance classes and private students in the 1950s.

She was the widow of Lowell H. Gypson Jr.

Survivors include a daughter, Barbara G. Fitzgerald of Poughkeepsie; two sons, the Rev. Lowell H. Gypson III of Middleport, Niagara County, and John W. Gypson of West Dover, Vt.; a sister, Eleanor Knox Babcock; two brothers, Dr. John Knox and Douglas Knox; 14 grandchildren; and six great-grandchildren.

Thomas Atkinson

Thomas Atkinson, 72, of Gilbert, Ariz., died Wednesday, March 17, in Arizona.

Mr. Atkinson was the science supervisor at Bethlehem Central

School District from 1977 to 1989 and then was an associate professor at the Evening Division of Russell Sage College until 1994.

Survivors include his wife, Elizabeth Cook Atkinson.

A memorial Mass will be celebrated at St. Joseph's Church in Green Island on Friday, May 7, at 11 a.m.

Burial was in St. Mary's Cemetery in Troy.

Local arrangements were by the McNulty Funeral Home in Green Island.

Contributions may be made to St. Labre Indian School, Ashland, Mont. 59004.

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OR

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Fax: (585) 760-5549

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(From Page 21)

Norris, Susan Pedlow, Amy Phillips, Emily Pietrafesa, Christopher Pillot, Greg Pittz, Brendan Pratt, Alexandra Puccio, Laura Rabinow, Nick Radko, Kristyn Raffaele, Rima Rahal, Seth Reinhardt, David Richardson, Erica Roccario, Kevin Royo, Scott Sajdak, Bridget Sandison, Evan Savage, Molly Schaefer, Eve Schnurpfeil, Andrew Schron, Jessica Scialdone, Paul Secor, Jessica Seipp, Patrick Shaffer, Genya Shimkin, Jed Sigal and Heather Smith.

And Scott Solomon, Ashley Spath, Rachel Stark-Riemer, Nell Strizich, Andrea Stupp, Brittany Sutton, Sara Thompson, Elizabeth Tripp, Shannon Vigars, Elizabeth Walker, David Ward, Sarah Weissman, Jonathan Whitbeck, Kristen White, Andrew Wilbur, Jamie Williams, Laura Wing, Brittany Worgan, Matthew Young and Atif Zaidi.

Grade 11

Lindey Adewunmi, William Agnew, Jennifer Aiken, Sarah Altone, Benjamin Anauo, Conor Barada, Gregory Blendell, Steven Blendell, Aaron Brauner, Matthew Broman, Cameron Brown, Jayme Brown, Trevor Browne, Anthony Butler, Catherine Cagino, Gregory Cameron, Chelsea Carman, Scott Carpenter, Gina Catalano, Karyn Cioppa, Shane Connors, Matthew Conway, Phillip Conway, Rylan Conway, Sean Conway, Sybil Copp, Elizabeth Corbett, Cecelia Corrigan, Logan Crusan, Christopher Cunneen, Andrew Cunningham, Sharon Curtis and Tomer Danon, Joseph Devoe, Megan DiMaggio, Thomas Doyle, Christopher Dudek, Ryan Eder, Mark Fitzsimmons, Jaclyn Franks, Noah Fuchs, Maureen Gannon and Danielle Garfinkel.

And Alessandro Gerbini, Caitlin Gillman, Anthony Gioeni, Emma Gordon, W Christopher Gray, Sara Greenfield, David Hasson, Prescott Heighton, Laura Heisler, Alexander Hinds, Allie Hoffman, Christopher Honeywell, Kelly Hughes, Christopher Jerome, Beth Katzer, Andrew Kelleher, Jennifer Kerr, Carolyn Kissane, Jennifer Lang, Joseph Lennox, Anne Longley, Nicholas MacDowell and Kieran Maestro.

And Emily Malinowski, Petra Marar, Kelsey Mathusa, Theresa McGrath, Jennifer Meany, Hannah Moore, Timothy Moriarity,

Christopher Morrill, Danielle Mozeleski, Daniel Mulhall, Kevin Murphy, Lyndsay Nato, Daniel O'Connor, Ryan O'Hern, Conor O'Shea, Sandy Okun, Lindsey Palma, Paul Parker, Timothy Pasquini, John Politi, Michael Preusser, Justin Puccio and Rima Rahal.

And Nathaniel Rauch, Jessica Rawlins, Mackenzie Riegel, Leslie Rimer, Nicholas Rimer, Brittany Rodgers, Tara Rossman, Jessica Rutnik, Kaitlin Ryan, Jocelyn Schimmel, Philip Schwartz, Brian Sheevers, Talya Shulman, Jeremy Siegel, Henry Sombke, Sarah Spellman, Emma Strachman, Lauren Strait, Tajah Umar, Kyle Vale, Ryan Virgil, Amanda Watkinson, Casey Wiggand, Geoffrey Wilcox, Jessica Wolchok, Debra Wray, Andrew Zimnicki and Joanna Zwickel.

Grade 10

Dan Abrams, Michael Aleo, Ryan Banagan, Chris Bentley, Cameron Betterley, Mark Betzhold, Katherine Biagiotti, Collin Blendell, Eric Braunstein, Betsy Breaznell, Ashley Buckley, Kevin Burke, Kevin Burriesci, Breanna Butler, Ava Byer, Nicholas Casaro, Kevin Cassidy, Richard Conger, Joseph Curran, Alec Daley, Moira Danaher, Andrew DeMatteo, Nicholas Demetriades, Philip DiMola, Kristina Dolan, Kyle Dunlavey, Maggie Fage, Samantha Felitte, Christopher Fiore and Katherine Fischer.

And Erin Fitzpatrick, Shana Flood, Joshua Foster, Benjamin Freedland, Tristan Fritz, Marina Gaft, Nathaniel Gallup, Alex Gebhardt, Nicky Giordano, Debbie Gorman, Alyssa Greenberg, Rachael Greenberg, Cory Gross, Michelle Halek, Andrew Harder, Scott Harrington, Ethan Hathaway, Kelcey Heenan, Michael Hickling, Laura Hinds, Kimberley Holley, Martha Holzman, Julie Hooper, Karen Hughes, Erick Jacquez, Adenike Kadri, Marija Kalas, Tiffany Kasarjian, Denis Katko, Martha Kelly, Sean Kennedy, Linsey Khoury, Nicholas Kidalowski,

Adam Kilpatrick, Ryne Kitzrow, Megan Klim and Christy Kung.

And Douglas Lang, Matthew Latham, Florencia Lauria, Elisabeth LeRoy, Joshua Litz, Emily Lombardo, Mark Loomis, Colleen Lyons, Ted Lytle, Kristopher Manilenko, Monica Manning, Marcelle Martens, Emily Matthews, Chris Matuszek, Matthew McCarty, Ashley McDonald, Brian McElroy, Brendan McHugh, Shannon McMahon, Daniel McNally, Emily Meckler, Julie Meyer, Mackenzie Meyer, Jeffery Mitaly, Caitlin Mooney, Andrea Morehouse, Hannah Morgan, Amanda Muncil, Geoffrey Narode, Steve Newton, Daniel O'Keefe and Catherine O'Leary.

And Ibrahim Peek, Max Petraglia, Kevin Pittz, Daphne Plass, Tricia Primomo, Halley Quillinan, Cate Quinlan, Lauren Quirk, Ryan Renak, Kayla Rigney, Rebekah Rivera, Lindsay Rood, Alyssa Rosenblum, Brian Rudolph, Jeffrey Sagor, Jessica Sanchez, Kevin Seymour, Margaret Sheehan, Will Sigadel, Ian Silverman, Monique Sims, Brenton Smith, Tyler Spencer, Ross Stanton, Claire Stiglmeier, Dan Stone, Brian Storey, James Stram, Kristie Tateo, Elektra Thomas, Luke Tress, Britta Venter, Katherine Voorhees, William Walker, Katie Wang, Jessica Wax, Nathan Wilkie, Kenneth Wilsey, Norah Wilson, Gregory Wong, David Wood and Colleen Youngs.

Grade nine

Bradley Alfred, Kaitlin Altone, Alexander Amirault, David Amiri, Brittany Barrett, Bill Barrowman, Juliet Becker, Gary Bedrosian, Daniel Bell, Brian Bentley, Lela Berger, Pierce Berolzheimer, Corey Bloodstein, Robin Bogen, Sam Booschever, Valerie Bosse, Laura Boucher, Liam Bowen, Julie Breen, Kimberly Brosnan, Emily Buenau, Paul Cafiero, John Cagino, Vanessa Calaban, Patrick Campion, Maureen Carey, Emir Cecunjanin, Ethan Christian, Charlie Clas, Alexander Conti, Terrence Daley, Caitlin Dalton, Jason Daniels, Matthew Davison, Noah Deblasi, Louis DeLuke,

John Dieterle, Scooby Dollard, Siddharth Dubey, Kat Ducean, Nicholas Dugan, Remy Feinstein, Jennifer Fish and Will Foss.

And David Frazier, Sarah Gadowski, Nicholas Galazzo, Kerry Gebhardt, Leah Gillham, Alicia Gould, Melissa Gould, Martha Grady, Kyle Harder, Melissa Harrington, Mark Hayward, Catherine Helmer, Jennifer Henrikson, Charles Horn, Nathaniel House, Maggie Jaffe, Kristen John, Alyssa Johnson, Chris Joyce, Danielle Kaplan, Christina Kasparian, Mahjabeen Khan, Darko Knezevic, Zachary Koch, Ethan Kolodny, Olesia Kruglov, Ezekiel Kubisch, Sammy Kuhn, Theresa Ladouceur, Corley Lamb, Elizabeth Landau, Casey Languish, Tom Larsen, Jeanette Lee, Jessica Leung, Emma Levine, Thomas Lyman, Erin McCartan and Heather McHugh.

And Lauren McKeough, Michael McManus, Glenna Morgan, Molly Moriarity, Katherine Morton, Justin Murphy, Seanna Murray, Tara Myers, Nicholas Nardacci, Dylan Naughton, Ahmad Nazem, Thomas Norman, Sarah O'Brien, Sean O'Connor, Analise Peleggi, Chelsey Pittz,

Ambre Pomykala, Brian Potter, Kimberly Raffaele, Oren Rasowsky, Timothy Reilly, Chris Riccio, Kenneth Rios, Chelsea Rondinaro, Brittany Rosano, Mark Rosenthal, Brian Rychcik, Caitlin Ryther, Juliana Sagor, Jeremy Sanders, Eli Schaffer, Matthew Seeber and Popi Sen.

And Madison Serras, Kirk Shimkin, Ryan Skrabalak, Michael Smith, Kate Sperber, James Spinosa, Adam Striar, Maxwell Strizich, Jacqueline Stuart, Michael Tracy, Katrina Tulloch, Jason Urschel, Dean Valentini, Abigail VanDerzee, Patrick Venter, Andrew Vincent, Elise Walsh, Jason Wasserzug, Kimberly Watkinson, Erica Wegrzyn, Casey Weyant, Bryan White, Josh Wing, Gregory Winter, Derek Wolff, Jill Wordelmann, Becca Young, Adam Zimnicki, Tara Zink and Lindsey Zwiebach.

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Obituaries

William Weber

William R. Weber, 75, of Delmar, died Thursday, March 25, at Community Hospice Inn at St. Peter's Hospital.

Born in Albany, he was a Boy Scout, achieving the highest rank of Eagle Scout.

He was a graduate of Christian Brothers Academy.

Mr. Weber was an Army veteran of the Korean War.

For many years, he owned and operated Weber Brothers Home Building and Pagano Weber Realty with his brother, Fred Weber.

He was a former president of the Home Builders Association of the Capital District and chairman and member of the town of Bethlehem planning board. He had been an active member of Kiwanis.

A communicant of the Church of St. Thomas the Apostle, he volunteered regularly at senior functions.

Survivors include his wife, Mary

Ellen McGowan Weber; a son, Stephen Weber of Slingerlands; three daughters, Anne Davis of Delmar, Patricia Donohue of Portsmouth, N.H., and Emily Leadholm of Somerville, Mass.; and seven grandchildren.

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

Burial was in Bethlehem Cemetery.

Contributions may be made to the Church of St. Thomas the Apostle Memorial Fund, 35 Adams Place, Delmar 12054.

Helen Feldmann

Helen Seidler Feldmann, 96, of Delmar, died Thursday, March 25, at Good Samaritan Lutheran Health Care Center.

Born in Brooklyn, she attended St. Michael's Elementary School and Pratt Institute.

In 1957, she and her husband

moved to Gloversville. She moved to Delmar in 1989.

Mrs. Feldmann worked part-time for the state Department of Health as a secretary in the Johnstown office.

She was a communicant of St. Mary's Church in Gloversville and the Church of St. Thomas the Apostle in Delmar.

She was active in the Delmar Senior Citizens Center.

She was the widow of Walter E. Feldmann.

Survivors include a son, Richard D. Feldmann; and two grandchildren.

