

EPA looks for hot spots
along Hudson

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Woodstock photos
at State Museum

Health Care

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The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLVIII No. 30 75 cents

August 25, 2004

Elsmere Fire Co. to host convention

By LIBBY SCHIRMER

For the first time in the history of the events, the Albany County Volunteer Firefighter Association and the Hudson Mohawk Volunteer Firefighter Association conventions will be held at the same time in Bethlehem's backyard.

The Elsmere Fire Co. will host both events, which are open to the community, from Wednesday, Sept. 8, through Saturday, Sept. 11. The fire department expects anywhere from 10,000 to 15,000 area firefighters, auxiliary members and family and friends of firefighters over the weekend.

Plans to hold the convention in 2002 were put off because the firehouse was in the midst of a renovation project.

The department held an open house, but the convention marks an opportunity to show off the new building.

"We upgraded it to comply with the Americans with Disabilities Act, made it more efficient and brought it into the 21st century, planned for the long range," said convention committee co-chairman Eric Bettinger.

Saturday's events, which coincide with the third anniversary of the 9/11 attacks, include a memorial service at St. Stephen's Episcopal Church in Elsmere.

"Being a firefighter, 9/11 marks a

pretty monumental day," Bettinger said. "We noticed when we selected our days, the largest day fell on the third anniversary of the attacks on our country."

Also scheduled for that day is a formal dress parade in which more than 40 fire districts have committed to walking, including some firefighters from Germany.

While the memorial could mark a somber note, Elsmere volunteer firefighters stress that the weekend is a celebration.

The department has been successful in attracting a large number of financial sponsors and support through donations,

said convention chairman Steve Wright.

"This is the third one we've hosted, so we've gotten a pretty good experience with the successes and failures and kind of know what to do," Wright said.

Town officials have also been receptive, Wright said, with the fire department collaborating with the highway and parks and recreation departments.

Several town officials will march in the formal dress parade Saturday.

The first two days of the convention are mostly internal and organizational meetings, Bettinger said.

Grounds open Thursday at 4 p.m., with refreshments and games of chance offered for adults.

The family-themed events begin in earnest Friday at 4 p.m., with a chicken barbecue. Children can pass time on

| ELSMERE/page 21

School bus driver faces DWI charge

By LIBBY SCHIRMER

A one-car accident involving a school bus that was carrying a 5-year-old Selkirk girl led to a felony driving while intoxicated (DWI) arrest by the Bethlehem Police Department.

Police said Steven C. Delk, 44, of 243 Union St. in Schenectady, sped through a curve and failed to negotiate the turn, sending his vehicle into a tree on Bridge Street near Pictuay Road in South Bethlehem.

Delk's BAC tested at .22 percent, nearly three times the .08 legal limit for the general public motor vehicle operators and nearly six times the legal limit for commercial drivers, which is .04 percent.

| DWI/page 21

Rotary student dives into German culture

By LIBBY SCHIRMER

Despite going to Germany to spend a school year knowing very little of the language, Bill Courtney made friends and learned the culture that conjures images of sausage and beer.

Courtney, now 20, learned of the Delmar Rotary Club's exchange program through fliers posted on a local church and speaks highly of the experience.

So highly, he plans on studying abroad while attending St. Lawrence University.

"As long as I have the opportunity in the next few years, I'd like to study in Germany or Austria," Courtney said. "It doesn't matter as long as I can speak German."

Victoria Plotsky sits on the Rotary's committee for youth exchanges and is

looking to expand the program.

"Bill is our first outbound exchange student in many years," Plotsky wrote in an e-mail, "and our club wants other Bethlehem students to know about exchange opportunities through Rotary."

Plotsky said the Rotary is looking to expand the program to include Ravena-Coeymans-Selkirk students, but the small size of the club limits the number of students the club can manage to send. This year, the Rotary can send only one student.

Courtney put off his first semester of college in the states for the opportunity, which caused him some concerns, not only about fitting in over there, but coming back to the states to enroll as a 20-year-old college freshman.

"I was three years older than all my classmates," Courtney said. "It was

difficult. Most of the friends I made outside of school. And then I'd be a 20-year-old freshman. That's pretty old."

Plotsky said the Rotary typically looks for students who have graduated for the program.

"Because of Regents requirements and college application processes, local clubs have found it easiest for students to be an exchange student the year after they graduate from high school," Plotsky said.

Students would apply, and, after they are accepted to both the program and

| GERMAN/page 26

Mighty mite



Sophie DeCastro swings a hammer to test her strength at the Altamont Fair Sunday.
Jim Franco



Town police subdue parolee with Taser

The Bethlehem Police Department, through routine patrol, picked up an Ohio parolee who said he was high on methamphetamine and ecstasy and driving a stolen car.

During the investigation, the man became agitated, prompting the use of a Taser by police.

Officer Timothy Travis observed Albert M. Hazelett Jr., 26, of 1254 Pitkin Ave. in Akron, driving erratically, surging with the accelerator and crossing the double yellow lines three times by the Jericho Drive-in on Aug. 15, around 1:33 a.m.

As Travis approached the vehicle, he noted Hazelett as being highly agitated, acting in a violent manner and grinding his teeth.

Police told Hazelett to stay

calm and keep his hands on the steering wheel.

While inspecting the car, Travis noticed the steering column had been broken, the ignition punched and the vehicle was operating without a key. The rear window had also been broken, with fresh glass on the inside seat.

"It was obvious the wiring harness had been cut and altered," Travis said.

Hazelett emitted an odor of alcohol, his pupils were constricted, and he continued to become more agitated, police said.

In a conversation with Officer Chris Shunk, Hazelett admitted that he was on "meth and ecstasy," police said.

Hazelett identified himself with

another name and birthdate and had difficulty explaining how or why he possessed the car he did. Eventually, police said, Hazelett said the car was stolen.

He then admitted that he was on parole in Ohio for felony assault and was not supposed to be outside of that state, which police later confirmed. Police also confirmed Hazelett had three prior DWI convictions.

"His behavior ranged from incoherent and agitated to suddenly violent and uncontrollable," Travis said.

When he was placed in custody, Hazelett began to resist, kicked his feet at the officers, tried to stand up, and tried to ease out of his handcuffs, police said.

"Taser #008 was used ... to gain compliance and prevent officer/suspect injury," Travis wrote in his report.

While police transported Hazelett to the police station, he began to intentionally bang his head on the divider that separates the front and back seats.

Further investigation of the scene and the vehicle yielded a stainless steel knife, which was secured as evidence because, police said, "of its location and its intentional availability."

When a check later confirmed Hazelett's true identity, the fingerprint card he signed with the wrong name was also taken as evidence.

Hazelett faces charges of

driving while intoxicated; criminal possession of a weapon in the third degree, a felony; resisting arrest, a misdemeanor; forgery in the second degree, a felony; and false personation, a misdemeanor.

Hazelett was arraigned in New Scotland Town Court and sent to Albany County jail.

On Aug. 19, Mariah Skye McDougall was arrested for DWI and ticketed for speeding.

McDougall, 21, of 85 TM Elliot Lane in Greenville, was observed by Officer Mike Berben driving 55 mph in a 30 mph zone.

After pursuing McDougall's vehicle, police observed her turn left off of Blessing Road onto Eton Drive. She allegedly turned off her lights and pulled into a driveway.

McDougall denied trying to avoid police, saying she had observed a deer in the road and turned off her lights. Police said she couldn't explain what she was doing in the driveway.

After detecting an odor of alcohol, police performed field sobriety tests, one of which McDougall passed.

McDougall said she had driven from Lake George, where she had had the last of three drinks around 10:30 p.m.

A chemical test showed her to be positive for alcohol. McDougall was released and is due back in Town Court on Sept. 7.

Accident forces evacuation of 10 homes

Ten homes along Route 32 and surrounding roads in New Scotland were evacuated last week after a two-vehicle accident on Route 32.

The accident occurred around 6:30 a.m. on Tuesday, Aug. 17.

A single-axle truck carrying 10,000 pounds of the explosive Anfo was hit after it ran a stop sign. The collision caused the truck to topple. Anfo is a mixture of fertilizer and fuel oil used commercially for blasting.

The truck was en route to a stone quarry in the Cobleskill area and was coming from Callanan Construction in Bethlehem.

The driver of the truck, Thomas Gailor, 39, of Clifton Park, was issued a traffic ticket for failure to stop at a stop sign.

Gailor's employer, St. Lawrence Explosive Corp., unloaded the truck under the supervision of the Onesquethaw Fire Department, the State Police Hazardous Devices Unit and the State Police Commercial Vehicle Enforcement Unit.

State Police said fog created poor visibility conditions at the intersection, which was a factor in the crash.

Both drivers suffered minor injuries.

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HOME OF THE LOANER CAR

Holy cow



Sarah Dancer, of East Berne, pets a cow at the Altamont Fair Sunday.

Jim Franco

More state aid helps ease tax hike

By MARTIN J. BANNAN

With a new state budget in place, Voorheesville school district officials say taxpayers can breathe a little easier because of a slight increase in state aid from what was originally expected.

"In the 2004-05 school budget, we planned for \$2,253,506 in state operating revenue, but all districts now will receive a 1.75 percent increase in aid," said Superintendent Alan McCartney.

According to McCartney, this amounts to \$2,296,506 in operating revenue, a \$43,000 gain. When \$37,717 in increased BOCES aid is added and \$21,278 in decreased transportation, software, library and technology aid, is subtracted, the total comes out to \$59,439 more in total state aid for the district this coming fiscal year.

"What we are saying is, based on these figures, the increased aid will help reduce the tax rate a little," McCartney said.

With an additional \$9,000 removed from the school budget, this year's anticipated school tax levy will be reduced by approximately \$69,000, according to school district business official Sarita Winchell. The new rates per \$1,000 of assessed property value will be as follows: New Scotland, \$24.86, a 5.75 percent increase; Guilderland, \$25.85, an 8.02 percent increase and Berne, \$24.47, a 7.63 percent increase.

Library tax rates come out to the following: New Scotland, \$1.45, a 7.76 percent increase; Guilderland, \$1.50, a 10.07 percent increase and Berne, \$1.48, a 9.67 percent increase.

"We were looking at an estimated New Scotland school tax increase of above 6.5 percent," Winchell said. "We budget conservatively for state aid, so when state figures arrive we don't have to adjust estimated tax rates upward."

"I'm glad we didn't lose aid but I'm disappointed the Legislature didn't tackle the Campaign for Fiscal Equity issue," McCartney said. "They had a chance to look at funding for education. Whatever recommendations come out of the courts could impact schools for a long time."

On a positive, McCartney said that the Legislature rejected proposals to limit school budget voting that included measures to eliminate the public's ability to vote a second time as well as a proposal to make districts put their budgets and capital construction project votes on the same ballot.

In other news, the district awarded a contract to New Scotland Paving for \$24,750 to pave parking lots at the high school and elementary school. The paving is needed to repair crumbling asphalt as well as to increase the turning diameter for buses.

Board members Paige MacDonald and John Cole raised concerns about environmental impacts resulting from the paving. Transportation superintendent Michael Goyer assured the board that no green spaces would be removed nor would any of the paving disrupt or contaminate the water or banks of the Vly Creek, which runs between two parking areas at the elementary school.

Cole said solutions are needed to correct traffic problems resulting from parents parking

their cars in order to escort children into the elementary school.

"I think paving the parking lot is a poor solution to the traffic problem," he said. "We have bounced around a lot of ideas but have not settled on a real solution."

McCartney said the administration has to take a better look at this.

"In the mean time," he said, "We will work with the parents and remind them not to park in the way of buses."

Finally, high school Principal Mark Diefendorf outlined plans to begin dual rankings for students enrolled in advanced placement or university in high school courses. These students will be ranked in an honors category in addition to their regular rank based on the grade point average.

To be eligible for an honors ranking, students would need to enroll in and pass eight or more Advanced Placement or University in the High School courses. High school students independently enrolled in courses at local colleges would also be eligible.

Linda Pasquali of the high school's site-based management team said that the school would send colleges the higher of the two rankings.

Advanced Placement courses allow students to earn college credit on top of high school credit prior to graduation. As the name implies, they are more demanding than traditional courses and thus usually attract top performing students.

The idea for introducing a dual ranking came as a compromise after months of debate about weighted grades, Pasquali said.

Some present at the meeting voiced doubts about dual ranking. One parent, Susan Cohen Axelrod urged dropping rankings all together.

Egan: Collect PCB samples from town

By LIBBY SCHIRMER

The Environmental Protection Agency has collected thousands of PCB samples from areas along the Hudson River and will soon use those data to determine where to dredge the chemicals for its \$500 million project scheduled to begin in 2006.

The multi-year process of collecting the samples will eventually give riverside residents an idea of where the "hot spots" are, said Leo Rosales, EPA community involvement coordinator said.

A 94-acre site along the Hudson that lies within Bethlehem's boundaries is one of three finalists for a dewatering site where sediment would likely be transported to for purification.

That site, owned by OG Real Estate, lies below the Federal Dam in Troy, the cutoff point for sediment sampling.

Most of the samples were collected from the Fort Edward area of the river. That town is another finalist for the project. EPA officials have said it is likely that either one, two or all three finalists could see a dewatering facility by the time the Superfund project, the largest of its kind ever attempted, begins in 2006.

"Moving down the river, the concentration of material decreases," Rosales said. Bethlehem is being considered because "Very few properties have access to rail, which is a critically important aspect." Rosales said other features of the site, like its size and flatness, make it desirable.

Bethlehem Supervisor Theresa Egan said she is concerned by the lack of sediment sampling near the OG Real Estate site.

The EPA collected about 30,000 samples; none from below the Federal Dam.

"We need to do testing down here also, so there's a good baseline," Egan said, noting that transportation of the PCBs is a

heavy component of the project. "If there is a spill or a leakage or seepage of this stuff into the river down there, we have nothing to compare it to at this point."

The samples that are collected serve to define the actual shape of the dredging project — how far down the dredging needs to go, how wide of an area needs to be covered and when the best time to dredge is, Rosales said.

"The data reveal the percentage of PCBs in the river," Rosales said. "By September or October (when the finalized report is due) we'll have a good idea of the hot spots going along the river, so people will have a good idea of where the dredging will take place. PCBs are still in the river and are not going away."

Rosales said 30,000 samples would give the EPA a good indication of the cut-lines of

"We need to do testing down here also, so there's a good baseline."

Theresa Egan

the project.

Egan said at least one of the residents that lives by that part of the river has become fairly vocal and active in opposing the proposed dewatering facility in Bethlehem by placing brochures in neighbors' mailboxes.

Still, Egan said, Bethlehem residents registered a "substantially lower" number of comments — good or bad — than the other two municipalities with sites considered finalists.

Rosales estimated 70 public comments from Bethlehem residents.

Since the first public hearing regarding the Bethlehem site as a finalist that drew little visible interest from residents, Egan said she has been trying to understand what the lack of comments means.

"My personal views are irrelevant," Egan said. "I'm here to represent the residents in general," she said, noting not all the comment is in opposition.

The town board, in 2001, passed a resolution saying it opposed a dewatering facility in the town.

Conners wins 2nd court nod

By DEV TOBIN

Michael Conners is 2-for-2 in defending his right to be the Republican challenger to state Sen. Neil Breslin, D-Bethlehem.

The state Appellate Division ruled 5-0 in Conners' favor Friday, setting the stage for a final appeal to the state Court of Appeals, the state's highest court.

That appeal will be heard Wednesday, Aug. 25, and decided shortly thereafter.

Conners is confident he will prevail at the Court of Appeals.

"All of the running and the hiding over the lawsuit should be over Wednesday," said Conners, a Menands resident.

The Albany County Comptroller, who left the Democratic Party to run against Breslin, said his opponent is trying "to sue his way to re-election" by arguing that

the last-minute substitution of Conners for another, lesser-known candidate was contrary to state Election Law.

Conners replaced Ted Hartman of Delmar on the GOP ticket. Hartman had been picked by the county GOP Committee on Vacancies to replace Gregory Fozzio, another little-known candidate who withdrew due to a conflict with the federal Hatch Act.

Conners was recruited for the GOP Senate nomination after he withdrew from a challenge of Colonie Republican Assemblyman Bob Prentiss, citing a lack of support for his candidacy among county Democrats, especially County Executive Michael Breslin, Neil's brother.

The race promises to be the most expensive and one of the most contentious state contests in Capital District history.

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Chick flick triggers trip down memory lane

By DONNA J. BELL

I watched a chick flick this week, by accident. My husband brought it home from the video store, probably because he felt a twinge of guilt that the other handful of videos he carried ranged from shoot-em up and kill-em to well, more shoot-em up and kill-em.

It wasn't the kind of movie I normally would watch. It was about a 13-year-old girl who received a magical birthday wish and overnight became a successful, if unhappy, 30-year-old woman. It was a formula movie,

COMMENTARY:

**Bell
View**



designed specifically to tug at the nostalgia strings of those of us who could remember, and who would care, when Michael Jackson's "Thriller" was cool and when Pat Benatar turned us all into bedroom rock stars singing into our hairbrushes: "We are young, heartache to heartache we stand. No promises, no demands,

love is a battlefield."

And while the movie did conjure up the horror and angst of being a young teen, it also reminded me of the thrill of a first love, the excitement of being noticed by the "cool" guy, and of a time when all you had to worry about was what you would wear to school.

It seems lately that every time I turn around, the '70s and '80s are hip again. My husband and I recently watched a marathon session of the VH-1 series "I Love the '70s." It was so addictive we found we couldn't turn off the TV as we relived all the people, events

and entertainment that we once thought were "super cool."

It wasn't just about remembering owning a Pet Rock, swooning over Leif Garrett, or the hours spent watching the "A-Team" or "Charlie's Angels" that evoked the wistful feelings — it was the memories of the life that had once revolved around those triggers that had me lying in bed with an old photo album later that night.

"Look at my Farrah hair," I said to my husband pointing out a school photo.

It brought me back to the day I had my perfectly straight waist-length hair cut into long layers as the stylist turned my hair into a soft, feathered look. I was so excited, until I tried to recreate the look the next day and ended up going to school with a feather-look that was glued into place with an entire can of hair spray.

It only took a second for the photo of me in my Mork-inspired rainbow puffy vest to bring back the memory of the first time I got a kiss from my heartthrob Jeff Darling. It was a memory so vivid I could feel the chill of the October night when we held hands and stole a kiss near the concession stand at a Friday night football game, the two of us in our matching vests.

There was another picture of me onstage with the high school cast of "Once Upon a Mattress." I've seen that photo many times before — that night I looked

carefully at each face and thought back to when we were all so close. We had spent months together each day after school and had formed a bond we thought would never be broken.

I haven't seen those people in more than 20 years, but I think we were right. The bond is still there. There was Roxie, the new girl, who I befriended and who again moved just a year later. She had a big crush on the boy who played the prince in the show. That boy died 10 years ago of AIDS.

There was my best friend, Kathy, who I tracked down last year after several tries over the last decade. She had gotten married a few weeks after we graduated from high school, and I was her maid of honor. She looked so young (and scared) on her wedding day. Soon after she moved to Alaska, and I lost track of her.

She is a grandmother now, with six children of her own. I found it very hard to think of the tiny soft-spoken, giggly girl I once was so close to as a grandmother. I'm sure it was just as hard for her to imagine me as a mother of three and a newspaper editor.

There was Jeff Darling, looking fine in his tights and tunic. I heard from a friend of a friend of a friend that he was now married to his third wife. Another good friend, Jay, still works in theater in Seattle, and he and his partner just adopted a little boy.

And there, standing fourth from the left was me, arms up and posed, a wide smile that reached up to my eyes and head cocked to the side. If I closed my eyes I could hear the music, feel the pulse of the applause from the audience and the sweat trickling down my back from the hot stage lights.

I suppose that if, at that moment, I had taken a second to think of what I'd be doing 20-plus years from that date, I couldn't have possibly imagined my life now.

It's all for the best, because while the girl in the movie got a chance to relive the years from 13 to 30 over, we don't get to. We all live with the collective sum of choices we've made.

And 20 years from now, I suppose I'll be again sitting with a photo album, reliving my today self, and closing my eyes to imagine the feel of my youngest child snuggling on my lap.

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Town of Bethlehem Comprehensive Plan

Join us in discussing the future of Bethlehem!!

The Town of Bethlehem is developing a comprehensive plan and revising the Town's zoning and subdivision regulations. The comprehensive plan will provide recommendations related to many issues including residential growth, economic development, land use, infrastructure and community character. Residents, property owners, business owners and all interested parties are encouraged to participate in this year-long planning process. **All meetings are open to the public!!!**

September Meetings

Riverfront Focus Group

Come discuss ideas for the future of the Town's waterfront

Thursday, September 2, 2004
7:00 - 9:00 PM
Town Hall Auditorium

Trails, Greenways and

Recreation Focus Group

Come discuss trails, greenways and recreation facilities

Thursday, September 23, 2004
7:00 - 9:00 PM
Town Hall Auditorium

Commercial District Design Charrette (2-days)

A charrette is a rigorous and inclusive planning process that takes place over a brief time period. The purpose of this charrette is to develop consensus about the appropriate form and function of commercial districts.

Part 1: Wednesday, September 29, 2004 Open House at 5:00 - 6:00 PM
Public Working Session 6:00 - 9:00 PM

Part 2: Thursday, September 30, 2004 Open House 12:00 PM - 4:00 PM
Presentation and Discussion of Emerging Design Concepts 5:00 - 9:00 PM
Town Hall Auditorium

Monthly Bethlehem Planning Advisory Committee Meeting (BPAC)

Monday, September 13, 2004 at 6:30 - 8:30 PM
Delmar Reformed Church (386 Delaware Avenue)

Additional information at
www.townofbethlehem.org

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Cancer survivor rallies for Relay for Life event

By MARTIN J. BANNAN

Four and a half years ago, Casey Becker, then a newlywed of three months, learned she had cancer.

She was diagnosed with a peripheral neuroectodermal tumor, leaving a growth the size of an orange at the back of her head. The following year, she underwent exhaustive treatment and is happily alive and well today.

"At first, I wondered why it had to happen and why it had to be me," she said.

Her question soon was answered.

"The reason, I determined, was to be part of an effort to save lives and rid the world of cancer.

I knew I didn't want my sister with two kids to ever have to say to them 'Your Mommy has cancer.'"

Becker, a volunteer with the American Cancer Society's Relay For Life, along with Carol Bishop, a representative with the New York chapter of the American Cancer Society, were on hand at the Voorheesville school board's Aug. 16 meeting to encourage the school to join the relay.

"Relay For Life is a series of events aimed to celebrate cancer survivors and raise money to fight the disease," Bishop said. "Right now, there are 4,000 events taking place across the country."

Becker chairs one of these relays held each year at Colonie Central High School.

According to Bishop, each event is an overnight rally involving the community in the fight against this disease, Bishop said. It usually takes place in June and involves businesses, faculty, parents and students.

Participants form teams and gather funds prior to the event. Each participant is expected to raise \$100. Teams camp out

overnight. The first event is a survivors lap.

"They start our relay because they are the stars of the show and the reason we are here," Bishop said, adding, "We also line the track with lighted bags to remember those we lost."

During the event people take turns walking, running or riding wheel chairs around the track in hopes that someday they will rid the world of this disease. In addition to providing volunteers, Bishop said schools are asked to donate their maintenance and space. She added that in each event the American Cancer Society is fully insured.

This year's Colonie event marked its ninth year attracting more than 600 people and raising \$78,000, Bishop said.

"I need a group of parents, teachers, staff and students to put this together

here in Voorheesville," Bishop said. "The more people we get the less work it is for one person. Each year, when it's over, I miss it because I have so much fun."

High school Principal Mark Diefendorf suggested that the students could sponsor the relay as a senior project or as an organizational event. Bishop asked if the school could get a committee going by September.

"Now is a good time to begin," she said.

Board president Robert Baron and John Cole expressed interest in the idea but voiced concern about making any commitment until the board received input from students and faculty.

"I don't want to impose this on the school. That only guarantees failure," Cole said.

Baron told Diefendorf the administration would back the high school provided that students and faculty are sincerely interested.

Five Rivers to host program on insects

A program on insects will be offered on Tuesday, Aug. 31, at 7 p.m. at Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar.

Center naturalists will lead the group on an outdoor walk in search of insects and their homes. The program will involve collecting, examining and releasing some of the more common

insects of the field.

Participants should dress for the outdoors; bring identification books if possible. For information, call 475-0291.

Plumfest to feature Voorheesville

Make your calendars. On Saturday, Sept. 25, the village of Voorheesville, in conjunction with the New Scotland Historical Association, will host the 2004 Plum Fest.

The all-day schedule of events will include an antique car show, craft fair, area tours, a dog show and K-9 demonstration, 4H activities for the children, breakfast, lunch and dinner at different venues and an afternoon concert.

A horseshoe tournament will begin at noon in Nichols Park.

Participants must pre-register

by Sept. 15 by calling Dennis Sullivan at 765-2468, doubles teams only please.

The historical association will be running a raffle with the proceeds designated toward the purchase of a computer for the office so that it can better maintain and catalog its historic records and inventories.

This year's raffle will include

three monetary prizes of \$500, \$200 and \$100.

Tickets can be obtained at village hall, and at many of the venues the day of Plum Fest.

The drawing will take place that evening at 6 p.m. at the firehouse.

For information on the Plum Fest, contact Carole Stevens at 765-4350.

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Matters of Opinion

Winners take all

Just getting into the Olympics is an honor in and of itself. But people tend to forget that it is a real honor once the games are under way.

All the talk about fostering world harmony and unity through the games flies out the window once the actual competitions are judged.

Bronze medal, no cigar, and even silver doesn't light the world's fire — it's only the gold that seems to really matter to really spark the fans' adulation. This kind of thinking goes against the spirit of the Olympics and the spirit of simply competing. Even Olympic judges make mistakes, it appears, from this summer's gymnastic competitions. Things can get pretty nasty and along with the games, there's a lot of behind the scenes mudslinging.

New York's favorite thoroughbred, Funny Cide could teach his human counterparts a thing or two.

Sunday, Funny Cide placed second in the Saratoga Breeders' Cup. But that was fine for thousands of his admirers in the crowd of more than 70,000. Many came only because of Funny Cide to get a glimpse of a hometown hero running in his own backyard.

The 4-year old gelding and his handlers, trainers and owners have earned the devotion to the horse that took us all for a great ride last year. The first New York bred to capture a Kentucky Derby and Preakness win, he also permanently captured the hearts of millions of New Yorkers and others throughout the country.

