

Rev. Winterhoff
retires

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'Born Yesterday'
comes alive

○ Family Entertainment

Women's Health

○ Supplement inside

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Volume XLVIII No. 37 75 cents

October 6, 2004

Moving experience



Eion Falance gets some tips on self defense from Rick Wolslayer of the Aikido School of Self Defense at Delmar Reformed Church during the Harvest Festival in Delmar Saturday.

Jim Franco

Residents check out new YMCA

Director says membership to grow when fitness center opens

By LIBBY SCHIRMER

It's not quite a Y yet, but work continues on the former BIG Arena, with YMCA officials and community liaisons still deciding how to turn a skating rink into a sports facility for everyone in the community.

John Flynn, president of the Capital District YMCA, has seen five openings of the 10 YMCAs in the Capital District. All of them are different from the opening of the Bethlehem YMCA, he said at the Bethlehem Y's open house

on Sunday afternoon.

"It's a unique situation. Usually, you have nothing and then you have something," Flynn said. "In this case, we had something, then there was nothing and we're kind of bringing it back. It's more complicated."

The open house was a celebration of sorts, with face painting for kids, open skating and a bouncety-bounce. Information on membership and Learn to Skate classes, as well as time on the ice, was available for the residents who strolled in and out.

The facility, though not complete, has garnered interest from about 100 residents, who have bought memberships and can use any other area YMCA while work on this one continues. Between 25 and 40 unit memberships have been sold.

Executive director of the facility, Scott

Residents report 2nd mt. lion sighting

By LIBBY SCHIRMER

A second reported sighting of a mountain lion on Orchard Street on Sept. 22 means that residents are being vigilant, Supervisor Theresa Egan said.

A group from Coeymans that has been compiling legitimate sightings over the past couple of years met with Egan last Wednesday to discuss the different sightings.

"Ironically, as they were leaving town hall, going past the high school, they found a deer that had been hit by a car," Egan said. "Being the vigilant group they are, they noticed the deer's hind end was clawed at and chewed in a way similar to a horse that had been found last year that they believed was consistent with a

mountain lion."

The deer was obtained by biologists sent to the scene by Ward Stone, state wildlife pathologist at Five Rivers Environmental Educational Center, who performed tests on it.

Stone has concluded the deer was definitely hit by a car and fed on posthumously.

"I believe the teeth marks are consistent with that of a coyote or dog,

though that group of three people seemed convinced it was the work of a mountain lion," Stone said.

Stone also retrieved DNA and saliva evidence on the hair around the wounds to determine what animal fed off the

LION/page 36

BC grad directs at Met

By MARTIN J. BANNAN

By the time David Lefkowitz graduated from Bethlehem High School in 1997, he was already poised to fulfill his dreams.

"I remember shedding tears as I sat in the audience watching my sixth grade class perform 'Huckleberry Finn,'" he said. "I vowed I would never sit out another play again."

He kept that promise. By eighth grade, he was the star of his middle school's production of Andrew Lloyd Webber's "Joseph and the Amazing Technicolor Dream Coat." In high school he played the Scarecrow in "The Wizard of Oz," Squire Dap in "Camelot" and Danny Zuko in

"Grease." Outside of school, he performed with the New York State Theater Institute and The All State Singers.

After graduation, his vow to never sit out a show took him around the country and to Paris performing, studying and teaching. This fall, it brings him to New

MET/page 36

Landowners take umbrage with image

By LIBBY SCHIRMER

Part 1 of a two-part series.

Just under the surface of the notion of open land and space lies the notion of respect, many rural landowners would say.

Rather than rural landowners being seen as stewards of the land, said Jim Grady, who owns about 75 acres in Glenmont, many get the impression they are increasingly being seen as a means to an end.

"Large landowners take the stewardship aspect of ownership very seriously," Grady said, "and when that's challenged, they, we, become offended."

Finding the happy medium between having trails and greenways for recreation and not infringing on private property owners' rights appears to be a sensitive issue. The recent focus

LANDOWNERS/page 22



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THE SPOTLIGHTS.75

YMCA/page 22

Police seek suspects in attempted robbery

Bethlehem police are investigating an attempted armed robbery at a Delmar residence.

On Sept. 21 around 11:36 p.m., police said two men entered a house on Wellington Road through the garage when a visitor to the home went outside to retrieve something from a car.

One of the men entered through the open door and pushed the visitor onto the hood of a car in the garage. A second suspect followed, asking where money was kept in the house, police said.

The first suspect then hit the visitor in the face with what's being reported as a gun, according to police. The suspects then entered the house, demanding money from two other occupants, police said.

Police believe a third suspect was driving the car. One of the victims reported the car, described as being dark colored, began moving before the two suspects were fully inside.

Anyone with information should call Bethlehem police at 439-9973.

QUILT to host lecture, trunk show

QUILT (Quilters United in Learning Together) will meet Friday, Oct. 8, at Delmar Reformed Church, 386 Delaware Ave.

There will be a lecture and trunk show by Michael Kincaid. A \$3 donation is requested.

Doors open at 9:15 a.m. For information, call 456-0552.

Serene scene



Eleanor Bolduc is exhibiting original oil paintings in the northwest gallery at Bethlehem Public Library throughout the month.

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Police make DWI arrest

Bethlehem police recently arrested a woman for driving while intoxicated (DWI).

On Sept. 29 at about 6:49 p.m., police said Diane E. Miller, 38, of 6165 Veeder Road in Slingerlands, crossed the white line on Elm Avenue and drove off the shoulder.

Miller then corrected and crossed the double yellow markings, and veered off the opposite shoulder of Elm Avenue, before correcting again and being pulled over by police.

According to police, an officer asked Miller to step outside of the car to perform field sobriety tests, which she failed. Miller also emitted a strong odor of alcohol, police said.

Miller was arrested for DWI, processed and released. A relative was called to pick up her son, who was in the car at the time.

Miller is scheduled to appear in Town Court on Tuesday, Oct. 19.

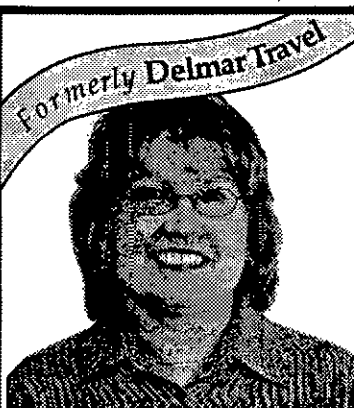
GNC stores promote early detection of breast cancer

GNC in Delaware Plaza has joined together with other participating GNC locations to distribute a woman's health guide that focuses on early detection and prevention of breast cancer.

To encourage community involvement, all customers who wear a pink ribbon to participating GNC stores on Oct. 15, which is National Mammogram Day, will receive 10 percent off their purchase of regularly priced products.

GNC will also encourage Denim Day participation in its stores around the country on Oct. 15.

Employees who contribute \$5 to the Susan G. Komen Breast Cancer Foundation will wear jeans and a pink ribbon to work.



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Board votes to spend \$11K on assessment

By LINDA DeMATTIA

At its Sept. 22 meeting, the Bethlehem school board was split on whether to engage in a program that promises to help better meet the goals of the district on an organizational level.

The Empire State Advantage Program, which will cost the district \$11,000 over the next two years to implement, promises to assist in self-assessment and help the district capitalize on what they do best, according to Donna Troutwein, presenter for the program.

"This is not finger pointing and placing blame," she said. "We look at strengths and opportunities for improvement. We identify places where you need to focus attention."

The program consists of a self-assessment and an examination of the processes and organizational structure of the district, Troutwein said. Individuals representing the many stakeholders in the school community will be asked to participate, identifying their needs and expectations and if they are being addressed. Eventually, strategies are to be developed to meet needs and better align activities to meet the standards and goals of the district. Constant improvement is the bottom line, she added.

"We develop strategies and an action plan to meet the goals of the organization," she said. "There is not a lot of bureaucrat overlay in here. We are so awash in data, we could suffocate if we tried to monitor everything. We will be using only the data that helps create the plan for improvement."

This first year, which will cost the district \$4,500, is primarily self-assessment under the advisorship of Troutwein, a former BOCES superintendent. The second year of the program includes a site visit, with the cost increasing to \$7,000.

Superintendent Les Loomis said he felt the program would further improve the district's ability to meet the needs of students.

"We feel the process as well as the report we get will be very valuable for professional development," he said, noting that professional development funds would be used to cover the cost.

It was cost that had board members questioning whether the district should go forward with the program.

"I am concerned about the cost," said board member Jon Bartow. "Apart from the direct cost, there is the cost to pay substitute teachers and the cost to students in educational opportunities. Those costs are of greater concern than the cost of the program itself."

Loomis explained that the study would involve small groups of teachers who would need to be out of the class for short periods of time.

"I don't see it taking a lot of time out of their work day or putting more of a burden on already hard working people," he said.

Bartow pressed the issue, saying he would rather see the study be folded into the responsibilities of existing committees.

Board member James Lytle indicated some frustration with the timing of the request for the study, questioning why it was not brought up during the budget process.

The proposal passed with Lynne Lenhardt, Robin Storey, Warren Stoker and Jon Bartow voting yes. Lytle, Stuart Lyman and Richard Svenson were opposed, with Svenson voicing his displeasure with having to make an up or down vote.

"It was on the agenda but I didn't see it as requiring approval, just a presentation," he said.

Village to consider code amendments

By MARTIN J. BANNAN

In an effort to fine-tune zoning laws, the Voorheesville village board agreed Sept. 28 to schedule a public hearing to review two proposed code amendments.

The first amendment would add regulations for multiple housing units. With anticipated growth, building superintendent Jerry Gordinier explained, the village needs to address buildings

housing several residents.

According to Gordinier, multiple housing is defined as apartment buildings, condominiums, multiple dwellings, cooperatives and senior housing.

He said that while no one has approached the planning board about building a multi-unit complex, the village could expect such a proposal soon.

He added that St. Matthew's Church is still deciding whether to sell or lease land to build a senior housing complex.

"We don't have anything on the books. We need to set parameters for multiple housing units," said Mayor John Stevens.

Of main concern, Gordinier said, is septic systems leaking from the buildings into ground water and contaminating the aquifer.

To prevent this, he proposes that all proposed multiple residences be linked to the

Pumpkin Picasso



Tyler Daves paints a pumpkin at Belf's during the downtown Harvest Festival Saturday.

Jim Franco

Focus group identifies 3 models

By LIBBY SCHIRMER

There may be a residential moratorium in Bethlehem, but business continues to boom. How to build up the commercial sector and how it should look was the topic at last Wednesday's commercial district design focus group.

A balance must be struck, some residents say, between holding the line on a strong planning code and knowing when to give a little to prevent the town from being too story-bookish, like something out of Disneyland.

"It's going to take time," said resident George Waldenmaier of the notion of revamping the town's commercial character. "There's got to be give and take because if you want the businesses to come here, you've got to be willing to accept some

of the negative."

Supervisor Theresa Egan and Michael Welti of Saratoga Associates, the firm contracted by the town to help shape its comprehensive plan, agree that developers appreciate a firm plan.

"They want to know exactly what it is that we expect," Egan said.

Welti noted that big retailers perform extensive consumer research prior to pitching a project to communities.

"They are not going to come into a community if there's not a good business reason to be there," Welti said. "They do their surveys, their research, so you do have some power."

Bethlehem Chamber of Commerce President Marty DeLaney couldn't attend the session because of a conflict, but noted that the town is already moving forward in terms of commercial development values.

"The whole attitude has changed in the past several years," DeLaney said, noting efforts to improve aesthetics and walkability for Bethlehem residents and to attract new shoppers to town. "We're one of the fastest-growing municipalities in the area, and it is important to keep up with appearances."

DeLaney said she has her own ideas about what's important when considering the future of Bethlehem's commercial districts. Most are consistent with what residents are saying at the focus group sessions, like parking and signage, architecture and walkability.

Bethlehem has three scales of commercial development that all seem to work in their own rights, Welti said.

Development ranges from smaller scale hamlet commercial that's seen in Slingerlands with Mangia and Toll Gate; to medium-scale neighborhood commercial that's seen on Delaware Avenue.

Large-scale development — big box stores — has its pros and cons, with residents appreciating convenience but perhaps finding the big retail stores that rise up

out of seas of asphalt unattractive.

Welti noted the "automobile-oriented landscape" that persists, despite the goals of walkable communities. Successful street-scapes can give drivers cues — like street parking, tighter turns and narrow roads — to slow down in business districts to enhance pedestrian safety, Welti said.

The chamber has been thinking of ways to reinforce the positive measures that have already been taken, DeLaney said, noting the community appearance committee, which has given awards to some Delaware Avenue businesses for their appearances. Some Glenmont businesses are up for awards soon, DeLaney said.

Welti was interested in the suggestion of providing existing businesses with incentives to modify their appearances to match the yet-to-be determined comprehensive plan.

"Because it's not going to happen overnight," Welti said of the updating. "It took you 40 years to get here, it might take you 40 years to get back. I like the idea of incentives for local businesses to come up to new standards, like a safety net."

The town's preliminary 2005 budget has the bulk of its money coming from residential development and its three largest taxpayers — Selkirk Cogen, Niagara Mohawk and PSEG — which are fairly similar. This has prompted Egan to set goals for 2005 and beyond to "not only broaden the tax base, but to diversify it."

The session was more sparsely attended than the past two workshops, which dealt with the riverfront and open space and recreation.

Next up, residents can dig a little deeper into the commercial development issue and discuss goals for the Route 9W corridor on Thursday, Oct. 14, at town hall from 7 to 9 p.m.

Farmland and agriculture is the topic for another focus group session scheduled for Thursday, Oct. 21.

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DVD triggers return of Star Wars marketers

By KATHERINE MCCARTHY

It feels like 30 years ago all over again, as our house is taken over by toys, movies and discussions that bring to mind a parody song from the late 1970s: "Star Wars, nothing but Star Wars/ Wonderful Star Wars/ All of the time," sung to the tune of the Star Wars theme.

The DVD release of the first three Star Wars movies has me humming that, plus the more recent Weir Al parody, to the tune of "American Pie." "My, my this here Anakin guy..."

The very first Star Wars movie came out when Beta Max was still in its infancy, VCR didn't exist yet, and DVD probably wasn't even a glimmer in some techie's eye. Turns out, the first movie was really the fourth movie, and movies three and four, that were really one and two, have already come out.

As we wait for the sixth one that's really the third one, we've got a new release to introduce the sci-fi series to a generation of kids who probably think VCR is a technology only slightly less useless than rotary telephones.

No matter. To some of us, that

COMMENTARY:

*Mom's
the
Word*



fourth one will always be the first one, and we'll always call it "Star Wars." It was a fun and original action movie, and in the summer of 1977, as I got ready to head off to my own "galaxy far, far away," a future full of intergalactic travel seemed not so far-fetched.

For my three younger brothers, the movie was even more important.

"I saw it five times that summer," my 40-year-old brother e-mailed from California. "I was 13 and had never gone to or seen a movie five times before and thought it was a pretty cool thing to brag about returning to school in the fall."

Thinking back on his summer of nothing but "Star Wars," Peter remembered taking our then-7-year-old brother Tom to at least one showing.

Tom must have seen it at least twice, for my mother remembers

taking Peter, Tom and then-9-year-old Patrick to see it that summer, too.

"We all liked it," she said. "I think your father liked it more than the kids. We all loved that Wookie, Chewbacca."

Oh, yeah, I remembered, but her loyal mother brain balked when I told her that when Patrick grew to be the tallest, longest-haired member of the family, we used to call him a Wookiee.

"Well, maybe you kids did," she said, defensively.

For my own kids, the "Star Wars" theater re-release in 1997 was their first introduction to the George Lucas-Steven Spielberg money-making machine.

They were 5 and 7 and were mesmerized. They begged for the videos, and as they had with "Beauty and the Beast," "Aladdin," "Free Willy" and "The Land Before Time," they watched it over and over again. Their favorite babysitter, then 12, moved himself to god-like status when he brought along the Star Wars toys he owned.

The Christmas list was short and long that year: every Star Wars toy made. I hoped, as we shopped, to hit the same home run my grandparents inadvertently had when they'd given Pat and Tom Star Wars sheets and pillowcases for Christmas in 1977. They had immediately put them on their beds and spent a lot of

Christmas Day in their room.

It was toys that our kids wanted, though, not bedding, and so we bypassed Thomas the Tank Engine toys for Star Wars figures, trying to remember exactly who Mace Windu was.

When you have little kids, Christmas shopping is a big night out, as are trips to the supermarket and the occasional movie. Before kids, our dates had sometimes taken us to more cultured venues, and just before Christopher was born, we sat through the hours and hours of German myth retelling that is Richard Wagner's Ring Cycle. At one point in the tales of heroes and Valkyries, a brother and sister who don't know they're related fall in love.

Years later, a quick bit in *The New York Times* drew us back to the siblings, Siegmund and Sieglinde, when someone wrote of a conversation between two women waiting to see a "Star Wars" re-release in the theater. Upon hearing that Luke Skywalker and Princess Leia have a brief thing for each other before learning they have the same parents, an urbane Manhattanite

was reported to have exclaimed, "How Wagnerian!"

The only thing Wagnerian about our life now is that some things go on and on and on, like our children's love for Star Wars toys.

As Cormac learned of the DVD release of the first three Star Wars episodes, the neatly packed Rubbermaid bins in the basement became fair game again. The enormous toy spaceship — the Millennium Falcon — has returned to the lived-in part of the house, along with countless other figures and peculiar creatures I had hoped were gone forever.

Tiny light sabers blend in with the patterns on the rugs; gigantic ones lurk under chairs and sofas. Six-inch figures of Han Solo and Qi-Gon Jin peer at me from bathroom shelves, looking not nearly enough like the actors who brought them to life, Harrison Ford and Liam Neeson.

We are at a standoff about who exactly will purchase the DVD set. The precedent, according to our children, is that we have purchased movies for them in the past, so should sink about \$42 (on Amazon, anyway) into this. Our counter-argument is that we did already purchase the movies — albeit on VHS — and one of the points of earning an allowance is learning to save up for things you really, really want.

While they consider whether Christmas or having enough money for the DVDs will happen sooner, the hunt for toys continues. Cormac presses for somebody to take him on a weekly Saturday circuit: KayBee Toys, Toys R Us, Target and Wal-Mart. The quarry: Bobba Fett DVD edition, because apparently the other three Bobba Fettes we own aren't sufficient.

We'll probably find the toy just in time for the sixth, no third, Star Wars movie to come out next May, on my brother Peter's birthday.

I can only hope that Cormac will join his brother Christopher in being too old for Star Wars toys at that point. Otherwise, what with all six movies in the public eye, the decorating scheme in our house truly will be Star Wars, nothing but Star Wars.

The only thing Wagnerian about our life now is that some things go on and on and on, like our children's love for Star Wars toys.

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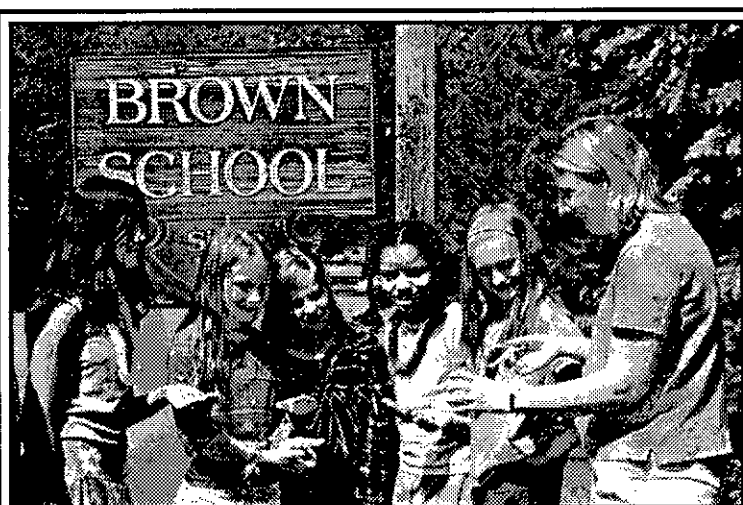
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Brouhaha over Baron appointment continues

By MARTIN J. BANNAN

The Voorheesville school board's Aug. 16 hiring of Deborah Baron for a part-time job in the district's central office produced a large turnout at the board's September meeting.

Parents and teachers questioned the board's decision, while others defended it and praised Baron, a New Scotland town board member and wife of school board president Robert Baron, as an asset to the community.

Fran Gorka, a parent and substitute teacher in the district, asked the board to explain its hiring procedures and clarify who makes recommendations. School Superintendent Alan McCartney said he makes all recommendations for hiring, tenure and dismissal.

"I ask department chairs, principals and board members what they think and rely heavily on their advice, but I make the final decision," he said.

In Baron's case, the vacancy was one of four openings for a typist, McCartney said. The district contacted 14 candidates from the civil service list, but only heard back from two. The openings were then advertised in job postings, newspapers and in the district's newsletter.

McCartney, the district's Business Official Sarita Winchell, and high school Principal Mark Diefendorf conducted the interviews for the position.

"We placed each new employee in different locations based on their skills and where they would fit best," McCartney said.

Baron's qualifications were not at issue. Residents instead questioned her husband's ethics for not abstaining in what would have been a tie vote. In addition to Robert Baron, board members John Cole, Thomas McKenna and Joseph Pofit voted to approve hiring Deborah Baron. Board vice president James Coffin, Richard Brackett and newly elected trustee Paige Macdonald voted no. Proposals failing to garner a majority are defeated.

"I don't question Debbie's work ethic or credentials but I think her husband should have abstained," said Gorka. "I don't think the right thing was done."

Susan Cohen Axelrod, a parent in the district, agreed.

"The problem here is the appearance of conflict of interest. It doesn't appear to be the right way to do business," she said.

Coffin said the district's weakness is that it has no policy regarding nepotism. Ann Biese, a

parent who moved into the district from Wisconsin a few years ago, told the board that school districts there had such policies.

"I don't care if Mickey Mouse hires Minnie Mouse," she said. "I think it's wrong, and I request that discussion about a nepotism policy be put on the school board

Others supported the board and its hiring procedures.

"It seems to me all of the right things were done," said past board candidate Kevin Kroencke. "There is no policy saying anything done here was wrong."

Some spoke of Baron's commitment to the school district.

"For 18 years, I have never seen anyone who has given as much as Debbie," said Elaine Burns.

Those on both sides of the debate, however, agreed that it's a shame that some people made

personal attacks on the Barons.

"Debbie had the right qualifications, and the administration put her name forward. This whole argument has turned personal, and it is wrong," said Bob Burns.

"Nobody questioned other board members who voted for her," he added.

Macdonald, who opposed the hiring, agreed.

"It was unfortunate this debate led to personal attacks on Debbie. The debate turned into a firestorm brought on by outside forces," she said.

"I ask department chairs, principals and board members what they think and rely heavily on their advice, but I make the final decision."

Alan McCartney

agenda immediately."

According to McCartney, the school district has an ethics policy, but it cannot interfere with state and federal laws granting people a right to apply for jobs.

It was because of this that Cole said he voted to hire Baron.

"It's not right to disqualify a candidate because she is married to a board member," he said. "There is nothing wrong with hiring people related to board members, staff and administrators unless there is an abuse, such as hiring someone unqualified."

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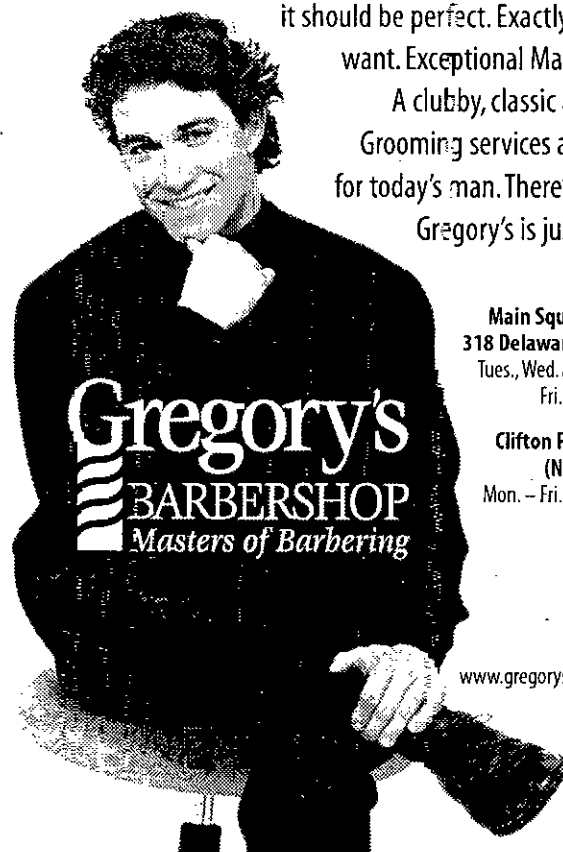
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All letters must include the writer's name, address and phone number.

Write to Letters to the Editor, The Spotlight, PO Box 100, Delmar 12054. Letters can be faxed to 439-0609.

In other news, the board heard comments from teachers and parents regarding ongoing problems with the elementary school's parking lot.

With buses coming and going and parents dropping off children, teachers and staff find it hard to enter the lot, let alone find a parking spot. Voorheesville Teachers Association President Kathy Fiero, a remedial math teacher at the school, urged the board to find a solution.

"Employees should have a place to park," she said. "We have this land-locked parking area to accommodate cars and buses,

while the high school has acres of spaces."

Adding to the problem are parents parking in the lot to escort their children into the school. Cole said some parents have even parked in front of a Niagara Mohawk transformer access way.

"This is unacceptable," he said.

McCartney said the administration is still working on a solution.

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Matters of Opinion

Debate overkill

Shame on TV news media, all of them. Ever since the first presidential debate on Sept. 30, commentators, news anchors, "political experts" and men and women on the street have been spewing forth endless drivel about who won and what that will mean on Election Day. Enough already. What it really means is that one will win and one will lose on Nov. 2.

It's as though the news broadcasters enjoy dissecting President Bush and Sen. Kerry's every word, every facial expression, every possible nuance imaginable. What's obscured, however, are the issues. It might have made more sense to have a third person act as a stand-in for the principals and simply read their remarks to the audience.

TV news types obviously have little regard for their audience since they continuously spew forth remarks that would offend an average 6-year-old. Talk about the dumbing down of America. Some pollster must have determined that the average American has an IQ of 9, and that they'll buy into whatever comes over the tube.

All major and minor networks seem to have gotten caught up in a frenzy, treating the debate as if it were a major sports event. Their dialog is trivial at best.

Newsreader 1 to newsreader 2:

"Gee, Joe, don't you agree Kerry scored big points with those remarks about his hair?"

"Well, Jim, I'm not so sure. Some Americans might be offended by his overly dramatic coif. In the polls, Kerry's viewed as rather standoffish to begin with. Isn't that right?"

"But, Joe, remember, George the elder. Most people believe he really lost the election by parting his hair on the wrong side."

And on, and on and on ad nauseum.

Is this kind of banter the best we can expect from TV journalists? If it is, we as a country should demand more from our sources of major information.

Even Muzak, even Muzak on television, is preferable to the kind of nonsense being focused on in the race for presidency, the highest office in the land.

We offer a suggestion.

In the upcoming debates, simply listen to Bush and Kerry and quickly turn off the telly before the "experts" begin their amateurish analysis. Discuss your honest reactions and look for substance in what was said.

Avoid getting caught up in whatever spin is imposed upon the outcome. Trust your own judgment. And be thankful presidential elections only come around every four years.

Editorial

Senior citizens can get epilepsy

By LIZ FOSTER

The writer, a registered nurse, is the nurse educator at the Epilepsy Foundation of New England and New York.

Forgetting why we've gone from one room to another is not uncommon. We laugh and call it a "senior moment." But finding yourself outside or in a vehicle and not knowing how you got there is more serious. That may be a symptom of a seizure.

Older adults may have experiences which they dismiss as signs of aging. There is a large variety of these symptoms and the more common ones are buzzing in the ears, distortions of vision, sudden unexplained emotions, and brief periods of time when the person cannot recall what happened. These are not unusual feelings.

There may be another explanation for what is happening. Someone experiencing these symptoms may have become one of the 300,000 American senior citizens with epilepsy.

For a long time, epilepsy has been seen as a condition that affects young people, often starting in early childhood; sometimes lasting a lifetime. Now we know it can affect anyone at any age. In fact, a careful look at the statistics shows us that it's just as likely to begin when people are in their 60s, 70s and 80s, as it is during the first 10 years of life.

Every year, 45,000 to 50,000 adults over the age of 60 are diagnosed with epilepsy. There is a high rate of new diagnosis which is occurring in a rapidly expanding population. In fact, this is the most rapidly growing population of people with epilepsy.

Seizures in older people tend to be subtle and diagnosis is often delayed. Signs to look for are periods of confusion which suddenly clear; brief loss of speech; momentary blackouts; and facial twitching. Of course, each of these symptoms is also a characteristic of other diseases

Point of View

which are common in the elderly. Seniors experiencing these symptoms need to be evaluated by their medical provider.

