

RCS puts clamp
on bullying

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Clowning around
at NYSTI

○ Family Entertainment

Senior Lifestyles

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The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XL

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November 3, 2004

Guess who



Brian and Jimmy Conley are dressed as Little John and Robin Hood at Voorheesville Elementary School at the Kiwanis Club Halloween party Sunday. *Jim Franco*

Panel to discuss teenage suicide

By LIBBY SCHIRMER

After the community saw three teenagers succumb to suicide within a six-month span last year, the mindset of some parents and neighborhood groups has shifted from grief and shock to activism and prevention.

The high school parent group, Bethlehem Central Community Organization, and an all-volunteer mental health task force, which is a subdivision of Bethlehem Networks, are working together to provide the community with information about teen depression and suicide, the third leading cause of death among adolescents.

A panel discussion, sponsored in part by BCCO, Bethlehem Community Partnership and Bethlehem Networks, is

scheduled for Tuesday, Nov. 9, at 7 p.m. at Bethlehem Central High School. Presenters include surviving parents and leading mental health professionals, as well as district representatives.

Lisa Faist-Stanton, a Slingerlands parent whose 17-year-old son, Colin, committed suicide in February 2003 after suffering what she characterized as a sudden lapse, has been looking for proactive approaches the district can take to prevent teen suicide.

Lisa Faist-Stanton

She and two other surviving parents, Joe Albert, director of the Rensselaer Polytechnic Institution's counseling center, and Sharon Kopyc, whose son also committed suicide that year, will both sit on the panel at Tuesday's session.

Faist-Stanton said the two boys spiraled into depression in very different ways. One battled depression for a long time while the other saw depression set in rapidly.

"The point of the two stories is that it can happen to anyone," Faist-Stanton said. "And that you don't see the signs, the symptoms, easily."

Faist-Stanton said all teens who

□ SUICIDE/page 20

More seized animals could be put down

Officials cite inadequate food, poor living conditions

By LIBBY SCHIRMER

Almost 300 animals, some who were being fed with bagels and doughnuts, were seized from Cherokee Ridge Animal Rescue Farm in Coeymans last week, after a year-long investigation by the Mohawk & Hudson River Humane Society and the State Police.

In all, 268 animals were taken, including rats, dogs, cats, iguanas, birds, llamas, horses and guinea pigs, from what director of operations for the humane society Bob Guyer called awful living conditions.

"This is the largest, by far, (seizure) we've ever done," Guyer said. "We saw no signs of any appropriate diet for the animals." Guyer said for the 19 horses on the farm, two bales of hay were found, and no grain.

The owner of the 78 Jarvis Road South location, Sue Peters, 41, faces at least one count of cruelty to animals, a misdemeanor, with more charges pending on the outcome of the ongoing investigation.

As of Monday, at least three animals — two cats and a guinea pig — had to be euthanized because of their conditions. More animals could be put down depending on the outcome of several more veterinarian exams, including that of a horse, Guyer said.

The humane society had been investigating the location and its owner for about one year, Guyer said, until the humane society asked to bring a veterinarian to the location to exam the animals.

Since then, "We've been told we were not welcome on her property again and

she has not been cooperating at all as of about a month-and-a-half ago," Guyer said.

State Police had received a number of complaints from neighbors of the farm, said Senior Investigator at the New Scotland barracks Karl Maybaum.

There's no set number of complaints that sets a warrant in motion, Maybaum said.

"But when you've gotten five, six, seven complaints, there's obviously a problem," he said.

Maybaum said Peters was cooperative with police during the raid.

"She was visibly upset that her animals were being taken away," Maybaum said.

Peters is now referring calls to her lawyer, who did not return a call Friday.

A number of the animals seized from

□ ANIMALS/page 31

New Scotland GOP names new chairman

By MARTIN J. BANNAN

Election Day 2004 is history, but with a new leader, New Scotland Republicans say they are invigorated for next year's townwide races.

Lance Luther, an attorney with the state Workers Compensation Board, took the reins of leadership, replacing Peter

Balenchia, who stepped down this summer to spend more time on business ventures.

A graduate of Rensselaer Polytechnic Institute and Albany Law School, Luther said he first became interested in town politics after working on Supervisor Ed Clark's campaign.

