

RCS, teachers agree  
on contract

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'Fiddler' coming  
to Park Playhouse

○ Family Entertainment

Senior Lifestyles

○ Supplement inside

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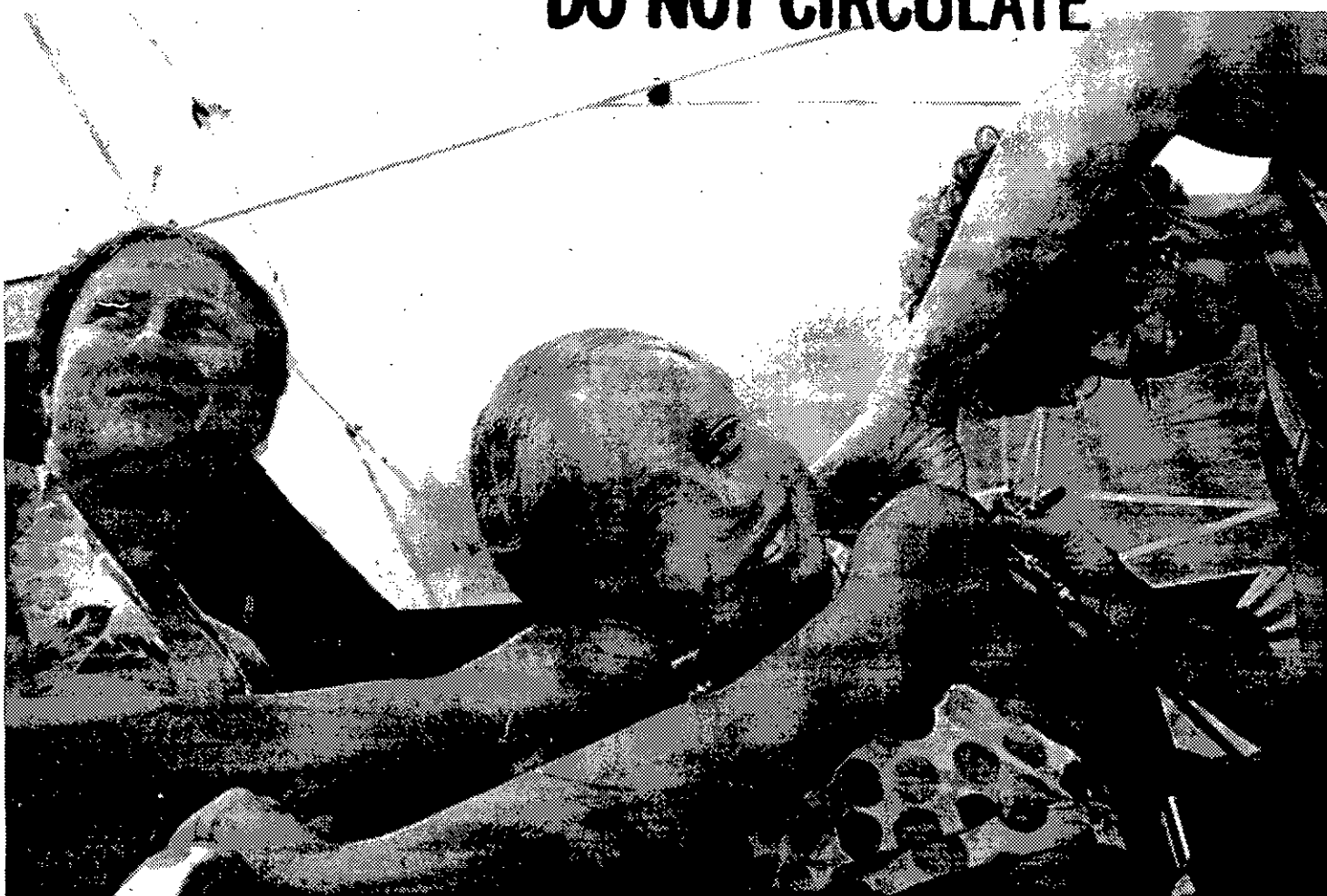
Volume XLVIII No. 23 75 cents

July 7, 2004

Back to basics

BETHLEHEM PUBLIC LIBRARY

DO NOT CIRCULATE



Marisa Schuman holds her sister Ellie's hair out of the way so Peggy Were of About Face can paint a red, white and blue butterfly on her back at the Elm Avenue park on Sunday.

Jim Franco

## Y names chief of new facility

By LIBBY SCHIRMER

The Capital District YMCA has appointed an executive director for the facility that will open in September at the site of the former BIG Arena in Bethlehem.

Scott Lewis, 34, the current executive director at the Albany Washington Avenue YMCA, was plucked from a pool of applicants already employed by the YMCA.

"We posted a number of positions internally and received a number of interested applicants," said John Flynn, president of the Capital District YMCA. "Of that group, we were confident that Scott was the right person for the job," Flynn said of the decision to not post a public advertisement.

Lewis, who started his career with the YMCA in high school as a lifeguard, currently oversees a full-time staff of 23 and a part-time staff of 125 at the \$3.2 million Albany branch.

"The scope of the Bethlehem Y will be much different than Albany," Lewis said in a telephone interview. "There's an

□ Y/page 28

## Health agencies work to inform public

After crow tests positive for West Nile virus

By LIBBY SCHIRMER

A crow found in Bethlehem on June 18 has tested positive for West Nile virus.

The positive case was the first of its kind in Albany County this year and was found several weeks before the peak season for positive cases. The case is helping area health departments educate the public regarding the virus, said Department of Environmental Conservation Spokeswoman Gabrielle Done.

**"Most cases come in July, August and the first part of September when mosquito and bird populations are at their peak in New York state."**

Gabrielle Done

"Most cases come in July, August and the first part of September," Done said, "when mosquito and bird populations are at their peak in New York state. Early cases, such as this one, help DEC and (the state Department of Health) prepare their programs that help New Yorkers."

Some of that education includes personal prevention measures, Done

said, such as using citronella candles and/or bug spray to keep pesky mosquitoes at bay.

Both DEC and DOH must conduct tests that show a dead bird to be positive for the West Nile virus.

When a bird tests positive, the results are shared with the county Health Department, and that department has one day to announce the case before DEC goes public with the information, Done said.

The Albany County Department of Health has undertaken preventive measures since the first cases were reported in 1999, said Director of Communications Kerri Battle.

"We have a number of ongoing actions; we're conducting research, regardless of whether a positive bird is found," Battle said.

So far this year, 108 dead crows in the county have been tested, with 74 of those found to be negative, one testing positive and the remainder undergoing testing, Battle said. Also being tested are 85 birds that aren't crows; 51 have been found to be negative.

Battle noted a slight increase over last year in the number of crows being tested because of work being done at the Albany landfill.

"There's a number of people doing work there that weren't there last year, so more dead crows are being reported from there," Battle said. "With that exception, we're pretty much on par with last year's numbers at this time of year."

Preventive measures from the county department of health include surveillance of birds and mosquitoes, as well as larvae, Battle said.

"We ask people to call when a bird is found, submit it for testing," Battle said.

Surveillance of adult mosquitoes is conducted at six area locations and the county distributes larvacide to municipalities for application to storm sewer catch basins, Battle said.

Almost 3,700 animals were tested last year, with about 1,300 testing positive, Done said.

Since 1999, when the first birds were submitted with causes of death unknown, the DEC and DOH have coordinated testing of every dead bird, Done said.

Done directed residents to the DOH Web site for information regarding the prevention of the West Nile Virus. In its "Fight the Bite" campaign, the DOH supplies the public with general information on the virus.

## EPA cites chemical disposals in local firms

By LIBBY SCHIRMER

A number of area manufacturing businesses saw increases in pounds of on- and off-site disposal of chemicals, according to the Toxics Release Inventory report, released by the federal Environmental Protection Agency for 2002.

LaFarge Building Materials, located on Route 9W in Ravena, saw a decrease in 2002 of total on-site disposal, from 228,378 pounds of releases in 2001 to 160,351 pounds for 2002.

LaFarge decreased its hydrochloric acid output by about 40,000 pounds, though it released more lead compounds in 2002 than in 2001.

The EPA's Web site urged caution when interpreting the data.

□ CHEMICAL/page 28



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## Court hears abuse cases

By LIBBY SCHIRMER

Two high-profile criminal cases were due in Bethlehem Town Court yesterday.

Dominick Cubello, 68, was scheduled to appear to face charges of at least 56 counts of cruelty to animals, a misdemeanor under the state agriculture and markets law.

Cubello was arrested in May when police executed a search warrant at his 29 Oakwood Road farm and found fowl, rabbits, goats, pigs, sheep and cows living in unsanitary conditions.

As a result of the police raid on the farm, a number of animals were taken to the Humane Society shelter in Menands.

Police said they have gotten a number of complaints dating back as the 1980s about the farm, ranging from loose animals to

animal cruelty.

Stephen Wieland, 27, faces charges stemming from a four-week investigation conducted by police.

Wieland, of 9 Weiser St., Glenmont was arrested in June for a sexual encounter with a 17-year-old boy, police said. Wieland is a convicted sex offender.

Police arrested him at the Glenmont Wal-Mart on four felony counts of disseminating indecent material to a minor; two misdemeanor counts of failure to register as a sex offender; four counts of endangering the welfare of a child; and one count of forcible touching.

The victim filed a complaint with the police department, saying Wieland propositioned him in person and over the Internet to engage in sexual acts, police say.

## It's official



Celebrating the grand opening of the new home of To Life are, from left: state Sen. Neil Breslin, Town Supervisor Theresa Egan, Lt. Gov. Mary Donohue, To Life founder and President Mara Ginsberg, To Life board member Catie Black, breast cancer survivor and To Life client Andrea Isaacs. After five years of hard work, determination and serving the Capital District community, To Life purchased its new Delmar home — a stately 75-year-old building — last November. Volunteers, donors, contractors and staff began working immediately. While numerous renovations were ongoing, To Life's services continued uninterrupted.

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## Letters policy

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

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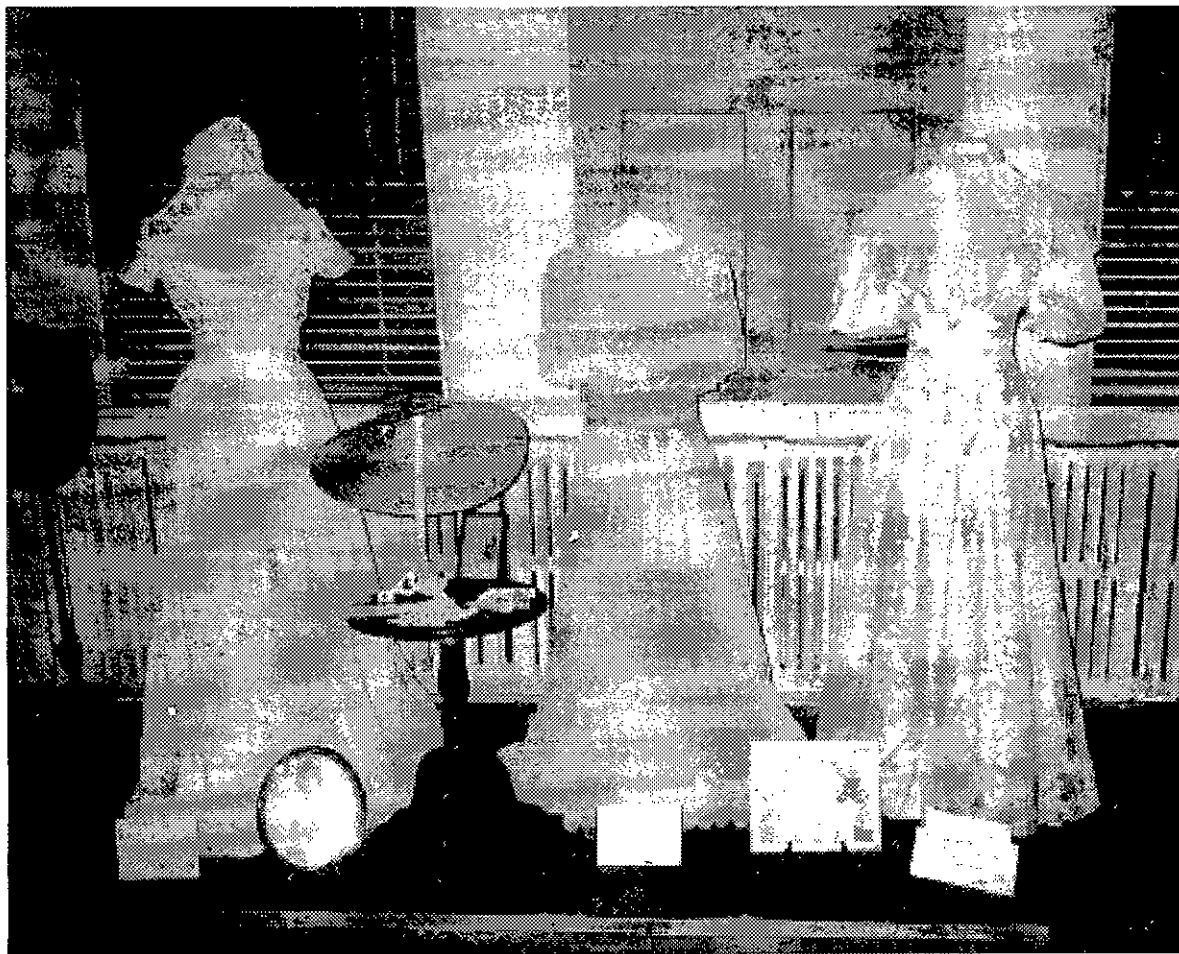
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Wedding gowns from different historical periods will be on display throughout the summer at the Little Red Schoolhouse in Selkirk.

## Gowns grace new exhibit

By LIBBY SCHIRMER

Vintage wedding gowns, some dating back to the 1850s and 1880s, are this summer's display at the Bethlehem Historical Association.

A far cry from last year's display of old farm tools, the 13-dress selection shows the changes in style from one decade

Ann Young loaned her dress from 1956 and her mother's dress from 1932 to the display.

Both women were married in October.

"From '32 to '56, there is quite a bit of difference in the dresses," Young said. "Hers is very plain. Mine has a lot of the lace detail."

The idea for the exhibit sprang from a donation from the Haswell Farm of a dress Davis guessed was from the 1850s.

"We started thinking we probably have other wedding clothes to exhibit," Davis said.

Young, who is a member of the historical association, said word spread from the first time the idea came up at one of

Marion Davis

**"Queen Victoria really started that craze where white was the color for a wedding gown. And she started wearing that style with veils, the white with lace and heavy embellishments. The reason she did that was to promote the big business over there at that time, the lace-making business."**

to the next, said Historical Association member Marion Davis.

"In those days, the 1850s, women wore their best dresses when they got married," Davis said, referring to a display of a blue and brown taffeta dress.

The exhibit includes dresses that residents, grandmothers and great-grandmothers wore on their wedding days.

the association's meetings.

"I thought it was a great idea," Young said, adding that she told her neighbor, who also contributed some dresses to the exhibit.

The oldest dress is an 1885 dress, followed by a 1935 dress. A gown from the 1980s rounds out the 100 years of styles.

The display includes dresses from those all-important in-between years, too, Davis said.

A 1909 dress is ivory in color, with a high lace collar. The flapper style of the 20s is shown in a short wedding dress with a long veil. Resident Neil Brown loaned a dress from the 1920s that a female relative wore.

Pastels were the color in the 1930s, when Young's mother married, sometimes in dresses made of chiffon and topped off with a big straw hat, Davis said.

"Queen Victoria really started

that craze where white was the color for a wedding gown," Davis said. "And she started wearing that style with veils, the white with lace and heavy embellishments. The reason she did that was to promote the big business over there at that time; the lace-making business."

The 1940s saw dresses with sweetheart necklines and buttons all the way up the back, Davis said.

In the 1950s, a pants suit sometimes passed for a gown, Davis said, though Young's wedding gown from the '50s is the more traditional gown, white with lace trim.

In the 1960s, women all over the country looked up to Jacqueline Kennedy as the style icon. Davis said that in the wedding dresses of that decade, Jackie's fashion influence was visible in the short sleeved-dresses with lace embroidery.

Davis' daughter-in-law was married in the 1980s, when Princess Diana was setting trends.

"The gowns are always influenced by the fashion of the time," Davis said. "A lot of the traditional white dresses, you could almost wear some of them now."

Part of the exhibit includes a display of typical wedding gifts for the time period, some that may be appropriate gifts today, like crystal, towels, cut glass and wedding quilts.

"Yes, last year's exhibit was more for the men," Davis admitted. "This year, we have one tuxedo on display right as you walk in."

Pictures of women in their dresses are also a part of the exhibit, as well as some dolls modeling different dresses.

The display runs every Sunday through the summer at the historical society, from 2 p.m. to 4 p.m. on Route 144 in Selkirk.

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## RCS, teachers agree to five-year contract

The Ravena-Coeymans-Selkirk school district and faculty the and faculty have agreed on a new, five-year contract.

The accord was approved last week by the faculty and board of education and represents the first five-year-pact in recent history for the district. It also was reached before the current, three-year pact expires, which is an unusual event in recent times, Superintendent Vicki Wright said.

Students will be spending a little more time in classes and less time in study halls this fall as a result of the new contract.

The new faculty contract will increase the average elementary school day to 6 hours and 55 minutes, an increase of 20 minutes. Middle and high school students will receive an additional 10 minutes of instruction daily under the new accord.

Elementary students will benefit from another half hour of class time twice a week, as the morning program in the elementary schools will be scheduled only three times a week.

The contract provides a 3.5 percent salary increase the first year, a 3 percent the second year and 2 percent increases each of the remaining three years.

Additionally, standard "step salary" increases of 2.5 percent annually are called for under the pact.

Other aspects of the contract include:

- An increase in prescription co-payments.

- Student-musicians will now receive band and chorus lessons twice weekly in the elementary schools.

- Curriculum content specialist positions are being created in each of the schools with the goal of having experienced veteran teachers who demonstrate educational leadership — and who are already members of the RCS faculty — improve the district's curriculum to meet increasing state education mandates.

- A cap has been placed on the amount of in-service training credits the district will pay for.

- Graduate credits will no longer be considered when determining a teacher's base salary.

- Merit pay has been eliminated.

"I am extremely pleased that we have reached a new contract that benefits the students, community, faculty and district," Wright said.

## St. Stephen's building project under way

By LIBBY SCHIRMER

A new addition has sparked interest among members of St. Stephen's Episcopal Church.

The Rev. Darius Mojallali, rector of the church at the corner of Elsmere Avenue and Poplar Drive, said attendance has increased slightly since the \$400,000 undertaking that started out as a roof repair project.

"They're excited and anxious," Mojallali said of the congregation's reaction to the addition. "Things look different. People are coming out of curiosity."

The A-frame building, built in 1958, has had leakage problems since its construction, Mojallali said.

"Snow accumulation has been very much a problem," Mojallali said. "A flat roof in this part of the world is probably not a good thing."

With the past week's rainfall, leaking has continued but only because the outside construction is not yet completed, Mojallali said.

Richard Green, an engineer who is a church member, looked at the roof and concluded that the roof beams were compromised from the winter snow of 2001.

In addition to solving the leakage problem, the new, peaked roof will give the church about 2,000 square feet more, which will be used for church school classrooms.

"After we decided on a peaked roof, we began to think about what else we needed," Mojallali said. "We realized we'd have more space for church rooms."

The addition will also include two new staircases, one close to

the church and the other next to the adjoining building. The staircases will allow for additional classroom or adult educational space.

"The upstairs parish hallway was being primarily used as a walk-through and would get a bit noisy," Mojallali said. "If we had wanted to hold adult classes or show a movie to the kids, we couldn't really do that."

Also new in the parish hallway will be skylights.

"People tend to think the parish hallway is dark, which it is, but several skylights will certainly help with that," Mojallali said.

Renovated bathrooms will include a handicapped-accessible stall along with a men's and women's stall.

"Our old bathrooms were a bit, shall we say, 'vintage,'" Mojallali said. "The bathrooms will be a great addition. Lots of space."

The heating system is also being replaced at the church.

While Mojallali is counting on the fact that the \$400,000 figure won't go down, it could still go up a bit.

"There have been some changes along the way," he said, "some surprises here and there."

The style of architecture on the addition is meant to complement the existing building.

"It's meant to be very similar to what's already there; we're not looking to make any statements with the architecture," Mojallali said. "The primary purpose of the addition is utilitarian."

Outside work is nearly done, with the entire renovation expected to be completed at the beginning of August, Mojallali said.

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# Kids put in their 2 cents worth about summer activity

By KATHERINE MCCARTHY

To parents, summer looks like it offers kids limitless opportunities to improve and enrich their bodies and minds. Kids will buy into that to a certain degree, but if asked to put their words down on paper, they might express different sentiments about the chunk of time that still looms large before us.

Dear Mom and Dad, a letter from the children in our house might begin, we know that you have had our best intentions at heart as you have shown us brochure after brochure of summer activity and enrichment since the April school break, but we feel you are overlooking an important fact.

We have been enriched, enlightened, socialized, formed into teams and broken into project groups for the past nine months.

Maybe all those pottery, language, archery, swimming, acting and writing classes look interesting to you from the vantage point of your workaday world, but, at 12 and 14, we want a break from organized, enriching group activities.

We are happy to share our ideas about how we should spend

COMMENTARY:

*Mom's  
the  
Word*



our time this summer. Really, we'd just like to spend it in front of the TV, and we don't understand why you are so insistent that we get outside and move our still-growing bodies around.

Well, OK, I, your 12-year-old, will go out and use the bow and arrow you let me buy with some money I saved last winter. The targets I got for my birthday this June are turning me into an excellent shot.

No, I don't want to find an archery class, but please will you let me buy arrows with real tips instead of these not-pointy ones?

And speaking of weapons, here's your 14-year-old again, the one who loves to play Dungeons and Dragons with his friends. Yes, the friends who invented the game "Time Warp," which we play with huge sticks we found in the little tiny plot of woods behind the house.

Thanks, by the way, for moving

into a house that backs up to what you euphemistically call a "copse," and we know to not disturb the chapel there that belongs to the Episcopal church.

We've proven that we're responsible; you've only had to take those sticks away from us about five times in the three years since we've started playing with them. Things weren't really getting out of hand like you said.

Sometimes, good friends just yell and call each other names and run into your kitchen and lock the deck door so nobody else can get in.

Nobody's ever gotten hurt in "Time Warp." Well, OK, once our friend with glasses got scratched, and you went crazy and banned the sticks and shrieked irrelevantly about how his glasses saved his eye, and then you told the story about the first aid class you once took.

Remember? You said a doctor spent a day teaching you first aid and at the end of it, he said, "OK,

now I'll talk about eye injuries. I'd tell you what to do if somebody gets a stick in their eye, but you'll be too busy vomiting at the sight of it to be able to do anything."

But, Mom, we all still have our eyes, so we think we should have the sticks back and be able to actually use them to touch each other and not just wave them around pretending to hit each other.

By the way, Mom, can I have a katana? No, it's not an animal, it's the Japanese sword the samurai used. Oh, come on, I would not use it on my brother

when I get mad at him. Some of my other friends have them. Yes, you can call their parents and ask — my friends said their parents even paid for them. Have I seen them? Are you calling my friends liars? I am so outta here.

Mom, Mom, would you have let him have a katana if it was an animal?

No, my darling 12-year-old, I would not have let him have a katana if it were an animal.

Well, can we get another dog? No.

I'd walk it, I'd feed it, I'd house-break it, I'd take total care of it. Still no? Why? Well, I would have done all that with our dog, but you just went ahead and did it even though I said I would right after my show. Is it my fault that you're so impatient? You did not find dog poop in the upstairs hall "all the time."