Epilepsy is a functional disorder of the brain, an occasional glitch in the electrical system. These brief malfunctions (which are called seizures) may cause changes in feelings, in movement, in behavior and in awareness. The appearance and symptoms of the seizure depend on where and how much of the brain is involved in the electrical malfunction.

Generalized seizures occur when the whole brain is involved, all at one time.

There are several types of generalized seizures but the one that is common in the elderly population is the generalized tonic-clonic seizure. Generalized tonic-clonic seizures, also called grand mal seizures, are the pattern that is most familiar to the general public. These seizures are convulsions, with loss of awareness, falling to the ground and stiffening, and then a shaking of the extremities. Breathing may be very shallow. Sometimes the skin around the mouth turns bluish. This type of seizure generally lasts from one to three minutes. Gradually the shaking decreases and the person gains consciousness. Confusion and sleepiness are common for a period following a grand mal seizure.

Partial seizures occur when only part of the brain is involved in the electrical malfunction. Our brains are very organized, with certain portions dedicated to specific functions. For instance, there are areas which control all muscle movements. There are areas which receive sensory information from the eyes, ears, skin, etc. There are areas which are specifically involved with memory and other areas with emotions. The symptoms of a partial seizure depend on which part and how much of the brain is affected. The variety of symptoms is huge.

Simple partial seizures may involve only one symptom, such as smelling a bad odor, or hearing bells ringing, or a twitching of the face. Complex partial seizures involve more of the brain. They affect consciousness and people don't remember them afterward. Complex partial seizures produce a dreamlike state. The person may stare; make chewing movements; pick at clothing; mumble; do the same thing repeatedly. The person looks like he or she is awake and aware, but his or her behavior does not fit the situation.

Among older adults, the

confusion following any seizure is generally longer than that of younger patients. Confusion may persist for days. Persistent confusion may be an indication of ongoing seizure activity.

Diagnosis is complicated by the fact that many of the symptoms we have described are also symptoms of other diseases which are common in the older age group. People with Alzheimer's disease may have loss of memory and may wander without purpose. People with Parkinson's disease may have tremors. Confusion and/or inappropriate responses are symptoms of transient ischemic attacks. People who have seizures may not remember them. Seniors living alone may have no witnesses to their seizures.

Epilepsy is a functional disorder of the brain, an occasional glitch in the electrical system. These brief malfunctions (which are called seizures) may cause changes in feelings, in movement, in behavior and in awareness.

People may not talk to their doctors about periods of loss of time or blanks in their memory. They may be afraid that they are losing their minds.

Early diagnosis and treatment is extremely important. Falling is a

very serious health risk for elderly people. Periods of confusion may lead to loss of independence.

If you suspect that you or someone you know is having seizures, it is important to see a doctor. A careful and complete description of the behavior is the most important clue for diagnosis. An EEG and an MRI provide useful information also.

Epilepsy is generally treated with medication. It is important to take the medications exactly as the doctor orders. Blood tests provide monitoring information.

The Epilepsy Foundation of NENY has many services for people with epilepsy and for the general community. We provide information, referral and advocacy. Case management and counseling services are also available.

Classes about epilepsy are available to any group which would like to learn more about this disorder. A health educator teaches school children about recognition and first aid for seizures.

We are particularly interested in educating nursing care organizations about the unique aspects of epilepsy in the elderly. Most of our services are free to the consumer.

We provide phone contact for people with questions about seizure disorders; presentations for teachers, nurses and the general public. There is an epilepsy training class on the first Friday of every month at the Foundation's offices.

For information, call the Epilepsy Foundation of NENY at 518-456-7501.

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Your Opinion Matters

Ex-library trustee suggests changes *Callous driver killed family pets, drove on*

Editor, The Spotlight:

In my two years as a Bethlehem Public Library trustee, I have enjoyed being a part of several positive undertakings: our \$1.5 million renovation; our stand on the Patriot Act and Internet filtering; and my relationship with Friends of the Library. I am pleased to have headed up the landscape project that is transforming our grounds.

There are, however, important issues that focus on the management of our library and what leadership role the trustees should take in directing management — issues that I have been unable to influence and equally unable to accept — issues I believe have a negative impact on library employees, patrons and taxpayers.

I resigned as vice president on Aug. 19, the second vice president to quit since April 9. Over the last two years, I have heard from a significant number of current and former library employees — both management and staff who have shared with me disturbing information about our library's administration. Many of them are our neighbors living right here in the town of Bethlehem — intelligent, level-headed, hard-working people whose stories are consistent with one another and my own observations.

I urge the trustees to appoint a board member as an employee liaison to establish a safe way for employees to express themselves. Provided they are assured of complete confidentiality, I

believe many employees will be willing to speak with one trustee; this is newcomer Rachel Baum, who, because of her many years of employment at Upper Hudson Library System, is someone who is a known and trusted person.

As a liaison, she can report back to the board without betraying specifics that could negatively impact those who have spoken with her.

In addition, I request that the board:

- ask management not to interrogate any employees suspected of having spoken to me
- identify and implement checks and balances between the board and management and management and staff
- assure that the grievance filing process is not tainted
- obtain outside staff-analysis to determine if management is top-heavy
- provide management with the skills and guidance to consistently lead by positive example, and interact with Friends, Bethlehem Central School District officials and others in a constructive, proactive manner

• conduct an independent technology assessment to identify advances that would benefit patrons and taxpayers

• and assure that all trustees and the public are always provided with complete, accurate and timely financial information, and, more specifically, a separate listing of administrative salaries and expenses in the annual budget (like the school provides).

Finally, I urge you to attend the Tuesday, Oct. 12, board meeting at 7 p.m., at which time I will be asking questions of importance to a public unaware of the turmoil that negatively impacts library employees, patrons and taxpayers. If you are an employee or former employee who is unafraid to identify yourself, become openly involved.

To other employees, if the board provides you the opportunity to confidentially grieve, seize this opportunity. It is time to make positive changes at our library.

Randy Fisher
former vice president
Bethlehem Public Library
Glenmont

Editor, The Spotlight:

To the guy with the white van on Long Lane in Selkirk on Sept. 28 at about 5:30 p.m. Thanks for being so considerate about the speed limit on our dead-end street.

It was such a great feeling when I received a phone call from my mom minutes after she witnessed the running down of our pet ducks wandering frantically with their heads crushed.

I just want to understand how someone could drive so reck-

lessly and speed like this and not even acknowledge what they had just done.

What if this had been a young child playing or person walking? Would you have responded with the same "awareness?"

Why not slow down and enjoy what few old roads are left in our town and be cautious as we travel them?

Gordon W. Blaisdell Sr.
Selkirk

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Matters of Opinion

Spouse faults BC for husband's firing

Editor, The Spotlight:

I think the public should know how some Bethlehem Central school district employees are treated.

My husband has worked as a substitute in the district for four years.

His bosses gave him a hard time about everything he did. They made fun of him, and called him names.

He has also been a volunteer fireman for 26 years.

Because he was out on a fire call when he was called for work, they told him they were letting him go.

People called the house and yelled at my husband, and unemployment was told he was refusing work, which wasn't true.

He was not getting enough work, and had to go on unemployment.

Patricia Whitbeck
Feura Bush

Most schools were part of backpack program

Editor, the Spotlight:

This is to clarify information presented in the article about the backpack donations. Although it is true that Hamagrael was the first school to create a Kids Helping Kids program, each elementary school now has a similar group to promote volunteerism in our young students.

While over 500 backpacks were collected, filled with supplies and donated, what the article failed to point out was that this was a joint effort on the part of these various school committees. I know for a fact that Elsmere donated 55 filled backpacks toward the collection and that Glenmont and Slingerlands were also proud to sponsor and collect backpacks as Hamagrael was.

Although it does not really matter where the backpacks came from, I wanted this clarification for the sake of the students who donated to the effort.

It is important for every student from every school who participated to know that they have done something wonderful and important in helping others in and around our community.

Kathy Raffe
Elsmere PTA
co-president

Preserving open space should be main concern

Editor, The Spotlight:

After having attended both the Riverfront and Greenways, Trails and Recreation focus group meetings put on by BPAC, I came away with several concerns.

My first concern involves the Riverfront focus group. After speaking with people from different break out groups, it seemed clear that for various reasons, most people were unhappy with the IDA's proposed riverfront development. Several letters in *The Spotlight* also expressed that attitude. Yet at the following BPAC meeting, the lack of support for this proposal was not acknowledged.

So is the public being heard in this process, or only when the public opinion aligns with the special interest groups of the committee? Clearly the IDA wants this idea to be embraced, so if the citizens oppose the idea, will it move forward anyway?

It is important that people who are taking the time to participate feel like they are being heard.

My second comment is an observation about the Greenways focus group. The discussion seemed to move off onto a tangent about public recreational use of private lands, while larger issues diminished in comparison.

One comment did get to the heart of what many participants consider to be the largest issue, and that is not about trails or public access to land, but simply finding ways to keep land

undeveloped. It will take a real commitment on the part of the town to preserve our rural quality.

The analogy of "keeping the grove of trees adds beauty to the visual surroundings" was a great way to express the sentiment so many of us feel. As in the example of Canandaigua, they made a commitment to keeping their image, and we need to do the same.

During the presentation, several opportunities for preserving open space were featured, which many people seemed eager to discuss before we became sidetracked. I hope we can revisit those ideas.

It takes a vision to decide that housing development after housing development is not inevitable, and I hope the committee has heard the continual request by citizens for preservation.

Another idea that is often brought up but gets very little attention is the re-use of already existing commercial spaces. Slowing growth is viewed as impractical, but we have many empty spaces that should be reused before new lands are demolished.

Our first focus should not be on how many trails, soccer fields or business conveniences we provide our citizens, but how we can work to maintain the integrity of the few open spaces that still exist in and around the town.

Jessica Loy
Delmar

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Your Opinion Matters

Draft opponent to address issue

Editor, The Spotlight:

Will the continuing war in Iraq require the reinstatement of a military draft?

Support for conscription is building in Washington. Selective Service Boards are staffed and ready. President Bush has not been willing to address the question. To admit that a draft is likely would be political suicide for the major candidates in this election.

That could all change on Nov. 3.

Military conscription is moving closer to reality with each casualty in Iraq. The death toll for American service men and women in Iraq has exceeded 1,000. Replacement troops are needed and U.S. foreign policy now supports the concept of the "first strike." The Bush administration claims the right to pre-emptively attack any country in the world, at any time. This aggressive policy will require greater troop strength and billions in defense spending to maintain.

The current professional force has been stretched almost to the breaking point. Enlistments are down and many reservists are not reenlisting. Thousands of our military have been injured in Iraq.

The National Guard failed to meet this year's quota of new recruits. Military personnel are routinely being forbidden to leave the service when their enlistments run out. The "all volunteer" Army that has been the standard since the end of the Vietnam War can no longer be sustained with recruits from low income families, who have been enticed by the promise of being part of an "Army of One," or assistance with college tuition.

Regardless of who wins the election in November, a military draft may become a reality. An article in *The New York Times* states that "Army planners say they must at least prepare for the possibility that it will be necessary to keep troops at the current levels in Iraq — 138,000 — through 2007."

In its Oct. 4 issue "Newsweek" reported that "Republican Sen. Chuck Hagel, a likely presidential candidate in 2008, says that a draft 'might be necessary' in the years ahead."

Will our children be called to serve? Will women be included? Will there be educational deferments for students in college? Will serving the country include alternatives to the military? How will the military meet its recruitment needs? Now is the

time to get informed.

Please join a discussion at the Bethlehem Central High School on Oct. 14 at 7 p.m. Jacob Levich from People Against the Draft will discuss the likelihood of the draft and what we can do about it now.

Michael Tebbano, principal of the Bethlehem Central High School, will discuss the No Child Left Behind Act and how the Bethlehem Central School District is implementing the current law's provisions regarding military recruitment in the high school.

This forum is sponsored by: Bethlehem Neighbors for Peace; Veterans for Peace; Students for Peace and Survival at Bethlehem Central High School; SUNY Peace and Justice; and Social Responsibilities Council of the First Unitarian Universalist Society of Albany.

Information about alternatives to the draft and alternatives to war will be provided.

Trudy Quail
Delmar

A vote for Neil Breslin is a vote for seniors

Editor, The Spotlight:

As a senior citizen, my vote for state senator will go to Sen. Neil Breslin.

During his six years as senator, Breslin has been a strong voice for seniors. He has fought for needed reforms in health care, prescription drugs and senior housing.

During this time, I have found that Sen. Breslin is never too busy to stop and talk; he listens and responds to the needs of the senior community. Neil Breslin has fought to make health care more affordable, in-home care more accessible and assisted living facilities safer.

Sen. Breslin supports increased funding for in-home care and community services to give seniors the opportunity to live independently, while still having

the direct quality care they need.

He is an advocate for making Medicare-funded health care more accessible to seniors and is opposed to the proposed increase in co-payments and deductibles for the EPIC program. Breslin also helped to pass a bill to make assisted living facilities live up to higher standards and give residents more rights.

We need to re-elect Sen. Breslin so he can continue to fight for the issues that are important to us. Sen. Breslin passed more bills in the Senate than any other Democratic senator. He will not let seniors down. He will continue to work hard to enhance our quality of life.

A vote for Senator Breslin is a vote for seniors.

Winifred L. Deyo
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Matters of Opinion

Help city kids by recycling Halloween costumes

Editor, The Spotlight:

Fall is here. Near Clarksville, the maples have gone more red than green and, in the valley, the morning grass is heavy with dew that will too soon come to frost.

The heavy green pumpkin in the O'Flaherty's garden has emerged from a summer's growth of dinner plate-sized leaves beginning to yellow as the gourd turns orange. The burning bushes in our yard glow like embers in the twilight.

I find the bulb catalogues my mother sent in June and realize that, now that I'm ready to begin preparing for fall, it's probably too late to order.

Perhaps it's biology that pushes us to prepare for the colder and darker months ahead. The neighbors will soon harvest the pumpkin and the last of the basil and tomatoes before pulling

the plants up by their roots.

In our side garden, the butterfly bush that today blooms like feathers will be only a crown of hollow stalks by next weekend as the perennials fall under my pruning shears.

I take my cleanup inside and sort through my 12-year-old's summer clothes; Victoria will have outgrown most of them by the time the weather grows warm again. I am ruthless in my own bureau drawers, tossing out running T-shirts that were new a decade and 20 pound ago.

Soon we'll take the woollens out of the back room closet and begin to cloak ourselves in layers. The bag of dried peas on the pantry's upper shelf will have converted itself into a soothing heavy soup.

As I begin my fall re-entry — sorting, dividing and repackaging the summer's largesse — I set

some aside for others. Some of this is truly child's play: Emily, our 9-year-old neighbor, loves nothing more than to inherit our daughter's clothes, and I, in turn, offer Victoria one or two of my smaller and better T-shirts. Sharing also comes with being good neighbors: Susan down the block shared her wealth of Shasta daisies with me last year, and this year will get some hearty chunks of self-seeded evening primrose from my garden.

Good neighbors share their good fortune and a wonderful grass roots program has created new opportunities for Bethlehem school children — and their families — to reach out to children in Albany's Arbor Hill through the Kids Helping Kids committee at Hamagrael Elementary School. Kids Helping Kids collected used books at the spring book sale and thanks to the Bethlehem school community's generosity, filled 500 donated backpacks with new school supplies this summer.

Now the committee is collecting gently-used Halloween

costumes. What our kids put aside after one wearing will become magic for the children of Arbor Hill. We'll be dropping Snow White and Pocahontas into the collection box at Hamagrael next week.

Digging in comes with the

season. Help start the season of giving by sharing some of what you dig up.

For information about the Halloween costume collection, call Hannah Schuman at 439-8241.

Kelly Amerson Lopez
Delmar

Rotary Club is grateful for community support

Editor, The Spotlight:

The Rotary Club of Delmar would like to thank the entire Bethlehem community for making this year a fund-raising success. Thanks to your contributions, the Rotary Club donated funds to several community organizations that provide vital services to local residents. Checks were presented at the Rotary Club's annual Community Grants Dinner Wednesday, Sept. 15, at Normanside Country Club.

At the dinner, we also welcomed our 2004/2005 Rotary International Exchange Student, Nara Leidens of Brasil.

The Rotary Club's fund-raising abilities were significantly enhanced this year due to an extremely successful golf outing

at Normanside Country Club in June.

Other annual fund-raising activities include: the orange and grapefruit sale ("The Best Fruit in Town!"), Entertainment Book sales and a dine-around club program. A warm thank you to every business and individual who has helped the Delmar Rotary this year.

The club welcomes prospective members and individuals who would like to support our community projects. For information, call Ginger Lynch Landy at 767-2473.

Ginger Lynch Landy
Rotary Club of Delmar
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Your Opinion Matters

Weisheit Road resident upset by plan Flawed CVS proposal needs some revisions

Editor, The Spotlight:

After seeing a map put out by the town of the proposed truck bypass and I-87 interchange, I was quite angry. It would require the destruction of homes on Weisheit Road (including ours), on property where I was born and lived all my life and was owned by my ancestors back in the 1800s.

A meeting was arranged with the residents of Weisheit Road at William Weisheit's new home. Commissioner of Public Works George Leveille and Supervisor Theresa Egan met with us and addressed our questions and concerns.

Several years ago, many meetings were held to determine how to get the truck traffic off Route 396 and upper Route 9W. There were three choices.

It was agreed by the DOT and other officials that the most southern route would be used. It would run from Route 9W, across from the old Wicks Lumber yard, through the fields by Texas Eastern's driveway (which is close to Route 144) and exit 22 without the destruction of homes or land.

When Ms. Egan was asked why the most northern bypass route (the most expensive route) is being proposed again instead of the southern route that was agreed on, she said that "a group

of residents signed a petition saying they did not want it there either."

I hope the residents of Clapper and Weisheit roads are given the same consideration to pick and choose their wants and needs also.

We do not want the bypass/I-87 interchange here either. All we want is to be left alone.

I realize people have different wants, needs and lifestyles. Some like blacktop, concrete and living in large, cramped developments. I don't condemn them for that. To each his own.

There are people like me on Weisheit Road and other areas who favor green grass, trees, wildlife and as much peace and quiet as we can get.

I'll bet people along the Hudson River where "Disney-Land" is planned, feel the same way.

Instead of giving thousands of dollars to Saratoga Associates to dream up this long range "riverfront pipedream," the money should have been used on short range improvements that are needed now, including water, schools and improvements on existing overloaded roads in town.

When Ms. Egan was elected town supervisor, I thought our

savior had arrived. Less building, farm land and open green space preserved, but now when I see some of the town plans, I am beginning to wonder.

Emile J. Therrien
Selkirk

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.

The deadline for submitting letters is Friday at noon.

Write to Letters to the Editor, The Spotlight, PO Box 100, Delmar 12054. Letters can be faxed to 439-0609 or e-mailed to spotnews@nycap.rr.com.

Editor, The Spotlight:

The article "CVS plan draws debate," on Sept. 29, was a little puzzling.

The appearance of the main street in a town such as Bethlehem should be the first priority when planning any new construction.

I am not an architect, but it seems to me that the solution to the problem raised in the article is obvious.

Why can't there be an attractive landscape in front of the building with a front door for pedestrians and a back door at the rear of the building for people entering from a rear parking lot?

Nothing was mentioned in the article about the use of the property where CVS currently stands. I would like to know what the plan is for that area.

Beth Klopott
Delmar

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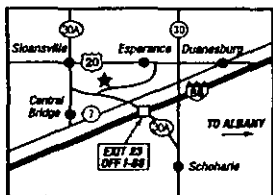
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Pastor hopes joy continues at Lutheran church

By KATHERINE MCCARTHY

Twenty-seven years is a pretty good run for someone who hadn't even wanted to make a change. It's enough to make you believe that a higher power was at work — which is exactly what the Rev. Warren Winterhoff, pastor of Bethlehem Lutheran Church, believes. Winterhoff will conduct his last services at the church at 85 Elm Ave. in Delmar on Sunday, Oct. 31, and he and his wife, Linda, will move to the Williamsburg, Va., area after the first of the year.

"I was at a mission church in Warwick," Winterhoff said of his first assignment after finishing

studies at Concordia Seminary in Springfield, Ill. "We began worshipping in a three-car garage, and within three years we had built a sanctuary, education building and nursery school."

The Winterhoffs had been in Warwick a little more than seven years, and three of their four sons had already been born, when Winterhoff began receiving calls from other parishes interested in interviewing him for the job of pastor. He'd turned down churches in North Carolina and Tennessee, and nearly didn't come for the job interview at Bethlehem Lutheran Church.

"I had had it," he said of the interviewing process. "Then I spoke with an older pastor in



Pastor Warren Winterhoff

Warwick, who advised me to at least come up and be interviewed."

Winterhoff's smile broadened in recollection.

"I accepted it," he said. "I felt comfortable that God wanted me to serve here, and on Father's Day in 1977, we came here."

That comfort level stayed, and Winterhoff attributes it, and all of the good Bethlehem Lutheran Church accomplishes, to the members of the congregation.

"This is a congregation filled with caring, loving, concerned and talented people that God has blessed," Winterhoff said. "The average pastor stays in a job for

four to six years. It's unusual for a pastor to stay anywhere for 27 years. It's the congregation that kept me here."

There has been a great deal of change at Bethlehem Lutheran Church in the past 27 years, with the facilities and congregation growing. When Winterhoff arrived, there were between 100 and 200 church members. Today, there are 850.

Winterhoff gives the congregation credit for the growth.

"This congregation is willing to work and serve and be the people of God," Winterhoff said. "It's their ministry and their church. I'm just here to support and encourage them as they grow in their faith."

Winterhoff said that the congregation's work in the community has helped the church to grow. He listed worship, music, taking sandwiches to the homeless, food and clothing assistance, overseas troop support, and education in the form of Sunday school and the Christian pre-school open to the community at large, as just some of the work the congregation does.

"The directive is Scriptural," Winterhoff said. "We're supposed

to reach out with the gospel of Jesus Christ. I can't even list all the ways the people of our congregation are Christ-like."

Winterhoff said the congregation draws newcomers who are seeking a church community.

"Sixty percent of our congregation doesn't have a Lutheran background," he said. "People are looking for a community with young families. People are welcomed with open arms; that's a product of people remembering how it was when they started here."

Winterhoff said his greatest rewards have come from sharing the celebrations and sorrows of his congregation.

"One of the real joys of ministry is to be able to minister to people in their time of need; at their bedside, the graveside, to shut-ins, or when there's a problem in the home," he said. "To be able to rejoice and celebrate baptisms and weddings is wonderful. It's a joy and privilege to believe in and to offer a message of hope and comfort."

That joy is the main thing that the Rev. Mark Mueller, associate pastor, will carry with him when he becomes pastor upon Winterhoff's retirement. Mueller, 37, has been at Bethlehem

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Lutheran Church for the past five years. He also spent the third of his four years of seminary training as a vicar at the church.

"On my first day as a vicar, Warren sat me down and said that the thing he wanted me to learn most was the joy of being a pastor," Mueller said. "He truly loves being pastor here. It's a very natural and very real thing for him. He has a deep commitment to the people. The congregation loves him. In an emergency, he's there in the bat of an eye."

Mueller boiled Winterhoff's legacy down to a couple of points.

"It's not about him, it's about the Bible, and the consistent teaching and preaching of it," Mueller said. "It's also about empowerment, about people feeling it's their church, and if they want to start a ministry, the pastor is there to support it."

As a result, Mueller said, the congregation has not become "dysfunctionally dependent" on Winterhoff.

"I wish he wasn't leaving," Mueller said. "I've learned everything from him. But there's not a feeling that the church will fall apart on Nov. 1."

Mueller seems to have tapped into Winterhoff's wishes for the church he's called home for the past 27 years.

"My advice to my successor is to love the congregation, and they'll love you back," Winterhoff said. "The congregation has shown my family so much love and support, and I hope they'll continue to support their pastor and continue to reach out to the community with the words they speak and the deeds they do."

A member of the congregation since 1983, William Collins of Glenmont is in his second, non-consecutive term as congregation president.

"Pastor Winterhoff has been the perfect role model of a servant-leader," Collins said. "You and I go to a job every day, and sometimes it's a great job and sometimes it's not. I've never heard Warren grumble. To him, this job is a calling, and God is blessing him in his job."

Collins said he sees Winterhoff's legacy as the teaching and preaching he's done at the church.

"Bethlehem Lutheran Church exists to preach God's word," said Collins, who is counsel to the state

Assembly majority. "There's a great clarity in the way it's done here. There are spin-offs, for instance in the social ministry, but Warren keeps us focused."

To honor the pastor, a part of the building will be renamed the Winterhoff Education Wing, Collins said.

He also had high praise for Linda Winterhoff, who assisted her husband and the congregation while raising the couple's four boys.

"Linda is just a huge part of the ministry," Collins said. "She's a perfect person to be the pastor's wife. She's a great role model as a woman, a wife, a mother, and as a person in her own right."

For Linda Winterhoff, the impending departure from Bethlehem is bittersweet. The Winterhoffs met while they were both students at Gettysburg College, where Linda studied psychology.

She found the position of "Mrs. Pastor" added a welcome dimension to her life, especially when her children were young and she was at home with them.

"It gave me a vocation that I didn't have to go out of the home for," she said. "I was able to be home and be involved with the people of the parish. I could teach Sunday school, serve on some of the church's boards and be part of the lay counseling program that is our Stephen Ministry."

After her sons, Scott, Brian, Matthew and Mark were grown, Linda worked as a pastoral care coordinator at Child's Hospital; social worker for the Eddy's low-income senior housing program, and at Slingerlands Elementary School.

The move to Virginia will put the Winterhoffs closer to three of their sons and their spouses, and

"After all these years of boys, we have a little granddaughter," Linda Winterhoff said.

"The downside is that this is family here, too," Linda Winterhoff said. "It's an exciting change, and I don't see us holing up in a house somewhere. It's happy and sad."

Her husband said they chose the Virginia location in the hope that it will be a place their children and grandchildren will want to visit.

Winterhoff, who grew up in the Bronx and Westwood, N.J., studied psychology, math and Biblical studies in college and has been a pastor for 35 years, has already offered his services to Lutheran churches near the couple's future home.

"We live in a secular world, but we have to let our light shine," Winterhoff said. "People need to be encouraged to do that."

Maybe it was the leaves turning color outside, but on an autumn afternoon, the light seemed a little brighter around Bethlehem Lutheran Church.

"It's been a joyous experience," Winterhoff said.

Cadet completes basic

Cadet Christopher Michael Lee, son of William and Jenny Lee of Selkirk, completed cadet basic training at the U.S. Military Academy.

Lee entered the military academy on June 28. Cadets learn basic military skills, including leadership, through a demanding military program which begins on their first day at West Point.

Most military training takes place during the summer, with new cadets undergoing Cadet

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Lee graduated from Bethlehem Central High School in 2004.

He plans to graduate in 2008 from West Point and be commissioned a second lieutenant in the Army.

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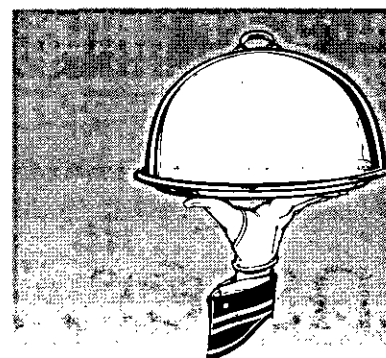
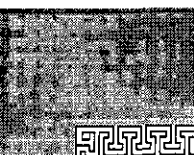
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Sports

Lady Eagles edge Plainswomen in overtime

By ROB JONAS

The Bethlehem girls soccer team had only one regularly-scheduled crack at Shenendehowa, so the Lady Eagles made the most of their opportunity.

Vanessa Patry scored the game-winning goal in overtime and assisted on two Laura Boucher tallies to help Bethlehem edge top-ranked Shen 3-2 last Saturday in a Suburban Council game.

"Words can't describe it," Patry said. "I can't even describe it."

"It's exciting, but it's still just a regular season game," Bethlehem coach Tom Rogan said. "There's

still the Section II tournament, and that's what we're preparing for."

The timing on Patry's game winner couldn't have been any better for Bethlehem. Her header off Kelly Hughes' corner kick came as time expired in the first of two 10-minute overtime periods.

"I was coming in and as a forward, I always believe (my shot is) is going in," Patry said. "I saw the keeper come out, and I placed it by her."

"I knew there wasn't much time left," Rogan said. "Kelly was able to get it in quickly, and we got it on net."

Bethlehem, which came in as the third-ranked class AA team in New York, got on the scoreboard first. Patry passed the ball ahead to Boucher on the right wing. Boucher shot the ball past Shen goaltender Jillian Lyons, who came out of the net to cut down the angle. The ball rolled into the lower left corner of the goal to put the Lady Eagles ahead 1-0 less than 14 minutes into the game.

Lyons was caught out of position by Bethlehem again in the 25th minute. Lyons came out to stop a breakaway by Cate Quinlan, but Quinlan got past Lyons and launched a hard line drive. The ball bounced off the crossbar, though, and Lyons recovered in time to grab the ball before Bethlehem could get another shot off.

Lyons' quick thinking led to a fast break at the other end for

Shen. The ball was advanced in less than 10 seconds from Lyons to Ashleigh Barone, who then launched a shot past Bethlehem's Leslie Rimer to tie the game at 1.