"I've always wanted to do something in politics," he said. "You have to have a stake in the community. I want to do my part to improve upon the good aspects of our community."

His first goal, he said, is to restore public confidence in a fair and impartial town government.

"The New Scotland Democrats have

engaged in conduct that compromises the integrity of town government," he said, referring to Republican objections to actions by Democrats, who currently control the town board.

Among them, he cited Councilman Scott Houghtaling's recent push to fill a planning board vacancy with Michael Cavanaugh, a registered Democrat who had been serving on the zoning board of appeals, over Chuck Voss, a candidate Luther and Clark said was better-qualified.

Other objections, he said, stemmed from Councilwoman Deborah Baron's choice to serve as a court clerk while

□ CHAIRMAN/page 31

Literacy group fills only a drop in bucket

By LIBBY SCHIRMER

With 60,000 adults in Albany and Schenectady counties — that's about 20 percent of the population — reading at or below a fifth-grade reading level, the 367 volunteers who help promote reading and literacy in the two counties have hardly closed the chapter on illiteracy.

Many students come by word of mouth, said Bob Stevens, executive director of Literacy Volunteers Mohawk Hudson, which serves Albany and Schenectady counties, and "There's always a waiting list."

That's why, Stevens said, tutors and instructors are always needed.

"We're serving between 400 and 500 out of 60,000," Stevens said. "We're barely making a dent."

The organization offers two programs: one to English-speaking adults with poor reading skills and

□ LITERACY/page 19

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Program set on teen depression

The BCCO, Bethlehem Community Partnership and Bethlehem Networks invite parents to attend a panel discussion on teen depression. The panel will include the director of the state Child and Family Services, Bethlehem Central's director of pupil services, a child psychiatrist, surviving parents of children who committed suicide, school principals and the director

of the RPI Counseling Center, who is also a surviving parent.

The talk will include a question and answer session. The program, scheduled for Tuesday, Nov. 9, at 7 p.m. in the Bethlehem Central High School cafeteria at 700 Delaware Ave., is free and open to all parents and caregivers. For information, call 439-7740 or e-mail BethlehemPreventionProject@yahoo.com.

Takin' care of business



Junior Achievement volunteer Jerry Langhauser, left, meets with Marshall's owner David Evans and Subaru sales manager John Sterrett. Bethlehem Central Middle School students in Junior Achievement were recently given a tour of Marshall's on Route 9W in Ravena.

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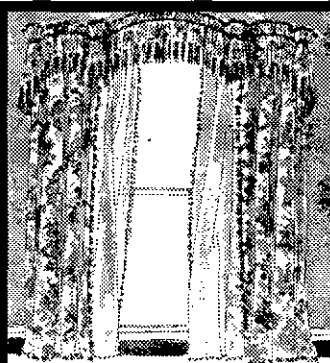
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Methodist church plans autumn fair

First United Methodist Church of Delmar will sponsor its annual autumn fair on Saturday, Nov. 6, from 8 a.m. to 3 p.m. at the church on Kenwood Avenue.

The fair kicks off with a pancake breakfast at 8 a.m.

Crafts and collectibles, a Christmas boutique, plants and baked goods will be available. All are welcome.

Music series slated at Bethlehem library

The Bethlehem Public Library presents saxophonist Paul Evoskevich and pianist Cliff Brucker in "Classical Meets Jazz," a performance on Sunday, Nov. 7, at 2 p.m. The duo will play music from J.S. Bach to Charlie Parker.

The concert will open the series "A Little Sunday Music" sponsored by Friends of Bethlehem Public Library. Call 439-9314 to register for this free event.

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RCS district drafts bullying policy

By LIBBY SCHIRMER

Two bullying incidents are enough, say Ravena-Coeymans-Selkirk school district officials, as they look to take a proactive stance to prevent bullying in school and to promote diversity.

The RCS school board held a special meeting recently on bullying during which teachers apprised the board of what programs are already in place at each educational level to prevent bullying.

The meeting was a precursor to a Nov. 1 board meeting at which a draft bullying policy was scheduled to be released.

Superintendent Vickie Wright noted the need for drafting a stringent policy for both students and staff in reporting incidents of bullying and following up with an investigation into the problem.

The policy calls for "taking reports seriously and taking action," Wright said. "By not doing anything, we are actually condoning bullying, saying it is OK."