He wins and loses with grace and dignity. And although his admirers are thrilled when he wins, they're happy just to see him race.

We'd like to think that human athletes could garner the respect of their fans even if they come in second, third or even farther back in the pack. We applaud the effort the Olympic athletes expend to be able to just participate in the rigorous games.

Many train for years disciplining their bodies and their minds to compete with the fittest athletes from all over the world. They wholeheartedly deserve our respect and support.

Let's hope that winning the No. 1 spot isn't the end all and be all of athletic endeavors. In other words, let's give more credit to all of the finishers in a competition for their spirit and the effort they put forth.

We'd like to believe that the Olympics could become a pathway for peace and understanding in this far too tumultuous world.

Editorial

Easing the path to kindergarten

By DEBRA WING

The writer teaches kindergarten at Westmere Elementary School in Guilderland. She is co-author of a new book for teachers titled Welcome to Kindergarten: A Month-by-Month-Guide to Teaching and Learning, published by Heinemann Education.

Are you sending a kindergartener off to school within the next few weeks? If you are, read on because you are about to embark on a joyful and momentous experience.

This fall along with millions of other families across the country, your child will be starting kindergarten. You may be wondering, "What can I do to help my child have a smooth transition on this big step?" There are some ways to help your child feel more comfortable and confident.

No. 1 is to read regularly with your child. A child that is routinely read to is doing many wonderful things. They are turning words into pictures, putting order to events, making sense of ideas, retaining and recalling information and most importantly building love and pleasure with you.

When you read a book together, take your child's lead, and if they ask questions about pictures or certain ideas, feel free to stop and talk them over. If you feel there are too many interruptions explain to your child that you will read through it once without discussion so you both can get the meaning and enjoyment out of the story. Then sit back and explore the book together with lots of close up looks, talking and questioning. Most often, this will lead to another book and many more questions. If you are familiar with, *If You Give a Mouse a Cookie*, you know that one idea leads to the next.

Make going to the library a special trip and receiving books as a gift a real treat.

No. 2 is take a look at how much time your child is watching TV and movies and playing

Point of View

computer games. All three of these activities are passive.

Sometimes parents think children are learning language by watching shows. Children learn language and assimilate it into their understanding and vocabulary through interaction with language. That happens between your child and other children, parents, grandparents, babysitter and teachers. In other words, language is most successfully learned through your child speaking and being spoken to.

Your child learns the most through interaction. A wonderful ancient Chinese proverb to remember is:

I hear and I forget.

I see and I remember.

I do and I understand.

Whether it be a material like play dough that stretches and bends as your child molds it, or coloring that is bright and vibrant as he or she decides which colors go best or cutting and gluing to create a special project for a loved one or friend, when children are active they are thinking and developing more brain capacity for future endeavors. And your son or daughter is learning they can make decisions, follow through and be capable and competent in so many ways.

These are the first steps in creating positive dispositions toward learning and constructive habits of the mind.

No. 3 is to talk things over together. Ponder big and small questions such as, "How do the clouds move?" or "You looked upset when Joey wouldn't share his toy. How would you like to solve that?" You are in the position to give your child suggestions and your good thinking on how to solve a problem or plan to complete an activity. These are very important skills necessary for smooth classroom participation.

You are your child's first and most influential teacher. What a wonderful position to be in with someone you love so very much.

Because talking is two ways, your child learns the important nuances of conversation. In conversation you listen and speak. You wait until the other person is finished before you jump in with your ideas. You learn to make eye contact (unless of course this conversation is in the car) and show sincerity or surprise and other feelings. You begin to learn another's perspective, and that is the start of empathy.

Empathy is what helps your child get along smoothly in the classroom and to be a kind and considerate member of a group. Empathy is also what helps your child become a leader in some situations. He or she is able to understand the feelings of others and to make more mature decisions. It is also the way a child forms feelings of fairness and democracy. These are the values we hold so dear, and these are the ways we begin to help our chil-

dren understand and use fairness and kindness.

No. 4 is when you can, have a family or friend game night. Your kindergartener learns much by playing games. They learn turn taking, rules, fairness and being a good winner and loser. Your kindergartener will need these social skills to make friends, play happily and be a welcome member of his or her class. Games together also create more active and loving family times. With our hectic pace it is a gift if we can carve out some special time together.

Some games I have seen kindergarteners greatly enjoy are card games such as can you top this (war), go fish, old maid and Uno; board games such as Chutes & Ladders, Candy Land, Guess Who? and bingo; matching games (shapes, letters, colors, numbers); and games such as Don't Break the Ice, Jenga, Trouble and Junior Monopoly.

Of course baking together, preparing dinner, working on jobs around your house or apartment, grocery shopping, visiting relatives, folding laundry and more are all ways to spend wonderful and important time together.

Additionally, when children have responsibility and fulfill this repeatedly, they are forming positive feeling of success for themselves and this leads to what we hear a good deal about, positive self-esteem.

Perhaps your child has already been in nursery school, day care or another preschool setting. That of course will be very helpful for your child to get acclimated to his new "big school" in the fall. He or she will have some ideas about new settings and making friends from his previous experiences.

This leads to, "What will kindergarten be like?" If it is a developmentally appropriate program, one that takes into account a growing 5-year-old's needs, then it will be a healthy balance of stimulating academic work, rich and varied toys and materials, and time for well-developed play. Play is the way a 5-year-old child learns best because it is a natural forum for trying out and then assimilating new ideas, getting feedback and improving or refining.

Finally, help your child get over any bumps that may come up the first few days or weeks of school by being a compassionate listener, brainstorming alternate solutions, helping your child ask the teacher for assistance with a problem, or asking to meet with the teacher to discuss a persistent problem. You and your child's kindergarten teacher are collaborators. You both want the best and the most successful kindergarten experience there can be.

Remember that it is not uncommon for your kindergartener to take a while to feel truly comfortable in their new class. Sometimes it takes about two months, up through Halloween.

With love and patience your kindergartener will happily adjust to their new school and most importantly be on their way to a successful and joy filled year.

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Your Opinion Matters

Information is crucial to stop teen suicides

Editor, The Spotlight:

Youth suicides, the silent epidemic, have received both national and local coverage recently. In November 2002, I testified as a guest at the Surgeon General's Boston Hearings on National Goals and Objectives. I tracked the history of limited responses to years of limited outcry.

Now, many new approaches are in place by the states; in New York, the state Mental Health is one leader. The Samaritans have done great local work and so has GE Plastics at Selkirk, as an industrial supporting leader.

The American Academy of Science has since published its related action reports on suicides and the need to beef up a system of regional poison control centers.

One of several bills in the House of Representatives would offer more national support and resources.

The Centers for Disease Control, the Department of Human Services, the Justice Department, the National Institutes of Health and other agencies, Education Development Corp. (EDC) are more now in action, but with limited funds and at times, limited science to know what to do, to date.

Look at their Web sites and get informed for your own assessment for your own potential effective actions.

Locally, a series of youth suicides have prompt directly affected parents and *The Spotlight* to cover our own backyard home stories.

One suicide death is one too many. For each one, there are several attempts. Suicide is the

third leading cause of death for youth ages 10 to 19 (or 10 to 24 depending on your focus) in the United States and maybe that one in five high school students reports seriously considering suicide in the last year.

The data show all that: <http://www.cdc.gov/ncipc/wisqars/default.htm>; But, each is a tragic loss of a life and never should be considered as just a number; each is a child or adult preventable episode. Most involve the availability of a gun at home.

This paper has commendably focused on the many regional and local resources available. But, one of the best advocacies to support is your congressman's and state Legislature's efforts to fund and promote true evidence-based community and state preventive programs. In our town, a coalition of industry, government, press, parents and survivors, police, public health, and school should start the dialogue.

The role of survivors in suicide prevention is a tough one. On the one hand, their stories (and their pain) are desperately needed to convince public officials that this is a good thing to support, but it can really add to their grief and pain if they become advocates too early in the grieving process.

It's a delicate balance to recognize that just as we have historically taken years to limit disease from spitting or children used as canaries in coal mines and sweat shops, automobiles steering columns and fronts that shoot into the driver and passengers in a collision and flammable children's pajamas.

Soon we will, with strong local, state and national leadership, prevent and limit our epidemic of youth and senior suicides.

We should grieve with our neighbors' losses and then act together with enough evidence that what we do will indeed work or is promising. The first step is to be informed.

Les Fisher
Safety/management
consultant
Delmar

Thanks for helping backpacks program

Editor, The Spotlight:

I would like to thank both *The Spotlight* and the Bethlehem community for the wonderful support given to our school supply collection drive.

Hamagrae: Elementary School is working with other Bethlehem schools to provide new and used backpacks to many children living in poverty in our area. We are hoping to provide 100 backpacks filled with school supplies to children who would

otherwise not have them.

September, for most of our children, means shiny new rulers, freshly sharpened pencils, clean unused folders and a backpack. For many families, that daunting school supply list is beyond their financial means.

School supplies are not covered by Food Stamps and are not typically carried in food kitchens. Anyone who can remember how good it felt to open that new pencil case or crack open that clean

notebook can imagine how hard it would be to go to school without any school supplies of your own.

For many of these kids, you can purchase school supplies for us to pack the backpacks. Suggested supplies for a backpack include: One box crayons, one package pencils, scissors, three notebooks, one pencil box, one glue stick, one package markers, one package lined paper, three two pocket folders — and anything else you would like to include. No donation is too small.

We will collect backpacks and supplies through Sept. 9 at town hall and the town park pool. Look for the drop-off boxes at both locations.

Leona Kassoff
Delmar

Library tree was in bad shape

Editor, The Spotlight:

I live very close to the library. I requested those trees be cut down. I'm the one walking down Delaware Avenue and watching the holes in the tree.

The tree was in very bad shape and should have come down months before. The branches were very close to a power line. During a windstorm, it could have fallen on a school bus going by.

What are we talking about here — a dead tree or a bunch of kids? What about if we had lost power a day or two in the winter?

Now there is a farmer running a market at Verstandig's on Monday, Wednesday and Thursday, through September. Check it out.

Marie N. Capone
Delmar

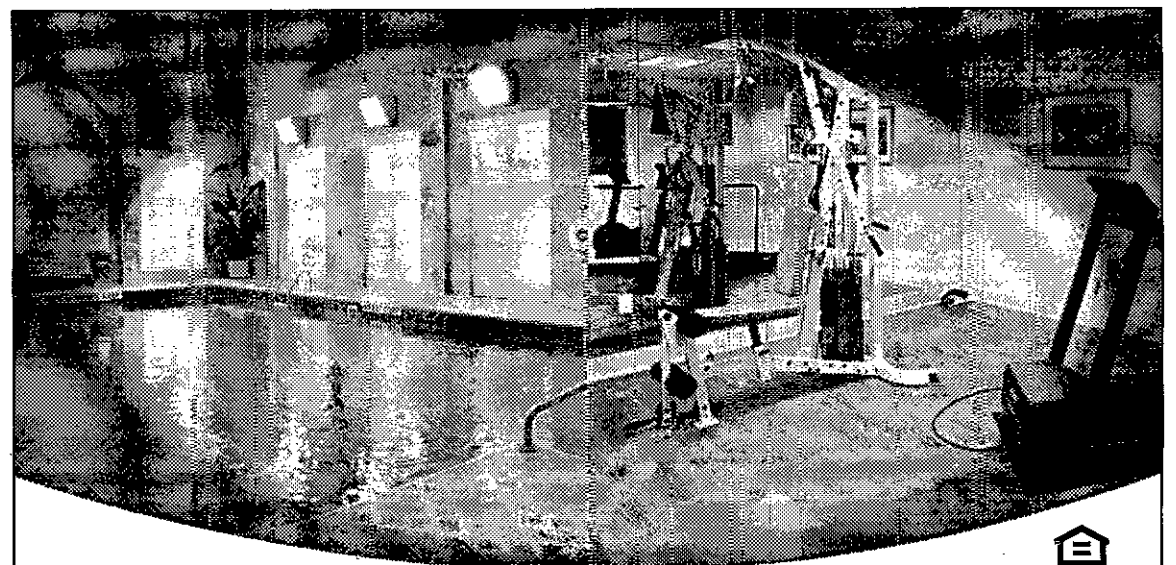
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Gardens are great, thanks to club

Editor, The Spotlight:

Kudos to the Bethlehem Garden Club for the lovely gardens so well tended at Kenwood and Cherry avenues.

Nancy B. Carter
and Marene S. MacDonald
Slingerlands

Letters policy

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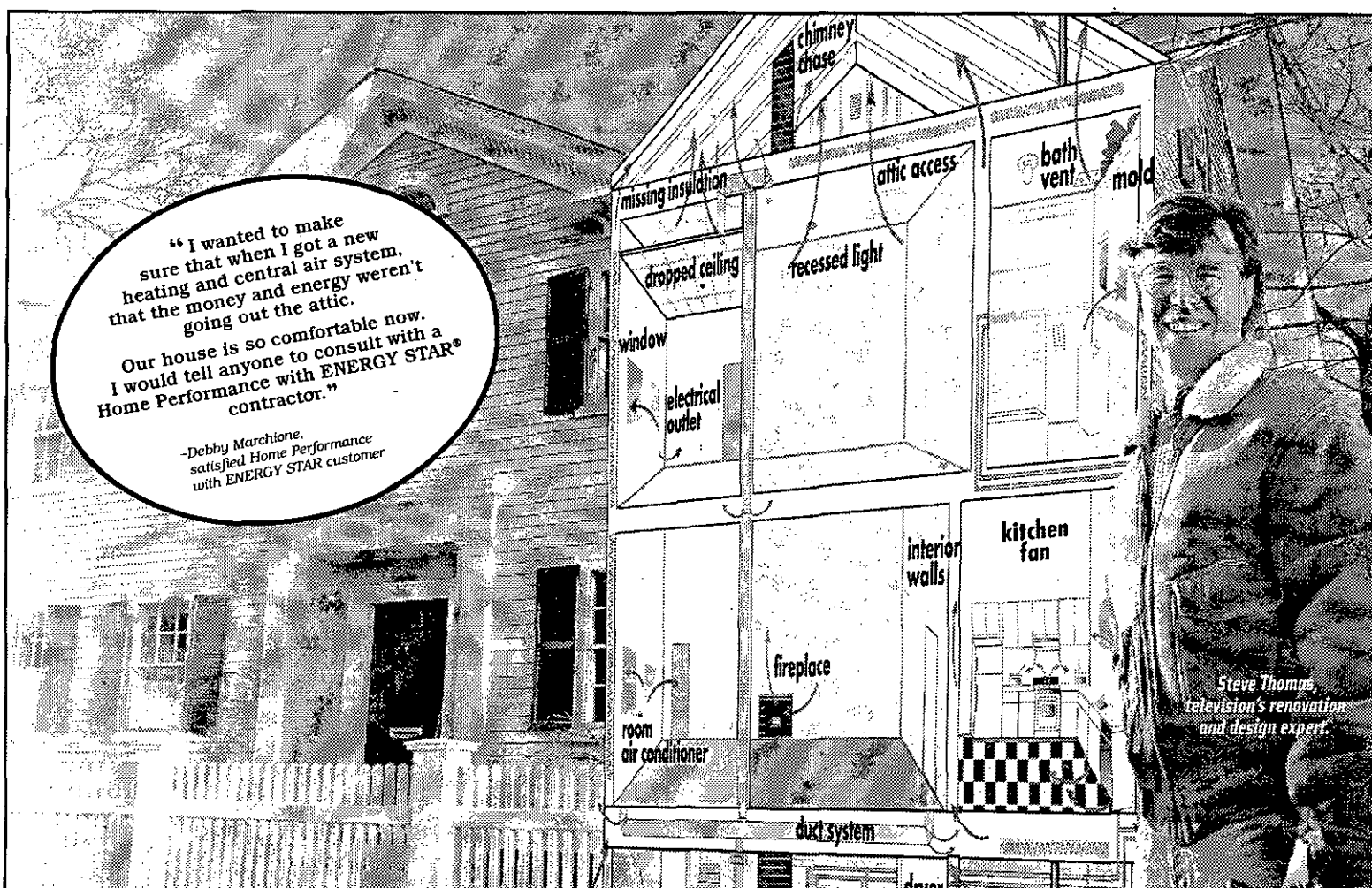
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Your Opinion Matters

Zoning board erred by not OKing parking

Editor, The Spotlight:

I would like to second the point Jim Kelly made in his letter in the Aug. 18 *Spotlight* regarding a recent zoning board meeting.

Everything in the letter was true. I know. I also was present and spoke in favor of additional parking at Delmar Health & Fitness Club.

For those not following this story, let me bring you up to speed.

Mike Mashuta owns the land. Mike Mashuta pays school and property taxes on the land. He wants to build additional parking in the rear. No brainer, you say, common sense, you say.

Not according to the zoning board.

"We need this report, whack, we need this study done, whack, we need this test done, whack. We need this inspection done, whack."

Just do a Google search said one board member, almost in a comical tone.

Now mind you, Mike had already submitted enough material for the board to make a decision and was thanked for the in-depth analysis, but, whack, no parking for you!

Jerry Pittz
Delmar

Backpack program also benefits donors

Editor, The Spotlight:

I was happy to see you highlight the Hamagrael "Give the Pack off your Back" program in your last edition. This program grew out of the immense need of children in the Albany area and has now been adopted at other Bethlehem schools.

While the benefits of this program to a child living in poverty are obvious, our own children have much to gain by participating. I speak from experience when I say how

special it was for my own children to take the supply list of an "adopted child" and personally pick out the items. I also saw the response of the children who came to help fill the backpacks with the donated school supplies. Everyone had a great time, and our children learned that it can feel great to help others.

This year, we are very concerned the requests for backpacks and school supplies far outnumber the backpacks we received, and we hope the new

drop box locations will reach some people who had not heard about the program.

New and used backpacks (in good condition) are needed. Two collection sites have been set up at town hall and the town pool to make it easy to donate your backpack and other school supplies.

No donation is too small.

Theresa Weinman
former Hamagrael PTA
president
Delmar

Letters policy

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Unsigned letters receive no consideration.

Only letters that carry a signature will be printed.

The deadline for submitting letters is Friday at noon.

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DA candidate calls for greater accountability

By TANYA LEET

Roger Cusick would like to bring accountability back to the Albany County District Attorney's office. That is why the Loudonville resident is running against current DA Paul Clyne or his Democratic primary opponent, David Soares. Cusick, 54, is running on the Republican, Conservative and Common Sense party lines.

Since Cusick said he decided to run because he was "deeply disturbed" by Clyne's public statements and the outcomes of some high-profile criminal cases,

he would prefer to be up against Clyne come November, not his former assistant.

"This campaign is a referendum on Clyne's performance," Cusick said.

Cusick accused Clyne of abusing his power and having a double standard in law enforcement — one for the influential in the Democratic machine and another for everyone else.

To Cusick, this sends a message of partisanship and neglect.

"It's simply unacceptable," he said. "I'm asking Clyne to answer

for his actions."

In particular, Cusick cites the New Year's Eve shooting death of Colonie native David Scaringe by Albany police. He questioned why the case was given to a special prosecutor and why there was no indictment.

He said he was also disappointed with the outcome of the Michael Boxley case, where the state Assembly's top lawyer was accused of felony rape, but pleaded guilty to a lesser charge.

In addition, the case of Scott Ritter, a former U.N. weapons inspector in Iraq who solicited an underage girl over the Internet,

was sealed.

Cusick said these cases smack of special treatment.

Because Cusick has a 25-year-old son, Clyne's handling of the Scaringe case prompted him to step forward and take action. Cusick said that after four years of watching Clyne's lack of professionalism and insensitivity, he approached the county's Republican party and told them he wanted to run.

"His time has come," said Cusick.

Although he has never ran for office before or worked as a prosecutor, Cusick said he has some progressive ideas for reforming the DA's office.

He would like to put a new emphasis on victims by bringing in an ombudsman or victim's advocate. The role of this position would be to advise victims so they are more "sophisticated" about the process. Or so "the Boxley case never happens again."

Cusick said Clyne's office often disregards victims and their families. Another unit he wants to create is a special investigations unit to return the obligation of oversight to the DA's office.

Cusick said he is confident about his chances of success, or at least his qualifications for the job. "I have more experience than the two (Clyne and Soares) of

them combined."

Brooklyn-born Cusick has lived in Colonie for 32 years. He came to this area after graduating from SUNY Oneonta to attend Albany Law School. He then practiced trial law for 24 years before leaving his own firm, Cusick, Hacker & Murphy, in 1999 to go back to school. Cusick is currently writing his dissertation for a Ph.D. in political science from the University at Albany. He is also teaching part-time as an adjunct professor.

While an attorney, he defended the Colonie police department.

"I am the merger of theory and practice," Cusick said, noting his extensive background in legal, criminal and management positions.

In addition, Cusick served in the National Guard for six years. He and his wife Karlene have two sons, Sean and Jason.

As for community service, he managed and coached Little League baseball and the Latham Circle Soccer League.

He also volunteered for North Colonie school board committees regarding construction projects.

For more information, visit www.friendsofroger.org.

"It's simply unacceptable. I'm asking Clyne to answer for his actions."

Roger Cusick

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Mangia joins cancer fund-raising campaign

You can dine out and help fight breast cancer at the same time by going to Mangia in Slingerlands, Clifton Park or at Stuyvesant Plaza and ordering a Making Strides pizza.

Mangia, The Butcher Block & Bountiful Bread are locally owned and operated by White Management Co. White Management is a sponsor of the American Cancer Society's Making Strides Against Breast Cancer walk, which will be held this year on Sunday, Oct. 17 in Albany's Washington Park.

Last year's walk raised nearly \$580,000 for the American Cancer Society's research, education, advocacy and patient services programs.

"Our involvement in Strides has been a strong community effort. The return has demonstrated itself in immeasurable ways," said Marjie Burgasser of White Management. "The fight against breast cancer is an important one. It has touched the lives of many of the loved ones that work here."

"Our involvement sends the message that we need to maintain a presence in the community. When we work together, we can make a great impact" she added. "We feel fortunate with the longevity of our staff. They are a great team with a lot of energy."

Each year, Mangia chef Jim Franklin creates a signature Making Strides Against Breast

Cancer pizza. This year's version is a white, wood-fired pizza crust brushed with olive oil and garlic topped with mozzarella cheese, roasted red peppers, artichoke hearts, marinated grilled Portobello mushrooms, grilled chicken, balsamic vinegar reduction and fresh basil.

Mangia donates \$1 from the small and \$2 from the large Making Strides pizza to the American Cancer Society to benefit the walk.

"We feel fortunate to have been so well received in the Capital Region," Burgasser said. "Eating is such an important part of your social life. We want to be recognized as a restaurant that will cater to our customers' dietary needs."

Mangia, Bountiful Bread and the Butcher Block, employ about 250 Capital District residents. The company also operates locations in Lake George and Plattsburgh. White Management typically has a team of about 125 walkers at Making Strides that include employees and their friends and family.

The American Cancer Society Eastern Division has 46 community-based offices, involving thousands of volunteers throughout New York and New Jersey.

For 24-hour cancer information, call toll free 1-800-ACS-2345 or visit www.cancer.org.

Swing and sway at soiree

A Summer Soiree will be held on Saturday, Aug. 28, from 6:30 to 11 p.m. at St. Matthew's parish hall.

This all-inclusive evening will begin with a social hour, dinner at 7:30 p.m. and dancing.

Proceeds will benefit the Rev. Arthur Toole's retirement fund.

For information or to purchase tickets, call the parish office at 765-2805.

School supplies ready for pickup

The Voorheesville PTA has the school supplies that have been preordered and prepaid for the 2004-05 school year are ready for pickup.

The dates for pickup are Wednesday and Thursday, Aug. 25 and 26, from 9 a.m. to noon at the elementary school.

The Dollars for Scholars chapter will also be there selling book socks for \$3 each.

Village board resets meeting

The village board meeting scheduled for Tuesday, Aug. 24, has been changed to Tuesday, Aug. 31, at 7 p.m. at village hall in Voorheesville.

Dollars for Scholars hold garage sale

Dollars for Scholars will hold its annual garage sale/car wash in the parking lot of Nichols Supermarket in Voorheesville on Saturday, Sept. 18, from 9 a.m.

NEWS NOTES

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until 1 p.m.

Donations will be accepted. Details will be announced at a later date of when and where to drop off items.

Nature center offers dance program

The Emma Treadwell Nature Center will present a program on the art of combining dance and nature on Thursday, Aug. 26, at 10 a.m.

The movement of nature and how we can connect ourselves with all that is around us will be examined.

The program is free and intended for people of almost all ages.

For information and to

register, call 872-0800.

New Scotland Seniors plan outing

The seniors will plan for a ride on the popular Albany Aqua Duck.

The date is set for Tuesday, Sept. 14, at 1:30 p.m., and the cost is \$15.

The trip provides a good look at historical Albany by land and from the water.

For reservations, contact Lois Bristol.

College application program set for Sept. 14

High school seniors should set their calendars for Tuesday, Sept. 14, at 7 p.m. to meet with Certified Educational Planner Sally Ten Eyck.

This program will be held at Voorheesville Public Library on School Road and can help students get organized to show their strengths to prospective colleges through essays and shine in interviews.

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2004 Sunseeker SSC 2900 FLE
WITH 0 DOWN Stock #202336. 4.0 Total Price \$58,098
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\$17,850

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Master Bedroom, Full Bath, Microwave, SA Generator, Refrigerator, Entertainment Center Warehouse Volume Discount -5,998
\$23,987

'89 CHECKMATE CLOSED BOW
Stock #201957B. Total Price \$8,995
120 Horsepower Mercury Force engine, EZ Loader Trailer Warehouse Volume Discount -2,500
\$6,495

'97 MALLARD 32
Stock #201399C. Total Price \$13,995
Air, Double Doors, Slide, Microwave, Oven, Awning Warehouse Volume Discount -7,015
\$11,980

'99 PROWLER ULTRALITE 24'
Stock #202953A. Total Price \$8,995
3 Bunks, Fiberglass Sides, Spare Tire, CD Player, DVD 33579 Warehouse Volume Discount -1,155
\$7,840

'94 COACHMAN SANTARA
Stock #202707A. Total Price \$31,995
2 A/C Units, Double Door, Rollup Table, Stove Warehouse Volume Discount -3,345
\$28,650

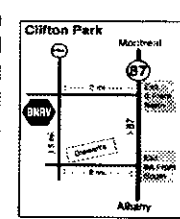
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Stock #203474A. Total Price \$20,540
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'98 SPRINGDALE 225
Stock #203715A. Total Price \$7,995
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K-9 finishes training to become reading specialist

Meet Sammi! Sammi belongs to youth services assistant Gail Brown, and he is a very special dog. He and his owner have completed an extraordinary course for Sammi to become a certified therapy dog.