Oh, right, I remember gagging at the smell and you yelling that if I threw up after you'd cleaned up puppy poo, you'd rub my nose in it. That's totally gross, Mom, especially since you never even rubbed the dog's nose in her mess. If you loved me as much as you love the dog, you'd let me get another one.

Well, then, a hamster? What do you mean the dog would eat the hamster? She would not. OK, you're right, maybe she would. Can we get a bird? You think the dog would be able to knock down a birdcage, open the door and eat the bird?

You're nuts, Mom — remember, the dog doesn't have opposable thumbs, so she could never do all that. Well, then, can we get the fish tank out of the cellar and have tropical fish again? I promise, I won't cry every time one dies. Maybe we can just number them instead of naming them.

God, Mom, do you think I'm 5? I don't want to name the fireflies in the backyard and pretend they're my pets. When I grow up, I'm going to let my kids have as many animals as they want.

Speaking of the backyard, which you are always telling us to go out and play in, have you been out there lately? It's hot, and the mosquitoes bite like crazy. Besides, SciFi and Cartoon Network have marathons of our favorite shows. Seen them before? Of course — we mean no. No, they're all new episodes. Oh, come on, please?

OK, OK, since we fixed the tree house with Grandma, while you were away for "a grown-up weekend," we'll go play in it.

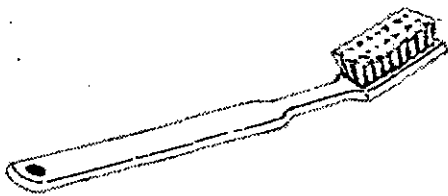
Hey, Mom, we have a great idea. Can we please put the dog in the bucket and try to pull her up with the rope and pulley system Grandpa built for us?

Mom? Why are you shaking your head like that? What are you muttering? We said we'd go outside. Isn't that what you wanted?

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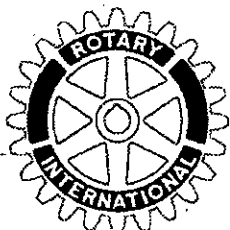
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For Girls Team, Tracy Teal **439-3293**



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## Mind matters



The Bethlehem Central middle and high school Odyssey of the Mind team participated in Albany Medical Center Children's Hospital telethon. From left are Anna Scaife, Gregg Bartow, Emily Beer, Jon Beer, Molly Gordon, Cara Hannigan and honorary team member Jordan Reese-Jones.

## RCS library programs under way

RCS Community Library's summer programs have started.

The Romp and Read program will be on a new schedule for the summer. Most of these programs are for very young children and their caregivers. They combine story and play time.

Pre-K Kids on Thursday mornings combines story time and crafts. It's most suitable for 4- and 5-year-olds.

- Bethlehem Grange Hall, Route 396 near Route 9W, Tuesdays at 10 a.m.

- Coeymans Landing Park gazebo, Tuesdays at 6:30 p.m.

- Mosher Park pavilion, Ravena, Thursdays at 10 a.m.

- Pre-K Kids (crafts)

- RCS Community Library, Thursdays at 11 a.m.

- RCS Community Library, Fridays at 10 a.m.

### Young writers workshop

The workshop is open to writers age 9 and up. Each child writes, edits, designs and binds his/her own writing. Group size is limited. Preregistration is necessary. Children choose to come on Wednesdays or Thursdays. The groups meet from 1:30 to 3 p.m.

### Summer hours

During July and August, Saturday hours are 10 a.m. to 1 p.m. Monday through Thursday hours are 10 a.m. to 8:30 p.m. Friday hours are 10 a.m. to 5 p.m.

### Special free events, open to all

- Das Puppenspiel Puppet Theater, Tuesday, July 15, at 11 a.m.

- Har-Har Harry's Musical Magical Clown Show, Monday, Aug. 11, at 11 a.m.

Special events are at the Mayone Building, where the Food For Thought Program is located this summer.

Bring cushions or low chairs to sit on.

Judith Felsten

## West Point cadet wins award

The United States Military Academy at West Point has announced that Cadet Patrick J. Davis, son of Robert and Eileen Davis and grandson of Mary Davis, all of Delmar, has received the Armed Forces Communications and Electronics Association Award for excellence in electrical engineering and the

U.S. Armor Association Award for cadet with the highest academic standing branching Armor.

Davis graduated from Bethlehem Central High School in 2000. He graduated from the U.S. Military Academy on May 29 and was commissioned a second lieutenant in the Army.

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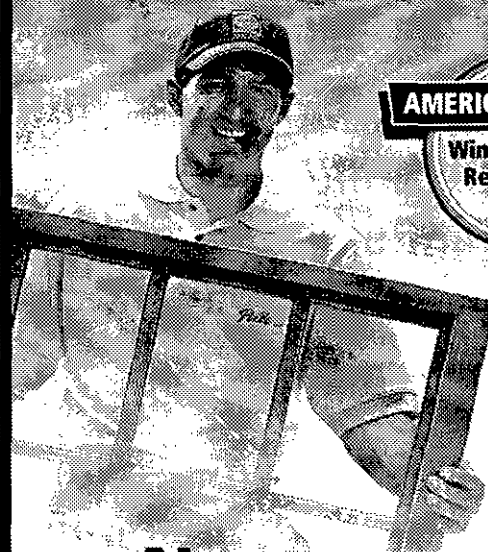
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# Matters of Opinion

## Budget boondoggle

In a Point of View column last week, Barbara Bartoletti addressed, among many things, the once-again late state budget.

This year marks two decades of late budgets — which means 20 years of wreaking havoc on school districts throughout the state. Outcries about the tardiness of the lawmakers fall on deaf ears. Our highest-elected state officials, who seem to have not only the most clout, but all the clout — Republicans Gov. George Pataki and Senate Majority Leader Joe Bruno and Democrat Sheldon Silver, speaker of the state Assembly — haven't shown an honest effort to resolve the dilemma.

The lawmakers' behavior is reprehensible, but they appear to dismiss criticism by not showing any genuine effort to do the job citizens elected them to do. This creates an even greater aura of suspicion of politicians who play by their own rules rather than the law.

If ordinary citizens behaved the way our "leaders" do, they'd be out of a job. That doesn't happen in politics. Even though politicians are sworn in to do the public's bidding, they flagrantly flaunt their arrogance year after year when they ignore the April 1 deadline for having a state budget in place.

Many suggestions have been offered to remedy the budget stalemate, but none with real teeth since no one has the power to enforce any type of penalty for ignoring the law.

We would hope voters would give the pols a wake-up call and get rid of the incumbent foot-draggers, but that's an unlikely scenario. Many voters are so tuned out of the political arena that they don't even bother to vote, and that's a shame for our state and its schoolchildren.

Surely the 20-year late budget fiasco will go down in the history books as a sign of political folly, but that's little comfort to the average Jane or Joe.

The attitude of the major political players seems to be business as usual, so what if it's already July? And if voters elect the same cast of characters in this fall's election, it's almost a sure thing that the whole process of not having a budget in place will make next year another repeat of the last 20.

Making this kind of history is shameful and demeaning to the people of New York. They deserve better leadership and better role models in public office.

Keepers of the public trust should be held accountable for their actions.

In the coming election for state office, some of us will bother to vote to send a message to incumbents who became part of the problem, and not part of the solution.

### Editorial

## Some pitfalls of parenting

By RANDY L. CALE

Summer brings a host of challenges and a range of opportunity for many rewarding experiences for both children and parents.

As a child psychologist and parenting coach, I find certain beliefs have evolved that impair both parents and children. These beliefs have become so prevalent that it has created a form of "mythology" that serves to undermine independence and happiness in our children.

Despite a world of ever-increasing toys and sources of entertainment, the most common phrase that will be uttered by children this summer will be, "I'm bored." Could the problem really be that our youth have less access to activities?

Many children are accustomed to constant stimulation, and parents keep pushing the envelope to see if another event can be squeezed into the schedule.

Children become even more dependent upon the environment (including mom and dad) to provide entertainment. They are never allowed an opportunity to initiate a ball game, to start a creative project, to build a fort or to simply talk with their friends. This is not just an issue of how much kids have become dependent upon adults for their entertainment; it is also an issue of allowing kids to begin to take small steps of responsibility to seek their own joy and happiness.

I am not suggesting that activity is a problem. It's just that constant activity, continuous involvement in sporting events, rehearsals, play dates and never-ending trips to get new videos are not helpful.

Let's take a look at the data. Most of us believe that having our kids heavily involved in sports and other activities helps to buffer them from substance use. Yet, the data don't support this. In fact, the data would say that there is a higher chance of drug use and alcohol use as a high schooler when children are involved in athletics.

### Point of View

There's also the practical side. Do you find peace in being overly active? Most of us do not.

I find most parents seek balance. When adults become too overly scheduled, our anxiety rises, and we keep wishing for a day off. I find that overly-engaged children often feel similarly and tend to become joyless as they attach excess meaning to their external accomplishments and lose touch with their sense of value.

Our children need to learn about reasonable limits from what their parents model, and if we can't do it, how will our kids ever get it?

The bottom line is that we are teaching our children how to live their life 10, 20 or even 30 years ahead. If we teach them that being immersed in constant activity is where it's at, it's more likely that they'll find that path, one way or another.

And yet, another part of this mythology may emerge. You may find yourself thinking of how your children will be running around the house, complaining of what a mean parent you are and how bad you are and how you don't give them everything that they want. If you are not careful, you begin to believe, "It's my job to keep them happy."

There are lots of opportunities to engage in a wide range of activities with kids. There are also many wonderful moments to simply relax and allow for more creative endeavors.

I often find full-time moms are most heavily victimized by this mythology by taking on complete responsibility for creating happy children. And yet, the more that we adopt this mythology, the more we find that we have to work harder and harder to keep our kids happy.

The real damage here is, the harder we work at kids' happiness, the less they work at their happiness. Ultimately, we disable our kids from discovering their own strengths. They never get to work the emotional muscles that allow for the discovery we each must find our happiness.

Look at those parents who work the hardest to make their kids happy. As the years go by, see who is working harder for their children's happiness: Is it the parents or the children? Finally, observe how this works out at the end of the adolescent road, and notice if these emerging young adults have learned strategies for finding happiness.

In my work, I find the opposite occurs. Parents work harder and harder, because what worked last month doesn't quite cut it this month.

Then parents become frustrated. Children expect more from parents, and the more that parents try to meet those expectations, the more they tend to fail. Notice too that it remains mom or dad's job to take responsibility for the kids being happy.

And yet, some of you are likely saying, "Wake up, Dr. Cale. My kids don't grow up in a vacuum

We have to keep up with the other kids in the neighborhood."

Is that really true? I mean, this is an important issue. Is it really true that you have to keep up with the other kids and the other families? Of course not.

Most of us don't want to make our parenting choices based upon the choices everyone else makes. We don't look down the street, and see which car our neighbors bought and buy the same car. We don't walk into their house, see their furniture and then go buy the same furniture. Why would we let the decisions of others dictate the path we take with our children?

I encourage you to imagine fast forwarding 20 years and watching your children from afar. Imagine your kids living a life that is full, yet balanced with time for recreation and work. Envision a value-driven life that fits your perspective on what you'd like to give your kids.

Take that view, and begin to work backward. Forget what everyone else is doing, and make your choices based upon a view of life that would feel balanced with activities that make sense.

Here are a few ideas about what you could say to your kids, and how you could use your energy to help nurture the kinds of behavior that will create healthy, responsible and engaged children. Consider this message:

Hey kids, it's my job to make sure that you have a house to live in, food to eat and the opportunity to find happiness and success. And I am going to do my best at giving you every opportunity for that. It's not my job to make you happy. It's not my job to entertain you. That's your job.

That doesn't mean I don't want to play with you and do things with you. It's just not my job to ensure that you are constantly entertained. I want you to be happy, active and to experience a wonderful life. But, I will not work harder at that than you do. I have made that mistake in the past, and I feel more responsible for you to stay happy, and it seems the harder I work, the unhappier you become. I'm just not going to do that anymore.

Instead of using your energy to try and fix things when your kids are complaining that "I'm bored...I'm bored," consider an alternative: Let them be bored. Let them complain. Allow them the opportunity to find their own way out of this.

Give your energy and your attention when they are engaged in productive, satisfying and enjoyable activities. Let them struggle a bit after you have provided the best advice you can.

In this way, they will learn that complaints and unhappiness is not what the world cares about. But rather the world cares about finding creative ways to fulfill one's own happiness and desires. This is a learning that will serve them the rest of their life.

The writer is a licensed psychologist with offices in Clifton Park and Latham. He can be reached at 383-0600 or you can visit his Web site at [www.TerrificParenting.com](http://www.TerrificParenting.com).

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# Matters of Opinion

## Mother gives thanks to BC community

Editor, The Spotlight:

Thank you to the BCHS class of 2004 for the memorial bench recently placed and dedicated at Elm Avenue Town Park in memory of Russell Ellers.

The bench, overlooking the basketball courts, is a fitting tribute to him, and it will help preserve his memory in the hearts and lives of many people—even those who never had the opportunity to know him.

Our sincere thanks to Mary Bayham-Caraco, the parent representative for the class of '04 Friends of Russell Ellers, for her dedication, compassion and friendship, to Nan Lanahan, parks & recreation administrator for her

help and guidance, and to BCHS Principal Michael Tebbano and staff at the high school for coordinating the event.

We continue to be deeply touched by the thoughtfulness of Russell's classmates and friends. We also wish to thank Russell's friends and their parents who attended the dedication and those who shared their memories of Russ with us.

We are very thankful that Russ was fortunate enough to have once been a part of this wonderful group of young men and women—Bethlehem Central's graduating class of 2004. You're the best.

*Dawne Ellers  
Glenmont*

## BCCO says thanks to Hannaford

Editor, The Spotlight:

Each year for the last several years, Hannaford Bros. have donated individual orange carnations to graduating seniors of Bethlehem Central High School.

A carnation is presented to graduates after they receive their diplomas. The graduates, in turn, present the flower in gratitude to family members or friends who have supported them in their years at Bethlehem.

We would like to thank Hannaford Bros. for their generosity in donating the flowers again this year. It was such a pleasure to speak with Larry Nash, store manager, and Wendy Wattendorf, office manager, regarding the donation.

The flowers added a little something special to the evening.

*Karen Graziade  
and Sandra Tutshen  
BCCO co-presidents*

## Landfill would cause harmful effects

Editor, The Spotlight:

The city of Albany continues to pursue its interest in a landfill in Coeymans while at the same time reducing its tipping fees to compete with other landfills for revenue.

Albany cannot show a need for a landfill in Coeymans. It is strictly a money-making operation.

The landfill represents 10 percent of Albany's budget each year.

If Albany were truly in need of landfill space, it could start by implementing mandatory recycling in Albany.

The city of Albany should not plan to balance its budget on the backs of less fortunate communities.

The RCS school district, South Bethlehem and Coeymans already host three of Albany County's biggest polluters, and I believe that adding a 300-plus acre landfill to the mix would have the following negative effects on the community:

1. Loss of property value, as much as 50 percent cascading to surrounding areas.
2. A constant stream of

garbage trucks through already congested routes 9W, 144 and 396.

3. Increased flocks of carrion birds, crows, seagulls and vermin.

4. The importation of garbage from as far away as 100 miles.

5. The pollution of ground-water and Hudson River tributaries.

6. Odors that cannot be controlled.

7. Proximity to schools (less than 1 mile).

8. Attraction of support industries.

9. Future expansion. Will the dump stop at 300 acres?

10. Coeymans will come to be known as the dump town.

If you do not believe that Albany should make money by dumping on you, contact SCRAP (Selkirk-Coeymans-Ravena-Against-Pollution) at its Web site, scrap004@aol.com, and ask how you can help fight this injustice.

*Marcus Poirier*

Selkirk

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As you move forward and reflect back, years from now, remember what you, as a class, shared – compassion, caring, attention to one another and what is most important.

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# Matters of Opinion

## Thanks to neighbors

Editor, The Spotlight:

On June 12, the Hudson Avenue Beautification Project held its Beautification Day.

Since 1991, residents have set aside a day to make special efforts to beautify our neighborhood. This year, we constructed two additional railroad-tie flower boxes. We planted flowers and plantings. We would especially like to thank the following neighbors who came out and helped on the flower boxes, plantings and cleanup: Al Burke, Sandi Bruni, Shirley Seyler, Bill Seyler, Virginia Thomas, Joseph Thomas, Cindy Young, Cecelia Beaudin, Susan Flanagan, Hal Beyer, and Mark Fleischer and

kids. We would also like to thank the town highway department, which has been very helpful over the years.

The beautification project is ongoing, and we want to thank everyone who contributes to this effort. Our neighborhood looks great.

Working on this project has enabled us to talk to all our neighbors, which has been both fun and instructive. We've learned that we live in a neighborhood filled with very nice people.

*Eric and Linda Braun*  
co-chairs  
Hudson Avenue  
Beautification Project

## Businesses deserve great big thank you

Editor, The Spotlight:

On behalf of the Elsmere fifth grade and the Pit committee, we would like to thank the following businesses for their generous donations to our raffle and for their support in making this year's Pit party possible.

Our thanks to Domino's Pizza, Hess Express of Delmar, Del Lanes, McDonald's of Delmar, Bruegger's Bagels, I Love Books, Cookies by Design, Perfect Blend, Jim's Tastee Freez, Pizza by Dominic, Coconuts, Price Chopper, Hannaford and Emma Cleary's.

*Gina Luke, Cindy Metchick,  
Beth Ann Frese and Lisa Graves*

## Article was a good start

Editor, The Spotlight:

While a sensitive recent article about parents recommending school children be screened with a new program for suicide risks was encouraging, the magic bullet to prevent the loss of life from youth suicides is just not that simple, yet.

The U.S. Prevention Services Task Force concluded that there was no evidence proposed or other screening that was effective in decreasing suicidal behavior.

In general, it isn't a strategy I could recommend expanding. The level of evidence to support screening effectiveness is moot and not always feasible to do.

However, if one feels the need for new screening, the proposed approach is as good as anything else and is specifically tailored to suicide case-finding.

Community-based ideas are a good start. I, too, grieve for these losses and am encouraged by recent progress nationally and in the states, especially with family advocates who are helping to change the youth suicide tide.

Thank you, *Spotlight*, for that interview and those beginnings.

*Les Fisher*  
Safety/management  
consultant  
Delmar

## Parks chief is grateful

Editor, The Spotlight:

Bethlehem parks & recreation would like to express our appreciation to Delmar, Elsmere, Slingerlands and Bethlehem Volunteer Ambulance for their participation in Bike and Safety Day held on June 19 at Elm Avenue Park.

Fire equipment was displayed and volunteer firefighters gave "tours" of fire apparatus.

We would also like to thank the following Glenmont businesses for their donations of bikes and helmets raffled at the Bike Rodeo:

Wal-Mart, Charter One, Nigro-Cos. and Laborers Local 190.

Thanks for giving back to our community.

We are grateful to Town Supervisor Theresa Egan, the town clerk's office, Bethlehem Police Youth Bureau and Bethlehem Youth Court for assistance in making the Bike Rodeo fun for all. Without everyone's support, this event would not be possible.

*Nan Lanahan*  
Parks & Recreation  
administrator



Todd Vaccaro, D.D.S.

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# Your Opinion Matters

## Deer wreak havoc in and around Elsmere

Editor, The Spotlight:

Growing up in the '50s, I enjoyed going to the former Delmar Game Farm, now Five Rivers Environmental Education Center, to see many of our native wildlife species.

Guess what — it's back — this time in Elsmere.

Take a slow ride down Salisbury Road or Burhans Place or Euclid Avenue or Normanside Avenue or Capitol any evening and it's much like driving through San Diego's Wild Animal Park.

In addition to the "wild" turkeys, raccoons, woodchucks, opossums and foxes, you will see large numbers of deer ambling around the yards enjoying what's left of our decorative shrubs, flowers and vegetables.

Don't worry about scaring them off with your car — that won't happen!

Mothballs, coyote urine, human hair and Irish Spring soap, all allegedly deer repellents, appear to have become more like pheromones to these voracious herbivores, in essence announcing that there are some very delicious veggies in this yard.

Well, I, for one, would like to suggest that the town consider an effort to relocate these beautiful creatures to say, Colonie or Altamont or Saratoga, so that they can enjoy them for a while.

If that's not feasible, as I suspect it's not, perhaps the town would consider an annual tax credit of say \$500 to \$1,000 per family so that we can replace our shrubs and flowers and keep our

deer well-fed.

I would be more than happy to produce receipts for the replacement of my deer food (\$900 this year) if your budget folks require documentation.

Perhaps also, you might be able to help out with reimbursing many of us for the body shop costs from deer/car collisions or the medical costs associated with Lyme disease testing and treatment the result of the ticks they leave behind.

Folks, we've got a problem in Elsmere (as I suspect other neighborhoods do, as well) which has gotten way out of hand and needs your attention now!

It is more than a cosmetic problem — it is now a public health problem.

We really don't think we want the kind of publicity that Lyme, Conn., has received.

Richard and Ellen Many  
Elsmere

## Kiwanis grateful for support

Editor, The Spotlight:

The Delmar Kiwanis Club would like to extend its thanks to all who attended participated in our first Mutt Show.

Many canine participants and their owners had a fun time in events including Best Bark, the Obstacle Course, Best Costume and the very popular Looks Most Like Owner.

Prizes were awarded to all, cheered on by an enthusiastic audience.

Special thanks go to our sponsors, Reigning Cats and Dogs, Pet Spas of Delmar, Delmar Animal Hospital and Albany Broadcasting Co.

Thanks also go to Spotlight Newspapers and Time Warner Cable Channel 9 for their

excellent coverage of the event.

The Delmar Kiwanis Club supports many organizations that serve children, senior citizens and other worthy causes in the

town of Bethlehem and southern Albany County.

Richard Pulice  
President  
Delmar Kiwanis Club

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**Albany, NY-** What is your plan to *Stay Cool!* this summer? Whether your technique involves raising a few windows, buying a new room air conditioner (RAC), or just having your central air conditioner (CAC) tuned up, it's important to start this season armed with the latest knowledge about how to Stay Cool!

One of the easiest ways to prevent unwanted costs and to maintain your comfort is to properly maintain your cooling equipment. Have a contractor perform a pre-season, central air-conditioning system check-up. Check filters monthly and replace following manufacturer instructions to save yourself the cost and inconvenience of an air conditioner "melt-down" on summer's hottest days. Don't forget your outside CAC unit. Periodically clean and vacuum grills, coils, and cooling fans and keep them clear of leaves and other obstructions.

Buy ENERGY STAR<sup>®</sup> products when buying new or replacing old appliances. Whether you're in the market for a room air conditioner (RAC), central air conditioner (CAC), clothes washer, refrigerator, lighting, or another home product, make sure it has the ENERGY STAR label. ENERGY STAR products are super-efficient and can save on your energy bill. And remember, an appropriate size air conditioner will operate more efficiently and dehumidify more effectively than a unit that's too large for the space it's cooling.

There are several other things you can do to keep your house comfortable, even during summer's hottest months. Use a programmable thermostat and set the temperature the level you need it, when you need it. Close blinds or shades on the sunny side of the house to

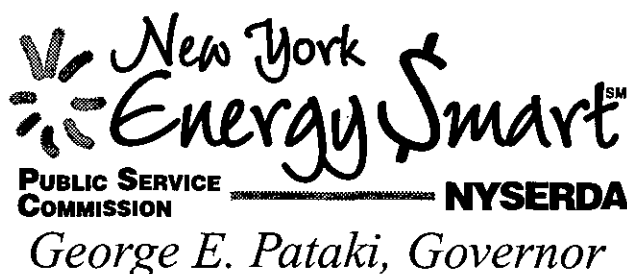
keep out the heat. Insulate your home, particularly in the attic. Not only is this spot usually the easiest to insulate, but it's also where you'll see the greatest energy-saving

benefit. Call a Building Performance Certified (BPI)

Home Performance contractor to assess the performance of your home.