The draft of the district's zero-tolerance bullying policy was available for the first reading at the Nov. 1 meeting. After that, it will be posted on the district's Web site.

Beyond the standard types of bullying in which some students prey on other students' psyches or bodies, school districts now are faced with a new kind of bullying called "cyber bullying," Wright said.

In this 21st-century type of bullying, students are taunted by others who post messages or video images on the Internet or via cell phones.

"This is a fast-growing problem," Wright said, "and the board is committed to doing something about it."

Wright noted that the district is considering tactics taken on by other districts, including banning cell phone use on school grounds, to curb that type of bullying.

The district is also considering what Wright called a "bullying box," which would be a locked box placed in a hallway where students could anonymously write down any concerns that administrators would follow up on.

RCS has a number of programs in place to educate children about respect for others, varying from classroom programs put on by staff members to peer leadership groups in place at the secondary levels of education.

A subcommittee is in the works to develop a bullying

survey for parents, students, teachers and administration. District officials are aiming for a January unveiling of those results, which should address the extent of the problem, the frequency of teacher intervention, the knowledge parents have about their children's school experiences, among other things.

The subcommittee, comprised of assistant principals, deans of students, counselors, students and community members, will identify certain issues the survey should cover, Wright said.

One teacher made note of the need for a place for the children who bully others to voluntarily go to be heard.

Though there isn't quite such a place yet, Laurie Abelson, counselor at P.B. Coeymans Elementary School, said when bullies are sent to them, the effect is similar to a voluntary place.

"They are being sent to us and we use that time to teach, to talk about what happened," Abelson said. "My approach has always been to believe the kids and commiserate on that level."

One possible program to address the problem of cliques, which can lead to bullying or exclusion by some kids, is a mix-it-up day, where students have lunch at different tables in the cafeteria, where they might not

usually sit, eat and socialize.

Board member Diane Louis said that's a good start, but wondered about other places where bullying often takes place.

"I would suggest having programs on (what goes on in) the cafeteria, in physical education classes and on the bus," Louis said. "I didn't hear anything about the bus and addressing that situation. The bathrooms are the other places (where bullying often occurs)."

Louis suggested getting physical education and subject teachers in on certain strategies, like not having the two popular kids picking teams "so the same kids get picked last."

She also said that note-passing in class contributes to bad feelings and strengthens cliques.

Board members highlighted the goal of getting parents involved with the process of identifying bullying incidents and procedures taken to prevent or stop the incidents.

Board president John Bonafide spoke as a parent of a first-grader.

"It's happening that far down," Bonafide said referring to an incident between two kindergartners on a bus. "It's often hard to control because it's one-on-one; it's whispered. We need to give parents a succinct line to follow."

Seniors worry about flu

By ETHAN SCHOOLMAN

Many Albany County senior citizens have not received flu shots this year, and town officials have no easy answers to the chronic shortage.

"Our role has changed from providing shots, to providing information to seniors," said Ed Neary, executive director of the Colonie Senior Service Center. "There are plenty of common sense things people can do even if they haven't gotten the vaccine."

Bethlehem Assistant Director of Senior Services Joyce Becker said that Bethlehem's hands are tied.

"The best thing seniors can do is contact their own doctors," Becker said. "We're always happy to take people's calls at town hall, but the Albany County Health Department might know more."

The vaccine shortage came about when British regulators unexpectedly shut down a factory there which belonged to the California-based pharmaceutical company Chiron. Chiron had been due to supply the U.S. with about half its flu vaccine, almost 50 million doses.

Residents at the Beltrone Living Center, where the Colonie's senior service center has its offices, expressed dismay at the lack of available vaccine, but also had some tough words for national leaders they said let the shortage happen.

"We've had flu shots every year right here [at the Beltrone Center]," said Theresa Bennett, 80. "When we found out in October that they wouldn't be

available this year, it was a real shock."

"We know the flu comes around every year, so why weren't we prepared? Why is this happening?" Bennett asked.

Beltrone residents had a couple of suggestions for how the problem might be avoided in the future, some of which sounded familiar.

"We should be able to go to Canada for drugs," said Margaret Nagle, 80. "I don't care if I am breaking the law. Pharmaceutical companies just care about money."

Nagle noted that Canada's supply of the flu vaccine seems relatively safe.