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

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

Josephine Valenti

Josephine Rojcewicz Valenti, 84, of Martin Road in Voorheesville,

died Wednesday, March 24, at St. Peter's Hospital in Albany.

Born in Moreau, she moved to Voorheesville in 1962.

She was a secretary at the state Senate for 10 years until she was stricken with multiple sclerosis in 1960.

She continued to be an enthusiastic gardener and an avid reader.

She was the widow of James Vincent Valenti.

Survivors include two sons, Gregory Valenti of Delmar and James Vincent Valenti Jr. of San Marcos, Calif.; two daughters, Audrey Hutson of Westmere and Elizabeth Nichols of Hayward, Calif.; a sister, Theodora Wilson of Fort Edward; and 12 grandchildren.

Services were from the Reilly & Son Funeral Home and St. Matthew's Church, both in Voorheesville.

Contributions may be made to

the National Multiple Sclerosis Society, 421 New Karner Road, Colonie 12205.

Allen Mills

Allen R. Mills, 68, of Delmar and formerly of Arcadia, Calif., died Saturday, March 20.

Born in Lake George, he was a remarkably gifted musician.

As a composer, conductor, vocalist, recording artist and teacher, Mr. Mills performed from the Adirondacks to the West Indies as well as the West Coast.

An accomplished and nationally known master of the theater organ, he held the post of organist/artist in residence at Proctor's Theatre in Schenectady, for 10 years.

Mr. Mills had recently returned to the Capital District from California where he left behind cherished friends he called his "California family" to be close to his beloved children and grandchildren.

Survivors include a son, Jody Allen Mills of Delmar; a daughter, Amy Mills Scarlett of Delmar; and three grandchildren.

Services were from Westminster Presbyterian Church in Albany.

Arrangements were under the direction of Roy F. Bordeau through Meyers Funeral Home in Delmar.

Contributions may be made to the Juvenile Diabetes Foundation, 6 Greenwood Drive, East Greenbush 12061.

Lucy Tangora

Lucy M. Lombardi Tangora, 73, of Guilderland and formerly of Delmar, died Monday, March 22, at Our Lady of Mercy Life Center.

Born in Troy, she was a former communicant of the Church of St. Thomas the Apostle in Delmar.

She was the widow of Angelo J. Tangora.

Survivors include two daughters, Linda Leahey of Delmar and Karen Ann Tangora of Delmar; two sons, Michael Tangora of Delmar and Patrick Tangora of Glenmont; a brother, Frank Lombardi of Tampa, Fla.; and two grandchildren.

Services were from the Daniel Keenan Funeral Home in Albany and the Church of St. Thomas the Apostle.

Contributions may be made to Our Lady of Mercy Life Center, 2 Mercycare Lane, Guilderland 12084.

Gary Demarest

Gary J. Demarest, 54, of Naples, Fla., and formerly of Selkirk, died Tuesday, March 23, in Naples.

Mr. Demarest was a Bethlehem Central High School graduate.

He was a truck driver for the Bohl Construction Co. in Albany and a member of the Army National Guard.

Survivors include his wife, Cheryl Demarest; a son, James Demarest of California; his father, Wesley H. Demarest; four sisters, Linda Sickler, Gail Simmons, Anna Therrien and Cynthia Demarest; and three brothers, Wesley Demarest, Stephen Demarest and John Demarest.

Private graveside services were in Our Lady Help of Christians Cemetery.



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As you grew up, many of your closest friends moved to other towns and even different states. Perhaps at no other time as much as when a death occurs do you miss the support of those who knew you best. We want you to know we are one friend who is still here in the neighborhood...as we have been for so many years.

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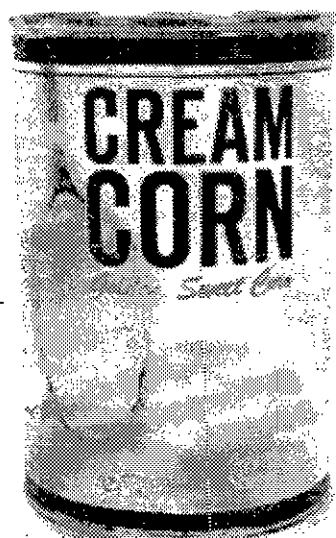
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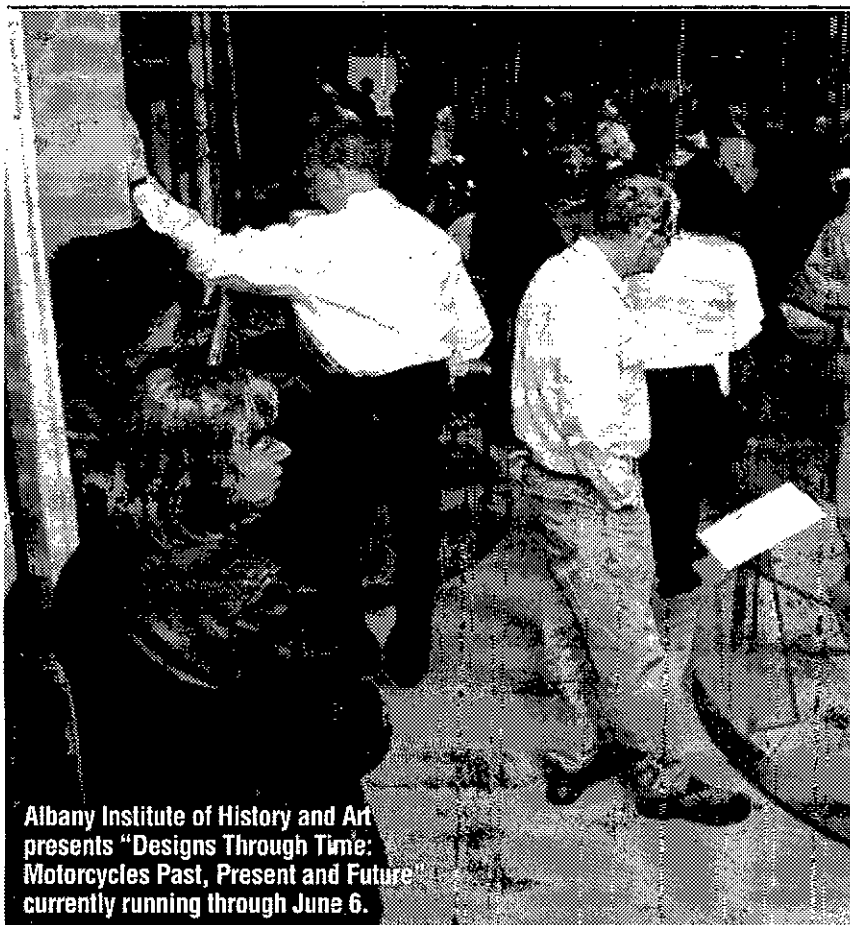
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54-0304

Family ENTERTAINMENT

CALENDARS ♦ ARTS & ENTERTAINMENT



Albany Institute of History and Art presents "Designs Through Time: Motorcycles Past, Present and Future" currently running through June 6.

By DEV TOBIN

Back when it opened a month ago, "Designs Through Time: Motorcycles Past, Present & Future" at the Albany Institute of History & Art seemed a little out of place, given the snow and cold of late February in Albany.

But with last weekend's brilliant spring weather bringing lots of local motorcycles out of the garage, the exhibit is ready for prime time.

The exhibit features more than 30 motorcycles by all the major (and several minor) manufacturers, from a 1906 Griffon to a 2004 BMW. It also displays vintage ephemera and shows broadcasts of History Channel shows about the evolution of the motorcycle from a bicycle with a little motor to the high-tech, high-speed streamlined motorcycles of today.

Institute spokeswoman Penny Vavura said motorcycle riders "are very brand-loyal and this gives them a chance to appreciate other models. People comes in with their favorites and leave with new favorites."

Like the Beatles show last year, the motorcycle exhibit is an opportunity for the institute to attract people who are not traditional museum-goers.

"We get a lot of families who go through the exhibit, then split up to check out the rest of the museum," Vavura said, "We've noticed increased visitation throughout the museum and that's wonderful."

The exhibit traces the history of the motorcycle with information about the development of the industry seen through the more than 30 bikes, plus there's real art involved here.

"The paint jobs and the detail-oriented designs really are works of art," Vavura noted.

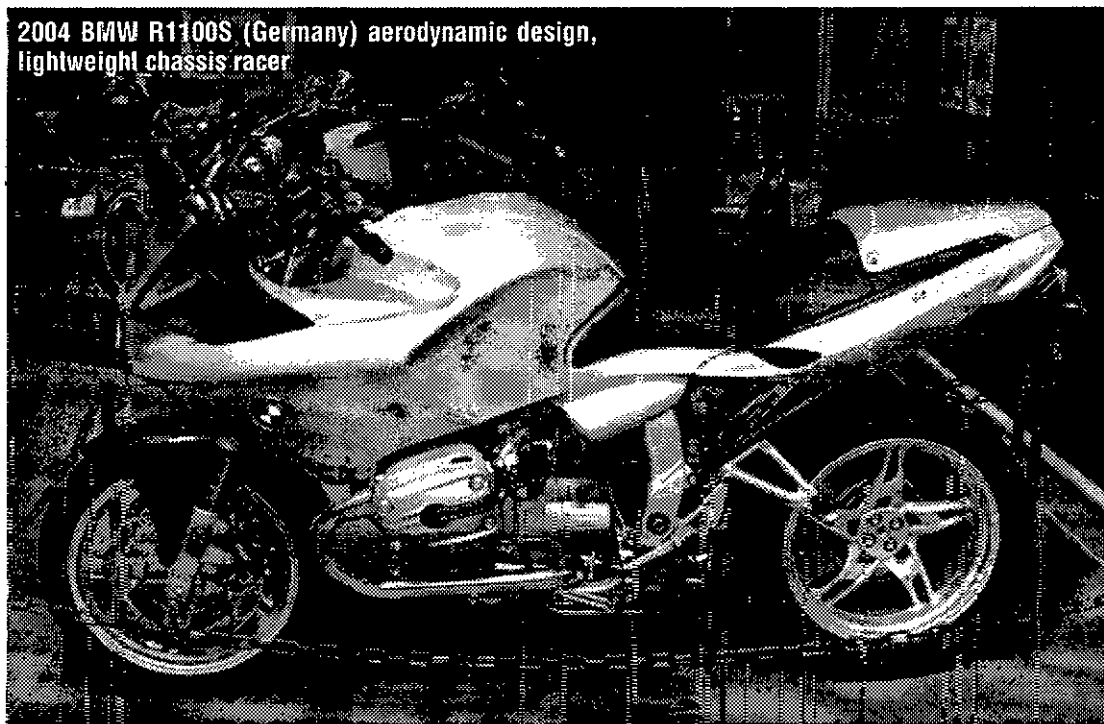
In conjunction with the exhibit, there will be a gallery talk on "The Harley-Davidson Mystique: The Bike or the Rider?" by Bob "Prospector" Boellner, vice president of District 3 of the American Motorcyclists

Association, on Saturday, April 3, at 2:30 p.m.

The classic documentary on motorcycling "On Any Sunday" will also be shown on Saturday, April 10, at 2 p.m., Saturday, May 8, at 2 p.m. and Sunday, May 16, at 12:30 p.m.

The exhibit runs through June 6, when there will be a lecture and book-signing at 2:30

2004 BMW R1100S (Germany) aerodynamic design, lightweight chassis racer



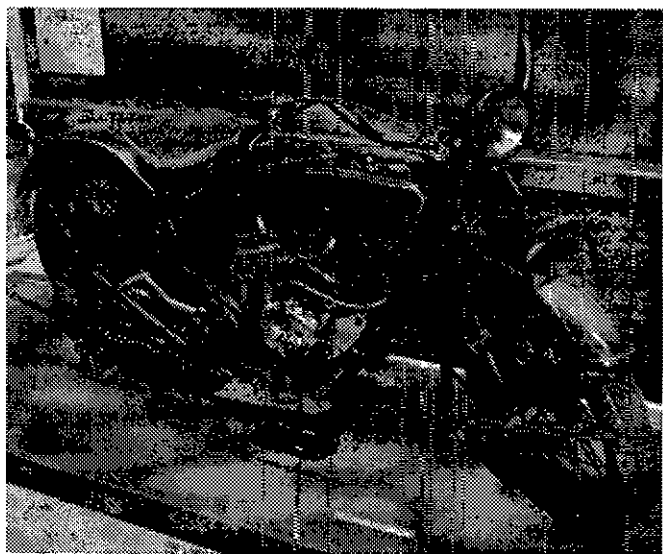
p.m. by Geoffrey Stein, author of "The Motorcycle Industry in New York State: A Concise Encyclopedia of Inventors, Builders and Manufacturers."

Admission is \$7 for adults, \$5 for seniors and students, \$3 for children

aged 6 to 12 and free for institute members and children under 6.