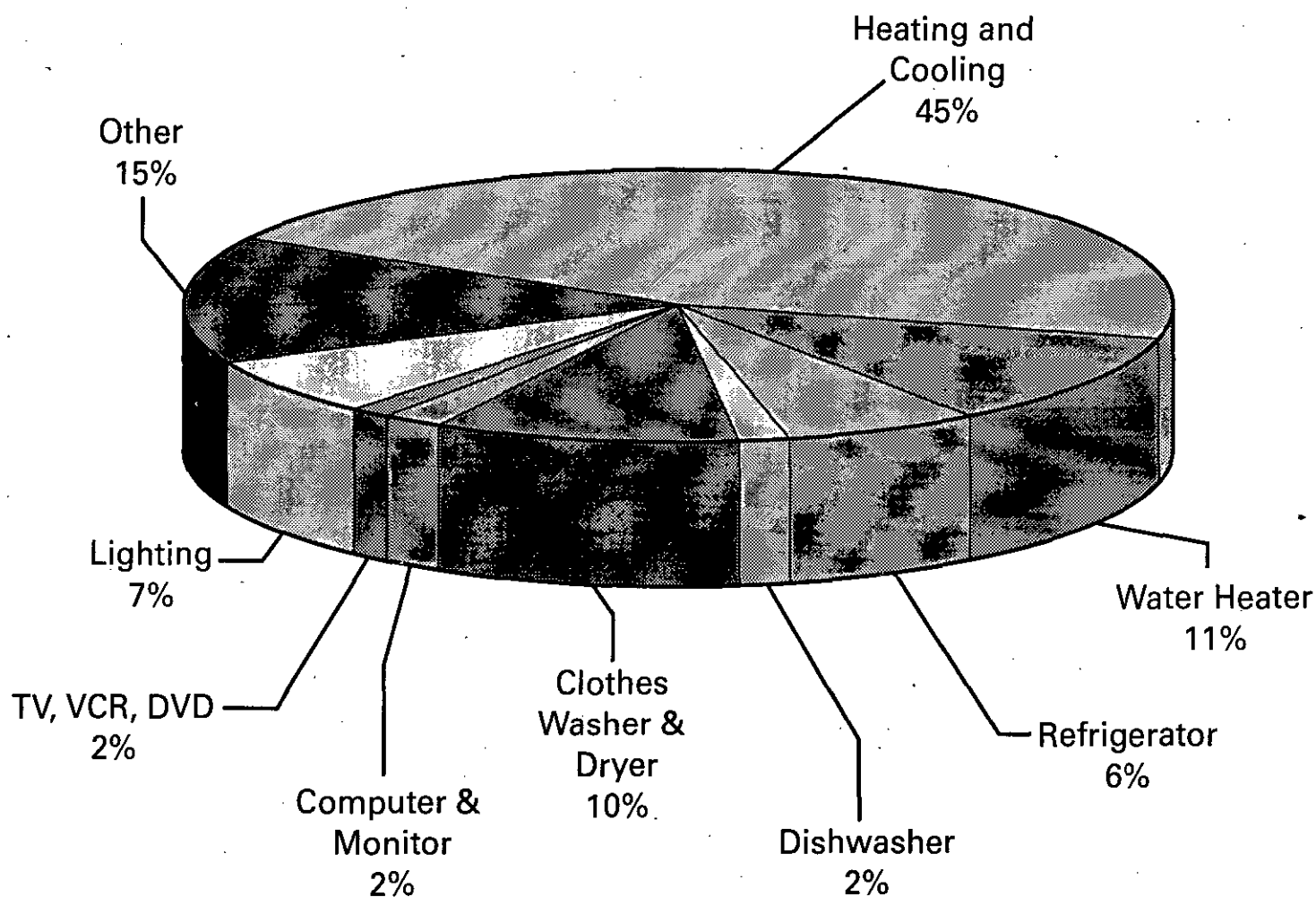
For more information on New York Energy Smart<sup>SM</sup> programs and money-saving

tips, including how to size your room air conditioner, or to find a participating retailer or Home Performance contractor, visit [www.GetEnergySmart.org](http://www.GetEnergySmart.org) or call toll-free 1-877-NY-SMART (1-877-697-6278). Make it an energy smart summer<sup>SM</sup>!

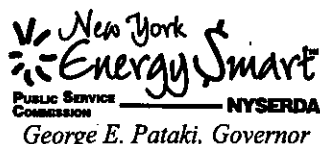


## Where does your money go?

Your first defense against rising energy costs begins with an awareness of how your money is spent. It's never too late to develop a plan to *Stay Cool!* without wasting energy and money. Buy ENERGY STAR<sup>®</sup> appliances and lighting products and save money, energy and the environment.



Average breakdown of a U.S. homeowner's energy costs. "Other" represents an array of household products, including stoves, ovens, microwaves, and small appliances. Each "Other" product accounts for no more than about 2% of a household's energy bills.



## Thacher Park to host walk in the woods

Walkers should meet at the Paint Mine picnic area in Thacher Park on Thursday, July 8, from 9 to 10:30 a.m. for the next walk in the woods.

Lengths of the walks will vary, but usually are between 1.5 and 2.5 miles, and all of the walks are easy to moderate.

Walkers should wear comfortable shoes and bring binoculars if possible.

In case of inclement weather, the walk will be rescheduled to Friday, July 9, at the same time.

For information, call the park office at 872-1237.

### Library starts summer programs

Voorheesville Public Library will be holding "Sky Camp" for kids in grades six and seven from July 7 through 9 from 9:30 a.m. to 2 p.m.

Sign-up is required.

For information, call 765-2791.

The Summer Reading Program will kickoff with "Tales 'n Tunes" songs and stories for the family today, July 7, at 7 p.m.

### Tastee Treat to offer weekend entertainment

The Tastee Treat ice cream stand on New Scotland Avenue in Slingerlands will present Jimmy and the Pop Tops on Friday, July 9, from 6 to 9 p.m. Jeff Strange (solo) will perform on Saturday, July 10, from 6 to 9 p.m.

For information, call 475-1373.

### New Scotland plans summer events

The town of New Scotland Recreation Committee has planned several events for the summer.

On Monday, July 19, at 1 p.m. there will be a tour of the Albany's historic area on land and water on the Albany Aqua Duck amphibious vehicle. The cost is \$11 per person.

On Tuesday, Aug. 3, see the Tri-City Alley Cats against the Vermont Expos at the Hudson Valley Community College ball field and the cost is \$9 per person.

For information, call Pat Geurtze at 475-0385.

### Village water restrictions are now in effect

The village of Voorheesville will enforce watering restrictions from now through Sept. 15.

Homes with even street numbers can water on Mondays and Wednesdays between 7 and 9 a.m. and 7 and 9 p.m.

Odd-numbered homes can water on Tuesdays and Thursdays between 7 and 9 a.m. and 7 and 9 p.m.

### Food Co-op orders due July 12

New Scotland Extra Helpings food co-op will be accepting food orders until noon on Monday, July 12, for the Thursday, July 29, pick-up date.

Forms and menus can be picked up at town hall on Route 85 or at St. Matthew's Church on Mountainview Road.

Each order costs \$14, and you are under no obligation to purchase every month.

Payment can be made by cash or food stamps and anyone in the area is welcome to participate.

### NEWS NOTES

**Voorheesville**  
Betsy Glath  
765-4415



### School board to meet

The next annual organizational meeting for the Voorheesville school board will be held on Monday, July 12, at 7:30 p.m.

New members and officers will be installed and meeting dates approved for the 2004-05 school year.

The regular meeting will immediately follow.

## Pool seeks members to join association

The Kenholm Pool Association invites new members to join.

The family-friendly pool, located on Dumbarton Drive, off Kenwood Avenue, is operated as a nonprofit cooperative and run completely by neighbors.

There is a kiddie pool for the young children and a full-size pool for older kids and adults, along with showers and changing facilities.

The association is offering a special rate for new members. Also, prospective members are invited to contact the pool to obtain a free day pass, good for the whole family, until Sunday, July 11.

For information, call Liz Dole at 439-9831 or visit the pool Web site at [www.timesunion.com/communities/kenholmpool](http://www.timesunion.com/communities/kenholmpool).

## Gardening program slated

Informal sessions are scheduled in the flower and vegetable gardens that are maintained by Albany County Master Gardeners at Cornell Cooperative Extension, 24 Martin Road Voorheesville.

Participants will meet at the gazebo of the Memorial Garden

at 7 p.m. for about an hour to tour the gardens and discuss what is happening.

There is no charge to attend, but participants are urged to bring questions with them. Sessions will be held July 20, Aug. 17 and Sept. 21. Rain dates will be the following evening.



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# Puppeteer to kick off reading club program Thursday

Internationally acclaimed puppeteer Bernd Ogrodnik opens this year's summer reading program Thursday, July 8, at 7 p.m. with a performance of *Metamorphoses* — an enchanting series of vignettes that explore the themes of transformation and change.

Ogrodnik's magical troupe includes marionettes, rod and tabletop puppets, and unforgettable characters he creates with his hands, wooden spheres and scarves.

Founded in 1986, Figuren Theater Bernd Ogrodnik is now recognized as a leading force in the world of puppet theater.

Ogrodnik's innovative work has premiered on stage, film and TV in the United States, Canada, Europe and Asia. His feature film, "Strings," the first made entirely



with marionettes, will be released this fall.

The performance is designed for school-age children (no younger, please) and their families.

A few seats are still open; call 439-9314 to register.

## Evening on the Green

"Loon" performs music of the Adirondacks and other traditional tunes in the first of our four summer concerts, on the library Green tonight, July 7, at 7:30 p.m.

Frank Orsini, Jeff Walton and Dan Hubbs play old-time string band music, fiddle and banjo



Bernd Ogrodnik and friend

tunes, Native American flute music, Irish songs and more.

Admission is free, so bring a lawn chair, a friend and your toe-tappin' shoes.

The concert will be held in the community room if it rains.

## Upcoming programs

Library Babies, activities for ages 15-21 months with adult, on

Thursday, July 8, at 9:30 and 10:30 a.m. (register for one session only).

Children's Writing Workshop (first of five sessions for youngsters entering grade three and up) — Friday July 9, 9:30 to 11 a.m.

Books Before Bed (first of five sessions for ages 3 to 6 with adult) — Monday, July 12, at 7 p.m.

Kraft Kraze for middle-schoolers Tuesday, July 13, at 2:30 p.m. — make a journal.

Registration is required for all programs except Books Before Bed.

Call 439-9314 for information.

Louise Grieco

## Read for fun

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## Impact of rising interest rates on values

Today's slowly rising interest rates are not having an adverse effect on the value and salability of homes, according to most industry experts. Values will continue to rise and sales activity will remain strong.

Even though mortgage interest rates are projected to climb to 6.6 percent by the end of this year, and rise to 7 percent next year, those increases will have minimal effect on home sales, according to David Lereah, chief economist for the National Association of Realtors.

"Interest rates are rising because the economy is expanding, and that's a good thing," he said. "All factors driving our economy point to a healthy expansion of the housing market this year and next year."

It isn't just low interest rates that have produced the strong housing market. Immigrants, second-home buyers, Baby Boomers, and now emerging Echo Boomers (kids of boomers) are contributing to the strong growth in home sales and values. The emergence of this last group will probably produce a shift over the next decade from a market dominated by luxury homes to one fueled by entry-level and moderately priced homes.

For professional advice on all aspects of buying and selling real estate, call me at Coldwell Banker Prime Properties, 518-640-4444 or email me at abbey@cbpp.com

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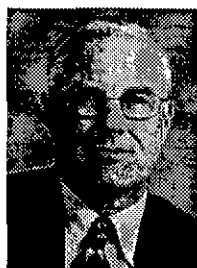
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# Sports

## Mickey Mantle team enters crucial stretch

By ROB JONAS

A four-game winning streak has placed Bethlehem in position for a berth in the state Mickey Mantle baseball playoffs.

With one week left in the Eastern New York League season, Bethlehem sits in sixth place with a 13-6 record. The top seven teams advance to the state tournament.

"I think the kids are playing well," Bethlehem coach Jesse Braverman said. "It's hard to predict how well kids are going to do, but they've played very competitively. We just hope we have enough wins at the end to keep playing."

Bethlehem's began its week last Monday with a 3-1 victory over Colonie. Catcher Matt Baboulis came up with the big hit — a two-run double in the fourth inning that broke a 1-1 tie. Oren Rasowsky picked up the victory after scattering seven hits in a complete-game performance.

Bethlehem's surge continued last Thursday with a 4-1 win against Sorensco (East Greenbush). Bethlehem scored two runs in the first inning and added two more in the fifth to put Sorensco away.

Robby Bellizzi belted a home run and added a single in support of winning pitcher Brendan Tyrrell, who tossed six shutout innings before giving way to Paul Loupe in the seventh.

Bethlehem wrapped up the week with a come-from-behind 7-3 victory over Chatham last Saturday.

Chatham grabbed a 2-0 lead in the first inning, but Bethlehem scored twice in the third inning and added five runs in the fifth to pull ahead for good.

Baboulis came through with a two-run double, and Chris Gray added a double and a single for Bethlehem, which got a complete-game performance from Loupe on the mound. Loupe struck out 14 batters to earn the win.

"He's got a very good breaking ball," Braverman said of Loupe. "He's very tough on right-handed hitters, and he's tough on left-handed hitters."

Bethlehem has a tough stretch of games to conclude the regular

season. Following Monday's game at Adirondack, Bethlehem hosts Halfmoon Wednesday before visiting Hoosick Falls Thursday.

The regular season ends Saturday with Bethlehem hosting first-place Brunswick, which includes two players from Braverman's LaSalle Institute varsity baseball team.

"I don't want to be in the position where we have to beat them (to make the state playoffs),

but it may come down to that," Braverman said.

### Orioles knocked out of contention

The Bethlehem Connie Mack division team headed in the opposite direction from the Mickey Mantle club last week with a four-game losing streak that knocked the Orioles into the bottom third of the Eastern New York League standings.

Following a 5-4 loss to Cohoes last Monday, the Orioles were

bounced by Clifton Park 10-3 last Wednesday. They were then swept by Queensbury in a Saturday doubleheader by scores of 11-3 and 6-5.

Bethlehem's record dropped to 8-11 with two weeks left in the regular season. The Orioles looked to break out of their skid Tuesday by hosting North Colonie.

Twin Town visits Bethlehem Wednesday, and Lansingburgh comes to town Friday.

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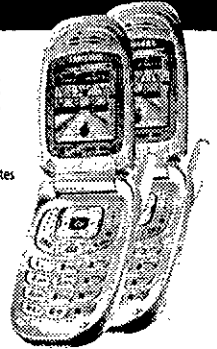
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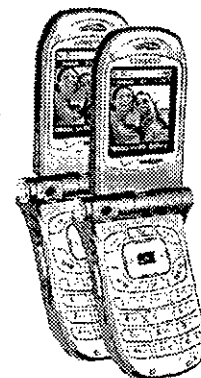
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All letters must include the writer's name, address and phone number.

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# Tri-Village Little League hosts District 13 tourney

The District 13 Little League playoffs begin this week with Tri-Village Little League hosting the 9-year-old division tournament.

The Tri-Village all-star rosters for all divisions, including International and Police Athletic League, are as follows:

**12-year-old All-Stars (managed by Jim Morrill):** Ted Abriel, Mike DeRuve, Tyler Kriss, Zach Kundel, Zach McMahon, John Morrill, Kyle Niehaus, Jake Ostroff, Sean Pauquette, Sean Quinlan, Alex Sobiecki and Sam Striar.

**11-year-old All-Stars (managed by Eric Sprague):** Garrett Bernardo, Nick Bette, Kyle Brownell, David Egan, A.J. Generali, Nick Hodom, Sean Kennedy, Gene O'Hanlon, Samuel Reider, Dan Rosenthal, Nick Sprague and Mike Vita.

**10-year-old American All-Stars (managed by Peter Baynes):** Paul Alonge, Michael Baldovin, Jack Baynes, Alex Bellizzi, Mike Eglow, Alex Lanchantin, John McCarty, Casey McGraw, Nick Parente, Tyler Reed, Kevin Sheridan, Ryan Stempsey and Kevin Sullivan.

**10-year-old National All-Stars (managed by Tim Long):** Kyle Brauner, Paul Graves, Ethan Long, Josh McDonald, Jasper Marynczak, Connor McMahon, Max Mirabile, Chris O'Keefe, Seth Partridge, Ben Sanders, Steve Welter and Dave Wilsey.

**9-year-old American All-Stars (managed by Rob Taranto):** Kevin O'Connor, Pat Curran, Kristjan Maksuti, Liam Roohan, Nick Gallucci, John Sica, Victor Fox, Robert Taranto, Mike Anziano, Jeff Fisher, Ben

Federman and Duncan Mackenzie.

**9-year-old National All-Stars (managed by Craig Miller):** David Miller, Sam Powers, Eric Mueller, Dan Morrell, Ian Foley, Max Leavitt, Nathan Kane, Jordan Newton, Sam Wander, Dan Thien, Chris Toomey, Joshua Northrup and Mike Carrk.

**International All-Stars (managed by Mike Izdebski):** Jack Ayer, Jeff Bettinger, Matt Cahill, Brad Campion, Cody Crounse, Seamus Fitzpatrick, Christian Frese, John Hartunian, Michael Izdebski, Joshua Peterson, Alec Royka, Michael Saintcross and Michael Williams.

**7/8-year-old American All-Stars (managed by John Corrigan):** Jake Bernardo, Gregory Brazis-Eberle, Sean Corrigan, Connor Costello, Mike Graves, Nick Hughes, Brayton Morehouse, Eric Olier, Jeff Palmerino, Jeffrey Pierce, Cameron Quinlan, Kevin Rooney and Austin Thompson.

**7/8-year-old National All-**

**Stars (managed by Rick Ostroff):** Pete Africano, Jason Clas, Brian Devane, Tom Ganely, Jacon Generali, Matt Henning, Alex Kessler, Austin Lang, Jack McQuire, Lauren Nardacci, John Ostroff, John Sica and Brendan Stempsey.

**Police Athletic League All-Stars (managed by John Lanchantin):** Jared Bailey, Brett Bukowski, Kevin Cassidy, Mike Costello, Joe Hartunian, Patrick Sellman, Dennis Hurley, Mike Promutico, Daniel Krzykowski, Jack Lanchantin, Nick Bernardo, Sam Smith and Ryan Sullivan.

## Crawford wins Majors title

Crawford Windows and Doors earned the Tri-Village Little League berth in the City and County tournament by beating Slingerlands Family Medicine 8-5 in the Majors division championship game June 26.

Slingerlands Family Medicine tied the game at 5 in the bottom of the fifth inning before Crawford scored three times in the top of

the seventh.

Ryan Stempsey belted his first out-of-the-park home run and added a double to lead Crawford. Jordan Orayfig contributed a double and a single, and Nick Hodom picked up the victory in relief of starting pitcher Kyle Niehaus. Hodom also singled twice.

Nick Bernardo belted a three-run double, and Jack Lanchantin contributed an RBI double in Slingerlands Family Medicine's five-run fifth inning.

## Bellizzi's claims Intermediate crown

Bob Bellizzi's Sports Camps earned the Intermediate division title with a 4-3 victory over King's Chapel June 26 at Magee Park in Delmar.

King's Chapel jumped out to a 3-0 lead in the first inning on hits by Victor Fox, Kyle Brauner and Isaiah Marcelle. Bellizzi's got one run back in the second inning on hits from Alex Bellizzi and Kyle Landrigan.

Bellizzi's took the lead with a three-run third inning. Michael Eglow's two-out double drove in the tying run, and Adrian Bergere brought home Jack Baynes on an infield single for the go-ahead run.

After allowing three runs in the first, Eglow shut out King's Chapel over the final five innings. Eglow struck out 14 and allowed two baserunners over the stretch.

Bellizzi's won the Intermediate division regular season title with a 16-0 record.



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a supplement to spotlight newspapers

July 7, 2004



# senior LIFESTYLES



# A good rehabilitation facility can be hard to find

Nursing homes are often mistakenly thought of as places people are sent to live out their golden years when they can no longer take care of themselves, but they also serve another purpose. More and more these days, nursing homes — or skilled nursing centers as they are now called — serve as rehabilitation facilities for patients recovering from acute illnesses, injuries and surgery.

Most of the patients who end up in skilled nursing centers have had a decline in their medical

condition brought on by a stroke, heart disease, hip or knee replacement or a fall. Most are alert and oriented but need help getting back to where they can care for themselves and live independently.

Depending on the ailment they are recovering from, typical short term stays at skilled nursing centers range from 10 to 40 days. During their

stay, besides nursing care, patients receive the combination of physical, occupational and speech therapy they need. Physical therapy deals mostly with mobility. Occupational therapy deals with the activities of daily living, such as bathing, dressing and meal preparation. Speech therapy deals with swallowing

difficulties and cognitive issues.

"The recovery process can be both physically and emotionally challenging not only for the patient, but the family members as well. Since your loved one will rely so heavily on the staff to help take care of their needs, it's important that you choose the best facility from the get-go," says Jill Rodriguez, program manager for a skilled nursing center.

Rodriguez recommends you visit at least two or three skilled nursing facilities



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and compare the answers you get to these questions:

1. How soon after admission can I expect therapy sessions to start?
2. Do you have licensed physical, occupational and speech therapists on site?
3. Does the center have the specific equipment needed for your loved one's diagnosis? For example, patients recovering from total knee replacement will need a passive movement machine on a regular basis.
4. Is there a set protocol or will therapy be tailored to my loved ones' needs and abilities? How long are therapy sessions and how many times a week are they offered?
5. Does the center encourage independence? Are nursing aides trained to encourage patients to do as much as possible for themselves?
6. Will my loved one have the same therapist every day?
7. How long can I expect my loved one to be here?
8. What happens when my loved one is ready to come home? Will I receive training in how to care for them? Is a social worker available to assist with discharge planning?
9. Is there a good team atmosphere between the nursing and therapy staffs?

Leona Fletcher, 82, checked in to a skilled nursing center after falling down and breaking her arm.

"Therapy helped to give me back my confidence with walking," she says. "The atmosphere in therapy first gave me hope that I could return home, then they taught me the skills I needed to make my discharge possible. I consider my therapists trusted friends who knew exactly what needed to be done to get me back on my feet."

According to the National Nursing Home Survey conducted by the National Center for Health Statistics in 1999, 68-percent of nursing home patients stay for less than three months. You can make that day come sooner by choosing the right facility — one that has a strong rehabilitation therapy department.



# En garde: Seniors take up fencing for fun, exercise

By Dick Buyer

**P**arry, lunge, thrust and riposte (a quick thrust) — These are fencing terms evoking historical images of 19th century French duels, and the legendary film star, Errol Flynn, swinging from a chandelier brandishing a sword.

For Rich Herskowitz, 67, of Albany, "They represent a form of physical chess, an activity forcing one to focus and satisfying my need to be competitive combined with enjoyment."



**senior LIFESTYLES**

He is the oldest active fencer in the Capital District and the most mature member of the Fulton-Montgomery Community College fencing club.

Often, driving to Amsterdam twice a week, the retired state employee pits his skills against much younger members (teenagers to mid-50s) specializing in the épée (a dueling sword). Mike McDarby, of Mayfield, who teaches biology at the college, is the club's coach.