The youth services department at the library is excited to launch a special program called "Paws to Read," which features Sammi and Brown.

This program, based on others around the country, pairs a child (in grades one through four) with a certified therapy dog for reading practice during a 15-minute scheduled reading session.



Sammi

Although the child does not have to have reading problems to participate, studies have shown that children who may be struggling in reading independently or are uncomfortable reading aloud can benefit.

As we all know, most children adore dogs and would love spending time with

an animal that can provide rapt attention without criticism. As a result, a child's reading skills improve and his or her self-esteem soars.

Dogs and their handlers are certified under guidelines set by Therapy Dogs International. The dogs are mild-mannered, know basic obedience and enjoy being

visiting the United States as poet in-residence in collaboration with The Author's Watermark.

He has published eight books of poetry and is a contributing editor for the online monthly *City Lit*. His residency is funded in part by Poets & Writers, with grant from the New York State Council on the Arts, and individual contributors. His paintings will be available for viewing in a number of local locations.

For information about Henry contact Maureen Holm at 238-8332.

The Lifelines group, under the direction of Cathy Anderson, is hoping to encourage new pros writers to join them this fall.

Bring a short piece to share and be there at 7 p.m. on Monday Sept. 13.

The Friends of the Library is looking for a vice president to begin the new year.

If you are a library lover with some time to spare this year, come at the library or contact president Cindy Childs or one of the other Friends' officers.

Your service means a lot to the library and the community.

Call the library for program information, or visit the Web site at www.voorheesvillelibrary.org.

Barbara Vin



with children.

If you would like to schedule your child for a 15-minute reading session with Sammi, contact Joyce Laiosa or Brown at 765-2791.

High school seniors should mark their calendars for a Sept. 14 college application program under the direction of CEP Sally Ten Eyck. Ten Eyck will answer questions and provide assistance with the application process. Sign-ups are being taken now.

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

On Aug. 26, the Every Other Thursday Night Poets will be visited by guest Patrick Henry at their regular meeting at 7 p.m. Henry is a Yorkshire poet, essayist and painter who is

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going out to help build new communities, and bring new life to existing ones.

We're equally proud to be helping more people than ever realize their dream of owning a new home.

We've worked hard to pioneer a new program to offer affordable mortgages to those who serve and protect our neighborhoods - like firefighters, medical workers and teachers. We call it our Neighborhood Champions™ program, and it will be available in the Northeast in just a few weeks.

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121: one to one ADN: any day now AFAIK: as far as I know AFK: away from keyboard A/S/L: age, sex, location
 B4: before B4N: bye for now BAK: back at the keyboard BB1AB: be back in a bit BBL: be back later BBN: bye
 bye now BBS: be back soon BEG: big evil grin **BF: boyfriend** BFN: bye for now BG: big grin BL: belly laughing
 BMTIPG: brilliant minds think in parallel gutters BRB: be right back BTA: but then again BTW: by the way
 BWL: bursting with laughter BWTNDIK: but what the heck do I know C&G: chuckle & grin CID: crying in
 disgrace CNP: continued (in my) next post CP: chat post CRBT: crying real big tears CSG: chuckle, snicker,
 grin CU: see you CUL: see you later CYO: see you online DBAU: doing business as usual DIKU: do I know
 you? DL: dead link DLTBBB: don't let the bad bugs bite DQMOT: don't quote me on this EG: evil grin EMFBI:
 excuse me for butting in EMSG: email message EOT: end of thread F2F: face to face FG: fingers crossed
 FISH: first in, still here FMTYEWTK: far more than you ever wanted to know FOMCL: falling off my chair
 laughing FTBOMH: from the bottom of my heart FUD: fear, uncertainty, and doubt FWIW: for what it's worth
 G2G: got to go G: grin GA: go ahead GAL: get a life GD&R: grinning, ducking, and running GF: girlfriend GFH:
 game for now GIWIST: gee, I wish I'd said that GMB0: giggling my butt off GMTA: great minds think alike
 GOL: giggling out loud GTRM: going to read mail GTSY: glad to see you H&K: hug and kiss HAGN: have a good
 night **HDOP: help delete online predators** HHIS: hanging head in shame HTH: hope this helps HUB: head up
 butt IAC: in any case IANAL: I am not a lawyer (but) IC: I see IDK: I don't know INA: I hate acronyms IRC: if I
 remember correctly ILU: I love you IM: instant message IMHO: in my humble opinion IMNSHO: in my not
 so humble opinion IMO: in my opinion IOW: in other words IPN: I'm posting naked IRL: in real life IWALU: I
 will always love you IYSWIM: if you see what I mean JIC: just in case JK: just kidding JMO: just my opinion
 JTLYK: just to let you know K: okay KIT: keep in touch KOC: kiss on cheek KOL: kiss on lips KOTC: kiss on the
 cheek KWIM: know what I mean? L&R: later LD: later, dude LDR: long distance relationship LLTA: lots and
 lots of thunderous applause **LMIRL: let's meet in real life** LMSO: laughing my socks off LOL: laughing out
 loud LSHMBB: laughing so hard my belly is bouncing LTM: laugh to myself LTNS: long time, no see LTR: long-
 term relationship LULAB: love you like a brother **LULAS: love you like a sister** LUWAMH: love you with all
 my heart LY: love you M/F: male or female MOSS: member of same sex MOTOS: member of the opposite sex
 MSG: message MTF: more to follow MUSM: miss you so much NADT: not a darn thing NIFOC: naked in front
 of computer NP: no problem NRN: no reply necessary DIC: oh I see **OLL: online love** OM: old man OTF: off
 the floor OTDH: on the other hand OTTOMH: off the top of my head P2P: peer to peer PDA: public display of
 affection PEBCAK: problem exists between chair and keyboard PLZ: please PM: private message PMFJIB:
 pardon me for jumping in but POANF: put on a happy face **POS: parent over shoulder** PU: that stinks QT:
 cutie RL: real life ROTFL: rolling on the floor laughing RPG: role playing games RSN: real soon now S4L:
 spam for life SETE: smiling ear to ear SHCOON: shoot hot coffee out of nose SHID: slaps head in disgust SF:
 surfer friendly SNERT: snot nosed egotistical rude teenager SO: significant other SOMY: sick of me yet? SOT:
 short of time STW: search the web SWAK: sealed with a kiss SWL: screaming with laughter SYS: see you soon
 TA: thanks again TCOB: taking care of business TCOY: take care of yourself TIA: thanks in advance TILIT: tell
 it like it is TMI: too much information TOY: thinking of you TTYL: talk to you later UW: you're welcome WB:
 welcome back WFM: works for me WIBNI: wouldn't it be nice if **WTGP: want to go private?**
 WTG: way to go WU: what's up WUF: where are you from? YBS: you'll be sorry YL: young lady YM: young man

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Scarves have special meaning for Muslim women

By MARY LANNON

One fashion savvy woman in her 20s offered style advice on scarves to three girls in their teens as a mostly middle-aged crowd of women looked on sculling fashion tips.

"This looks cute," the woman said.

"You can show your earrings this way," she said of another style.

Indeed, it was a fashion show.

But because the woman in her 20s was Muslim and the scarves were hijabs (the traditional Muslim head scarf) and because the crowd was mostly non-Muslim and because the United States is fighting a war in Iraq and Afghanistan in the wake of 9/11, the fashion show was also much more than that.

It made the stylish leader Huma Ahmad feel more hopeful than she has in a while.

"It was beautiful," Ahmad said.

Born in India, Ahmad immigrated with her family to Australia before coming to this country at age 5. She attended Albany public schools and the University at Albany and now works for a local software company.

But since the war in Iraq, she has endured verbal abuse from strangers on the street, at gas stations and other places.

They often scream, "Go back to your country," she said.

"I feel like saying, — Where do you think I'm going to go?" Ahmad said.

But she usually says nothing. That's why, she said, being amid a crowd of people so welcoming and interested in her religion was so heart-warming.

Many of the non-Muslim women at the event, which took place at Guilderland resident Liz Allen's home, said they shared Ahmad's desire for a more tolerant world.

"We find we're more alike than different and where we're different, it's fun to share," said Julia Roske of Guilderland.

We don't want our fight for our own liberties to have the consequence of taking other people's liberties away, Roske added.

Along with the fashion, another Muslim woman, Musarat Chaudry, explained the purpose and philosophy behind the hijab.



Elena Cruz-Allen, 14, and Elisa Leiva, 12, model hijabs (he-jobs).

She explained that Muslims believe that both men and women should dress and act modestly among non-kin. For women, this means loose clothing and the scarf to cover both head and hair; for men it means loose clothing from navel to knee and, in some traditions, a hat. Among the circle of family, the rules do not apply.

"There is a dignity that this scarf gives me," Chaudry said. "Woman is not a sexual object, but a dignified person."

Many non-Muslims may see the scarf as an oppressive tool, Chaudry said, but it is not.

The wearing of the hijab should be a matter of personal choice, Chaudry said, not one of political coercion.

Governments like the Taliban that force women to wear the hijab and those that forbid it like the French are both treading on personal freedom, she believes.

Besides the religion and style lessons, the event also served as a fund-raiser.

The money raised will go to help support the Yaghi family, who event organizers believe has been unfairly treated by U.S. authorities since 9/11.

Shortly after that day, Ali Yaghi, who owned a pizza shop in Albany, was arrested. At the time, his wife Shokriea Yaghi and their three sons were visiting family members in Ali's native Jordan. Authorities had received a complaint that Ali had made anti-

American statements. Within weeks, Ali had been placed in a Metropolitan Detention Center in Brooklyn and spent nine months there.

Then in June 2002, the United States deported him because of his immigration status. Ali had spent about 12 years prior to that time trying to clear his status. He came to the United States in 1985 at age 17 and attended Albany High School and then Hudson Valley Community College. Because he took a break from school to try to earn tuition money, he unwittingly lost his student visa. Stranded, he then applied for asylum, which was not granted until 1999.

Because the asylum proceedings were taking so long, Ali also applied for citizenship after his 1992 marriage to Shokriea, a U.S. citizen. Unbeknownst to the Yaghi family, the Immigration and Naturalization Service granted Ali a green card in 1999 with the condition that his lawyer file time-sensitive papers.

It was only after Ali was deported that the Yaghis learned of their attorney's error. The family has once again filed for a visa for Ali, who is now in Jordan. His three sons, who have only known American life, have joined him there, while Shokriea works stateside for his return.

This story also drew many of the women to the event.

"It seemed like it was a terrible thing ... and I didn't want to stand by while it happened," said Cathy Stanford of Guilderland.

"I've read of the story of this family and feel very sad about it," said Jean Hynes of Schenectady.

"Also, there's beauty involved, and the world needs more of it. It's such a gentle way to make a statement," Hynes said.

The sponsors of the event, the Yaghi Family Support Com-

mittee, a project of Women Against War, also hope the event will raise consciousness about other detainees in the country, who they say have not fared well since 9/11.

The group has written to their congressional representatives who have acknowledged receipt of the letters, but have yet to respond to their request for help.

To help out the Yaghi Family Support Committee, go to www.BringAliHome.org. To contact the group, write P.O. Box 505, Delmar 12054 or e-mail www.action-owner@yahoo.com.

After the event, Dawn Marar of Bethlehem said she was glad she went.

"I learned a lot ... I liked hearing about it from the point of view of Muslims," Marar said.

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Sports

Local teams gear up for 2004 football season

By ROB JONAS

With the Section II football season starting Sept. 3, here is a look at this year's teams in Bethlehem, Ravena and Voorheesville.

Bethlehem Eagles

Last year's record: 1-6 (not including crossover games)

Last year's division: Suburban Council Blue

This year's division: Class AA Division 3

Divisional opponents: Saratoga, Colonie Central and Niskayuna.

Non-divisional opponents: Albany, Guilderland, Schenectady and Ballston Spa

Outlook: The Eagles are looking to use the same formula that helped them win a Sectional title in 2001. More than half of the 41-man roster is made up of seniors, many of whom are entering their third season on the varsity level.

"This was a three-year plan we had," Bethlehem coach Ron Smith said. "We brought a lot of these guys up as sophomores, and they've had a couple of years to grow."

Three senior running backs are back to lead the offense — Geoff Wilcox, Brian Nicholson and Ryan Eder, who was the team's top rusher and one of its best defensive backs.

"We'll continue to look for leadership out of (Eder) on both sides of the ball," Smith said.

Senior Brian Trombley settles back into the starting quarterback role, and Smith said Trombley should improve this year.

"He's worked very hard over the summer," Smith said. "He's a kid who's been to three camps, and he's looked very good in (training) camp."

Overall, Smith said he thinks his three-back offense will pick up the point production this year after struggling to reach the end zone in 2003.

"This is our second year with this offense, and the kids are really gaining an understanding of it and how it works," Smith said.

Defensively, Bethlehem is strong in the middle with linebackers Wilcox, Matt Carroll and Steve Hannigan.

"Matt Carroll is pound for pound the best kid I've coached in a while," Smith said. "(Hannigan) started four games for us, but he was tremendous at stripping the ball (from opponents) and making tackles. He had 12 tackles in a game last year as a sophomore."

RCS Indians

Last year's record: 9-1 (lost in class B finals to Lansingburgh)

Last year's division: Capital Conference Reinfurt

This year's division: Class B Reinfurt

Divisional opponents: Lansingburgh, Cohoes, Albany Academy, Taconic Hills and Hudson

Non-divisional opponents: Mohonassen, Hudson Falls and Schalmont

Outlook: Ravena-Coeymans-Selkirk ran the table until it ran into Kareem Jones and the Lansingburgh Knights in last year's Section II title game. Jones rushed for 151 yards and scored two touchdowns in a 31-13 victory.

Jones has since graduated, but RCS coach Gary VanDerzee said that he expects Lansingburgh to be loaded for another run.

"I expect that Lansingburgh will be very good, and I have to expect that Hudson Falls will get back on the horse after (a losing record) last year," he said. "Taconic Hills has had two very good junior varsity teams in a row, so that has to help them."

The Indians will also be in the hunt. Several key players are back from last year's team including junior quarterback Tim Jordan, junior running back Ryan Cross and junior wide receiver Ryan Ruxton.

"All three of those players are critical to the team's success," VanDerzee said.

The defense and special teams unit factored heavily into the Indians' run toward the Sectional finals last year, and VanDerzee said he expects that will be the case again this year.

"Coach (Bruce) Stott does a good job with the defense, and year in and year out we're one of the top-ranked defenses in the area," VanDerzee said.

The defense is loaded with veterans, so nearly everyone knows their roles already. The lone position battle is at outside linebacker, where senior Jason White and junior Keith Geraldson are contending for a starter's role. Junior John Lynch replaces graduated senior John Dibble at inside linebacker.

Geraldson will get a chance to contribute on special teams as a kickoff returner, along with Cross.

"I would say we have a little

better team speed this year," VanDerzee said. "I wouldn't say we have one guy with great speed, but we have good team speed."

Voorheesville Blackbirds

Last year's record: 3-4 regular season (lost in class C quarterfinals to Watervliet)

Last year's division: Northern Adirondack Division I

This year's division: Class C South

Divisional opponents: Watervliet, Chatham, Cossackie-Athens and Canajoharie

Non-divisional opponents: Schuylerville, Bishop Gibbons and Corinth

Outlook: The Blackbirds revisit some old Capital Conference rivalries with the onset of classification play in Section II this year. Watervliet and Cossackie-Athens are back on the schedule, while Northern Adirondack foes such as Granville and Mechanicville are off.

"We're really looking forward to seeing some of those teams," Voorheesville coach Joe Sapienza said.

The Blackbirds lost several key players to graduation including leading rusher Kris Hauser and wide receiver Taylor Osterhout, but they've gained enough players to give Sapienza his largest roster in his coaching career (28 players).

"We don't have a lot of returning starters, but we have a lot of talent," Sapienza said. "The difference between 23 and 28 players is unbelievable. I think there's competition for positions that isn't typically there. Last year, we had three running backs compete for two positions. This year, we have six running backs competing for two positions."

Andy Catellier returns for his second season as the Blackbirds' starting quarterback.

"As a sophomore, he threw for just under 1,000 yards," Sapienza said. "That's a really positive asset to build around — to have a quarterback that can throw the ball, and the opposition really has to respect his arm."

Without Osterhout, Catellier still has several quality receivers to throw to including Chris Nelson, Chris Hensel, Nick Duncan and Nick Klapp. Tailback Mike Ashline will catch some passes out of the backfield.

"We want to run the ball like we usually do, and we want to run our play action passes like we usually do," Sapienza said. "The dimension we're looking for is the ability to throw the deep ball."

Ashline, P.J. Hognestad and Corey Glath will carry the ball behind an offensive line that returns two starters on the right half of the field, Eric Dickson and Adam Darpino.

"Those guys blocked for a thousand-yard rusher (Hauser) last year, so we think that's a plus," Sapienza said.

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Club schedules team tryouts

The Bethlehem Girls Basketball Club — formerly known as Bethlehem Little Lady Eagles Girls Basketball — is holding tryouts for the 2004-05 season Sept. 21, 23 and 28 at Bethlehem Central Middle School.

Girls in grades five and six have tryouts from 6 to 7:30 p.m. all three nights, and girls in grades seven and eight have

tryouts from 7:30 to 9 p.m. all nights.

It is requested that players attend all three sessions with a minimum of two. Players are asked to arrive 30 minutes early to register and check in.

The club began a "house" program (no travel) last year for fifth and sixth graders. The program may be expanded to

seventh and eighth graders this year, depending on interest. A fourth grade program begins in December.

For information on the tryouts or to volunteer as a coach, contact Jeff Gillham at 439-2332 or e-mail jgillham@nycap.rr.com. Information can also be found on the club's Web site at www.eteamz.com/littleladyeagles.

Labor Day race moved to office campus

The Hudson Mohawk Road Runners Club is holding the annual SEFCU Foundation Labor Day Race Monday, Sept. 6.

The five-kilometer race starts

at 9 a.m. from a new location, the SEFCU headquarters building on the Washington Avenue side of the State Office Campus. A children's fun run starts at 10 a.m.

Awards are presented to the top three male and female runners, the top age group finishers and the first three male and female SEFCU members. Awards are also presented to the top male and female teams in the high school and college divisions.

Team applications must be received by Sept. 3. Individual runners may register the day of the race from 7:30 to 8:30 a.m. at the SEFCU headquarters building.

The entry fee is \$12 for the 5K race and \$1 for the children's race. The first 500 registrants receive commemorative t-shirts.

Proceeds benefit programs and organizations supported by the SEFCU Foundation.

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

BSC slates bus trip to soccer doubleheader

The Bethlehem Soccer Club is sponsoring a bus trip to Foxboro, Mass., for a doubleheader Saturday, Sept. 4.

The United States men's soccer team hosts El Salvador in the CONCACAF semifinals. Following that game, the New England Revolution plays the San Jose Earthquakes in a Major League Soccer contest.

The bus will leave at noon from

the Bethlehem Soccer Club's Soccerplex in Glenmont and return, approximately at 11:30 p.m.

The bus trip costs \$65, which includes round-trip transportation and tickets to the doubleheader.

For information or to register, call Joel Rosenberg at 439-8405 or e-mail cleansheet_bsc@msn.com.

RCS volleyball team offers tryouts

The Ravena-Coeymans-Selkirk modified girls volleyball team is holding tryouts for the 2004 season.

Tryouts take place Sept. 1 and 3 from noon to 2 p.m. and Sept. 2 from 8:30 to 11 a.m. in the high school gym. Athletes must have completed a sports physical to participate.

For information, call 756-5200, ext. 2016.

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Junior referee course

The Bethlehem Soccer Club is offering a junior referee course Sept. 2 from 7 to 8:30 p.m. in room 101 at Bethlehem town hall.

Junior referees must be 12 years old by the season they intend to officiate in order to take the course. Each student receives a shirt and a whistle.

There is a \$10 registration fee. Pre-registration is required, since class size is limited to 25 students. Walk-ins will not be accepted.

To register or for information, call 439-4259.

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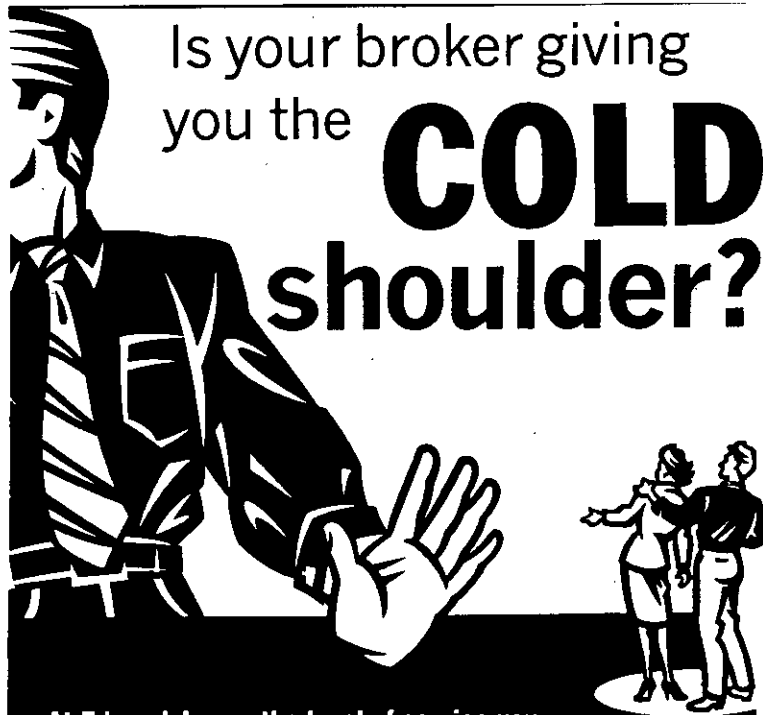
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Library landscaping to enhance facility

Work is now under way at the library to upgrade outdoor walkways, expand green spaces, plant gardens, and install improved outdoor seating.

The end result will be a library landscape that is inviting, accessible, restful, useful and beautiful in all seasons.

Check It Out
Bethlehem Public Library

These outdoor renovations round out the library's Facilities Renewal Project. Most of the work should be finished by the end of September.

The landscape plan was designed by Peter Loyola, principal of CLAsite Landscape Architecture, Engineering and Planning, P.C. A drawing is on display in the library lobby.

Trees, gardens and greenspace

Forty new trees will be planted, including serviceberry, purple beech, several varieties of spruce and juniper and Japanese tree lilacs. Deer-resistant shrubs and ground covers will also be planted.

Shrubs on our plant list include cranberry cotoneaster, climbing hydrangea, white cinquefoil, spireas, viburnums, hollies, Rose Glow barberry, Japanese andromeda and mugho pine.

Several gardens are included in our landscape design. These will be planted and maintained by

volunteers from the Bethlehem Garden Club, the Delmar Progress Club, and Bethlehem First.

The design also calls for improvement of our current stage area to better accommodate Evenings on the Green and other outdoor events.

Earth removed in the new landscaping will be "reallocated" to form a natural bowl behind the stage, sheltered and screened by greenery.

Memorial benches and other gifts

The landscape plan includes placement of memorial benches around the grounds. We hope these benches will invite our patrons to read, visit with friends, enjoy summer concerts or just relax and enjoy the grounds and gardens.

A limited number of benches will be available for purchase. Your tax-deductible donation will include cost of installation and a memorial plaque. This gift option will be offered on a first-come, first-served basis.

You may also send a tax-deductible contribution that will help us purchase and install the larger plantings.

If you or your business would like information on how you can buy a bench or otherwise contribute to the Landscape Project, contact library trustee Louise Kavanaugh at 478-2215, or library director Nancy Pieri at 439-9314.

Louise Grieco

Five Rivers birdwalk set

A free bird walk will be offered Saturday, Aug. 28, 10 a.m., at Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar.

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Health Care



A Supplement to Spotlight Newspapers

August 25, 2004

Ellis looks toward the future

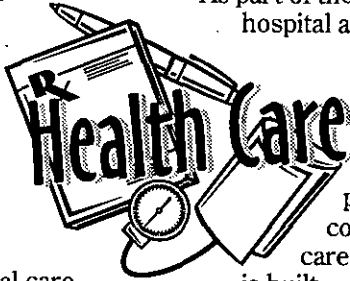
Ellis Hospital is undertaking a \$20 million project to build a new intensive care unit (ICU), and to renovate a portion of the hospital's C-wing. The Ellis Hospital Foundation is helping to fund the ICU project through the second phase of The Campaign for Ellis Hospital.

"We need to build a modern ICU in order to meet a growing demand for critical care services and to stay true to our reputation as a regional leader in health care," Ellis Hospital President Robert Smanik said.

Built in 1973, the current ICU, located on the sixth floor of the hospital's C-wing, is running at capacity. The new ICU project calls for a two-floor, 36-bed unit to be constructed next to the hospital's main entrance on Nott Street near the A-wing.

The new location will bring

critically ill ICU patients closer to key hospital services, such as radiology, the cardiac catheterization laboratory, the operating room and the Golub Center for Emergency Services. As part of the same project, the hospital also plans to



renovate the 4th floor of the C-wing, where neurological and medical/surgical patients will continue to receive care after the new ICU is built.

"Ellis Hospital has earned national recognition as a Top 100 Hospital for ICU care in spite of the unit's age and size," said Sarah Schermerhorn, chairman of the Ellis Hospital board of trustees. "Our focus is always on improving patient care and safety and we fully expect this new unit to deliver great results in these areas."

In addition to the modern, more spacious patient rooms that will be built, the new ICU

will have much larger family waiting areas that will include bathrooms, public telephones and internet access. Each waiting room will also have a greeter to help families and friends of patients get settled and assist them during their stay. Private consult and grief rooms for families to meet with nursing staff and physicians when necessary will also be available.

"The changes being made will make a world of difference to patients, families and staff,"

ICU Nurse Manager Stephen Wright, R.N. said. "Our staff has delivered outstanding care in less than perfect conditions, and we plan to raise the bar even higher once we're in the new unit."

The Ellis Hospital board of trustees approved the ICU project at its Sept. 2, 2003 meeting. Construction will begin this year and the project is expected to take 18 months to complete. Ellis Hospital is working with ENVISION architects in Albany on the new

ICU project.

"This new ICU is the largest and most exciting project that this hospital has undertaken over the past 20 years," Ellis Hospital Foundation Executive Director and Ellis Hospital Vice President of Community Relations Suzann Smart said. "We expect strong philanthropic support from our community, as they have always been willing to stand behind and support the future of Ellis Hospital."