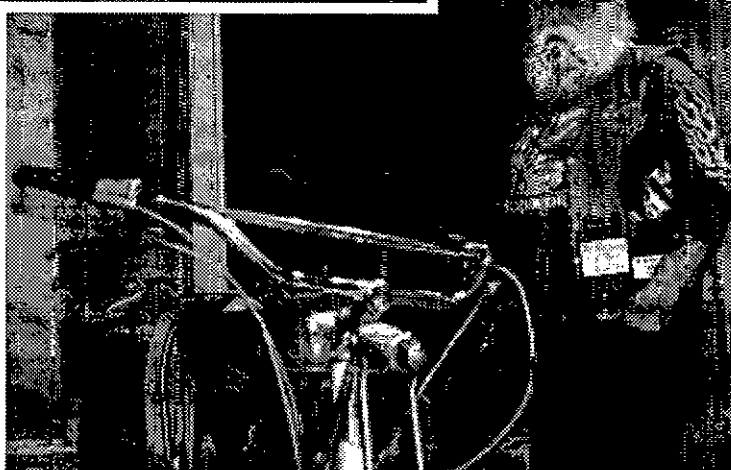
The institute is at 125 Washington Ave. It is open Wednesday to Saturday from 10 a.m. to 5 p.m. and Sunday from noon to 5 p.m.

For information, call 453-4478.



Picture above: one of the first Indian motorcycle models.

To right: Enthusiasts old and new take a trip down memory lane.



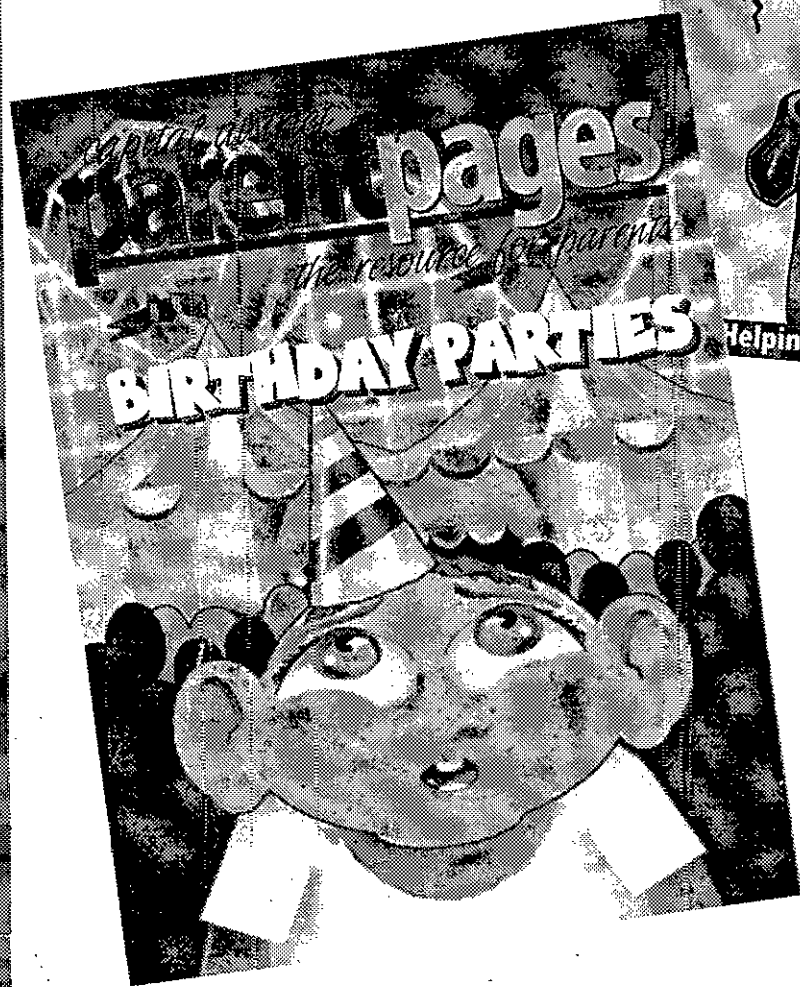
Sleepwear takes to the stage

Home Made Theatre performers (Top to Bottom) Peter Burleigh, Steve Coats and Kory Checca rehearse for The Fierce Pajama Night. Audience members are encouraged to join the actors and musicians who will be wearing their pajamas and slippers for a wonderful celebration of American comedy to include staged readings, musical entertainment by Jupiter Circle and a sneak peak of Home Made Theatre's upcoming Neil Simon comedy *Laughter on the 23rd Floor*. Tickets are \$15 (Receive \$2 discount if you wear your pajamas). For tickets or further information, please call the Home Made Theatre box office at 587-4427.



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ARTS and ENTERTAINMENT

Theater

CRUMBS FROM THE TABLE OF JOY

Lynn Nottage play, Capital Repertory Theatre, 111 N. Pearl St., Albany, through April 3, \$31 to \$39. Information, 445-7469.

MOUSE

new Katherine Ambrosio play, Hilton Arts Center, Russell Road, Albany, through April 4, \$10 and \$12. Information, 453-1048.

Music

MIKE AND PEGGY SEEGER

WAMC Performing Arts Studio, 339 Central Ave., Albany, April 2, 8 p.m., \$20. Information, 1-800-323-9262, ext. 4.

ALBANY PRO MUSICA

performing Bach's Mass in B Minor, Troy Savings Bank Music Hall, State and Second streets, April 3, 8 p.m., \$20, \$18 for seniors, \$10 for students. Information, 273-0038.

KEB' MO'

The Egg at Empire State Plaza, April 3, 8 p.m., \$26. Information, 473-1845.

DAN BERN

Revolution Hall, River Street, Troy, April

3, 9 p.m., \$10 in advance, \$15 at the door. Information, 273-2337.

MASTERS OF MEXICAN MUSIC

Troy Savings Bank Music Hall, State and Second streets, April 4, 3 p.m., \$15 and \$20. Information, 273-0038.

ALBERT CUMMINGS

Revolution Hall, River Street, Troy, April 8, 9 p.m., \$7 in advance, \$10 at the door. Information, 273-2337.

CUI JIAN

Chinese rocker, Memorial Chapel of Union College, Schenectady, April 9, 8 p.m., free. Information, 388-6131.

Comedy

THE CAPITOL STEPS

political comedy, Proctor's Theatre, 432 State St., Schenectady, April 3, 8 p.m., \$19.50 and \$25.50. Information, 346-6204.

Visual Arts

NEW YORK STATE MUSEUM

Lost Cases, Recovered Lives: Suitcases from a State Hospital Attic, through Sept. 19; plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF HISTORY AND ART

Designs Through Time: Motorcycles Past, Present and Future, through June 6; exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

SCHENECTADY MUSEUM

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

ALBANY INTERNATIONAL AIRPORT GALLERY

Artists in the Studio: 30 Years at the Millay Colony for the Arts, through Aug. 1, half-hour free parking. Information, 242-2241.

LOCAL COLOR ART GALLERY

961 Troy-Schenectady Road, Latham, Thinking Spring exhibit of original paintings by member of the Colonie Art League, through May 31. Information, 786-6557.

Call for Artists

DELMAR COMMUNITY ORCHESTRA openings in the string, horn and percussion sections. Information, 439-7749.

MAGIC MAZE — ME

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

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

Bear with
Believe
Dear
Goodness

Gracious
It beats
It's beyond
Leave it to

Search
Sock it to
Try and make
Wait for

What about
Woe is
You've got

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 Lynnwood Reformed Church, Route 146, Guilderland. 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.

ELECTRIC CITY CHORUS

male singing group, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information, 785-4807.

RIVER VALLEY CHORUS

Sweet Adelines group, based in Scotia-Glenville area, rehearsals on Tuesdays, 7 to 9:30 p.m., call for location. Information, 399-1614.

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.

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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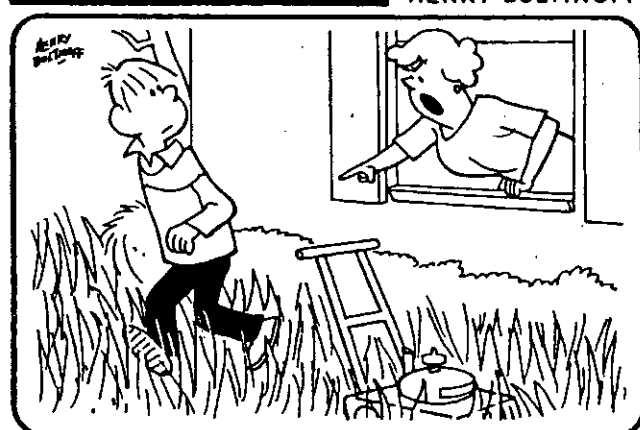
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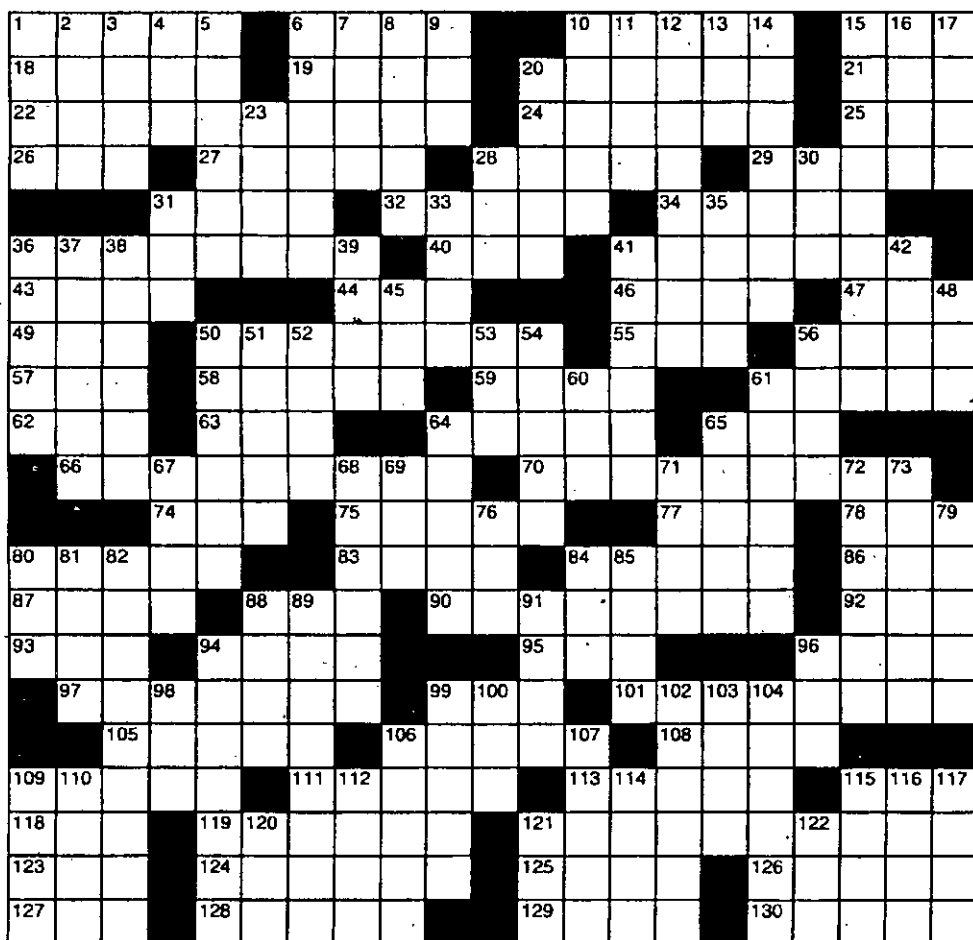


Find at least six differences in details between panels.



Differences: 1. Necktie is added. 2. Tree is missing. 3. Shovelers are different. 4. Hat is added. 5. Mower base is taller. 6. Woman's arm is longer.