The Lady Eagles regained the lead a short time later. Once

Patry, who has been one of Bethlehem's leading scorers each of the last three years, said Boucher's emergence as a goal scorer has been a big help.

"I absolutely love having someone else who can score," she said. "Having options (to pass the ball to) is what really does it."

"We've actually moved Vanessa to mid-field and Laura up top, and that's really

"It's exciting, but it's still just a regular season game. There's still the Section II tournament, and that's what we're preparing for."

Tom Rogan

again, Lyons came out to challenge Boucher, who had just received a pass from Patry. Just like the first time, Boucher kicked the ball by Lyons and it trickled into the net to put Bethlehem ahead 2-1.

worked for us," Rogan said.

Shen pulled even again midway through the second half. Leah Zappone struck the ball high in front of the Bethlehem goal, and Barone headed it past Rimer for the Plainswomen's second tally.

Shen continued to apply pressure after Barone's goal, but Bethlehem's defense cleared the ball away several times to frustrate the Plainswomen. The shots Shen did create were handled by Rimer, who finished with seven saves.

"She didn't have to make a lot of saves," Rogan said. "Defensively, we focus on not allowing opposing teams to get a lot of shots."

Bethlehem returned to action Tuesday when it traveled to Ballston Spa for a cross-divisional game. Its next Gold Division contest is Thursday at Guilderland.

Boys team remains unbeaten

The Bethlehem boys soccer team continued its undefeated run through the Suburban Council with a pair of one-goal victories last weekend.

The Eagles spotted Colonie a 1-0 lead before posting a 2-1 comeback victory last Friday. Max Petraglia tied the game for Bethlehem late in the second half, and Cody Germain scored the game winner with less than two minutes left.

Bethlehem then held on for a 2-1 victory over Gold Division rival Niskayuna last Saturday. Germain and Ryan Bannigan tallied to give the Eagles a 2-0 lead before Chris Havis scored to pull the Silver Warriors within a goal.

Bethlehem put its 8-0-0 league record on the line Tuesday by hosting Ballston Spa. Its next home game is Thursday against Guilderland.

Letters policy

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

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

Write to Letters to the Editor, The Spotlight, P.O. Box 100, Delmar 12054. Letters can be faxed to 439-0609.

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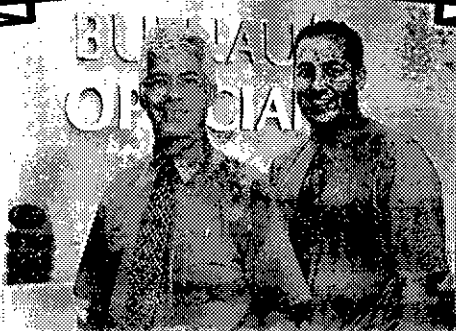
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Two headers propel Blackbirds by Sabres

By TOM JOHNSON

The old saying "two heads are better than one" worked to the advantage of the Voorheesville varsity boys soccer team in its homecoming game Friday against undefeated league rival Schalmont.

Junior midfielder Greg Jones scored on a header 17 minutes into the first half, and the Blackbirds used a solid defensive effort to turn back the Sabres 2-1 and hand the Colonial Council front runners their first league loss of the season.

"The win was huge, and I am very proud of the guys who did the work they had to do," Voorheesville coach F.J. Zwicklbauer said. "We limited their chances and came out to play for 80 minutes. It makes me proud to see them win on their homecoming and play well against an undefeated team."

Neither team looked comfortable getting into an offensive groove in the opening minutes. The Blackbirds fired off only two shots before Jones' goal and were outshot 11-7 in the contest, but according to Schalmont coach Chris Bailey, Voorheesville showed more aggressiveness on the offensive end of the field.

"They had the ability to win the 50-50 ball, and because of that they were able to control the game," Bailey said. "The goals

they had were on a missed mark in the first half and a bad clear in the second, so there was a lack of discipline on our (Schalmont) part as well."

Jones' goal staked Voorheesville (6-3-2) to an early lead that the aggressive Blackbirds would hold throughout. The play was created when senior defender Phil Venditti aired the ball out in front of the Schalmont goal and caught the head of midfielder Rob DiBlasi. The ball ricocheted off Sabre goal keeper Alec Schimdt before Jones knocked it in.

"The goal was really important," Jones said. "These guys jumped out in front of us last year, but this year we jumped out in front of them and held the lead throughout the game."

Still clinging to a one goal lead at halftime, the Blackbirds wasted little time padding their lead by striking again two minutes into the second half. Sophomore Matt Miller placed the ball right in front of the Sabre goal off a corner kick, but the ball was punched out to the left side by Schimdt. With no one in the area, a wide-open Venditti gently chipped a shot that went over Schimdt's outstretched arms and took one bounce into the net.

From there, Voorheesville turned to its defense led by Venditti and goalie Tom Cavanaugh (eight saves) to frustrate the usually high-powered Sabre offense.

Lady Eagles place second

By ROB JONAS

A field of top girls cross country high school teams was topped by two Section I powers at last Saturday's Great American Race.

Saratoga easily took the team title in the Race of Champions division, but Bethlehem surprised the field with a second-place finish in its first trip to the national event in North Carolina. The Lady Eagles finished with 154 points, while the Blue Streaks secured first place with 26 points after placing five runners in the top 15.

"I'm so proud of the way these kids handled themselves at this meet," Bethlehem girls coach Jack Rightmyer said. "It makes me feel the future will be all right if we have kids like these."

Rightmyer said Bethlehem's appearance at Great American was a community effort. The team held two car washes and a coin drop to raise money for the flight to North Carolina, but it also got unsolicited financial support.

"People were just mailing me donations," Rightmyer said. "People would send me a \$10 check. A parent of a kid who graduated two years ago sent me a check."

Once in North Carolina, Rightmyer said the team's goal was a top-five finish — a possibility that seemed more attainable when the top runner from Smoky Hill (Colo.) pulled out with an injury.

"That helped us, but I never thought we'd finish second," Rightmyer said.

While Saratoga had its runners up front, Bethlehem's runners battled traffic in the middle of the field. While no Lady Eagle cracked the top 20 in the 167-runner field, Bethlehem's fifth runner was no further back than 77th place overall.

"One thing I was worried about was that it was hot and muggy," Rightmyer said. "I thought that might be a problem, but they didn't let that bother them."

Emily Malinowski finished 22nd overall with a time of 18:43.30, three seconds off a top-20 effort.

"I don't think a lot of these runners are used to being in 15th place. They probably think, 'I'm in 22nd place. What's wrong with me?'" Rightmyer said. "But Emily is used to running in big packs, and I think she can even thrive in those conditions."

Kristen Kenney continued her impressive freshman season by placing 32nd overall in a time of 19:08.61.

"Not to put a lot of pressure on her, but I think she knows her times as a freshman are considerably ahead of Emily's," Rightmyer said of Kenney. "But the great thing about Kristen is I tell her that she's a freshman, she should have fun and she's doing just that."

Roxanne Wegman was Bethlehem's third runner at Great American. Wegman placed 34th overall in a time of 19:18.48. Clare Luke was 55th overall in a time of 20:00.14, and Kristen Peck finished 77th overall in a time of 20:28.30.

Bethlehem will run against

Saratoga again this weekend when the two nationally-ranked programs compete in the Eastern States Championship division of the Manhattan Invitational in the Bronx.

"Our goal is to try to beat Bay Shore," Rightmyer said. "Right now, Bay Shore is ranked seventh in the nation," while Bethlehem is ranked 17th.

BC boys tackle two races

Three members of the Bethlehem boys cross country team had an active weekend by competing in last Saturday's Grout Run in Schenectady and last Sunday's Tour du Parc 8-kilometer race at the town park on Elm Avenue.

Matt Shaffer, Conor Murphy and Adam Hill all placed in the top five at the Grout Run to help Bethlehem win the Division 3 team title with 40 points. Shaffer claimed the individual title with a time of 13:47.33, Murphy finished third in a time of 13:56.04, and Hill took fifth place in a time of 14:05.81.

Alex Tiberio was 10th in a time of 14:17.96 for the Eagles, who defeated Niskayuna by 17 points for team honors.

Hill, Murphy and Shaffer reversed roles at Sunday's Tour du Parc. Hill was the top runner of the trio with a third-place finish in a time of 29:37. Murphy placed 12th in a time of 31:32, and Shaffer finished 13th in a time of 31:59. Rotterdam's Thomas Dalton won the Tour du Parc with a time of 26:45.

Hilary Edmunds placed eighth in the Division C race at the Grout Run. She finished with a time of 17:48.27.

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Bethlehem bounces back by beating Schenectady

By ROB JONAS

The Bethlehem football team can secure a Section II playoff berth if it can survive its toughest road trip of the year.

The Eagles (1-1 division, 4-1 overall) visit Saratoga Friday for a class AA Division 2 showdown. The teams are tied for second place, one game behind Colonie Central, and the top two teams from Division 2 earn automatic playoff berths.

"It's a tough place to win, but the kids know what's at stake," Bethlehem coach Ron Smith said.

If Bethlehem loses to Saratoga, its road to Sectionals gets tougher. First, there would be a decisive game Oct. 15 at Ballston Spa — a team whose only loss to date was a 24-21 setback against two-time defending champion Shenendehowa. If the Eagles lose there, they could be one of three teams with 4-3 records, all of whom would be eligible for one of two at-large berths because they would also be third-place teams.

"For us, we want to beat Saratoga, and I'm anxious to see how we play the next two weeks," Smith said.

Bethlehem showed its ability to bounce back from a tough loss. Geoff Wilcox rushed for 74 yards and a touchdown to lead the Eagles to a 20-0 victory over Schenectady last Friday, eight days after a 27-23 home loss to Colonie.

"Sometimes, those things are the best thing for you," Smith

said. "I thought we came out strong and we were focused."

Brian Nicholson capped Bethlehem's first series with a three-yard touchdown run to put the Eagles ahead 7-0. Wilcox added a one-yard scoring plunge later in the first quarter to double Bethlehem's advantage.

Dan Mulhall created more excitement for Eagles fans with a 75-yard punt return for a touchdown in the second quarter, but that turned out to be the last points of the game. Though Bethlehem continued to move the ball, Schenectady (0-5) made several big defensive plays to keep the Eagles out of the end zone.

"The first half, offensively we executed some things and moved the ball, but looking at the film, we made some mental errors" in the second half, Smith said.

Bethlehem's defense limited Schenectady's running backs to a total of 41 yards, which forced the Patriots to move the ball through the air. Though Schenectady amassed 159 passing

yards, it couldn't get into the end zone.

"Schenectady is 0-5, but they have some athletes that you have to respect," Smith said.

Indians close in on another title

While Bethlehem's playoff future hasn't been decided yet, the Ravena-Coeymans-Selkirk Indians are three victories away from winning the class B Buckley Division title.

The Indians (5-0) easily handled Cohoes 34-6 last Friday in Ravena to improve their divisional record to 2-0 with games against Hudson, Albany Academy and Taconic Hills remaining.

"They've played well," RCS coach Gary VanDerzee said. "They've remained focused on the things they've needed to do."

The Indians — who won their division in the Capital Conference last year — got a big game out of Ryan Cross to pull away from Cohoes. Cross rushed for 125 yards and four touchdowns and returned an interception 35 yards

for a touchdown. For good measure, he made four out of five extra point attempts.

RCS faces a winless Hudson squad Friday night in Columbia County, but VanDerzee said his team can't afford to take a night off now.

"If we miss a step and overlook somebody, then everything we've done previously doesn't count," he said.

Birds make it two in a row

After an 0-3 start, the Voorheesville football team has gotten back on track.

The Blackbirds won their second consecutive game by fending off Corinth 25-18 last Saturday in Voorheesville.

Mike Ashline gave Voorheesville a 19-12 lead with a 10-yard touchdown run early in the fourth quarter. Corinth came within a point on a five-yard scoring pass from Tyler Kopecki to Houston Landon, but the two-point conversion pass failed. Ashline then sealed the Blackbirds' win with a 14-yard touchdown run.

Ashline rushed for 128 yards, and quarterback Andy Catellier threw for 124 yards to lead Voorheesville (2-3).

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Junior Eagles lose in defensive battle

The Bethlehem Pop Warner junior midget division team lost to Ballston Spa 20-14 last Sunday.

Both team's defensive units scored first. Ballston Spa took the lead when it returned a Bethlehem turnover for a touchdown. Mike Garza returned the favor for Bethlehem, though, by ripping the ball out of a Ballston Spa player's hands and running it into the end zone.

Ballston Spa regained the lead in the second half and allowed only one Bethlehem offensive touchdown the rest of the game. Taylor Van Cott set up the Junior Eagles' final touchdown with a 60-yard run, and Scott Strohecker got the ball into the end zone a short time later.

C.J. Bouvier contributed a quarterback sack for Bethlehem. Brendan Kavanaugh, Mike Strohecker, Joe Brate and Scott Clas added key blocks and tackles on the line.

The junior midget team is off this weekend. Its next game is Oct. 17 against Troy.

Got sports news?

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All information must be submitted the Monday before publication.

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HIGH SCHOOL VARSITY SPORTS RESULTS FOR THE WEEK OF SEPT. 27 TO OCT. 2

Friday, Oct. 1

FOOTBALL

Bethlehem 20, Schenectady 0

First quarter

BC — Brian Nicholson 2-yard run (Kevin Seymour kick)

BC — Geoff Wilcox 1-yard run (Seymour kick)

Second quarter

BC — Dan Mulhall 75-yard punt return (kick failed)

Ravena 34, Cohoes 6

First quarter

RCS — Ryan Cross 6-yard run (Cross kick)

Second quarter

RCS — Cross 18-yard run (kick failed)

RCS — Cross 11-yard run (Cross kick)

RCS — Cross 35-yard interception return (Cross kick)

Third quarter

RCS — Cross 12-yard run (Cross kick)

Fourth quarter

Cohoes — Sean Burwell 44-yard

pass from Joe Welcome (conversion run failed)

GOLF

Suburban Council

Tournament

Team scores: Bethlehem 305, Saratoga 312, Shenendehowa 312, Niskayuna 312, Guilderland 313, Shaker 317, Burnt Hills 325, Columbia 338, Ballston Spa 339, Averill Park 340, Mohonasen 340, Colonie 350.

BOYS SOCCER

Bethlehem 2, Colonie 1

Bethlehem scoring: Cody Germain

1-0, Max Petraglia 1-0, Darko Knezevic 0-1.

Voorheesville 2,

Schalmont 1

Voorheesville scoring: Greg Jones 1-0, Phil Venditti 1-0.

Saturday, Oct. 2

BOYS CROSS COUNTRY

Grout Run

Division 3

Team scores: Bethlehem 40, Niskayuna 57, Scotia-Glenville 92, Averill Park 139, Suffern 165, Westhampton Beach 183,

Connetquot 202, Maple Hill 209, Amsterdam 211, Columbia 235, Schenectady 270, Hendrick Hudson 345.

Division C

Team scores: Rhinebeck 44, Onteora 93, Fonda-Fultonville 93, Berlin 106, Duaneburg 163, Mayfield 166, Corinth 179, Voorheesville 188, Kennedy Catholic 203, Schenectady Christian 228, Granville 268, Schoharie 270, Bishop Maginn 382.

GIRLS CROSS COUNTRY

Great American Race Cary, N.C.

Race of Champions

Team scores: Saratoga 26, Bethlehem 154, Smoky Hill 181, Oakton 192, Saint Basil Academy 202, Mountain View 224, Monsignor Donovan 236, Cedar Cliff 246, Warwick Valley 268, Campbell County 271, Holy Trinity 274, The Bolles School 296, Providence 299, Pop John Paul II 332, Collins Hill 339, Sacred Heart Academy 362, Ocean City 382, Monroe-Woodbury 414, Summerville 436, Ridgefield 450, Buchholz 485, Green Hope 671.

Grout Run

Division C

Team scores: Sauquoit Valley 55, Rhinebeck 110, Onteora 114, Fonda-Fultonville 129, Berne-Knox-Westerlo 143, Mayfield 167, Berlin 177, Cohoes 199, Voorheesville 208, Kennedy Catholic 220, Duaneburg 223, Schoharie 237, Maple Hill 279.

FOOTBALL

Voorheesville 25,

Corinth 18

First quarter

V'ville — Andy Catellier 2-yard run (Matt Miller kick)

Corinth — Mike Bedell 1-yard run (conversion run failed)

Second quarter

V'ville — Chris Hensel 20-yard pass from Catellier (kick failed)

Third quarter

Corinth — Nick Buttles 65-yard run (conversion pass failed)

Fourth quarter

V'ville — Mike Ashline 10-yard run (conversion pass failed)

Corinth — Houston Landon 5-yard pass from Tyler Kopacki (Kopacki conversion pass)

V'ville — Ashline 14-yard run (kick failed)

BOYS SOCCER

Bethlehem 2, Niskayuna 1

Bethlehem scoring: Ryan Bannigan 1-0, Cody Germain 1-0, Chris Dudek 0-1.

Bethlehem saves: Zack Sherman 3.

Ravena 4, Lansingburgh 0

Ravena scoring: Max Smith 2-0, Tom Maura 1-0, Ryan McCarthy 1-0.

GIRLS SOCCER

Bethlehem 3, Shen 2

Bethlehem scoring: Laura Boucher 2-0, Vanessa Patry 1-2, Kelly Hughes 0-1.

Bethlehem saves: Leslie Rimer 7.

Schalmont 6, Voorheesville 2

Voorheesville scoring: Hayley George 1-1, Liz Gorka 1-0.

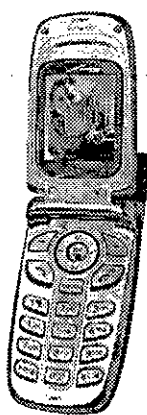
Voorheesville saves: Rose Skidanuk 12.

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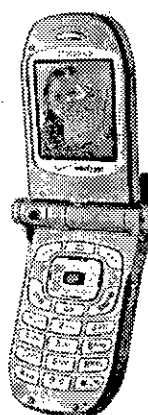
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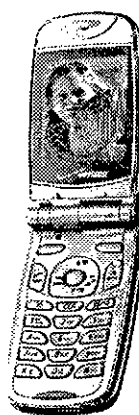
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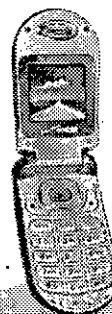
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Women's Health

A Supplement to Spotlight Newspapers

October 6, 2004

Survey rates options for mental-health care

In one of the largest surveys of its kind, 3,079 "Consumer Reports" (CR) readers have rated the mental-health care they received for depression and anxiety. The survey results, plus CR's interviews with patients and experts, offer a compelling snapshot of how people fared given the mental-health care choices they made.

Some key findings of "CR Investigates Antidepressants: Drugs vs. Talk Therapy," published in the October issue, include:

- A combination of talk therapy and drugs often worked best for treatment of depression and anxiety. But "mostly talk" therapy was almost as effective if it lasted 13 or more visits.
- "Mostly drug" therapy was also effective for many people. Drugs had a quicker impact on symptoms than talk therapy,

but it often took trial and error to find a drug that worked without unacceptable side effects. More than 50 percent of survey respondents who took antidepressants tried two or more drugs; 10 percent tried five or more.

- The rates of adverse drug side effects that our respondents experienced were much

higher than those noted on the medications' package inserts. Forty percent said they experienced a loss of sexual interest or performance, and almost 20 percent said they gained weight.

- Care from primary-care doctors was effective for people with mild problems, but less so for people with more severe ones. Treatment by mental health specialists yielded significantly better results for people who started out in poor shape.

- Health insurance plan limits on therapy visits and costs kept some people from getting the best treatment.

- Consumers who did their own research and monitored their own care reported better results.

- More than 80 percent of the survey respondents said they found treatment that helped.

The survey also highlights the fact that drug therapy has become a more prevalent mode of treatment for emotional problems in the last decade. When CR surveyed its readers in 1994, only 40 percent of those who sought care for any type of mental-health problem received drugs compared with 68 percent in the current survey — and 80 percent of those with depression or anxiety — a number that reflects the fast-growing sales of antidepressant drugs over the past decade.

Survey respondents who took antidepressant medication,

either with or without talk therapy, improved more quickly than those who had mostly talk therapy. But the improvement from drug treatment leveled off, regardless of the number of visits, whereas people who had more talk sessions did better than those who had only a few.

While our results suggest that the options of talk therapy, drug therapy, or a combination can work for many cases of anxiety and depression, the combination of talk and drugs was the overall winner. In 1994, survey respondents averaged well over 20 visits with a mental-health professional, while in the current survey the average was 10. Since our survey indicates that longer-term therapy is linked to more positive outcomes, this decline is troubling.

The experience of respondents yielded differences in both effectiveness and side-effect ratings for the six top-selling antidepressants: Effexor, Prozac, Celexa, Zoloft, Paxil, and Wellbutrin. The 1,664 survey respondents who took those antidepressants told CR whether the most recent one they took helped them "a lot"

and whether they experienced common side effects.

There was no clear favorite among the medications and the findings confirm those of clinical studies that there is no single antidepressant that will work for everyone. People who take antidepressants should be aware of the high risk of side effects. CR's survey found the rate of sexual side effects for most drugs to be about three times the rate on package inserts.

For many people, side effects were more than annoyances. Of the readers who said they stopped taking antidepressants, 34 percent said they'd done so because the side effects were intolerable.

Most people did get better in the number of visits for which their insurance coverage paid. But, of the 80 percent who secured treatment through their health plans, 23 percent said they had some type of problem with it, such as long waits for appointments or hassles with red tape. These frustrations, as well as privacy concerns, may lead some people to avoid using their health insurance to pay for their mental-health care.

Women's Health



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At Albany Medical Center, we'd like to remind you that the American Cancer Society recommends a baseline mammogram for women 40 years old and annually after that. Consult your physician if there is a family history and you are younger than 40 years of age. It's a quick procedure that can be completed at the conveniently located Breast Care Center of Albany Med.

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Giving nature a helping hand for infertile couples

For millions of American women and their partners, the inability to conceive is a problem that causes heartbreak, strain and emotional turmoil.

According to the American Society for Reproductive Medicine (ASRM), 6.1 million couples, or about one in 10 couples, will have trouble with infertility at some stage in their lives.

"The definition of infertility is if you and your partner have been trying to conceive for longer than a year without success (six months if the woman is over 35), or if you are unable to carry a pregnancy to term," said Dr. Peter M. Horvath, FACOG, founder and director of Albany IVF, a seven-year-old practice that offers a full range of gynecologic services with a sub-specialty in reproductive endocrinology and infertility care.

Horvath, who started the Capital District's first successful IVF program at Albany Medical College in 1988 and is one of the region's two reproductive endocrinologists (gynecologists who specialize in the effects of hormones produced by the sex organs), added many couples can conceive a child by giving Mother Nature a "gentle nudge" with one

or a combination of five treatment options:

- **Hormonal Therapy** — If your body doesn't produce enough hormones, or fails to release a hormone at the right time, these therapies can replace or enhance your hormones and restore your ability to conceive.

They are often used in conjunction with other treatments outlined below.

- **Surgery** —

All but the most severe anatomical problems in either partner that cause infertility can be fixed through surgery.

- **Intrauterine insemination** — This process of placing sperm directly into a woman's upper

or the woman has hostile cervical mucus.

- **Assisted Reproductive Technologies (ART)** — ART are sophisticated procedures such as In Vitro Fertilization (IVF) that bypass the body's infertility problem to unite a sperm and egg, and are used by about five percent of couples seeking treatment.

- **Micromanipulation techniques** — Often used as part of ART to increase the chances of success, this technique involves injecting sperm directly into the egg in a laboratory and then transferring the embryo to the uterus. This is usually done when a man has a low sperm count or sperm with low motility.

"Today, effective medical treatments exist for every stage of the infertility journey," said Horvath, explaining that while fertility drugs, artificial insemination and surgery are often covered by health insurance, people generally pay for IVF procedures (around \$10,000 per attempt). "In many instances, an initial treatment will fail, while a later one succeeds."

To celebrate its countless success stories, which include a 53 percent IVF pregnancy rate for women under 41 last year compared to the national average of approximately 32 percent, Albany IVF will hold its second

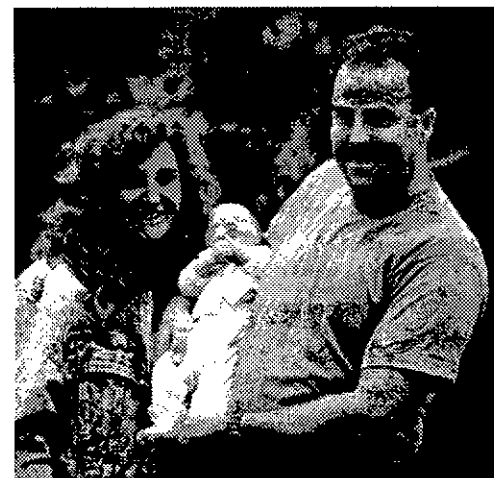
annual "Baby Harvest" in October.

"We hold this event in the fall in keeping with the theme of 'harvesting' eggs for fertilizing," Horvath said. "It's a great time of year for kids because being close to Halloween it gives them an opportunity to wear costumes, while our staff dress as characters from children's stories such as Snow White, Peter Pan and Tinkerbell."

Reuniting with the families we've been fortunate enough to help is a wonderful experience for our staff."

For more information about infertility, call Albany IVF at 434-

9759 or go to www.albanyivf.com. Additional information is available by calling the American Society of Reproductive Medicine at (205) 978-5000 or visiting www.asrm.org.



Women's Health



reproductive tract is usually performed when a man's sperm volume or concentration is low, his sperm motility is decreased,

Oct. 15 is National Mammography Day

The third Friday in October each year is National Mammography Day, first proclaimed by President Clinton in 1993. On this day, or throughout the month, radiologists provide

discounted or free screening mammograms. In 2002, more than 680 American College of Radiology (ACR) accredited facilities took part. In 2004, National Mammography Day will be celebrated on Oct. 15.

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Gilda's Club takes major step toward opening

Programs to begin in early 2005

After five years of organizational and fund-raising efforts initiated by the Albany, Troy and Schenectady chapters of the Junior League, Gilda's Club Capital Region New York formally begins the process of converting a former medical arts facility into a welcoming "clubhouse" for men, women and children touched by cancer.

On Sept. 15, Gilda's Club started renovations on the building at 8 Wade Road in Latham, which the nonprofit organization purchased a year ago.

"The Gilda's Club capital campaign is more than half way to its original goal of \$3.67 million;

we are moving the renovation ahead of schedule so we can begin to offer the unique "Basic III Plus" program early in 2005," said Mary Kopley, president of Gilda's Club.

"We receive calls and e-mails every day from those going through the journey with cancer, as well as their family and friends. They need Gilda's Club, and we are going to make it available to them as soon as we can," Kopley added.

Gilda's Club has received an outpouring of support from the local business community that will assist with the renovation of the new clubhouse. Businesses of all sizes are supplying materials,

services and volunteers.

"Cancer spans all social, economic and competitive boundaries," said Sheri Scavone, executive director.

"Seeing these businesses come together to benefit the community for a something that, unfortunately, touches all of our lives is truly heart-warming," she continued.

The first volunteer renovation group was area realtor CB Richard Ellis. Employees from the firm were onsite Sept. 22 preparing the building grounds for what will become the Children's Play Area.

Before her untimely death in 1985 from ovarian cancer, comedienne and original "Saturday Night Live" cast member Gilda Radner came to recognize the importance of social and emotional support for

every individual touched by cancer, as well as their friends and family members. Her dream was for there to be a homelike, nonresidential place where

learn how to live with cancer by participating in support and networking groups, workshops and lectures and social gatherings, such as potluck suppers and joke

feasts. "I like to think my wife received the best medical care possible during her long journey with cancer. What my family — especially my children — did not have, is the much-needed support community that Gilda's Club offers. We would have been there and that is why it is so important to me to see this Gilda's Club open in the Capital Region," said local

attorney and capital campaign co-chairman E. Stewart Jones Jr.

Gilda's Club Capital Region New York, Inc. is a 501 (c) (3) nonprofit organization, funded by gifts from individuals, foundations and businesses, serving Albany, Schenectady, Rensselaer, Saratoga, Washington, Warren, Columbia, Greene, Schoharie, Fulton and Montgomery Counties. Each day, more than 200 New Yorkers are diagnosed with cancer. When the signature red doors of Gilda's Club open for programming in 2005, the clubhouse in Latham will be the area's only non-clinical gathering place for free support and community for men, women and children — and their families and friends — touched by cancer. For more information on Gilda's Club Capital Region New York, call 782-9833 or visit www.gccrny.org.



Gilda's Club Capital Region board of trustees president Mary Kopley, assisted by treasurer Peggy Jacobsen, takes a swing to start renovation of the building at 8 Wade Road, Latham. Fellow board members Mike Holland and Deborah Bennett look on.

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Traditional Chinese medicine restores balance

By REBECCA RICE,
MSAOM, L.Ac., and
CHRIS REILLY, MSA, L.Ac.