"It's just not right, that people from a country like ours should have to go to Canada for basic medication," said Bennett.

Raymond Blair, 84, accused the U.S. government of getting its priorities wrong.

"We spend \$87 billion in Iraq, but we can't spend a little bit here to get our flu shots right," said Blair, who told his friends that a bout of the flu six years ago almost killed him.

According to Neary, most of the initial panic has subsided, and now it's important for seniors and others to focus on little things, like washing their hands and getting plenty of sleep, which will help lessen their chances of getting sick.

"There's no replacement for the flu vaccine, but we have to play the hand we're dealt," said Neary, whose center provides meals, transportation, and health and recreation programs to seniors in Colonie.

Halloween hi-jinks



Staff at the Good Samaritan Nursing Home in Delmar provided some Halloween spirit at last week's celebration that offered cider, doughnuts, treats for the residents and music by the Tri-County Banjo Band. Left to right in this photo are Caroline Heroux, activities assistant, Susan Bartholomew, director of nursing, resident Eleanor Rinfret and Rae Ann Rieping, activities director.

Katherine McCarthy

Board looks at budget plan

By LIBBY SCHIRMER

The 2005 preliminary Bethlehem town budget was criticized by two residents at last Wednesday's public hearing, but it looks as though the town board will make no substantial changes in Supervisor Theresa Egan's first spending plan.

Board members who had the opportunity to question department heads about their respective budgets at the recent budget workshop, which lasted under a half-hour, expressed little, if any, dissent with what Egan and Comptroller Judith Kehoe presented Sept. 22.

The \$33.6 million preliminary budget, which calls for a 5.4 percent tax hike (\$19.10 more in town taxes per \$100,000 of assessed value), is scheduled to be adopted at the Nov. 10 town board meeting.

Cost of living adjustments are accounted for across the board, Egan said.

"It's a tight budget with minimal increases," Egan said at the budget workshop.

At the public hearing, Kehoe stood by the increase, saying, "I believe it's a nominal dollar amount and a nominal percentage increase."

Two residents said the \$6.9 million budget for the Bethlehem Police Department seemed excessive.

"Personally, I'm very happy with having the police department here," Egan said, in response to a resident's suggestion to look into contracting with county or state police forces like in Clifton Park, which has no town police department. "I know that when I call from my home or my business, there will be a prompt response."

Egan said the overall budget reflects responsible fiscal management.

The department most in trouble is the highway department, Kehoe said at the budget workshop, which "is barely standing on its own" and will spend 8 percent more next year.

Egan noted that the tasks that

susceptible to rising prices, as in heavy equipment, steel and other metals and blacktop, which are "out of this world" price-wise, she said.

The Department of Public Works is in a good position, Kehoe said at the budget workshop, with the sewer fund in "an ideal place" and the water fund in "a very strong position and standing on its own."

Egan said DPW Commissioner George Leveille has done a "good job" of identifying maintenance issues that need to be fixed.

The town board heard at the budget workshop plans to address improvements needed at the Bender Lane and Delaware Avenue pump stations, which are two of 30-plus pump stations in town that are about 30 years old.

At that meeting, Leveille noted other issues facing the DPW, including security measures such as fencing and cameras to be installed at plants and in the field and possibly mitigating some of the odors emitted by the sewer plant on the Hudson River.

Leveille also noted a goal to increase the flexibility of the water distribution system by utilizing interconnects to the Albany water system by way of Kenwood Avenue.

"There have been some lean years in the past where we were unable to do these things," Leveille said. "When the fund balance is at a stable position, we should look into these types of things."

The budget this year also includes a change in the way sewer charges will show up on bills.

Residents, instead of paying one lump sum charge for usage, will see a smaller, quarterly charge appearing on their water bill. Fees will remain the same, but the January tax bills will now include only the sewer district taxes.

Also, residents can now enroll in an automatic pay plan. By providing their bank information to the town, charges will be deducted from their accounts on the due date.

The enrollment application will be available on the town's Web site and in the newest edition of

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Check 21 will test our ability to stay afloat

By KATHERINE MCCARTHY

Let's hope it wasn't an augury that "Check 21" came into being during the week that marked the 75th anniversary of the stock market crash that led to the Great Depression.