The Super CROSSWORD



ACROSS

1 Ohio city
6 "Serpico" author
10 Long Island resort
15 Arafat's grp.
18 Perfect
19 Perry's creator
20 Ancient Greek region
21 CSA soldier
22 Pungent person?
24 Hit man?
25 Compass pt.
26 Goal
27 Horrid Heep
28 Swedish port
29 Fresh
31 Length X Width
32 Sheikh site
34 Coin-toss call
36 Actress Rossellini
40 Sly — fox
41 Annoying woman?
43 Hole punchers
44 Impact sound
46 Smeltery stuff
47 Menno male
49 Cartog-

rapher's creation

50 Sharp guy?
55 Author Wallace
56 He's abominable
57 Bikini part
58 Harden
59 Puppy bites
61 Horse show
62 Cul-de —
63 Solidify
64 — a customer
65 Beer barrel
66 Avid hiker?
70 Good-looking girl?
74 Sneeze and wheeze
75 Declaim
77 "Le — Soleil" (Louis XIV)
78 Loser to DDE
80 Trolley sound
83 Great —
84 Toy toter
86 Geog. term
87 Sty cry
88 Part of B.S.
90 Billiards player?
92 Actress Gardner
93 LAX letters
94 New York stadium
95 Veneration
96 Pres. protectors

97 Industrious fellow?

99 Fleur-de —
101 Ravenous
105 Pack peppers
106 Austin or Smith
108 Rainbow goddess
109 "Paganini" composer
111 Flourishes
113 Sluggo's sweetie
115 Scepter's sidekick
118 Clay, today
119 Happy guy?
121 Tool man?
123 Bell and Barker
124 Glorifies
125 Memo words
126 Rigg or Ross
127 Tiny colonist
128 Hold up
129 Pilsner
130 Seraglio

rendition

8 Maui greeting
9 DC figure
10 Pasta peninsula
11 Eye problem.
12 Tourmiquet, e.g.
13 Hosp. area
14 Garden flowers
15 Egged on
16 Beam
17 Toe the line
20 Oranjestad's locale
23 Baseball's Hershiser
28 "Viva — Vegas" ('64 film)
30 Clerical garb
31 Pecs' partners
33 Inclined plane
35 Once again
36 Poetic feet
37 Self-government, in India
38 Lama kin
39 86 Across or 9 Down
41 "Swanee" singer
42 Corral

feature

45 Assent at sea
48 "O Sole —"
50 VIP
51 Hoopster Shaquille
52 Zodiac animal
53 Hostelry
54 Sib's kid
56 Bear or Berra
60 School grp.
61 Phone button
64 Shy primate
65 Former Japanese capital
67 Pull sharply
68 Alaskan bear
69 Epoch
71 Bond foe
72 Deli meat
73 TV's "Highway to —"
76 Golfer's gadget
79 Comedian Arnold
80 Runner Sebastian
81 Ford or Grey
82 Revolution-ary
84 Create a caftan
85 Imitates
88 Worn-out

89 Cognitive

91 Publisher Conde
94 Behaved like bees
96 Watching machines?
98 — la-la
99 Living-room accessories
100 — Too Late" ('71 hit)
102 Fiddle (with)
103 Roman structure
104 Saudi city
106 Sullen
107 Absurd
109 Tibetan monk
110 Dash
112 Tulsa's st.
114 Farm measure
115 Actor Epps
116 Magritte or Descartes
117 Spooky Stoker
120 Bunyan's whacker
121 Triangular sail
122 Actress Farrow

The Spotlight CALENDAR

Wed. Mar. 31

BETHLEHEM

DELMAR ROTARY

Normanside Country Club, 7:30 a.m. Information, 767-2930.

SOLID ROCK CHURCH

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

BINGO

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

BOY SCOUT TROOP 58

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

TESTIMONY MEETING

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

NEW SCOTLAND

PRESCHOOL STORY TIME

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

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.

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. Apr. 2

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.

CHURCH GARAGE SALE

First United Methodist Church, 90+ families, 428 Kenwood Ave., Delmar, 6 p.m. to 8 p.m.

FISH FRY DINNER

Elsmere Firehouse, 4 p.m. to 8 p.m., 15 West Poplar Dr., Delmar, takeouts available.

NEW SCOTLAND

BOOK DISCUSSION

For grades 2 - 3, Voorheesville Public Library, 7 p.m., signup necessary, 765-2791.

PIONEER CLUBS

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

FRIDAY FISH FRY

Eat-in or take-out, New Salem Volunteer Fire Dept., Route 85A, 4:30-7 p.m. Information 765-2231.

YOUTH GROUP MEETINGS

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

Sat. Apr. 3

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Information, 439-0503.

BETHLEHEM LUTHERAN

Children's choir, 6:15 p.m., senior choir, 7 p.m., 85 Elm Ave. Information, 439-4328.

AA MEETINGS

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

ADULT BIBLE STUDY

First Reformed Church of Bethlehem, 7 p.m., Route 9W, Seikirk, Information, 767-2243.

ST. THOMAS THE APOSTLE

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

BETHLEHEM

AA MEETING

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

CHURCH GARAGE SALE

First United Methodist Church, 90+ families, 428 Kenwood Ave., Delmar, 8 a.m. to 2 p.m.

Sun. Apr. 4

BETHLEHEM

ST. THOMAS THE APOSTLE

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

ST. STEPHEN'S EPISCOPAL

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

BETHLEHEM LUTHERAN

85 Elm Ave., worship services 8 a.m. and 10:30 a.m., coffee/fellowship following worship. Sunday School and Bible classes 9:15 a.m., infant and nursery care, assistive listening devices. Bible class for developmentally disabled, second and fourth Sundays of each month. Information, 439-4328.

DELMAR REFORMED

Worship services, 9 & 11 a.m., with child care, Sunday school through grade 7, T.G.I. Sunday contemporary worship at 5:30 p.m. with child care and children's program through grade 6. 386 Delaware Ave. Information, 439-9929 or INFO@DRCHURCH.ORG.

BETHLEHEM COMMUNITY CHURCH

Worship service 10 a.m.; nursery and Sunday School through 5th grade provided at both services. 201 Elm Ave. Information, 439-3135.

SOUTH BETHLEHEM UMC

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

DELMAR FULL GOSPEL

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

FIRST REFORMED OF BETHLEHEM

Church school 9:45 a.m., worship 11 a.m., fellowship hour after worship; child-care provided, Route 9W, Seikirk. Information, 767-2243.

FAMILY OF GOD NAZARENE CHURCH

Worship 10 a.m. and 5 p.m., Sunday school 11:30 a.m., Krumkill and Blessing roads, North Bethlehem, Information 453-9953.

FIRST UMC OF DELMAR

Sunday school 9:30, Worship service 9:30 & 11 a.m. (in chapel); adult classes and fellowship 11 a.m., child-care provided, 428 Kenwood Ave. Information, 439-9976.

MOUNT MORIAH MINISTRIES

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

UNITY OF FAITH CHRISTIAN FELLOWSHIP

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

KING'S CHAPEL

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

BETHLEHEM CONGREGATION OF JEHOVAH'S WITNESSES

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

SLINGERLANDS COMMUNITY UMC

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

DELMAR PRESBYTERIAN

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

GLENMONT COMMUNITY CHURCH

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

SOLID ROCK CHURCH

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

GOSPEL FELLOWSHIP

At Normanside Community Church, Bible study 10 a.m. and 7 p.m., beneath the Normanskill Bridge on Delaware Ave., Delmar. Information, 482-2132.

ADAMSVILLE ANCIENTS FIFE & DRUM CORPS

Rehearsal, 7:30 p.m., Information 432-1244 or 439-8727.

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.

JERUSALEM REFORMED

Worship service and Sunday school, 10 a.m., followed by coffee hour, Route 32, Feura Bush. Information, 439-2363.

UNIONVILLE REFORMED

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

CLARKSVILLE COMMUNITY CHURCH

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

MOUNTAINVIEW EVANGELICAL FREE CHURCH

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

ONESQUETHAW REFORMED

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

FAITH TEMPLE

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

NEW SCOTLAND PRESBYTERIAN CHURCH

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

UNITED PENTECOSTAL CHURCH

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

JERUSALEM REFORMED

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

FAMILY WORSHIP CENTER

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

Mon. Apr. 5

BETHLEHEM

PEACE VIGIL

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

MOTHERS' TIME OUT

Christian fellowship group for mothers of preschool children, Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 9:30 to 11 a.m. Information, 439-9929.

DELMAR KIWANIS

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

CLASS IN JEWISH MYSTICISM

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

INDOOR PISTOL SHOOTING

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

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

LIFELINES

Prose writers meet, 7 p.m., Voorheesville Public Library, no signup, Information 765-2791.

QUARTET REHEARSAL

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

Tues. Apr. 6

BETHLEHEM

TREASURE COVE THRIFT SHOP

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

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Also Thurs. 2-5:30 p.m. Information, 439-0503.

ELSMERE FIRE COMMISSIONERS

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

BIBLE STUDY

Bible study and prayer meeting at "Gospel Fellowship," meeting at Normanside Community Church, 7 p.m., beneath Normanskill bridge. Information 482-2132.

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., all welcome. 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. Apr. 7

BETHLEHEM

DELMAR ROTARY

Normanside Country Club, 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

Normanside Country Club, Delmar, 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.

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MERCHANDISE FOR SALE

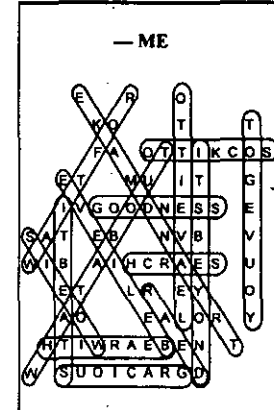
LIGHTNING RODS by Associated Lightning Rod Co. Inc. Since 1953 FREE estimates and inspections -UL Listed /LPI Certified. Call 845-373-8309 or 518-789-4603 Millerton, NY

MISCELLANEOUS FOR SALE

CENTURY CAR SEAT. BLUE, EXCELLENT CONDITION. \$25. 899-7049.

COUCH, Castro convertible, queen size. Excellent condition, must sell, \$225. 374-3272.

Magic Maze Answers



Employment CLASSIFIEDS

HELP WANTED

ADMIN ASST. Gen'l office Word/Excel. Albany Management. Fax 458-7955.

ADVERTISING REPRESENTATIVE needed for weekly community newspaper. Looking for a self-motivated individual to head up sales for our special sections. Must have experience in sales, keeping customer satisfaction a priority. Full time position, salary plus commission and health benefits. Send Resume to Susan Hulick, The Greenville Press P.O. Box 220, Greenville, NY 12083 or e-mail: thepress@mhcable.com

A P A R T M E N T CLEANER. Residential Experience. Albany Management. 458-7113.

CHILDCARE: Activity Leaders- After School Prog. in Bethlehem, 3:00-5:30 p.m. Play & have fun with children. Exp. Req. Exc. Benefits. School's Out, Inc./439-9300.

FACILITY MANAGER. Offices/Apartments. Albany Management. 458-7113.

HAIRSTYLIST, NAIL TECHNICIAN, For busy upscale beauty salon. Located in heart of Delmar. We are rapidly growing and looking for professionals to join our team. Beautiful space and great staff. 478-0174.

High-Paying Postal Jobs! No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-

HELP, or visit www.ftc.gov to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

LANDSCAPER/RETAIL SALES. Jobs available. Price Greenleaf, 14 Booth rd. Delmar N.Y. 439-9212.

LEASING MANAGERS. Offices and/or Apartments. Albany Management. Fax 458-7955.

LEGAL SECRETARY, Glenmont Law Firm, flexible hours, experience, send resume to sobefax@yahoo.com.

LIBRARY PAGE POSITION- Permanent Part Time- 12 hours per week. Ability to accurately shelve materials in alphabetic and numeric order, \$6.96 per hour. Contact Guildford Public Library 456-2400 ext 8.

Local not-for-profit seeks full time seasonal maintenance/ grounds supervisor. Must be self-starter, have strong carpentry skills and ability to manage projects as well as people. Available immediately. Send resume to PO box 506 Altamont NY 12009.

LPN 3-11 Full time. LPN 7-3 AND 3-11 part time weekends. Apply in person Good Samaritan Adult Home, 141 Rockefeller Rd. Delmar.

LUNCH DELIVERY. MONDAY - FRIDAY. Must have own car. Call Laura, 453-0954 or 505-2526.

MAINT SUPERS/MAINT TECHS/BLDG SUPERS/ GROUND SUPERS. Commercial and Residential. Albany Management. 458-7113.

MAINTENANCE MANAGERS. HVAC Experience. Albany Management. 458-7113.

MEDICAL ASSISTANT needed for busy family practice office. Full time, benefits, some evenings and weekends. 461-4761. Fax resume to 767-9823.

MEDICAL RECEPTIONIST needed for busy family practice office. Part time evenings and weekends. 461-4761. Fax resume to 767-9823.

NOW HIRING. Full-Time income for part-time work 8 hours per week, choose your own hours, demonstrate beautiful home accent products. No experience necessary, training provided. Earn \$15 - \$25 per hour—\$400 - \$1,000 a month. Earn cash bonuses and exquisite jewelry. 1st year earn \$1,000

product bonus, vacation points to Hawaii, and begin training to earn \$1,500 month/ part time. Established, award-winning company with 33 years of success. Call Linda (518) 756-6692. Senior Representative Homemaker's Idea Company.

PART TIME position for Master Control Operator. Flexible hours. Must have technical knowledge of television industry. E-mail resume to mark.hrmanager@aol.com.

PART-TIME front office person needed for a busy, professional, Delmar dental practice. Office experience required. Call Alice at 439-3299.

RN/LPN needed for busy family practice office. Full time, benefits, some evenings and weekends. 461-4761. Fax resume to 767-9823.

ROADSIDE MARKET/ GARDEN CENTER- Retail Help. 399-5931. (Loundonville Area).