Acupuncture is just one of many modalities used in the field of traditional Chinese medicine (TCM). Other therapies include herbal therapy, heat therapy, tui na (acupressure massage) and health enhancing exercises known as qi gong.

We will cover the theories of TCM that are relevant to the support and treatment of women's health, especially endometriosis, infertility and premenstrual syndrome.

In order to understand how acupuncture works to relieve endometriosis, infertility and premenstrual syndrome, we need to first understand some basic concepts of TCM.

Qi (chee) is arguably the most central idea within China's traditional concept of the human being and nature.

Thousands of years ago, Chinese masters observed and acknowledged a vital energy that coursed through all living things. This vibrant essence serves to drive all life processes, nourish tissue and discard waste. These adepts also observed this force acting in similar ways throughout nature, in the light and heat of the sun, the cycle of the moon and the tides, et cetera. They gave this vital energy the name qi.

In a healthy individual, qi flows smoothly without interruption or misdirection. If qi stops moving smoothly or becomes stuck, a variety of problems can arise.

For example, one might become angry or stressed and have difficulty calming down from that emotional state. Other frequent results of qi becoming stagnant include headaches, menstrual cramps, back pain and bloating, all of which may be present in premenstrual syndrome.

Another fundamental concept is that of yin and yang, representing the opposite and complimentary aspects of nature such as darkness and light. Yin is associated with stillness, coolness, femininity, and the night. Yang is associated with motion, warmth, masculinity and the day.

A healthy individual is one with a proper balance and harmony of yin and yang. Someone with a "hot" temper, for example, is quick to become red in the face and overheated in response to some stress. Someone who is "cool," on the other hand takes time to be still and contemplate before choosing the appropriate action.

The first individual exhibits an excess of yang, where the second exhibits a proper balance. Not enough yang, and the individual would most likely appear listless, physically cold, unmotivated and unable to express much reaction at all.

Next, let's discuss the role of the kidneys as they pertain to women's health. Please note that the term kidney used in TCM is not strictly the same as the "kidney" spoken of in

contemporary medicine and science.

In traditional theory, organs are not thought of in terms of physical structure as much as they are defined in terms of function and energetic characteristics. To help simplify a somewhat complicated subject, consider an analogy. Think of a vast, but not limitless reservoir of water. Far from being plain H₂O, this water contains precious nourishment, warmth, and a special kind of energy (qi) that all allows us to perform the necessary functions to get through our day. It would only make sense that we would want to conserve and use this resource wisely and to supplement it wherever we could.

Now you have a pretty good idea of the role of the kidney within the body, and the importance of the yin, yang, qi and essences stored there according to TCM. The root, or fundamental source of all the body's yin and yang in TCM physiology is

found in the kidneys. As long as yin and yang are balanced, one cannot have too much fundamental yin and yang. The kidney system also provides direct support for the reproductive organs.

Conception, as well as the nourishing of the mother's womb and the child within it are also processes that rely on the energies and essence of the kidneys. So the root of our lives is also the root of the life we are capable of reproducing and continuing through our children.

The importance of the kidney yin, yang and jing to good health warrants a very careful treatment of them. Let's look at some general guidelines to care for these precious resources.

Proper diet and a healthy lifestyle can help support and supplement our kidney essence. On the other hand, overwork, excessive emotional stress, insufficient sleep, chronic illness, and unhealthy lifestyle choices, such as smoking, can overtax and weaken the reserves stored in our kidneys.

If these reserves are used too quickly or severely, problems with our reproductive systems and our ability to nourish a developing child may occur. In the use of acupuncture, supplementing and tonifying the kidneys usually plays a critical part in the treatment of infertility.

Now that we grasp some of the basic concepts of TCM, let's look at how else we can apply these ideas to the promotion of women's health and treatment of women's issues.

Previously, we spoke about the characteristics of qi and how it's consistent movement is vital to good health. In terms of reproductive health, keeping this flow is vital to promote regular ovulation and menstruation cycles, a smooth

menstruation period and a properly nourished and fertile reproductive tract.

If this qi does not move well, a woman may experience irregular menstruation, menstrual cramping and pain, emotional ups and downs with menstruation and difficulties maintaining a healthy reproductive tract.

If this qi stagnation persists for a long time or is very severe, fibroids, cysts or endometriosis may appear. The appearance of masses is traditionally referred to as blood stagnation in TCM, implying something of substance, as opposed to just energy, has now become stuck. This sort of substantial

■ Medicine page S6

Women's Health



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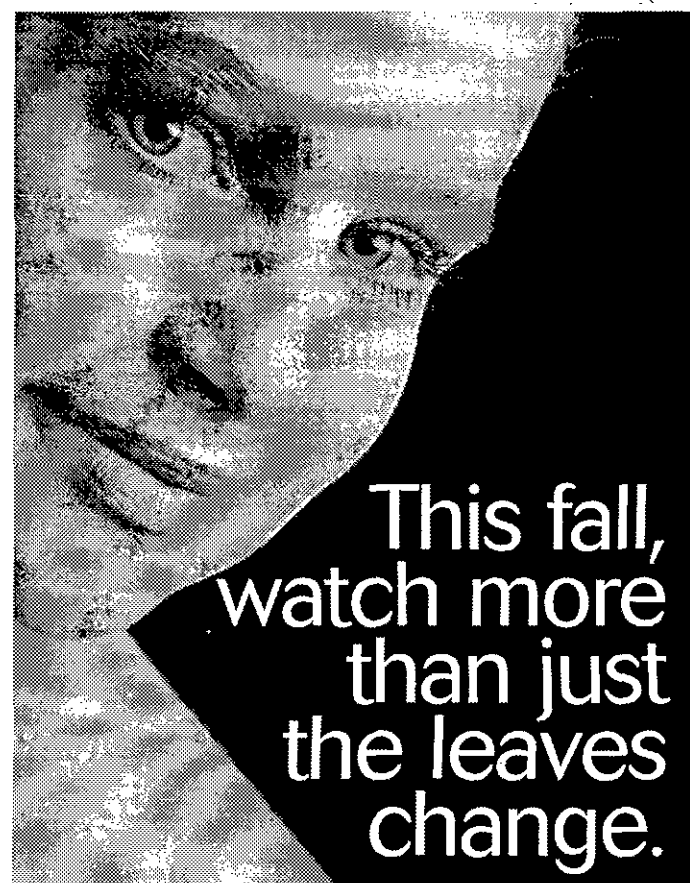
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Turn over a new leaf and shed unhealthy pounds

The cooler weather of the fall season is more than just a great time to enjoy being outdoors before cold weather sets in. For many of the 65 percent of overweight Americans, the changing season is an opportunity to establish good eating habits and increase physical activity before the stresses and temptations of the holidays arrive.

Being overweight is about more than how you wear the latest fall fashions; it's about being healthy, which is why the American Council on Fitness and Nutrition (ACFN) is encouraging Americans to regard the seasonal shift as an opportunity to embrace new habits for a lifetime of wellbeing. Obesity is driven by complex economic, cultural, social and genetic factors. Just as there is no single cause of obesity, there is no one-size-fits-all answer.

However, bringing your weight under control can begin with a single, yet important step

— matching your food intake with your physical activity level. This is known as energy balance.

"Those who achieve energy balance by burning off the calories they consume are more likely to maintain a healthy weight throughout the busy fall and winter holiday seasons," says Susan Finn, Ph.D., R.D., chair of ACFN.

Of course, even when we have good intentions to watch what we eat and stay active, real life can get in the way. Demanding schedules mean meals on the run, not around the table. Environmental or emotional triggers like stress or boredom can lead to overeating. Then we find refuge in front of the TV or computer rather than taking a walk or enjoying

another calorie burning activity.

ACFN offers the following pointers to help Americans embrace the opportunity for better health this fall.

Women's Health



- Relish the colors of the season. Ravishing red, vivid orange and dazzling yellow don't just belong on the trees

— they belong on your plate. Apples, carrots, broccoli, cabbage and kale are often freshest in the fall. Eating five helpings of fruits or vegetables each day is a great way to keep calories, fat and cholesterol low while reaping great nutritional benefits.

- The air is brisk, are you? Most Americans don't move enough. Let the brisk air of fall motivate you to incorporate a

walk into your daily routine. Walking for ten minutes will burn calories and get your muscles moving. Even better, walk briskly for 30 minutes to burn around 100 calories.

- School's in session and it's time for a multiple-choice quiz. Today we have more and more options for healthful foods. Many food companies offer convenient portion sizes with specific calorie counts for both snacks and meals. Look for and choose healthy, tasty versions of your favorites — many now have reduced calories, sugar and types of fat.

- Don't wait for the last leaf to drop — start raking now! Yard and housework are great ways to stay active. Raking leaves for half an hour can burn 150 calories. Spend 15 minutes washing those windows for a

better view of the changing foliage and you'll burn about 50 calories.

- Savor the unmistakable harbinger of fall, the smell of ... grilling. The tradition of burning leaves in fall is highly discouraged for health and safety reasons, but now an even better aroma — grilled foods — can punctuate the crisp seasonal air. Grilling is a delicious and healthy way to prepare meats, fish and veggies, so don't put your grill into storage just yet!

"We all shift our routines in some manner when the seasons change — the beginning of school, cooler weather and even new pastimes like watching fall sports affect our daily lives," continued Finn. "Seize this opportunity to turn over a new leaf and shed unhealthy habits — and pounds — this fall."

Medicine

(From Page S5)

stagnation, or blood stagnation, is frequently associated with increased pain and often an increased difficulty in conception and pregnancy.

What can we do to keep our qi moving well and prevent these sorts of problems from arising in the first place? The answer is simple, keep moving! Avoid getting stuck too often in any one mood, such as frustration in traffic or stress with work, not by bottling them up, but by changing the way you perceive the source of the stress.

Keep limber with regular exercise suited to your body type and constitution. Maintain

a healthy diet and drink enough water to avoid clogging up your system with needless toxins. And just as our outer body loves a nice shower every day, so should we take care of our inner or conscious self with a daily period of meditation to let the "yucks" wash down the drain.

We have covered quite a few of the fundamental concepts behind women's health within the framework of Traditional Chinese Medicine. It should now be clear why it's important to consider the individual as a whole, from personality to lifestyle, when considering these issues.

Even with a great lifestyle and healthy choices, the body sometimes needs assistance in releasing patterns of stuck qi and activating natural and powerful healing mechanisms. Acupuncture and traditional Chinese medicine are powerful tools designed to release these sorts of patterns, supplement the body where it is weak and activate our own innate healing pathways.

Part of the beauty of TCM is its refinement of the idea that we are all unique. Each person has different needs that must be met in an appropriate manner. Every treatment is designed individually at every acupuncture session to meet the needs of the patient where they currently stand. And for this reason, appropriate lifestyle choices and alternate therapies as well as conventional therapies are encouraged alongside acupuncture treatment.

Through the use of acupuncture and other therapies, a perspective that is not present in conventional therapies alone becomes accessible, and healing frequently takes on a brand new meaning.

The writers are affiliated with the Center for Integrative Health and Healing at 388 Kenwood Ave. in Delmar. To reach them, call 689-2244.



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Women need strength training

By MIKE MASHUTA

Over the last two decades researchers have shown compelling results for the benefits of weight training for women, especially those over the age of 50. However, the percentage of women who actively strength train is still quite low. Most women spend their gym time in classes or doing cardiovascular exercise.

• Women can get physically stronger

Increasing strength makes

daily tasks easier. Lifting kids, groceries and heavy objects will be far less likely to cause injury. It also makes you less dependent upon others for daily living assistance. Moderate weight training will increase

women's strength by 30 to 50 percent.

• Why risk the increasing effects of osteoporosis

Regular weight training increases spinal bone mineral density. At Delmar Health & Fitness we have many examples of before and after bone density tests with extremely positive gains.

• Reduce back and arthritis pain

Strength training not only builds strong muscles, but also increases connective tissue integrity and joint stability. A 12-year study showed that strengthening the lower back and core muscles had an eighty percent success rate in eliminating or alleviating low back pain.

• Women gain strength without bulk

Dr. Wayne Wescott's research showed the average woman who strength trains two or three months loses three and a half pounds of fat and gains two pounds of muscle. Women do not gain size from strength training. Without male hormones, women develop muscle tone and definition

without adding inches.

• Improve your athletic performance

With added strength, skiers are able to improve technique and reduce injury. Cyclists are able to continue for longer periods of time with less fatigue. Golfers significantly increase driving distance. Seasoned citizens gain more confidence and are able to catch themselves from awkward positions, which prevents potential injuries.

• It's never too late!

Women in their 60s, 70s and 80s have built significant strength. Weight training studies have shown that strength improvements, joint stability and

bone density gains are possible at any age. A Harvard study found that 10 weeks of strength training reduced clinical signs of depression. Women commonly reported being more confident and capable as a result of their program.

Before jumping into any strength or weight training program, consult your physician. Elderly women must seek the help of a certified professional for program evaluation and assistance.

The writer is owner and president of Delmar Health & Fitness at 28 Hudson Ave. in Delmar. To reach him, call 439-1200.

Gooding Skin Systems opens new salon

Gooding Skin Systems of Latham recently celebrated the opening of an expanded salon on the same road (Old Wolf Road) where the salon has been located for the past 18 years.

The Capital District's first esthetician to focus on skin care, Nancye Gooding noted that "we are thrilled that we now have the space we need to care for our clients, to offer more skin solutions to our growing customer base, in an atmosphere that is both professional and beautiful."

The Gooding client comes to the skin center to get results for a variety of skin problems. A licensed esthetician, Gooding's was the first salon in New York to offer micro-dermabrasion services.

According to Gooding, that was the changeover for esthetic services. The esthetician profession is growing more than 10 percent per year (according to the California Employment Department), as maturing baby boomers seek skin-care services to address the aging process, as sun-damaged skin moves people to seek expert advice for their skin and as advances in medical science and technology give estheticians more products and tools to improve the appearance of damaged or aging skin.

According to a recent Marketplace Morning Report, there has been a 700 percent increase from six years ago in

noninvasive skin surgical makeovers, primarily due to the advancement of skin-care technology.

Gooding says there is an important aspect in the mindset of the person who comes to her salon. Clients come to Gooding's because she and her staff are all specialists in skin, offer services that are designed to get results on the skin, and are comfort rather than disease-oriented.

Gooding believes that clinical work should only be done by someone who has the training to do it. Therefore, she has

taken many advanced courses in skin care. All of her staff have been trained and must take an apprenticeship with her, and are licensed in cosmetology or esthetics.

"We are often the first ones to see a client's skin cancer," she says.

When that occurs, Gooding insists that the client be seen by a physician.

Nancye and her husband Tom Gooding are partners in the salon, along with seven other professionals.

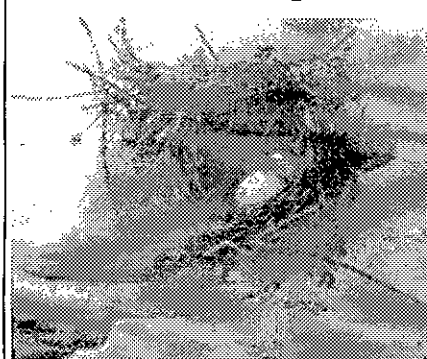
"We are happy to offer our clients the enhanced services

our new salon affords," says Nancye, "but we are also glad that we have this new space for our team to work and grow. I want them to be as proud of

their profession as I have been all these years."

To reach the salon, call 783-0163.

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Spa treatments make you feel and look your best

By KELLY VADNEY

Everyone wants to look their best these days, and both men and women are searching for new treatments that will help them look and feel better.

Complexions Day Spa, located on Metro Park Road just off Wolf Road in Colonie, boasts a welcoming environment for all ages.

"People here are very laid back and down to earth," said esthetician Jo Jo Ragona, who has been working at the spa for four years. "You don't feel like you're a number when you come in. It's not a 'snooty' place."

Ragona talks great pride in her work as a skin-care

professional.

"When someone comes in and they have a really bad problem and you can help them, it's rewarding," she said.

Denise Dubois, owner and creator of Complexions Spa, is not only an esthetician but is licensed in clinical dermatological skin care and a CIDESCO diplomat. She started her business

18 years ago strictly as a skin-care facility, but it has grown.

"Years ago there weren't many places to go for skin-care treatment," she said.

Today, the spa has expanded to include a full hair and nails salon and a plethora of massage and therapy services.

"The most common thing women to come in for is an age treatment skin-care program. We also have people come in for

acne treatment," Dubois said of the spa's most commonly preformed procedures, chemical peels and laser acne treatment.

Complexions Spa clients range in age from their early 20s to about 65. While facelifts can cost thousands of dollars, a set of six chemical peels goes for \$400 at Complexions Spa. Each patient also goes through a pre-treatment consultation with an esthetician to set up a home care program that will work with their spa services to achieve the best possible results.

"What someone does at home twice a day will have an effect on (the treatments)," Dubois said.

Most facial treatments are also done in a short amount of time — 15 to 20 minutes.

"Lots of people come in on their lunch breaks," Ragona said.

"It not something that you have come in at the end of the day for because your face is

going to be red all day," she added.

Dubois said that Complexions Spa also works with many clients in conjunction

recovery time for surgical procedures can run anywhere from 10 to 14 days, far longer than a 20-minute facial treatment.

"If someone is going to have cosmetic surgery, we usually provide vitamins that help them heal more quickly," she added.

Nancy Nieves is a hairstylist for the salon and has been working in her field since 1981.

"I like the warm feeling of working here," she said. "You feel like you're part of something."

Nieves has also had oxygen peels and chemical peels at Complexions.

"It was very quick and comfortable," she said. "You immediately feel and see a glow in your skin."

Nieves said a facial is be a wonderful way to prepare for weddings or other formal parties.

"This spa is a place that both men and women can benefit from," she added.

The spa even offers a facial designed especially for men.

Clients can receive massages for \$40 to \$100 at Complexions. The spa offers Swedish, aromatherapy and sports massages, just to name a few. Pregnancy massage is also available.

Another special treatment available is hydrotherapy, a type of underwater massage done in a large bathtub. It is especially helpful to people who have had an injury and are too sore to be touched by hand. Hoses are used to massage the tissue, actually reaching deeper than human hands can, to increase blood flow and remove toxins.

"We do everything," Dubois said.

Complexions Spa is open seven days a week. Busy times are usually Thursdays through Saturdays, especially in the evenings. Customers who want a quiet time for a visit should make an appointment in the morning earlier in the week. Sundays from 10 a.m. to 4 p.m. also tend to be slower.

To reach the spa, call 489-5231.



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Marie's story about food addiction

Who knows when it happened, when I crossed that line. It wasn't a particular day or moment. It was a slow, insidious takeover. Until one day, I realized I couldn't stop eating. Maybe it started 15 years ago when I quit smoking. I started nibbling more and more to "calm my nerves." I noticed the extra pounds, but hey, I quit smoking!

That's when the dieting started. I tried it alone, mostly. I'd try every new trend, book, TV show and infomercial. I even joined a gym. But the pounds came on and stayed on.

I decided to get help and joined a weight loss program. They gladly accepted my money and weighed me weekly. It would work for a while, but time after time, program after program (and I tried them all) I would lose the weight, then gain it all back, and then some.

What was wrong with me? Too lazy? No, I work hard in all areas of my life. Not smart enough? No, I know all about good health and nutrition. I've been a nurse for 20 years. No willpower? This can't be true. As I got bigger, there was nothing I wanted more than to gain control of my eating. I woke up every morning with new resolve and ended each day as a failure.

My life seemed crazy as I ate myself through one crisis after another. I was desperate.

Then one day I heard about FA — Food Addicts in Recovery Anonymous. There are no weigh-ins. Good. I can't stand the humiliation of getting on a scale in front of someone. There are no fees or dues. That's refreshing — no one trying to make money off of my

heartache.

There are three local meetings a week. That's convenient.

Feeling skeptical and scared, but with nothing to lose and everything to gain, I went to a meeting. I was warmly greeted by kind-hearted people, most of whom were thin. How could they know my suffering? And then I heard their stories. The details were different than mine, but what I heard was also what I felt. Something else was different, something new. I heard hope. I sat and I cried. Could the answers be in this room?

Food Addicts in Recovery Anonymous is an international organization based on Alcoholics Anonymous and the 12 steps of recovery. FA focuses on physical, mental and spiritual recovery. I learned that there are certain foods that set up an uncontrollable craving in some people, creating a food addiction.

It made sense to me. I discovered I had been using food for all the wrong reasons. Using the tools of the program, I no longer was hungry all the

time. I no longer obsessed about food. I no longer felt like a failure. With my cravings gone, the simple but strict eating guidelines gave me the boundaries that I had been lacking. I now enjoy my food and miraculously am satisfied with what I have, knowing there will always be another meal.

At meetings, members share their stories of strength, hope and experience. This helps them recover and it helps those who listen. There are people who have taken off large amounts of weight and have kept it off for years. I very much wanted to learn from them. I wanted what they had — a glow, an excitement, a positive energy — I could feel it.

The program is there for any kind of food problem, bulimia and anorexia included. There is a large network of support and guidance through phone calls, meetings and literature.

At last, there was real hope. I thought I had tried everything, but here was a new and different approach.

I walked through those doors

Dec. 22, 2003, a broken woman. Today I'm more than 50 pounds lighter. But much more than what I've lost in pounds, is what I've gained in self-esteem, good health, true peace and serenity. And I've gained the support and friendship of many wonderful people that genuinely care about me.

They say, "You come for the Vanity and stay for the Sanity." This is so true. My life has changed; I have changed.

FA came to the Capitol District a little over two years ago. Our members have had amazing success for such a new

group. The organization has meetings all across the United States and in other countries and has flourished since its formation seven years ago. Locally there are meetings in East Greenbush, Troy and Albany.

If you want to learn more about FA, there will be a public information meeting on Oct. 16 at the Guildenland Public Library at 10 a.m. Guest speakers will be joining us from Massachusetts and other areas. Everyone with a food problem is welcome. The Web site is foodaddicts.org.

Women's Health



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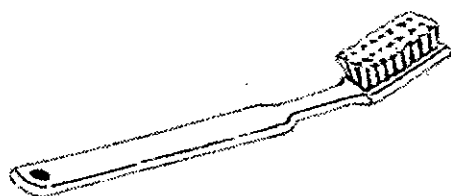
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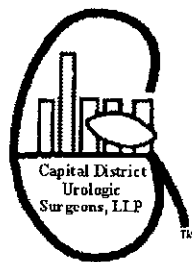
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Helpful tips for a healthy menopause

By Dr. ANN CAREY TOBIN

What is menopause?

Menopause is the normal change from the child-bearing years to the next phase in your life. At menopause your menstruation, or period, has not flowed for 12 months because your ovaries (egg sacks) are making less of the female hormones, estrogen and progesterone, as well as less of the male hormones, such as testosterone. Menopause usually occurs between the ages of 45 and 55, with the average age of onset being 51. Premature (early) menopause can result from certain health problems or surgical removal of the ovaries. For most women menopause is a natural change, and it is a good time to look closely at your health habits.

My friend had hot flashes, will I?

While your body gets used to lower hormone levels you may experience symptoms. Some women also have symptoms up

to 10 years prior to menopause. This time is called perimenopause. Common problems are:

- Hot flashes are experienced by over 80 percent of women. They are described as a sudden warmth or intense heat, with flushing and/or sweating, which spreads over the body, and may be followed by chills. If they occur at night they may interfere with sleep. They may be uncomfortable, but they are not dangerous. They usually ease over six to 24 months.

- Mood changes, such as feeling sad or blue, nervous and irritable. If these symptoms are due to menopause they will be temporary, although they may be made worse by the stress and sleep problems many women experience at this time of life. Mood changes are not the same as depression. Other health problems may produce similar symptoms.

- Fatigue, feeling weary or tired. This could also be due to poor sleep from hot flashes.

- Vaginal dryness and

thinning of the vagina (birth canal) and surrounding area. This may result in vaginal irritation, itching, infections, pain with sex, and leakage of urine (incontinence).

- Osteoporosis (thinning of the bones) and heart disease.

Some women are at increased risk for these diseases after menopause.

There is good news. There are many helpful and safe treatment options. It is important to discuss your symptoms and review your possible risks for future health problems with your health care provider.

Should I take hormones?

Every woman's needs are different. Hormone therapy (HT) is currently used to relieve the symptoms of menopause and to strengthen bones. The most common form of HT is a hormone product called Premarin, combined with a synthetic (man-made) progesterone called Provera. These medications sometimes cause irritating side effects, and the estrogen can be harmful to some women. Current standards state that most women with a history of breast

cancer or heart disease should not use estrogen. If you and your provider decide that HT is your best option you should ask for the lowest dose that works for you. Also consider the use of "natural" (bioidentical) estrogens and progesterone in the form of pills, patches, suppositories or skin creams. Some women successfully treat their symptoms using only the natural progesterone. These bioidentical hormones are still made in the laboratory, but they are chemically the same as the human hormone.

What else can I do to help with menopause?

Pay attention to your physical, mental, emotional and spiritual health. Begin with the basics. Design an exercise routine that you enjoy, manage your stress and commit to getting seven to nine hours of sleep a night. Be sure your diet has plenty of fruits and vegetables, is low in saturated fat, and has adequate amounts of the healthy fats (omega-3 fatty acids) found in cold-water fish, soy, walnuts, almonds, hemp seed, flaxseed, and dark green leafy vegetables. Avoid caffeine and alcohol, or limit your use to no more than one serving a day, and quit smoking.

There are many botanical therapies that may relieve your symptoms and improve your health. Phytoestrogens are plant substances that are structurally

similar to animal estrogens. They have been shown to reduce menopause symptoms, and exert a positive effect on bone and heart health. Isoflavones and lignans are two families of useful phytoestrogens. Isoflavones can be found in soy foods and in red clover. They are best consumed in whole foods, as opposed to isolated extracts. Ground flaxseed is a rich source of lignans. Herbs that may have benefit are black cohosh, chaste berry, dong quai and damiana. St. John's Wort, valerian and other herbs may help ease mood changes and sleep disturbances. Be sure to tell your health care provider about any herbs or other over the counter medicines you decide to use.

Discuss with your health care provider the value of certain vitamin and mineral supplements. All women will benefit from obtaining adequate calcium and vitamin D to build strong bones. There are also medications designed to prevent and treat osteoporosis. Some brand names are Miacalcin, Fosamax, Actonel and Evista.

Products that ease vaginal dryness and irritation are vaginal estrogen, Replens, lubricant jellies, vitamin E oil, and aloe vera gel applied around

■ Menopause page S12

Dr. McGarry, What is periodontal disease?

Periodontal disease is a serious infection of the gum and bone surrounding the teeth. The first stage, known as gingivitis or inflammation of the gum tissue, is reversible with daily brushing and flossing. Untreated, the disease will progress to chronic tissue inflammation and permanent bone loss, resulting in loose teeth and bad breath.

Periodontal disease begins with a lack of good home care and regular dental cleanings. Other contributing factors include smoking, heredity, age, diabetes, stress, and certain types of medications. Successful treatment depends on early detection. Our dental hygiene staff routinely performs a periodontal



Dr. Gabriel McGarry

Ask Dr. McGarry

screening exam to evaluate the pocket between tooth and gum. If found, teeth with greater pocket depths may require treatment ranging from deep cleaning to periodontal surgery. We've also found that our diode laser is very useful in keeping pockets healthy.

After periodontal disease has been diagnosed and treated it is necessary to monitor and maintain the tissues so that it does not progress. Our periodontal patients will usually need to increase their hygiene appointments from 2 to 3 or 4 times a year. Not only can periodontal disease affect the health of the teeth but it has been recently linked to systemic problems such as cardiovascular disease, diabetes and low birth-weight. Women who are pregnant are also at greater risk for gingivitis and gingival enlargements due to hormonal changes.

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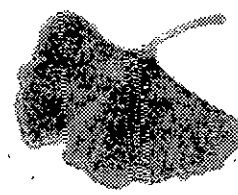


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Vaccines: A brief look at the history

BY Dr. JENNIFER WIDER

If you were born about a hundred years ago and came down with a case of the measles, your life would have been at stake. At that time, thousands of people died in the wake of diseases including diphtheria, measles, mumps and rubella. But that's not true anymore.

Today most people are aware of these diseases, but not of their potential for lethal consequences. The last century has brought about dramatic changes in modern medicine; one of the largest is the arrival of vaccines.

Vaccines give the body immunity against illnesses and diseases that would otherwise be life threatening. Many vaccines contain killed or weakened germs, which teach the body's immune system to recognize and eliminate the harmful germs to which we may be exposed, thus avoiding sickness. If most people in a community receive vaccinations, the spread of disease will be substantially reduced.

Children are routinely vaccinated at doctors' offices across the United States. Vaccinations are required by many schools and day care centers.

Adults need to be vaccinated too. Many older people assume that their childhood vaccinations will protect them for life. In some cases this is true, but in others it is not. New vaccines have become available, immunity can fade over time, and immunization records may be incomplete. If people travel to foreign countries or work in a health care setting, additional vaccines may be necessary as well.

"It is important that adults, especially women, be aware of the vaccinations they need to keep themselves and the people around them healthy," Sherry Marts, Ph.D., vice president for scientific affairs for the Society for Women's Health Research, said. "Whether planning to become pregnant or caring for young

children or elderly adults, women need to take steps to reduce their risk of contracting viruses that can spread to the vulnerable people they come into contact with on a daily basis."