In recent years, Herskowitz has fenced in the master's division of the Empire State Games. Competing on the local and regional levels, he has won a handful of medals: one gold, two silver and five bronze.

In the college gym this day, two masked fencers dressed in white, face each other with weapons poised to strike. As the referee shouts "Fence," there is a clash of épée as each man thrusts while the other deflects (parries) the attempt to make bodily contact.

Footwork is important as each fencer seeks an advantage or

weakness prompting him to abruptly change directions — as one fencer advances, his challenger retreats.

At six feet, with épée in hand, Herskowitz is an imposing figure in his fencing garb as he parries and lunges to score a point.

Behind each participant trails a black electric wire attached to their tunic that record hits on any part of the body. The wire enters a reel and retracts or advances depending on the fencer's footwork.

Once a strike is made, a light appears on the machines indicating points scored. Once contact is made, action stops to permit the fencers to reposition themselves for another match.

When the referee shouts, "Fence," the rivals resume the battle. The first one to score 15 points wins.

Three different arms are used in fencing: épée, foil and saber. According to Herskowitz, the épée is based on a 19th century French dueling weapon.

"When first blood was drawn," he said, "the duel was stopped."

In épée competition the action is slower, Herskowitz said.

In comparison, a foil (sword with a flat hand guard and a thin four-sided blunt-ended blade) match is more rigorous and the object is to strike the torso. In its heyday, foil duels were fought to the death.

Describing saber use (based on the cutlass — a short, heavy sword with a curved single-edged blade), he said, "It is a young men's game which involves more swinging."



Coach Mike McDarby of the Fulton-Montgomery Community College fencing team instructs Rich Herskowitz of Albany. The fencing club provides seniors with an opportunity to learn more about this time-honored sport.

In both saber and foil meets, the rules are more elaborate, he added.

Ideally, skilled fencers tend to be thin to avoid thrusts and tall, enabling them to extend their reach.

Fencing equipment costs from \$300 to \$500. Fencers must have a mask, tunic, knickers, under-arm protection and a weapon. Herskowitz wears a chest protector and has two épées.

For this senior, fencing has its points: actual points in

competition and the added plusses of staying in shape, maintaining eye-hand coordina-

tion and serving as a role model for his peers.



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# Elder care: A growing concern in the workplace

By EDWARD NEARY

Ageing has emerged as the most urgent issue of the 21<sup>st</sup> century. This is a critical time to ensure that effective and innovative programs are in place to meet the needs of our growing senior population.

## What employers should know

According to research done by the National Alliance for Caregiving and AARP, there are approximately 25 million caregivers of the elderly in the United States. It is estimated that 47 percent of these caregivers are in the work force. Listed below are some important facts that employers need to know:

- 80 percent of all caregiving is done at home.
- 60 percent of all caregivers of the elderly have been providing care for more than five years.
- Caregiving is emotionally and physically draining and often

impacts the quality of an employee's work.

- Elder care can increase employee absenteeism and turnover.
- By 2005, more than 35 percent of workers will be more concerned about caring for a parent than a child.
- Lost productivity due to caregiving responsibilities is estimated to be around \$20 billion per year.

- One in five caregivers are forced to quit their jobs due to caregiving responsibilities.

Colonie Senior Service Centers, Inc. (CSSC) provides services for seniors in the town of Colonie, the largest population of seniors over 60 in the Capital District. Our Bright Horizons Adult Day Services has addressed the issues and needs surrounding caregiving and caregivers since 1985. Most people are unprepared for the responsibilities associated with caregiving, especially when they are caring for a loved one in need

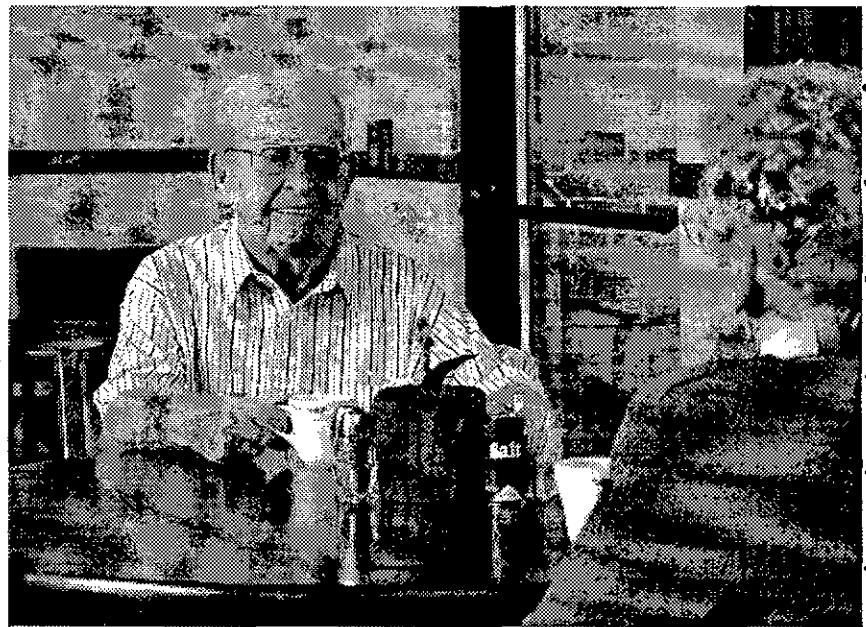
of increasingly more attention.

In many cases, the time and energy demanded increases gradually over time. Suddenly, they realize that the demands are exhausting not only their own emotional, physical, and financial resources, but also those of the entire family, including their loved one. At this point, these caregivers do not know where to turn for help.

A key solution for these caregivers is respite, such as the Bright Horizons Adult Day Services provided by Colonie Senior Service Centers. Bright Horizons, a friendly club for special seniors, gives caregivers a break from the constant responsibilities of caring for a loved one, a little R & R, so to speak. Another key component to successful caregiving is access to information and support.

## How Colonie Senior Service Centers can help

Supporting your employees who are caregivers can improve



staff morale, retention and productivity. We offer, at no cost, ongoing support and information to the working caregiver. This can be done in a variety of ways:

- Presentation or brown bag discussion groups on caregiver-related topics.
- Organize or participate in health/information fairs.
- Information rack in your coffee or break room.
- Tear-off posters that highlight the CSSC Caregivers Support Services Program.
- One-on-one consultations with caregivers.
- Provide inserts about our

services for distribution with paychecks.

- Articles on caregiver-related topics in company newsletter or through e-mail.
- Multiple copies of our monthly newsletter, "Bright Horizons, A Friendly Club for Special Seniors."
- Online caregiver support at our Web site [www.colonieseniors.org](http://www.colonieseniors.org).

For information, call Blair Debes, Bright Horizons Adult Day Services program director at 459-2857, ext. 322.

*The writer is executive director of Colonie Senior Service Centers, Inc.*

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# Don't wait for the bathroom of your dreams

When you were 20, you might have dreamed of a bath with a surround sound stereo system and a large-screen TV. Now that you're a little bit older (and a lot wiser), you realize that while those ideas are nice, you have other thoughts on how to best remodel your bathroom for the second half of your life.

Below, find ideas from quick and simple to big and daring, on how to revamp your bathroom. These are bathroom projects designed with America's seniors in mind — ranging from those you can implement on your own to ones for which you'll need to enlist the help of a pro.

## Bathtubs and showers

### • Do-it-yourself

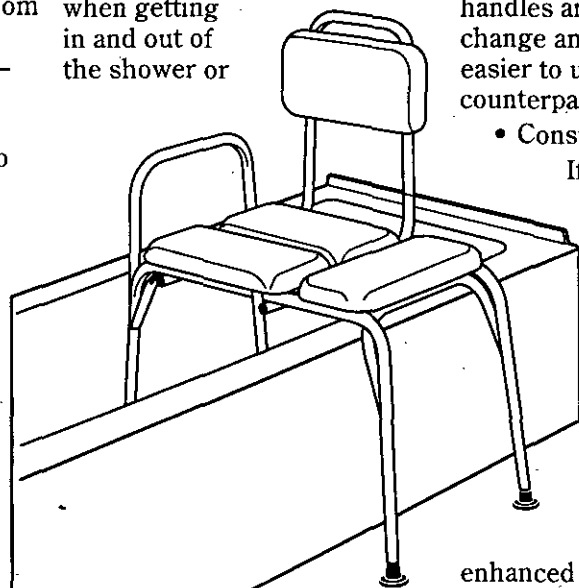
If you don't already have one, make sure you invest in a slip-resistant mat for your tub's floor. Another quick and easy addition you can make yourself is to place a tub grip on the side of the tub wall for an easier time stepping into and out of the tub, especially when you're wet from the shower. Another good idea is to invest in a removable shower chair or transfer bench. Whether they are used by someone who physically cannot get over the tub wall alone or for just taking a load off and enjoying the hot water a little longer, these items are a quick and simple way to improve the safety of your bath.

### • Consult a professional

For easier and more enjoyable showers, consider installing an adjustable height

showerhead with an extendable hose or a hand-held shower. This allows you to bathe while sitting on a chair or bench (and also helps in rinsing your hair when taking a bath).

You can choose from hand-held showers that replace your existing shower or others that provide you with an additional showerhead. Grab bars should be an essential item in everyone's bath, as they give you something to grab onto when getting in and out of the shower or



tub and provide support for extra balance while in the shower.

Especially if your balance isn't what it was as a teenager, grab bars are added support that allow you to be more confident and secure. A grab bar should bear the weight of up to 250 pounds, have no corners or edges and have a diameter that is 1 and 1/4 to 1 and 1/2 inches.

## Small changes — big difference

### • Do it yourself

It's important as you grow older to make sure that all obstacles in your bath are removed to prevent tripping or falling. Old rugs should be replaced with styles featuring a nonslip bottom. In a wet environment, this change can be beneficial to every member of the family.

Another quick change that can make a big difference is to the standard doorknobs that require awkward turning or twisting motions. Lever door handles are an excellent quick change and they're much easier to use than their knob counterparts.

### • Consult a professional

If you're bringing in a contractor, you might want to think about installing nonslip tiles to secure the entire floor space.

Additionally, it's also a good idea to ensure the room has ample natural and glare-free lighting for enhanced visibility. Adding a skylight or additional window is a wonderful way to increase natural light. If you don't have the room or budget for a new window or skylight you can install glare-free track lighting.

## Safe seating

### • Do-it-yourself

If you find that bending down to sit on the toilet seat is more of a chore than you feel it should be, know that you're

not alone. Many people, especially seniors, have difficulty with the standard 14-inch high toilet.

A quick and easy solution is installing an elevated toilet seat, which brings the height of the seat up 17 to 18 inches. This height puts much less stress on your legs, knees and back. The design of these elevated toilet seats has come a long way from the intrusive, bulky items they used to be.

### • Consult a professional

If you're bringing in a contractor to replace your toilet, then consider installing one with a higher ADA compliant seat height. Just like the removable elevated seats, these are a useful addition if you currently (or fear in the

future you will) have difficulty bending or sitting.

Some manufacturers even claim that elevated toilets work better than their standard counterparts because they have greater water depth,

which aids the unit's flushing action.

With the increased options

available to you today, there is no reason bath safety can't be beautiful and fit into your own decorating style. Whether you're making improvements yourself, or bringing in a contractor to do bigger work, it's a good idea to focus on the bathroom — and ensure that this room continues to be a safe place of retreat and rejuvenation throughout your entire life.



**senior LIFESTYLES**

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# Hospice care provides patients comfort and care

When a loved one is ill, you do what you can for that person. You make chicken soup, fluff pillows and pick up prescriptions from the pharmacy — you do whatever you can to provide as much comfort as possible.

Hospice care — a type of care available when a patient's prognosis is for a life expectancy of six months or less if the terminal illness runs its normal course — is centered on those same principles but so much more. It's more than attending to a patient's physical needs; it's making sure the emotional needs of the patient, as well as his or her family, are also considered. The whole person

is treated, with a focus on providing peace and comfort.

The Hospice Care concept was established in the United States in 1974, and according to the national Hospice and Palliative Care Organization, hospice care was provided to

at least 700,000

patients in 1999, up

from 540,000 in

1998. Today,

hospice care

continues to be

a growing and

viable option

for quality care

for the

terminally ill.

Health care providers are not surprised by the increase.

"By treating a person's medical condition, such as relieving pain and controlling symptoms, as well as providing emotional support to the patient and his or her loved

ones, greater quality of life can be attained during the final stages of a person's life — that's very important to our patients," said Dr. Ed McMahon, director Alzheimer's care and quality of life for Beverly Healthcare.

Hospice care is a family-centered approach, and is made up of a "family" or team

of health care professionals including doctors, nurses, social workers, chaplains, aides and volunteers, who coordinate and provide care not only to the patient, but also to the family, 24 hours a day, seven days a week. Each member of the hospice team plays a special role in the care of a patient and his or her family, providing medical care, and social, emotional and spiritual support, even after the death of the patient.

The Hospice Foundation of American (HFA), a nonprofit organization that provides leadership in the development and application of hospice and its philosophy of care, notes that patients and families who choose hospice care are the core members of the hospice team and are at the center of

all decisions that are made. The last days of a person's life should be as restful and serene as possible. Therefore, with hospice care, patients and their family members make the decision as to where the patient's final days are spent.

Rather than at a hospital, hospice care can be provided in a welcoming and comfortable setting such as a nursing home, an inpatient hospice center, the home of family, or at the patient's own home. The hospice team can help make that decision, based on what will be most comfortable for the patient and family.

Following is a step-by-step guide to help those eligible for hospice care understand how to take the first step to receiving care.

• Hospice staff meets with the patient's personal physician and a hospice physician to discuss the patient's medical history, current symptoms and life expectancy.

• After the initial physicians' meeting, hospice staff meets with the patient and his or her loved ones to discuss the hospice philosophy, available services and expectations.

• The hospice staff then discusses with the patient his or her pain and comfort levels, support systems, financial and insurance resources, medications and equipment needs.

• Finally, a plan of care is built for the patient, which staff regularly reviews and revises, based on a patient's condition. While it may be difficult to think about a loved one passing away, hospice care can help make the transition more peaceful. Bereavement support is also available, and is one of the final stages of hospice care.

One of the most beneficial roles that hospice staff and volunteers offer is support and help to family members and loved ones with emotional healing or adjusting to their loss.



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# 82-year-old logs more than 20K miles in-line skating

Charles Chapman is not your average 82-year-old. Instead of sitting back and taking it easy, he's running and skating circles against fellow residents of "The Villages" retirement community, which is about an hour north of Orlando, Fla.

Chapman skates three times a week, on Monday, Wednesday, and Friday, with the group he founded almost 10 years ago, the Rollerblade Whiz Club. So it should come as no surprise that he has already logged over 20,000 miles on his in-line skates. He also recently participated in the second annual Disney half-marathon, beating 137 other contestants ranging in ages from 15 to 65 — with the majority in their 20s and 30s.

"Charles Chapman and his in-line skate club are a prime example of people getting the most of their life," says John Rohan, The Villages director of recreation. "Charles' enthusiasm and excitement for the sport has created many new participants over the years, his leadership and passion are some of the main reasons residents decide to get involved. Then, tie in all the physical, health and social benefits that come with interacting and participating as group in this activity and the benefits are endless."

Chapman moved from Oregon to Florida a little over 10 years ago. He was visiting his sister in Fort Lauderdale for mutual birthdays and mentioned he wanted to try in-line skating, but was afraid to due to his weak knees and bad back. Despite his negativity, Chapman's sister bought him skates as a present for his birthday, and his skating journey began.

"When I returned to my home, I put them on and immediately fell on my butt," he said. "Went out for five minutes, next day 10 and so on until some time later I was gaining confidence and expanding my horizons — and most important, realizing that I had been given a sport that did not hurt my knees at all."

Not only did his back pain cease, but after two or three months his back was no longer hurting. Skating built the muscles in his back and which



Charles Chapman, 82, enjoys spending the day in-line skating.

ultimately helped support it. "Now, nine years later, I still have never had so much as a twinge of pain in my back," says Chapman.

Even more amazing is the fact that Chapman, a lifetime runner

and basketball player, had his knees replaced in 2001.

"Three and a half years ago I finally decided to have my knees replaced, not due to the skating,

which had actually extended my knee life by strengthening the muscles around them, but due to the discomfort I always endured when walking," he said.

The surgeon said that the knees had absolutely no cartilage left and informed Chapman that he'd have to stay off skates for three months.

"I was actually back on them in six weeks, and in a few turns was back to my old speed and stamina," he says.

People often ask Chapman about the safety of in-line skating, and he responds the same way every time.

"It's ironic that so many people decline to try our sport because of their fear of falling, yet in many cases where we lost

skaters, it has been due to injuries they suffered while playing softball, pickle ball, or horseback riding, not skating," he said.

Chapman diligently spreads the word about inline skating, telling of its safety, physical

benefits, and social benefits. The Rollerblade Whiz club members provide

free lessons to all residents of The Villages community and their only requirement is skaters must wear all the protective gear: knee guards, elbow pads, wrist guards, and a helmet.

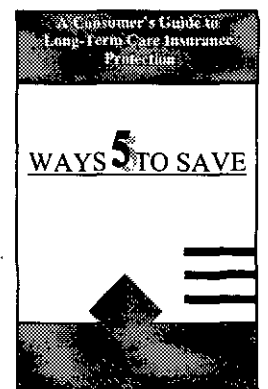
"Inline skating is an incredibly rewarding pastime," says Chapman. "The physical benefits are wonderful and the social aspect is great too."



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# Reverse mortgages — extra cash or income

By CAROLINA MINETTO LAZZARI

Stock dividends, though back in favor, are not what they used to be. Interest rates on bonds, CDs, and savings accounts are ridiculously low enough to make you wonder why they even bother, while health care costs are steadily increasing. Where can retirees find additional cash to live a little more comfortably?

One idea would be to sell the homestead, find a less expensive place to live, and reinvest the proceeds for more income. But this is a tough decision. It may involve moving away from family and friends, especially when the smaller living spaces in the area, like townhouses or condos, are

incredibly expensive. There's an emotional factor, too: how many people can easily part with the house both they and their children were raised in? If their vision has been for their home to stay in the family when they are gone, it becomes nearly impossible to sell it.

Fortunately, there is a way for seniors to keep their homes and use them to supplement their retirement income. With a reverse mortgage, homeowners can convert the equity in their homes into cash that they can use for any purpose they choose.

## How does a reverse mortgage work?

Reverse mortgage borrowers make no payments during the life of the loan, but the total amount borrowed becomes repayable with interest when the last living borrower either dies, sells the home, or moves out of the home permanently. All reverse mortgages are "non-recourse" loans. This means that the borrowers (or their heirs) can never owe more than the value of the home, regardless of loan balance.

Cash can be taken in a single lump sum, on a line of credit basis, in regular monthly payments, or in any combination of these options. Each withdrawal or payment received by the borrower increases the mortgage balance, which is the reverse of a conventional mortgage in which the borrower makes payments that reduce the mortgage balance.

To be eligible for a reverse mortgage, all owners of the home must apply and be at least 62 years old and using the home as their primary residence.

State and local governments usually offer the least expensive loans. But most stipulate that the proceeds must be used for specific purposes, such as paying for home repairs or property taxes. Some private institutions,

such as banks, mortgage companies, and savings associations, offer reverse mortgages that can be used for any purpose — but these involve higher administrative costs.

## How much money can I borrow?

The amount of cash you can get from a reverse mortgage generally depends on your age, your home's value and location, and the cost of the loan. The greatest cash amounts typically go to the oldest borrowers living in the most expensive homes.

To get an idea of how much a reverse mortgage might provide,

FHA/HUD loan: \$72,586 lump sum or line of credit, or monthly payments of \$445.

FannieMae: \$36,969 lump sum or line of credit, or monthly payments of \$303.

Bank loan: \$72,586 lump sum or line of credit (no monthly payment option).

The process of applying for a reverse mortgage differs somewhat from a conventional mortgage. To ensure that the prospective borrower understands how the reverse mortgage process works, they must meet with a HUD-approved counseling agency. This counseling is mandatory, regardless of which reverse mortgage product a borrower chooses.

Meetings are usually face-to-face, although telephone counseling is becoming more common. The counselor provides supplemental information on reverse mortgages, determines whether the borrower is eligible to get a reverse mortgage, and discusses

other options that may be available to the borrower to assist them with their daily living. Once the counseling meeting has taken place, the process then resembles a conventional mortgage application with the obligatory appraisal, title work, lien payoffs, and so on.

While reverse mortgages are not for everyone, they certainly are worth consideration if you need additional cash, have little or no mortgage on your home, and do not want to sell.

A wealth of information is available from AARP at 800-424-3410, The National Reverse Mortgage Lenders Association at 202-939-1760 and Fannie Mae at 800-732-6643.

*The writer is a certified financial planner in Schenectady. She offers financial life planning, incorporating all aspects of retirement, long-term care and estate planning and investment services as a registered representative of Commonwealth Financial Network — a member firm of the NASD/SIPC. She can be reached at 346-2726 or at carolina.lazzari@verizon.net*



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# Spice it up a little, cooking shouldn't be so boring

"Stop watering down food for seniors," says Rachael Ray, star of the Food Network's "30 Minute Meals" show and author of a series of recipe cookbooks. "There's no excuse for making food dull, lifeless and boring," the popular food host advises family caregivers.

Ray said that adult children often assume their loved ones need bland food.

"What they really want is good flavor. Cook to impress, cook to be excited or, at the very least, cook to share," Ray said.

Nearly half (44 percent) of family caregivers surveyed in a Harris Interactive poll conducted for the eldercare company Home Instead Senior Care help their loved ones cook, while 59 percent assist with grocery shopping. Home Instead Senior Care often steps in to assist the elderly with meal preparations when their family caregivers can't.

"We know from experience that seniors like their mealtimes to be interesting ... not just the food, but the setting, the companionship and the conversation," said Susan Walter, owner of the local Home Instead Senior Care office serving the Capital District. "Appetizing meals are an important part of seniors' lives, and vital to their physical and emotional well-being."

Ray, who was raised in a multi-generational Sicilian

restaurant family, said she was lucky to share food with many generations.

"I think that maps you out for life. Nobody can fight when they taste delicious food and they're together. There's something really intimate about it," she said.



Food also helps seniors reconnect with the past, Ray said.

"What's great about food is the nostalgia factor that ties all of us to where we're from. So it's a wonderful tool for seniors who are having trouble with memory or dementia or an illness that has removed them

from the world. Food can allow them to travel in the amount of time it takes to go to the grocery store," she said. "If they're from Russia or Germany or France or Ireland, give them food from those places and take them back to the things that make them feel good, whole, happy and excited about living."

Be creative to liven up food while staying within a senior's dietary guidelines, said Ray, who advocates moderation rather than denial. Here's how Ray recommends adding flavor to a senior's diet without compromising good health:

- Add low-sodium, no-salt stock to a sauce to make it taste like it has been simmering all day. Likewise, cook rice in chicken or vegetable stock rather than water, and replace cream

with stock when making mashed potatoes for a flavorful, low-fat alternative.

- Fresh herbs are a no-fat addition, and readily available in grocery stores to brighten the flavor of salads, dressing and

sauces.

- Purchase better cuts of meat for better flavor and less fat. Seniors shouldn't sacrifice quality, Ray said, even if they're on a budget.

"Never buy less than a ground sirloin because of the fat content. Don't buy fatty foods as opposed to lean, healthy meats to save pennies because in the end you're not, you have to trim. And the amount of waste balanced against lean clean meat is negligible," she said. "A small amount of lean protein is better than a larger amount of fatty protein."

- Stock up on fresh meats and vegetables when they're on sale, then divide and freeze them.