STABLE ASSISTANT- immediate opening for quiet, private stable located in Delmar. Hours negotiable; 40 hrs available for help with stalls, H2O, feeding and turn-out/in, farrier/vet calls. Ltd. teaching possible (not a lesson barn). Non-smoker, experience, love of horses and references required. Contact (518) 478-0728 or kenwoodcrestfarm@hotmail.com.

AMERICA'S AIR FORCE Jobs available in over 150 careers, plus: *Enlistment bonus for certain careers *Up to \$10,000 Student loan repayment *Up to 100% tuition assistance *High Tech training. High school grads 17-27 or prior service members from any branch, call 1-800-423-USAFA or visit AIRFORCE.COM U.S. AIR FORCE CROSS INTO THE BLUE.

Assembly/Delivery Techs and Bike Mechanics. Westchester Area. Truck/ Cargo Van Helpful. Great pay/Benefits. Call toll-free 1-877-250-4791 www.biketechinc.com

Data Entry. Great Pay. Flexible Hours. Computer Required. Free Training. MBN 1-800-382-4282 ext 9.

DRIVER: \$1,000-\$1,200 WEEKLY. Quarterly Bonuses, Short Haul Pay, Layover & Detention Pay, Comprehensive Benefit Package. Class-A CDL required. Call Smith

Transport at 1-888-467-6484. or visit our website at www.smithtransport.com

Driver- CONVENANT TRANSPORT. Teams and Solos check out our new pay plan. Ask about our Regional Runs. Owner Operators, Experienced Drivers. Solos, Teams and Graduate Students. Call 1-888-MORE-PAY (1-888-667-3729)

DRIVERS.... \$2500 Experienced Driver Sign On Bonus! Dedicated & N.E. Regional Runs! HOME WEEKLY Van & Autohaul. Min 6 mo exp & CDL (A) required. SWIFT TRANSPORTATION 1-800-347-4485 www.SwiftTruckingJobs.com

DRIVERS: BEST gets BETTER! Company up to .45. Teams up to .53. 0/0 up to .93 per mile! Also, New Lease Purchase Plan w/ \$0 down! 1-800-CFI-DRIVE www.cfidrive.com

Drivers Needed! Owner Ops, Flatbed or Dry Van for Top Revenue. Producing lanes. Top Pay, Great Home Time. Lease Purchase Program. Call Sam or Bob 1-800-537-0223

EXCELLENT WEEKLY INCOME! Mailing promotional letter for our nutritional company. Realistic earning potential. Work your own hours. No selling, MLM, or envelope stuffing scams. Call 1-708-231-7400 (24hrs) www.HBNBizOpp.com

Get a job or Go to college. How about both? Part-time jobs available with full time benefits! Tuition assistance -Cash bonuses and skill training. Have it all in the New York Army National Guard! Our phone number is the same as our web site: www.1-800-GO-GUARD

LPN/ RN CPR Certified. Enjoy working non-traditional environment. Good physical health. Able to carry medical equipment. Full-time position or Job sharing. \$23,000-25,000. (845)985-2291, Ext. 254 Email: hr@frostvalley.org

NOW HIRING \$15.20-\$39. Per Hour Entry Level Positions Full Benefits, paid training, Paid vacation. 1-877-265-2181 Ext. 8500.

Sales \$5,500 Weekly Goal Potential! If someone did it... so can you! 2-3 confirmed appointments daily! Benefits Available Call Catherine McFarland 888-566-9144.

EASY WORK! GREAT PAY!- Processing mail from home for national company. Payments in advance guaranteed. Free information - Call 1-800-341-6573 Ext. 347 www.easywork-greatpay.com

GOVERNMENT & POSTAL JOBS PUBLIC ANNOUNCEMENT Now hiring from \$12-\$48/hr. Full/ Part positions. Benefits & training. For application and info: (800)573-8555 Dept P-377 8am-11pm/ 7 days

Real Estate CLASSIFIEDS

REAL ESTATE

Lake Redfield access-state land 5 acres- \$12,900. Lake Altmar access- 20 acres- \$29,900 Trout Pond- 500' Lake 10 acres. - \$39,900 50 Water use Properties. Financing available 1-888-683-2626 www.land-first.com

REAL ESTATE FOR RENT

\$490.00 CLARKSVILLE- Near Delmar, 5 minutes from Bethlehem H.S. - Modern New Tile / Carpet, 1 BR. H/HW Included, No Pets 446-1239.

\$495 1 BEDROOM, Pets allowed, private country setting, Call Joe 439-2523.

3 Bedroom Duplex. Deck, garage, no dogs, references. \$925. Available May 1. Call after 5:00, 465-4827.

CLARKSVILLE: 2 BR house, full bsmt, W/D hookup, lease, no pets. \$800/mo plus util. 439-9958.

DELMAR- 2 Bedroom, Delaware Ave. Heat/Hot Water Included, References, Security Deposit, No Pets. 465-0613.

DELMAR: Efficiency apt., quiet 1st floor., lease, no pets, \$495/month incl. util. 439-9958.

FREE HEAT, \$585, with discount. You'll love this warm, first floor Delmar, 1 bedroom. Parking or easy walk to bus. Ask about our pet policy. Great Landlord! 439-9189.

GLENMONT 3 bedroom duplex with full basement, garage, deck, back yard, w/d hookup. No pets, non-

smokers, references, lease, security required. \$1200 + utilities. 478-0020 after 6:00 p.m.

SELKIRK-2nd floor flat - no appliances, non-smoker, security and references. \$350. 767-3128.

HOUSE FOR RENT

DELMAR: (WOODGATE COMMUNITY) Spacious, 2-story Townhouse Unit, 3BR, 2.5 BA, Available Furnished, Patio, Fireplace, Central A/C, Community Pool, Non-Smoker 1 mile Delmar Center. \$1575./mo. (518)542-1215.

REAL ESTATE FOR SALE

COUNTRY COTTAGE, near Lawson Lake, trails and fields. Two BR bungalow with spacious attic loft, 1 car garage, wood shed, and lilacs galore, Bethlehem schools, Clarksville elementary, many upgrades \$90,000 call 767-2979.

FT. MYERS FLORIDA Beautiful 2 bedroom, den, 2 bathroom Condo with garage in Olde Hickory Golf and Country Club, near airport. This gated community has golf equity membership included. Rents for \$3,800 monthly, in season. Furniture negotiable. \$169,900. Call (518) 229-4888 for details. Will send CD photos.

GLENMONT- CHADWICK SQUARE. 2,200 square foot Townhome. Living room with fireplace, formal dining room, new oak eat in kitchen, 3 bedroom, 3 1/2 bathroom, 1st floor mas-

ter suite, newer roof and furnace, 2 car garage. By appointment 475-7618. \$234,000.

GUILDERLAND- 3 Bedroom, 2 Baths, Fireplace, Hardwood Floors, 1 Acre, Excellent Location. \$179,000. 872-2154.

SELKIRK- 3 Bedroom Bungalow, High Ceilings, Refinished Wood Floors, Bright With Many Updates. \$103,500. (845)868-1478.

SLINGERLANDS - VOORHEESVILLE SCHOOLS, 2 Acre lot. Gas, Cable, View. Requires well + septic. \$69,000 225-0543.

HOUSES FOR SALE

FORECLOSED GOV'T HOMES \$0 or Low down! Tax repos and bankruptcies! Bad Credit O.K. \$0 to low down. For listings (800)501-1777 ext 1099

COMMERCIAL OR LEASE

DELAWARE PLAZA - DELMAR - Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

DELMAR: front office/retail space for rent, 1,000 sq. ft., Spotlight Building, 125 Adams St., Delmar, 439-0568.

LAND

LAKE BARGAIN \$24,900. Free covered boat slip! Gently sloping lake view parcel w/ nice mix of low rolling meadows & trees. Abuts national forest on 35,000 acre recreational lake in TENN. Paved roads, water, sewer,

more. Excellent financing. Call now 1-800-704-3154, ext 499, Sunset Bay, LLC

LAND FOR SALE

LAND BARGAINS, FREE LIST 3 to 10 acre parcels in Albany, Montgomery and Herkimer counties. Ideal homesites. Beautiful views- Financing available. Call Helderberg Realty 518-861-6541.

VACATION PROPERTIES

FLORIDA, NAPLES. Live on the water! Luxury homes from \$150K. Close to beach. Condos, golfing communities, sales/rentals. Call Sue Myhelic Gulf Breeze RE 239-216-6444.

New golf front home \$199,900. Spectacular Carolina Mtn home on 18 hole course near Asheville NC. Enjoy mild climate, great golf, low taxes & low cost of living! Huge savings going on now. Call toll-free 1-866-334-3253 X 610

ORLANDO LUXURY RESORT VILLAS 2, 3, 4 bedrooms \$89,900-\$149,900 FULLY FURNISHED. Use it-Then rent to vacationers. Lake Marion Golf Resort Sales (888)-382-0088 Rentals (877)-604-3500 www.lakemarion.net

VACATION RENTALS

GREAT SACANDAGA LAKE, FULTON COUNTY, NEW YORK: Right at the lake's edge. Charming cottage. Secluded with a magnificent lake view. Private dock. Walk to everything.

Sleeps 6, no pets. \$900/week. (518)458-7465.

KIAWAH ISLAND, SC, Deluxe 2 BR, 2 BA Villa, Lagoon view, near beach, 399-2948.

LAKE GEORGE, North Basin, waterfront, 3 bedroom, sleeps 6, dock, no pets. June - September \$800 a week. July 3-11 and August 28 - September 4, \$1275 a week. 439-5964.

SOUTH OF FRANCE: Two bedroom villa with flower garden, enclosed treed yard. 30KM from Mediterranean. \$800/week. 518-448-8888.

CAPE COD 250+ PROPERTIES... Studio-6 bedrooms on or near water in mid-Cape area: \$500 - \$6500/ week. Martha Murray Real Estate 800-326-2114 www.marthamurrayrealestate.com

Looking for a Summer Getaway or Weekend Retreat! Upstate New York has it all; land, lakes, views and lots of privacy. Call Andrew 518-330-1376

OCEAN CITY, MARYLAND. Best selection of affordable rentals. Daily weekly. Call now for free brochure. Open seven days. Holiday Real Estate. 1-800-638-2102 www.holidayoc.com

OUTER BANKS, NC

Vacation Corolla w/ family. Pine Island North - Ocean Sound. Accommodate 8-24 people pools, elevators, golf, pets. Corolla Classic Vacation, brochure, call toll-free 866-453-9660 or corolla classicvacations.com

Spotlight Newspapers

Getting the News to You

Automotive CLASSIFIEDS

AUTOMOTIVE FOR SALE

For Sale: '84 Winnebago Motor Home. 27' 53K miles, generator, Great shape. Runs great. \$9500. 561-6034.

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: NORTHPINE REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/29/03. 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, 120 Broadway, Albany, New York 12204. Purpose: For any lawful purpose. LD-9501 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SPRINGWOOD REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/29/03. 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, 120 Broadway, Albany, New York 12204. Purpose: For any lawful purpose. LD-9499 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: STATEWOOD COMPANIES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/30/98. 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, 120 Broadway, Albany, New York 12204. Purpose: For any lawful purpose. LD-9502 (March 31, 2004)

LEGAL NOTICE

"FRANK ALEXANDER NYC, LLC" was filed with the SSNY on 3/12/04. Office: Albany County. SSNY designated as agent of LLC whom service of process may be served. The P.O. address which the SSNY shall mail any process against the LLC served upon him: 83 Speen St., Second Floor, Natick, MA 01760-4168. The Registered Agent is SSNY. Purpose: any lawful business. LCD-9639 (March 31, 2004)

LEGAL NOTICE

1) Name: Alliance Consulting Collaborative, LLC
2) Date of Filing: February 3, 2004
3) County: Albany
4) The Secretary of State has been designated as agent of the limited liability company upon whom process against it may be served. The address within or without this State to which the Secretary of State shall mail a copy of any process against it served upon him or her is 156 Darroch Road, Delmar, New York 12054.
5) The limited liability company shall be engaged in the business of management consulting. LD-9659 (March 31, 2004)

LEGAL NOTICE

1535 Grand Blvd., LLC, Notice of formation of a domestic limited liability company (LLC) Articles of Organization filed with the New York Secretary of State on March 1, 2004. 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-9593 (March 31, 2004)

LEGAL NOTICE

LEGAL NOTICE

CERTIFICATE OF LIMITED PARTNERSHIP
OF
COLONIE PARTNERS OF ALBANY, L.P.
UNDER SECTION 121-201 OF THE REVISED LIMITED PARTNERSHIP ACT
1. The name of the limited partnership is "COLONIE PARTNERS OF ALBANY, L.P."
2. The county in which the office of the limited partnership is located is Albany County, New York.
3. The Secretary of State is hereby designated as agent of the limited partnership upon whom process against it may be served, and the office address to which the Secretary of State shall mail a copy of any process against the limited partnership served upon him is 596 New Loudon Road, Latham, New York 12110.
4. The name and business address of the sole general partner is:
Shopping Center Development Co. II, L.L.C.
596 New Loudon Road
Latham, New York 12110
5. The latest date upon which the limited partnership is to dissolve is February 1, 2104.
IN WITNESS WHEREOF, the undersigned has executed this Certificate of Limited Partnership on the 13th day of February, 2004, and verify and affirm under penalties of perjury that the foregoing is true and correct as of the date hereof.
SHOPPING CENTER DEVELOPMENT CO. II, LLC
BY: KENNETH B. SEGEL, Member
LCD-9518 (March 31, 2004)