According to the Centers for Disease Control and Prevention in Atlanta, the following immunizations are recommended for women and men over the age of 18:

- Tetanus and diphtheria (Td) is required at 10-year intervals throughout life.

- The influenza vaccine is recommended annually for adults over the age of 50; anyone who is pregnant; anyone with a chronic disease; and residents of nursing homes or long-term care facilities. It is also recommended for health care workers.

- The pneumococcal vaccine, which can prevent certain types of pneumonia and meningitis, is recommended for all adults over the age of 65; anyone with a chronic disease or a suppressed immune system; and residents of nursing homes or long-term care facilities.

- For adults who have a heightened chance of being exposed to hepatitis through their job, exposed family members, traveling to a foreign country or

risky behavior, hepatitis A and B vaccinations are recommended.

- For people over the age of 18 who were born after 1956, at least one dose of the measles, mumps, rubella (MMR) vaccination is recommended unless they have had it previously.

- The varicella (chickenpox vaccination) is recommended for anyone who hasn't been exposed to chickenpox. Unexposed pregnant women should not be vaccinated until after delivery.

"It is important for women of childbearing age to know about the latest recommendations from the American College of Obstetricians and Gynecologists regarding influenza vaccinations," Marts said. "This year, the recommendations were changed to say that all women who will be pregnant at any point during the flu season, regardless of the stage of their pregnancy, should receive a vaccination. Previously, the recommendations only called for vaccinations of women who would be in the second or third trimester of their pregnancy during flu season."

A vaccine for the human papillomavirus (HPV), which can cause cervical cancer in women, is currently being researched. The vaccine would prevent

women from getting HPV and further cut their chance of having cervical cancer.

"A vaccination for HSV2, a variant of the herpes simplex virus, is also in development," Marts said. "Early results have shown that it is most effective in women."

Several anti-HIV/AIDS vaccines are in pre-clinical and clinical stages of development and they offer great promise for prevention of the spread of the epidemic worldwide.

Since vaccines work by "priming" the immune system to recognize and clear out "foreign organisms," there exists a great potential for the use of vaccines for therapeutic purposes. For example, therapeutic cancer vaccines are designed to spur the immune system into recognizing tumor cells as foreign invaders so that they may be destroyed by the host immune system.

Future vaccine development may lead to the availability of sex-specific vaccinations.

"Researchers are looking for ways to tailor vaccinations to be more efficacious for specific segments of the populations or individuals based on their unique makeup," Marts said. "It is an exciting area of study."

The source of information in this article is the Centers for Disease Control and Prevention, Adult Immunization Schedule, 2004.

The writer is a member of The Society for Women's Health Research, which is the nation's only nonprofit organization whose mission is to improve the health of all women through research, education and advocacy. The society advocates increased funding for research on women's health; encourages the study of sex differences that may affect the prevention, diagnosis and treatment of disease. Visit the society's Web site at www.womenshealthresearch.org for information.

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There's a better way to talk with your kids about sex

It's the moment most parents dread. Happily going through their day, Mom or Dad is stopped short by the eternal question, "Where do babies come from?" They freeze, blush and mumble something about asking the other parent or stammer out answers ranging from the stork to the cabbage patch.

It doesn't have to be that way. According to Tamara Kreinin, president and CEO of the Sexuality Information and Education Council of the United States, parents can use their child's natural curiosity, media images or even song lyrics as an entry point to conversation. Speaking on the public television show "Keeping Kids Healthy," broadcast from the lobby of The Children's Hospital at Montefiore in New York City, Kreinin explains that several conversations, over time, offering simple, age-appropriate answers, can make the

process easier for parents and kids alike.

"Long-term conversation is in — start early and stay late," Kreinin said. "Keep talking over time. Not a big serious talk, but something that becomes a part of day-to-day life."

Preschool and School age

Kids as young as 2 are often curious about their bodies and may wonder about where babies come from. Parents should stick to short answers; no need to give volumes of information that may only confuse kids who may be too young to fully understand.

It's important to give value to kids' questions, explains Kreinin, but you can make the conversation more comfortable for you as well.

When youngsters bring up topics in public places or other busy times, simply answer by telling them, "That's a good question. Once we get home we'll have some

hot chocolate and talk about it."

This gives parents time to prepare, if necessary, and also allows the child to feel their inquiry has value. Once you're ready to start talking, it's important to keep the dialogue open. By asking your kids questions instead of giving a practiced speech, you'll come to understand how much your kids want — or need — to know.

If they bring up a topic, ask "Why are you asking?" Or, "What do you know about that?" Their answers may provide important information about what they are learning about sex from friends or even their own imagination and it gives parents a chance to correct wrong information. "Always end the conversation by asking if they have any other questions," advises Kreinin.

This helps kids understand that you want them to know this information and that they can always come to you to get answers.

Pre-teen and teens

As children begin to enter puberty, the need for an open

dialogue becomes even more important. Kids need to understand about the changes their bodies will go through, and their parents' view on sex. According to a 2003 survey conducted by the U.S. Centers for Disease Control and Prevention, more than 60 percent of all teenagers have had sexual intercourse by the time they graduate high school.

However, a study published in the "Journal of Adolescent Health" in September 2002 reported that teens whose mothers are involved in their kids' lives and have open lines of communications are more likely to delay having sex.

"Parents need to talk to their kids about sex, about pregnancy, about AIDS and STDs — but it also is a great opportunity to talk to their kids about abstinence — about their personal beliefs and feelings — the most important thing is to keep talking," commented Kreinin.

Parents can send a strong message about their values and beliefs by finding "teachable

moments" to bring up tough topics with their kids. A commercial, magazine cover or billboard can open a discussion that might be hard to initiate.

Kreinin recommends rides in the car as a great way to find time for one-on-one communication. "Sometimes it's easier for parents when they don't have to make eye contact," she says.

It also provides a way to talk about boundaries with your kids. By discussing the rules and expectations about your child's dating and social life, parents and kids can come to an understanding. This also allows for a time of negotiation. Rules that are too strict can cause major rebellion.

Kids need to know that while you might only allow group dates while they're in junior high, they're trustworthy behavior will lead to more freedom as they get older. Clear communication on your rules also makes it easier for your kids to handle situations on their own.

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Menopause

(From Page S10)

the opening of the vagina.

Options for stress management include yoga, meditation, breathing exercises, massage, acupuncture and regular exercise.

Consider exploring other therapeutic traditions, such as homeopathy, traditional Chinese medicine, and Ayurveda.

Finally, honor this time and yourself. Stretch your mind, express your creativity and share your wisdom. Value your maturity!

Resources:

• Organizations — North American Menopause Society (440) 442-7550

• Web sites — North American Menopause Society, www.menopause.org; National

Institute on Aging: www.nih.gov/nia; site for women in mid-life: www.power-surge.com

Dr. Andrew Weil: www.askdrweil.com; search word "menopause"

• Books — *Menopak* from the NAMS, \$5 S & H (800) 774-5342, includes: Menopause Guidebook; NASM Suggested Reading List; and referral lists of clinicians and discussion groups; *The Wisdom of Menopause*, by Christiane Northrup, M.D.; *Dr. Susan Love's Hormone Book*, by Susan Love, M.D.

The writer is a board-certified family physician and a graduate of the inaugural class of the University of Arizona's Associate Fellowship in Integrative Medicine, under the direction of Andrew Weil, M.D. Her integrative medicine practice, *Partners in Healing*, is located in Delmar. She can be reached at 506-6303, by e-mail at atobin@pol.net or visit her Web site www.partnersinhealing.byregion.net.

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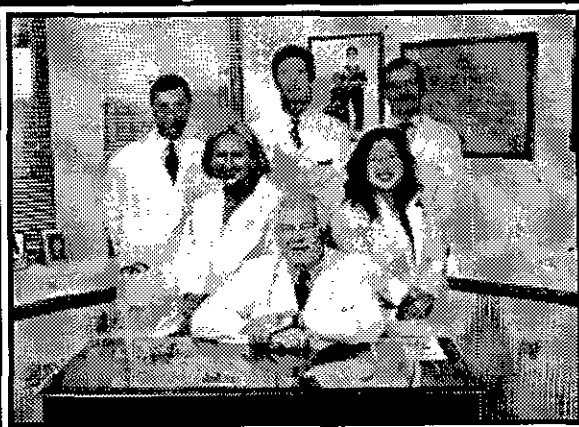
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Prince Charles, a golden retriever, wins Best of Show

Prince Charles and Princess Amy were the reigning royals at the Plumfest Dog Show on Sept. 25. Prince Charles, a golden retriever clad in a red velvet fur-trimmed cloak, escorted his

over into his back yard.

There was a great crowd of both dogs and people all having a wonderful time. To those of you who asked, we don't plan on doing it again next year.

Cultivate your inner "ick." Oct. 17 is the start of Teen Read Week and we'll be celebrating in a "horrible" way. Join us at 2 p.m. for a book discussion, horror movie clips and truly despicable food.

We'll be reading a startling, bloody page-turner titled *Shattering Glass*, a psychological thriller by Gail Giles. Teens in

grades seven through 12 can pick up a copy of the book to read now (it is not necessary to read the book to attend the program.) Call 765-2791 to reserve a place, if you dare.

Elementary school readers can pick up two great books for October book discussions.

On Oct. 15, second- and third-graders will discuss *Meg Macintosh and the Mystery in the Locked Library* by Lucinda London.

Fourth- through seventh-graders will talk about *Among the Hidden* by Margaret Haddix on

Oct. 12. Sign up now and start reading.

More and more people are looking to the time-honored techniques of Asian therapies to enhance mental and physical well-being and reduce stress, tension and anxiety.

If you would like to be healthy and feel well, you are invited to participate in a discussion about

the Eastern art of wellness with Ted Tanaka of the Center of Natural Wellness School on Monday, Oct. 18, at 7 p.m.

No signup is necessary.

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

Barbara Vink

Voorheesville Public Library



mistress, Amy Olson, in a lovely lavender ensemble, around the show ring, to be crowned Best of Show.

Other entrants included a Jack Russell terrier, a Westie, a Rottweiler, a mini-schnauzer, black and yellow labs, a bichon frise, a pug, a boxer, many dogs of mixed or uncertain lineage and Dozer, the amazing American bulldog who got hit by a train and lived.

Each dog had a turn in the ring with his or her handler and attempted to charm the enthusiastic crowd with singing, bottle-opening, carrot-eating and other tricks. Every dog won a prize (donated by the Library Friends) and everyone had a great time.

The morning began with obedience and agility demonstrations by the Albany Obedience Club, arranged by library staffer/club member Mary Hofelich, whose golden retriever ran the agility runs. Thanks go to the club and to Phil Darcy, who kindly allowed the event to run

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NOTICE

NEW SCOTLAND RESIDENTS

The town of New Scotland will be conducting an assessment update for the 2006 Assessment Roll. Verification of inventory and a digital photo of each property will take place now thru the duration of the project, which will be complete in the spring of 2006.

Julie Nooney, Town Assessor and Lauren Fahey, Real Property Appraisal Technician will be collecting this data and will have proper identification with them. If at any time anyone approaches you and states that they are with the town Assessor's Office, please feel free to ask for their identification. If they do not have identification, ask them to leave and contact the local authorities.

Throughout the project, information will be updated on the town's website at www.townofnewscotland.com, through the media and through public meetings.

If at any time anyone has any questions or concerns, please feel free to contact the Assessor's Office at (518) 439-9020.

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Works by Acquario and Bolduc on exhibit in October

Watercolor paintings by Virginia Acquario are on display in the library lobby this month. Titled "Italian Journey," the exhibit is an example of the inspiration the artist finds in travel.



For Acquario, art has been a lifelong pursuit. Besides knowledge of materials and composition, she cites imagination and awareness of surroundings as an artist's essential skills.

She studied at the University at Albany with Dennis Bing and has exhibited at the Saratoga Council of the Arts, Normanside



From an original oil painting by Eleanor Bolduc.

Country Club and the Saratoga Exchange. In her spare time, she pursues another kind of art —

landscape gardening.

Eleanor Bolduc exhibits oil paintings of still life and local scenes this month. A painter for 30 years, she draws her ideas from nature. Her teachers include Charles Modalli and Betty Lou Schlemm of Rockport, Mass., and Guy Correarus of Monhegan

Island, Maine.

Bolduc has participated in juried shows of the Colonie, Bethlehem, Cooperstown and Kent, Conn., art associations, and exhibited around the Capital District.

Judy Tocker reprises her "Dollhouse Miniatures" in the lobby's glass case. A collector for 30 years, she chooses her miniatures for their uniqueness and exactitude. Besides acquiring finds in stores and shows, she handcrafts her own items.

Community contacts

Our latest update of this popular annual library publication is now available in the library and online. Our annual listing of service and interest groups in and around Bethlehem includes descriptions and contact information for many small community organizations.

There is also an up-to-date listing of meeting rooms in the Delmar area.

This booklet affords a great publicity opportunity for your

group. If you would like your group to be added to the next issue, call the library for information.

To access Community Contacts online, go to www.bethlehempubliclibrary.org and click on "Community Links."

Community Contacts is published with the generous assistance of the Bethlehem Chamber of Commerce and Friends of Bethlehem Public Library.

Louise Grieco

Program offers breast exams

Bellevue Women's Hospital Mobile Mammography program will travel to Bethlehem on Tuesday, Oct. 19. The program will be at town hall from 10 a.m. to 2 p.m.

Appointments are encouraged to ensure exam completion. Walk-ins will be taken as time permits. To make an appointment, call 1-888-423-3366. The program provides services to women with or without health insurance. All insurance providers will be billed for the service; all related co-pays are the patient's responsibility.

A new vehicle has expanded service to include pelvic, pap and clinical breast exams for women without health insurance who fall under part of the Healthy Women's Partnership in the county. The program will also provide osteoporosis screening.

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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!!!**

Route 9W Corridor Workshop

Thursday, October 14, 2004
7:00 – 9:00 PM
Town Hall Auditorium

A workshop focusing on land use and transportation along the Route 9W Corridor.

- What type of development should occur along the corridor?
- Does the northern alignment for the Selkirk Bypass make sense?
- Does the intersection of Route 9W and Route 32 need improving?
- What are your ideas for the Route 9W corridor?

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John Boyd Thatcher State Park to host Fall Festival

The first Fall Festival at Thatcher State Park will take place on Saturday, Oct. 9, from 10 a.m. to 5 p.m. This event will showcase the natural and cultural history of the Helderbergs in the foliage.

There will be scenic hayrides, kids activities, crafts, refreshments and more.

There will be a \$6 vehicle entrance fee and no additional charge to attend the festival. For information, call 872-1237.

Five Rivers offers seminar for hunters

Fiver Rivers Environmental Education Center will offer a seminar for hunters on Wednesday, Oct. 13, from 7 to 9:30 p.m.

The staff will present a safety program and discuss prospects for this year. A special presentation will be made by Deer Search, Inc.

Attendees will have the opportunity to interact with department staff as well as to learn hunting skills.

The program is free. For information or to pre-register, call 475-0291.

Schools closed for holiday

Voorheesville schools will be closed Monday, Oct. 11, in observance of Columbus Day.

PTA to sponsor book fair

The Voorheesville PTA is sponsoring a Scholastic Book Fair at the elementary school on Thursday and Friday, Oct. 21 and

Local cadet finishes military training

Cadet Daniel Ikemoto Denn, son of William and Atsuko Denn of Voorheesville, completed cadet basic training at the U.S. Military Academy. Denn entered the military academy in June.

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



22, from 5 to 8 p.m. and on Saturday, Oct. 23, from 10 a.m. to 2 p.m.

New Scotland Soccer Club to hold registration

The New Scotland Soccer Club will be holding registration for the spring travel season on Saturday, Oct. 9, between 10 a.m. and 1 p.m. in the lobby of the high school.

For information, call Tom Jones at 765-4622, Sharon Cillis at 765-4538 or check the Web site at www.timesunion.com/communities/nssc.

Fourth annual Fall Classics Road Race set

The fourth annual Fall Classics Road Race and Walk is set for Saturday, Oct. 23, at 9:30 a.m.

The 3.5 mile race and community walk will begin and finish at the elementary school. There is plenty of parking.

Proceeds will go to the Voorheesville Community and School Foundation.

The registration fee is \$13 pre-race, \$15 late and day of race, and \$11 for seniors 60 and over and students.

For information, call 765-9397.

Garden Club to meet

Helderview Garden Club will hold its next regular meeting on Thursday, Oct. 7, at 6:45 p.m., at Wyman Osterhout Community Center.

Ann Van Dervort, an antique dealer and doll collector, will discuss "Dolls in the Garden."

The public is welcome.

For information, call 765-2889.

Fire department plans Harvest Dance

The Voorheesville Volunteer Fire Department will hold its 44th annual Harvest Dance on Saturday, Oct. 16, from 8 p.m. until midnight.

There will be a 50/50 drawing and door prizes.

Admission is \$10 in advance and \$12 at the door. It includes

beer, wine and soda.

For information, call 765-4048 or 765-7905.

New Scotland Seniors to go on trip

New Scotland Seniors have scheduled an autumn trip from Oct. 15 to 17. They will visit the Amish country.

For reservations or information, call Tom Roe at 765-4414.



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Naheed Khan
Senior Bank Accountant

YMCA

(From Page 1)

residents and community officials, as the Industrial Development Agency agreed to back the project.

A few concerns were raised, however, by a group of local figure skaters who wondered about how much ice time they would get.

Lewis said all the skate-toting residents in town seem pleased.

Flynn said this facility's opening was compounded, too, by the stakes everyone who participates in ice sports has in it.

"You're taking two ice rinks down to one, so that's difficult, but it should work out fine," he said.

A feasibility study is under way to determine what programs the Y can offer the Bethlehem public. Then, a capital campaign is necessary, said Senior Vice President of the Capital District YMCA Regina LaGatta, to raise about \$2 million more.

Bill Cushing, who sits on the community advisory panel for the project, said there is more to the remodeling than just getting a YMCA into town.

"What we've finally got is a foundation for a community center, a place for kids to gather and play," Cushing said. "Once the fitness center is up Nov. 1, we'll really have the community center we've been looking for."

Cushing said a wide range of community interests is represented on the panel, whether by a direct representative or through panel members.

The Bethlehem YMCA will be largest in the organization at 95,000 square feet after additions on to the former Zamboni room are completed. Plans for a pool also follow.

Until those are completed, the membership fees will be less than at other YMCAs. Adults can purchase an annual membership for \$35 after paying a one-time joiner's fee of \$100. A two-adult family with any number of children can join for \$53 plus the one-time joiner's fee.

The Albany River Rats will play a preseason game at the facility on Oct. 9 at 7 p.m. The River Rats will play the Worcester Ice Cats, for \$5 a head, with all proceeds benefiting the capital campaign project. Children under 10 get in for free.

Landowners

(From Page 1)

recreation occasionally pitted rural landowners against suburban lot owners.

"The feeling I got sometimes was some people saying 'they cut all those trees down on that piece of land; they shouldn't be able to do that,'" Grady said of the Sept. 23 session, which attracted a standing-room-only crowd of about 150. "But those people have probably owned that land for 150 years. They should be able to do what they want."

Grady links the notions of privacy and personal freedom outlined in the Constitution with private property rights.

"People don't seem to understand that you don't see different laws between one-quarter of an acre and 50 acres," Grady said.

Michael Welti of Saratoga Associates, the firm contracted by the town to help with its comprehensive planning process during the yearlong residential moratorium, identified a number of ways towns can acquire land to

preserve or open up for recreation.

Fee simple acquisition, where land is bought just for preservation or planning purposes; land donations; or tax abatement programs have been popular lately, Welti said.

The very definition of open space, which tops many characteristics associated with quality of life issues, Welti said, has been an issue of contention at recent planning meetings.

Welti defined open space as undeveloped or largely undeveloped land, which can be used for passive or active recreation, to protect natural resources on that land or for economic activity like a golf course.

Some residents disagree with the idea that a golf course is open space; others are fighting feelings that landowners are being pressed to give up or donate their land, which in some cases, Grady notes, has been in families for generations.

Grady has opened up his land since 1987, when he bought the property, to neighbors and friends and, in some cases, strangers, to ride quads, hunt, cross country ski and hike.

He bought the land from a farmer who, Grady said, allowed him and his friends to "do whatever we wanted."

"They're all pretty respectful," Grady said of the people he shares his land with. "They don't leave trash lying around."

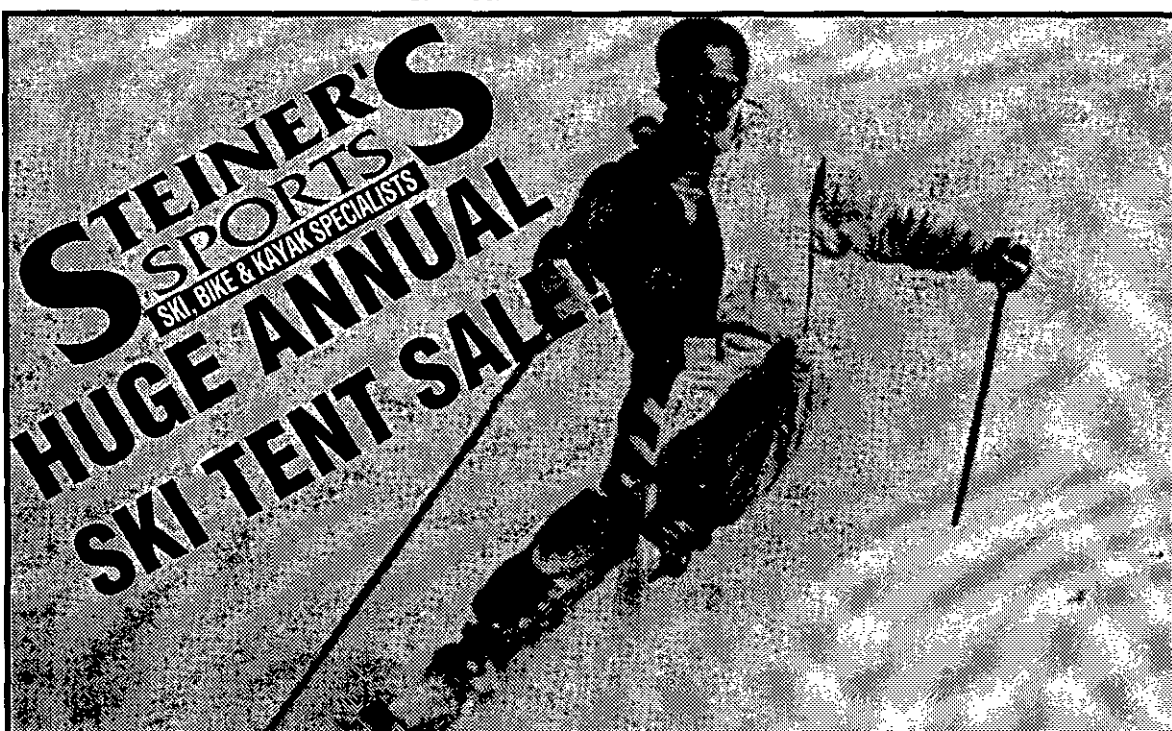
Grady's situation could be an exception to the rule.

"What his (Grady's) situation does is to diffuse the whole notion that if you live by a trail your life is ruined," said Carole Nemore, a volunteer with the Albany County Land Conservancy. "Living near a trail can be a real amenity."

The Albany County Land Conservancy is a group of volunteers that has acquired tracts of land through donations or purchases of developer's rights from private developers, landowners and public entities, Nemore said. The group is looking for a way to connect, by trail, Five Rivers Environmental Educational Center with a 20-acre parcel behind The Mansions off Delaware Avenue.

The two are connected by way of a stream called the Phillipinkill.

"We are really concentrating on a connection between Five Rivers and the Phillipinkill Preserve," Nemore said. "The last thing we want to do is to suggest anything controversial that would create a backlash," she said, noting an ultimate goal of connecting that trail to the Elm Avenue Town Park, which could be accomplished by way of a trail system behind the new Bethlehem YMCA.



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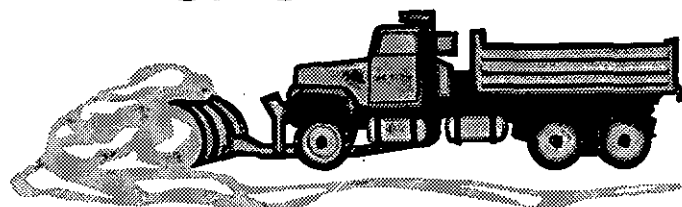
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Obituaries

Ida McCormick

Ida E. McCormick, 90, of Slingerlands, died Tuesday, Sept. 28, at her home.

Born and educated in Central Islip, she was a longtime Capital District resident. She retired in 1979 after 28 years as a secretary for the state Department of Commerce.

She was the wife of the late Harold G. McCormick. Survivors include two brothers, Harry Herman and Norman Herman; and several nieces and nephews.

Services were from McVeigh Funeral Home and St. Teresa of Avila Church. Burial was in St. Agnes Cemetery in Menands. Contributions may be made to the Arthritis Foundation Northeastern New York Chapter, 1717 Central Ave., Colonie 12205.

Raymond Houck

Raymond N. Houck, 68, of Clarksville, died Wednesday, Sept. 29.

Born in Albany, he was a bus driver for the Bethlehem Central Schools for 21 years and a truck driver for Callanan Industries for 19 years.

He was a 51-year member and past chief of the Onesquethaw Volunteer Fire Co. and a lifetime member of Clarksville Community Church.

He was the husband of the late Georgianna "Babe" Houck. Survivors include a daughter,

Janet Houck of Delmar; a son, Jeffrey Houck of Clarksville; a sister, Jeanine Carpenter of Clarksville; two grandchildren; and his lifelong friend, Dave Ingraham.

Services were from Fredendall Funeral Home in Altamont. Burial was in Onesquethaw Cemetery in Clarksville. Contributions may be made to the Onesquethaw Volunteer Fire Co., P.O. Box E, Clarksville 12041 or Clarksville Community Church, P.O. Box F, Clarksville 12041.

William Swift

William R. Swift, 84, of Glenmont, died Friday, Oct. 1.

Born in Albany, he lived in the Capital District all his life.

He worked in the greenhouse and florist business and for A&P Markets until entering the U.S. Army Air Corps during World War II, serving as 2nd lieutenant as a bomber navigator and bombardier. In 1956, he became a home builder and founded William R. Swift Builders.

Mr. Swift was a communicant of Holy Cross Church in Albany, and a member of the Albany Area Builders Association, serving as president from 1965-67. He also was a member of the New York State Builders Association, serving as a board member and as president. He was a member of Zaloga post of the VFW, and a social member of Elsmere Fire Department. He loved spending

time with his grandchildren, gardening and birdwatching.

Survivors include his wife of 58 years, Miriam L. Yates Swift; four sons, Donald Swift of Gunderland, Michael Swift of Glenmont, Gregory Swift of Glenmont and William R. Swift Jr. of Delmar; three daughters, Karen Hilton of Schenectady, Theresa Aspin of Delmar and Kathleen Rosenthal of Glenmont; and 14 grandchildren.

Services were from Hans Funeral Home and Holy Cross Church in Albany.

Memorial contributions may be made to Community Hospice of Albany, 445 New Karner Road, Albany, 12205 or to the Kidney Foundation of Northeast New York, 23 Computer Drive East, Albany 12205.

John Read

John V. Read, 55, of Delmar, died on Saturday, Oct. 2.

Born and raised in Wilmington, Del., he was a graduate of Georgetown University and the Philadelphia College of Osteopathic Medicine. He completed his medical training at St. Peter's Hospital in Albany and his specialty training at Albany Medical College.


He was a member of the American Academy of Child and Adolescent Psychiatry. He devoted himself to the care of children in children's homes, and hospitals throughout the Capital District. He also was involved in educating medical and mental health professionals. Most recently, he served as medical director of the Adolescent Inpatient Behavioral Healthcare

Unit at the National Naval Medical Center in Bethesda, Md. At the rank of Lieutenant Commander, Dr. Read also directed the education for enlisted naval medical personnel.

Survivors include his wife Paula (Najjar); a daughter, Larissa and a son, Andy; his parents, John and Mary Read of Clifton Park; a sister, Sister Mary Beth Read, O.S.U.; a two brothers, E. James Read and Robert M. Read.

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

Contributions may be made to the Salesianum High School, Alumni/Development Office, 1801 N. Broom St., Wilmington, DE 19802 or to Friends of Five Rivers, 56 Game Farm Road, Delmar 12054.



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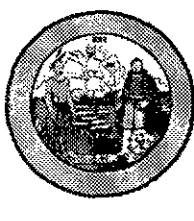


October 9th 4:30 p.m. to 6:30p.m.
October 10th 4:00p.m. to 6:30p.m.

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Town of Bethlehem
Comprehensive Plan

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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!!!**

October Meetings

Route 9W Corridor Focus Group
Come discuss the future of the entire Route 9W corridor.

Thursday, October 14, 2004
7:00 - 9:00 PM
Town Hall Auditorium

Farmland & Agriculture Focus Group
Come discuss techniques for agricultural business enhancement and farmland and open land conservation.