Hopefully the new banking regulation won't have such catastrophic results, although it's keeping my household on its toes. Essentially, Check 21 means that check-writers can no longer live dangerously, handing over a check at the supermarket, the shoe store, or the dry cleaner a few days before payday, knowing that the checking account balance

COMMENTARY:

*Mom's
the
Word*



will be well in the black before the check hits the bank.

Under the new regulation, a check written in the morning could clear by that evening. That darn technology that is supposed to be helping our lives is making it possible for an electronic version of a check to be sent to a financial institution immediately. So, forget that little floating trick

that supermarkets have been letting us do all these years. From now on, a check written Monday won't take till Friday to clear.

On the day Check 21 went into effect, the manager at the local supermarket hadn't heard about it, but immediately identified his market's main service to its customers.

"That's going to mess up a lot of people who float their checks," he said.

It reminded me of a great scene from the old TV show "Roseanne." Roseanne's husband Dan was in a panic because the amount of money in their checking account didn't match up to the amount of money needed to pay the bills. No problem, the un-Adam Smith character Roseanne replied, just put the check to the electric company in the phone company envelope, and the phone bill in the envelope to the electric company.

Sometimes, it feels like everybody wants our money all at once — the mortgage, the car payment, the cost of gasoline, the leaky washer in the basement — and the money seems to head for the back door the minute we bring it in the front.

If, for one second, we get ahead of the game, there's a child

right there with a million ideas about how to spend the money that Mom and Dad work so hard for. Even the most non-materialistic child has feet that grow two sizes every year, and he's most likely hit his new growth spurt just when he finally owns enough pairs of pants that fit so that Mom doesn't have to do laundry every single night.

About seven years ago, friends from my graduate school days in Germany and their twin sons, then 5 years old, visited us. We spent a lot of time reminiscing about the times and people from long ago, envying just slightly our friend Bernd, then still single and gallivanting regularly to other European countries.

At that time, Christopher was 7 and a Cub Scout. He and his dad had come home with the year's outfit, insignia, handbook, and a few other irresistible treasures. When I asked Chris what he had spent, he just rolled his eyes.

"And this," the father of twins said, "is why Bernd can still travel to Italy, because he's not buying Cub Scout uniforms and we are."

The temptation to completely indulge our children is sometimes hard to deny. When they're little and we parents can still influence their dress or hairstyles,

it's hard to not kit them out to our and their great delight. As they get older, it's a treat to buy them toys that they love, and that will undoubtedly make them the smartest, most adroit, highest-functioning kid on the playground.

It's a balancing act, of course, and "kids today" are much more spoiled than their parents — and heaven forbid, their grandparents — ever were. My first clue about how our obsessions could become unhealthy came when the boys were 2 and 4 and still being pushed around our then Manhattan home in a double stroller. They were obsessed with Power Rangers, and every little boy on our playground had a full set — except for Flip-Head Tommy, who couldn't be found anywhere. On a beautiful spring day, word went out among the mothers of sons that the local drugstore had just gotten a new shipment of Flip-Head Tommies.

The result was our own personal run on the banks — only it was on McKay's Drugs, for a \$4.99 toy. Things felt a little out of whack as I stood in line with other mothers and eager young boys, all humming "Go Go Power Rangers."

Some people struggle to put food on their children's plates, and I was standing in line for a plastic toy that would be broken or missing within a year.

Although our children still own too much stuff, and we could certainly save more money, that was the day I started working with the boys on the idea of delayed gratification (10 years later, still waiting for the "aha" moment).

Now Check 21 is reminding me again of the importance of fiscal integrity — and of moving with the times. If my checks are going to clear immediately, I might as well use my debit card more and figure out online bill paying. I have resisted it, because it seems to remove our money from me just a little bit further. Will a click of a mouse be as realistic as writing, stamping and mailing a check has been?

I'm not a technophobe, even if I still don't fully understand how a fax machine works. When I think about figuring out how to pay bills online, it's the time factor that has my shoulders drooping. Do I call the bank first? The telephone, utility, cable company first? I envision hours spent

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picking my way through automated voice mail systems, or spending days e-mailing the companies and bank to figure out how to do this.

Thankfully, I have two special assistants as I work to stay updated in our high-tech days. The two boys who once swooned over Power Rangers are totally comfortable with all things computer and technology-related. They can surely help me with my computer-related questions, and I can teach them about managing household finances.