LEGAL NOTICE

LEGAL NOTICE OF PUBLIC HEARING, BUDGET VOTE AND ELECTION
NOTICE IS HEREBY GIVEN, that a Public Hearing on the proposed 2004-2005 Budget for the Bethlehem Central School District shall be held at the Educational Services Center located at 90 Adams Place, Delmar, Albany County, New York, on Wednesday, May 5, 2004 at 8:00 p.m., Prevaling Time. The budget will be available for review commencing on April 28, 2004 at the Educational Services Center, 90 Adams Place, Delmar, New York, and the offices of each Elementary school, the Middle School and the High School of the District.
AND NOTICE IS FURTHER GIVEN that the election of candidates to the Bethlehem Central School Board of Education and the budget vote will be held on Tuesday, May 18, 2004 between the hours of 7:00 a.m. and 9:00 p.m., prevailing time, in the upper gymnasium of the Bethlehem Central Middle School, 332 Kenwood Avenue, Delmar, Albany County, New York, at which time the polls will be opened to vote by voting machine on the following items:
1. To adopt the annual budget of the Bethlehem Central School District for the fiscal year 2004-2005 and to authorize the requisite portion therefore to be raised by taxation on the taxable property of the District.
2. To elect two (2) members of the Board of Education to a three (3) year term commencing on July 1, 2004 and expiring on June 30, 2007 to succeed Stuart Lyman, DVM and Richard W. Svenson, whose terms expire on June 30, 2004.
3. To adopt the annual amount to be raised by taxation on the taxable property of the District for the Bethlehem Public Library.
4. To elect one (1) trustee to the Board of Trustees of the Bethlehem Public Library for a five (5) year term commencing on July 1, 2004 and expiring on June 30, 2009 to succeed Rena Button, whose term expires on June 30, 2004.
5. To vote on the following propositions:
PROPOSITION #2
RESOLVED, that the Board of Education of the Bethlehem Central School District, is hereby authorized to (1) acquire school vehicles

LEGAL NOTICE

at a cost not to exceed \$882,631, which is estimated to be the maximum cost thereof, (2) expend such sums for such purpose, (3) levy the tax necessary therefor, to be levied and collected in annual installments in such years and in such amounts as may be determined by the Board of Education, taking into account state aid received, and (4) in anticipation of the collection of such tax, to issue bonds and notes of the District at one time or from time to time in the principal amount not to exceed \$882,631, or enter into a lease-purchase agreement at a cost not to exceed \$882,631 to acquire such school vehicles.
PROPOSITION #3
RESOLVED, commencing with the election of trustees in the year 2005, vacancies in the Bethlehem Public Library Board of Trustees shall be "at-large" rather than separate and specific seats and nominating petitions shall no longer describe any specific vacancy for which a candidate is nominated.
6. To transact such other business as may properly come before the meeting pursuant to the Education Law of the State of New York. The election and budget vote shall be by voting machine or absentee ballot. The hours during which the polls shall be kept open shall be from 7:00 a.m. to 9:00 p.m. prevailing time or for as long thereafter as necessary to enable qualified voters who are in the polling place at 9:00 p.m. to cast their ballots.
AND FURTHER NOTICE IS HEREBY GIVEN that a copy of the statement of the amount of money which will be required to fund the School District's budget for the 2004-2005 school year, exclusive of public monies, may be obtained by any taxpayer in the District during the fourteen days immediately preceding the Annual Meeting except Saturdays, Sundays or holidays, at the Educational Services Center, 90 Adams Place, Delmar, New York, and the offices of each Elementary school, the Middle School and the High School of the District between the hours of 8:30 a.m. and 4:00 p.m., prevailing time and also at said District Election.
AND FURTHER NOTICE IS HEREBY GIVEN that petitions nominating candidates for the office of member of the Board of Education and for the office of Trustee of the Bethlehem Public Library shall be filed with the District Clerk at the District Clerk's office at the Educational Services Center, 90 Adams Place, Delmar, New York, not later than April 19, 2004 at 5:00 p.m. Each petition must be directed to the District Clerk, must be signed by at least eighty-six (86) qualified voters of the District and must state the name and residence of the candidate. Petitions for Library Trustee shall also describe the specific vacancy for which the candidate is nominated. A copy of such petitions may be obtained at the Office of District Clerk in the Bethlehem Central School during regular school hours.
AND FURTHER NOTICE IS HEREBY GIVEN that applications for absentee ballots will be obtainable between the hours of 8:30 a.m. and 4:00 p.m. Monday through Friday, except holidays, from the District Clerk. Completed applications for absentee ballots must be received by the District Clerk at least seven (7) days prior to the vote if the ballot is to be mailed to the voter, or the day before the election, if the ballot is to be delivered personally to the voter. Absentee ballots must be received by the District Clerk not later than 5:00 p.m. on May 18, 2004.
A list of all persons to whom absentee ballots shall have been issued will be available in the office of the District Clerk from 8:30 a.m. until 4:00 p.m. prevailing time on each of the five days prior to the day of the election, except Saturday, May 15 and Sunday, May 16, 2004, and on the day set for the election. Any qualified voter may challenge the acceptance of the ballot of any person on

LEGAL NOTICE

such list, by making his/her challenge and reasons therefor known to the Inspector of Election before the close of the polls.
AND FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the School District shall be entitled to vote in said annual vote and election. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen (18) years of age or older, and (3) resident within the School District for a period of thirty (30) days next preceding the annual vote and election. The School District may require all persons offering to vote at the budget vote and election to provide one form of proof of residency pursuant to Education Law section 2018-c. Such form may include a driver's license, a non-driver identification card, a utility bill, or a voter registration card. Upon offer of proof of residency, the School District may also require all persons offering to vote to provide their signature, printed name and address.
AND FURTHER NOTICE IS HEREBY GIVEN, that pursuant to a policy adopted by the Board of Education in accordance with Sections 2035 and 2008 of the Education Law, any referendum or propositions to amend the budget, or otherwise to be submitted for voting at said vote and election, must be filed with the Board of Education at the Bethlehem Central School on or before April 19, 2004 at 5:00 p.m., prevailing time; must be typed or printed in the English language; must be directed to the Clerk of the School District; must be signed by at least two hundred fifteen (215) of the qualified voters of the District; and must state the name and residence of each signer. However, the School Board will not entertain or place before the voters any proposition if its purpose is beyond the power of the voters or is illegal, or any proposition requiring the expenditure of moneys which fails to include specific appropriations for all such expenditures required by the proposition or any proposition which must be included in this notice of the annual meeting and was not received at least 60 days prior to the annual meeting. Dated: Delmar, New York March 9, 2004
Steven O'Shea
District Clerk
Bethlehem Central School District

LD-9662
(March 31, 2004)

LEGAL NOTICE

New York State
Department of State
Division of Corporations,
State Records
and Uniform Commercial
Code
Albany, NY 12231
ARTICLES OF ORGANIZATION OF PROPERTY MANAGEMENT ESSENTIALS, LLC
Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is: Property Management Essentials, LLC
SECOND: The county within this state in which the office of the limited liability company is to be located is: Albany.
THIRD: The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: 1 Evergreen Drive, Voorheesville, NY 12186.
FOURTH: The name and street address within this state of the registered agent of the limited liability company upon whom and at which process against the limited liability company may be served is: Mark S. Hotelling, 1 Evergreen Drive, Voorheesville, NY 12186. Dated: March 10, 2004
Wayne A. Smith, Jr.
LCD-9623
(March 31, 2004)

LEGAL NOTICE

LEGAL NOTICE

NOTICE IS HEREBY GIVEN that the Selkirk Fire District invites sealed bids for the purchase from the Selkirk Fire District of a used 1983 Emergency One Pumper, 1000 gallon booster tank, 1500 g.p.m. fire pump, Kohler 4500 watt generator, hose and other equipment. Inspection and specifications available by contacting District Chief Harlen Metz, Jr. or Chairman Joseph Keller. All bids shall be received by Secretary Frank With at Selkirk Fire Co. #3, 480 Bridge Street, South Bethlehem, on or before April 19, 2004 at 7:30 p.m. At such time and place all sealed bids received will be opened and publicly considered by the Board of Commissioners. Sealed bids may be mailed to Secretary Frank With, 614 Bridge Street, Selkirk, New York 12158. All bids are made upon the following conditions:
1. The minimum bid will be Thirty-Eight Thousand (\$38,000.00) dollars.
2. All bids shall be enclosed in a sealed envelope clearly labeled 1983 Emergency One Pumper Bid.
3. All bids shall include the name, address and telephone number of the bidder.
4. The vehicle shall be sold to the highest responsible bidder provided the Board reserves the right to reject all bids.

Frank With, Secretary
Selkirk Fire District
LD-9688
(March 31, 2004)

LEGAL NOTICE

Notice of Qualification of SV Yonkers, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/24/04. Office location: Albany County. LLC formed in Delaware (DE) on 3/8/04. 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 Investcorp, 280 Park Ave., NY, NY 10017. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9684 (March 31, 2004)

LEGAL NOTICE

NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town Board of the Town of Bethlehem on the 14th day of April, 2004 at 5:30 p.m. to consider a proposed Local Law Amending the Code of the Town of Bethlehem as follows:
AMEND VEHICLE AND TRAFFIC ARTICLE VI, Section 119-10, Schedule VII, Stop Intersections as follows:
ADD: A stop intersection as follows:
Stop signs on Old Ravena Road at Pictuary Road, Selkirk
And
Stop sign on Pictuary Road at Old Ravena Road, Selkirk.
AMEND VEHICLE AND TRAFFIC, ARTICLE VI, Section 119-34, Yield Intersections as follows:
DELETE: Yield Sign on Pictuary Road at Old Ravena Road, Selkirk.
All interested persons and citizens will have an opportunity to be heard at the said hearing.
The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who are in need of assistance in order to participate should contact The Town Clerk's Office at 439-4955, ext. 183. Advanced notice is requested.
BY ORDER OF THE TOWN BOARD
TOWN OF BETHLEHEM
KATHLEEN A. NEWKIRK, CMC, RMC
TOWN CLERK
Dated: March 24, 2004
LD-9683
(March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A

LEGAL NOTICE

DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is SMK WATERVLIET, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on March 18, 2004. 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 Tri City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LCD-9681 (March 31, 2004)

LEGAL NOTICE

Notice of Formation of DDC Group LLC, Art. of Org. filed Sec'y of State (SSNY) 2/4/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: c/o National Reg. Agts. Inc., 875 Ave. of the Americas, NY, NY 10001, the Reg. Agt. upon whom proc. may be served. Purpose: any lawful purpose. LCD-9675 (March 31, 2004)

LEGAL NOTICE

Notice of Formation of Global Education Seminars, LLC, Art. of Org. filed Sec'y of State (SSNY) 3/8/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 1096 Madison Ave., Albany, NY 12208. Purpose: any lawful purpose. LCD-9674 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is SOUTH FAMILY II, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on March 18, 2004. 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 12205. LCD-9657 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
Articles of Organization of Westerly Apartments, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on March 18, 2004, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, c/o Ganz Wolkenbreit & Friedman LLP, One Columbia Circle, Albany, New York 12203. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. LCD-9656 (March 31, 2004)

LEGAL NOTICE

Notice of Formation of an LLC: 3716 Route 9, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on October 14, 2003. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against

LEGAL NOTICE

it may be served, SSNY shall mail a copy of Process to the LLC, 1621 Central Avenue, Albany, NY 12205. Purpose: for any lawful purpose. LD-9653 (March 31, 2004)

LEGAL NOTICE

Notice of Formation of an LLC: PRINCETOWN DEVELOPERS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on February 18, 2004. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. SSNY shall mail a copy of Process to the LLC, 1621 Central Avenue, Albany, NY 12205. Purpose: for any lawful purpose. LD-9652 (March 31, 2004)

LEGAL NOTICE

Notice of Formation of an LLC: AMEDORE-GUIDARELLI DEVELOPMENT GROUP, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on October 14, 2003. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. SSNY shall mail a copy of Process to the LLC, 1900 Western Avenue, Albany, NY 12203. Purpose: for any lawful purpose. LD-9651 (March 31, 2004)

LEGAL NOTICE

Notice of Qualification of Nextel Retail Stores, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/20/04. Office location: Albany County. LLC formed in Delaware (DE) on 1/31/01. 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: 2001 Edmund Halley Drive, Reston, VA 20191. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activities. LD-9655 (March 31, 2004)

LEGAL NOTICE

Notice of Qualification of May Trucking LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/9/04. Office location: Albany County. LLC formed in Delaware (DE) on 12/4/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to principal office of LLC: c/o Transport Industries, L.P., 3819 Town Crossing Blvd., Ste. 100, Mesquite, TX 75015. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-9650 (March 31, 2004)

LEGAL NOTICE

Notice of Formation of AB Generics L.P. Certificate filed with Secy. of State of N.Y. (SSNY) on 3/12/04. Office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Chadbourne & Parke LLP, 30 Rockefeller Plaza, RM. 3428, NY, NY 10112. Registered agent upon whom process may be served: Corporation Service Co., 80 State St., Albany, NY 12207. Name/address of each genl. ptr. available from SSNY. Term: until 12/31/2104. Purpose: any lawful activity. LD-9649 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CEE VEE PROPERTIES L.L.C.