"Prepared foods are not good for seniors because they can't control the amount of salts, fats and additives," Ray said. "They should spend the money instead on prepared raw foods they can finish cooking, which will taste better to them as well."

Both Ray and Walter said it's important to involve seniors in meal preparation as much as possible.

"Our caregivers get to know seniors' likes and favorite

recipes and often help them prepare those special dishes," Walter said.

Having help in the kitchen can make the difference between whether a senior eats well or not, Ray said.

"But even if a senior can't help prepare the food, have them in the room when you're cooking, talk to them, let them smell it and feel it," Ray added. "It's a visceral experience that

involves all the senses and makes seniors feel whole. It doesn't just fill you up, it makes you feel alive."

For information about Home Instead Senior Care, visit [www.homeinstead.com](http://www.homeinstead.com).

## Recipes from "30-Minute Meals"

Don't be afraid to put flavor and creativity into food, says Food Network star Rachael Ray. Following are three recipes that Ray says can spice up your life. For a 30-Minute Meals booklet with more recipes for seniors, send a self-addressed, stamped No. 10 envelope to Home Instead Senior Care, 3 Chestnut St., Colonie 12205.

■ **Cooking** page S10

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Dr. Gabriel McGarry

## Ask Dr. McGarry

disease process that may contribute to significant problems in the future. Your x-ray films are kept up to date and reviewed for cavities while your existing teeth and restorations are examined for breakdown and wear that may cause problems. Personal hygiene instructions are given according to your individual needs and your health history is updated.

When you are examined by the dentist, he or she will review this information and evaluate your overall oral health. The dentist not only checks for cavities as the hygienist did but also conducts a soft tissue examination, oral cancer screening, and head and neck exam. As you may now realize, a visit to the dentist is more than just a 'cleaning'. I encourage you to ask your dentist or hygienist any questions you may have regarding your oral health.

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# Meeting the needs of a loved one with some help

Our relative, my relative, a spouse, parent, grandparent, dear old great-aunt or uncle — our loved ones are aging and need our help.

All too many of us are doing the best that we can to juggle work and family. Whether we are helping with schoolwork or sorting out medical bills, transporting kids to soccer games or picking up prescriptions, we're often run ragged trying to live our own lives and honor our elders.

Sometimes family and friends or hired help can lighten the load. When our best efforts just aren't enough, placement in a facility seems to be the only answer, even if it's not what our loved one wants.

Folks are living through their 80s and 90s and the number of centenarians increases every year. This new generation of aged Americans includes many who are physically or mentally

frail, yet determined to age in place in their community.

Families still struggling to find a safe yet affordable option to help honor the wishes of their elders have yet to be introduced to one of the best-kept secrets of community-based care: adult day services.

Adult day services provide a safe, structured, secure environment in which elders may find safe haven while family members work or attend to other matters. There are two types of adult day care programs.

A social model provides socialization, activities, nutrition, personal care assistance, supervision and monitoring in a protected, accessible setting, and often offers transportation and outings as well.

A medical model provides

medical intervention during the day under a physician's direction, including nursing, therapy and administering medication. Some

programs are bilingual as well, such as GuildCare Adult Day Health Care, a medical

model where staff speak both English and Russian, or Newgate Social Adult Day Services, where staff speak both English and Spanish.

Medicare beneficiaries can attend day programs without losing their eligibility for home health services under

Medicare's "homebound" requirement. In December 2000, Congress clarified the definition of homebound to allow Medicare beneficiaries to leave home to receive therapeutic, psychosocial, or medical treatment in an adult day program without losing their Medicare home health benefits, provided the program is licensed by the state.

For elders who do not require medical assistance during the day, social model programs generally cost half as much as medical models. Payment options for either type program could include Medicaid through Long Term Home Health Care programs, private insurance

such as long term care Insurance, subsidized services through the Department of Aging or other grants or private pay. Program directors can explain financial options available at the time of application.

Newgate, a service of Senior Services of Albany, recently moved to bright, spacious quarters at 301 Washington Ave. in Albany.

For directions or parking information, call Director, Maria Mendez or her assistant Paula Holder at 449-8035.

Although Newgate is open Monday through Friday from 8:30 a.m. to 5:30 p.m., call after 9:30 a.m.

## senior LIFESTYLES



## ■ Cooking

— from page S9

### Double-Dipped Spicy Chicken

Vegetable oil, for frying  
1 cup flour  
1 teaspoon paprika  
1 teaspoon poultry seasoning  
1/4 teaspoon cayenne pepper  
1/4 teaspoon allspice  
1 cup buttermilk  
1 pound boneless, skinless chicken thighs  
1 pound chicken breast tenderloins  
Salt and pepper

Heat 1 inches vegetable oil in a deep skillet over medium high heat. A cube of bread should brown in a 40 count when oil is ready. Set out three disposable pie tins. Mix flour with paprika, poultry seasoning, cayenne and

allspice. Divide seasoned flour between two tins. Pour buttermilk into a tin. Line up tins as such: flour, buttermilk and then flour. Season chicken with salt and pepper. Coat chicken in flour, then buttermilk, then a second coating of flour. Cook chicken 6 minutes on each side, until deep golden brown and firm. Drain chicken on paper bags and cool before packing up for picnic basket.

Yield: 4 servings

### Blue Cheese and Walnut Salad with Maple Dressing

1 (10-ounce) bag baby spinach  
1/3 pound blue cheese, crumbled  
1 (6-ounce) can walnut halves, toasted  
1/4 cup maple syrup, warmed  
1 1/2 tablespoons cider vinegar  
1/4 cup extra-virgin olive oil  
Salt and pepper  
Place spinach on a large platter.

Top with blue cheese and walnuts. Warm maple syrup in a small saucepan. Pour vinegar into a small bowl. Whisk oil into vinegar in a slow stream. Whisk maple syrup into dressing in a slow stream. Pour dressing down over the salad platter and serve. Season with salt and pepper to taste.

Yield: 4 servings

### Chocolate-Dipped Bananas

4 bananas  
8 Popsicle sticks  
3 cups good quality chocolate bar  
3 tablespoons butter, cut up  
Toppings:  
Chopped nuts  
Toasted coconut  
Cookie crumbles  
Colored sprinkles or chocolate jimmies  
Mini chocolate candies or mini semi sweet chips  
Granola

Peel and cut the bananas in half crosswise, so that you have 8 pieces. Place peeled bananas on sticks. Line a cookie sheet with waxed paper. Place bananas on cookie sheet in the freezer, keeping them there as long as possible — at least 10 minutes. Heat chocolate bits with butter in a double boiler over low heat until the melted chocolate and the butter are incorporated. Dip the chilled bananas in chocolate and roll with your favorite topping. Chill or freeze until ready to serve. If frozen, allow time to thaw so that bananas soften before serving.

Yield: 8 chocolate-dipped bananas

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# capital district senior spotlight



# Intergenerational learning experience comes alive

Since September, sixth-grade students from Thomas O'Brien Academy of Science and Technology (TOAST), an Albany City Magnet School in Lincoln Park, and senior residents of South Mall Towers have been coming together monthly to learn about the history and culture of Albany in a program called History Comes Alive.

November featured storyteller Yolanda Lee who told stories of her ancestors' arrivals in the Capital District. Lee then helped the students conduct oral history interviews of the South Mall Towers seniors.

TOAST student Harrison Woods listened carefully to Jesse Graham's tales of attending a one-room schoolhouse in southern Georgia. Star-Quana Jackson enjoyed interviewing her partner Dorothy Dancy, who explained that Pearl Street used to be the place to shop in Albany before it was replaced by the malls.

Dancy's advice to Jackson was not to forget "where you started from as you fulfill your dreams."

In December, students and elders discussed the wide variety of holiday traditions in Albany.

The seniors were pleasantly surprised to receive cards along with their student partners' photos.

February found the students and elders studying the Rapp Road exhibit at the State Museum in Albany. Near Crossgates Mall, the Rapp Road community is a historic and uniquely significant part of the city of Albany.

Most of its original residents migrated from Shubuta, Mississippi to Albany's South End in the 1930s and 1940s.

Under the leadership of the Rev. Louis Parson, pastor of Albany's First Church of God and Christ, they moved from the South End to Rapp Road in an attempt to recreate the rural life that many of them missed.

Many of the original families still live on Rapp Road. History Comes Alive elders added to the museum exhibit with their own stories of Rapp Road. This visit culminated with a ride on the museum's 100-year-old carousel.

In March, the group attended a performance of "Crumbs from the Table of Joy" at Capital Repertory Theater. After the production, the elders and students had the opportunity to speak with the actors in the

production.

"Crumbs from Table of Joy" is an intergenerational coming of age tale told through the words and eyes of a bright, sensitive teenager growing up in the '50s. In search of a better life, a grieving African-American widower moves his two teenage daughters from the rural south to the heart of Brooklyn.

In May, students and elders visited the Norman Rockwell Museum in Stockbridge, Mass.

The intergenerational friendships created through History Comes Alive have enhanced the lives of all participants. The young have



Kiera and Irene enjoy quality time together as part of the History Comes Alive program.

gained a sense of continuity and significance from the elders who have gained a sense of purpose and contribution as they transcend the losses of aging.

This program is co-sponsored by a grant from Albany County to Senior Services of Albany and a grant from the Learn and Serve

America program to the Capital Region Service Learning Institute, a collaboration of five area school districts. Program coordinators are Jean Rose and Arlene Ida, teachers from the institute and Holly LaMarre, activities director of South Mall Towers.

## Nominations sought for Third Age Awards

On Nov. 18, some of the Capital District's most inspirational and influential seniors will be recognized for their outstanding contributions to the communities they represent. Now in its ninth year, the Third Age Awards honor individuals

over the age of 60 who continue to persevere in their various fields of endeavor, instead of retiring or "slowing down."

These outstanding Capital District seniors will be recognized at an awards dinner at The Desmond in Colonie, an event that will be emceed by NewsChannel 13's Lydia Kulbida and sponsored by M&T Bank and Senior Blue of NENY.

If you know a senior over the age of 60, who is making distinct contributions to the Capital District, nominate that person for a Third Age Achievement Award.

Categories that will be considered include:

- Arts and Culture
- Athletics

- Business
- Education
- Government
- Health and human services
- Medicine/legal
- Community affairs/advocacy
- Volunteerism

Send nominations to Selection Committee, Senior Services of Albany Foundation, 25 Delaware Ave., Albany 12210. Nominations must be post-marked by Aug. 1.

Describe why your nominee should be considered for this award in fewer than two pages.

For nomination details and forms, call Senior Services of Albany Foundation at 463-4381.

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## Helping hands



Jake Ostroff (center) and some of his fellow Tri-Village Little League players conducted a donation drive that will send baseball equipment overseas to underprivileged children. *Jim Franco*

## Ondusko places eighth up north

Delmar's Gilbert Ondusko was eighth overall at last Saturday's Adirondack USATF 10-mile championship race in Lake George.

Ondusko completed the course in a time of one hour, 25 seconds. Glenville's Todd Raymond took the male title with a

time of 53:37.

Slingerlands resident Jim Maney was part of Team Utopia's MMO team that won the master male division. Maney teamed up with Russell Lauer and Paul Bohl to win with a combined time of 3 hours, 13:25. Maney was 15th overall with a time of 1:02:12.

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## Lacrosse clinics at BCHS

Bethlehem Youth Lacrosse is running two evening clinics at Bethlehem Central High School this summer.

The first clinic is July 26-30 and is open to boys entering grades four through six. The second clinic is Aug. 2-6 and is for boys entering grades seven through nine.

Both clinics run Monday through Friday from 5 to 7:30 p.m. The sessions are geared for la-

crosse players with intermediate to advanced skills.

The cost for each clinic is \$65 per person. The registration deadline is July 23.

For information, contact Bethlehem Youth Lacrosse coordinator David Rounds at 505-5372.

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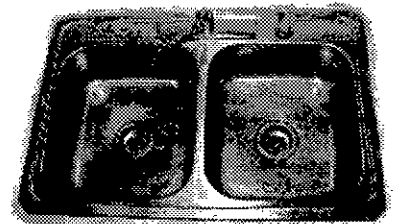
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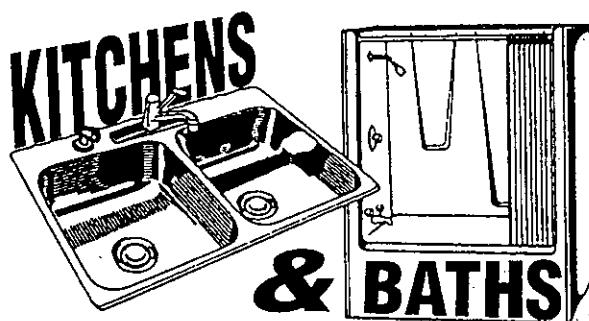
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# Celebration kicks off Summer Reading Club

It's Tales 'n Tunes for families tonight, July 7, at 7 p.m. at the Summer Reading Club kickoff.

All ages are welcome to hear songs and stories at the opening celebration for this year's reading season. Kids not yet signed up can do so tonight.

Regular SRC meetings will

**Voorheesville Public Library**



begin on Monday, July 12, and run through Aug. 19.

The most famous pig in the United States is making a guest appearance at the Summer

Reading Club on Monday, July 12, at 2 p.m.

Kids in grades one to three are invited to dress up in their farm clothes and get ready for "a fine swine time" with Farmer Minor and Daisy, the pig who has traveled coast to coast, met legislators and foreign dignitaries at the nation's Capitol, and has her own letter from Laura Bush.

Daisy loves to be read to, collects library cards, and brings her favorite books with her when she tours the country. Everyone can pet Daisy, and watch librarian Joyce Laiosa give her a big, fat kiss.

On Monday at 7 p.m., teens are in for a fantastic time at a photography workshop. Learn about what makes a good picture, good compositions, and get a free disposable camera to start taking pictures.

We'll also make a scrapbook

for the new photos. Sign up for a great time.

Musician, storyteller and re-enactor Chris Shaw will be here on Wednesday, July 14, to entertain grades four to six with a lesson in New York state history from the time of the French and Indian Wars. Shaw will even fire an old-time musket.

On Tuesday, July 13, Rowdy, the Albany River Rats mascot, will make an appearance at morning story time.

Summer story times will meet at the library on Tuesday at 10:15 a.m. Laiosa will be telling stories at the village park on Thursdays at 11 a.m. There is no sign-up for either program.

It's twilight time again, we're going to bring you a diverse and exciting lineup of musical talent at the "Together at Twilight" concerts this summer, beginning with a local group named

"Radically Sheep" that bills itself as "Geezer Rock for the New Millennium."

"Radically Sheep" plays anthems, standards and chestnuts from artists like Paul Simon, Little Feat, The Grateful Dead, The Kinks, Van Morrison, James Taylor and many more. They'll perform on Wednesday, July 14, at 7 p.m.

Remember to bring lawn chairs or a blanket to sit on and a sweater. Concerts conclude at dusk, or when the mosquitoes get too bothersome.

In case of rain, the concert will move to the Performing Arts Center at the high school. There is lots of room and comfortable seating there.

Invite neighbors, friends and relatives — it's all free thanks to the Library Friends and is handicapped accessible.

The Friends need someone to sell soda and snacks at the lawn concerts. There is some setup and carrying involved (ice, soda, etc.), so it might be a good project for an energetic family.

Call the library at 765-2791 and leave your name if you can help.

Check the July/August "Bookworm" for the busy schedule of summer programs.

You may also call the library for program information, or visit the newly revised library Web site at [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org).

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## Ready, set, go: run at Thacher

The Hudson Mohawk Road Runners Club will hold trail runs of 15 kilometers and 3.5 miles at Thacher State Park on Sunday, July 18.

The 15 kilometer (9.3 miles) race will begin at 9 a.m. The 3.5 mile race will begin at 11 a.m. Sean's Mile, a run for children, will start at 11:30 a.m.

Race registration and check-in will take place at the Haile's Cave Picnic Area.

Runners can register up to a half-hour before the start of each race. The race day entry fee is \$20 for all runners.

A barbecue lunch will be served to all participants following the race. Race T-shirts will be presented to the first 300 registered runners.

For information, visit the Web site at [www.hmrrc.com](http://www.hmrrc.com).

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# Obituaries

## Gladys Thompson

Gladys M. Slingerland Thompson, 99, of Glenmont, died Thursday, July 1, at Good Samaritan Lutheran Nursing Home in Delmar.

Born in Albany, she was a nurturing caregiver and babysitter, helping raise the many nieces and nephews of her family.

She was an avid bowler.

She was the widow of Harold F. Thompson.

Survivors include three nieces, June Thompson, Barbara Joan Burger and Gloria Hummer; and a nephew, Walter Slingerland.

Services were from the Applebee Funeral Home in Delmar.

Burial was in Grove Cemetery in Coeymans.

Contributions may be made to the Delmar Rescue Squad, 146 Adams Place, Delmar 12054.

## Julia Kelley

Julia Elizabeth Swinburne Kelley, 78, of Glenmont, died Friday, July 2.

Mrs. Kelley was raised in Rouses Point, Clinton County, and graduated from Argyle High School and Mildred Elley business school.

She was a regent in the Daughters of the American Revolution, coordinator of the Children of the American Revolution, chairwoman of the Antique Study Group, president of the Bethlehem Garden Club, chairwoman of the Delmar Progress Club, trustee of the Cedar Hill Museum and president of the Bethlehem

Historical Association.

She was a member of the Ten Broeck Mansion and the Albany Historical Society. She was also Girl Scout Troop leader and a volunteer at the Albany VA Hospital.

She was an avid collector of American history artifacts. She also loved vacationing on Nantucket.

She was the widow of Carlton Kelley.

Survivors include two sons, Thomas Kelley of Troy and Richard Kelley of Albany; two daughters, Patricia Byron of Albany and Shannon Kelley-Borowiec of Glenmont; a sister,

Katherine Swinburne Emigh of Fort Ann; 10 grandchildren; and a great-grandchild.

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

Arrangements were by the Meyers Funeral Home in Delmar.

Burial was in Our Lady Help of Christian Cemetery in Glenmont.

Contributions may be made to the Alzheimer's Association, 85 Watervliet Ave., Albany 12206.

## Cornelia Denn

Cornelia Crear Denn, 93, of Delmar, died Saturday, July 3, at Good Samaritan Lutheran

Nursing Home in Delmar.

She was a graduate of the former Milne High School and attended the state Teachers College in Albany.

Mrs. Denn retired from the state Department of Transportation as a principal account clerk.

She was a charter member of the Bethlehem AARP, the Bethlehem Garden Club and the auxiliary of Selkirk Fire Company No. 2. She was also a member of the Bethlehem Senior Citizens, the Glenmont Homemakers, the Sunshine Senior Citizens and Glenmont Community Reformed

Church.

She was the widow of James F. Denn.

Survivors include a niece, Jane Goddard of Middleburgh; and three nephews, Robert Geel of Florida, Barend Geel of Feura Bush and Richard Geel of Selkirk.

Services were from the Applebee Funeral Home in Delmar.

Burial will be in Onesquethaw Cemetery in Clarksville.

Contributions may be made to the Glenmont Community Reformed Church, Chapel Lane, Glenmont 12077.

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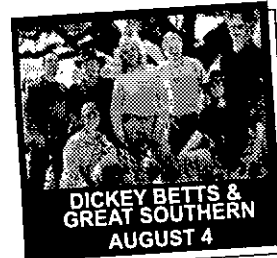
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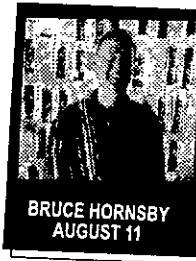
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# Obituaries

## Delia Milham

Delia Milham, 92, of Glenmont, died Friday, June 18, at Hospice Inn at St. Peter's Hospital in Albany.

Born in Albany, she was a member of St. George Antiochian Orthodox Christian Church in Albany.

She was a member of the church's Ladies Society.

Mrs. Milham was also a member of St. Sophia Greek Orthodox Church in Albany.

She was a charter member of the Selkirk Fire Co. No. 2 auxiliary and for many years was active in the Andrew J. Denn American Legion auxiliary. She

was a member of the Happy Hours Senior Bowling League at Del Lanes.

She was a bookkeeper and stenographer at the former Jared Holt Wax Factory in Albany. She also worked for the New York State Republican Party Committee in Albany as a secretary. She retired 30 years ago as secretary and office assistant for the postmaster general of the Postal Service's main office in Albany.

She was the widow of Fred Milham.

Survivors include three daughters, Dolores Docous, Lorraine Milham and Helen Lent;

two sisters, Julia Pendt and Helen Miller; five grandchildren; and four great-grandchildren.

Services were from the McVeigh Funeral Home and St. Sophia Greek Orthodox.

Burial was in Graceland Cemetery in Albany.

Contributions may be made to St. George Antiochian Christian Church Memorial Fund, 1 St. George Place and Dove Street, Albany 12202; the St. Sophia Greek Orthodox Church Memorial Fund, 440 Whitehall Road, Albany 12208; or the American Heart Association, 440 New Karner Road, Colonie 12205.

## Carl Pierson

Carl A. Pierson, 89, of Feura Bush, died Tuesday, June 29, at his home.

Born in Delmar, he was a World War II veteran, serving in the European Theater.

Mr. Pierson worked for the former Altech Specialty Steel Company for 33 years before he retired.

He was husband of the late Kathleen Smith Pierson.

Survivors include a daughter, Joan Maloney of Rexford; a sister, Ellen Figel of Delmar; and two grandsons.

Services were from the Daniel Keenan Funeral Home and St. James Church, both in Albany. Burial was in Calvary Cemetery in Glenmont.

## Earl Hay

G. Earl Hay, of Delmar, died Monday, June 28.

At retirement from the state Department of Education, he was chief of the bureau of trade, technical and health occupations.

Mr. Hay had achieved artisan status with the International Guild of Miniature Artisans. He enjoyed precisely crafting replicas of antiques, which were true to scale.

Survivors include his wife, Margaret Reynolds Hay; two sons, Duncan Hay of Boston and Peter Hay of Commack, N.Y.; two sisters, Grace Hand Glen and Miriam St. George of Fair Haven, Vt.; and a grandson.

Services were private.

Contributions may be made to Friends of Five Rivers at the Environmental Education Center, Game Farm Road, Delmar 12054; or Community Hospice of Albany County, 445 New Karner Road, Colonie 12205.

## Charles Moriarity

Charles E. Moriarity, 83, of Selkirk, died on Monday, June 28.

Mr. Moriarity worked for New England Telephone and Telegraph Co. for 40 years, retiring as foreman.

He was a member of the Knights of Columbus Council 167 in West Newton, Mass.; a member of the Holy Name Society of Our Lady Help of Christian Church in Newton, Mass.; a Boy Scout troop leader of Troop 31 in Nonantum, Mass.; and an avid bowler.

He was an Army Air Forces veteran of World War II, serving in the 79th fighter group and the 85th fighter squadron where he was awarded 10 Bronze Stars.

He was the husband of the late Myrtle Cavanaugh.

Survivors include five sons, Paul Richard Moriarity of Atlanta, Ga., Walter Joseph Moriarity of Winchendon, Mass., Charles E. Moriarity III of Delmar, Gerard Michael Moriarity of West Haverstraw, Robert David Moriarity of Newton, Mass.; two daughters, Virginia O'Malley of Albany and Mary Jane Hendron of Selkirk; a brother, William Joseph Moriarity of Kansas; a sister, Margaret Maureen Hassett of Kansas; and 16 grandchildren.

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

Arrangements were by the Durant Funeral Home in Glenmont.

Burial was in Calvary Cemetery in Glenmont. Contributions may be made to the Spiritual Life Center, 712 NY Route 79, Windsor 13865.