Diabetic teaching program for outpatients to begin Sept. 7

A diabetic teaching program, "Take Charge of Your Diabetes," is being offered for outpatients by the nursing Education Department at St. Clare's Hospital in Schenectady.

The two-week series of classes will begin Sept. 7 from 1 to 3 p.m. in the auditorium. This program has been recognized by the American Diabetes Association.

The classes have been specifically designed for the newly diagnosed diabetic as well as the individual having difficulty maintaining control of the disease. Instructional areas will include use of medication, self-blood glucose monitoring, urine

testing, hypoglycemia and prevention and detection of diabetes related complications. Course instructors will include nursing, dietary, physical therapy, pharmacy and medical personnel. Family members are welcome to attend classes at no additional charge. Registration is required. For information, registration and fees, contact the Diabetes Education Office at 347-5613.

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Double check Internet vaccine information

By Dr. Carol Greenblatt

How do you know if vaccine information you find on the Internet or in other sources is accurate? The Internet is a wonderful tool for making information widely and rapidly available, but it also makes readily available information that is not reviewed for scientific accuracy.

There is plenty of information to be found about immunizations online — below are 10 tips to help you evaluate what you find.

1. The ownership of the site should be clear.

Is the name of the organization or individual posting the information in clear view? Look for highlighted text that tells you more about the author of the site. In some programs, the ownership can be found by clicking "View" and then "Document Source" or "Document Information."

2. The information provided should be based on sound scientific study.

Scientists discover truth by testing their findings repeatedly, to be sure that their thinking and methods are not flawed, influenced by their own assumptions, or marred by special circumstances. Studies with hundreds of participants or cases bear more weight than descriptions of a single case. The most useful studies compare the findings in one group of people or cases with the findings in another group (control groups). A mark of sound scientific study is that the findings are endorsed by groups or institutions dedicated to science, such as professional

associations or universities.

3. The site should carefully weigh the evidence and acknowledge the limitations of the work.

Think: What does the weight of the evidence indicate? If conclusion No. 1 is found in three studies, but conclusion No. 2 is found in 30 studies, which is more likely to point to truth? Be wary of people who proclaim that they, and only they, have discovered the "hidden truth." The scientific approach takes time, and often, answers are slow in coming or don't come at all. This can be very frustrating if the answers will have an impact on our — or our children's — health and well-being. Solid researchers, however, are not afraid to address the weaknesses as well as the strengths of their findings, to say that the findings were inconclusive or to say that additional research is needed before any conclusions can be drawn. A scientifically sound Web site will reflect these circumstances.

4. Beware of "junk science" and suggestions of "conspiracies." The hallmarks of junk science are hasty, and often sensational, claims that other scientists have not seen, reviewed or verified. Media attention does not necessarily mean a claim is true. "Conspiracy" theories often offer a quick and exciting answer to a puzzle. Think: If I take apart the pieces of "evidence," do they really fit together again?

5. The individuals or group providing the information should be qualified to address

the subject matter.

Beware of information attributed to unnamed "noted researchers" or "world-renowned scientists." A researcher who has done good, solid work would insist that his or her name be attached to that work, even if it's controversial. Who stands behind the information? What educational background do they have that relates to the health topic area? What other work have they published, and where?

6. Arguments should be based on facts, not conjecture. Beware of sites that mix fact with fantasy, without distinguishing between the two. As with junk science, the resulting "theories" can be sensational but are not scientifically sound.

7. The motives of the site should be clear. Is the site a sales and promotional device? There is nothing wrong with selling books and tapes or enlisting you in a cause, but motives should be clear.

8. The information provided should make sense. Is it too good to be true? ("Rub peanut butter on your knees and you'll never have cancer!") Or too awful to be true? ("Millions die when injected with vaccines!") Then it probably isn't true.

9. One sign of a scientifically sound Internet site is that it contains references from and to recognized peer-reviewed publications.

10. You should be able to obtain additional information if you need it.

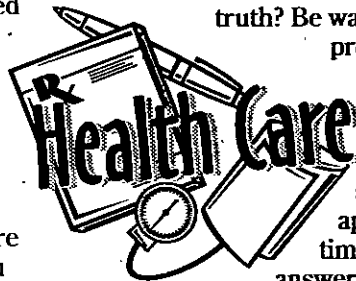
Is an e-mail or postal address, or a telephone number, provided for further information? Is a reading list or source list provided? Is the reading available through a public

library or is the list a source of income for the site owner?

If government documents or publications are referenced, remember that they are usually available free or at low cost through the publishing agency or the Government Printing Office in Washington, D.C.

The Government Printing Office's toll-free number is 1-888-293-6498; fax (202) 512-1262.

The writer is a pediatrician with Community Care Physicians Schodack Medical Office. She welcomes new patients to her practice at 77 Miller Road in Castleton, just off I-90 Exit 10. For an appointment, call 477-2167.



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Add healthy eating to back-to-school list

By Katherine McCarthy

The return of the school year means the return to the routine of packing up school lunches and finding suitable snacks for those after-school hours, when kids come home and declare that they are starving.

While kids might be happy to continue the summer routine of burgers from the grill and regular visits to the ice cream stand, parents know that more serious fuel is needed to get kids through the school day. Panic

about increasing childhood obesity is also making parents look for advice on what to feed their children.

Registered dietician Tammy Weber, who has an office at 230 Delaware Ave., offered

suggestions not only on what to eat, but also on how to eat.

Often, kids find that lunchtime at school is too short — and comes with the distraction of friends and the lure of outside time when the meal is finished.

"Encourage your kids to eat 'around the plate,'" Weber said,

echoing a trick for healthy shopping, which is to shop around the edges of the market. By eating around the plate, kids will get a little bit of everything, instead of just a lot of one thing, if time runs out on them before they finish.

Weber encouraged parents to think outside the box when making school lunches.

"It doesn't have to be just a sandwich, chips and cookies," she said. "Be creative, and get in protein and higher fiber stuff."

Turkey, peanut butter and tuna fish were three proteins that Weber named, along with whole-wheat pitas, wraps and hard breadsticks to hold the protein.

"Include fruits and vegetables," Weber said. "We're supposed to eat five a day."

Sometimes, a piece of fruit can spend a whole week going from home to school to home without getting eaten.

"Try apples dipped in peanut butter," Weber suggested. "Or try a fruit salad. You could pack a little bag of trail mix, made with things like raisins, dried apricots and healthy cereal."

That higher fiber — be it in the bread for sandwiches or crackers like Triscuits after school — will fill kids up better than white breads and Saltine crackers.

"Juice is overrated, too," Weber said. "It contains a lot of sugar. You

could pack water bottles for the kids and milk is great."

Weber said packing a child's lunch gives parents greater control over what they're eating, but she knows time can be a factor, and the lure of school lunch pizza can be too great for parents to always send lunch from home.

"Have kids stay away from fried foods like chicken nuggets and French fries when they're buying lunch," Weber said. "Have them dab the fat off the pizza with a napkin. Have them get milk and an apple to go with it."

Weber said that the little subs the schools sell can be a good choice, especially if parents send along mustard packets for kids to put on their sandwiches.

Snacks also pose a challenge to parents, and can require a little pre-planning, especially if kids are home alone in the afternoons.

"Leaving cut-up vegetables in the fridge would be one idea," Weber said.

She also looks at the sugar content in pre-packaged snacks. A lot of companies are marketing packages of snacks with 100 calories, and Weber advised checking that there's not more than three grams of fat in those foods.

"That's 30 percent of calories coming from fat," she said, which is a good guideline. "So if you have a 200 calorie snack with six grams of

fat, that's still pretty healthy."

Some food companies market to parents' and children's wants and needs, like McCain Foods. Its food research scientist, Ann Schuh, recently spent a day at Price Chopper in Loudonville, introducing Ellio's All-Cheezy Pizza to the Capital District, which is serving as a test market for the product.

That pizza product, frozen in squares, was the result of several focus group studies that showed kids wanting more cheese. The All-Cheezy Pizza sauce is made with 100 percent real cheese, not tomatoes. The lack of tomatoes gives kids the taste of macaroni and cheese, and the real cheese provides 10 percent of a kid's calcium requirements for the day. The square shape makes the pizza a product that kids as young as 8 can prepare themselves in a toaster oven.

There are no trans-fats in Ellio's All-Cheezy Pizza. Weber said that looking for canola oil in a product, rather than hydrogenated oils, will lead to healthier eating.

In today's hurried world, it can be hard to eat well, and sometimes going to the golden arches is as nutritious as it's going to get for a modern family.

"Maybe, with fast food and sugars, parents could make it more of a treat," Weber said.

The real key to getting kids to eat healthy lies in a phrase that makes the kid inside the parent cringe: setting a good example at home.

"At the dinner table, you could put most of the food on the children's plates and only put the serving bowls of salad and fruit out on the table," Weber suggested.

She warned against putting children on a diet.

"It's better to take the angle that we're eating healthy as a family," she said. "Talk about being strong and healthy as opposed to going on a diet."



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Vertebroplasty helps prevent bone fractures

By Dr. Kenneth Mandat

More than 25 percent of women older than 65 will develop a vertebral body (spinal bone) fracture due to osteoporosis (bone mineralization loss). These compression fractures can be very painful and lead to decreased mobility accelerating more bone loss. These painful fractures can also lead to high doses of pain medication, particularly narcotics, further limiting function.

Vertebroplasty is an image-guided, minimally invasive, non-surgical treatment designed to strengthen broken vertebrae weakened by osteoporosis. Patients with vertebrae damage due to malignant tumors may also benefit from this procedure. This procedure is a very attractive alternative for patients too elderly or frail to tolerate open spinal surgery.

Most commonly, vertebroplasty is recommended when more conservative therapy, such as bed rest, pain medications and back brace have failed to alleviate symptoms.

In order to determine if a patient is a good candidate for the procedure, he or she must undergo a clinical evaluation in our office. This includes a physical examination as well as diagnostic imaging including X-rays as well as an MRI or bone scan if necessary.

The procedure is generally performed in the morning. Intravenous medication is given to sedate the patient. Local anesthesia is given to numb the skin. A minute incision is made on the skin, just large enough

to allow the needle to pass through. This incision generally does not require any stitches following the procedure. The X-ray tube called a fluoroscope is used to guide the needle through the spinal muscles and into the compressed vertebrae.

Once the needle is in proper position, the orthopedic cement is administered.

This orthopedic cement will harden within the vertebrae over the ensuing 10 to 20 minutes. The patient will then undergo a cat scan of this region to get a final evaluation of cement distribution. Vertebroplasty usually takes less than two

hours and patients often go home within two hours following the procedure.

As discussed, the benefits of vertebroplasty include alleviation of pain and increased mobility. Patients generally report an overall improvement in their quality of life. Vertebroplasty is a generally a safe and effective

procedure.

An overwhelming majority of clinical trials report no complications. As with any minimally invasive procedure, risks do exist. These include bleeding, infection and occasional numbness and tingling in the area of the procedure, although uncommon. Orthopedic cement can leak into the surrounding soft tissues. This is generally of no significance. Extremely rarely, cement can leak into the region of the spinal canal and nerves causing tingling and,

even more rarely, paralysis.

For more than a decade, vertebroplasty has successfully become the procedure of choice for any patient failing conservative therapies or too frail to tolerate any major surgery.

As always, you should consult your physician to see if you are a candidate for this procedure. For information about vertebroplasty, or to schedule an appointment call Community Care Physicians' medical imaging operations at 262-5149.

For information, call or visit

the society of interventional radiology Web site at

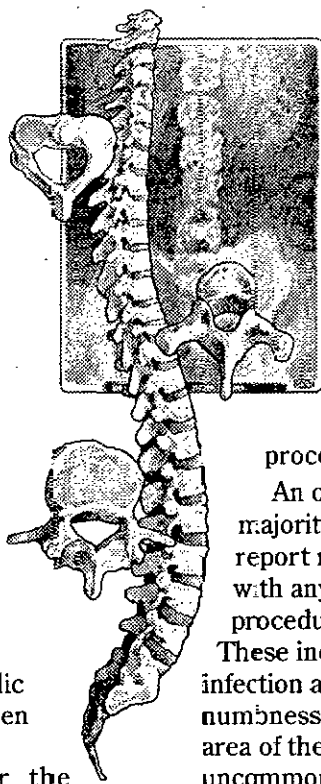
www.sirweb.org and type

search word

"vertebroplasty." This Web site includes patient testimonials and frequently asked questions.



The writer is an interventional radiologist with Community Care Physicians. The practice's medical imaging operations are in the Capital Region Health Park, Suite 201, at 711 Troy-Schenectady Road in Latham.



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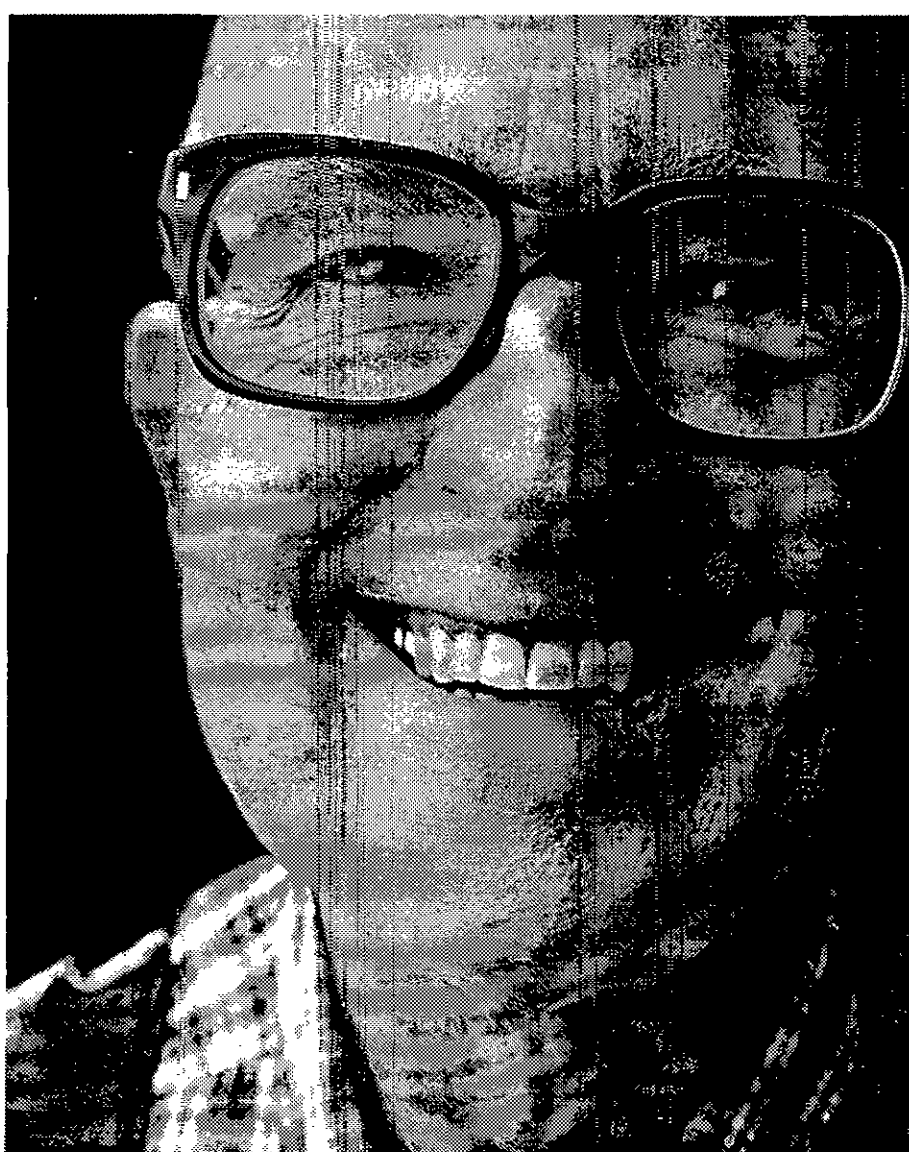
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Study shows female proclivity to ACL injury

As female athletes mature physically, muscular changes cause them to have less control of the knee joint, forecasting a potentially greater number of noncontact injuries to the anterior cruciate ligament (ACL), according to a new study recently published in the "Journal of Bone & Joint Surgery."

Orthopaedic surgeons perform more than 100,000 ACL repairs per year. Studies of sports injuries conducted over the past three decades have indicated that female athletes involved in jumping and cutting sports, such as basketball and soccer sustain noncontact injuries to the ACL of the knee at rates far higher than their male counterparts. The investigators on this study set out to determine what role that growth and development play.

"The most important finding in this study," according to lead investigator Timothy Hewett,

director of The Sports Medicine Biodynamics Center and The Human Performance Laboratory of Cincinnati Children's Hospital and University of Cincinnati College of Medicine, "is that growth in height and in bone length without increased strength and power in girls appears to be related to decreased control of the knee and potentially, increased injury risk."

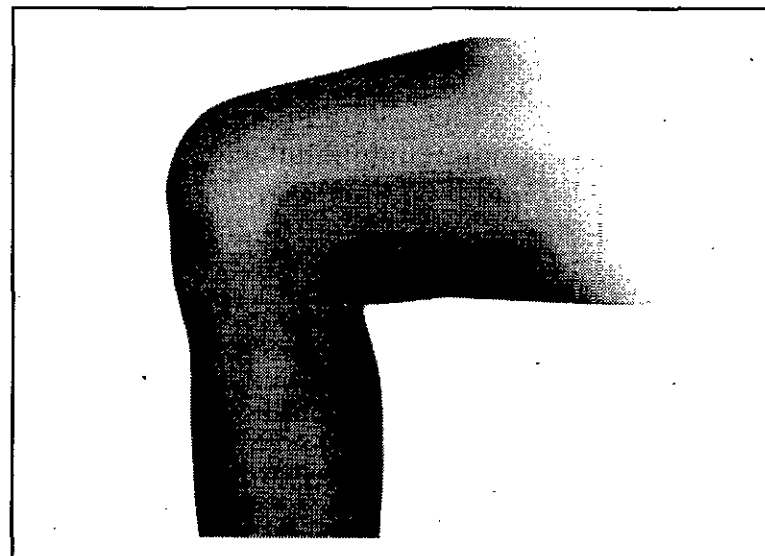
The researchers reviewed jumping and landing patterns of 81 male and 100 female athletes of various ages, engaged in middle school and high school soccer and basketball programs. The athletes' ability to control how the knee moves was measured by creating a computerized model of each athlete and then tracking their movements, like in a virtual reality program. This method of testing can assess exactly how

much force is exerted on the joints. Specifically, the investigators measured the amount of inward collapse of the knees, resulting in a knock-kneed position, upon landing from a jump.

The results from this test proved most significant in terms of determining that the point at which females allow more knee collapse coincides with the age when they become more susceptible to ACL injury, about the age of 16.

"The most surprising aspect of the study was how similar boys and girls are in their control of the knee prior to puberty and how different they become as their bodies mature," Hewett added.

It appears that female athletes' muscular control of the knee might lose pace with their skeletal growth during puberty. Hewett hopes that in the future, information from this study will be incorporated into training programs for young athletes that will decrease their exposure to the risk of ACL injury.



"Deliberate training exercises of specified intensity and duration, just before or at the start of the maturity process may enable trainers to pre-wire the young female athletes' muscular system to prevent ACL injury, instead of attempting to rewire it after an ACL injury."

The "Journal of Bone & Joint Surgery" (JBJS) is a publication of the 26,000-member American

Academy of Orthopaedic Surgeons (www.aaos.org <<http://www.aaos.org>>), a nonprofit organization that provides education programs for orthopaedic surgeons, allied health professionals and the public.

The peer-reviewed JBJS, located in Needham, Mass., is published monthly. Abstracts are available online at www.jbjs.org.

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Bellevue dietitian wins national health award

Brenda Mayette, RD/CDN, the manager of Nutrition Services for Bellevue woman's Hospital, has received the Ross Award in Women's Health from the American Dietetic Association Foundation.

The \$1,000 award recognizes a dietitian who has made significant contributions to the public's understanding of the importance of nutrition in women's health.

Mayette, of Glenville, came to Bellevue in 1997 as an outpatient nutrition therapist. She worked to

enhance the nutrition program through the development and refining of education materials and implementation of an individualized, scientifically sound approach to working with clients. The program quickly grew — from less than 100 clients annually to more than 300.

Mayette is a sought after speaker by area organizations, promoting the understanding of nutritional health and disease risk reduction. She is frequently quoted in print and broadcast media.

Bellevue Woman's Hospital offers a range of health services dedicated to women's needs, including: the most advanced diagnostic breast care center in eastern New York; a family-centered childbirth center with neonatal intensive care; a center for urology and pelvic disorders; and a center for fertility and advanced reproductive medicine. The 40-bed hospital leads the Capital Region in births, with some 104,000 since 1931.

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Oh, my aching back!— Is there any help?

By Katherine McCarthy

The Mayo Clinic's Web site says that four out of five American adults experience some sort of back pain in their lives. The costs, in lost productivity, medical expenses and workers compensation fees, add up to tens of millions of dollars.

That was all well and good until I became part of the statistic, waking up one morning with shooting pains down my leg. It wasn't my first go-round with back pain; after two kids, a lifestyle more sedentary than it should be and a middle-aged body clinging to its extra pounds as if for dear life, I had been sidelined with stiffness and back pain before.

But this was different. Even before the MRI showed herniated disks at L-5 and S-1 — two vertebrae in the lower back — I knew that a few painkillers and a few days of not doing laundry or taking out the garbage wouldn't cure this problem.

For a part of the body we all depend on, the spine can be a fairly inefficient mechanism. Not sitting up straight (further

proof that Mom was always right), lifting or reaching incorrectly, and remaining too long in one position — be it weeding, ironing or cooking a holiday meal — all add stress to this critical part of our anatomy. Sometimes the soft disks that cushion the vertebrae that make up the spinal column rebel by protruding out of their natural resting places and pushing on the nerves that make their home up and down that column.

Thank God for two contemporary amenities. The first is the Internet, which told me that herniated disks are common, curable and that I had a lot of choices about treatment. The second is modern-day medicine, which let me go from the fetal position with tears in my eyes to a glassy-eyed stupor. When the worst of the pain was over, my husband commented that everything he'd always heard about Valium was true. Apparently, while I had been communicative and friendly to those around me, I had really

been there in body only.

"Did you call the bank?" Chris asked one day, when I had volunteered to follow up with a financial matter we were discussing. "Yes," I told him, "and I talked at length with them, but couldn't possibly tell you about what."

That day I switched to Ibuprofen, saving the tough stuff for nighttime. That made the pain bearable, and I was learning to function with the peculiar limp my legs had developed to propel me forward.

Tell people that you have back pain, and you will begin to think that four out of five is too low a statistic. Some will swear by surgery; some will swear against it, but all will tell you harrowing stories. People will offer to pray for you, and good friends will cook for you.

Primary care doctors will probably refer you to a neurosurgeon, which is where mine started. The bad news was that it would be six weeks before she could see me, which had me scrambling to check the refill possibilities on the

painkillers. Also, I insisted, since I was not doubled over in pain and able to move around, didn't that justify my aversion to surgery?

The information age must be a curse to the medical profession, as I self-diagnosed and tried to prescribe my own cure. Couldn't I just try some physical therapy?

Let the neurosurgeon decide, was my primary care physician's advice.

While I waited to see the neurosurgeon, a friend told me about The Spine Center at St. Peter's Hospital. I will be forever in her debt.

Feeling slightly sneaky, I made an appointment at the Spine Center without canceling the neurosurgeon, just in case it didn't work out.

Fortunately, it did. I was in within a few days, and a young female physician's assistant looked at my MRI, explained in great detail what had happened, asked a million questions and checked my reflexes again.

Within a few days, I was going for physical therapy twice a week. At sessions of The

Back School, I learned more detail about the spine, how to move correctly and added even more stabilizing exercises to my physical therapy regimen.

Three months later, I feel like somebody in an anti-depressant commercial. I'm walking normally, I'm pain free and the only symptom left is a tingling in my foot. I have a set of daily flexibility and strengthening exercises, and I feel quite humble as I do them. Not only have I always taken my health for granted, I have always taken for granted that if something's wrong, it'll get better. A set of exercises and a sense of gratitude seem like a small price to pay for being able to catch up on things I put off all summer.

I'm able to stay up past 9 p.m. in the evening again, the kids and I are painting the house, our family is hiking, I'm back on my bicycle and I'm carrying laundry up and down the cellar stairs again. Maybe that late crop of tomatoes I planted will bear fruit before the frost.

If only those twinges in my left knee would go away...

Rockwell Center celebrates anniversary with cruise

Marjorie Doyle Rockwell Center, The Eddy's regional Alzheimer's center based in Cohoes, will hold its seventh anniversary celebration, "River to Life Boat Cruise & Dinner Dance," aboard the Captain JP, Wednesday, Sept 8, from 6 to 9 p.m. (boarding to begin at 5:30 p.m., to set sail at 6:30 p.m.), Fourth Street (behind Troy City Hall), in Troy.

Assemblyman Ronald Canestrari and Cohoes Mayor John T. McDonald are honorary co-chairmen of the event. The evening will feature a scrumptious buffet dinner with open cash bar. There will also be a silent auction with valuable items and unique packages. Then guests will set

sail for a sunset cruise along the Hudson River with dancing to the musical rhythms of "Sweet Reason."

Marjorie Doyle Rockwell Center opened in 1997 as the first of its kind center in the region to offer innovative, compassionate care to individuals and families living with Alzheimer's disease and other memory problems. Services include residential care, adult day care and respite care. The center also serves as a resource for the regions, providing community outreach and education services free of charge and offering dementia training for professional health care workers.

Tickets are \$65 per person.

Proceeds will help support outreach programs, including Faith in Action Alzheimer's care teams — a support program for individuals and families living with Alzheimer's disease or other memory problems.

For tickets or information, call the Northeast Health Foundation at 274-0190.

Marjorie Doyle Rockwell Center is an affiliate of The Eddy and member of Northeast Health, a regional, comprehensive nonprofit network of health care, supportive housing and community services comprised of The Eddy, Albany Memorial Hospital and Samaritan Hospital.



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Dealing with asthma requires a plan

With proper care and treatment, asthma is a controllable condition. The key, says the American Association for Respiratory Care, is to understand what causes asthma and then seek care that incorporates a plan for living with the disease.