Hmmm, scary thought. Instead of going to the supermarket, utility company or phone company, all our money would probably go straight to Best Buy and Kay-Bee Toys. Maybe I won't give up that checkbook quite so quickly.

Breakfast to benefit church's pastor

The St. Matthew's Men's Association, along with the Youth Ministry, will be serving breakfast Sunday, Nov. 7, from 7:30 a.m. until noon.

Breakfast will be served in the church social hall on Mountainview Street, and includes pancakes, sausage, eggs, home fries, toast, juice, coffee, tea and hot chocolate. Proceeds from the breakfast will benefit the Rev. Arthur Toole's retirement fund.

Adults eat for \$5, children eat for \$3 and children under 2 eat for free. Takeout meals will also be available. A free breakfast comes with the purchase of an Entertainment Book.

Carolers wanted for sing-a-long

Singers are wanted for the sixth annual Old-Fashioned Four Corners Holiday Celebration. Join the group for a holiday sing-a-long on Dec. 3 at 6:30 p.m.

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Dionysians move 'Into the Woods'

By MARTIN J. BANNAN

Be careful what you wish for, you may end up getting it. That will be the lesson this weekend at the Voorheesville High School when the Dionysians perform James Lapene and Stephen Sondheim's 1988 Tony Award winning musical, "Into the Woods."

The story centers on a baker and his wife who, cursed by a witch, travel to fantasy land to break the spell. Their quest for redemption entails a scavenger hunt for the prized possessions of storybook characters, such as Cinderella's slipper and locks of Rapunzel's hair.

The first half ends happily, like any other fairy tale. It's the second half that gets serious, as the audience is warned to be careful what we wish for, said John Lopez, the play's director and a Voorheesville teacher.

"It's a smorgasbord of Grimm's fairy tales, with strong moral messages and warnings," Lopez said. "It's a bit darker than Mother Goose rhymes with music more characteristic of a 20th-century opera than a Broadway play."

"Into the Woods" opened on Broadway on Nov. 5, 1987, and

took Tony Awards for score and script the following year.

"It's one of Sondheim's most accessible plays," Lopez said. "It reaches a broader audience and keeps their attention."

Both Lopez and the cast agreed that the characters are as complex as the story.

"The baker is consistent in his ways but self-conscious and always trying to prove himself," said Will Pearson, a junior, of his role. "He's an interesting

character who brings unity to the plot."

The baker's wife is quite the opposite, however.

"She is pulled between the world she knows and the fantasy world of the woods," said

senior Katie Finn of her character. "She endures a lot of conflict, but in the end learns to accept her portion in life."

As for the witch, she is the wisest of the bunch, according to junior Jessalyn Ballerano.

"She is a more worldly character, who is distant from the others," Ballerano said. "I try to get more involved with my character in order to give a good performance."

Adding to the plot are elaborate settings and props that make each scene appear as storybook illustrations.

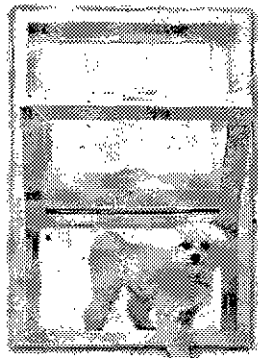
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"It was a challenge putting all this together in a short time," said sophomore Jim Cillis, a stage-hand currently taking a stage design course. He credited his classmates with pitching in to make the work move quickly.

Both cast and crew agree that without Lopez's talent and dedication they could never pull off such a challenging production.

"Our theater program has a great reputation for a school of our size," said Pearson. "We owe much of this success to Mr. Lopez."

Curtains rise Friday and Saturday, Nov. 5 and 6, at 7:15 p.m., and Sunday, Nov. 7, at 2:15 p.m. at the high school. Tickets are \$10 for adults and \$8 for students and senior citizens. For tickets, call 872-0800.