Thursday, October 21, 2004
7:00 - 9:00 PM
Town Hall Auditorium

Monthly Bethlehem Planning Advisory Committee Meeting (BPAC)
Monday, October 4, 2004 at 6:30 - 8:30 PM
Delmar Reformed Church (386 Delaware Avenue)

Additional information at
www.townofbethlehem.org
ASSOCIATES

THE SARATOGA



Erin Riegel and Mark Svare

Riegel, Svare engaged

Erin Riegel, daughter of John and Barbara Riegel of Delmar, and Mark Svare, son of Bruce and Maryalice Svare of Delmar, are engaged to be married.

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

She is a fund-raising assistant for Development Guild IDDI in Brookline, Mass.

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

He is an analyst for Liberty Mutual in Boston.

The couple plans a July wedding.

Local cadet finishes military training

Cadet Daniel Ikemoto Denn, son of William and Atsuko Denn of Voorheesville, completed cadet basic training at the U.S. Military Academy. Denn entered the military academy on June 28, 2004. Cadets learn basic military skills, including leadership, at West Point. Denn graduated from Clayton A. Bouton High School in 2004. He plans to graduate in 2008 from West Point and be commissioned a second lieutenant in the U.S. Army.



Colin Smyth and Elizabeth Taffe

Taffe, Smyth engaged

Elizabeth Anne Taffe, daughter of Jack and Mary Ann Taffe of Delmar, and Colin Patrick Smyth, son of Bob and Ellen Smyth of

Boston and formerly of Slingerlands, are engaged to be married.

The bride-to-be is a graduate of the Academy of the Holy Names and Loyola College of Maryland.

She is a teacher at Marymount School.

The future groom is a graduate of Georgetown University and the Darden School of Business at University of Virginia.

He is a marketing manager for General Mills in Minneapolis, Minn.

The couple plans a February wedding.

Local business celebrates 10 years

The St. Louis-based financial services firm Edward Jones moved into Delmar in 1994, making personalized investment services for individual investors a reality.

Jerry Pittz, the Delmar Edward Jones investment representative is proud to announce the office's 10th anniversary. He has been serving the investment needs of this town since 1994, and he knows the firm is providing a valuable service for the town.

Edward Jones, the only major financial services firm advising individual investors exclusively, traces its roots to 1871 and currently serves more than 6 million clients. The firm offers its clients a variety of investments, including certificates of deposit, taxable and non-taxable bonds, stocks and mutual funds.

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Cremation Funeral Service

Call 459-0044

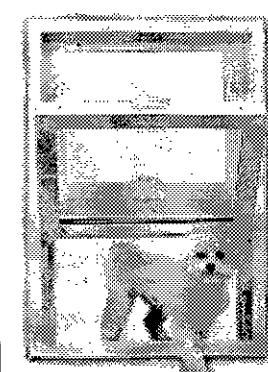
741 Delaware Ave., Delmar, NY (Near Cherry & Elm Ave., Opposite High School)



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BAYS BOWS DOUBLE HUNG CASEMENT TILT AND SLIDE

Got a gripe?

E-mail a letter to

spotnews@nycap.rr.com.

Delmar resident lands position at top lobbying firm

Patrick McCarthy, 34, a former top aide to Gov. George E. Pataki, has joined the staff of Patricia Lynch Associates, one of New York's top lobbying and media relations firms.

McCarthy spent 12 years in state government and political affairs. Most recently, he served as Pataki's deputy secretary of appointments and government affairs.

He brings to PLA an expertise in communications and extensive knowledge of policy making at various levels. McCarthy has worked with both New York's leaders and regional govern-

ments. As deputy appointments secretary, McCarthy made appointments to state agencies and boards and oversaw Pataki's legislative and local government affairs office.

Previously, he was deputy press secretary to the governor and also served as director of Pataki's Legislative Affairs Office.

In 2001, McCarthy was executive director of the New York State Republican Committee, under Chairman Alex Treadwell. In 2000, McCarthy was a press secretary for Rep. Rick Lazio's U.S. Senate campaign.

He started in government in 1993 at the state Senate, where he worked in media services.

McCarthy is an Albany native who lives in Delmar with his wife Maryann and their daughter Kathleen.

He is a graduate of Christian Brothers Academy and Manhattan College, where he majored in political science.

Established in January 2001, Patricia Lynch Associates is one of the top 10 lobbying firms in New York state.

The staff brings backgrounds in government as well as print and electronic media.



Amy and Jason Diaz

Schron, Diaz marry

Amy Jennifer Schron, daughter of Steven Schron of Delmar and Barbara Schron of Slingerlands, and Jason Alexander Diaz son of Gail Diaz of Brockton, Mass., and the late Edward Diaz, were married May 29.

The ceremony was performed by Rabbi Scott Shpeen at The Desmond in Colonie. A reception followed.

The matron of honor was Jennifer Villarreal.

Bridesmaids were Tamara Spiewak, Erin Cykaski, Nicole Sherrin, Kristen Cushman, Julie Actor, Alycia Piccone, Heather Wilkinson and Stephanie Penn.

The best man was Ross Berman.

Groomsmen were Peter Schron, Andrew Schron, Ed Chapman, Mark Baxter, Earl Baker, Garrett Fitzgerald, Scott Vassall and Michael Dinunzio.

The bride is a graduate of Bethlehem Central High School and Northeastern University; where she also received a master's degree in business administration.

She works for Bain Capital in Boston.

The groom is a graduate of the University of Massachusetts.

He is vice president of financial services for A.G. Edwards in Boston.

After a honeymoon trip to Antigua, the couple lives in Boston.

Mail weddings, engagements

The Spotlight would like to publish your engagement, wedding or anniversary announcement and photo. There is no charge for this community service.

For information and submission forms, call 439-4949. Mail announcements to P.O. Box 100, Delmar 12054.

Ohav Sholom Senior Citizen Apartments

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Web: www.OhavSholomApts.org



Equal Housing Opportunity

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Wedding Directory for Bridal Services



FLORISTS

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

JEWELRY

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

INVITATIONS

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

PHOTOGRAPHY

Personal, Professional Photographic Services. - 469-6551.

TOOTH WHITENING

Dr. Kabinoff, 458-1892. 1465 Western Ave., Guilderland. Professional Teeth Whitening.

The Star and Moon Fall Bridal Fair

Presented by
Star 101.3 FM
and Moon 1160 AM

Saturday, November 6th
Noon - 4:00 p.m.

THE VISTA RESTAURANT
at the Van Patten Golf Course
(Exit 10 off the Northway)

Lighting For Aging Eyes

ALBANY, NY - Lighting can make the difference between seeing and not seeing for older adults with deteriorating vision. The human visual system weakens with age and as one grows older, less light reaches the back of the eyes. The lens scatters more light, which reduces the contrast and sharpness of objects, as well as the vividness of colors.

How do you design lighting in the home to address these realities? Start by increasing light levels by placing fixtures close to your task, or by selecting light bulbs with more lumens (look for lumens rating on the package). Place light fixtures over the sink, stove, countertops, and other fixed work areas. Locate these fixtures to the side and slightly in front of the position where a person would usually stand to see the task. If you have upper cabinets, light your countertops with thin, under-cabinet lighting fixtures mounted on the underside of the cabinets.

Take advantage of color contrast. Paint the bathroom doorframe a dark color to contrast with white or light colored walls. Use light color finishes on walls and ceilings to soften the effects of bright light sources, and to reduce shadows. You can also avoid shadows by placing the light source on the side opposite to your writing hand. Right-handers should place lighting to their left and vice versa. Place task lights to your side to avoid reflected glare from your work surface or glossy magazines. Bright objects in your field of view impair your ability to see. Place some kind of opaque or translucent material between you and the light bulb if you can see the bare bulb while standing or sitting. Avoid using clear glass light fixtures and use shades, blinds, or curtains to minimize glare from windows.

Fluorescent fixtures are a good choice for residences. Choose a light bulb or fixture with an electronic ballast; they're flicker free and quiet. Request fluorescent light bulbs with a CCT (correlated color temperature) of 2700 - 3500 K and a CRI (color rendering index) of at least 80 or above. Compact fluorescent light bulbs (CFL's) can produce the same amount of light for a third of the wattage of a common incandescent fixture, burn much cooler, and last about 10 times longer. And always look for

the ENERGY STAR™ label on fixture and CFL packaging.

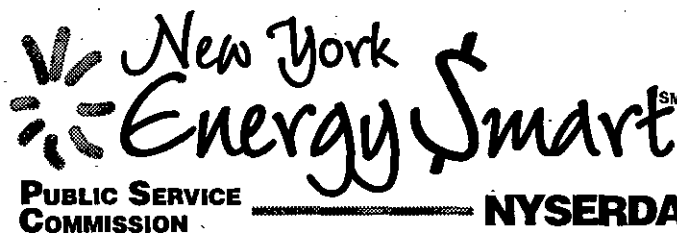
For more information on lighting for older adults, log on to www.lrc.rpi.edu. To find out general information about ENERGY STAR™ lighting or other New York Energy Smart™ programs, visit www.GetEnergySmart.org.

All New York Energy Smart™ programs are funded by a System Benefits Charge

(SBC) paid by electric distribution customers of Central Hudson Gas & Electric, Consolidated Edison, New York State Electric & Gas, Niagara Mohawk - a National Grid Company, Orange and Rockland, and Rochester Gas and Electric. NYSERDA, is a public benefit

corporation established by law in 1975, administers SBC funds and programs under an agreement with the Public Service Commission.

New York Energy Smart™ programs are designed to lower electricity costs by encouraging energy efficiency as the State's electric utilities move to competition. The programs are available to electric distribution customers (residential, commercial, and industrial) who pay into the SBC.

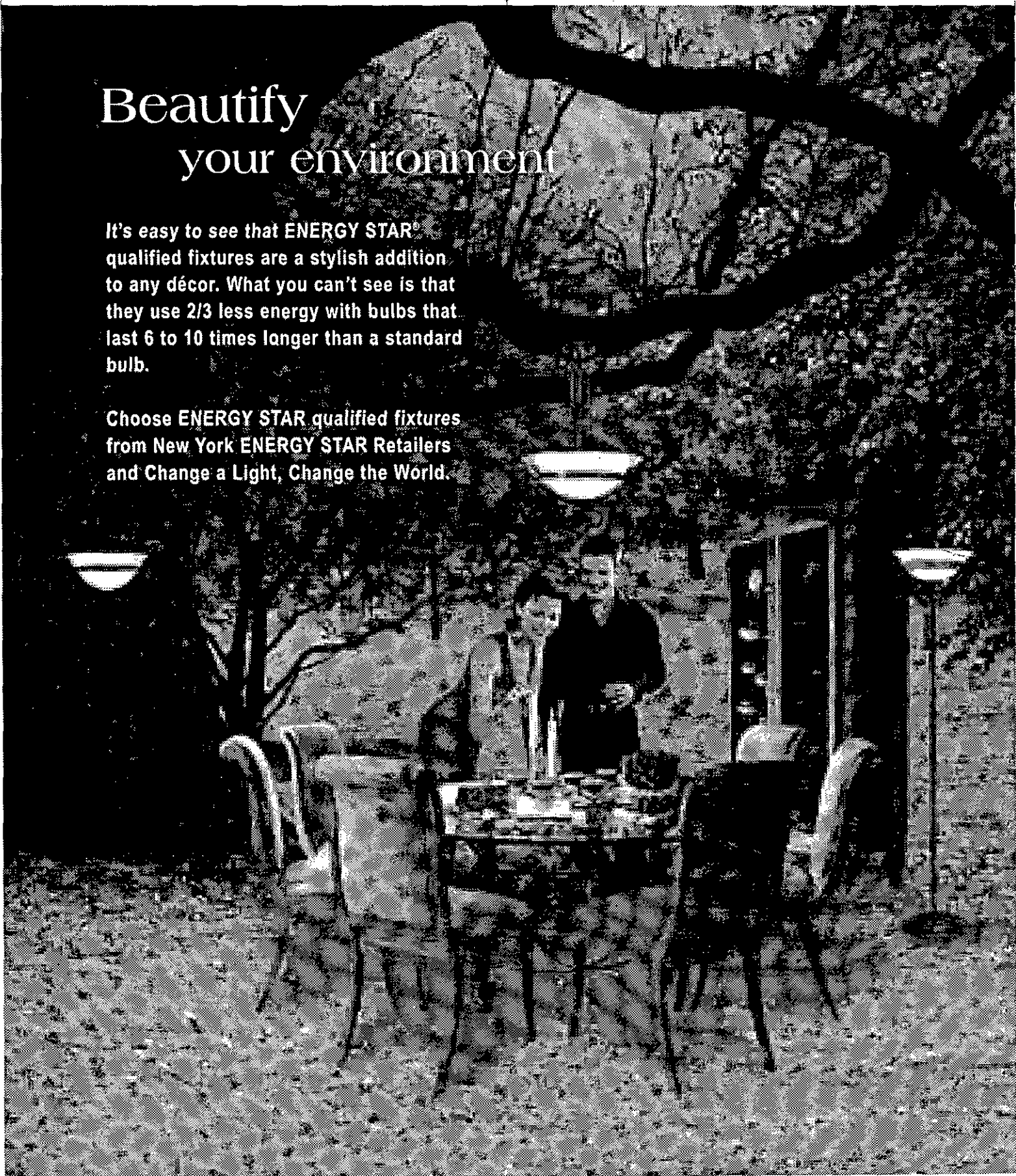


George E. Pataki, Governor

Beautify your environment

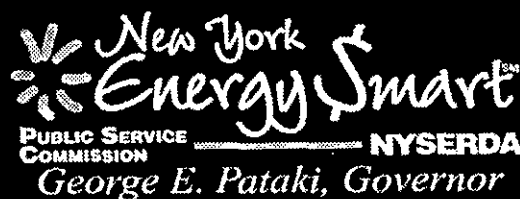
It's easy to see that ENERGY STAR® qualified fixtures are a stylish addition to any décor. What you can't see is that they use 2/3 less energy with bulbs that last 6 to 10 times longer than a standard bulb.

Choose ENERGY STAR qualified fixtures from New York ENERGY STAR Retailers and Change a Light, Change the World.



Make your next light an ENERGY STAR® and help preserve our environment for future generations

To find a lighting retailer near you or to get more information about other New York Energy Smart™ programs visit www.GetEnergySmart.org



**CHANGE A LIGHT
CHANGE THE WORLD
ENERGY STAR**

Family ENTERTAINMENT

CALENDARS ♦ ARTS & ENTERTAINMENT

NYSTI's 'Born Yesterday' a funny and timely political romp

By DONNA J. BELL

Garson Kanin's comedy "Born Yesterday," a show that received rave reviews last year is back at the New York State Theatre Institute for a very brief run from Oct. 6 through Oct. 10.

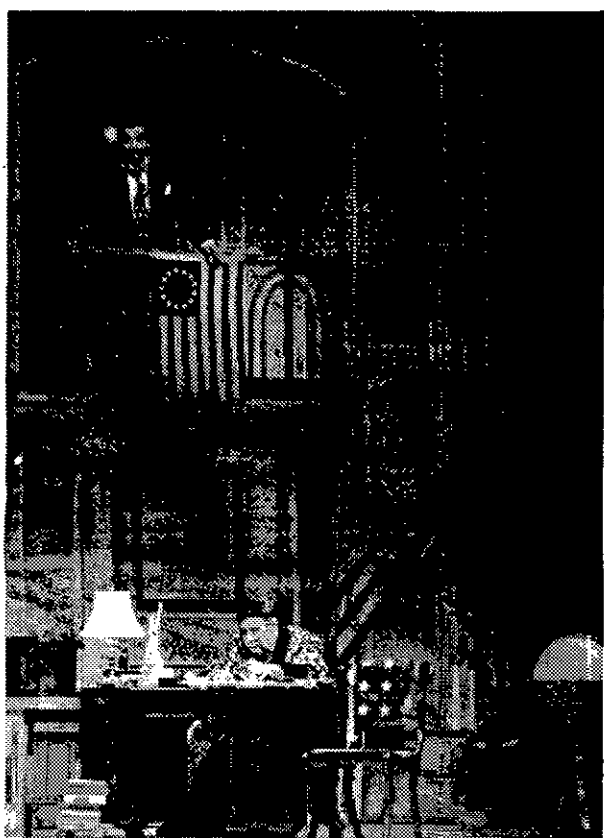
If you love politics "Born Yesterday," a comedy that takes place in Washington, D.C. in the forties, will give you more to laugh about than the recent presidential debates.

"Born Yesterday" is the perfect comedy for an election year," said NYSTI Artistic Director Ed Lange. "Although it was written in the mid-1940s, the play is so pertinent and timely that it could have been written yesterday or tomorrow."

John Romeo, a member of NYSTI's resident company, is back



John Romeo as Harry Brock demands that Billie Dawn, played by Mary Jane Hansen, "get out" in NYSTI's production of Garson Kanin's "Born Yesterday." The production will play at NYSTI from October 6 - 10 before it tours to Queens Theatre in the Park and the White Plains Performing Arts Center.



Joel Aroeste as Ed Devery and John Romeo as Harry Brock in NYSTI's production of Garson Kanin's "Born Yesterday."

onstage as Harry Brock, a shady junkyard tycoon who moves into an expensive suite in D.C. with his girlfriend Billie Dawn played by Mary Jane Hansen. Hansen who is a frequent guest artist with the company has also been featured in the soap "All My Children."

Harry has big plans to repossess the scrap metal left in Europe from World War II and bribes a senator to smooth the way. But Harry is anxious that Billie, who is ignorant of etiquette and Washington behavior, will ruin his plans. Harry hires Paul Verrall, a role reprised by David Bunce, who is a writer for the New Republic, to tutor Billie in the finer points. But as the makeover progresses Billie discovers something in herself that no one would have imagined.

"Born Yesterday" is a remarkable

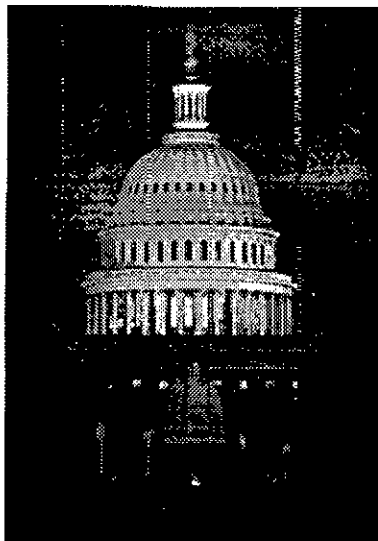
play in many different ways. It's very funny, extremely entertaining, and yet it provides not only food for thought, but a feast for thought," Lange said. "It's absolutely jam-packed with provocative themes, but done in such an entertaining way that it's like hiding medicine in a hot fudge sundae."

In addition to Hansen, Romeo and Bunce, Joel Aroeste, returns in the role of Ed Devery, a former assistant attorney general who has fallen from grace to become Brock's lawyer and John McGuire is back as the Brock-manipulated politician Senator Hedges.

"The cast will be even better this year than last. They are wonderful actors, and having done it a year ago, their characters have grown even richer and deeper and more their own than they were last time around - and they were terrific then," Lange said.

"I'm privileged to be directing it again because it expresses so many ideas that I believe, and because it's theatre at its best: fun, entertaining, and with something important to say," said Lange.

The show will play at the Schacht Fine Arts Center on the campus of Russell Sage College in Troy on Oct 6, 7 and 9 at 10 a.m., Oct. 9 at 8 p.m. and Oct. 10 at 2 p.m. Tickets are \$20 for adults, \$16 for students and senior citizens, and \$10 for children under 12 and student rush.



It's time to be Italian

Columbus Day Parade and Italian Festival fun for all

It's time to brush up on your Italian heritage just in time for the Columbus holiday weekend. Not Italian? Don't worry, there is plenty of culture to go around starting Oct. 6, and culminating on Oct. 10 with the 13th Annual Columbus Day Parade and Italian Festival in Riverfront Park.

"This is the second year we've extended the celebration, adding events that underscore the rich history and traditions of Italian culture in the Capital City," said Steven T. Long, the parade and festival president.

The parade steps off at 1 p.m. on Oct. 10 from Washington and Lake avenues, with this year's grand marshal state Sen. Joseph Bruno leading the march. The parade will proceed down Washington Ave., over Eagle St., down State St. and north on Broadway, with the reviewing stand near the pedestrian bridge to Riverfront Park.

Along the banks of the Hudson, an authentic Italian festival will be underway until 6 p.m. with entertainment, dancing, puppet shows and pony rides for the kids.

Here are some of the special events:
Wednesday, Oct. 6 at noon
Tenor John Garafalo performs free

in Albany's West Capital Park.

Wednesday, Oct. 6 from 6 to 8 p.m. there will be an Italian Wine tasting at the Italian American Community Center. Admission is \$15 per person. Call 456-0292 for information.



Fabulous floats are but part of the festive atmosphere at Albany's 13th Annual Columbus Parade and Italian Festival.

Saturday, Oct. 9 there will be the annual Columbus dinner at the West Albany Italian Benevolent Society, call 482-4731 for reservations.

For information about the event visit the Web site at www.columbusdayalbany.com

ARTS and ENTERTAINMENT

Theater

THE WOMAN IN BLACK

Capital Repertory Theatre, 111 N. Pearl St., through Oct. 17, \$31 to \$39. Information, 445-7469.

BORN YESTERDAY

New York State Theatre Institute, Schacht Fine Arts Center of Russell Sage College, Troy, through Oct. 10, \$20, \$16 for students and seniors, \$10 for children under 13. Information, 274-3256.

JEKYLL AND HYDE

Schenectady Light Opera Co., 826 State St., Oct. 15 to 24, \$18, \$9 for children under 13. Information, 377-5101.

TEN LITTLE INDIANS

Curtain Call Theatre, 210 Old Loudon Road, Latham, through Oct. 9, \$18. Information, 877-7529.

Music

CRASDANT

Welsh band, Old Songs concert, 37 S. Main St., Voorheesville, Oct. 6, 7:30 p.m., \$15, \$5 for children under 13. Information, 765-2815.

THE BAD PLUS

The Egg at Empire State Plaza, Albany, Oct. 7, 7:30 p.m., \$24. Information, 473-1845.

THE SLIP

Revolution Hall, River Street, Troy, Oct. 7, 9 p.m., \$10 in advance, \$12 at the door. Information, 273-2337.

ROBERT MIRABAL AND JOANNE SHENANDOAH

Troy Savings Bank Music Hall, State and Second streets, Oct. 8, 8 p.m., \$25 and \$28. Information, 273-0038.

CELEBRATING THE BLUES

with Charlie Musslewhite, Shemekia Copeland, etc., Proctor's Theatre, 432 State St., Schenectady, Oct. 8, 8 p.m., \$19.50 and \$32.50. Information, 346-6204.

THE VON TRAPP CHILDREN

Siena College, Route 9, Loudonville, Oct. 9, 3 and 7:30 p.m., \$12 and \$20. Information, 783-2432.

CHEE-YUN AND BARRY DOUGLAS

violinist and pianist, playing works by Mozart, Penderecki and Brahms, Memorial Chapel of Union College, Schenectady, Oct. 9, 8 p.m., \$20.

Information, 372-3651.

BELA FLECK & THE FLECKTONES

Palace Theatre, Clinton Avenue and North Pearl Street, Albany, Oct. 9, 8 p.m., \$28. Information, 463-4663.

ROCK, ROLL AND RUDY

benefit for Rudy Ciccolitti gym in Colonie, with The Drifters, Shirley Reeves, The Vogues, etc., The Egg at Empire State Plaza, Albany, Oct. 14, 7:30 p.m., \$50. Information, 482-3483.

HARRY CHAPIN: A CELEBRATION IN SONG

with Tom and Steve Chapin, Troy Savings Bank Music Hall, State and Second streets, Oct. 15, 8 p.m., \$29 and \$32. Information, 273-0038.

TOM SPIERS AND PETE SHEPHEARD

Scottish folksingers, Old Songs concert, 37 S. Main St., Voorheesville, Oct. 15, 7:30 p.m., \$15, \$5 for children under 13. Information, 765-2815.

STEFON HARRIS AND BLACKOUT

Troy Savings Bank Music Hall, State and Second streets, Oct. 16, 8 p.m., \$24 and \$27. Information, 273-0038.

PAUL ANKA

Proctor's Theatre, 432 State St., Schenectady, Oct. 16, 8 p.m., \$39.50 and \$49.50. Information, 346-6204.

SEVEN NATIONS

Revolution Hall, River Street, Troy, Oct. 16, 9 p.m., \$18 in advance, \$20 at the door. Information, 273-2337.

THE TRACHTENBURG FAMILY SLIDESHOW PLAYERS

WAMC Performing Arts Studio, 339 Central Ave., Albany, Oct. 19, \$15. Information, 1-800-323-9262, ext. 4.

BRUCE HORNSBY

Palace Theatre, Clinton Avenue and North Pearl Street, Albany, Oct. 20, 7:30 p.m., \$35 and \$45. Information, 463-4663.

LUXEMBOURG PHILHARMONIC ORCHESTRA

Troy Chromatics concert, Troy Savings Bank Music Hall, State and Second streets, Oct. 21, 8 p.m., \$35 and \$38. Information, 273-0038.

Comedy

SECOND CITY

Community Hospice benefit, The Egg at Empire State Plaza, Albany, Oct. 14, 7:30

p.m., reception at 6:30, \$45. Information, 473-1845.

NEWS IN REVUE

political satire group, WAMC Performing Arts Studio, 339 Central Ave., Albany, Oct. 16 at 8 p.m., Oct. 17 at 7 p.m., \$25. Information, 1-800-323-9262, ext. 4.

Visual Arts

NEW YORK STATE MUSEUM

permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF HISTORY AND ART

The Greatest Generation Goes to War, through Feb. 15, plus exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

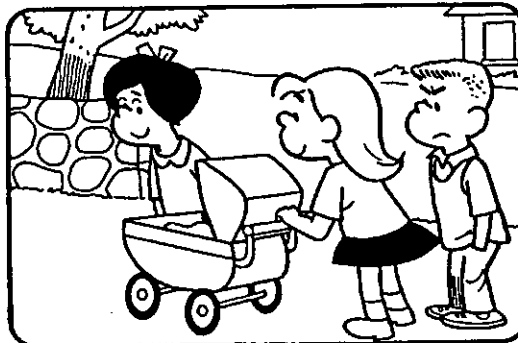
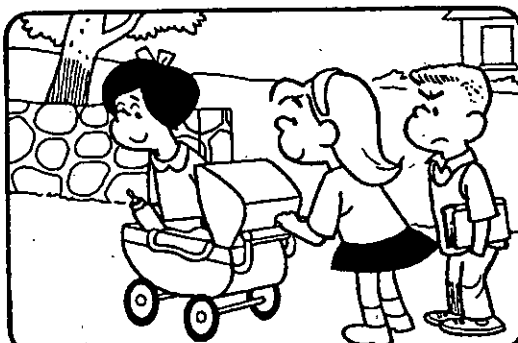
SCHENECTADY MUSEUM

Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

ALBANY INTERNATIONAL AIRPORT GALLERY

HOCUS-FOCUS

BY HENRY BOLTIHOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Wall is missing. 2. Bottle is missing. 3. Blanket is missing. 4. Hair band is missing. 5. Sleeve is shorter. 6. Book is missing.

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Now You See It, an exhibit about magic, through Feb. 6, half-hour free parking. Information, 242-2241.

Call for Artists

DELMAR COMMUNITY ORCHESTRA

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

COLONIE TOWN BAND

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

COLONIE CENTENNIAL BRASS CHOIR

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

SUBURBAN SOUNDS COMMUNITY CHORUS

openings in mixed chorus, rehearsals Sundays at 7 p.m. at Lynnwood Reformed Church, Route 146, Guiderland. Information, 861-8000.

FRIENDSHIP SINGERS

openings in women's singing group, focusing on old favorites and show tunes, rehearsals Tuesday mornings at Community United Methodist Church, 1499 New Scotland Road, Slingerlands. Information, 439-2360.

A CAPPELLA

new, informal, coed a cappella group in Delmar, for adults and teens 16 and older. Information, 439-0130.

SIENA CHAMBER ORCHESTRA AND CHOIR

rehearsals Thursdays at 7:30 p.m. for orchestra, Wednesdays at 6 p.m. for choir, Siena College, Route 9, Loudonville. Information, 783-2325.

THE ORCHESTRA ON THE COMMON

openings in the string section, rehearsals Friday at 9 a.m., Shenendehowa Senior Center, Clifton Common, Clifton Park. Information, 372-5146.

FIRST NIGHT ALBANY

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.

ELECTRIC CITY CHORUS

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

RIVER VALLEY CHORUS

Sweet Adelines group, based in Scotia-Glenville area, rehearsals on Tuesdays, 7 to 9:30 p.m., call for location. Information, 399-9480.