LEGAL NOTICE

Articles of Organization were filed with the SSNY on 2/12/04. Office location: Albany Co. 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 L.L.C., 406 Elm Avenue, Selkirk, N.Y. 12158. Purpose: For any lawful purpose. LCD-9648 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is DOMANS, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on March 3, 2004. 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 Kelleher & Associates, 17 British American Blvd., Latham, NY 12110. LD-9634 (March 31, 2004)

LEGAL NOTICE

Notice of Qualification of Kagan Research, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/11/04. Office location: Albany County. LLC formed in Delaware (DE) on 3/4/04. 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: 1100 Wilson Blvd., Suite 3000, Arlington, VA 22209. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-9638 (March 31, 2004)

LEGAL NOTICE

Notice of Qualification of Old Navy, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/19/2004. Office location: Albany County. LLC formed in Delaware (DE) on 10/30/1997. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-9633 (March 31, 2004)

LEGAL NOTICE

Notice of Formation of an LLC: Stanley Circle Developers, LLC
Articles of Organization were filed with the Secretary of State of New York (SSNY) on February 11, 2004. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. SSNY shall mail a copy of Process to the LLC, 930 Albany Shaker Road, Latham, NY 12110. Purpose: for any lawful purpose. LD-9632 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is SOUTH ALLEN REALTY COMPANY, 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

LEGAL NOTICE

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 164 Brandon Terrace, Albany, NY 12203. LD-9631 (March 31, 2004)

LEGAL NOTICE

Notice of Qualification of LMC LLC One, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/9/04. Office location: Albany County. LLC formed in Delaware (DE) on 9/11/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 80 State St., Albany, NY 12207; Attn: Corporation Service Co., registered agent upon whom process may be served. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Federal & Duke York St., Dover, DE 19901. Purpose: any lawful activity. LD-9622 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is AWS WIND ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on March 10, 2004. 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 24 Fiddlers Lane, Latham, New York 12110. LCD-9617 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
NAME: RIDGEFIELD COMMONS LLC
Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 23, 2004. 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, 1202 Troy-Schenectady Road, Bldg. 3, Latham, NY 12110. For any lawful purpose. LCD-9613 (March 31, 2004)

LEGAL NOTICE

Notice of Qualification of American Tower Management, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/27/2004. Office location: Albany County. LLC formed in Delaware (DE) on 12/13/1999. 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: 116 Huntington Ave., Boston, MA 02116. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: to own, operate and/or manage telecommunications sites for the rental of antenna space to third parties. LD-9594 (March 31, 2004)

LEGAL NOTICE

Notice of formation of a Limited Liability Company (LLC). Name: Glynn Mansion LLC. Articles of Organization filed with Secretary of State on January 6, 2004. Office location: Albany County. Secretary of State of New York is designated as agent of LLC

LEGAL NOTICE

upon whom process against it may be served. SSNY shall mail a copy of process to: Glynn Mansion LLC, 101 Lasher Rd., Selkirk, NY 12158. Purpose: Property Management and Rentals. LD-9585 (March 31, 2004)

LEGAL NOTICE

Notice of Qualification of Banana Republic, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/20/2004. Office location: Albany County. LLC formed in Delaware (DE) on 10/14/1997. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany NY 12207, registered agent upon whom process may be served. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-9584 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
1. The name of the limited liability company is Paul Bearup Basketball Camp, LLC.
2. The articles of organization of the limited liability company were filed on March 5, 2004 with the New York Secretary of State.
3. The office of the limited liability company is located in Albany County.
4. The Secretary of State was designated as agent of the limited liability company upon whom process against it may be served.
5. The Secretary of State shall mail a copy of process served to the limited liability company to 323 South Main Avenue, Albany, New York 12209.
6. The latest date to dissolve is indefinite.
7. The purpose of the limited liability company is to conduct all lawful activity. LD-9577 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is TOBINDER TALENT BOOKING, LLC. The Articles of Organization of the LLC were filed with the Secretary of State on February 18, 2004. 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 agent of the LLC upon whom process against it may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 180 Western Avenue, #2, Albany, New York 12203. LD-9578 (March 31, 2004)

LEGAL NOTICE

Notice of Publication
135 WEST 45TH REALTY, LLC was filed with SSNY on 03/03/2004. Office: Albany County. SSNY designated as agent of LLC whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: THE LLC, PYNAMIC MANAGEMENT, 580 FIFTH AVENUE, NEW YORK, NY 10036. Purpose: any lawful purpose. LCD-9576 (March 31, 2004)

LEGAL NOTICE

NOTICE FOR PUBLICATION PURSUANT TO NY LLC LAW SECTION 1203(C)
The name of the professional service limited liability company is JOSEPH T. NISTA, D.D.S., PLLC. The date of filing of the Articles of Organization with the Secretary of State was

LEGAL NOTICE

02/11/04. The County in which the office of the LLC is to be located is Albany. The agent of the LLC upon whom process against it may be served is the Secretary of State and such shall mail a copy of any process to: Burke, Casserly & Gable, 255 Washington Ave Ext, Albany, NY 12205. The purpose of the Company is to engage in any lawful act or activity for which limited liability companies may be formed under the Limited Liability Company Law. LD-9567 (March 31, 2004)

LEGAL NOTICE

NOTICE OF PUBLICATION PURSUANT TO NY LLC LAW SECTION 1203(c)
The name of the limited liability company is CATCH IT IN TIME, LLC. The date of the filing of the Articles of Organization with the Secretary of State was 01/21/04. The County in which the office of the LLC is to be located is Albany. The agent of the LLC upon whom process against it may be served is the Secretary of State and such shall mail a copy of any process to: Burke, Casserly & Gable, 255 Washington Ave Ext, Albany, NY 12205. The purpose of the Company is to engage in any lawful act or activity for which limited liability companies may be formed under the Limited Liability Company Law. LD-9573 (March 31, 2004)

LEGAL NOTICE

NOTICE FOR PUBLICATION PURSUANT TO NY LLC LAW SECTION 1203(C)
The name of the professional service limited liability company is 1035 WASHINGTON AVENUE, ALBANY, NY, LLC. The date of the filing of the Articles of Organization with the Secretary of State was 02/13/04. The County in which the office of the LLC is to be located is Albany. The agent of the LLC upon whom process against it may be served is the Secretary of State and such shall mail a copy of any process to: Burke, Casserly & Gable, 255 Washington Ave Ext, Albany, NY 12205. The purpose of the company is to engage in any lawful act or activity for which limited liability companies may be formed under the Limited Liability Company Law. LD-9566 (March 31, 2004)

LEGAL NOTICE

Notice of Qualification of Collective Technologies, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/24/04. Office location: Albany County. LLC formed in Delaware (DE) on 3/5/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: all lawful purposes. LD-9545 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the PRIAM LLC The Articles of Organization of the LLC were filed with the NY Secretary of State on March 2nd., 2004. 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 57 Patroon Place, Loudonville, NY 12211. LCD-9543

LEGAL NOTICE

(March 31, 2004)

LEGAL NOTICE

Notice of Publication
PLASTEX LLC was filed with SSNY on 02/25/2004. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: THE LLC, 46 STATE STREET, 3RD FLR, ALBANY, NY 12207. The registered agent is: USA CORPORATE SERVICES INC. at the same address. Purpose: any lawful purpose. LCD-9533 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FIRST EXCELSIOR INCOME NOTES LLC. Articles of Organization were filed with the NY Secretary of State on February 13, 2004. 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 agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Capital Center, 99 Pine Street, 5th Floor, Albany, New York 12207. Purpose: For any lawful purpose. LD-9527 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A REGISTERED LIMITED PARTNERSHIP (L.P.)
The name of the L.P. is BBL PATROON CREEK, L.P. The Certificate of Registration of the L.P. was filed with the New York Secretary of State on February 24, 2004. The purpose of the L.P. is to engage in any lawful act or activity. The office of the L.P. is to be located in Albany County. The Secretary of State is designated as the agent of the L.P. upon whom process against the L.P. may be served. The address to which the Secretary of State shall mail a copy of any process against the L.P. is 302 Washington Avenue Extension, Albany, New York 12203. LCD-9528 (March 31, 2004)

LEGAL NOTICE

Notice of Qualification of Hilton Systems Solutions, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/13/04. Office location: Albany County. LLC formed in Delaware (DE) on 9/20/02. 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: 9336 Civic Center Drive, Beverly Hills, CA 90210. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: computer services. LD-9524 (March 31, 2004)

LEGAL NOTICE

Notice of formation of FRANKLIN PLAZA DENTAL, PLLC a NYS prof. limited liability company (P.L.L.C.). Formation filed with SSNY on 02/12/2004. 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, 2071 Second Avenue, New York, NY 10029. Purpose: All Lawful purposes. LD-9515 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is JORDAN ROAD, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 17, 2003. The purpose of

LEGAL NOTICE

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-9514 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is IALC OF BUFFALO, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 13, 2004. 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 Mark Rosen, 20 Corporate Woods Boulevard, Albany, New York 12211. LCD-9513 (March 31, 2004)

LEGAL NOTICE

Notice of Qualification of GJW Capital, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/4/04. Office location: Albany County. LLC formed in New Jersey (NJ) on 1/6/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to principal office of LLC: The LLC, 191 Woodport Road, Sparta, NJ 07871. Arts. of Org. filed with NJ Secy. of State, 225 W. State St., 3rd Fl., Trenton, NJ 08608. Purpose: any lawful activity. LD-9507 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF BEAN DEVELOPMENT CO., LLC
1. The name of the Limited Liability Company is: BEAN DEVELOPMENT CO., LLC
2. The Articles of Organization of the Company were filed with the Secretary of State on January 29, 2004.
3. The County within New York State which the office of the Company is to be located is Albany.
4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 330 Broadway 3rd Floor Albany, New York 12207.
5. The registered agent of the limited liability company upon whom process against the liability company can be served is: David Bean, 330 Broadway, 3rd Floor, Albany, New York 12207.
6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York. LD-9504 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF BEAN CONSTRUCTION CO., LLC
1. The name of the Limited Liability Company is: BEAN CONSTRUCTION CO., LLC
2. The Articles of Organization of the Company were filed with the Secretary of State on February 5, 2004.
3. The County within New York State which the office of the Company is to be located

LEGAL NOTICE

is Albany.
4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 330 Broadway Third Floor Albany, New York 12207
5. The registered agent of the limited liability company upon whom process against the liability company can be served is: David Bean, 330 Broadway, Third Floor, Albany, New York 12207.
6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York. LD-9503 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PINWOOD REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/27/00. 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, 120 Broadway, Albany, New York 12204. Purpose: For any lawful purpose. LD-9500 (March 31, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is WATERFRONT PROPERTIES OF CAPE CORAL, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 6, 2004. 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-9497 (March 31, 2004)

LEGAL NOTICE

Notice of Publication
MORE & MORE CONCEPT LLC was filed with SSNY on 02/09/2004. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 STATE STREET, 3RD FLR, ALBANY, NY 12207. The registered agent is: USA CORPORATE SERVICES INC. at the same address. Purpose: any lawful purpose. LCD-9486 (March 31, 2004)

LEGAL NOTICE

PETRA REALTY ASSOCIATES, LLC
Notice of formation of Petra Realty Associates, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 2/5/04. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o Jean Paul Spa, Stuyvesant Plaza, Albany, New York 12203. The purposes of the LLC are to acquire, own, hold, improve, manage and operate the real property known as 4 Petra Lane, in the Village and Town of Colonie, New York. LCD-9506 (March 31, 2004)

BIG

(From Page 1)

the demands of our power cost," said Thornton.

Niagara Mohawk is expected to turn the power off at the facility on Monday, after arena management failed to pay outstanding power bills.

"Although we've paid them over 100 and some thousand dollars in the last few months, we still have a balance with them," he acknowledged.

Meanwhile, the arena still owes \$56,893 in 2003 school taxes due in September, according to tax records. The company also owes \$20,497 in town property taxes due in January and has yet to pay a \$13,576 payment in lieu of taxes (PILOT) bill. The company has until today to pay the tax bills, accumulating a 2 percent penalty, before the bills are turned over to Albany County.