## Memorial service

A Mass of Christian Burial is scheduled at 11 a.m. Saturday, July 24, at the Church of St. Thomas the Apostle, 45 Adams Place, Delmar, for Kathleen M. Greer.

She lived in Anchorage, Alaska, and was formerly of Delmar.

All friends and relatives are invited to the service.

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ALL NATURAL <b>CHICKEN</b> LEGS OR THIGHS GRADE A <b>99¢</b> LB.	3 LBS. OR MORE (THIN SLICED) <b>SANDWICH STEAKS</b> <b>\$3.49</b> LB. (Great for Philly Steaks)	DELI DEPT. SARA LEE OVENROASTED <b>TURKEY BREAST</b> <b>\$5.49</b> LB. 97% Fat Free
U.S.D.A. CHOICE & HIGHER <b>WHOLE N.Y. STRIP LOINS</b> ..... \$6.99 LB. 15 Lbs. Avg. Weight	U.S.D.A. CHOICE & HIGHER <b>WHOLE TENDERLOINS PEELED</b> ..... \$12.99 LB. 6 Lbs. Avg. Weight	3 LBS. OR MORE EX-LEAN <b>STEW BEEF</b> <b>\$2.59</b> LB.
10 LBS. OR MORE GROUND CHUCK ..... \$1.89 LB. GROUND ROUND ..... \$2.49 LB. GROUND SIRLOIN Extra Lean ..... \$2.69 LB.		

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# Family ENTERTAINMENT

## CALENDARS ♦ ARTS & ENTERTAINMENT

By DEV TOBIN

**P**ark Playhouse, Albany's outdoor theatre tradition, features for its 16th season the musical that made "Tradition" a hit — *Fiddler on the Roof*.

The story of Tevye and life in an early 20th-century Russian village is "a timeless classic," said Ven Borromeo, Park Playhouse producer.

He added: "The timing seemed right" to present *Fiddler on the Roof*. "With the uncertainties we all faced after 9/11, one of the things that's so important is to hold on to one's beliefs and traditions, which can get you through the tough times."

With our world seemingly changing at warp speed in 2004, the social changes facing Russian Jews in 1905 are almost unimaginable.

*Fiddler on the Roof* was derided by some early critics as having limited appeal, but Tevye's problems — especially trying to ensure that his daughters marry well — are more universal than just Russian Jewish. And the songs are great.

As a result, the musical was a hit from the start, winning nine Tony awards in 1965 and running for more than 3,200 performances. And it's again in revival on Broadway.

In one break with local tradition, Borromeo has cast a local actor, rather

than a professional from New York City, in the lead role of Tevye.

Mark Burgasser of Slingerlands, a Park Playhouse board member, sang

**"With the uncertainties we all faced after 9/11, one of the things that's so important is to hold on to one's beliefs and traditions, which can get you through the tough times."**

Ven Borromeo

in the troupe's off-season "Lyrics and Lyricists" concert series and Borromeo said Burgasser's "charm

and charisma jumped out and said, 'That's Tevye.'"

Borromeo said Burgasser has grown into the role during rehearsals. "He's a great storyteller and a great leader of this cast."

The cast of 31 is larger than normal for a Park Playhouse musical, and only three of them are from outside the Capital District.

"The talent is just fabulous here," Borromeo said.

The cast includes Vanessa Lyn Cea as Golde, Debra Weiskopf as Yente, Frank Leavitt as Lazar Wolf, Jessie Alois as Tzeitel, Melissa Sgambelluri as Hodel, Rachel Rhodes-Devey as Chava, Dan P. Keon Jr. as Motel, Evan Siegel as Perchik, Jesse Kissel as Fyedka, Amanda Genovese as Fruma-Sarah, Kristine Schaefer as Grandma Tzeitel, Mike Cruz as Mendel and Joshua Modney as the Fiddler.



The cast of "Fiddler on the Roof" bring turn-of-the-century changes in a small Russian village to life at Albany's Park Playhouse this summer.



Mark Burgasser plays patriarch, philosopher and village leader Tevye in "Fiddler on the Roof."

*Fiddler on the Roof* will run Tuesday through Sunday at 8 p.m. in the Washington Park Lakehouse amphitheater. Reserved seating near the stage is \$14 and \$16 (with a \$2 discount for seniors and students), amphitheater seating on the hill (bring a lawn chair or a blanket) is free. For information, call 434-0776.

The 10th season of Park Playhouse II will present *Into the Woods Jr.*, with local students playing all the parts, Tuesdays to Sundays, from July 20 to Aug. 15 at 5:30 p.m.

Borromeo noted that the goal of having Park Playhouse II as a training program for young people interested in theatre is coming to fruition, as a Park Playhouse II veteran will be directing *Into the Woods Jr.* and six Park Playhouse II vets are in *Fiddler on the Roof*.



## Rolling thunder



The Fabulous Thunderbirds will bring the blues to one of the three stages at the Fleet Blues Fest this Saturday, July 10. Join them and other blues performers from noon to 10 p.m. at the Empire State Plaza.



# ARTS and ENTERTAINMENT

## Theater

### FIDDLER ON THE ROOF

Park Playhouse production, Washington Park Lakehouse, Albany, through Aug. 15, free, \$14 and \$16 for reserved seats. Information, 434-0776.

### AIN'T MISBEHAVIN'

Fats Waller musical, Capital Repertory Theatre, 111 N. Pearl St., Albany, through Aug. 8, \$31 to \$39. Information, 445-7469.

### BENCH IN THE SUN

Curtain Call Theatre, 210 Old Loudon Road, Latham, through Aug. 14, \$18. Information, 877-7529.

### SWING!

Mac-Haydn Theatre, Route 203, Chatham, through July 18, \$20.90 and \$22.90, \$12 for children under 12

accompanied by an adult. Information, 392-9292.

### HONKY TONK ANGELS

Theater Barn, Route 20, New Lebanon, through July 11, \$19, \$17 for matinees. Information, 794-8989.

## Music

### LIVINGSTON TAYLOR

Music Haven, Central Park, Schenectady, July 7, 7 p.m., free. Information, 1-866-333-8191.

### FLEET BLUESFEST

featuring The Fabulous Thunderbirds, Taildragger and the Chicago All Stars, etc., Empire State Plaza, Albany, July 10, noon to 10 p.m., free. Information, 473-0559.

### WOMEN OF AFRICA

with Maria de Barros and Kaissa, Music

Haven, Central Park, Schenectady, July 11, 4 p.m., free. Information, 1-866-333-8191.

### BURNING SPEAR

Washington Park, Albany, July 12, 7:30 p.m., free. Information, 1-866-333-8191.

### FOUNTAINS OF WAYNE

Empire State Plaza, Albany, July 14, 6 p.m., free. Information, 473-0559.

### LEAHY

Alive at Five concert, Albany Riverfront Park, July 15, 5 p.m., free. Information, 434-5412.

## Dance

### NEW YORK CITY BALLET

Saratoga Performing Arts Center, 8:15 p.m. unless otherwise noted; July 7—Mozartiana, Agon and Tchaikovsky Suite No. 3; July 8—Mozartiana, Stravinsky Violin Concerto and Cortège Hongrois at 2 p.m., Apollo, Agon and Tchaikovsky

Suite No. 3; July 9—Divertimento No. 15, The Four Temperaments and Thge Four Seasons; July 10—Circus Polka, Zakouski, Agon and Cortège Hongrois at 2 p.m., Apollo, Monumentum pro Gesualdo, Movements for Piano and Orchestra, Zakouski and Tchaikovsky Suite No. 3; July 13—Divertimento No. 15, New Wheelodn Ballet and The Four Seasons; July 14—Jewels; July 15—The Four Temperaments, New Wheelodn Ballet and The Four Seasons at 2 p.m., Jewels; \$8 to \$57.50. Information, 587-3330.

## Visual Arts

### NEW YORK STATE MUSEUM

French Painters of Nature: Barbizon School Landscapes from the Metropolitan Museum of Art, through Aug. 22; 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

Don Nice's Hudson River paintings, plus exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

### SCHENECTADY MUSEUM

Factory Bands to Funk: Music in the Capital Region, 1900 to the Present, through Sept. 12; plus Spirit of Schenectady, collection highlights and 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, Shades of Summer exhibit of original paintings by member of the Colonie Art League, through Aug. 31. Information, 786-6557.

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

### THE ORCHESTRA ON THE COMMON

openings in the string section, rehearsals Friday at 9 a.m., Shenendehowa Senior Center, Clifton Common, Clifton Park. 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, 399-9480.

### 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.

## Call for Artists

### DELMAR COMMUNITY ORCHESTRA

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

### COLONIE TOWN BAND

several openings, rehearsals on Mondays at 7:30 p.m. at town hall, Route 9, Newtonville. Information, 783-2760.

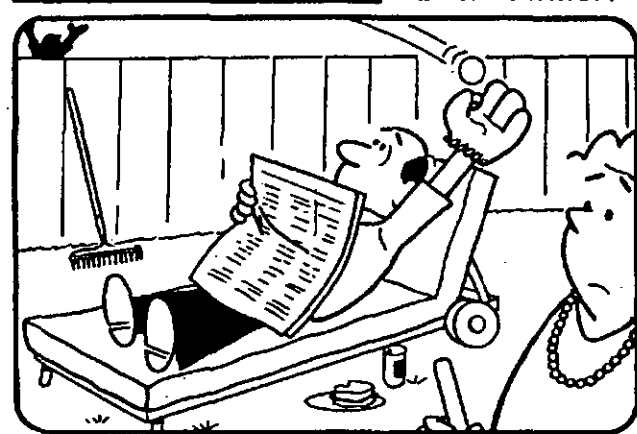
### COLONIE CENTENNIAL BRASS CHOIR

openings for brass players, rehearsals on first Thursday and third Tuesday of the month, at 7:15 p.m., town hall, Route 9, Newtonville. Information, 783-2760.

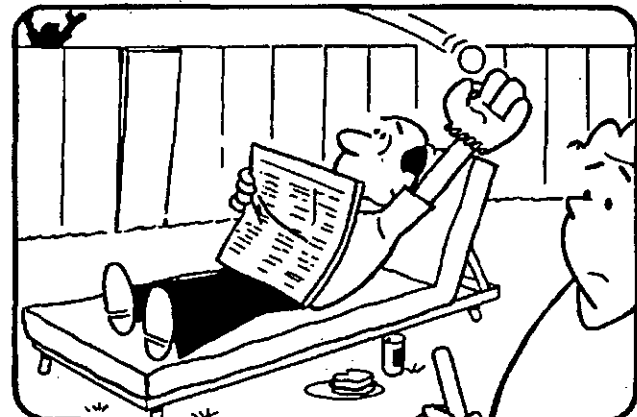
### SUBURBAN SOUNDS COMMUNITY CHORUS

openings in mixed chorus, rehearsals Sundays at 7 p.m. at Lynnwood

## HOCUS-FOCUS BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS. Differences: 1. Rake is missing. 2. Board is missing. 3. Newspaper is smaller. 4. Sleeve is shorter. 5. Wheel is missing. 6. Beads are missing.

## MAGIC MAZE

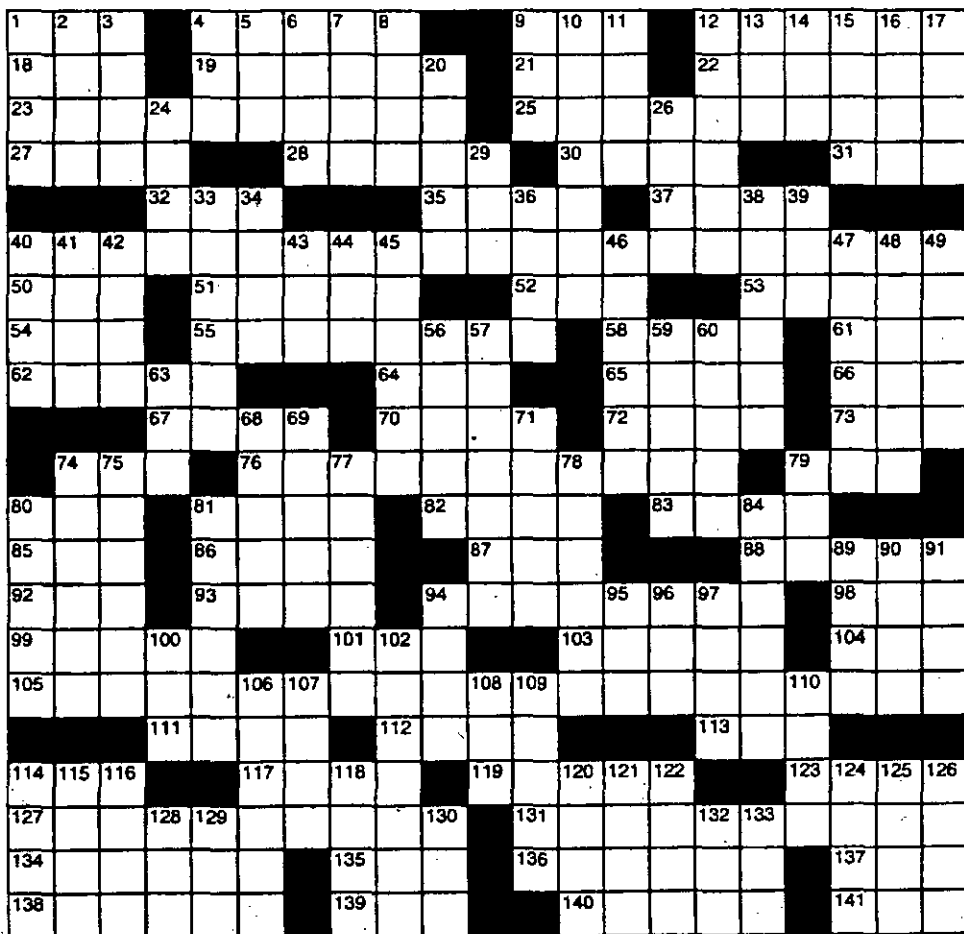
## WORDS OF OURS

URPNKIGYDBZXVES  
QOMRECOURSEKSS  
IGECAUYSRRWRPR  
USQPRNRUOUUSOU  
LJESRUOCNOCRSOU  
HFEEOHSCBDAURCQ  
YLXLTROUBADOURS  
FVETUUSQPPNHOER  
MVAOKJHFEMCNSTU  
BWFSRUOTNOCAZAO  
YEMOSRUOFPXMVWF

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

Bourse Foursquare Recourse Watercourse  
Concourse Man-hours Soursop Watt hours  
Contours Ourself Troubadours Yourself  
Fourscore Pompadours Velours

## The Super CROSSWORD



- ACROSS
- 1 Costa del —
  - 4 Shed
  - 9 Giant legend
  - 12 European capital
  - 18 Important numero
  - 19 First name in aviation
  - 21 Word with jacket or soup
  - 22 January stoat
  - 23 Start of a remark by 131 Across
  - 25 Jurassic giant
  - 27 Powerful beasts
  - 28 Fancy fabric
  - 30 Goes downhill fast?
  - 31 Summer hrs.
  - 32 Neighbor of Nev.
  - 35 Barnyard butter
  - 37 When pigs fly, to Tennyson
  - 40 Part 2 of remark
  - 50 Flamenco dancer's shout
  - 51 Use a colander
  - 52 Rage
  - 53 Supermarket section
  - 54 Novelist Raddcliffe
  - 55 Like some light fixtures
  - 58 Adriatic seaport
  - 61 Capp's "Abner"
  - 62 Sample the souffle
  - 64 Minnesota twins?
  - 65 Gen. — Robt. —
  - 66 Skater Midori
  - 67 Exchange
  - 70 Camping equipment
  - 72 A bad figure?
  - 73 Fabric suffix
  - 74 Mayberry aunt
  - 76 Part 3 of remark
  - 79 Misjudge
  - 80 Rocky hill
  - 81 Pianist Templeton
  - 82 Swing around
  - 83 Periodic table info
  - 85 "My — True Love" (54 song)
  - 86 Tabula —
  - 87 D-Day craft
  - 88 Herbert Hoover, for one
  - 92 Cookbook phrase
  - 93 "Suspect" star
  - 94 Agitated
  - 98 Cry's partner
  - 99 Actress Berger
  - 101 Palindromic title
  - 103 Lanya or Lehmann
  - 104 — premium remark
  - 111 Judge
  - 112 Copley or Hatcher
  - 113 Room for improvement?
  - 114 Drink like a dachshund
  - 117 Imminent
  - 119 "— Gay"
  - 123 Presque —, ME
  - 127 Simple, to Sherlock
  - 131 Speaker of the remark
  - 134 Acid neutralizer
  - 135 Tell it like it isn't
  - 136 Provokes
  - 137 A mean Amin
  - 138 Micawber portrayer
  - 139 Author Wallace
  - 140 Indian state
  - 141 Damone or Dana
  - DOWN
  - 1 Rotund wrestling?
  - 2 Black
  - 3 Chris of The
  - 4 Brit. fliers
  - 5 Rob Roy's uncle
  - 6 Basilia features
  - 7 Director Kazan
  - 8 Cheerful song
  - 9 — Locka, FL
  - 10 '62 Toma-does hit
  - 11 It may be small
  - 12 Tenant
  - 13 Lyricist Gershwin
  - 14 Dallas coll.
  - 15 Roc or robin
  - 16 Burden
  - 17 Heron's home
  - 20 Do a mechanic's job
  - 24 Machu Picchu native
  - 26 Sty cry
  - 29 Eggy beverage
  - 33 One of the Jacksons
  - 34 Apollo's instrument
  - 36 In the thick of
  - 38 TV's "The Courtship of — Father"
  - 39 Nutritional abbr.
  - 40 Gravy vessel
  - 41 Forearm
  - 42 Itches
  - 43 Middle of a game?
  - 44 Hasten
  - 45 Entomologist's concern
  - 46 Defies a dictator
  - 47 More obsequious
  - 48 Susann or Steinbeck
  - 49 Corbinage material
  - 56 Deceives
  - 57 Actress Parsons
  - 58 "Hi, Ho!"
  - 60 Adjust a timer
  - 63 Poetic monogram
  - 68 Islamic deity
  - 69 Bel —
  - 71 Cubbins' creator
  - 74 Alley cat?
  - 75 Verdi hero
  - 77 Amulet motif
  - 78 Fish container?
  - 79 WWII area
  - 80 It may be eaten or drunk
  - 81 Penny —
  - 84 With prudence
  - 89 Cry of surprise
  - 90 Self starter?
  - 91 Around the
  - 94 "Martha the Mouth"
  - 95 — Gatos, CA
  - 96 Catchall abbr.
  - 97 Forest father
  - 100 Designer Lapidus
  - 102 "Alice's Restaurant" star
  - 106 Court sport
  - 107 Leave out
  - 108 Is for two
  - 109 Sapporo spy
  - 110 "Time's Arrow" author
  - 114 Table extender
  - 115 "— Need" ('67 song)
  - 116 Pedigreed pooch
  - 118 Vex
  - 120 Geraldine Chaplin's mom
  - 121 Mr. Diamond
  - 122 Affirmative votes
  - 124 Hood's weapon
  - 125 City near Stockton
  - 126 Really big
  - 128 Bad beginning
  - 129 Antiquity, in antiquity
  - 130 Evergreen tree
  - 132 Linerie item
  - 133 The end?



# The Spotlight CALENDAR

**Wed. Jun. 30**

**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.

**TESTIMONY MEETING**

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

**NEW SCOTLAND**

**FAITH TEMPLE**

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

**PRAYER MEETING**

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

**NEW SCOTLAND SENIORS**

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

**AA MEETING**

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

**Thurs. Jul. 1**

**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.

**AA MEETINGS**

Slingerlands Community Church, 1499 New Scotland Road, noon, 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, Selkirk. Information, 767-2243.

**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. Jul. 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.

**NEW SCOTLAND**

**PIONEER CLUBS**

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

**YOUTH GROUP MEETINGS**

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

**Sat. Jul. 3**

**BETHLEHEM**

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

**Sun. Jul. 4**

**BETHLEHEM**

**WORSHIP INFORMATION**

Bethlehem Community Church, 201 Elm Ave., 439-3135.  
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.  
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.  
Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407.  
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.  
Delmar Reformed Church, 386 Delaware Ave., 439-9929.  
Family of God Nazarene Church, Krumkill Road at Blessing Road, North Bethlehem, 453-9953.

First Church of Christ, Scientist, 555 Delaware Ave., 439-2512.

First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.

First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.

Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.

Gospel Fellowship, 10 Rockefeller Road, Delmar, 482-2132.

King's Chapel, 434 Route 9W, Glenmont, 426-9955.

Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.

Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.

Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.

South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.

St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.

St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265.

St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.

Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

**WEDDING GOWN EXHIBIT**

Bethlehem Historical Association, 1003 River Road, 2 p.m. - 4 p.m.

**NEW SCOTLAND**

**WORSHIP INFORMATION**

Bethel Baptist Church, meeting at Auberge Suisse Restaurant, Route 85, 475-9086.

Clarksville Community Church, Route 443, 768-2916.

Family Worship Center, 92 Lower Copeland Hill Road, Feura Bush, 768-2021.

Faith Temple, New Salem, 765-2870.

First United Methodist Church, 68 Maple Ave., Voorheesville, 765-2895.

Jerusalem Reformed Church, Route 32, Feura Bush, 439-0548.

Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.

Onesquethaw Reformed Church, Tarrytown Road, Feura Bush, 768-2133.

New Scotland Presbyterian Church, Route 85, 439-6454.

St. Matthew's Church, Mountain View Road, Voorheesville, 765-2805.

Unionville Reformed Church, Delaware Turnpike, 439-5001.

United Pentecostal Church, Route 85, New Salem, 765-4410.

**Mon. Jul. 5**

**BETHLEHEM**

**PEACE VIGIL**

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

**DELMAR KIWANIS**

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

**CLASS IN JEWISH MYSTICISM**

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

**INDOOR PISTOL SHOOTING**

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

**ELMWOOD PARK FIRE DISTRICT**

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

**EXPLORER POST 157**

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

**DELMAR COMMUNITY ORCHESTRA**

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

**BLANCHARD LEGION POST**

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

**ROYAL ARCH MASONS**

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

**AA MEETING**

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

**NEW SCOTLAND**

**QUARTET REHEARSAL**

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

**Tues. Jul. 6**

**BETHLEHEM**

**FARMERS MARKET (SUMMER ONLY)**

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

**TREASURE COVE THRIFT SHOP**

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

**CHURCH LUNCH (JUNE, JULY, AUGUST)**

Sponsored by the South Bethlehem United Methodist Church, Willowbrook Avenue, weekly on Tuesdays, 11:30 a.m. to 1 p.m. Information, 767-9953.

**YOUTH EMPLOYMENT SERVICES (SUMMER ONLY)**

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.

**PRAYER MEETING**

At Gospel Fellowship, 7 p.m., 10 Rockefeller Rd., Delmar, beneath Normans Kill 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. Information, 765-2791.

**PRESCHOOL STORY TIME**

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

**PLANNING BOARD**

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

**V'VILLE PLANNING COMMISSION**

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

**Wed. Jul. 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 ELKS LODGE 2233**

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

**EVENINGS ON THE GREEN**

Bethlehem Public Library's Free Summer Concert Series, 7:30 p.m. Information, 439-9341.

**TESTIMONY MEETING**

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

**ZONING BOARD OF APPEALS**

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

**BINGO**

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

**BC SCHOOL BOARD**

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

**ORDER OF THE EASTERN STAR**

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

**NEW SCOTLAND**

**SKY CAMP**

Voorheesville Public Library, 51 School Road, 9 a.m. to 2:30 p.m., Information, 765-2791.