MONDAY MUSICAL CLUB WOMEN'S CHORUS

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

CAPITAL COMMUNITY VOICES

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

ARTISTS WANTED

exhibit space available for original paintings at Local Color Art Gallery, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

MAGIC MAZE • LEFT-HANDED ENTERTAINERS

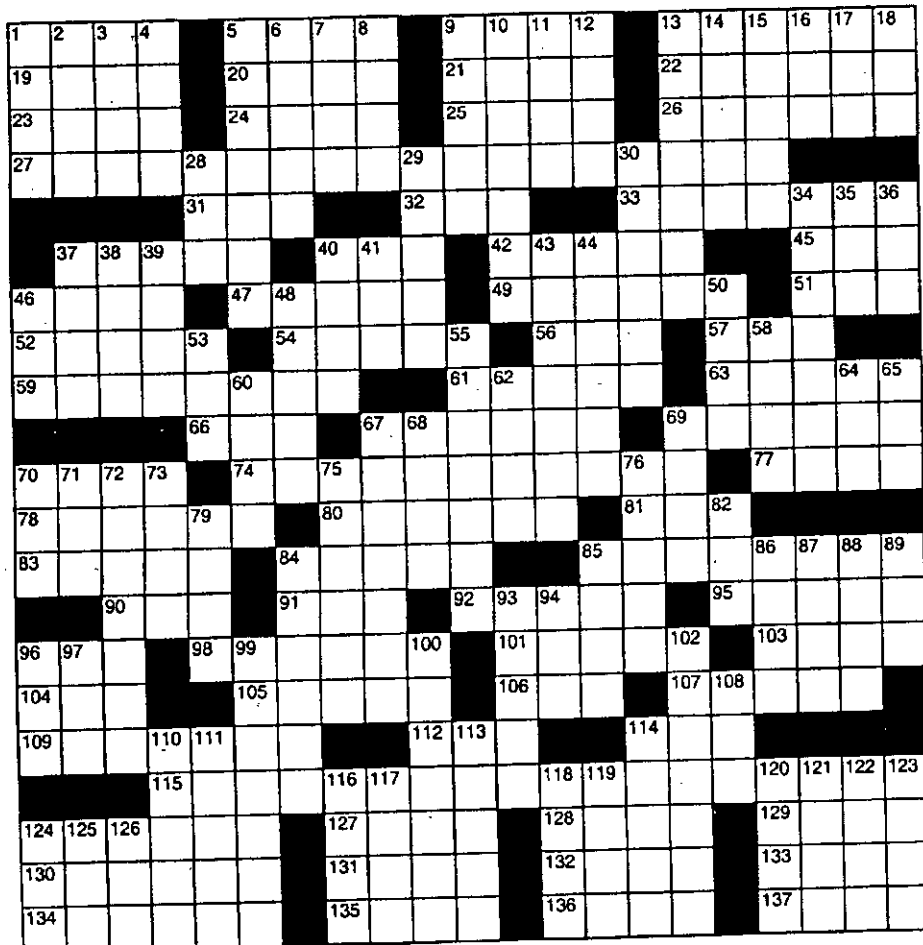
A Q N K I F D K A X V T Q O M
J H F C A Y K U W U R P N L J
H F D B Z X C D R O F D E R V
T R L E T T E R M A N L Y D Q
O M K I H S L O E I F E D Y B
Y E Z Y I W F W L G R F V O T
R E O U Q O F P A F N N N R L
K I R R H F A R N D W I C K A
Z C X A N H B I D W A E S Y V
U S R Q C O W O O N H S M A K
J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

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

Affleck	Chaplin	Kidman	Redford
Baykroyd	Cruise	Kudrow	Seinfeld
Basinger	Garbo	Landon	Winfrey
Carey	Hawn	Letterman	

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The Super CROSSWORD



ACROSS

- 1 "That was a close one!"
- 5 Horror-film extras
- 9 E-junk?
- 13 Football team
- 19 Troubadour's instrument
- 20 Each
- 21 Holy headgear
- 22 Fill with fizz
- 23 Taj town
- 24 West alliance
- 25 Like — of bricks
- 26 Cheese-maker's need
- 27 Start of a remark
- 31 Busy bug
- 32 Initials of interest?
- 33 Snuggled up
- 37 Iraqi city
- 40 — de deux
- 42 Requirements
- 45 Bristol brew
- 46 Chalky cheese
- 47 Tied the terrace
- 49 Word form for "bird"
- 51 Complete
- 52 Hotelier
- 54 Take in, perhaps
- 56 Actress Thurman
- 57 Fury
- 59 Part 2 of remark
- 61 Standish's stand-in
- 63 Day or Duke
- 66 Foreman's tortes
- 67 French port
- 69 Rap session?
- 70 Dry run
- 74 Part 3 of remark
- 77 Encounter
- 78 Diva Maria
- 80 Plaza Hotel kid
- 81 Ewe said it!
- 83 Massenet opera
- 84 Mistreat
- 85 Part 4 of remark
- 90 Diocese
- 91 Fix a fight
- 92 Spartan serf
- 95 Pith helmet
- 96 Make lace
- 98 They're out of this world
- 101 Early emancipator
- 103 TV's "The Twilight —"
- 104 Kimono closer
- 105 Snowy bird
- 106 Relative of -ator
- 107 Mad general?
- 109 Duncan's murderer
- 112 Olive product
- 114 Tighten the tent
- 115 End of remark
- 124 "On the Waterfront" star
- 127 Gymnast Korbout
- 128 Plunder
- 129 Carry out orders
- 130 Confer
- 131 Singer Campbell
- 132 Frank or Francis
- 133 Forsaken
- 134 Ringed orbiter
- 135 Manuscript enc.
- 136 Pilsner
- 137 — ranch

DOWN

- 1 Realty map
- 2 O'Brien or Downs
- 3 Raison d'—
- 4 Put on
- 5 '71 Woody Allen film
- 6 Separately
- 7 Shopper's sack
- 8 Primer pooch
- 9 Like some cheddar
- 10 Coaching legend
- 11 Burn remedy
- 12 Cadfael, for one
- 13 Fervent
- 14 Yorkshire city
- 15 Surrealist Max
- 16 Hefflin or Cliburn
- 17 When Paris sizzles
- 18 Badminton divider
- 28 Bend someone's — (yak)
- 29 Dispatch
- 30 Delhi denizen
- 34 Shirley's sidekick
- 35 Ransom — Olds
- 36 Scottish river
- 37 Complaint
- 38 Perched on
- 39 Rational
- 40 Brazilian kicker
- 41 Address abbr.
- 43 Learned
- 44 Snare
- 46 Mr. Ziegfeld
- 48 "America's Most Wanted" host
- 50 Conceal
- 53 NASA affirmative
- 55 English explorer
- 58 Wander
- 60 Greenhouse items
- 62 Miss
- 64 " — Station Zebra" ("68 film)
- 65 Salon request
- 67 Toilet water
- 68 Ever's partner
- 69 Mikita or Musial
- 70 Pt. of the whole
- 71 Team scream
- 72 Stretchy
- 73 Ballet movement
- 75 More mysterious
- 76 Diminished
- 79 Disoriented
- 82 Tread the boards
- 84 Flying brother
- 85 Price
- 86 Gloppy
- 87 "Once — a midnight dreary ..."
- 88 Hawaii's state bird
- 89 Place-kicker's prop
- 93 Zola or Griffith
- 94 Rock's — Lobos
- 96 Hen's hubby
- 97 "The — Daba Honeymoon" ("14 song)
- 99 Disappoint
- 100 Silly trio
- 102 Fall fashion
- 108 FBI employee
- 110 Swahili, e.g.
- 111 Witch's home
- 113 Pointless
- 114 Conversation piece?
- 116 Grabs all the goodies
- 117 Poet Wilcox
- 118 Thick slice
- 119 Actor Franchot
- 120 Winter woe
- 121 Hunt's " — Ben Adhem"
- 122 Dweeb
- 123 Actress Daly
- 124 Small shot
- 125 Stephen of "Ready to Wear"
- 126 Nova Scotia hrs.

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The Spotlight CALENDAR

Wed. Oct. 6

BETHLEHEM

DELMAR ROTARY

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

OPPORTUNITIES UNLIMITED

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

BETHLEHEM BUSINESS WOMEN

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

SOLID ROCK CHURCH

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

BETHLEHEM LIONS CLUB

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857.

BETHLEHEM ELKS LODGE 2233

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

TESTIMONY MEETING

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

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.

BOY SCOUT TROOP 58

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

BC SCHOOL BOARD

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

ORDER OF THE EASTERN STAR

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

NEW SCOTLAND

PRESCHOOL STORYTIME

At the Voorheesville Public Library, 51 School Road, no signup necessary, 10:15 a.m.

ADULT BOOK DISCUSSION

At the Voorheesville Public Library, 51 School Road, 7 p.m., signup necessary, 765-2791.

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.

Thurs. Oct. 7

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

Bethlehem Town Hall, 445 Delaware

Ave., 12:30 p.m. Information, 439-4955.

YOUTH EMPLOYMENT SERVICES

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

BETHLEHEM LUTHERAN

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

AA MEETINGS

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

ADULT BIBLE STUDY

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

NEW SCOTLAND

THE CLOTHING CLOSET

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

Fri. Oct. 8

BETHLEHEM

AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND

PRESCHOOL STORYTIME

At the Voorheesville Public Library, 51 School Road, 10:15 a.m., no signup necessary.

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. Oct. 9

BETHLEHEM

AA MEETING

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

Sun. Oct. 10

BETHLEHEM

WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm Ave., 439-3135.
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.
Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407.
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.
Delmar Reformed Church, 386 Delaware Ave., 439-9929.
Family of God Nazarene Church, Krumkill Road at Blessing Road, North Bethlehem, 453-9953.
First Church of Christ, Scientist, 555 Delaware Ave., 439-2512.
First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.
First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.
Glenmont Community Church, 1 Chapel

Lane, Glenmont, 436-7710.

Gospel Fellowship, 10 Rockefeller Road, Delmar, 482-2132.
King's Chapel, 434 Route 9W, Glenmont, 426-9955.

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

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

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

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

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

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

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

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

NEW SCOTLAND

WORSHIP INFORMATION

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

Clarksville Community Church, Route 443, 768-2916.

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

Faith Temple, New Salem, 765-2870.

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

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

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

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

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

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

Unionville Reformed Church, Delaware Turnpike, 439-5001.

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

Mon. Oct. 11

BETHLEHEM

FOOD STAMP ASSISTANCE PROGRAM

Bethlehem Senior Services sponsors free program where representative of Legal Aid Society will help with food stamp applications, Appointment required, 10 a.m. to noon, Bethlehem Senior Services office, 445 Delaware Ave., 439-4955 ext. 173 or 174.

PEACE VIGIL

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

MOTHERS' TIME OUT

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

DELMAR KIWANIS

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

CLASS IN JEWISH MYSTICISM

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

INDOOR PISTOL SHOOTING

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

EXPLORER POST 157

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

DELMAR COMMUNITY ORCHESTRA

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

ROYAL ARCH MASONS

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

AA MEETING

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

NEW SCOTLAND

QUARTET REHEARSAL

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

Tues. Oct. 12

BETHLEHEM

FARMERS MARKET

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

TREASURE COVE THRIFT SHOP

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

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.

PRAYER MEETING

At Gospel Fellowship, 7 p.m., 10 Rockefeller Rd., Delmar, beneath Normans Kill bridge, Information 482-2132.

ELSMERE FIRE COMMISSION

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

A.W. BECKER PTA

Becker Elementary School, Route 9W,

7:30 p.m. Information, 767-2511.

BINGO

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

SLINGERLANDS FIRE COMMISSION

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

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. Oct. 13

BETHLEHEM

DELMAR ROTARY

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

SOLID ROCK CHURCH

evening prayer and Bible study, 7 p.m., 1 Kenwood Ave. 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.

BOY SCOUT TROOP 58

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

DELMAR FIRE COMMISSION

firehouse, Adams Place, 7:30 p.m. Information, 439-3851.

TESTIMONY MEETING

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

NEW SCOTLAND

TOWN COUNCIL

New Scotland Town Hall, Route 85, 7 p.m. Information, 439-4889.

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.

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.

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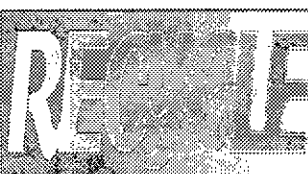
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TAX AUCTION-Essex County Adirondak Region! 200 +/- properties including Frontier Town theme park. Oct. 20 & 21@EMA Club, Ticonderoga, NY. www.haroff.com or 800-292-7653. HAR Inc.

BRUSHHOG

Brushhog Service. James D. Frueh. 436-1050.

BUSINESS OPPORTUNITIES

Work from home. No selling, no inventory, no large investments. Kay 459-0640.

#1 CASH COW!!! 90 Vending Machines In 30 Locations- \$9995 Call now! 1-800-836-3466

ALL CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. Includes 30 machines and candy. All for \$9,995. CALL 1-800-814-6323.

Sales, direct sales. \$275K + potential commission. Work from anywhere. 800-789-3946 (24/7)

CHILDCARE SERVICES

"KID STOPS" After

School Activities, Pickup/Drop off, Reliable Car Service. (518)542-2167.

CLEANING SERVICES

CLEANING- Residential/ Small Business. Free Estimates. References. Call Rose/Staci 439-0350.

Customized Cleaning Services with HMC for free home analysis. Call Jennifer 459-0646.

Delmar Resident 16 Years Experience Exceptional Cleaning, Excellent References. 439-2796.

HOUSE WINDOW & HOUSE GUTTER CLEANER. Free estimates, Low prices. Call 452-1551.

Affordable Professional Housecleaning. We Take The Stress And Mess Out Of Cleaning. Call J & J 356-9152.

NEED a good house-cleaner? Call Kerri today and have a clean house tomorrow. Free estimates and references. 383-1640.

RESIDENTIAL CLEANING. One time cleans okay. Take pride in my work. 399-8740.

Residential/Small Business Cleaning. Professional and Reliable. Over 10 years experience. References. Call Ashley

756-2766.

Will clean your home, reasonable rates, experienced, references. Ken 475-0886. Leave message.

COUNSELING

NYS Certified Social Worker specializing in anxiety/depression, grief/loss, life transitions, relationships, self-esteem, stress/coping. Evening & Saturday hours. Colonie. 256-6059.

EDUCATION

Earn your college degree quickly! Bachelor's Master's Doctorate by correspondence based upon prior education, life experience and short study course. Call 24hrs Cambridge State University (800)946-8316.

EQUIPMENT FOR SALE

SAWMILLS - \$2,695.00 - LumberMate-2000 & LumberLite-24. Norwood Industries also manufactures utility ATV attachments, log skidders, portable board edgers and forestry equipment. www.norwoodindustries.com - Free information: 1-800-578-1363 ext300N

FINANCIAL

\$\$\$CASH\$\$\$ Cash Now for Structured Settlements, Annuities, and Insurance Payouts. (800)794-7310 J.G. Wentworth.... JG Wentworth Means Cash Now For Structured Settlements

Cash For Structured Settlement/ Annuity payments. It's your money! Get cash now When you need it most! Oldest/ best in the business. Settlement Purchasers. 1-877-Money-Me.

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GET CASH FOR ANY REASON!!! Home Equity/ Debt Consolidation or Refinance to Lower Rate. All Scenarios Considered!

1-800-408-2315 Performance Residential Capital Corp. Registered Mortgage Broker. NYS Banking Dept. Loans Arranged Thru 3rd Party Providers.

TOO MUCH debt? Don't choose the wrong way out. Our services have helped millions. Stick to a plan, get out of debt & save thousands. Free consultation. 1-866-410-0567. Freedompoint.

FIREWOOD

Face cords only \$80. Seasoned oak & maple. 768-2373.

MIXED HARDWOODS: Full cords, \$175; face cords, \$75. Jim Haslam, 439-9702.

SEASONED HARDWOOD- Cut, Split, Delivered. \$75 Face Cord. 756-9419.

FURNITURE FOR SALE

DESK: home or office, dark wood, file drawers, slide-out keyboard tray, hard-drive storage. Excellent condition. 32"wx68"lx29.5"h. \$250 or best offer. 439-3378.

Light walnut twin bed, chest of drawers, nightstand, excellent condition, \$250; Two sofas: 88", \$100; Queen size hide-a-bed, \$150. Patio Table, 4 chairs, \$50; Zenith VHS Video Cassette Recorder, \$35.

GARAGE SALES

DELMAR: 10/9, 73 Fernbank, 9-2, household, books, some collectibles. Rain date 10/11.

DELMAR: Estate Sale: 3 LaGrange Rd., 10/8-9, 9-5. Quality Sale-Ethan Allen bedroom set, sofas, chairs, cherry-hutch, sideboard, corner cupboard, end tables, porch furniture, TV's, lamps, chinese oriental, kitchen items, glassware, fustoria, china, decorative items, books, records, tools, lots more, contents.

ESTATE SALE: Albany- 11 Pine Street, off Russell Road. Oct. 7,8,9, 8am-3pm. Complete house and garage contents, 50+ years accumulation. PJ&PJ.

Large garage sale, October 9th, 9-4. 7045 Chandler Road, Altamont. North on 158 from Rt. 20. First right onto Chandler. Second house on left.

Multi-Family, Slingerlands, 97 Thorndale Rd., off New Scotland Ave. Oct. 9th, 9-3.

HANDYMAN

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

HEATING & COOLING

Emergency Service and Installations. Furnaces, A/C, Refrigeration, Heat Pumps, Water Heaters, Duct Cleaning, Air Cleaners, Humidifiers. Marathon Mechanical. 426-3870.

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

HORSE STALL FOR RENT

Reasonable board for help cleaning stalls. Pasture turnout, trails. Bethlehem area. 767-0915.

HOUSEKEEPER

SLINGERLANDS. Mature, motivated, dependable non-smoker to care for home and family. Send resume and references to P.O. Box 92, Slingerlands, NY 12159.

LAWN SERVICES

Fall Cleanups/Odd Jobs. Two reliable high school seniors. 399-8740.

YOUR LEAFMAN COMETH! Very reasonable rates. Leaf Man Dennis. 258-1987.

LOST

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

MISCELLANEOUS

NEED MEDICAL/ DENTAL/ VISION BENEFITS for entire family? No age restrictions. Pre-existing conditions accepted, unlimited usage. \$99/month includes \$10,000 accident/ emergency coverage. CALL 800-403-3032

MISCELLANEOUS FOR SALE

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

GRANITE KITCHEN COUNTERTOPS- Free Phone Estimate/Brochure. 17'x25 1/2" \$3485 Installed. Don 8-7 7 Days 518-663-5143, www.granitecountertopcompany.com

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.

Victorian Sofa, carved, ornate, velvet. Perfect condition. \$500. 426-8710.

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

MOBILE HOME FOR SALE

2000 Mobile home, 3 bedrooms, 2 baths, end lot. \$39,000. (518)872-2274.

MUSIC

STRING INSTRUMENT REPAIR: Bow Rehairing. 439-6757.

MUSIC LESSONS

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

Call Rob, 372-5077.

Guitar Lessons. Also banjo, mandolin, fiddle and harmonica. Available in Albany, Delmar, Latham and Clifton Park. All ages, styles and skill levels. 25 years experience. 767-9595. www.celticguitarmusic.com.

MUSIC LESSONS: Drums, guitar, piano, bass, saxophone. Call Jack, 478-0643. JWK music.com.

Violin/Viola lessons. Private instruction in your Delmar home or my studio. Highly qualified, experienced instructor. Christine 794-7371.

PIANO TUNING & REPAIR

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

SENIOR ASSISTANCE

Nurse/Aide willing to care for elderly or sick. Full or 24 hours. 256-9470.

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.

TUTORING

MATH TUTORING HIGH SCHOOL All Subjects including SAT Prep. 35 Years Experience. NYS Certified. Also Interested in Albany Academy Students. 439-0610. SAVE THIS NUMBER!

TV SYSTEMS

FREE FOUR-ROOM DIRECTV system includes installation! 4 months free programming with NFL Sunday Ticket Subscription. Over 205 channels! Limited time offer S&H, Restrictions apply. 1-800-208-4645.

WANTED

Motorcycles, Japanese, Harley Davidson, Triumph, BSA, Norton. 1960-2004. Cash paid. Wholesale prices only. (518)461-0294.

BUYING OLD BICYCLES Looking For Old Schwinn Balloon Tire And Sting Ray Banana Seat Bicycles & Parts. Other Makes Also Considered. Please Call Matt 475-1074.

WANTED 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.

WRITING AND EDITING

Writing and Editorial Services for busy professionals. Rewrites, research, critiques, etc. 783-3898.

Classified INFORMATION



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



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



READERSHIP:
9 Newspapers;
105,000
Readers



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

Classified Ads Appear In All Ten Papers

In Albany County
The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight
In Schenectady County
Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight
In Saratoga County
Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight • Malta Spotlight

Classified Rates

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

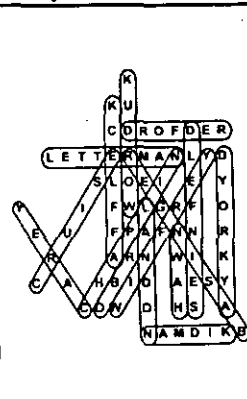
Commercial Classifieds - Line Ads - Ten paper combo - \$15.50 for 12 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.

All line ads must be pre-paid in order for placement.
Ads will appear in all ten newspapers, as well as on the internet for the number of weeks requested.

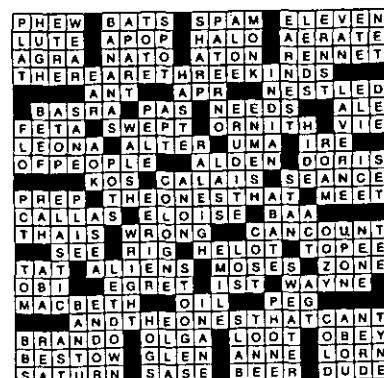
Order Form

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

Magic Maze Answers



Super Crossword Answers



Employment CLASSIFIEDS

HELP WANTED

ALTERI'S RESTAURANT MAIN SQ. DELMAR, PT/FT Dishwashers Needed, Good Pay, Apply In Person.

Cashiers, Bakery Counter Clerks, Gift Basket and Apple Gift Pack Assemblers. Full or part-time, seasonal. Indian Ladder Farms. Call 765-2956 and ask for Laurie Ten Eyck.

Childcare: Activity Leaders - Bef & Aft School Prog. in Bethlehem, 7:15-9:15 am and/or 3:00-6:00 pm. Play & have fun with

children. Exp. Req. Exc. Benefits. School's Out, Inc., 239 Delaware Ave., Delmar, NY 12054 - 439-9300.

COLLEGE STUDENTS: Local company has openings in student friendly program, \$14 base-appt no experience needed, flexible schedules in customer sales/service, work around classes. 464-0200 or workforstudents.com.

High-Paying Postal Jobs! No Experience Required! **DON'T PAY** for information about jobs with the

Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

Hilton Garden Inn: Are you fun, friendly, outgoing and a team player? If so, we have the position for you! We have immediate openings in the following areas: Front Desk, Banquet Server, Van Driver (a.m.),

Dishwasher, and Room Attendants. We offer competitive pay, great benefits, free meals and an energetic environment. We are looking for attitude, experience not necessary. Please apply at Hilton Garden Inn, 800 Albany Shaker Rd. or fax your resume to 518-464-9400.

Waitstaff, great daytime/ weekend hours (8am-3pm). \$\$ Experience not necessary. Uncle Milt's Diner. Rt. 9W, Glenmont. 434-3761.

Waitstaff, part-time days, flexible hours. 463-2209.

\$525.00 WEEKLY IN-COME mailing sales letters. Genuine opportunity, working with our Wellness Company. Supplies provided. No selling. FT/PT Call 1-708-536-7040 (24 hours) www.CardonaConsulting.com

Could earn \$50,000/year. Flexible hours! Great Pay! Personal computer required. 1-800-913-2823 ext #1

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Driver- CONVENANT TRANSPORT. Teams and Solos check out our new pay plan. Ask about our Regional Funs. Owner Operators, Expe-

rienced Drivers. Solos, Teams and Graduate Students. 1-888-MORE-PAY (1-888-667-3729)

HIRING FOR 2004 Postal positions *\$15- \$45/ hr. *Federal hire with full benefits. *No experience necessary *Green card OK. Call 1-866-317-0558 ext 319

LAW ENFORCEMENT TRAINEE- Limited openings. Must: pass physical. 17- 34 with high school diploma. Excellent pay/benefits. Paid training and relocation expenses. Call 1-800-242-4457

Real Estate CLASSIFIEDS

REAL ESTATE

AUCTION Real Property Tax Foreclosures - Dutchess County. 44 properties - October 13 @ 11AM - Best Western, Poughkeepsie. 800-243-0061. AAR, Inc/HAR, Inc. Free brochure: www.NYSAuctions.com

NO DOWN PAYMENT? PROBLEM CREDIT? Own a New Home without the BIG down payment. If you're motivated w/ \$40K+ income call American Home Partners 1-800-830-2006, visit www.AmericanHomePartners.com

REAL ESTATE FOR RENT

\$580 - Delmar, one bedroom, first floor. Quiet location on bus. line. Suitable for single adult. Screened porch, gas heat, central AC, coin laundry available. No smoking, no pets, security, lease. 475-9304 evenings.

ALBANY: 2 Bedroom, \$750, h/hw included, pets negotiable, available November 1st. 426-9588.

DELMAR: Efficiency apt., quiet 1st flr., lease, no pets. \$525/mo. incl. util. 439-9958.

DELMAR: Large, 3 bedroom apt., renovated kitchen and bath, w/d hookup, no smoking, off-street parking. \$850. 475-7801.

Spacious 2 bedroom, living room, formal dining room, eat-in kitchen, W/D. Quiet, secure neighborhood. Available Oct. 15. \$775 + utilities. 439-0365.

REAL ESTATE FOR SALE

For Sale by Owner. Old Delmar single family home. 4br/2ba, 2090 square feet living space. Excellent condition, well maintained, convenient location. \$268,000. For appointment and/or information call (518) 439-2432 or toll free (877)827-8457 or e-mail askasius@hotmail.com.

Narragansett, Rhode Island, Minutes to Beaches; Contemporary offering six bedrooms, 3 full baths. Many recent renovations, excellent vacation home or investment property. Rental history of \$45k annually. \$640,000. Hogan & Stone. (401)783-8000.

Narragansett, Rhode Island, Minutes to Beaches;

Charming ranch with 2 year old roof and windows. New screened porch, fenced backyard, hardwoods, town water/sewer. \$249,900. Hogan & Stone. (401)783-8000.

HOUSES FOR SALE

FORECLOSED GOV'T HOMES \$0 or Low down! Tax repos and bankruptcies! HUD, VA, F-HA. No Credit O.K. \$0 to low down. For listings (800)501-1777 ext 1099.

COMMERCIAL FOR LEASE

DELAWARE PLAZA - DELMAR - Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

Delmar office space, 550 sq.ft. Incl. private office, restroom plus use of conference room and lounge. 439-9958.

DELMAR-DELAWARE AVE-1300 SF office space with 4 private offices. Parking available. TL Metzger & Associates 425-5211

Professional office space for lease. Delaware Avenue, Delmar. 1200 sq. ft., suitable for psychologist, accountant, etc.

\$1,200/month, utilities included, private entrance. Call 399-9630.

LAND

POTSDAM, NY 82+ Acres- \$79,990. Spacious, unique parcel perfectly complemented by trees and meadows. Just north of the Village of Potsdam with Route 11 road frontage. Call Owner 518-622-9925.

LAND/LOTS

OLD DELMAR: 50 x 109, Ready to build. \$39,900. Broker/Owner. 439-7015.

OUT OF STATE REAL ESTATE

Golf front home \$349,900. 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 1-866-334-3253 X 717 www.cherokeevalleysc.com

VACATION PROPERTIES

ORLANDO LUXURY RESORT FURNISHED VILLAS & single family homes 2, 3, 4 bedrooms \$109,900-\$189,900 Use/ Then rent to vacationers. Lake Marion Resort Com-

Automotive CLASSIFIEDS

AUTOMOTIVE FOR SALE

1995 Grand AM, Auto, V6, AM/FM/Cassette, power windows/locks, cruise, good condition, blue, 92k, asking \$3,000. 785-8751.