Host families needed for foreign students

Host families are needed for 35 American Field Service (AFS) foreign exchange students who will be coming to the Capital District for the 2004-05 school year.

Students from countries all over the world will attend local high schools and participate in all aspects of family, school and community life.

Families who apply early this spring will have the best opportunity to view applications from students with special interests that match theirs, such as athletics or music. Local AFS volunteers provide family orientation and student support, as well as social and educational events for students, host families and host siblings.

Thornton said it's unlikely the taxes will be paid on time.

With the arena in an apparent downward spiral, one board member has called it quits. On Tuesday, Brendan O'Shea resigned from the board and turned in his shares of the company.

"I don't know what his reason is really," said Thornton. "I guess he felt he wanted to go in a different direction. I don't think he's happy with the direction things have been going."

O'Shea declined to comment.

YMCA President John Flynn declined to comment on the negotiations but has said it would take two years to convert the arena into a Y. The facility is expected to include a double gym with an indoor running track, 8-lane pool, computer labs, community rooms, fitness center and an aerobic studio.

For information about hosting or about intercultural opportunities for U.S. high school students to study abroad for a summer, semester or year, call Happy Scherer at 439-0016 or 1-800-AFS-INFO.

Street

(From Page 1)

Norge Road to the Delmar Bypass and also along Selkirk's Maple Avenue, from Hackett Street to Cottage Lane. The Elsmere Avenue work will be funded through the town, and the state Department of Transportation will contribute \$100,000 toward the Maple Avenue project.

"The big thing is land acquisition," said Sagendorph. "The town needs to obtain some easements from land owners along both routes," he said, before work can begin.

This fall, the town also hopes to construct a sidewalk on Route 9W between Glenmont Road and Bender Lane. Additional work is tentatively slated for Feura Bush Road, Glenmont Road, Kenwood Avenue and along streets in North Bethlehem.

"These can't be accomplished in a single year, or even in a short time period," Sagendorph said. "Funding is a concern."

Sidewalk construction can be funded in a number of ways.

On Route 9W, the town has asked developers to chip in toward the expense. Nigro Cos., which built Bethlehem Town Center in Glenmont, will install a sidewalk from the shopping plaza south to Bender Lane. Commercial developer Schuyler Companies, which owns Town Squire Plaza, has also established

an escrow account with the town to fund additional sidewalk work.

The Capital District Transportation Committee can provide municipalities with federal and state grant money for sidewalk construction — an avenue Sagendorph said he will explore. The town's general reserve account, used to fund capital projects, currently holds \$1,364,000.

"Should the (town) board decide, they could tap into that to fund some of the sidewalk construction," said Comptroller Judith Kehoe, who added that the measure would be subject to a permissive referendum.

The town embarked on a number of sidewalk construction projects last year. Along Delaware Avenue, 2,600 feet of sidewalk

was built between Van Dyke Road and Fisher Boulevard. The state and town also partnered for a \$300,000 sidewalk construction project at Delmar's Four Corners. Last fall, Albany County replaced sidewalks along Cherry and Elm avenues as part of a road reconstruction project.

Even with many roads still in need of sidewalks, Bethlehem's "walkability" outpaces several surrounding communities. A study by the Capital District Transportation Committee in the late 1990s found that Bethlehem had more miles of sidewalk than Colonie, Guilderland, Rotterdam and Niskayuna. Today, Bethlehem boasts 37 miles of sidewalk, multi-use paths and expanded shoulders along roads.

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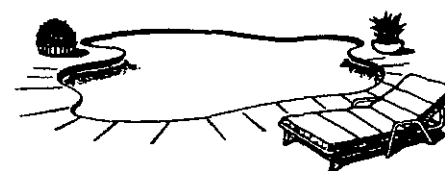
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LEGAL NOTICE

LEGAL NOTICE

PIRRI BUILDERS, LLC
Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 11/12/2003. 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, 258 Troy-Schenectady Road, Latham, New York 12110. Purpose: any lawful business purpose. LD-9539 (March 31, 2004)

LEGAL NOTICE

RUNNING IN CIRCLES, LLC
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

LEGAL NOTICE

Articles of Organization for Running In Circles, LLC (the "LLC") were filed with Secretary of State of New York ("SSNY") on December 23, 2003. Office location: Albany County. SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC at 63A Columbia St. 1st Fl., Albany, NY 12210. Duration is perpetual. Purpose: to engage in any lawful act for which limited liability companies may be organized. LD-9587 (March 31, 2004)

LEGAL NOTICE

SANTINO'S CAFE, LLC
1. The name of the limited liability company is SANTINO'S CAFE, LLC.
2. The Articles of Organization creating the limited liability company were filed in the

LEGAL NOTICE

office of the New York Secretary of State on February 20, 2004 and became effective on said date.
3. The principal office of the limited liability company is in Albany County.
4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail any copy of process against it is SANTINO'S CAFE, LLC, P.O. Box 14851, Albany, New York 12212.
5. The purpose of the limited liability company is to engage in any lawful activity for which limited liability companies may be organized under the Limited Liability Company Law of the State of New York.
Dated: March 2, 2004
NOLAN & HELLER, LLP
Attorneys for SANTINO'S

LEGAL NOTICE

CAFE, LLC
39 North Pearl Street
Albany, New York 12207
LD-9562
(March 31, 2004)

LEGAL NOTICE

Scorpion Real Property Solutions, LLC
Notice of Formation of the Above Limited Liability Company (LLC) Articles of Organization Filed with the Secretary of State of NY ("SSNY") on August 8, 2003. Office Location: Albany County. SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, PO Box 32 Albany NY 12201. No registered Agent. For All Legal Purposes. LCD-9557 (March 31, 2004)

LEGAL NOTICE

LEGAL NOTICE

TOWN OF BETHLEHEM
BOARD OF APPEALS
NOTICE OF PUBLIC HEARING
Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, April 7, 2004, at 7:45 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Howard Freed and Rachel Michaud for Variance under Article XV, Width of Lots, Section 128-63 A (D), Minimum required widths of the Code of the Town of Bethlehem for vacant property currently under site plan approval, which does not meet the required width of lot at premises McCormack Road, Slingerlands, New York.

LEGAL NOTICE

LEGAL NOTICE

Michael C. Hodom
Chairman
Board of Appeals
LD-9580
(March 31, 2004)

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 continuation of a public hearing on Wednesday, April 7, 2004, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Galaxy Communication, L.P. (Applicant), William Banahan (Owner) for Special Exception under Chapter 113-3, and 113-9 (F) of the Code of the Town of

LEGAL NOTICE

Bethlehem to allow construction, operation and maintenance of a +/- 300-foot FM Radio Broadcasting Tower Facility at premises Old Quarry Road, Selkirk, New York.

Michael C. Hodom
Chairman
Board of Appeals
LD-9579
(March 31, 2004)

LEGAL NOTICE

WellBeing Concepts, L.L.C. was filed with the SSNY on 03/02/04. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Vanguard Corporate Services, 307 Hamilton Street, Albany, NY 12210. LCD-9641 (March 31, 2004)

County enlarges nature preserve

By KRISTEN OLBY

A newly created nature preserve along the banks of the Normans Kill in Delmar is growing in size thanks to a contribution from Albany County.

With a unanimous vote, the Albany County Legislature recently conveyed a parcel of land totaling about 4 acres to the Albany County Land Conservancy. The Conservancy is working to create a 50-acre preserve along the Normans Kill that can be used by nature enthusiasts for biking, walking,

and kayaking.

After Claim Your Steaks Inc. failed to pay back taxes, Albany County foreclosed on the parcel of recently-acquired land. The property was withheld from public auction so that it could be incorporated into the preserve.

"This parcel provides a critical linkage between the two parcels that we have already conveyed to the Albany County Land Conservancy," said Albany County Legislator Charles Dawson, D-Bethlehem, of land also along the Normans Kill. "In effect, you can walk across them

all, they're connected."

A path providing access to the preserve must still be cleared, said Dawson, before the preserve can open to the public. The nature preserve wraps around the landslide site along Delaware Avenue that sent part of the ravine tumbling into the creek several years ago.

The Albany County Land Conservancy is a not-for-profit group that works to acquire and protect scenic properties while providing public access.

Deputy makes bike arrest

A Delmar man is charged with stealing a motorcycle after an Albany County Sheriff's deputy spotted him pushing the bike down the street.

Milton Conde, 36, of 244 Delaware Ave. was charged with grand larceny and criminal possession of stolen property after police stopped him on March 24 as he pushed a 2001 Suzuki motorcycle along Leighton Avenue in Albany.

The investigation revealed the bike had allegedly been stolen from an Albany home. Conde was released on appearance tickets and is scheduled to return to Albany City Court next month.

In Delmar,
The Spotlight is sold at
Delmar Marketplace, Stewart's,
Mobil, Getty and Sunoco Elm Ave.

Driveway

(From Page 1)

meeting. He offered to provide the list at the next town board meeting.

Highway Superintendent Gregg Sagendorph acknowledged his department has been plowing the driveway for many years, and that he never questioned it.

"When I came here 32 years ago, that road was being plowed by the town of Bethlehem," said Sagendorph. "I don't know how many years prior to my tenure with the town that took place."

As for allegations that other

private driveways are being plowed, Sagendorph called the accusation "unfounded."

The matter is now in the hands of town attorney Jim Potter, who is reviewing records to see if the town is under a legal obligation to clear the passageway.

The issue has caught driveway owner Michael Gerard by surprise. He moved into the home at 520 Kenwood Ave. in October and hasn't requested the town plow the path.

"Worse comes to worse, we'll just buy a plow and get out there next winter," he said with a chuckle.

Land-use

(From Page 1)

who has been involved in prior comprehensive planning processes.

Parker Mathusa of Elsmere, who was named chairman of the planning board in January.

Howard Engel of Selkirk, a member of the planning board since 2002.

Katherine Daniels of Delmar, a member of the citizens group Bethlehem Tomorrow, Daniels is also employed as an adjunct professor at the University at Albany in the planning department and is involved with the New York Planning Federation.

Mark Bryant of Delmar, a

representative of the Bethlehem Chamber of Commerce.

Patricia Waniewski of Glenmont, a registered nurse with a master's degree in science.

Anders Tomson of Delmar, who is employed with the Community Preservation Corp. located in Albany. Tomson also has a real estate background.

Patricia Salkin of Delmar, an attorney and professor at Albany Law School, specializing in land use planning and zoning.

John Mead of Delmar, a rural landowner in Bethlehem.

The committee will hold public meetings once a month throughout the planning process. The first meeting is slated for April 1 from 6 to 8 p.m. at town hall.

Subsequent meetings are tentatively scheduled for the first Monday of each month.

Pop Warner football to hold registration

Bethlehem Pop Warner will be holding registration for the 2004 football and cheerleading season. on Wednesday, April 7, from 6 to 8:30 p.m., Saturday April 24, from 10 a.m. to 2 p.m., and Wednesday, May 5, from 6 to 8:30 p.m.

Boys and girls between the ages of 5 and 14 are eligible to participate.

This season, there will be a Cub division for girls between the ages of 5 and 6 who want to cheerlead.

An official copy of the child's birth certificate must accompany the child at the time of registration.

For information, visit the Web site at: www.bethlehempopwarner.com.

Quilt group to meet at Delmar Reformed

QUILT will meet on Friday, April 9, at Delmar Reformed Church, 386 Delaware Ave., Delmar.

There will be a meeting and a lecture by Nancy Halpern titled, "Northern Comfort — 350 years of New England Quilts."

There is a \$3 visitor donation. Doors open at 9:15 a.m.

For information, call 456-0552 or check out the Web site at www.timesunion.com/communities/quilt.

Insurance Pre-licensing Course

Mildred Elley, a regional leader in career educational studies, is offering another in its series of insurance pre-licensing classes for prospective insurance agents.

This course, highlighting life, accident and health insurance, begins on **Saturday, May 1, 2004**, and continues on **May 8, 15, 22**, and concludes on **June 5, 2004**. Hours are **8:00 am through 4:00 pm** and include a one hour lunch break. All classes will be held at Mildred Elley, conveniently located at Latham Circle Mall in Latham, NY.

This pre-licensing course, recognized by the New York State Insurance Department, is offered in preparation for the New York State Life, Accident and Health Insurance Examination. Successful completion of this examination is required to become a licensed insurance agent within the State of New York.

For further information, and to register, please call **John Lubowitz** at **516-786-0855 ext. 246 or 263**. Or online at www.mildred-elley.edu.



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recalcify small carious lesions (cavities not yet through the enamel) and arrest the decay before a restoration is needed. An additional benefit of this fluoride varnish is to desensitize teeth and exposed root surfaces from the effects of cold.

Ask your dentist or dental hygienist for more information on the availability of in-office fluoride treatments and how they may benefit you.

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