**V'VILLE ZONING BOARD**

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

**SRC KICKOFF**

Voorheesville Public Library, 51 School Road, 7 p.m., Information, 765-2791.

**NEW SCOTLAND SENIORS**

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

**PRAYER MEETING**

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

**FAITH TEMPLE**

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

**AA MEETING**

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

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## GARAGE SALES

Antiques Country Store to household. 76 Fernbank Avenue, Delmar. July 10, 9-3.

**DELMAR, 128 Hudson Ave.** Jewelry, handknit boutique - style scarves, dolls, much more. July 9&10, 9-4.

**ESTATE SALE, DELMAR:** 36 MARLBORO RD. JULY 9 & 10, 9-4. Sofa and side chairs, lamps, end tables, desk, pine country stand, Mog. card table, paintings, china, some depression glass. Complete Hitchcock twin bedroom set w/side tables, twin hard rock maple beds, maple desk. Mog. dining set, 6 chairs, and corner cupboard. Chaise lounge, country drop leaf table, Bavarian china, Sterling silver, linen, records, books, Franciscan dishes. ETC.

**GARAGE SALE. THE ENCLAVE.** Silver creek drive, 7/10, 9-2. Many baby items.

**HUGE BENEFIT.** July 10, 9-3 @ Berne-Knox Westerlo HS. 1738 Helderberg Trail (RT 443). PROCEEDS OF SALE TO BENEFIT ANTHONY HILL, A 15 YR. OLD W/ NON-HOGKINS LYMPHOMA.

JULY 9 & 10, 2372 Indian Fields Rd. Furniture, household, tools, generator, miscellaneous items.

**MISCELLANEOUS MERCHANDISE.** 25 Woodridge Rd., 88 East Poplar Dr., 56 Greenleaf. 9-3, July 10.

**VOORHEESVILLE- CLEARMONT ESTATES** 10FAMILY YARDSALE\* (Route 20-to-155S-right onto 85A-right onto 156-

one mile to CLEARMONT DR-on left). Sat 7/10, 9AM-1PM. TOYS, TOOLS, FURNITURE & MORE.

## HAIRDRESSERS

Booth Rental, Central Avenue near Colonie Center. 459-8371.

## HANDYMAN

**HANDYMAN-20+ years.** Indoors and outdoors, plumbing etc. We fix all. Reasonable 364-4229.

As skilled Tradesman (Retired) Yard Work, Lawns, Electrical, Plumbing, Carpentry, Bark, Mulch, Topsoil, Excavation, Septic Systems, Pressure Washing. Jim- 765-2970.

**BEST BET HANDYMAN,** Home Repairs & Maintenance, Electrical, Plumbing, etc., Senior Discounts, Call 434-5612.

## HOME IMPROVEMENT

**HAS YOUR BUILDING SHIFTED?** Structural repairs of barns, houses and garages. Call Woodford Bros., Inc. for straightening, leveling, foundation and wood frame repairs. 1-800-OLD-BARN. [www.1-800-OLD-BARN.COM](http://www.1-800-OLD-BARN.COM)

## HOME REPAIRS

Carpentry, Electrical, Dry-wall, Windows, Doors, Porches, Structural Repairs. Excellent References. Terry 478-9240.

## HORSEBACK RIDING

**WEEKLY SUMMER horsemanship programs.** Through July 30th. at Walden Farm. Lessons, leasing and mother-daughter summer programs going on now. For ages 3 and up. Spaces limited. 542-9854 439-2506 [www.waldenfarm.com](http://www.waldenfarm.com)

## INVESTMENT OPPORTUNITY

**JOIN THE FARM TEAM.** Unique Investment Opportunity in the growing NY-Bred Thoroughbred Breeding Industry. Local farm is looking for Foal Share Investors for 2005 foals. One time investment buys half share in TB foal/yearling + Breeders Incentive awards. More info. (518) 542-9854.

## LAWN SERVICES

J&J Landscaping and Lawn Maintenance. Call Matt 378-7842 or Corey 369-5008.

## LOST

Domestic longhair, dark grey, tiger. Dumbarton/ Kenholm pool area. 439-4779.

**FIND SOMETHING?** Advertise it free. Call 439-4949.

## MERCHANDISE FOR SALE

20" chrome Mongoose

Wheel Motivator bicycle. Very good condition. 439-7033.

## MISCELLANEOUS FOR SALE

12 ft. Mad River Canoe, \$125.00; Everlast programmable recumbent bike, \$75.00. 321-3469.

**CHILDS MESH BED RAIL.** \$9. 899-7049.

Various custom HO-scale model railroad locomotives and rolling stock. All are priced to move. Please call Rich at 785-8751 & leave message or email me at [rweriksen@gct21.net](mailto:rweriksen@gct21.net).

**WEDDING VEIL- Beading On Edge, Blusher, Comb Attachment.** \$15. Wedding dress, size 6-8. \$100. 899-7049.

## MISCELLANEOUS SERVICES

**PRESS RELEASE SERVICE-** same day fax service to all weekly newspapers, daily newspapers, radio and television stations in New York State. Call Rich Hotelling at 518-464-6483 for rates and information.

## MUSIC

**STRING INSTRUMENT REPAIR:** Bow Rehairing. 439-6757.

## MUSIC LESSONS

**GUITAR LESSONS,** guitarist available for private instruction in your home or mine. 20+ years experience. Call Rob, 372-5077.

## MUSICAL INSTRUMENTS

Brand new Hermann Beyer full size violin with case. Never used. 439-7033.

## PARTY TENTS

**PARTY TENTS FOR RENT.** All sizes available. Call today 365-4914.

## PIANO TUNING & REPAIR

**PROFESSIONAL PIANO tuning and repair,** Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

## POSITION WANTED

**WORK WANTED:** 25 years experience; Elderly Care Aid. Seeking 5 days live-in \$750.00/week. 756-1595.

## SEASONAL CAMPING

**SEASONAL CAMP SITE.** \$700 for two, \$25 each additional person. Includes water, sewer, pool and year round on site storage. Season 5/15 to 10/12/04. Queen Village Campground, Rt. 9, Warrensburg, NY. (518)623-3184. Electric metered. 5 miles from Lake George Village.

## SPECIAL EVENTS

**ARE YOU HAVING A SPECIAL EVENT-** Let Everybody know about it in the Spotlight Newspapers. DEADLINE is Thursday by 5 PM. Call ANGELA 439-4949.

**OPEN HOUSE. OUR WORLD MONTESSORI, LLC.** July 17th, 10am - 2 pm. Halfday programs available for 18 months to 6 years. Please contact Jennifer Haggerty for more information. 347-2060.

## Classified INFORMATION



**Office Hours Deadline**  
8:30 AM - 5 PM  
Monday-Friday  
**Deadline:** Thursday at 5PM for following week



**Mail Address • In Person**  
Spotlight Newspapers  
P.O. Box 100  
Delmar, NY 12054  
125 Adams St.  
Delmar, NY 12054



**READERSHIP:**  
9 Newspapers;  
**105,000**  
Readers



**Phone • Fax**  
(518) 439-4940  
(518) 439-0609 Fax

## Classified Ads Appear In All Ten Papers

### In Albany County

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

### In Schenectady County

Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight

### In Saratoga County

Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight • Malta Spotlight

## Classified Rates

**Private Party Classifieds - Line Ads - Ten paper combo - \$12.00** for 12 words 50 cents for each additional word.

**Commercial Classifieds - Line Ads - Ten paper combo - \$15.50** for 12 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.

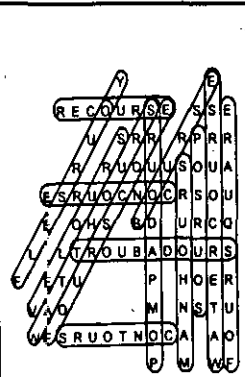
*All line ads must be pre-paid in order for placement.*

*Ads will appear in all ten newspapers, as well as on the internet for the number of weeks requested.*

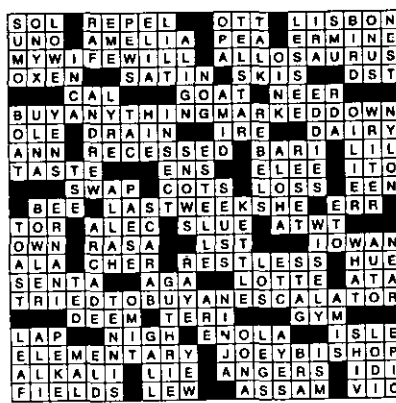
## Order Form

Name: _____			
Address: _____			
City: _____	State: _____	Zip: _____	
Home Phone: _____		Work Phone: _____	
Amount Enclosed: _____		Number of Weeks: _____	
MasterCard or Visa# _____			
Expiration date: _____		Signature: _____	

## Magic Maze Answers



## Super Crossword Answers



## Spotlight CLASSIFIEDS

### TUTORING

Certified Teacher available for tutoring Global, US History, Math A, Day or Evenings, Rotterdam, Woodlawn, 372-4693.

Experienced teacher. NYS Certified in Biology

and Chemistry available to tutor. 439-7966.

**TUTORING SERVICES.** NYS Certified Teacher, Special Education and Reading, K-12. Call 229-1540.

### TV SYSTEMS

**FREE 4-ROOM DIRECTV** system including installation! 125+ CHANNELS, FROM \$29.99/MO, including locals. 3 months HBO & STARZ 2 for 1. S&H Restrictions apply. 1-800-208-4645.

strictions apply. 1-800-208-4645.

### WANTED

**BCHS ORIOLE YEAR-BOOKS.** GlenGrossman@aol.com (831)-241-8285. 42 Glen Lake Drive,

Pacific Grove, CA 93950.

**BUYING:** All old costume and better jewelry. Call 439-6129.

**WANTED TO BUY** Pre-1955 telephones, radios, television sets, tube amplifiers, cast iron penny

banks, cameras, pocket lighters, pre-1960 restaurant or gas station signs any condition, pre-1960 Comic Books, pre-1920 photographs, old toy cars, trucks, boats, or model boats, Pre 1950 Fountain Pens, Teddy Bears, Pre

1959 Movie Theater Posters Or Lobby Cards, World War II/American or Nazi items, Civil War swords, pictures, etc.. Any condition on above items even broken or rusty. Call 745-8897.

## Employment CLASSIFIEDS

### HELP WANTED

Interested in a career as an Insurance Professional? The desirable candidate must be familiar with windows software, and type a minimum of 55 wpm. Must be multi-tasks, and have good organizational skills and a professional phone manner. You must be a Self-starter, eager to learn and able to work independently. The Candidate must be prepared to take an agent licensing exam within 3 months of employment. A minimum level of H.S education is required. Please fax your resume to 518-452-2851.

**AIDES for Live-In Assignments,** 2-5 days/week. 1 yr. Experience a must. Great pay! Call CareStaff 438-3900.

**ALL STUDENTS** Summer work starting at \$14 guaranteed base appoint-

ment. Fun/easy customer sales/service work. Flexible schedules can transfer to office near school in fall, conditions apply 464-0200 or workfor students.com

**FULLTIME HELP WANTED.** The Village of Ravena is seeking a fulltime, licensed (Grade IIA) Water Treatment Plant Operator. \$15.45/Hr with full benefits. Some evenings, weekends, holidays and on call required. Civil service status preferred. Send resume or call for an application at 756-8233, Village of Ravena, 15 Mountain Rd., Ravena 12143.

**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.

**KENNEL HELP.** Must be willing to work weekends, nights, and holidays. Call 767-9718.

**LOOKING FOR A CHANGE,** work from home PT or FT. Create serious income! Free CD-Rom, Full Training. Visit www.earnwhatyouareworthathome.com 1-888-707-7930.

**RECEPTIONIST:** Part-time, 3 days per week, Slingerlands insurance office. Prefer clerical background, typing and good telephone skills. Established business, friendly atmosphere, \$10 per hour, 439-1141.

**WANTED:** Christian woman, 30-60, willing to work 2-3 hours mornings,

2-3 hours evenings, care for household of two, assist senior working person, able to cook American. Clean home once weekly. Excellent conditions. 439-3544.

**WORK FROM HOME.** Earn \$ selling HERBALIFE PRODUCTS! Full training \$49.95 Distributor kit required. (518)945-1126.

**WORK FROM YOUR HOME: FULL-TIME OFFICE MANAGER** to run busy one person office and maintain complicated calendar. Must have own PC with cable hookup. **REQUIRED EXPERIENCE:** Running office, computer proficiency, multitasking with ease, telephone skills, grace under pressure, excellent organizer. Resume with references: PO Box 310, Guilderland, NY 12084.

\$525.00 WEEKLY INCOME mailing sales let-

ters from home. Genuine opportunity, working with our Nutrition company. Supplies provided. No selling. FT/PT Call 1-708-536-7040 (24 hours)

**ADVERTISING SALES-Territory Manager.** Restaurant placed display ads. High commission, paid weekly. Car, experience, and travel required. 1-800-752-4309. Table Topics, Inc.

**ATTENTION DRIVERS:** Regional Runs Available for Company Drivers & O/O! Midwest & Northeast. Also, hiring OTR \*Company \*O/O \*Solos \*Teams Call 1-800-CFI-DRIVE www.cfidrive.com

**COFFEE BUSINESS-** Italian coffee company expanding. \*Distributors Wanted \*High-profit potential \*Anyone can do this! Call 800-813-6625

**DATA ENTRY -** Could earn \$50,000/year. Flexible hours! Great Pay!

Personal Computer required. 1-800-91-DATA ENTRY 1-800-913-2823 ext#11

**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. 1-888-MORE-PAY (1-888-667-3729)

**Drivers-CDL(A) BIG PAY!** New .02-.04/mi increase! Ask about DEDICATED & REGIONAL HOME WEEKLY! Hiring for All Divisions. Minimum 6 months experience required 1-866-465-7169 www.SwiftTruckingJobs.com

**Drivers/ Owner Operators-NEW FUEL BONUS!** HIGH PAYOUT! New Equipment! MILES! Friday Paydays! Monthly Production Bonus. Longhaul. Class "A" CDL, 6mo. OTR 800-745-9670 www.continentaix.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

**HIRING FOR 2004** Postal positions \$15- \$45/ hr. \*Federal hire with full benefits. \*No experience necessary \*Green card OK. 1-866-317-0558 ext 319

**IDEAL GIFT'S BY FRIENDLY 2004 CATALOGS ARE IN!** CATALOG SALES KITS ARE AVAILABLE! HIGHEST M A N A G E R COMMISSIONS- OUTSTANDING RECRUITING CASH AWARDS! FREE INFORMATION PACKET- 1-800-488-4875- WWW.IDEAL GIFTS.COM

**Mobility Scooter Specialists.** If you or anyone you know has ever sold mobility scooters, Here's the Ultimate Opportunity. Craftmatic Bed Company presently has over 29 million updated actual customers inquiries tested to match the profile of a red hot proven scooter buyers data base Our leads.... Leads & more leads philosophy should tell all who know how good it can be. This is the place for me! If you would enjoy a year round commitment to high earnings. No slow seasons join the undisputed king of the lead business. Naturally all inquiries will be held in the strictest confidence. Call: JOE HECHT 1-877-828-3731

**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.

**DRIVERS: CFI- DEDICATED TEAMS NEEDED!** Northeast Regional/ Dedicated Runs Company Drivers & O/O. NO CANADA! Also Hiring OTR. Company - O/O—Solos-Teams. 1-800-CFI-DRIVE www.cfidrive.com

**NOW HIRING 2004** Postal Positions Federal, State & Local. \$14.80/ \$48+/ hr No experience necessary. Entry levels. Full benefits. Paid training. Call 7 days 1-888-826-2513 ext211.

## Real Estate CLASSIFIEDS

### REAL ESTATE

**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

**NEW CUSTOM HOMES-** No down payment- 100% Financing on land and home. Save up to 40% with our program. 1-888-777-1850 Ext 213

**NO DOWN PAYMENT? PROBLEM CREDIT?** Own a New Home without the BIG down payment. If you're motivated w/ \$40K+ income call American Home Partners 1-800-830-2006, visit www.AmericanHomePartners.com

### REAL ESTATE FOR RENT

\$800+, Delmar, 3 bedrooms, country kitchen, porch, W/D, garage, no pets. Available 8/1. 765-5662.

3 Bedroom Duplex, 1 1/2 bath, no pets, washer/dryer, \$850. 478-0572.

3 bedroom, first floor, \$725, utilities not included, security required. 439-4329 or (518) 542-5526.

**CLARKSVILLE-1** bedroom, kitchen, living room,

dining room. Utilities included. No pets. \$550. 439-1573.

**COEYMAN'S:** 2+ bedroom, washer/ dryer hookup, \$550+ utilities, + security. Available immediately. 966-4661.

**DELMAR- 1 Bedroom,** Hardwood Floors, Porch. Good Size For 1. Available August 1st- \$605 With Heat/Hot Water. 456-6644.

**DELMAR:** Newly renovated, \$560 including utilities. Small private 1 bedroom apartment. Parking, security. No pets. Suitable 1 person. 439-6888. References required.

**DELMAR:** 1 Bedroom apartment, garage, busline, 3rd floor, quiet building. \$475+ utilities, 439-5118.

**ONE BEDROOM** near Delmar, Country Setting Washer/dryer. \$495.+ No pets. Available August 1st. 439-9021.

**RAVENA,** newly remodeled 1st. floor Studio. Parking & utilities, \$550 + Security. No pets or smokers. 439-8356.

### HOUSE FOR RENT

Delmar: Small, No pets. 439-5602, leave a message.

### REAL ESTATE FOR SALE

**DELMAR- 4 BEDROOM COLONIAL,** great neighborhood, livingroom w/ fireplace, 1 1/2 bath, Diningroom, hardwood floors. Asking \$209,900. 489-2402.

**FOR SALE BY OWNER:** Retired couple relocating South in November and selling 1600 SF home in Delmar. 3 BR, FP, 1 Bath, new detached 320 SF garage on .33 acre. Meticulously maintained. Minimum offer is \$170,000. Please call 475-9677 for information and appointment.

**OPEN HOUSE, 7/11/04.** 214 MURRAY AVE., DELMAR. \$189,900. Move in condition, 3 bedroom Colonial, updated kitchen and bath, new central air, attached 2 car garage. A WONDERFUL BUY! Call 452-3540.

### COMMERCIAL FOR LEASE

**DELAWARE PLAZA - DELMAR -** Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

Delmar office space, 550 sq.ft. Incl. private office, bathroom plus use of con-

ference room and lounge. 439-9958.

### VACATION PROPERTIES

**Golf front home \$199,900.** Spectacular new Carolina Mtn home on 18 hole course near Asheville NC. Enjoy mild climate, great golf, low taxes & low cost of living! Call toll-free 1-866-334-3253 X 717 www.cherokeevalley.com

**ORLANDO LUXURY RESORT VILLAS** 2, 3, 4 bedrooms \$91,900, \$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

**ADIRONDACKS, SARANAC LAKE.** Lakeside, 3 bedroom cottages, beach, boat, weekly. (585)266-0024.

**CAPE COD:** Dennisport. 3 bedrooms, walk to beach. 458-2180.

**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.

**GREAT SACANDAGA Lakefront home.** Sleeps 6, 1 1/2 baths, 120ft. water front, dock, pet o.k. 355-8761.

Weekly, Monthly and Seasonal rentals from Narragansett's famed ocean beaches to historic Newport, Rhode Island. (401)783-8000. Hogan and Stone Real Estate. www.hoganandstone.com

**North Wildwood, NJ FLORENTINE MOTEL** Beach/ Boardwalk block, heated pools, efficiency/ motel units, refrigerators, elevators, cable HBO maid service. Color Brochures/specials 609-522-4075 x75 www.florentine motel.com

**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

**PELHAMHOUSE-CAPE COD-Waterfront Resort.** Spacious rooms, \*individual balconies, \*spectacular views, \*private beach, \*salt water pool, \*tennis courts, \*complimentary breakfast. Dennisport, MA Reservations or brochure: 1-800-497-3542. www.pelham houseressort.com

## Automotive CLASSIFIEDS

### AUTOMOTIVE FOR SALE

'96 DODGE SPORT CARAVAN. 97k miles, but 1 year old transmission. Runs great. Asking \$3,500. 346-0890.

1970 BLACK CHEVY CAMARO, 307 ENGINE. Tan interior, 86,537 miles(original).

\$8,000. 438-0591.

1992 MITSUBISHI GALANT 4-Door, 158K miles, very reliable, new tires, exhaust. \$1600. 478-9639.

For Sale: '84 Winnebago Motor Home. 27' 53K miles, generator, Great shape, Runs great. \$9500. 561-6034.

**Advertise your business with Spotlight Newspapers - Call us today at 439-4949**



## LEGAL NOTICE

## LEGAL NOTICE

Notice of Conversion of Tupper Lake Development Company, a general partnership, to Tupper Lake Development Company, LLC, a limited liability company. Cert. of Conv. filed Sec'y of State (SSNY) 5/19/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: c/o Mercer Companies, Inc., Three E-Comm Square, Albany, NY 12207. Purpose: any lawful purpose. LCD-10001 (July 7, 2004)

## LEGAL NOTICE

Notice of Formation of Clark-Wildomar, LLC, Art. of Org. filed Sec'y of State (SSNY) 5/17/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: c/o CSC, 80 State St., Albany, NY 12207. Purpose: any lawful purpose. Latest date 5/31/2029. LCD-10002 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")  
The name of the LP is 155 & 5 of Albany, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on May 21, 2004. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 596 New Loudon Road, Latham, New York 12110. LCD-10009 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")  
The name of the LP is 155 & 20 of Albany, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on May 21, 2004. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 596 New Loudon Road, Latham, New York 12110. LCD-10010 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")  
The name of the LP is Elk Street Partners L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on May 20, 2004. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 9 Elk Street, Albany, NY 12207. LCD-10026 (July 7, 2004)

## LEGAL NOTICE

"Northshield Int'l Shipping & Trading U.S.A., LLC" was filed with the SSNY on 06/02/04. 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.