"The most common asthma triggers are allergens, including mold, pollen, dust mites, cockroach debris, and animal dander," said Sherry Barnhart, a respiratory therapist. "Other triggers include cold air, exercise, respiratory and sinus infections, and irritants such as tobacco smoke, strong odors, smog, and aerosol sprays."

Bill Galvin, an assistant professor assistant in the school of allied health professions and director of the respiratory care program at Gwynedd Mercy College in Gwynedd Valley, Pa.,

said socio-economic factors can also play a role.

"Poverty, unclean living conditions, lack of access to appropriate health care, lack of proper education, and not following a care plan all factor into the equation," said the therapist, and can lead to more attacks, unnecessary trips to the E.R. or doctor's office and, in some cases, even death.

The best way to manage asthma is with a step-by-step asthma disease management program that provides initial education to patients and then follows up with ongoing support. This plan should be developed with the help of a family physician and a respiratory therapist.

Disease management programs help them accomplish all those goals — and also provide written "Action Plans"

outlining what to do in case of an attack.

In a disease management program, people with asthma are taught to recognize early symptoms such as chest tightness, excessive coughing or mucus production and wheezing, and how and when to take medications that keep attacks from occurring or treat them if they do occur. In addition, a peak flow meter can be used to help even very young people determine whether an asthma attack is on their horizon.

As the only allied health practitioners specifically trained in the respiratory system, respiratory therapists are rapidly becoming

chief providers of asthma

Association for Respiratory Care's patient education Web site at www.YourLungHealth.org.

Respiratory therapists are specially trained health care professionals who assist physicians in treating and managing respiratory patients in hospitals, outpatient centers, physicians' offices, skilled nursing facilities, and patients' homes.

Living with asthma

The following tips come from the American Association for Respiratory Care:

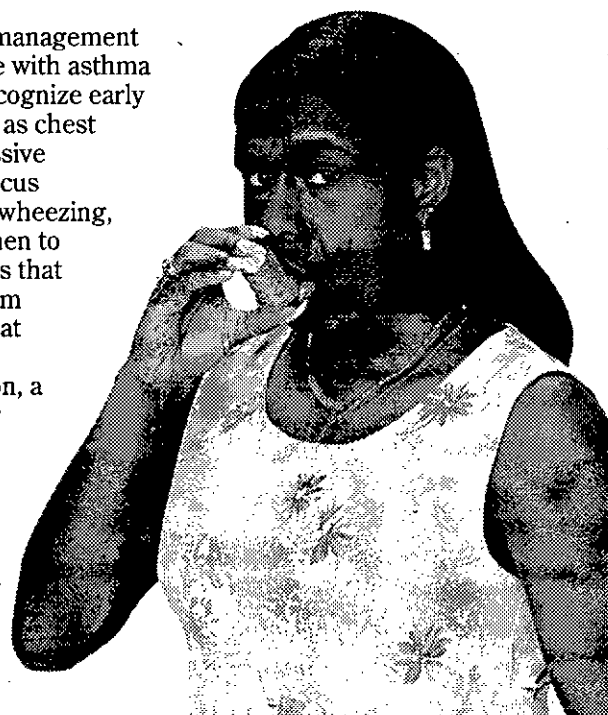
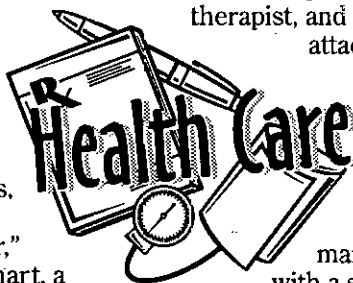
- Take your medications as prescribed: Asthma is a controllable disease — if you're on the right medications and follow your doctor's orders on taking them on time and in the correct doses.

- Avoid the things that make your asthma worse: Asthma "triggers" are everywhere — but you need to know which ones are affecting you. So ask your doctor to determine what causes your asthma flare-ups, then work with your doctor and respiratory therapist to find ways to avoid those substances.

- Have a plan: Get your doctor or respiratory therapist to help you develop an "Asthma Action Plan" that tells you what to do in case of an asthma attack or worsening symptoms. Following the plan can keep asthma from ever getting out of control.

- Maintain good health habits: Keep your body strong by eating right, exercising, and most importantly, not smoking. Smoking is the worst thing a person with asthma can do.

For information on asthma, visit the AARC's patient education Web site, www.YourLungHealth.org.



Dear Dr. McGarry, what age is appropriate for a child's first dental visit?

At our office we typically see children at age four and above, but it is never too early for your child to become a good dental patient. It is difficult for most parents to approach dental treatment with an objective attitude because many of them have had unpleasant dental experiences during childhood. These attitudes can then be easily be transferred to their children, often adding fear and apprehension to what is normally a fun and exciting experience. Here are some simple guidelines for parents of young children.

1. Try not to discuss your own dental experience in their presence.
2. Make it a point not to use words such as "shot, hurt, drill, pain, needle, etc." These may elevate a child's anxiety prior to their appointment.



Dr. Gabriel McGarry

3. Early morning appointments are preferred, when your child is well rested.

4. On the day of their appointment explain to them that "since they are getting so grown up, it's time to see our friend the dentist." Let them know that the dentist and hygienist want them to have healthy teeth and will answer questions they might have.

5. We have found that most children are more cooperative when their parents are not in the room at the time of their appointment. Of course, we discuss all findings with parents both before and after treatment is completed.

6. Finally, do not promise a reward if they are good as this may indicate that you expect them to misbehave. We hope that this helps your child become a good dental patient and ultimately a self-reliant, emotionally mature adult.

Ask Dr. McGarry

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Caregivers: Plan for back-to-school rush

Caring for the elderly – a family affair for thousands of households across the United States – requires a special action plan when kids go back to school, according to a well-known leadership expert and a local eldercare company.

Nearly one-quarter of American adults (23 percent) currently provide companionship or assistance with daily living to an elderly parent or relative, according to a study released earlier this year for Home Instead Senior Care by Harris Interactive.

While each family caregiving situation is different, stress is a common denominator. And stress and time demands often increase during times of change, like late summer through the first few months of fall, when children prepare to go back to school and get involved with fall sports and other activities.

"During summer, children sometimes play an active role in the caregiving process, running errands and cleaning house for Grandpa and Grandma, or simply serving as a companion," said Mary Ellen Carpenter, owner of the Home Instead Senior Care office serving Saratoga, Washington and Warren counties. "Many times, those grandchildren provide heartfelt support when seniors are ill or recovering from sickness or surgery," said Carpenter, whose CAREGivers are often called on to provide respite for family caregivers.

"Not only do many families lose that extra pair of hands in the fall but their children start needing more help as well," said Suzanne Mintz, co-founder and president of the National Family Caregivers Association (NFCA). "Life is always easier on an even keel. When your norm is disrupted, as during times of transition, the stress levels go up until a new norm is established," she said.

Home Instead Senior Care sees an increase in the number of families caught in this gap each autumn, when fall rituals throw their lives into turmoil again. People search outside the family when the pressures of

homework, soccer and other activities become too much. Home Instead CAREGivers help seniors with meal preparation, housekeeping, errands and shopping and other non-medical home care and companionship duties.

Deciding what's important by creating a plan of action and prioritizing are the keys to helping families maintain their sanity, said leadership expert Stephen Covey, whose books, *The 7 Habits of Highly Effective People* and *The 7 Habits of Highly Effective Families*, have helped revolutionize how Americans manage their work and home lives. (Covey's new book, *The 8th Habit: From Effectiveness to Greatness*, will be released Nov. 9.)

Covey said he sees particular stress among working women who are trying to juggle the care of seniors and children.

"My basic response is you've got to really decide what is very important so that you can learn to say 'no' to what is not that important, even though it has the feeling of urgency," Covey said. "If you can say 'no' guilt-free, that means you have a burning 'yes' about something that is more important."

The 7 Habits of Highly Effective Caregivers

Stephen Covey partners with Home Instead Senior Care to apply his 7 Habits to the unique role of a family caregiver. These habits can provide help to families who are struggling with back-to-school stress.

1. Be proactive. Don't react to the stress of juggling a child's schedule and caring for your elderly loved one. Think and plan ahead to be prepared for this stressful time.

2. Begin with the end in mind. If family is what is most important to you and part of your mission in life, contribute your time, energy and talents to that end.

3. Put first things first. Plan weekly and daily as a family and individually so you're focused and prepared to meet goals, appointments and obligations. Keep all this information in one

planning tool that's always with you.

4. Think win/win. Approach the idea of caring for youngsters and elderly parents, and balancing school and work with a win/win attitude. You can foster an "everyone can win" mentality as you work through creating an atmosphere that makes all family members feel loved and important. Meet together to establish parameters (everyone's roles and responsibilities) upfront so everyone feels good about the care situation.

5. Seek first to understand... then to be understood. Listen empathetically with your heart and your ears to your children and parents when concerns arise and relationships may be strained. Try to understand exactly why Grandma is crabby. Perhaps it's because she's losing her independence or she's not feeling well.

6. Synergize. Brainstorm to solve problems so that everyone feels a part of the solution. An older child might read to Grandma while Mom fixes dinner. Or Grandpa could help a youngster with homework. There are many ways to utilize our differences for the good of everyone.

7. Sharpen the saw. Strive to live, to love, to learn and to leave a legacy. To do that, a family caregiver must take care of himself or herself. Make sure

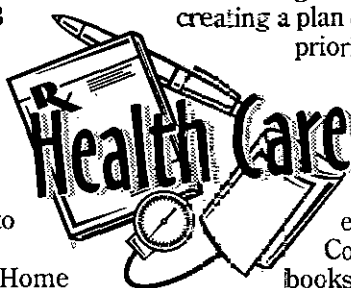
your own glass is filled and there's balance in all areas of your life so that you can renew yourself physically, mentally, emotionally and spiritually, and keep on giving.

"I find that the more I work with senior citizens the more I put them to work," Covey said. "If possible, they've got to get involved with their kids and grandkids in meaningful ways so they can help relieve the

stresses in the home. And, best of all, they'll love it. They love being appreciated and valued. And when they feel how their grandkids look to them and listen to their wisdom, their whole world will change."

To learn more about this topic or other non-medical eldercare issues, contact Home Instead Senior

Care at 580-1042 or visit www.homeinstead.com.



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Healthy lunches for hectic days

Lunch is seldom a meal that can be enjoyed at home — especially if the day is spent at work or school. Nutritional concerns often get relegated to the bottom of priority lists as hectic schedules send people searching for quick bites from vending machines or fast food drive-through windows. But you don't have to neglect healthy eating habits just because you're busy — with a bit of forethought even the most eventful day can include a wholesome, satisfying

lunch.

The key is to plan lunches in advance. This could mean making enough dinner the night before to ensure for leftovers the next day,

preparing "batch meals" early in the week, or keeping plenty of lunch foods on-hand to make for easy morning preparation.

The following recipes from Weight Watchers offer delicious and interesting versions of lunch favorites. Made with fresh nutrient-packed ingredients, and simple to prepare, these dishes can be made in advance to save time.



Middle Eastern-Style Lentil Salad is a quick fix, and can be refrigerated for up to four days so it's a great dish to make in advance. If you're looking for a change of pace from the traditional "between the bread" sandwich, try the Asian Beef in Lettuce Wrappers. They're a great source of protein.

These recipes reflect the food values inherent to the Weight Watchers philosophy that eating should be satisfying as well as healthful.

Middle Eastern-Style Lentil Salad

Makes 4 servings

- 1 1/4 cups lentils, sorted and rinsed
- 4 cups water
- 6 ounces low-fat tofu, cut into 1/4-inch pieces
- 4 scallions, thinly sliced
- 2 medium lemons

1 tablespoon tahini (sesame seed paste)

1/2 teaspoon salt

1/2 teaspoon freshly ground pepper

For a color and texture variation from the usual brown lentils, look for tiny green (French) lentils in the gourmet-food section of some supermarkets or in specialty-food stores. The salad can be refrigerated in an airtight container for up to four days.

1. Combine the lentils and water in a medium saucepan and bring to a boil. Reduce the heat and simmer,

covered, until the lentils are tender but still hold their shape, about 13 minutes. Drain and rinse with cool water until warm.

2. Transfer the lentils to a large bowl; toss with the tofu and scallions

3. To prepare the dressing, grate the zest of 1

lemon into a small bowl; add the juice of both lemons.

Whisk in the tahini, salt and pepper until well combined.

4. Pour the dressing over lentil mixture and toss gently to coat. Serve warm or at room temperature.

Asian Beef in Lettuce Wrappers

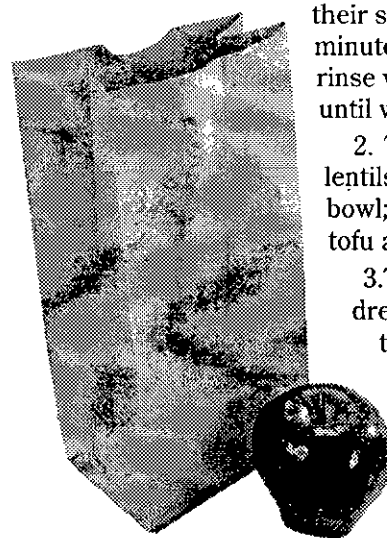
Makes 4 Servings

- 1/4 cup rice vinegar
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons chopped mint leaves
- 1 teaspoon grated peeled fresh ginger
- 1 teaspoon grated orange zest
- 1 teaspoon Asian (dark) sesame oil
- 8 large red leaf lettuce leaves
- 1/2 pound lean roast beef, cut into thin strips
- 1 cup bean sprouts
- 1 Kirby cucumber, grated
- Mint leaves, to taste

The dipping sauce in this recipe may be made up to three days ahead and refrigerated.

1. Combine the vinegar, soy sauce, chopped mint, ginger, orange zest and oil in a bowl.

2. Set the lettuce leaves on a counter. Divide the beef, bean sprouts, cucumber and mint leaves among the lettuce leaves, then fold in the sides of the lettuce leaves and roll up. Serve with the dipping sauce on the side.



SPOTLIGHT ON SENIORS

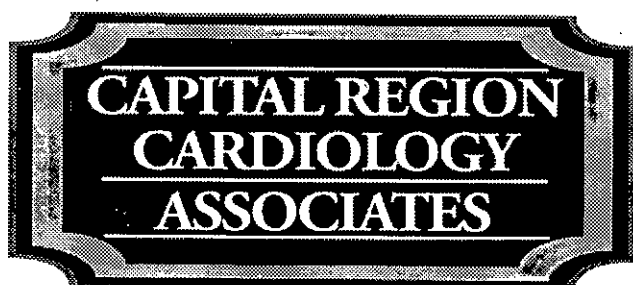
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AMA'S new top doc focusing on patients

Although he represents the largest physician group in the country, the American Medical Association's new president, John C. Nelson, M.D., M.P.H., promises that the focus of his year term will be on advocating for patients.

"Our profession has been mired down in Medicare and managed care red tape, but we must remember why most of us became physicians in the first place — to help our patients. It is as simple as that," said Nelson, who became the AMA's 159th president in June.

Nelson, 59, a Salt Lake City obstetrician-gynecologist, says he will stop delivering babies for the time being and commit himself to working with physicians, patients, policy makers and other groups from across the country on strengthening the patient-physician relationship and improving the quality of clinical care.

"The patient-physician relationship is the cornerstone of the practice of medicine. It is a privilege for me, as a physician, to get to know the people who walk through the doors of my office," Nelson said. "Caring for patients and becoming part of their lives strengthens our relationship and builds trust."

Physicians are facing an uphill climb to protect their patients' access to care because of a broken medical liability system. In the past two years, Nelson has seen his liability insurance premiums nearly double. Unfortunately, these increases have forced many of his colleagues across the country to restrict services, retire early, or relocate their practices to states where the legal climate is more stable.

"Every day, I talk to physicians who practice in states where they can barely afford to keep their doors open. Many of my fellow ob-gyns have told me that they stopped delivering babies because covering their

liability insurance costs proved impossible," Nelson said. "The medical liability crisis is presenting a major hurdle in providing the best possible care to our patients, but it's an obstacle that we can and will overcome."

In addition to leading the AMA's charge to fix the broken liability system, Nelson will spotlight many pressing health care issues during his term, such as

securing access to health care coverage for all Americans and eliminating health disparities. Nelson will also continue his work as an advocate of anti-violence efforts, improved patient safety, early disease detection programs, and enhanced public health.

The key to meeting these challenges, Nelson acknowledges, is rallying

America's physicians around these causes and working to rekindle the passion for medicine that has been dimmed for some physicians by the growing bureaucratic and regulatory challenges hindering medical practice today. Nelson said he plans to take an important lesson learned in his home state of Utah and share it with his colleagues nationally.

"Two years ago when my home town of Salt Lake City hosted the Winter Olympics, I witnessed a transformation of my city and its citizens when they became aware of what they were capable of and how they felt when they achieved it," Nelson said. "The motto of Salt Lake City's 2002 Winter Olympics was 'Light the Fire Within.' We can apply that Olympic theme of 'Lighting the Fire Within' to physicians. Because I believe that all physicians, whether you can see it or not, have within them the

fire of compassion, the fire of altruism, the fire of service to our patients."

Nelson was elected to the AMA's board of trustees in 1994, but held various leadership positions throughout his career, including president of the Utah

on such issues as family violence, alcohol and substance abuse, teen pregnancy prevention, health system reform and clinical quality improvement.

A devoted father and husband, Nelson and his wife, Linda, have raised a family of eight children and five grandchildren. Although balancing his family life and his practice has presented some challenging moments, Nelson is eager to tackle his term as president of the AMA.

"I am optimistic and excited for the year ahead," Nelson said. "I am confident that we can make some real progress on so many of the challenges facing our profession. At times, it may feel like the chaotic nature of the health care system is

trying to knock us down, but we cannot let it knock us out. It is our duty to advocate for what is right and protect the integrity of our profession — for our practices and for our patients."



Dr. John C. Nelson is president of the American Medical Association.

Medical Association and deputy director of Utah's Department of Health. As a former board member of the Salt Lake City Boys and Girls Club, Nelson served as a local spokesperson

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Understanding epilepsy: How to help

When it comes to misunderstood diseases, epilepsy is at the top of the list. Erroneous beliefs abound when it comes to this physical condition, which occurs when there is a sudden, brief change in the brain's inner workings, leading to epileptic seizures.

Popular myths include: that you can swallow your tongue during a seizure; that you should force a pencil into the mouth of a person having a seizure; that individuals with epilepsy are mentally disabled; and that epilepsy is rare. But epilepsy is far from rare. In fact, more than 2.5 million Americans have epilepsy — worldwide, that number surges to 40 million. In the United States, an additional 181,000 people of all ages, races and ethnic backgrounds will develop seizures and be

diagnosed with epilepsy for the first time every year.

"Epilepsy and epileptic seizures are far more common than people realize," said epilepsy expert Dr. Jerome Engel Jr., Jonathan Sinay Professor of Neurology and Neurobiology at the David Geffen School of Medicine at UCLA, chief of epilepsy and clinical neurophysiology at the UCLA Center for the Health Sciences and director of the UCLA Seizure Disorder Center at Reed Neurological Research Center in Los Angeles.

"This is a disease that strikes the young, often children," Engel said. "This means years and years of disability, lost years of good quality of life and lost earnings. When these elements are factored in, the impact of

epilepsy worldwide is equal to the impact of breast cancer in women and lung cancer in men."

Epileptic seizures, Engel said, are a sign of brain dysfunction. Simply put, a seizure can be viewed as overactivity in the brain.

"Epilepsy is the chronic condition that results when these brain disturbances persist," he said.

Early diagnosis and treatment are vital, he said, in order to prevent irreversible damage. Engel spoke at a recent American Medical Association (AMA) media briefing during which the Academy of Neurology and the American Epilepsy Society released the first comprehensive, unbiased guidelines to assess the safety and efficacy of the newest epilepsy drugs and compare them to older drugs.

The AMA and its partners hope to raise awareness of epilepsy, a disease often misunderstood by the public and not openly discussed due to a social stigma.

"Uncontrolled epilepsy presents an enormous personal burden," said Engel. "Seizures happen without warning and are frightening and embarrassing; they can result in accidental injury or even death. Imagine the restrictions this places on an active life. A person with

epilepsy can't drive a car, hold certain jobs or participate fully in recreational activities."

The most destructive misperception about epilepsy, Engel said, is that it cannot be effectively treated.

"Even physicians often believe that seizures can't be stopped, leading to treatment delays that can result in preventable, irreversible disability," he said. "Our treatment objectives should be no seizures, no side effects and the earliest possible intervention."

In the last decade, there has been an upsurge in epilepsy research. New drugs have changed the way the disease is treated and the quality of life for people with epilepsy.

The American Academy of Neurology and the American Epilepsy Society have assembled the top experts in the field to evaluate 1,462 research articles to create the first guidelines that help physicians choose among the new and old drugs to select the best drug for each patient based on that patient's age, gender, type of epilepsy and other factors. This new information will change the way epilepsy is treated in the United States.

AMA board of trustee member and Newark, N.J., pediatric neurosurgeon Dr. Peter W. Carmel said, "Epilepsy certainly is treatable and after many years in which there were just a handful of effective medications, there has been an explosion in new medicines, many of which appear to be very effective in controlling many patients' seizures."

It is important to note that an individual may experience a single seizure without any real, underlying brain abnormality, Carmel said. Such seizures are not uncommon in children,

particularly in those with high fevers, and, he said "there may be no implications for further seizures during the patient's life."

Increasing attention is also being paid to the use of surgery for the control of some types of seizures, Carmel said.

"While this is an old concept, dating back to the last decade of the 19th century, the new forms of brain imaging and the more accurate recording of abnormal electrical activity in the brain have allowed surgeons the opportunity to remove abnormal portions of brain that 'trigger' the epileptic seizure."

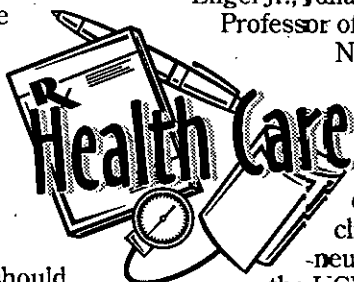
Carmel has performed such surgeries many times and said that, when successful, "it's the difference between night and day. People who have even rare seizures find them to be embarrassing, socially disabling and even dangerous. The idea of being truly seizure-free is extremely rewarding and liberating for these patients, whether the successful treatment is surgery or drug management."

Helping someone during a seizure

Most seizures end naturally without emergency treatment; if you are called on to provide first aid for someone having a seizure these are the key things to remember:

- Stay calm
- Don't hold him or her down
- Loosen necktie
- Cushion the head with something flat and soft
- Turn the person on his or her side
- Put nothing into his or her mouth
- Look for ID As seizure ends naturally, offer help.

Information courtesy of the Epilepsy Foundation.



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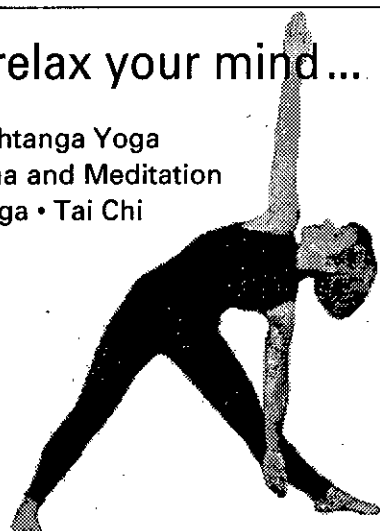
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Delmar woman takes reins of reform congregation

By MARTIN J. BANNAN

When Amy Koren-Roth agreed last month to be president of Albany's Reform Jewish Congregation B'nai Sholom, she did so out of instincts she's carried with her all of her life.

Since she was a teenager, Koren-Roth's path has been one of a nurturer helping others help themselves. Her journey has taken her many places, where she has gained new skills and perspectives that show in all her accomplishments.

A Delmar resident since 1993, Koren-Roth has served seven years on the congregation's board and has chaired art and hospitality committee as well as the building campaign. She and her family joined the synagogue in 1994.

A sense of family, community, heritage and belonging has been her driving force since childhood.

"My family was always about causes," Koren-Roth said. "My grandmother organized neighborhood relief efforts during the Great Depression, and my parents were active in civil rights causes. They encouraged me to take stands and supported me when I voiced opposition to the Vietnam War."

Koren-Roth's earliest cause took her to Louisiana in 1969 with a group of volunteers from the American Jewish Society for Service. Only 15 years old, she helped rebuild and repair dilapidated homes in some of the poorest neighborhoods in the country.

"Some of the homes we replaced were nothing more than shacks made of old boards," she said, adding, "many of the families were so grateful they offered to buy us soda and lemonade with their Food Stamps."

When it came time to go to college, Koren-Roth opted to learn about the Far East.

"I once thought about teaching there," she said. "My parents collected Oriental art, and I had traveled to Asia. Everything about the culture appealed to my senses."

After earning a bachelor's degree in East Asian history from Mount Holyoke College, though, she turned her interest toward Israel and moved there in 1977.

"I lived in a kibbutz, a communal society aimed to settle the land," she said. "We shared everything, and all of our work went to benefit the village. Individuality didn't exist there — the group came first. What might be best for yourself would many times take a back seat to what the majority of the settlers decided was best for the community."

The settlers practiced pure democracy, participating in village meetings where they voted on every activity of daily life.

"I could only go home once every four years, and others there couldn't even choose their own education or vocation for themselves," she said.

During her stay, Koren-Roth worked as a cook and food prep.

"I developed a great work ethic, but found it hard to adjust because as an American I was

used to a society that emphasized the individual."

In 1979, Koren-Roth met her husband Yossi, a native of Israel and a veterinarian, who also lived in the village. In 1983, she convinced him to come back with her to America.



Koren-Roth

"Our visit back home was to be only temporary, but we stayed," she said. "I wanted to find a compromise between the way of life I grew up with and that of the kibbutz."

With a background in food and cooking and no renewed plans to teach in Asia, Koren-Roth returned to school to study nutrition and later earned a

master's degree in community nutrition from New York University.

"My mother once tried to steer me toward studying home economics but I said 'No! No! No!'" she said. "I had a love of food, art, decor and hospitality but feared I would get bored with it if I made it my full-time job. So I compromised and became a nutritionist."

Today Koren-Roth is assistant director of the Nutrition Policy and Health Promotion unit for the state Department of Health. As a registered dietitian, she also heads the department's "Eat well play hard" intervention program for children.

Koren-Roth also is a trained facilitator with experience in team development and planning.

She credits her DOH experience as crucial to her work at the synagogue, where she

leads committees and facilitates projects.