1992 Plymouth Acclaim, 4-door, new tires, runs good. 160k, \$850. 439-9642.

REGIONAL RUNS AVAILABLE! Home Weekly. Midwest-Northeast-Southeast. Also Hiring OTR Company-Owner Operator Solo-Teams. Call 1-800-CFD-Drive www.cfdrive.com

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LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of Vanguard Communication Services, LLC, as amended 8/3/04, Art. of Org. filed with Sec'y of State (SSNY) 7/28/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: P.O. Box 1076, Rye, NH 03870. Purpose: any lawful purpose. LCD-10334 (September 29, 2004)

LEGAL NOTICE

Notice of Formation of Mercer Development, LLC, Art. of Org. filed Sec'y of State (SSNY) 7/22/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: Three E-Comm Square, Albany, NY 12207. Purpose: any lawful purpose. LCD-10335 (September 29, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is Comprehensive Neuropsychological Services, PLLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 24, 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 Maria Deiner Lirak, Ph.D., 490 Western Avenue, Albany, New York 12203. LCD-10345 (September 29, 2004)

LEGAL NOTICE

Notice of Formation of Victoria's Salon, LLC, Art. of Org. filed Sec'y of State (SSNY) 7/22/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: Victoria Bronson, 1269 New Loudon Rd., Cohoes, NY 12047. Purpose: any lawful purpose. LCD-10358 (October 6, 2004)

LEGAL NOTICE

Notice of Formation of 1 Alice Avenue LLC, Art. of Org. filed Sec'y of State (SSNY) 8/25/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 33 Fuller Rd., Albany, NY 12205. Purpose: any lawful purpose. LCD-10359 (October 6, 2004)

LEGAL NOTICE

1545 CENTRAL AVE., LLC Notice of Formation of Limited Liability Company Articles of Organization of 1545 Central Ave., LLC ("LLC") were filed with the Department of State of New York ("DSNY") on August 24, 2004. Office location: Albany County. DSNY is designated as agent of LLC upon whom process against it may be served. DSNY shall mail a copy of any process to 1545 Central Ave., LLC, 14 Hemlock Street, P.O. Box 517, Latham, New York 12110. LLC does not have a specific date of dissolution. Purpose: All legal purposes.

Filer: Law Office of Kara Conway Love
Address: 450 New Karner Road, Suite 203
Albany, New York 12205-3898
LCD-10369
(October 6, 2004)

LEGAL NOTICE

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

LEGAL NOTICE

M REALTY HOLDING, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 30, 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 668 Western Avenue Albany, New York 12203. LCD-10380 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is R & M REALTY HOLDING II, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 30, 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 668 Western Avenue Albany, New York 12203. LCD-10381 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization of Berkin Property Group, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on September 13, 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, 1 Loudon Heights South, Loudonville, 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-10402 (October 6, 2004)

LEGAL NOTICE

SMB ENTERPRISE, LLC Notice of formation of the above limited liability company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 7/12/2004. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: Mr. Michael Baranica, 14 Crystal Lane, Delmar, New York 12054. Purpose: any lawful business purpose. LCD-10424 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is PC Holding Company, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 24, 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 4017B State Street, Schenectady, New York 12304. LCD-10436 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).

LEGAL NOTICE

The name of the LLC is Clifton Hospitality, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 7, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 90 State Street, Suite 1411, Albany, New York 12207. LCD-10437 (October 6, 2004)

LEGAL NOTICE

Equitas America, LLC, was filed with the SSNY on 9/17/04. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Kenneth D. Warnick, 38505 Country Club Drive, Ste. 110, Farmington Hills, MI 48331. Purpose: Any lawful purpose. LCD-10460 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF FAMILY LIMITED PARTNERSHIP The Certificate of Limited Partnership of the Milano Family Limited Partnership ("LP") filed with the Secretary of State of New York ("SSNY") on September 24, 2004, effective upon the date of filing. Office Location: Albany County, New York. SSNY has been designated as agent of the LP upon whom process against it may be served. SSNY may mail a copy of any process to the LP, 7 Stafford Street, Loudonville, New York 12211. The name and business or residence street address of each general partner is available from SSNY. The latest date on which the LP is to dissolve is December 31, 2054. The character or purpose for which the LP is formed is to engage in any lawful act or activity for which limited liability partnerships may be organized under the laws of New York. LCD-10467 (October 6, 2004)

LEGAL NOTICE

Notice of Amendment of Limited Liability Company (LLC) name. Name of LLC: SCOUT ROAD LLC. Articles of Organization were filed with the Secretary of State of New York on September 20, 2004. Office Location: ALBANY COUNTY. Agent of LLC upon whom process against it may be served: Secretary of State of New York. Address for service of process to which the Secretary of State of New York shall mail a copy of any process against the LLC: Segal, Goldman, Mazzotta & Siegal, P.C. 9 Washington Avenue, Albany, New York, 12205. The limited liability company is formed for any lawful business purpose. LCD-10474 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED LIABILITY PARTNERSHIP ("LP") The name of the LP is MM Family Partnership III, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on September 14, 2004. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 255 Washington Avenue Extension, Albany, New York 12205. LCD-10481 (October 6, 2004)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is MM FAMILY RAINTREE, LLC. The Articles of Organization of the LLC were filed with the New York Secretary of State on September 23, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Tri-City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LCD-10487 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is MM RAINTREE, LLC. The Articles of Organization of the LLC were filed with the New York Secretary of State on September 23, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Tri-City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LCD-10488 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is NM RAINTREE, LLC. The Articles of Organization of the LLC were filed with the New York Secretary of State on September 23, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Tri-City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LCD-10489 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Dell Marketing USA L.P. Authority filed with Sec'y of State of N.Y. (SSNY) on 8/18/04. Office location: Albany County. L.P. formed in Texas (TX) on 6/17/04. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: The LP, c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. TX address of LP: 1 Dell Way, Round Rock, TX 78682. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with TX Sec'y of State, Corp. Sec., P.O. Box 13697, Austin TX 78711. Purpose: any lawful activity. LD-10311 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of BP Rome, LLC. Authority filed with Sec'y of State of N.Y. (SSNY) on 6/17/04. Office location: Albany County. LLC formed in Delaware (DE) on 6/10/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. DE address of LLC: c/o Capitol Services, Inc., 615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Sec'y of State,

LEGAL NOTICE

401 Federal St., Ste. 4, Dover, DE 19901. Purpose: to acquire, own, manage, operate, lease, mortgage and sell that certain shopping center called The Canal Place Shopping Center, located in Rome, New York. LD-10320 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Nationwide Communications LLC. Authority filed with Sec'y of State of N.Y. (SSNY) on 8/19/04. Fictitious Name in NY State: Nationwide. Office location: Albany County. LLC formed in Delaware (DE) on 6/25/04. 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: c/o Corporation Service Co., 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Cert. of Form. filed with DE Sec'y of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-10321 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Air Liquide Industrial U.S. LP. Authority filed with Sec'y of State of N.Y. (SSNY) on 8/18/04. Office location: Albany County. LP formed in Delaware (DE) on 6/30/04. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. Principal office of LP: 2700 Post Oak Blvd., Ste. 1800, Houston, TX 77056. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Sec'y of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: manufacture and sales of industrial gases and related products. LD-10322 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Bromont Property Management, LLC. Authority filed with Sec'y of State of N.Y. (SSNY) on 7/21/04. Office location: Albany County. LLC formed in Delaware (DE) on 7/9/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. DE address of LLC: c/o Capitol Services, Inc., 615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Sec'y of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: management of properties. LD-10323 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of POPULUS GROUP, LLC. Authority filed with Sec'y of State of N.Y. (SSNY) on 8/5/04. Office location: Albany County. LLC formed in Michigan (MI) on 9/11/02. 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. MI address of LLC: 24800 Denso Drive, Southfield, MI 48034. Arts. of Org. filed with MI Sec'y of State, 6546 Mercantile Way, P.O. Box 30054, Lansing, MI 48909. Purpose: any lawful activity. LD-10329 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of FA Recruiting Services, LLC. Authority filed with Sec'y of State of NY (SSNY) on 8/5/04. Office location: Albany County. LLC formed in Texas (TX) on 7/20/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. TX

LEGAL NOTICE

address of LLC: c/o CSC, 701 Brazos St., Suite 1050, Austin, TX 78701. Arts. of Org. filed with TX Sec'y of State, 1019 Brazos, Austin, TX 78701. Purpose: any lawful activities. LD-10330 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Albany Bedding Company LLC. Authority filed with Sec'y of State of NY (SSNY) on 8/4/04. Office location: Albany County. LLC formed in Ohio (OH) on 11/5/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. OH address of LLC: 1800 Moler Rd., Columbus, OH 43207. Arts. of Org. filed with OH Sec'y of State, 180 E. Broad St., 16th Fl., Columbus, OH 43216. Purpose: any lawful activities. LD-10331 (October 6, 2004)

LEGAL NOTICE

Notice of Organization of OPTION ONE REALTY, LLC Under Section 203 of the Limited Liability Company Law of the State of New York 1. The name of the Limited Liability Company is OPTION ONE REALTY, LLC 2. The Articles of Organization were filed with the Secretary of State on August 4, 2004 3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York. 4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 222 Harvard Road, Watervliet, NY 12189 5. The Limited Liability Company is to be managed by one or more of its members. 6. None of the members of the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obligations or liabilities of the Limited Liability Company. 7. The Limited Liability Company shall have all powers and purposes allowed it by law. LD-10336 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of ALIG LLC. Authority filed with Sec'y of State of N.Y. (SSNY) on 8/19/2004. Office location: Albany County. LLC formed in Delaware (DE) on 8/19/1975. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. DE address of LLC: 615 S. DuPont Highway, Dover, DE 19901. Arts. of Org. filed with DE Sec'y of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: manufacture and sales of industrial gases and related products. LD-10341 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF HALLEY 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: 07/30/04 under the name HALLEY 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

LEGAL NOTICE

NOTICE OF FORMATION OF HALLEY 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: 07/30/04 under the name HALLEY 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

LEGAL NOTICE

purpose of the LLC is to transact any lawful business. LD-10349 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MSW REALTY, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/26/04. The latest date of dissolution is 12/31/2054. 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, 18 Corporate Woods Boulevard, Albany, New York 12211. Purpose: For any lawful purpose. LD-10351 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Articles of Organization of HOLLAND AVENUE ASSOCIATES, LLC were filed with the Secretary of State of New York on August 20, 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 Nigro Development, LLC, 125 Wolf Road, Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-10355 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of RJ Mase, LLC. Authority filed with Sec'y of State of NY (SSNY) on 7/30/04. Office location: Albany County. LLC formed in Connecticut (CT) on 6/16/04. 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. CT address of LLC: 514 Weed St., New Canaan, CT 06840. Arts. of Org. filed with Sec'y of State, 30 Trinity St., Hartford, CT 06115. Purpose: any lawful activities. LD-10356 (October 6, 2004)

LEGAL NOTICE

BROADWAY 915, LLC 1. The name of the limited liability company is BROADWAY 915, LLC. 2. The Articles of Organization creating the limited liability company were filed in the Office of the New York Secretary of State on March 3, 2004 and became effective on said date. 3. The principal office of the limited liability company is in Albany County. 4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail a copy of process against it is BROADWAY 915, LLC, c/o Omni Management Group, Ltd, 40 Beaver Street, Albany, New York 12207. 5. The purpose of the limited liability company is to engage in any lawful activity for which limited liability companies may be organized under the Limited Liability Company Law of the State of New York. Dated: September 2, 2004 NOLAN & HELLER, LLP Attorneys for BROADWAY 915, LLC 39 North Pearl Street Albany, New York 12207 LD-10357 (October 6, 2004)

LEGAL NOTICE

Notice of Registration of Kling Architecture, Engineering, Interiors and Planning, LLP Authority filed with Sec'y of State of N.Y. (SSNY) on 8/23/04. Office location: Albany County. LLP registered in Pennsylvania (PA) on 7/13/04. SSNY designated as agent of LLP upon whom process against it may be served.

LEGAL NOTICE

SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent of LLP upon whom process against it may be served. PA address of LLP: 2301 Chestnut St., Philadelphia, PA 19103. Purpose: the practice of architecture and engineering. LD-10360 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Integrated Healthcare, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 8/30/04. Office location: Albany County. LLC formed in Massachusetts (MA) on 10/31/03. 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. Principal office of LLC: 18 Columbia Rd., 2nd Fl., Pembroke, MA 02359. Arts. of Org. filed with MA Secy. of State, 1 Ashburton Pl., Boston, MA 02108. Purpose: all lawful purposes. LD-10361 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF ODC PUTNAM, LLC
1. The name of the Limited Liability Company is: ODC PUTNAM, LLC
2. The Articles of Organization of the Company were filed with the Secretary of State on August 20, 2004.
3. The County within New York State which the office of the Company is to be located is Albany.
4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon it is:
ODC Putnam, LLC
40 Beaver Street
Albany, NY 12207
5. The registered agent of the limited liability company upon whom process against the liability company can be served is: ODC Putnam, LLC, 40 Beaver Street, Albany, NY 12207, Attn: I. David Swawite.
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-10362 (October 6, 2004)

LEGAL NOTICE

NOTICE OF INFORMATION OF LIMITED LIABILITY COMPANY. NAME: 974 RENTAL GROUP, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/16/04. The latest date of dissolution is 12/31/2104. 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, 974 Albany Shaker Road, Latham, New York 12110. Purpose: For any lawful purpose. LD-10383 (October 6, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: DeANGELUS, DICOCO, SLOCUM & VETSCH, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/16/04. The latest date of dissolution is 12/31/2104. 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, 974 Albany Shaker Road, Latham, New York 12110. Purpose: For any lawful purpose.

LEGAL NOTICE

LD-10384 (October 6, 2004)

LEGAL NOTICE

Notice of Formation of Rose Partners, L.P. Certificate filed with Secy. of State of N.Y. (SSNY) on 7/1/2004. Office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Name/address of each genl. ptr. available from SSNY. Term: until 12/31/2004. Purpose: any lawful activity. LD-10393 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of J.V. Industrial Companies, Ltd. Authority filed with Secy. of State of N.Y. (SSNY) on 9/1/04. Office location: Albany County. LP formed in Texas (TX) on 12/19/02. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. TX address of LP: 2221 Sens Road, La Porte, TX 77571. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with TX Secy. of State, 1019 Brazos, Room 105, Austin, TX 78701. Purpose: industrial services. LD-10395 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of American Baling Company LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 9/8/04. Office location: Albany County. LLC formed in New Jersey (NJ) on 8/31/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the NJ address of LLC: 1500 South Sixth St., Camden, NJ 08101. Arts. of Org. filed with NJ State Treasurer, 225 West State St., Trenton, NJ 08608. Purpose: all lawful purposes. LD-10396 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Innovative Health Strategies, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/30/04. Office location: Albany County. LLC formed in Delaware (DE) on 8/8/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Stephen Boochever, 321 Great Oaks Blvd., Albany, NY 12203. DE address of LLC: c/o Corporation Service Co., 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-10400 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of BGV Consulting, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 8/6/04. Office location: Albany County. LLC formed in Delaware (DE) on 5/27/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Stephen Boochever, 321 Great Oaks Blvd., Albany, NY 12203, registered agent upon whom process may be served. DE address of LLC: c/o Corporation Service Co., 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-10405 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Solvay Fluorides, LLC. Authority filed with Secy. of State

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of N.Y. (SSNY) on 9/3/04. Office location: Albany County. LLC formed in Delaware (DE) on 1/12/04. 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. Principal office of LLC: 3333 Richmond Ave., Houston, TX 77098. Arts. of Org. filed with DE Secy. of State, Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity. LD-10406 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of NY-717 Fifth Avenue Office, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 9/8/04. Office location: Albany County. LLC formed in Delaware (DE) on 9/7/04. 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: LexisNexis Document Solutions Inc., 80 State St., Albany, NY 12207. Principal office of LLC: 135 S. LaSalle St., Suite 1940, Chicago, IL 60603. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activities. LD-10414 (October 6, 2004)

LEGAL NOTICE

FOREIGN LLC PUBLICATION NOTICE
Name of LLC: CAPELLA ADVISORS LLC App. For Auth. filed with Sec. of State 05/04/04. Jurisd. And date of org: DELAWARE ON 01/27/04. 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, Division of Corporations, John G. Townsend Building, 401 Federal Street, Ste. 4, Dover, DE 19901. Purposes: is to transact any lawful business. LD-10419 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of EB Capital Mortgage, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 9/15/04. Office location: Albany County. LLC formed in Delaware (DE) on 3/24/04. 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: 1 Home Campus, MAC# X2401-049, Des Moines, IA 50328. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-10423 (October 6, 2004)

LEGAL NOTICE

NOTICE FOR PUBLICATION PURSUANT TO NY LLC LAW SECTION 206
The name of the limited liability company is LOZMAN FAMILY, LLC. The date of the filing of the Articles of Organization was 8/26/04. The County in which the office of the LLC is to be located is Albany. The agent of the LLC upon whom process against it may be served is the Secretary of State and such shall mail a copy of any process to: Burke & Casserly, PC, 255 Washington Ave Ext, Albany, NY 12205. The purpose of the Company is to engage in any

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lawful act or activity for which limited liability companies may be formed under the Limited Liability Company Law. LD-10426 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Med One Capital Funding-New York, L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 8/9/04. Office location: Albany County. LP formed in Utah (UT) on 6/30/04. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. UT address of LP: 6965 Union Park Center, Ste. 400, Midvale, UT 84047. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with UT Dept. of Commerce, Div. of Corps., 160 E. 300 S. 1st Fl., Salt Lake City, UT 84114. Purpose: any lawful activity. LD-10434 (October 6, 2004)

LEGAL NOTICE

Notice of Formation of JALIMAR LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/12/2004. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Company, 25 Greystone Manor, Lewes, DE 19958. any lawful activities. LD-10435 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Boise Building Solutions Distribution, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 9/13/04. Office location: Albany County. LLC formed in Delaware (DE) on 8/26/04. SSNY designated as agent of LLC upon whom process against it may be served is: c/o National Registered Agents, Inc., 875 Avenue of the Americas, Suite 501, New York, NY 10001. The principal office of the LLC: 9 East Lookerman Street, Suite 1B, Dover, DE 19901. Arts. of Org. filed with Secy. of State, 401 Federal St., Ste 4, Dover, DE 19901. Purpose: any lawful activities. LD-10439 (October 6, 2004)

LEGAL NOTICE

Notice of Formation of SB Development, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/3/2004. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 269 Morris Street, 2nd Floor, Albany, NY 12208. Purpose: any lawful activities. LD-10440 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Nationwide Professional Teleservices, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/1/2004. Office location: Albany County. LLC formed in Florida (FL) on 8/5/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: CorpDirect Agents, Inc., 103 N. Meridian Street, Tallahassee, FL 32360. Arts. of Org. filed with Secy. of State, 409 E. Gaines St., Tallahassee, FL 32399. Purpose: any lawful activities. LD-10441 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of Energy Conversion Systems China, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/20/04. Office location: Albany County. LLC formed in Delaware (DE) on 9/8/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to:

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c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: c/o National Registered Agents, Inc., 9 East Lookerman St., Suite 1B, Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-10442 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of George Enterprises, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 9/17/2004. Office location: Albany County. LLC formed in New Jersey (NJ) on 12/21/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. NJ address of LLC: 90 Court House Place, Jersey City, NJ 07308. Arts. of Org. filed with NJ Secy. of State, 225 West State St., 3rd Fl., Trenton, NJ 08608. Purpose: acquisition and sale of real estate. LD-10443 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of ICORE HEALTHCARE, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 9/13/04. Office location: Albany County. LLC formed in Delaware (DE) on 1/22/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 5850 T. G. Lee Blvd., Ste. 510, Orlando, FL 32822, the principal office address of LLC. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: mail order pharmacy to New York residents. LD-10444 (October 6, 2004)

LEGAL NOTICE

Notice of Formation of Social Promotions LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/28/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, c/o Frankfurt Kurnit Klein & Selz, P.C., 488 Madison Ave., NY, NY 10022, Attn: Michael R. Williams, Esq. Purpose: any lawful activity. LD-10445 (October 6, 2004)

LEGAL NOTICE

Notice of Formation of PALATIAL BUILDING & DEVELOPMENT, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/20/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 12 Maria Drive, Loudonville, N.Y. 12211. Purpose: Any lawful purpose. LD-10447 (October 6, 2004)

LEGAL NOTICE

Notice of organization of AL-EXANDRIA APARTMENTS, LLC Under Section 203 of the Limited Liability Company Law of the State of New York
1. The name of the Limited Liability Company is Alexandria Apartments, LLC.
2. The Articles of Organization were filed with the Secretary of State on September 9, 2004.
3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York.
4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 279 Troy Schenectady Road,

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Latham, NY 12110.
5. The Limited Liability Company is to be managed by one or more of its members.
6. None of the members of the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obligations or liabilities of the Limited Liability Company.
7. The Limited Liability Company shall have all powers and purposes allowed it by law. LD-10464 (October 6, 2004)

LEGAL NOTICE

Notice of Formation of Menands Environmental Solutions, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 9/21/04. 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 CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Purpose: all lawful purposes. LD-10472 (October 6, 2004)

LEGAL NOTICE

Notice of Authority to do Business in NY State for SiCap Industries, LLC
The name of the Limited Liability Company is SiCap Industries LLC. The date of filing of the Application for Authority with the NY SOS: May 10, 2004. Jurisdiction and date of organization: Delaware, December 29, 2003. The office is to be located in Albany County. The NY Secretary of State has been designated as agent of the foreign limited liability company upon whom process against it may be served. A copy shall be mailed to: P.O. Box 27, Gunderland, NY 12084. The address of the office in the jurisdiction of organization is 6 Polly Drummond Hill Rd., Newark, DE 19711-5073. The Articles of Organization are filed with the Delaware Secretary of State, Division of Corporations, POB 898, Dover, DE 19903. The character or purpose shall be any lawful purpose. LD-10480 (October 6, 2004)

LEGAL NOTICE

Notice of Formation of Saskia Real Estate LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 9/24/04. 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 The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services, Inc., registered agent upon whom process may be served. Purpose: any lawful activity. LD-10484 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of UniMarts, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 9/22/04. Office location: Albany County. LLC formed in Pennsylvania (PA) on 1/26/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 477 E. Beaver Ave., State College, PA 16801. PA address of LLC. Arts. of Org. filed with PA Secy. of the Commonwealth, Rm. 308, N. Office Bldg., Harrisburg, PA 17120. Purpose: convenience stores. LD-10485 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of JPG 3rd Ave, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/20/04. Office location: Albany County. LLC formed in Delaware (DE) on 8/27/04. 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, registered agent upon

LEGAL NOTICE

whom process may be served. Principal office of LLC: 5350 Popular Ave., Suite 410, Memphis, TN 38119. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activities. LD-10490 (October 6, 2004)

LEGAL NOTICE

Notice of Qualification of AEROSAT USA, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/21/04. Office location: Albany County. LLC formed in Delaware (DE) on 6/14/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal agent of LLC: 213 Industrial Blvd., Tullahoma, TN 37388. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activities. LD-10491 (October 6, 2004)

LEGAL NOTICE

NOTICE OF SPECIAL MEETING BUDGET WORKSHOPS
Town of New Scotland
NOTICE IS HEREBY GIVEN that the Tentative Budget of the Town of New Scotland, for the fiscal year beginning January 1, 2005 has been completed and filed in the Office of the Town Clerk, Town Hall, Slingerlands, NY, 12159, where it is available for inspection by any interested person between 8:30 A.M.-4:00 P.M. Monday-Friday. Further notice is hereby given that the Town Board of the Town of New Scotland will meet and review the said Tentative Budget at the Town of New Scotland, 2029 New Scotland Road, Slingerlands, NY 12159 at 6:30 PM on the 12th, 19th and 20th of October 2004. The Town of New Scotland is an equal opportunity provider and employer. LD-10493 (October 6, 2004)

LEGAL NOTICE

Notice of Limited Liability Company
1. The name of the Limited Liability Company is BOZZY 01 RENTALS, LLC.
2. Articles of Organization became effective May 15, 2004, with the Secretary of State.
3. The Office of the Limited Liability Company is located in Albany County.
4. The Secretary of State is designated as agent of the Limited Liability Company whom process against may be served. The Post Office address within this State to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him/her is 39 Corrit Drive, Delmar, New York 12054.
5. BOZZY 01 Rentals, LLC is formed for any lawful purpose for which limited liability companies may be formed. LD-10495 (October 6, 2004)

LEGAL NOTICE

Notice of Limited Liability Company
1. The name of the Limited Liability Company is BOZZY 02 RENTALS, LLC.
2. Articles of Organization became effective May 15, 2004, with the Secretary of State.
3. The Office of the Limited Liability Company is located in Albany County.
4. The Secretary of State is designated as agent of the Limited Liability Company whom process against may be served. The Post Office address within this State to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him/her is 39 Corrit Drive, Delmar, New York 12054.
5. BOZZY 02 Rentals, LLC is formed for any lawful purpose for which limited liability companies may be formed. LD-10496 (October 6, 2004)

Lion

(From Page 1)

the carcass.

If the tests work, Stone said, the results should be conclusive.

"It was an instance where humans were touching with their hands the area around the wound," Stone said. "We're also testing for rabies to protect those people. You don't really want to touch an animal in that situation because you don't know the history of it."

The DNA and saliva testing processes are lengthy, Stone said.

Though there hasn't been a sighting in a week or so, residents are encouraged to remain aware

of their surroundings.

If someone believes they see a mountain lion in an open space, they should not turn their back and run, Egan said. A jogger who reported a sighting was so startled, Egan said, that she began to clap her hands, yelled and jumped up and down.

Stone cautioned people to use common sense.

"If it's something where you're sitting at the door of your car, open the door and get in. It might be proper to be more aggressive with a mountain lion, but if it's easier to go into your house, do that," Stone said. "If it's milling about, minding its own business and you have a camera on you, go ahead and take a picture."

Stone said he wouldn't be surprised if someone snapped a shot of what's actually a bobcat.

The town's kitty equivalent of Nessie, the Loch Ness Monster, has become a bit of a joke around town, Egan said. But it's also provided a chance to revisit laws residents should abide by.

Kathleen Newkirk, town clerk, reminds residents with exotic pets that their existence in town needs to be filed by April 1 of each year.

The timing of the notice by the state fire administrator and Department of State was uncanny, coinciding with the first reported sighting of a mountain lion in town, which Stone said could have been a pet that escaped.

A complete list of the animals that need to be reported, along with the forms needed to file are in the town clerk's office at town hall.

The list includes non-human primates, monkeys, felines with the exception of domestic cats, canines with the exception of domestic dogs, any member of the bear family, all venomous snakes, all constrictors and pythons more than 10 feet in length, and crocodiles, alligators and caimans 5 feet or longer.

According to Newkirk, the required reporting enables any and all emergency personnel responding to calls.

Met

(From Page 1)

York City and the Metropolitan Opera.

Lefkovich is assistant director of Mozart's 1791 classic, "The Magic Flute." Although he stays behind the scenes, he's on top of the performance.

"I never worked so hard in my life," he said. "It's overwhelming but in a wonderful way."

Before signing on with the Met, Lefkovich helped direct shows at The New York City Opera, Glimmerglass Opera, the Juilliard Opera Center and the Florida Grand Opera. Locally, he has appeared in productions with Albany's Park Playhouse and the Schenectady Light Opera Company. He has also taught theater at Ithaca College and Florida International University, making for a full résumé for a 25-year-old.

Lefkovich credited his rise to success to his studies of music and theater at Chicago's Northwestern University and in Paris at L'Ecole Internationale de Theatre Jacques Lecoq.

"I did 27 productions in four years at Northwestern and seven in Paris," he said. "In Paris we studied the human body as applied to music. Our plays contained no dialogue. We communicated ideas using our body and our face."

In addition to the curriculum,

one of the school's challenges was that the students hailed from 24 different countries.

"We had language barriers as well as different perceptions of theater," Lefkovich said. "European theater is more avant-garde than it is in America. You see a production from a different country every day."

He added that his exposure to international theater in Paris paved his way to work in opera.

One project at the school required him to develop his own theater piece in a week. Without lines or sound, Lefkovich's work, entitled "Family Portrait," portrayed the interaction of a family having its picture taken.

"I was allowed to add in dialogue only after I perfected the body language and facial expression," he said.

Shortly after returning from Paris, Lefkovich began assisting with productions at the New York City Opera. His expertise became directing fight and battle scenes, a skill he first acquired in high school while acting in "Camelot."

"It was a big jump for me," he said. "It led to more opportunities. I was on the opera fast track toward directing my own stage productions."

Now under the guidance of two-time Tony Award winner Julie Tabor, Lefkovich finds himself working on his biggest stage production.

"Julie has an extraordinary vision for this piece and won't let anything compromise the caliber of achievement it promises," he said. "'The Magic Flute' has an enchanting feel enhanced by its enormity and sense of spectacle. Even if you don't like opera, you will love this show. It's loaded with surprises."

On Broadway, she is known for spectacular use of puppets, most notably in "The Lion King." Her epic-scale puppets were also featured at the opening ceremonies of the 2002 Winter Olympics in Salt Lake City.

Bethlehem teachers remember Lefkovich as a driven talent eager to learn and succeed.

"I remember David as a freshman who auditioned for the lead in William Shakespeare's 'Comedy of Errors,' but lost the part to stiff competition from upperclassmen," said his drama teacher and mentor Jim Yeara. "He had more stuff to learn, but he stayed with it, soaking up knowledge and asking questions."

His sixth-grade teacher, Muriel Nevens, recalled Lefkovich as a brilliant boy who stood out. "He had a beautiful tenor voice," she said. After he moved on to high school, Nevens continued to give him private voice lessons.

At home, David's parents, Stuart and Wendy, nurtured their children's appreciation for music.

"We had a rule," Wendy Lefkovich said. "You didn't have to listen to the music but you could not turn off the stereo. We played all kinds of music ranging from pop, jazz and classical."

The curtains rise for Tabor's production of "The Magic Flute" on Oct. 8, with repeat performances on Oct. 11, 15, 18 and 21. For show times and tickets, contact www.metopera.org or call 212-362-6000.

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