## LEGAL NOTICE

LCD-10083  
(July 7, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is CHUDCO, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on May 7, 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 Marvin Chudnoff, Hudson Preserve, 587 Broadway, Menands, New York 12204. LCD-10100 (July 7, 2004)

## LEGAL NOTICE

AUDIT COMMITTEE ADVISORS, LLC  
Notice of formation of Audit Committee Advisors, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 6/10/04. 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, 26 Computer Drive West, Albany, New York 12205. The purpose of the LLC are to provide consulting services to audit committees, boards of directors and boards of trustees to assist them in meeting their fiduciary duty and responsibilities. LCD-10102 (July 7, 2004)

## LEGAL NOTICE

Meridian Insurance Group, LLC D/B/A Meridian Insurance Agency LLC was filed with the SSNY on 6/16/2004. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The address which SSNY shall mail any process against the LLC served upon him: Gregory J. Cryan, 301 Yamato Road, Suite 3190 Boca Raton, FL 33431 Purpose: Any lawful purpose. LCD-10106 (July 7, 2004)

## LEGAL NOTICE

Notice of Formation of Mercer Holding Co., LLC, Art. of Org. filed Sec'y of State (SSNY) 5/20/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: Three E-Comm Square, Albany, NY 12207. Purpose: any lawful purpose. LCD-10113 (July 7, 2004)

## LEGAL NOTICE

Notice of Formation of Bear Electrical, LLC, Art. of Org. filed Sec'y of State (SSNY) 5/12/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 228 Drumm Road, Delanson, NY 12053. Purpose: any lawful purpose. LCD-10114 (July 7, 2004)

## LEGAL NOTICE

KEYSER REALTY, LLC  
1. Notice of formation of Keyser Realty, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 6/17/2004. Office location: Columbia 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 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC are to engage in any

## LEGAL NOTICE

lawful purposes; to incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the LLC; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Members in their discretion may deem desirable. LCD-10128 (July 7, 2004)

## LEGAL NOTICE

MSC DEVELOPMENT, LLC  
Notice of Formation of Limited Liability Company Articles of Organization of MSC Development, LLC ("LLC") were filed with the Department of State of New York ("DSNY") on June 23, 2004. Office location: Albany County. DSNY is designated as agent of LLC upon whom process against it may be served. DSNY shall mail a copy of any process to MSC Development, LLC, 111 Leonard Lane, Feura Bush, NY 12067. LLC does not have a specific date of dissolution. Purpose: All legal purposes. Filer: Law Office of Kara Conway Love Address: 450 New Karner Road, Suite 203 Albany, New York 12205-3898 LCD-10131 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is CLOVER PARK APARTMENT ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 21, 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-10132 (July 7, 2004)

## LEGAL NOTICE

CLAVERACK PUMP SERVICE, LLC  
1. Notice of formation of Claverack Pump Service, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 6/10/2004. Office location: Columbia 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 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC are to engage in any lawful business; incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the LLC; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Members in their discretion may deem desirable. LCD-10133 (July 7, 2004)

## LEGAL NOTICE

NALLY ENTERPRISES, INC.  
Notice of formation of Nally Enterprises, Inc., a limited liability company (the "Corporation"). Certificate of Incorporation filed with the Secretary of State of NY (the "SSNY") on 6/16/2004. Office location: Albany County. The SSNY has been designated as agent of the Corporation, upon whom process against it may be served. The SSNY shall mail a copy of any process to the Corporation, c/o 26 Computer Drive West, Albany, New

## LEGAL NOTICE

York 12205. The purpose of the Corporation is to engage in any lawful act or activity for which business corporations may be organized under the Business Corporation Law of the State of New York, provided, however, that the Corporation is not formed to engage in any act or activity requiring the consent or approval of any state official, department, board, agency or other body. The Corporation, in furtherance of its corporate purposes, shall have all of the powers enumerated in Section 202 of the New York Business Corporation Law, subject to any limitations provided in the Business Corporation Law or any other statute of the State of New York. LCD-10134 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF LLC  
Notice of formation of limited liability company (LLC). Name: Saratoga Self-Storage Company, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on May 21, 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: Saratoga Self-Storage Company, LLC, address 2 Hemphill Place, Suite 153, Malta, NY 12020. Purpose: to engage in any lawful business of every kind and character for which LLCs may be organized under the New York LLC Law, or any successor statute. LCD-9992 (July 7, 2004)

## LEGAL NOTICE

FOREIGN LLC PUBLICATION NOTICE  
Name of LLC: AVCAP, LLC App. For Auth. filed with Sec. of State 05/19/04. Jurisd. And date of org: DELAWARE ON 05/10/04. NY State office loc: ALBANY COUNTY. Sec. of State of NY designated as agent of LLC. The post office address to which the Secretary of State shall mail a copy of any such process served upon him/her is: 23622 Calabasas Road, Suite 200, Calabasas, CA 91302. Address of principal office: 23622 Calabasas Road, Suite 200, Calabasas, CA 91302. Copy of cert. of org. is filed with Delaware Secretary of State, Division of Corporations, John G. Townsend Building, 401 Federal Street, Dover, DE 19901. Purposes: is to transact any lawful business. LD-10004 (July 7, 2004)

## LEGAL NOTICE

FOREIGN LLC PUBLICATION NOTICE  
Name of LLC: CHARGE ANYWHERE LLC App. For Auth. filed with Sec. of State 05/17/04. Jurisd. And date of org: DELAWARE ON 05/05/04. NY State office loc: ALBANY COUNTY. Sec. of State of NY designated as agent of LLC. The post office address to which the Secretary of State shall mail a copy of any such process served upon him/her is: c/o National Registered Agents, Inc., 875 Avenue of the Americas, Suite 501, New York, NY 10001. Address of principal office: 6452 River Run, Columbia, Maryland 21044. Copy of cert. of org. is filed with Delaware Secretary of State, Division of Corporations, John G. Townsend Building, 401 Federal Street, Dover, DE 19901. Purposes: is to transact any lawful business. LD-10005 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: SB DESIGN ENGINEERING, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/13/04. Office location: Albany County. SSNY has been designated as agent of

## LEGAL NOTICE

the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 26 Windrose Way, Watervliet, New York 12189. Purpose: For the practice of the profession of Engineering. LD-10011 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: C & C VENTURE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/25/04. The latest date of dissolution is 12/31/2103. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 10 West Terrace Court, Ballston Lake, New York 12199. Purpose: For any lawful purpose. LD-10025 (July 7, 2004)

## LEGAL NOTICE

Notice of Formation of 12 and Holding, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/26/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Purpose: any lawful activity. LD-10028 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of KSL II Management Operations, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/24/04. Office location: Albany County. LLC formed in Delaware (DE) on 3/9/04. 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, 50-905 Avenida Bermudas, La Quinta, CA 92253. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: all lawful purposes. LD-10029 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of Rensselaer Plant Holdco, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 6/22/04. Office location: Albany County. LLC formed in Delaware (DE) on 4/21/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: all lawful purposes. LD-10030 (July 7, 2004)

## LEGAL NOTICE

Notice of Formation of Harbour Productions, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/26/04. Office location: Albany County. 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. Purpose: any lawful activity. LD-10058 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of USRP (JVI), LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/27/2004. Office location: Albany County. LLC formed in Texas (TX) on 7/6/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corpo-

## LEGAL NOTICE

ration Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. TX address of LLC: 12240 Inwood Rd., Ste. 300, Dallas TX 75244. Arts. of Org. filed with TX Secy. of State, Corp., Div., 1019 Brazos St., Austin, TX 78701. Purpose: any lawful activity. LD-10059 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of Crosscut LLC. Authority filed with Secy. of State on NY (SSNY) on 5/24/04. Office location: Albany County. LLC formed in Delaware (DE) on 3/29/04. 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: 11 Joyce Lane, Red Bank, NJ 07701. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-10063 (July 7, 2004)

## LEGAL NOTICE

STAPLETON REALTY LLC  
1. The name of the foreign limited liability company is STAPLETON REALTY LLC.  
2. The certificate of formation of Stapleton Realty LLC creating the limited liability company was filed in the Office of the Delaware Secretary of State on May 19, 2004.  
3. The Application for Authority of the foreign limited liability company was filed in the Office of the New York Secretary of State on June 3, 2004, and became effective on said date.  
4. The principal office of the foreign limited liability company within the State of New York is in Albany County.  
5. The New York 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 Stapleton Realty LLC, 13 Verdun Street, Watervliet, New York 12189.  
6. The address of the office required to be maintained in the jurisdiction of the foreign limited liability company's organization is 2711 Centerville Road, Suite 400, Wilmington, Delaware 19808. The name of its registered agent at such address is Corporation Service Company.  
7. The name and address of the authorized officer in the jurisdiction of the foreign limited liability company's organization where a copy of its Certificate of Formation is filed is the Secretary of State, Division of Corporations, State of Delaware, PO Box 898, Dover, Delaware 19903  
8. The limited liability company is formed for the purpose of engaging in any lawful activity for which limited liability companies may be organized and any other business purposes permitted by law.  
DATED: June 10, 2004  
NOLAN & HELLER, LLP  
Attorneys for Stapleton Realty LLC  
39 North Pearl Street  
Albany, New York 12207  
LD-10065 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of Ace Hotel Group LLC. Authority filed with Secy. of State of NY (SSNY) on 6/7/04. Office location: Albany County. LLC formed in Delaware (DE) on 5/17/04. 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. Purpose: any lawful activities. LD-10067 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF SELKIS, LLC  
1. The name of the Limited Liability Company is: SELKIS, LLC  
2. The Articles of Organization of the Company were filed with the Secretary of State on June 7, 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 it is: Selkis, LLC P.O. Box 699 Latham, NY 12110  
5. The registered agent of the limited liability company upon whom process against the liability company can be served is: Selkis, LLC, P.O. Box 699, Latham, NY 12110.  
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-10089 (July 7, 2004)

## LEGAL NOTICE

Notice of Formation of Wood Group Power Operations (Freeport), LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/15/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process

## LEGAL NOTICE

NOTICE OF THE ORGANIZATION OF YOGADA, LLC PURSUANT TO SECTION 206 OF THE LIMITED LIABILITY COMPANY LAW NOTICE IS HEREBY GIVEN, pursuant to Section 206 of the Limited Liability Company Law, of the filing of Articles of Organization of YOGADA, LLC with the Department of State.  
1. The name of the limited liability company is: YOGADA, LLC.  
2. Articles of Organization were filed with the Department of State on May 11, 2004.  
3. The county within this State in which the office of the limited liability company is to be located is: Albany County.  
4. The Secretary of State has been designated as agent of the limited liability company upon whom process against it may be served. The post office address within 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: P.O. Box 446, Glenmont, NY 12077.  
5. The latest date on which the limited liability company is to dissolve is: December 31, 2029.  
6. The business purpose for which the limited liability company is formed is to acquire, hold, manage, refurbish, improve, lease, mortgage and/or sell real property, and to engage in any and all activities for which a limited liability company may be formed under the Limited Liability Company Law of the State of New York. Matthew J. Clyne Attorney for the Company 90 State Street - Suite 501 Albany, NY 12207 518 626-0015 Dated: June 14, 2004 LD-10074 (July 7, 2004)

## LEGAL NOTICE

Notice of Formation of Wood Group Power Operations (Freeport), LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/15/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process



## LEGAL NOTICE

against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207. Purpose: any lawful activities. LD-10094 (July 7, 2004)

## LEGAL NOTICE

Notice of Formation of Stellar Enterprises, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/16/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Suite 501, NY, NY 10001, registered agent upon whom process may be served. Purpose: any lawful activities. LD-10095 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of Safeguard NY LLC. Authority filed with Secy. of State of NY (SSNY) on 6/2/04. Office location: Albany County, LLC formed in Delaware (DE) on 5/27/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-10096 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of MEPT Octagon LLC. Authority filed with Secy. of State of NY (SSNY) on 6/14/04. Office location: Albany County, LLC formed in Delaware (DE) on 6/2/04. 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. Principal office of LLC: c/o Riggs Bank N.A., 808 17th St., NW, Washington, DC 20006. Attn: Patrick O. Mayberry. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-10097 (July 7, 2004)

## LEGAL NOTICE

Notice of Publication 59 Lodge Street Associates, LLC was filed with SSNY on 12/07/01. Office: Albany County, SSNY designated agent of LLC against whom process may be served. P.O. address which SSNY shall mail process against LLC served upon him: 48 Howard Street, Albany, NY 12207.

## LEGAL NOTICE

Purpose: any lawful business. LD-10101 (July 7, 2004)

## LEGAL NOTICE

Notice of formation of WEST 16 STREET, LLC a NYS limited liability company (LLC). Formation filed with SSNY on 06/16/2004. 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, 2705 Coney Island Ave., Brooklyn, NY 11235. Purpose: All Lawful purposes. LD-10104 (July 7, 2004)

## LEGAL NOTICE

On June 21, 2004, Executive Computing LLC, which is located at 11 Callaway Circle, Loudonville, NY in the County of Albany, filed its Articles of Organization with the New York Department of State. The Secretary of State has been designated the agent of the company upon whom process may be served. The business purpose of the company is to engage in any and all business activities permitted under the laws of the State of New York, including, but not limited to, providing computer services and products at the above address. LD-10105 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of CBA COMMERCIAL, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/3/04. Office location: Albany County, LLC formed in Delaware (DE) on 3/1/04. 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: 695 East Main St., Suite 103, Stamford, CT 06901. Arts. of Org. filed with DE Secy. of State, Townsend Bldg., Dover, DE 19901. Purpose: any lawful activities. LD-10115 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of Energy Conversion Systems Holdings, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/3/04. Office location: Albany County, LLC formed in Delaware (DE) on 5/5/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: One Morganite Drive, Dunn, NC 28334.

## LEGAL NOTICE

Cert. of Form. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-10116 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of Archland Property I, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/18/04. Office location: Albany County, LLC formed in Delaware (DE) on 6/8/04. 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 U.S. Realty Advisors, LLC, 1370 Ave. of the Americas, NY, NY 10019. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste 4, Dover, DE 19901. Purpose: any lawful activity. LD-10118 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FILING COMPLETED ASSESSMENT ROLL WITH CLERK AFTER GRIEVANCE DAY (Pursuant to Section 516 of the Real Property Tax Law) Notice is hereby given that the Assessment Roll for the Town of New Scotland, County of Albany, for the year 2004 has been finally completed by the undersigned assessor, and a certified copy thereof was filed in the office of the Town Clerk, on the 1st day of July, 2004, where the same will remain open to public inspection. Dated this 1st day of July 2004  
Julie A. Nooney  
Sole Assessor  
Town of New Scotland  
Slingerlands, NY 12159  
LD-10139 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of Pitcairn West 47th St. Associates, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/22/04. Office location: Albany County, LLC formed in Pennsylvania (PA) on 3/13/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. PA address of LLC: 165 Township Line Road, Jenkintown, PA 19046. Arts. of Org. filed with PA Dept. of State, 206 North Office Bldg., Harrisburg, PA 17120. Purpose: any lawful activity. LD-10140 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of GP

## LEGAL NOTICE

Productions, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/24/04. Office location: Albany County, LLC formed in Texas (TX) on 6/18/04. 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. TX address of LLC: 1300 Red Bud Trail, Austin, TX 78746. Arts. of Org. filed with TX Secy. of State, Corps. Section, P.O. Box 13697, Austin, TX 78711-3697. Purpose: any lawful activities. LD-10141 (July 7, 2004)

## LEGAL NOTICE

Notice of Registration of Sullivan Cunningham Keenan Mraz Oliver & Violando, LLP. Certificate filed with Secy. of State of NY (SSNY) on 6/17/04. Office location: Albany County, SSNY designated as agent of LLP upon whom process against it may be served. SSNY shall mail process to: 152 Central Ave., Albany, NY 12206. Purpose: practice the profession of law. LD-10142 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: LET'S GET TOASTED, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/25/04. The latest date of dissolution is 12/31/2103. Office location: Albany County, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Greg Chase, Post Office Box 38, Troy, New York 12182. Purpose: For any lawful purpose. LD-10143 (July 7, 2004)

## LEGAL NOTICE

Notice of formation of Kilmer Court Apartments, LLC. Arts. of orig. filed with Secy. of State of N.Y. (SSNY) on 5/26/04. Office location: Albany County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 76 Sylvan Ave., Delmar NY 12054. Purpose: any lawful activity. LD-10152 (July 7, 2004)

## LEGAL NOTICE

Notice of formation of 543 Delaware Avenue, LLC Arts. of orig. filed with Secy. of State of N.Y. (SSNY) on 5/26/04. Office location: Albany County, SSNY designated as agent of LLC upon whom process against it may be

## LEGAL NOTICE

served. SSNY shall mail process to: 76 Sylvan Ave., Delmar NY 12054. Purpose: any lawful purpose. LD-10153 (July 7, 2004)

## LEGAL NOTICE

Notice of Adoption of Resolution Subject to Permissive Referendum. Notice is hereby given that at a meeting held on June 30, 2004 the Town Board of the Town of New Scotland, New York duly adopted a resolution, an abstract of which follows, which resolution is subject to a permissive referendum pursuant to Town Law Article 7. Said resolution authorizes the expenditure of up to \$1,800.00 to study the feasibility and advisability of extending the Fort Grove Water District. BY ORDER OF THE TOWN BOARD TOWN OF NEW SCOTLAND  
DATED: June 30, 2004  
DIANE R. DESCHENES,  
TOWN CLERK  
LD-10158 (July 7, 2004)

## LEGAL NOTICE

ALBANY COUNTY COURT HOUSE, STATE OF NEW YORK. In the Matter of a Proceeding under Docket No. 2982-04. Family Court Act of New York A R U N A S R E E SILASAGARAM, Plaintiff HARI PRASAD SILASAGARAM, Respondent. IN THE NAME OF THE PEOPLE OF THE STATE OF NEW YORK TO THE ABOVE-NAMED RESPONDENT: HARI PRASAD SILASAGARAM, THE SPOUSE OF THE PLAINTIFF WHO RESIDES AT UNKNOWN LOCATION. A petition under the Family Court Act having been filed with this Court requesting a dissolution of marriage. YOU ARE HEREBY SUMMONED to appear before this Court at Albany County, New York, to answer the petition and to be dealt with in accordance with the Family Court Act. Dated: 7/2/04, 2004. TO THE ABOVE-NAMED RESPONDENT: The foregoing summons is served upon you by publication pursuant to an Order of the Judge of the Family Court, Albany County, dated and filed with the petition and other papers in the Office of the Clerk of the Family Court, Albany County LD-10160 (July 7, 2004)

## LEGAL NOTICE

Notice of Qualification of Briard Restaurant Group, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/18/2004. Office location: Albany County, LLC formed in New Jersey (NJ)

## LEGAL NOTICE

on 7/7/1994. 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. NJ address of LLC: 30 A Vreeland Rd., Florham Park, NJ 07932. Arts. of Org. filed with NJ Dept. of Treasury, 225 W. State St., Trenton, NJ 08625. Purpose: any lawful activity. LD-9987 (July 7, 2004)

## LEGAL NOTICE

Notice of Formation of C Realty Associates LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/19/04. Office location: Albany County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Mallow, Konstam & Hager, 321 Broadway, NY, NY 10007. Purpose: any lawful purpose. LD-9990 (July 7, 2004)

## LEGAL NOTICE

Notice of Organization of M & E PROPERTY, LLC Under Section 203 of the Limited Liability Company Law of the State of New York 1. The name of the Limited Liability Company is M & E PROPERTY, LLC 2. The Articles of Organization were filed with the Secretary of State on May 18, 2004 3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York. 4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 1511 New Scotland Road, Slingerlands, NY 12159 5. The Limited Liability Company is to be managed by one or more of its members. 6. None of the members of the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obligations or liabilities of the Limited Liability Company. 7. The Limited Liability Company shall have all powers and purposes allowed it by law. LD-9991 (July 7, 2004)

## LEGAL NOTICE

NOTICE OF FORMATION OF FIRE PROTECTION SERVICE, LLC (PURSUANT TO SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW) NOTICE IS HEREBY GIVEN

## LEGAL NOTICE

that the Articles of Organization of FIRE PROTECTION SERVICE, LLC (the "Company") were filed with the Secretary of State of the State of New York on May 19, 2004. The purpose of the Company is to lay out, fabricate, install and test interior fire protection sprinkler systems and to engage in any lawful act or activity incidental thereto for which limited liability companies may be organized under the LLC. The office of the Company is to be located in the County of Albany, State of New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 157 Helderberg Avenue, Altamont, New York 12009. LD-9995 (July 7, 2004)

## LEGAL NOTICE

NOTICE FOR PUBLICATION PURSUANT TO NY LLC LAW SECTION 206 The name of the limited liability company is ELEGANT SOLUTIONS, LLC. The date of the filing of the Articles of Organization with the Secretary of State was 05/13/04. 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, PC, 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-9998 (July 7, 2004)

## LEGAL NOTICE

Notice of Adoption of Resolution Subject to Permissive Referendum Notice is hereby given that at a meeting held on June 30, 2004 the Town Board of the Town of New Scotland, New York duly adopted a resolution, an abstract of which follows, which resolution is subject to a permissive referendum pursuant to Town Law Article 7. Said resolution authorizes the expenditure of up to \$7,500.00 to study the feasibility and advisability of creating a water district in the hamlet of New Salem. BY ORDER OF THE TOWN BOARD TOWN OF NEW SCOTLAND  
DATED: June 30, 2004  
DIANE R. DESCHENES,  
TOWN CLERK  
LD-10159 (July 7, 2004)

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**Y**  
(From Page 1)  
inner city need here. There will be different programs because of space and the different overall needs of the community."

At the Albany branch, Lewis is responsible for property and programs as well as staff development. He also manages finances for the facility, including the annual support campaign, as well as two sister facilities in the

Empire State Plaza and the Kids Improvement District Little League field and clubhouse.

The former BIG Arena is a 75,000 square-foot facility, but Flynn noted plans for expansion. The center will include one sheet of ice, a pool, a fitness center and a field house. A 1/8-mile track will circle the gymnasium and pool areas.

Plans for expansion will make the Bethlehem YMCA the largest facility within the association, at 95,000 square feet, according to

a press release.

"He's basically building from scratch," Flynn said of Lewis, who is scheduled to begin his new job Aug. 2. "He will be overseeing a larger budget and more square footage within 18-24 months."

Lewis, in his 18<sup>th</sup> year with the organization, said the Bethlehem Y will operate similarly to the other suburban-area YMCAs, like East Greenbush, Guilderland and Clifton Park.

"Bethlehem certainly won't be a mirror image, but will be similar in operation to those facilities in other suburban areas," Lewis said. "It will be different because the facility will be different."

Residents can expect, along with the ice rink, soccer and lacrosse programs, Lewis said, not counting out the more traditional aspects of the YMCA, summer camps and child care programs.

"The ice rink is especially interesting," Lewis said. "I've

never had the opportunity to run an ice rink before, but I know it's a priority of the community, so we'll make sure that is A No. 1," Lewis said.

The Bethlehem YMCA will enter into contracts with Bethlehem Youth Hockey, Bethlehem Central High School, and local adult hockey leagues, both recreational and semi-professional. Skate instruction programs will also take place on the ice, according to the press release.

The suburban setting of this Y will help promote nature and hiking camps, Lewis said, and could produce some unlikely partnerships.

"We're new to the community, the Y will be new. We'll be looking to enhance services that are already there," Lewis said, "but we're not looking to be isolated. If there are individuals or groups that can help us with projects, I would welcome that, just like if we

could assist in theirs. I would welcome that collaboration."

Lewis earned a bachelor of science degree from North Carolina A&T University in Greensboro. Though he currently lives in Troy, Lewis said he has plans to move his family to the Bethlehem area.

The Bethlehem Industrial Development Agency will hold a public hearing on the contract to finalize the purchase of the BIG arena on Monday, July 26, at 6:30 p.m. at town hall.

## Chemical

(From Page 1)

The database considers only the ways certain chemicals are disposed of, not the instances of the public's exposure to a certain chemical.

On- and off-site disposal denotes TRI chemical disposal into Class I underground injection wells; fugitive and point-source air emissions; surface water discharges; landfills and disposals to Class II through V underground injection wells, among others.

The Web site cautions users that high-volume releases of less toxic chemicals may appear more serious than low-volume releases of highly toxic chemicals, "when the opposite may be true."

In Selkirk, the GE Noryl plastics plant released 286,285 pounds of chemicals in its 2002 disposal.

GE Noryl released 256,964 pounds of chemicals in 2001, including 26,920 pounds of nitrate compounds in surface water discharges. Total air emissions stood at 187,554 in 2001.

The data, released on June 23 of this year, was set from April 1 of this year.

In Feura Bush, Owens Corning, on Feura Bush Road, saw an increase in total on- and off-site chemical disposal from 2001 to 2002.


In 2001, Owens Corning released 218,396 pounds of chemicals — mostly to the air — a mix of ammonia, formaldehyde, lead and chromium compounds.

For 2002, releases of formaldehyde increased slightly from 2001 tallies.

The TRI database was established and strengthened through the Emergency Planning and Community Right to Know Act of 1986 set up the TRI.

After the Pollution Prevention Act of 1990, the TRI expanded to include reporting of additional waste management activities, as well as pollution prevention activities.

The full release of 2002's TRI data is available at the EPA's Web site, [www.epa.gov](http://www.epa.gov).




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