"My sense of community is key to much of what I do," she said. "I like to help people help themselves, so when they asked me to be president I couldn't say no."

As president of the congregation, Koren-Roth looks forward to getting members more involved.

"The congregation is a living culture and community. I want to bring the members closer into the community by getting them active."

"Getting involved in your congregation gives you a sense of belonging and heritage," she said, adding that she particularly wants to reach out to members who only seem to appear at temple on holidays.

At home, Koren-Roth tries to impart the same values on her two children.

"Adam helps Yossi and I work in the temple's community garden, while Hadar is currently president of the congregation's youth group," she said.

Founded in 1971, Congregation B'nai Shalom is located on Whitehall Road and serves nearly 200 households.

Koren-Roth encourages anyone interested in finding out more about the congregation to stop by its open house on Friday, Sept. 10, at 7 p.m.

"We are blessed with a strong, healthy, vibrant congregation and have much for which to be thankful," she said. "As people get involved and contribute of themselves, the congregation can only become stronger."

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BC senior gets up-close look at political life

By KATHERINE MCCARTHY

For 11 days in July, Bethlehem Central Lab School senior Emily Goldwaser got a feel for the political life in our nation's capital.

Along with 400 other high school students from around the nation, Goldwaser participated in a session of the National Young Leaders Conference (NYLC), a nonprofit, nonpartisan group founded in 1985. Under the motto, "The Leaders of Tomorrow Meeting the Leaders of Today," the NYLC is part of the Congressional Youth Leadership

Conference, and gives students a chance to role play, meet Washington leaders, and see the sights.

Students who participate in the NYLC are recommended by a teacher, and must have a B+ (87.5) average or better. Goldwaser isn't sure who recommended her, and said she hadn't heard of the program till she got the letter letting her know she'd been nominated to attend.

"It was a great opportunity to learn about politics," Goldwaser said. "I had limited knowledge about it before, but now it's



Emily Goldwaser sits at U.S. Rep. Michael McNulty's desk in D.C.

something I might want to study."

In a role-playing assignment about an international crisis, Goldwaser played the American vice president.

"We theorized a situation in the Congo, where there was terrorist trouble," Goldwaser said. "We had to figure out how to help, and what to do. Did we want to help financially? Militarily?"

In the end, Goldwaser said, her small group came up with a two-part solution.

"We wanted to try peace negotiations first, then use the military if that didn't work," she said. "There were so many solutions we could have come

up with."

The students also heard a number of speakers. Among them was Alfonso Jackson, deputy secretary of housing in the Bush administration.

"He said that Bush had increased spending for HUD, but another group of students who went to HUD heard that spending had been cut by the Bush administration. The secretary was telling us one thing, and HUD was telling us another. It was a little scary," she said.

While visiting Capitol Hill, Sen. Charles Schumer, D-N.Y., said a quick hello to the New York group in passing. Schumer's staff met

with the students at length, as did staff for Sen. Hillary Clinton, D-N.Y., and U.S. Rep. Michael McNulty, D-Green Island.

"The staff talked about our representatives' positions and accomplishments," Goldwaser said.

The students' time included a visit to the floor of the House of Representatives, where Goldwaser sat in McNulty's chair for a photo opportunity. While there, Rep. Carolyn McCarthy, D-Mineola, spoke about herself (she was elected to Congress after her husband was killed and her son injured by a gunman on the Long Island Railroad in 1993) and her record.

"She told us that she voted for both the Patriot Act and the war in Iraq, then opened the papers the next day to find out what she'd voted for," Goldwaser said. "She said they hadn't received all the information, and if she had a chance to vote again, she wouldn't vote for those."

Goldwaser said the other students in the program were "a lot of nice kids."

"All we had in common was that we had good grades," she said. "There were Republicans, Democrats and independents. When we talked politics, it got a little heated. We got along OK otherwise."

The students stayed in a hotel in Virginia, and had reading assignments each night to prepare for the next day.

Politics might have been a new field for Goldwaser before she went to Washington with NYLC, but she knows her own mind about the political situation. She is an independent who will miss the opportunity to vote in this fall's election by just a few weeks. She is a Kerry supporter by way of mostly being anti-Bush.

"I don't support the war, but I support our troops' right to live," she said. "I want them to come home. I'm not sure what I want from Iraq. Should we pull out entirely? Should we help them become stable?"

Goldwaser said she has likes being in the Lab School.

"I love the teachers," she said. "I love developing close relationships with them, and I like the research projects."

Goldwaser has also been involved a social club that does community service. She founded the Teens for Land Conservation, a new group that will work with organizations like the Albany County Land Conservancy and the Audubon Society to maintain and upgrade land. The project will also be Goldwaser's Gold Award project. Goldwaser has been a Girl Scout since sixth grade.

Goldwaser has also started visiting colleges, among them Kenyon, Bowdoin, Bates, Mount Holyoke, Colby and Grinnell.

Goldwaser said she is hopeful but not optimistic about the country's future.

"My biggest concern is what will happen in the election," she said.

Her time in Washington provided a valuable lesson, though.

"One thing I learned from NYLC is that so many kids are so passionate that we'll produce a lot of leaders," she said. "We have a real chance to change things."

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Elsmere

(From Page 1)

bouncety rides, rock climbing walls, video games and with face painting exhibits. Live entertainment with Bobby Dick and the Sundowners will begin at 7 p.m. on Friday and 6 p.m. on Saturday.

Bettinger said the Mardi Gras parade held Friday night is a fun parade with floats. Trophies for participants are provided.

"We like people to know that even though it's a firefighters' convention, we try for a family theme, and everyone from the community is welcome to come over and participate," Wright said.

The HMVFA is comprised of about 140 fire departments in 10 counties, including Albany, Schenectady, Saratoga, Greene and Rensselaer.

The ACVFA is comprised of 40 volunteer fire departments around Albany County.

Bettinger said events like these emphasize the "brotherhood and sisterhood" among volunteer firefighters.

For information, contact the Elsmere Fire District's Web site at www.elsmerefire.org.

Delmar native earns promotion

Delmar native Rear Adm. Paul Higgins was promoted to rear admiral upper half and appointed as the Coast Guard's director of health and safety, the service's top post for physicians.

Higgins joined the U.S. Public Health Service in 1980 after graduating from Siena College and was commissioned upon entering the Coast Guard as medical officer in June 1991.

Higgins previously served as the Coast Guard's chief of health services at Coast Guard headquarters in Washington, D.C., managing 34 Coast Guard health clinics and 120 sickbays throughout the service from July 1998 to November 2003.

In his new position at Coast Guard headquarters, Higgins is responsible for the medical readiness of all Coast Guard members and administering the medical and dental care programs for Coast Guard members and their families.

He is also responsible for managing the program he previously headed in addition to the service's safety and work-life programs.

Higgins has served as chief of operational medicine, chief of the health services division at Coast Guard Support Center, New York, and as a flight surgeon at Coast Guard Air Station Brooklyn.

Higgins obtained his doctorate in medicine from Georgetown University and completed his residency in family medicine as the chief resident at the University of Virginia.

Higgins' military awards include the Meritorious Service Medal.

He and his wife Rosemary live in the Washington, D.C., area and have three children — Kathleen, 15, Robert, 12, and John, 9. His parents, Frank and Grace Higgins, live in Delmar.

Frank Higgins is a retired Army major general and veteran of World War II and Korea.

DWI

(From Page 1)

Delk has since been fired by his employer, Northland Transportation, said Gary Valenti, a manager at the company.

"He was checked out that morning and he was fine, he had a break sometime and apparently made a bad decision. It cannot be tolerated," Valenti said.

Delk was arrested for felony DWI, reckless endangerment and a series of vehicle and traffic violations.

Valenti said Delk had just been pulled for a random drug and alcohol screening a couple of weeks prior to this incident.

Valenti noted that Delk had a "perfectly spotless driver's abstract, a perfectly clean driving record, so he was hired."

Delk originally told

responding police officers that he had been driving the speed limit, a statement that the physical evidence of the scene contradicted, police said.

Delk was a bit vague about the events leading up to the accident and eventually admitted to police that he had been drinking the night before, setting down his last drink around 11 p.m. or midnight, police said.

According to police reports, the 5-year-old girl's mother was at the scene. The girl, who was being taken home from somewhere else in Albany County, Valenti said, was uninjured in the crash but was visibly upset, according to police.

Field sobriety tests were performed, but not the walk and turn or one leg stand, police said, because of Delk's "high level of intoxication" and "lack of flat test

area." Delk had been unsteady as he exited the vehicle, which was equipped with child safety seats, police said.

Delk was arraigned in Bethlehem Town Court in front of Judge Frank Milano, who seized and suspended Delk's license. Delk was sent to the Albany County Correctional Facility on \$5,000 bail. He returns to town court Sept. 7.

Northland Transportation operates more than 100 vehicles a day, Valenti said.

"This hasn't happened before," Valenti said.

Letters policy

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

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

Write to Letters to the Editor, The Spotlight, P.O. Box 100, Delmar 12054.

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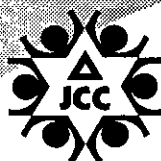
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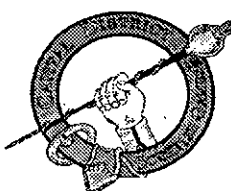
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Obituaries

Ruth DeMarco

Ruth Evelyn DeMarco of Delmar died Saturday, Aug. 21, at St. Peter's Hospital in Albany.

Mrs. DeMarco was a waitress at Tool's Restaurant in Delmar for many years.

She was the widow of Guy DeMarco.

Survivors include four grandchildren, Aaron McElroy of Massachusetts, Shannon McElroy of Watervliet, Heather Peterson of Albany and Brenda LaCombe of Waterford; six great-grandchildren; and two great-

great-grandchildren.

Arrangements were by the Wm. Leahy Funeral Home in Troy.

Burial was in Albany Rural Cemetery.

John Reid

John D. Reid, 43, of Bethlehem died Tuesday, Aug. 16, at St. Peter's Hospital in Albany.

Born in Albany, he was a graduate of Bethlehem Central High School.

Mr. Reid worked as a driver for

Senior Services of Albany before he retired. John enjoyed his job and was loved by everyone that had the pleasure of riding with him. He enjoyed nature in all its beauty.

Survivors include his mother, Mary Ehrcke Reid; and three sisters, Carol Reid of Albany, Nancy Reid of Burlington, Vt., and Laura Reid of Tupper Lake.

Services were from the Tebutt Funeral Home in Albany.

Burial was in Holy Spirit Lutheran Cemetery in Glenmont.

Contributions may be made to St. Peter's Hospital Foundation, Inc., 317 S. Manning Blvd., Albany 12208.

Florence Frisbee

Florence M. Loux Frisbee, 91, of Gunderland, and formerly of Colonie and Selkirk, died Friday, Aug. 20, at Our Lady of Mercy Life Center.

Born in Delmar, she was a homemaker.

Mrs. Frisbee was the widow of Stanton M. Frisbee Sr.

Survivors include two sons, Stanton Frisbee Jr. and Ronald Frisbee; two daughters, Betty Thomas and Marion Giordano; a sister, Beatrice Ormsbee; and many grandchildren and great-grandchildren.

Services were from the Applebee Funeral Home in Delmar.

Burial was in Bethlehem Cemetery in Delmar.

Contributions in her memory may be made to Our Lady of Mercy Life Center, 2 Mercy Care Lane, Gunderland 12084.

Dale Setford

Dale S. Setford of Selkirk died Tuesday, Aug. 17, at Community Hospice at Child's Hospital in Albany.

Mr. Setford worked for the

New York Central, Penn Central and Conrail railroads, retiring after 44 years of service as a supervisor.

He was an Army veteran of World War II.

Survivors include his wife, Marie Kulmala Setford; five daughters, Joan Jurevis of Voorheesville, Susan Drobner of Selkirk, Nancy Cashman of East Greenbush, Doris Hallock of Hannacroix and Marie Jacobs of Albany; six grandchildren; and also survived by Dale R. Setford and Laurie McCarthy.

Arrangements were by the Durant Funeral Home in Glenmont.

Burial was in Saratoga National Cemetery.

Contributions may be made to the Bethlehem Senior Transportation, 445 Delaware Ave., Delmar 12054.

Keith Leonard

Keith Edward Leonard, 45, of New Scotland, died Tuesday, Aug. 17, at Community Hospice Inn at St. Peter's Hospital in Albany.

Mr. Leonard was a plumber for many years.

He was an avid outdoorsman and sports enthusiast.

Survivors include his father, Martin W. Leonard of East Berne; his mother, Ruth E. Leonard of Delmar; his grandmother, Bertha A. Leonard Petrie of Florida; three sisters, Kathleen Leonard of Buskirk, Denise Murray of Delmar and Kelly Albright of Voorheesville; and a brother, Martin P. Leonard of Scotia.

Services were from Calvary Cemetery in Glenmont.

Contributions may be made to Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208 or St. Jude's Children's Research Hospital, 501 St. Jude Place, Memphis, Tenn. 38105.

Frederick Kraft

Frederick L. Kraft, 87, of Delmar, died Tuesday, Aug. 17, at St. Peter's Hospital in Albany.

Mr. Kraft graduated from Albany High School and Albany Business College.

He was an Army veteran of World War II.

Mr. Kraft was employed by Kemper Insurance for 25 years, retiring in 1980.

He was an active member of Temple Commandery No. 2, Knights Templar in Albany. He was a past commander, treasurer and recorder. He was also a member of the Bethlehem Masonic Lodge.

He was a member of the Lutheran Church of the Holy Spirit in Albany and St. Stephen's Episcopal Church in Delmar.

He was husband of the late Harriet Kraft.

Survivors include two daughters, Lynne Stokosa of Murrell's Inlet, S.C., and Suzanne Jutton of LaGrangeville; a son, Larry Kraft of Overland Park, Kan.; and six grandchildren.

Services were from the Applebee Funeral Home in Delmar.

Burial was in Holy Spirit Lutheran Cemetery in Glenmont.

Patrick Bliven

Patrick E. "Patty" Bliven, 64, of Selkirk, died Tuesday, Aug. 17, at his home.

Born in Albany, he was once the co-owner of the Lobster House and Lobster Pot fish markets in Albany.

Survivors include his wife, Kristen Bliven; three sons, Patrick Bliven Jr. of Climax, Michael Hurley of Ravena and Patrick Michael Bliven of Selkirk; four daughters, Donna Bliven of Ravena, Deborah Bliven of Pierce, Fla., Diana Hallenbeck of New Baltimore and Kate Campbell of Coeymans Hollow; two brothers, George Bliven and Frank Bliven; a sister, Kathleen Herbst; and 19 grandchildren.

Services were from the Zwack & Sons Funeral Home in Albany.

Interment was in Our Lady of Angels Cemetery in Colonie.

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Letters policy

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

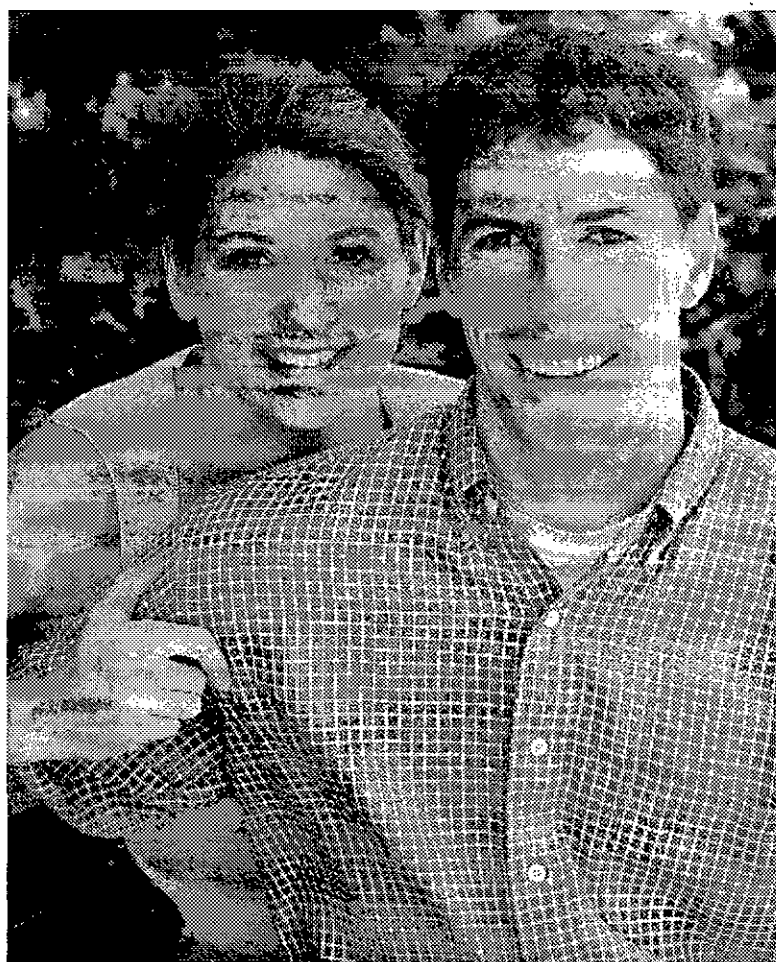
All letters must include the writer's name, address and a daytime telephone number for verification.

Unsigned letters receive no consideration. All letters that are published must carry a signature.

The deadline for submitting letters is Friday at noon.

Write to Letters to the Editor, The Spotlight, 125 Adams St., Delmar 12054.

Letters can be faxed to 439-0609 or e-mailed to spotnews@nycap.rr.com.



Maggie Wolfert and Vince Brady

Wolfert, Brady engaged

Maggie Wolfert, daughter Rich and Holly Wolfert of Burr Ridge, Ill., formerly of Delmar, and Vince Brady, son of Jack and Jean Brady of Rockville, Md., are engaged to be married.

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

She is currently a student at

Indiana University.

The future groom is a graduate of the University of Maryland and Indiana University.

He is currently a financial product manager for Citigroup in Chicago.

The couple plans a June 11 wedding.

Births

Albany Medical Center

Boy, Robert Peter Hagadone III, to Diane Seaburg and Robert Hagadone, June 1.

Girl, Alina Rose Broderick, to Bethany and James Broderick of Selkirk, June 22.

Boy, John Joshua Bauder, to Melissa and Justyn Bauder of Glenmont, June 21.

Girl, Katherine Elizabeth McKenna, to Karen and Dennis McKenna of Selkirk, June 23.

Bellevue Woman's Hospital

Boy, Logan Christopher Schmidt, to Jennifer and Christopher Schmidt of Delmar,

Local student earns SUNY service award

Meghan Boyagian of Slingerlands was recently presented the Alice Williams Geology Award from SUNY Potsdam.

The award is presented to a student who performs outstanding service to the department of geology.

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For information, visit www.potsdam.edu.

May 28. Paternal grandparents are Robert and Mary Ann Schmidt of Delmar. Maternal grandparents are Evelyn Pisciotta of Mechanicville and John Collier of Phoenix. Paternal great-grandfather is Charles Cotrofeld of Delmar.

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Supplements 2004

Spotlight Newspapers — supplements for 2004

JANUARY

> BRIDES AND GROOMS

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

> HEALTH, DIET AND FITNESS

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

FEBRUARY

> UPDATE I — BUSINESS & FINANCE

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

> UPDATE II—SERVICES

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

MARCH

> SPRING HOME IMPROVEMENT

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

> UPDATE III — AUTOMOTIVE

Issue Date: March 17 • Ad Deadline: March 5

> HEALTH CARE

Issue Date: March 31 • Ad Deadline: March 17

APRIL

> HOME AND GARDEN

Issue Date: April 7 • Ad Deadline: March 24

> SPRING AUTOMOTIVE

Issue Date: April 21 • Ad Deadline: April 7

MAY

> SENIOR LIVING

Issue Date: May 5 • Ad Deadline: April 21

> WELCOME SPRING

Issue Date: May 19 • Ad Deadline: May 5

JUNE

> HOME IMPROVEMENT

Issue Date: June 2 • Ad Deadline: May 19

> SUMMER HEALTH & RECREATION

Issue Date: June 16 • Ad Deadline: June 2

> CLASS OF 2004

Issue Date: June 30 • Ad Deadline: June 16

JULY

> SENIOR LIFESTYLES

Issue Date: July 7 • Ad Deadline: June 23

> SUMMER AUTOMOTIVE

Issue Date: July 21 • Ad Deadline: July 7

AUGUST

> BACK TO SCHOOL

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

> HEALTH CARE

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

SEPTEMBER

> COMMUNITY SERVICES

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

> HOME DECORATING & REMODELING

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

OCTOBER

> WOMEN'S HEALTH

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

> FALL AUTOMOTIVE

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

NOVEMBER

> HOLIDAY PARTY GUIDE

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

> HOLIDAY GIFT GUIDE

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

DECEMBER

> HOLIDAY GIFT GUIDE II

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

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Where have all the flowers gone?

Woodstock revived at State Museum celebrating 35th anniversary

By DEV TOBIN

The Woodstock Music and Art Fair drew almost half a million people to a Sullivan County dairy farm for "three days of peace and music" 35 years ago this month.

While many people, then and now, did not warm to the idea, in their view, of hundreds of thousands of dirty, drug-using hippies having too much fun listening to degenerate music, Woodstock has become a part of our national cultural history.

As Woodstock performer Richie Havens put it, Woodstock was "the first American people's festival."

The New York State Museum has been celebrating the anniversary with an exhibit and concert series (a first for the museum) all summer. The exhibit, *Spirit of the Woodstock Generation: The Photographs of Elliott Landy*, closes Sept. 6.

Museum Director Cliff Siegfried the museum was approached by Landy and his agent about the possibility of an exhibit and liked the idea.

"1969 was a year of change, with men landing on the moon, the antiwar protests, the Mets winning the World Series and 400,000 to 500,000 people getting together in pretty tough conditions and causing no trouble," Siegfried said. "Woodstock was one of those unbelievable events, very significant in upstate New York, but also nationally."

Landy, who was the official photographer of the festival, has some

wonderful shots of the performers, both onstage and backstage. He also includes photos from fabled concert venue Fillmore East in New York City and three of his photos that went on to become album covers (Bob Dylan's "Nashville Skyline," The Band's "Music from Big Pink" and Van Morrison's "Moondance").

Highlights of the festival photographs include a black-and-white shot of a joyous Janis Joplin on stage, the spooky color "Fires at Night," and a shot of Max Yasgur, who owned the dairy farm, giving the V-peace sign to the crowd and getting a V-sign in return from a young Martin Scorsese in the front row.

The music (which plays in the background at the exhibit) was remarkable, a never-before, never-again lineup that included Jimi Hendrix, The Who, The Jefferson Airplane, The Grateful Dead, Santana, The Band, Crosby, Stills, Nash & Young, Janis Joplin, Blood, Sweat &

Tears, Creedence Clearwater Revival, Country Joe and the Fish, etc.

The exhibit also shows newspaper headlines (Daily News — "Hippies mired in sea of mud") and stories, posters, tickets, planning sketches for the site and stage, clothing worn there, promoter Michael Lang's BSA Victor motorcycle, and a payroll check stub from David Beemer, now of Averill Park, for his work as assistant director of festival operations.

Country Joe McDonald brings his Country Joe Band (all the originals, minus guitarist Barry "Fish" Melton) to the museum auditorium on Saturday, Aug. 28, at 7:30 p.m. for the final concert of the series, which has featured fellow festival performers Arlo Guthrie, Melanie and John Sebastian.

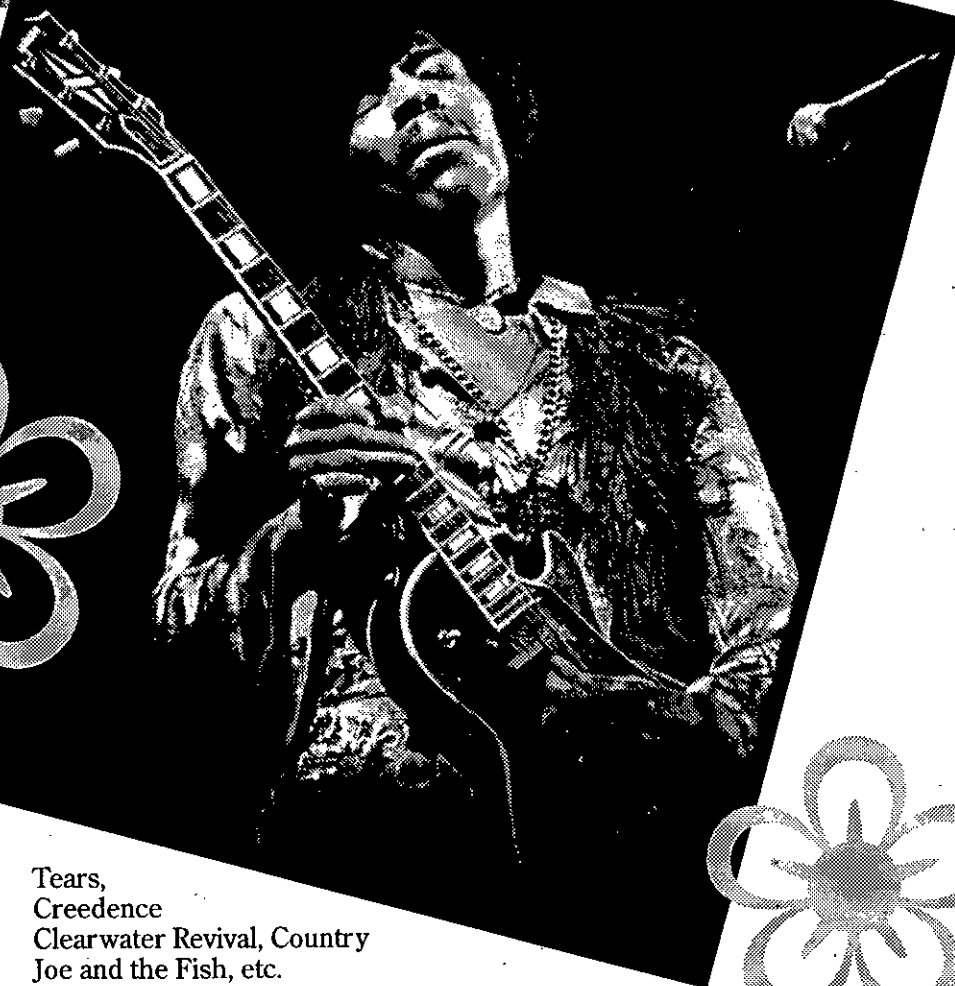
The concert series "makes this special for us, it brings some of the excitement of the era to the museum," Siegfried said.

McDonald and his band have lost none of the antiwar convictions that inspired their classic Vietnam protest song, "Fixin' to Die Rag." The band's newest song, "Cakewalk to Baghdad," decries how politicians tend to make light of the effects of war — including the inevitable hundreds of dead American soldiers.

Tickets are \$20 for museum members, \$25 for nonmembers. For information or reservations, call 408-1033.



Jimi Hendrix at Fillmore East
by Elliott Landy



Janis Joplin by Elliott Landy

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CABARET

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COUNTRY JOE McDONALD

State Museum, Empire State Plaza, Albany, Aug. 28, 7:30 p.m., \$20 and \$25. Information, 408-1033.

JIM BRICKMAN AND MICHAEL FEINSTEIN

popular pianists, Palace Theatre, Clinton Avenue and North Pearl Street, Albany, Aug. 29, 7:30 p.m., \$39.50 and \$55. Information, 463-3334.

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The Van Dyck, 235 Union St., Schenectady, Sept. 3, 7 and 9:30 p.m., \$40. Information, 381-1111.

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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.

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.

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musical artists wanted for New Year's Eve event, submit tape/CD, biography, reviews, etc., to Albany Office of Special Events, City Hall, Eagle Street, Albany 12207. Information 434-8069. Information, 785-4807.

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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.

Music

BIG BAD VOODOO DADDY

Music Haven, Central Park, Schenectady, Aug. 26, 7:30 p.m., free. Information, 382-0447.

NILS LOFGREN

The Egg at Empire State Plaza, Albany, Aug. 27, 8 p.m., \$26.50 and \$50. Information, 473-1845.

Visual Arts

NEW YORK STATE MUSEUM

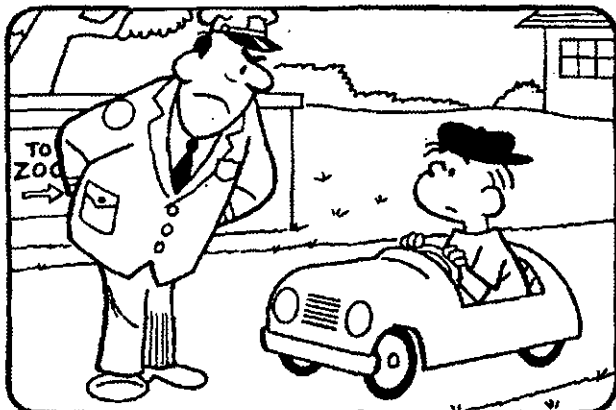
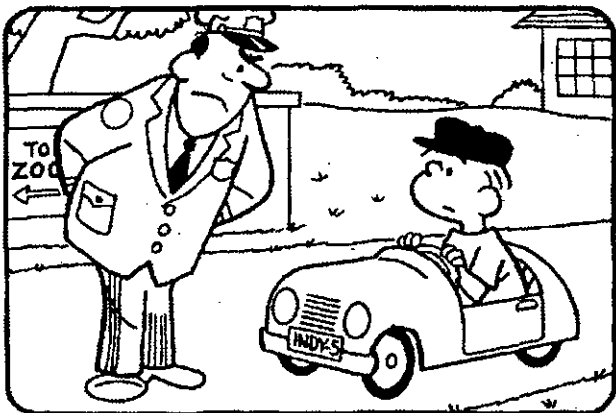
Spirit of the Woodstock Generation: The Photographs of Elliot Landy, through Sept. 6; Lost Cases, Recovered Lives: Suitcases from a State Hospital Attic, through Sept. 19; plus permanent collections on the 9/11 recovery effort, New York state history and geography,

Call for Artists

DELMAR COMMUNITY ORCHESTRA

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Arrow is reversed. 2. Stripes are missing. 3. License is missing. 4. Door is missing. 5. Cap is reversed. 6. Window is different.

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C A Y L A W G T V T C A O T S
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I S H F E C E B Z O Y I W A G
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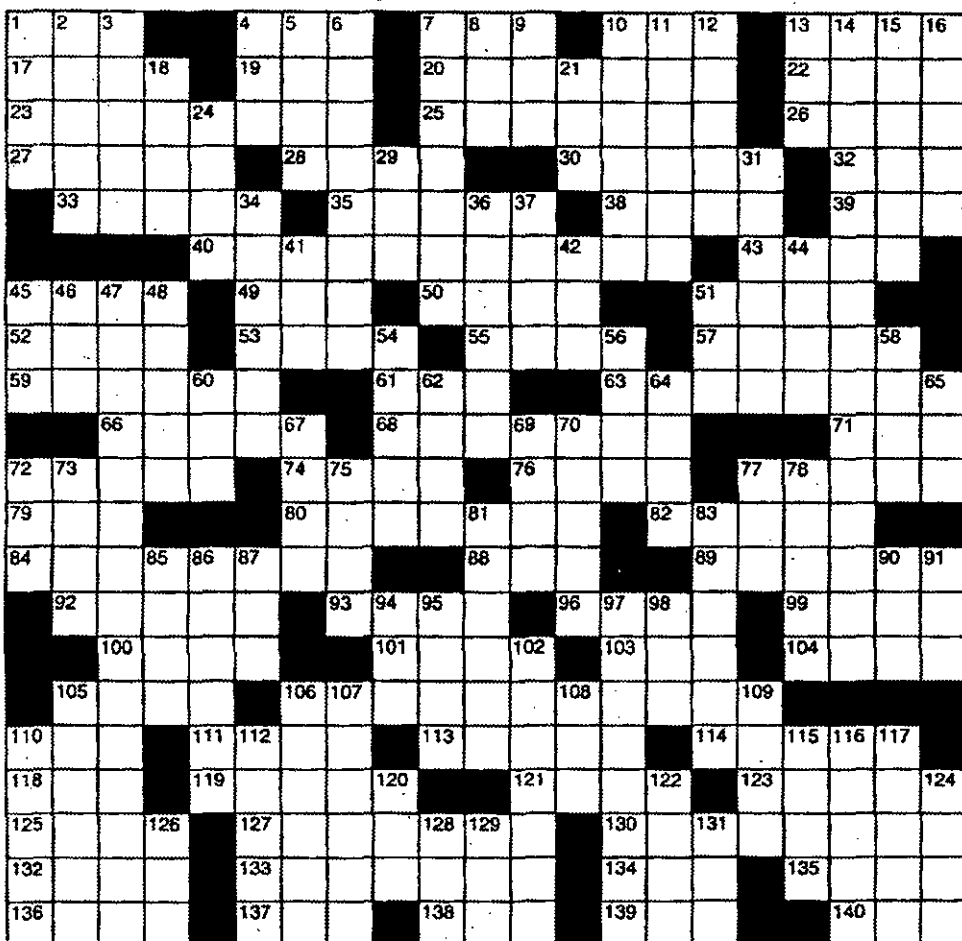


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- ACROSS
- 1 "My country, — of thee ..."
 - 4 Apply gently
 - 7 Theater sign
 - 10 Singer Sumac
 - 13 West or Faith
 - 17 Audiophiles' equipment
 - 19 Drop a brick
 - 20 Israeli city
 - 22 Seedy spot
 - 23 —TBALL
 - 25 Varnish ingredient
 - 26 On a cruise
 - 27 Flynn of films
 - 28 Port —, Egypt
 - 30 Harden
 - 32 Jillian of "It's a Living"
 - 33 Dubuque denizen
 - 35 Checker move?
 - 38 Famed loch
 - 39 Set
 - 40 PL—ARIUM
 - 43 Tipple
 - 45 Conserva-tive skirt
 - 49 Raven maven?
 - 50 Burrowing critter
 - 51 Bound bundle
 - 52 Gray or Moran
 - 53 It'll curl your hair
 - 55 Salamander
 - 57 Bodybuilder Charles
 - 59 Actor Howard
 - 61 Scrape by, with "out"
 - 63 Investigate
 - 66 Baseball's Martinez
 - 68 BRAN—
 - 71 Debtor's letters
 - 72 "— Dawn" ("73 song)
 - 74 Shrimpton or Stapleton
 - 76 Help a hood
 - 77 Post Rossetti
 - 79 "Baby — Want You" ("71 hit)
 - 80 SC—ION
 - 82 For — (cheaply)
 - 84 Albert's wife
 - 88 — Cruces, NM
 - 89 Standardize
 - 92 Bathrobe fabric
 - 93 "La Boheme" seamstress
 - 96 Reverberate
 - 99 "Orinoco Flow" singer
 - 100 "— Dinah" ("58 tune)
 - 101 Broad bean
 - 103 Corn portion
 - 104 Read quickly
 - 105 "The Three Musketeers" prop
 - 106 BOBO—
 - 110 HST's successor
 - 111 "— palriac"
 - 113 Katey of "Married ... with Children"
 - 114 Couches
 - 118 Above, to Arnold
 - 119 Toi
 - 121 "Topaz" author
 - 123 Proboscises
 - 125 — Major
 - 127 Word with oil or water
 - 130 CARL—URE
 - 132 Coalition
 - 133 Morgiana's master
 - 134 Indian export
 - 135 "Rosanna" rockers
 - 136 Nomad pad
 - 137 Wine word
 - 138 Part of MPH
 - 139 Sneak a peek
 - 140 Apex
- DOWN
- 1 Use the VCR
 - 2 Japanese porcelain
 - 3 Richard's veep
 - 4 Strauss' "— Rosen-kavalier"
 - 5 Son of Zeus
 - 6 Feast
 - 7 Arena
 - 8 — room
 - 9 Seville shout
 - 10 DeCarlo of "The Munsters"
 - 11 Stately dance
 - 12 Maintains
 - 13 Orthodon-tists' org.
 - 14 ST—WEED
 - 15 Main drag
 - 16 Intended
 - 18 Singer Phoebe
 - 21 Consumed a knish
 - 24 Defect
 - 29 — Jima
 - 31 Graceland, for one
 - 34 Lad
 - 36 The Rolling —
 - 37 Story
 - 41 Sock part
 - 42 Modern
 - 44 — podrida
 - 45 Blanc or Brooks
 - 46 Fury
 - 47 SU—IC
 - 48 Small bay
 - 51 — relief
 - 54 Olympic award
 - 56 Actual
 - 58 James Herriot, for one
 - 60 Journalist Tarbell
 - 62 Spooky Stephen
 - 64 Sundance's sweetie
 - 65 Color
 - 67 California resort
 - 69 Mandlikova of tennis
 - 70 Stout
 - 72 Financial abbr.
 - 73 Give off
 - 75 Jack of "Rio Lobo"
 - 77 "Da — Ron Ron" ("63 hit)
 - 78 Llama turf
 - 81 Actress Hussey
 - 83 Dissdains
 - 85 Family —
 - 86 Dental appointment, e.g.
 - 87 Bread or booze
 - 90 Memo letters
 - 91 Tasty tuber
 - 94 "No —, ands, ..."
 - 95 Bulk
 - 97 Orchestra members
 - 98 "Bali —"
 - 102 Bony
 - 105 Swimmer Gertrude
 - 106 Portable
 - 107 Paradoxical
 - 108 Predatory fish
 - 109 Hawaiian coffee
 - 110 Reservation
 - 112 Michelle and Cass
 - 115 Racing legend
 - 116 English course?
 - 117 Cold-war assn.
 - 120 CSA soldier
 - 122 How-to part
 - 124 Word in an octagon
 - 126 Make believe
 - 128 Seance sound
 - 129 Lyman or Lincoln
 - 131 Bit of sunshine

The Spotlight CALENDAR

Wed. Aug. 25

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.

TOWN BOARD

Bethlehem Town Hall, 445 Delaware Ave., 5:30 p.m. Information, 439-4955.

BETHLEHEM TOASTMASTERS

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

BINGO

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

TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 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. Aug. 26

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

TAKE OFF POUNDS SENSIBLY

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

YOUTH EMPLOYMENT SERVICES

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

ADULT BIBLE STUDY

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

AA MEETINGS

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

NEW SCOTLAND

THE CLOTHING CLOSET

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

Fri. Aug. 27

BETHLEHEM

VISUAL SUPPORT GROUP

Strategies to cope with visual

impairment, led by Dr. Edwin Pesnel. Refreshments. Room 101, Bethlehem Town Hall, 445 Delaware Avenue, Delmar, 1-2 p.m. Sponsored by Bethlehem Senior Services. Information, 439-4955, ext. 4.

AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND

PIONEER CLUBS

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

YOUTH GROUP MEETINGS

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

Sat. Aug. 28

BETHLEHEM

AA MEETING

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

Sun. Aug. 29

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 Rocketteller 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.
Onesquehaway 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. Aug. 30

BETHLEHEM

PEACE VIGIL

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

DELMAR KIWANIS

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

CLASS IN JEWISH MYSTICISM

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

INDOOR PISTOL SHOOTING

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

EXPLORER POST 157

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

DELMAR COMM. ORCHESTRA

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

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. Aug. 31

BETHLEHEM

FARMERS MARKET

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

PRAYER MEETING

At Gospel Fellowship, 7 p.m., 10 Rocketteller Rd., Delmar, beneath Normans Kill bridge, Information 482-2132.

TREASURE COVE THRIFT SHOP

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

YOUTH EMPLOYMENT SERVICES

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

CHURCH LUNCH

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

BINGO

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

NEW SCOTLAND

PRESCHOOL STORY TIME

Weekly at Voorheesville Public Library,

51 School Road, 10:15 a.m. Information, 765-2791.

NIMBLEFINGERS/QUILTERS

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

Wed. Sept. 1

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.

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

Onesquehaway Chapter, Masonic Temple,

421 Kenwood Ave., 8 p.m. Information, 439-2181.

NEW SCOTLAND

V'VILLE ZONING BOARD

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

NEW SCOTLAND SENIORS

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

PRAYER MEETING

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

FAITH TEMPLE

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

AA MEETING

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

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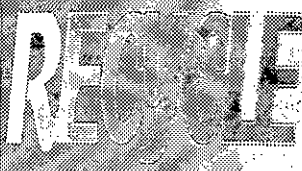
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Spotlight CLASSIFIEDS

ADOPTION

ADOPTION: A HAPPILY MARRIED COUPLE WISHES TO GIVE ENDLESS LOVE, FINANCIAL SECURITY AND A LIFETIME OF OPPORTUNITY TO NEWBORN. EXPENSES PAID CALL NANCY/ JAMES 1-800-398-9181.

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Our agency is willing to purchase property & casualty insurance expiration lists. Cash or retention. May include yourself in the package. Call 482-2000.

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MAKE UP TO \$4000 Weekly! Exciting weekly paychecks! Written guarantee! 11 year Nationwide Company Now Hiring! Easy work, sending out our simple one page brochure! Free postage. Supplies! Awesome Bonuses! Free Information. Call Now! 1-800-242-0363 ext 3400.

CHILD CARE NEEDED

Afterschool childcare needed in Glenmont. Monday-Thursday, 4-6? Must be able to transport 2 children (7th grade/freshman) to/from activities. Must be reliable. Great pay. 439-9313.

Babysitter from 9/9 to 9/30, after school, 3-5 pm, our Loudonville home. 459-2081.

Before & Afterschool care needed for 1 child in our home. 439-8326.

Childcare needed in Delmar home 2 days a week for two toddlers and 1 afterschool. References required. Call 475-7868.

GUILDERLAND. Childcare wanted for our infant in our home, 3-4 days per week, 8am-4pm. Call Jaime. 357-9514.

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

CHILDCARE SERVICES

BETHLEHEM: 2 ft/pt openings. 6 weeks +. References. Call Erin 767-9721.

Childcare provided in my home: experienced mom with education degree has openings, ages 3+. FT/PT, bef./aft. school, occasional. Flexible hours. Selkirk/Bethlehem. 439-9429.

DELMAR- Mother of 2 Has Full Time/Part Time Openings For 2 yrs. old & Up In Her Delmar Home. Also, before & after school. 439-1533.

DELMAR: Reliable childcare, my home, 10 years experience, BA early childhood. 18 mo+. 439-4638.

LOUDONVILLE AREA: Mom has opening for 2 childcare spots, available Sept. For information call 426-8503.

NISKAYUNA: Childcare w/preschool program. FT ages 2-5, NYS licensed, experience, references. 381-4595.

Quality childcare in your own home provided by a certified former teacher/current mother. I will offer enriching, personalized activities, and can provide transportation for your child(ren). (315)567-1501.

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EDUCATION

SITE MANAGER: 30 hr/ wk. Bef & Aft School Prog. AA in Child Dev., Elem. Ed. or related field & 1 yr supervisory exp. Health, 401K, Holidays, Pdt Time Off & Snow Days. Resume: School's Out, Inc., 239 Delaware Ave., Delmar, NY 12054, 439-9300.

EARN YOUR DEGREE- Online from home, Business, Paralegal, Computer, Networking and more. Financial Aid, job placement assistance and computers provided. Call free (866)858-2121.

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SEASONED HARDWOOD- Cut, Split, Delivered. \$75 Face Cord. 756-9419.

FOUND

Young cat, black and white, green flea collar. Found in Elsmere School area. 439-1335.

FURNITURE FOR SALE

Couch: 7'3" long, contemporary, excellent condition \$189. Sofa Bed: Contemporary, convertible full size bed, excellent condition \$129. Computer Desk: 47"x24", shelving unit on top, excellent condition \$75. Dining Room Chairs: 4 contemporary, excellent condition \$48/set. 439-3055.

GARAGE SALES

COLONIE: 100 South Lansing Rd., corner of Albany Street. Aug. 28, 9-4. Large variety, household, toys and baby items, much more. Rain or shine.

DELMARESTATE SALE, Aug. 27, 28, 29. 1 Marion Road, off Hudson, follow signs. Years of accumulation, 1935 STROUD BABY GRAND PIANO, loveseat, end tables, maple dining room table and chairs, corner cupboard, queen bedroom set, pine dressers, bookcase, wicker, extensive owl collection, linen, kitchen, washer/dryer, upright freezer, garage and cellar full, many collectibles. Don't miss it. ETC.

DELMAR, 7 Longmeadow Dr., across from BCHS, Friday, 8/27, Saturday, 8/28, 8:30-4. Stereo/speakers, encyclopedias/books, like new 2-piece sofa and chair, small appliances, household/misc.

GARAGE SALE, Sat. 8/28, 8:00 AM, 118 East Poplar, Delmar; wicker, clothes, dishes, misc. Raindate 8/29.

Garage/Moving Sale, 34 Center Lane, Glenmont (near little league park), 8/28, 8-2, lots of "stuff".

DELMAR: Catherine Street, off Murray Avenue. Multiple families, Friday, Saturday, 8/27, 28, 8-3.

HANDYMAN

BEST BET HANDYMAN, Home Repairs & Maintenance, Electrical, Plumb-

ing, 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

HORSEBACK RIDING

Saratoga is not the only August place to be...WALDEN FARM has end of summer discounts on all lesson packages, for ages 3+. Join us on Sept. 12 at our OPEN HOUSE - Free pony rides, demonstrations, etc. (518) 542-9854, (518) 439-2506. 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

Lawn mowing and yard cleanup. Free estimates. Call Frank. 478-9955.

LOST

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

MISCELLANEOUS FOR SALE

Baby Lock Cover stitch machine, Model CLCS, can be used professionally, includes carrying case. Originally \$1,100. \$400 or best offer. 356-7013.

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

Kenwood Major Classic Mixer, excellent condition, was \$500, asking \$250. 356-7013.

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.

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

MUSIC

STRING INSTRUMENT REPAIR: Bow Rehairs. 439-6757.

MUSIC LESSONS

PIANO LESSONS for beginning and intermediate students. Loudonville. Call Ken @ 436-4225.

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

NOTICES

HIGH SCHOOL EXCHANGE STUDENTS arriving August need Host Families. Local Representatives also needed to work with students/ families. American Intercultural Student Exchange- 1-800-SIBLING www.aise.com

Classified INFORMATION



Office Hours Deadline

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



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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.

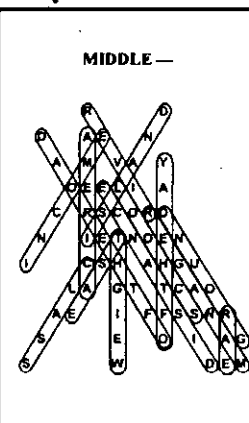
All line ads must be pre-paid in order for placement.

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

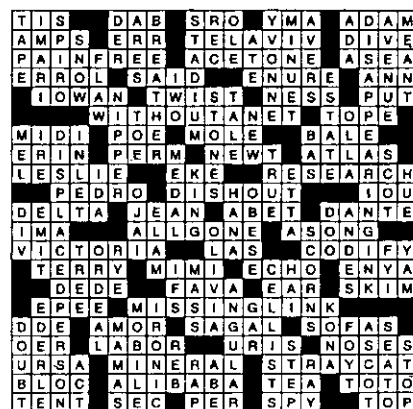
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Name: _____			
Address: _____			
City: _____	State: _____	Zip: _____	
Home Phone: _____		Work Phone: _____	
Amount Enclosed: _____		Number of Weeks: _____	
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PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano

Technicians Guild. 427-1903.

POOL LEAGUES
Amateur pool players wanted: We are organizing a local pool league for the fall and are looking for pool players of all skill levels. Just grab 5-8 friends, family or coworkers and form a team. Call Mike or Kathy toll-free (866)413-Pool or www.APAofAlbany.com.

RELIGION & DEVOTIONS
Tridentine Rite Traditional Catholic Mass offered every Sunday at 10 am at St. Michael's Shrine, corner of 9W and Beacon Rd., Glenmont, NY. Not associated with the Albany Diocese.

SPECIAL EVENTS
ARE YOU HAVING A SPECIAL EVENT- Let

Everybody know about it in the Spotlight Newspapers. DEADLINE is Thursday by 4 PM. Call 439-4949.

TOWNHOUSE FOR RENT
GLENMONT: 2 br, 2.5 bath, 2 car, basement, washer/dryer, gas/CA. \$1200. 756-1338.

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.

BUYING OLDBICYCLES Looking For Old Schwinn Balloon Tire And Sting Ray Banana Seat Bicycles & Parts. Other

Makes Also Cons dered. Please Call Matt 475-1074.

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, postcards, autographs, old toy cars, trucks, boats, or model boats, all plastic toys, Pre-

1920 photographs, Pre 1950 Fountain Pens, Teddy Bears, Dolls, shaving mugs, straight razors, World War II/American or Nazi items, Civil War swords, pictures, etc.. Any condition even broken or rusty. Call 745-8897.

YARD SALE
SELKIRK: 1107 River Road (RT. 144), Aug. 27, 28, 29, 8am-3pm. Rain or shine.

Employment

CLASSIFIEDS

HELP WANTED
ADMINISTRATIVE ASSISTANT. Newtonville Church seeking Admin. Asst. for PT office duties 9 hrs./wk, pref. 3 mornings. HS grad / GED/ Computer experience required. Send resume to Newtonville LMC in care of Lynn Brooks, 36 Eberle Rd. Latham NY 12110 no later than 9/8.

DENTAL STAFF for Pediatric practice. Will train the right individual. Cell 928-9959.

DRIVER- We are seeking an experienced driver to join our transportation group. Our van drivers transport adults with developmental disabilities to and from our day treatment program. CDL pre-

ferred. Hours are 7-9 a.m. and 3-5 p.m., M-F (20 hours/week). We offer comprehensive benefits, a competitive salary, and a friendly team environment. Apply to: Transportation Coordinator, New Visions of Albany, 334 Krumkill Road, Slingerlands, NY 12159 518-459-0750, www.newvisionsofalbany.org EOE/AAM/F/D/V

Drivers/Limousine: Immediate pt. openings, mostly weekday mornings and weekends. Must have clean license, be neat and prompt. Excellent job for retirees, off-duty bus drivers, police and firemen. Call for appointment. 439-8000.

High-Paying Postal Jobs! No Experience Required! DCN'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.

HOME TECHNOLOGY INTEGRATOR, exp. with low voltage wiring, security, home theaters. HVAC background a plus. Benefits. No phone calls. Resumes to: Tangora Technologies, 50 Delaware Ave. Delmar, NY 12054 Fax 518-478-0392 info@tangoratechnologies.com.

MECHANIC: Truck, Exp. Class A mechanic, Albany; CDL-A +, excellent benefits, work environment. A. Duie Pyle, Inc. Vince 1-800-523-5020 x 3233.

PHARMACY HELP NEEDED: No exp. necessary. Albany, E. Greenbush, Hudson Area. Several positions available. If interested, please call Beth Tyson at 1(866)222-9438 ext 18139.

Seamstress: Experience in commercial sewing. Ability to cut a plus (am willing to train). FT/PT. Call Mike 765-2169. Capital Upholstery.

Upholsterer's helper: Experience preferred but not necessary FT/PT. Call

Mike 765-2169. Capital Upholstery.

Village of Altamont is seeking a treasurer, governmental accounting skills and experience preferred. PT position, 18-24 hrs./wk. Schedule flexibility. Compensation based on experience. Training during transition period with current treasurer provided. Please send confidential resume to Trustee Harvey Vlahcs, Village of Altamont, PO Box 643, Altamont, NY 12009.

\$525.00 WEEKLY INCOME mailing sales letters. Genuine opportunity, working with our Wellness Company. Supplies provided. No selling. FT/PT Call 1-708-536-7040 (24 hours)

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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 MANAGER COMMISSIONS-OUTSTANDING RECRUITING CASH AWARDS! FREE INFORMATION PACKET- 1-800-488-4875 - WWW.IDEALGIFTS.COM

POSTAL POSITIONS Hiring for 2004- \$15.30- \$45/ hour. Full Benefits Package + Vacation. No experience necessary. Greencard accepted. Call 1-800-651-7024 ext 4415

DRIVERS: CFI- DEDICATED TEAMS NEEDED! Northeast Regional/ Dedicated Runs Company Drivers & O/O. NO CANADA! Also Hiring OTR. Company- C/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 ext 199

Real Estate

CLASSIFIEDS

REAL ESTATE
FORECLOSED GOV'T HOMES \$0 or Low down! Tax repos and bankruptcies! No Credit O.K. \$0 to low down. For listings (800)501-1777 ext 1099

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

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CATSKILL MOUNTAIN VIEWS 22 ACRES- \$83,900. Pond, magnificent views, stream. Other parcels starting at \$69,900. Close to golf & skiing. Easy financing. 800-FYI-PONY (800-394-7639) www.ponyinc.com

COUNTRY ESTATE, FORECLOSURE! 20 acres- \$39,900 Quality upstate NY acreage! Woods, stream views! Twn rd, elect, clear title survey! Terms! Won't last! 877-849-5263 www.upstateNYland.com

TROPHY BUCK COUNTRY 50 acres- \$54,900 Woods, fields, apple trees, stream! High deer density! Terms avail! Hurry 877-849-5263 www.upstateNYland.com

HOUSE FOR SALE
Town of New Scotland, R/S school, Feura Bush, Cedar Grove Road, 5 acres, 2 bedroom, 1 bath, all appliances, 2-car garage, new well, move-in condition, available now. Cash or preapproved mortgage only. More acres available.

\$180,000. Call, leave message. 966-5090.

REAL ESTATE FOR RENT
MENANDS- 1 Bedroom, Call For Details. \$650 Utilities Included & Garage. 434-3160.

SELKIRK, 1 BEDROOM, \$575+, No Pets, Available September 1st. Call 767-2633.

HOUSE FOR RENT
DELMAR: (WOODGATE COMMUNITY) Spacious, 2-story Townhouse Unit, 3BR, 2.5 BA, Nicely Furnished, Patio, Fireplace, Central A/C, Community Pool, Non-Smoker, 1 mile Delmar Center. \$1595/ mo. (518)542-1215.

COMMERCIAL FOR LEASE
DELAWARE PLAZA - DELMAR - Retail space

available. For leasing information call Delaware Plaza Associates at 439-9030.

DELMAR: 1000 sq. ft., gas heat included, \$1,100. Great location. (518)439-4329.

TV SYSTEMS
FREE 4- ROOM DIRECTV system including installation! 4 months free programming with NFL Sunday Ticket Subscription. Over 205 channels! Limited time offer S&H, Restrictions apply. 1-800-208-4645

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Golf front home \$249,900. Spectacular new Carolina Mtn home at 18 hole course near Asheville NC. Enjoy mild climate, great golf, low taxes & low cost of living! Call toll-free

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ORLANDO LUXURY RESORT VILLAS 2, 3, 4 bedrooms \$94,900- \$161,900 FULLY FURNISHED. Use! Then rent to vacationers. Lake Marion A Resort Community. Sales (888)-382-0088/ Rentals (877)-604-3500 www.lakemarion.net

VACATION RENTALS
2 bedroom, 2 bath plus den. Ocean front condo. Venice, Florida. Details www.vrbo.com/40285. (518)377-8733.

REALTY WANTED
"How To Sell Your Home in 7 Days." CASH! Free Report reveals how! Leave message at 1-888-528-9492.

Automotive

CLASSIFIEDS

AUTOMOTIVE FOR SALE
1992 CHEVY CAVALIER CONVERTIBLE, red, good condition. \$2,000. 768-2150.
2000 Volvo S70, excellent condition, all

leather, 49K miles, 4 extra rims with snows. \$14,500. 767-2565.
For Sale: '84 Winnebago Motor Home. 27' 53K miles, generator, Great shape, Runs great. \$9500. 561-6034.

Call us today at 439-4949 to

ADVERTISE YOUR BUSINESS

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LEGAL NOTICE**LEGAL NOTICE**

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is ARW, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 6, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 17 Jackson Avenue, Cohoes, New York 12047. LCD-10187 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is 7 DANA AVENUE, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 13, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 27 Fullerton Street, Albany, New York 12209. LCD-10195 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of WERCS Services, LLC. Art. of Org. filed Sec'y of State (SSNY) 6/28/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 23 British American Blvd., Latham, NY 12210. Purpose: any lawful purpose. LCD-10203 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of Titan Management Services, LLC. App. for Auth. filed Sec'y of State (SSNY) 4/6/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 2160 Satellite Blvd., Ste. 325, Duluth, GA 30097, the principal office address of LLC. Art. of Org. on file: SSGA, 2 Martin Luther King Jr. Drive, Atlanta, GA 30334. Purpose: any lawful purpose. LCD-10204 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is PROPERTY CONTRACTS, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 20, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 302 Washington Avenue Extension, Albany, New York 12203. LCD-10223 (August 25, 2004)

LEGAL NOTICE

SKS MANAGEMENT GROUP, LLC
Notice of formation of SKS Management Group, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY")

LEGAL NOTICE

on 12/29/03. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o Kathleen M. Sinel, 6236 Empire Avenue, Schenectady, New York 12306. The purposes of the LLC are to provide management consulting services. LCD-10236 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of Phantom Investors, LLC. Art. of Org. filed Sec'y of State (SSNY) 6/16/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 1991 Main St., Ste. 222, Sarasota, FL 34236. Purpose: any lawful purpose. LCD-10255 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is DAMA Realty Investors, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 12, 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 Paul J. Goldman, Esq., Segel, Goldman, Mazzotta & Siegel, P.C., 9 Washington Square, Albany, New York 12205. LCD-10299 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
Articles of Organization of Xpressions, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on August 18, 2004, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, 237 Georgetown Court, Albany, New York 12203. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. LCD-10301 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
Articles of Organization of BSR Enterprises, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on August 18, 2004, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, 39 Omega Terrace, Latham, New York 12211. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. LCD-10302 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC
Articles of Organization for THE MARK OF ELEGANCE, LLC were filed with the Secretary of State of New York on July 8, 2004. Office located in Albany County. The Secretary of State has been designated

LEGAL NOTICE

as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 189 Colonial Avenue, Albany, New York 12208. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-10188 (August 25, 2004)

LEGAL NOTICE

FOREIGN LLC PUBLICATION NOTICE
Name of LLC: VKGS LLC App. For Auth. filed with Sec. of State 06/04/04. Jurisd. And date of org: DELAWARE ON 05/19/04. 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 required to be maintained in home jurisdiction: 9 East Lookerman Street, Suite 1B, Dover, DE 19901. Copy of cert. of org. is filed with Delaware Secretary of State, 401 Federal Street, Suite 4, Dover, DE 19901. Purposes: is to transact any lawful business. LD-10189 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of Amstar-1, LLC. Authority filed with Sec'y of State of NY (SSNY) on 6/25/04. Office location: Albany County. LLC formed in Colorado (CO) on 6/23/04. 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. CO address of LLC: 1050 17th St., Suite 1200, Denver, CO 80265. Arts. of Org. filed with CO Sec'y. of State, 1560 Broadway, 2nd Fl., Denver, CO 80202. Purpose: investment in real property. LD-10190 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of 2322 Knapp Realty LLC. Arts. of Org. filed with Sec'y. of State on N.Y. (SSNY) on 7/13/04. 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 activity. LD-10192 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of CONCORD INTERPRISES LLC. Arts. of Org. filed with Sec'y. of State on NY (SSNY) on 6/25/2004. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Concord Interprises LLC, c/o XL Corporate Services, Inc., 62 White Street, New York, NY 10013. Registered Agent: XL Corporate Services, Inc., 62 White Street, New York, NY 10013 Purpose: any lawful activities. LD-10194 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC
Articles of Organization for X-PRESS TEST, LLC were filed with the Secretary of State of New York on April 28, 2004. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 75 Champlain Street, Albany, New York 12204. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-10196

LEGAL NOTICE

(August 25, 2004)

LEGAL NOTICE

Notice of Formation of Eastern Parkway Associates, LLC. Arts. of Org. filed with Sec'y. of State of N.Y. (SSNY) on 7/15/04. 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 activity. LD-10197 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF DATADEPO LLC
The name of the LLC is DATADEPO LLC. The date of filing of the Articles of Organization with the N.Y. Secretary of State is: 06/22/04 under the name DATADEPO LLC. The office of the LLC shall be in the County of ALBANY and State of N.Y. The N.Y. Secretary of State is designated as the agent of the LLC upon whom process against it may be served. The post office address to which the Secretary of State shall mail a copy of any such process served upon him/her is The Company, 25 Greystone Manor, Lewes, Delaware 19958. The purpose of the LLC is to transact any lawful business. LD-10207 (August 25, 2004)

LEGAL NOTICE

FOREIGN LLC PUBLICATION NOTICE
Name of LLC: PINELAWN POWER LLC App. For Auth. filed with Sec. of State 06/17/04. Jurisd. And date of org: DELAWARE ON 06/04/04. 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 Corporation Service Company, 80 State Street, Albany, New York 12207-2543. Address of principal office: One Riverchase Parkway South, Birmingham, Alabama 35244. Registered Agent: Corporation Service Company, 80 State Street, Albany, New York 12207-2543. Copy of cert. of org. is filed with Delaware Secretary of State, Division of Corporations, John G. Townsend Building, 401 Federal Street, Dover, Delaware 19901. Purposes: is to transact any lawful business. LD-10208 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of Ashford Senior General Partner LLC. Authority filed with Sec'y. of State of N.Y. (SSNY) on 7/20/04. Office location: Albany County. LLC formed in Delaware (DE) on 7/12/04. 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. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Sec'y. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-10214 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of First States Investors 3300, LLC. Authority filed with Sec'y. of State of NY (SSNY) on 7/16/04. Office location: Albany County. LLC formed in Delaware (DE) on 5/3/04. 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: 17 The Fairway, Jenkintown, PA 19046. Arts. of Org. filed with DE Sec'y. of State, Div. of Corps., 401

LEGAL NOTICE

Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-10215 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of Safeguard NY II LLC. Authority filed with Sec'y. of State of NY (SSNY) on 7/20/04. Office location: Albany County. LLC formed in Delaware (DE) on 7/15/04. 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. Principal office of the LLC: 111 Veterans Blvd., Suite 1150, Metairie, LA 70005. Arts. of Org. filed with DE Sec'y. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-10218 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of Algonquin Gas Transmission, LLC. Authority filed with Sec'y. of State of N.Y. (SSNY) on 7/19/04. Office location: Albany County. LLC formed in Delaware (DE) on 7/1/04. 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. Principal office of LLC: 5400 Westheimer Court, Houston, TX 77099. Arts. of Org. filed with DE Sec'y. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: own and operate natural gas pipelines. LD-10224 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of Sofia Enterprises LLC. Arts. of Org. filed with Sec'y. of State of N.Y. (SSNY) on 4/15/04. 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 Afshan Khan, 240 E. 47th St., Ste. 34A, NY, NY 10017. Purpose: any lawful activity. LD-10225 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: DARK STAR ENTERPRISES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 7/23/04. 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 Brian Norensky, 167 Lishakill Road, Schenectady, New York 12309. Purpose: For any lawful purpose. LD-10226 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF BELLEZZA REALTY MANAGEMENT, LLC (PURSUANT TO SECTION 203 OF THE LIMITED LIABILITY COMPANY LAW)
NOTICE IS HEREBY GIVEN that the Articles of Organization of BELLEZZA REALTY MANAGEMENT, LLC (the "Company") were filed with the Secretary of State of the State of New York on June 21, 2004. The purpose of the Company is to engage in the ownership, leasing, purchasing, selling and mortgaging of property and in any way dealing with all interests in real property and any activities necessary or 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

LEGAL NOTICE

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 139 Vly Road, Albany, New York 12205. LD-10229 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of Atlantic Envelope Company LLC. Authority filed with Sec'y. of State of NY (SSNY) on 7/26/04. Office location: Albany County. LLC formed in Georgia (GA) on 6/4/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. GA address of LLC: 1325 Highlands Ridge Rd., SE, Smyrna, GA 30082. Arts. of Org. filed with GA Sec'y. of State, 315 West Tower, #2 Martin Luther King, Jr. Dr., Atlanta, GA 30334. Purpose: all lawful business including envelope manufacturing and supply. LD-10230 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of AEDON Staffing, LLC. Authority filed with Sec'y. of State of N.Y. (SSNY) on 7/12/04. Office location: Albany County. LLC formed in Delaware (DE) on 8/23/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent of LLC upon whom process may be served. Principal office of LLC: One Thousand Beverly Way, Fort Smith, AR 72919. Arts. of Org. filed with DE Sec'y. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-10231 (August 25, 2004)

LEGAL NOTICE

The limited liability company of Wilson & Bing Real Estate, LLC was formed on January 12, 2004 by Kevin J. Wilson. The address of the company is 108 Iroquois Trail, Slingerlands, NY 12159 in the County of Albany. The Secretary of State is designated as agent of the company on whom process against it may be served. LD-10232 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: HARMONY-RENTALS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/30/04. 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, 441 Russell Road, Albany, New York 12203. Purpose: For any lawful purpose. LD-10234 (August 25, 2004)

LEGAL NOTICE

TOWN OF BETHLEHEM BOARD OF APPEALS NOTICE OF PUBLIC HEARING
Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, September 1, 2004, at 7:45 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Albert & Carol Penik for Variance under Article XVI, Front Yards, Section 128-66, Required Depths of the Code of the Town of Bethlehem for construction of a front porch addition, which will encroach into the front yard setback requirement at premises 395 Clapper Road, Selkirk, New York.

LEGAL NOTICE

Michael C. Hodon
Chairman
Board of Appeals
LD-10248
(August 25, 2004)

LEGAL NOTICE

Notice of Qualification of ASHFORD TRS LESSEE LLC. Authority filed with Sec'y. of State of NY (SSNY) on 7/22/04. Office location: Albany County. LLC formed in Delaware (DE) on 7/6/04. 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. DE address of LLC: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with DE Sec'y. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: lease real estate. LD-10250 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of Calpine PowerAmerica-NY LLC. Authority filed with Sec'y. of State of N.Y. (SSNY) on 8/4/04. Office location: Albany County. LLC formed in Delaware (DE) on 7/27/04. 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. DE address of LLC: CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Sec'y. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-10252 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of ITTA, LLC. Arts. of Org. filed with Sec'y. of State of N.Y. (SSNY) on 6/9/2004. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 10 Riverwalk Way, Cohoes, NY 12047. Purpose: any lawful activities. LD-10258 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of FOODSERVICE, LLC. Authority filed with Sec'y. of State of NY (SSNY) on 6/30/04. Office location: Albany County. LLC formed in Delaware (DE) on 6/24/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1 Centerville Drive, CN 6070, Elizabeth, New Jersey 07207. DE address of LLC: 9 E Lookerman St., Ste. 1B, Dover, DE 19901. Arts. of Org. filed with DE Sec'y. of State, P.O. Box 898, Dover, DE 19903. Purpose: any lawful business. LD-10263 (August 25, 2004)

LEGAL NOTICE

NOTICE OF ARTICLES OF ORGANIZATION OF UNIQUE DIMENSIONS LLC
1. The name of the limited liability company is Unique Dimensions, LLC (the "LLC").
2. The Articles of Organization for the LLC were filed with the Secretary of State of New York on March 1, 2004.
3. The office of the LLC is to be located in the County of Albany, State of New York.
4. The Secretary of State is designated as an agent of the LLC upon whom process against it may be served. The post office in the State of New York to which the Secretary of State shall mail a copy of any process against the LLC is: c/o Lemery Greiser, LLC, 11 Railroad Place, Saratoga Springs, New York 12866.
5. The duration of the LLC is perpetual.
6. The character and pur-

Nobody's home except us chickens

By MARY LANNON

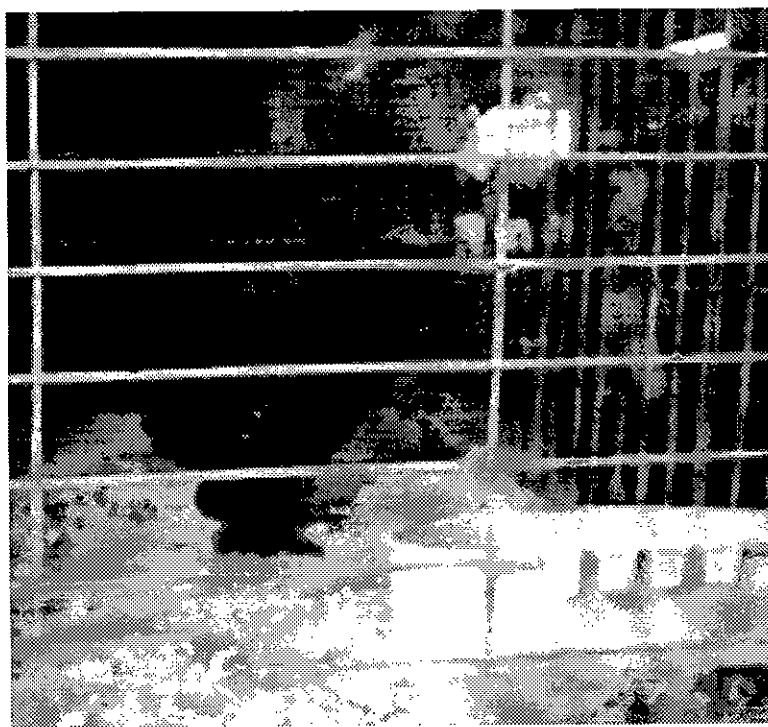
The Rev. Jeffery L'Arche has taught his prize winning Old English bantam chicken named Pepperhead to sit on his head.

But it wasn't the chicken's odd perch that won him a prize at this year's Altamont Fair. Rather as is common in the "poultry fancying" world, he met the purebred standards, including size, coloring, comb shape and "general beauty" to beat out his father and uncle, also owned by L'Arche and his only competition this year. Those in the know often read "The Poultry Press," to get the lowdown on the standards.

Despite the low numbers in Pepperhead's class, the poultry competition, which had about 1000 birds, in regular sized, bantam and miniature versions and including chickens, ducks and guinea hens comes in second in size in the state only to the New York State Fair.

That reputation can be attributed, L'Arche said, to the passion of his mentor and longtime Altamont Fair Poultry superintendent Dick Langenbach who died this past year.

Langenbach gave L'Arche his first chickens as a boy growing up in Guilderland. He raised them and showed them as part of 4-H until probably his freshman year in college, L'Arche said. Soon after in 1967 he left the area for



The Rev. Jeffery L'Arche has enjoyed caring for chickens since childhood.

30 years working as a priest before returning to Altamont to work at the La Salle Shrine in Altamont and once again take up his boyhood hobby.

"They're fun. It's wholesome," L'Arche said Friday afternoon, as a light rain fell outside, and many took refuge in the poultry building.

He sat to the side of the building's entrance on a raised platform. To his right, as far as the eye could see sat long rows of

cages stacked on top of one another from which emanated competing squawks, most prominent among them were several loud "cock-a-doodle dos."

L'Arche owns about 20 birds, he said, and enjoys collecting the more novel species.

"I like to have birds that other people don't have," he said.

Many of the birds, like his beloved pepperhead, become like pets.

"You become very attached," L'Arche said.

The hobby also appeals to L'Arche because he can follow the example of his mentor Langenbach and turn children on to the appeal of keeping chickens.

The traditional barnyard chickens that show up in childhood storybooks and perhaps, in the minds of the non-poultry fancying crowd are white leghorns (the white ones) or Rhode Island Reds (the brown ones.)

But the color, size, nation of origin and shape of chickens goes well beyond that.

On a tour of the barn, L'Arche showed off a Continental Buff Lace Chicken from Poland, a large blond feathered bird with a hair-do to rival any country singer's. Also some Blue Cochins, which looked more of a black-gray color, that hailed from China. The Mille Fleur (a 1000 flowers) chicken with its gold and black colors was a French breed. Chickens with feathered feet, with huge buttercup combs and smaller pea combs, black and white and golden and gray and some with tail feathers six feet long. All descend from the same ancestor, an African fowl that still exists, L'Arche said.

L'Arche also explained that in addition to the multi-colored feathers at least one chicken the Araucana or Easter egg chicken lays blue, green and purple eggs.

For most birds though the color of the egg is all in their ears. A red ear generally means a brown egg while a white ear generally means a white egg.

The fair also featured incubators for the eggs from which had emerged a few baby chicks that several children had their eye on. L'Arche gave out his phone number and address so the kids might be able to pick out some chicks of their own.

"Poultry is becoming very popular with many people... Their fun, easy to raise," L'Arche said.

Letters policy

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

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

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

LEGAL NOTICE

pose of the business of the LLC shall be to undertake any lawful act or activity in which a limited liability company may engage under the laws of the State of New York; all subject to and in accordance with applicable federal, state and local laws and regulations. LD-10265 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of Pinaro Credit Company, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 8/4/04. Office location: Albany County, LLC formed in Ohio (OH) on 12/18/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. OH address of LLC: 655 Metro Place South, Ste. 720, Dublin, OH 43017. Arts. of Org. filed with OH Secy. of State, P.O. Box 670, Columbus, OH 43216. Purpose: purchaser of retail installment contracts originated by piano dealers selling their products to consumer. LD-10269 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of Belvedere Associates LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 8/5/04. Office location: Albany County, LLC formed in Nevada (NV) on 7/26/04. 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. Principal office of LLC: 41-42 42nd St., Apt. 2N, NY, NY 11104. Arts. of Org. filed with NV Secy. of State, Capitol Complex, Carson City, NV 89710. Purpose: any lawful activity. LD-10270 (August 25, 2004)

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of Pharmacy Builders #3, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/21/04. Office location: Albany County, LLC formed in Nevada (NV) on 12/11/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. NV address of LLC: 1516 East Tropicana, Ste. 155, Las Vegas, NV 89103. Arts. of Org. filed with NV Secy. of State, 202 N. Carson St., Carson City, NV 89701. Purpose: any lawful activity. LD-10271 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of New Hempstead Terrace LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 8/9/04. 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 activity. LD-10275 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of DEUCE HOTEL LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 8/5/04. 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, registered agent upon whom process may be served. Purpose: provide consulting and management services to hotels. LD-10276 (August 25, 2004)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF BENTLEY SELF-STORAGE, LLC were filed with the Secretary of State of New York on July 21, 2004. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 834 Slingerlands Avenue, Slingerlands, NY 12159. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-10277 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of Oneonta Diagnostic Imaging, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/5/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 120 West 44th St., Suite 601, NY, NY 10036. Purpose: any lawful activities. LD-10279 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of Vesta Partners, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 7/22/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: William B. Gex, 1000 Washington Pike, P.O. Box 339, Bridgeville, PA 15017. Purpose: any lawful activity. LD-10281 (August 25, 2004)

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZA-

LEGAL NOTICE

TION OF GROSSI HILL FARM VINEYARD, LLC
1. The name of the Limited Liability Company is: GROSSI HILL FARM VINEYARD, LLC.
2. The Articles of Organization of the Company were filed with the Secretary of State on June 26, 2002.
3. The County within New York State which the office of the Company is to be located is Albany.
4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon him is: 3001 Furbeck Road, Altamont, New York 12009-5811.
5. The registered agent of the limited liability company upon whom process against the liability company can be served is: Grossi Hill Farm Vineyard, LLC, 3001 Furbeck Road, Altamont, New York 12009-5811.
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-10285 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of Southeast Commercial, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/27/04. Office location: Albany County, LLC formed in Delaware (DE) on 11/12/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Townsend Bldg., Dover, DE

LEGAL NOTICE

19903. Purpose: any lawful activity. LD-10291 (August 25, 2004)

LEGAL NOTICE

Notice of Formation of JDK Holdings LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 8/12/04. 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 Joseph P. Eriele, Esq., 103 Somerset Rd., Yorktown Heights, NY 10598. Purpose: any lawful activity. LD-10292 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of NY-717 Fifth Avenue, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 7/22/04. Office location: Albany County, LLC formed in Delaware (DE) on 7/12/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Lexis Document Services Inc., 80 State St., Albany, NY 12207; Attn: LexisNexis Document Solutions Inc. registered agent upon whom process may be served. Principal office of LLC: 2 N. Riverside Plaza, Ste. 2100, Chicago, IL 60606. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity. LD-10293 (August 25, 2004)

LEGAL NOTICE

Notice of Qualification of AMERIFEE LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 8/13/04. Office location: Albany County, LLC formed in Delaware (DE) on 6/29/01. 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. Principal office of LLC: 225 Turnpike Rd., Southborough, MA 01772. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-10294 (August 25, 2004)

LEGAL NOTICE

NOTICE OF Cesta's Contracting LLC (LLC) formation. Articles of Org. filed/effective with N.Y. Secy of State (SSNY) on July 6, 2004. Purpose: any lawful act. Management only in LLC manager(s). Principal office is in Albany County. SSNY designated as agent; mail any process to 13 Bedell Avenue, Delmar, NY 12054. Attention: Manager. LD-10295 (August 25, 2004)

LEGAL NOTICE

NOTICE OF PUBLIC HEARING
TOWN OF BETHLEHEM
NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town Board of the Town of Bethlehem on the 8th day of September, 2004 at 6:00 p.m. to consider a proposed Local Law Amending the Code of the Town of Bethlehem as follows:
AMEND CHAPTER 119, VEHICLE AND TRAFFIC, Article VI, Section 119-10, Schedule VII, Stop Intersections as follows:
ADD: A stop intersection as follows:
Stop sign on Thoreau Drive at its intersection with McCormack Road North; Stop sign on Thoreau Drive at its intersection with Teasdale Drive; Stop sign on Eliot Drive at its intersection with Thoreau Drive; and Stop sign on Teasdale Drive at its intersection with Thackeray Drive, Slingerlands.
All interested persons and citizens will have an oppor-

LEGAL NOTICE

tunity to be heard at the said hearing. The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who are in need of assistance in order to participate should contact the Town Clerk's office at 439-4955, Ext. 183. Advanced notice is requested.

BY ORDER OF THE TOWN BOARD
TOWN OF BETHLEHEM
KATHLEEN A. NEWKIRK,
CMC, RMC
TOWN CLERK

Dated: August 11, 2004
LD-10304
(August 25, 2004)

LEGAL NOTICE

Notice of Registration of The Biggerstaff Law Firm, LLP. Certificate filed with Secy. of State of NY (SSNY) on 8/16/04. Office location: Albany County, SSNY designated as agent of LLP upon whom process against it may be served. SSNY shall mail process to: 318 Delaware Ave., Delmar, NY 12054. Purpose: the profession of law. LD-10305 (August 25, 2004)

LEGAL NOTICE

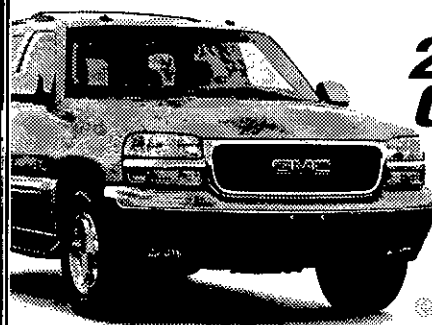
Notice of Qualification of OSEP-NY-1301 Properties, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 7/26/04. Office location: Albany County, LLC formed in Delaware (DE) on 6/30/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Lexis Document Services Inc., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 2 N. Riverside Plaza, Suite 2100, Chicago, IL 60606. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activities. LD-10309 (August 25, 2004)

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