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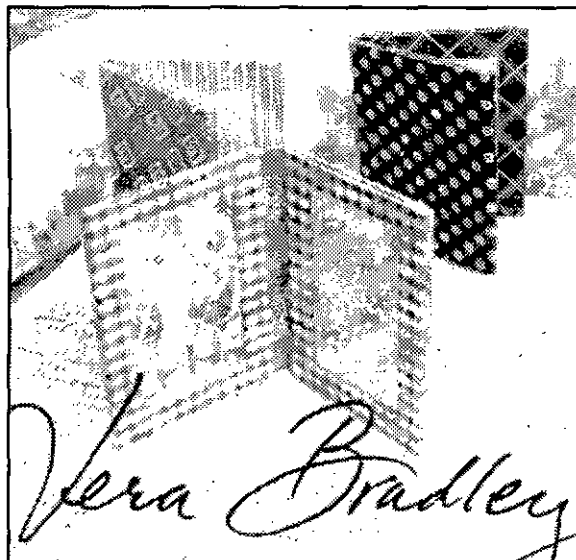
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Matters of Opinion

Be prepared

Since we were denied a real summer by Mother Nature this year, we were lucky to have a beautiful autumn, with only mild frosts thus far. We'd like to think this would last well into November, but that's really only wishful thinking.

Most years, in fact, bring snow sometime in November, so it's time to start hunkering down to prepare for the inevitability of winter in the great Northeast.

The first thing to consider is the car. Has it been winterized? If you use snow tires, it's a good time to make an appointment to have them put on, before the influx of folks who wait until the last minute to get ready for anything.

Even with the ubiquity of the cell phone, there's nothing as uncomfortable as being stranded even for a short time in sub-zero weather.

And, of course, there's always the house, which can use a sort of winter tune-up this time of year. This year, it's especially important to address heating concerns, since home heating fuel and natural gas prices are expected to go up by 15 percent. If you're a NiMo customer, you've likely already noticed a hefty increase on your budget payments, starting with next month's bill.

If you can't find a place in Florida and stay there until April, you should make your home as cozy and efficient as possible.

Cracks around windows and doors suck costly heat outside. A little caulking can be an energy-saver and seal up cracks, which is more comfortable. If you work during the day, keep the thermostat lower than when you're at home. Take advantage of the sun and open drapes and blinds in the daytime. Consider investing in an additional heat source, like a pellet stove that would allow you to keep the thermostat lower at night.

Always have your furnace and fire place flue cleaned in the fall, and make sure to replace furnace filters once a month.

A simple way to conserve heat is to layer up. Winter is definitely not T-shirt weather in the house.

Most adjustments and repairs are relatively simple and inexpensive and most assuredly well worth the effort and negligible cost.

If you have additional tips on how to rein in unnecessary heating loss, drop us a line and we'll be happy to share your ideas with all of our readers.

Editorial

Hills & spills on 2 wheels in France

By DEV TOBIN

The writer is managing editor of Spotlight Newspapers.

Judging from their reactions on my return, most of my friends and family were worried whether this 51-year-old would survive bicycling 400 miles from the Atlantic to the Mediterranean on the French side of the Pyrenees.

Well, I did, though not without a few scrapes and bruises. And got to experience La Belle France in an entirely different way.

Such a trip was, of course, a formidable physical challenge, even if I had decided to forgo major mountain climbs and walk up several minor hills, unlike my two fellow riders, Mark and Bob.

I had trained some for the trip, riding 50 to 100 miles a week and losing 20 pounds over the summer. But I never rode with the bike fully loaded or at night or in the rain, and I had never ridden more than 70 miles in a day.

Point of View

Also, I had never wrestled an unwieldy bike box through even one airport or train station. Now I have, because we flew into London, then from a second London airport, via the Tube and another train, to Biarritz, reversing the route from Perpignan on the way back.

The basic plan was to bike about 40 miles a day, staying in bed and breakfasts well off the beaten path. That plan got out of whack early, with 80 miles on the second day, 90 hilly miles on the third and 65 hilly, then suburban/urban, miles on the fourth — arriving at our destinations after dark on each of those days.

One problem in estimating mileage was that Mapquest uses the most direct, largest roads between two towns. Since such roads are either off-limits to bikes or too full of cars and trucks for our comfort, we had to find more indirect routes that, naturally, added on the miles.

For example, Mapquest fig-



Quiet country roads like this one in the eastern Pyrenees are the best part of bicycling in France.

ured that Day 2's ride from the Atlantic Coast north of Biarritz to a B&B in the midst of the Landes pine forest at about 50 miles. It turned out to be 80 miles, some of which, admittedly, came during a detour to swim in the ocean and a misguided search for a short cut.

But the smaller roads were delightful — hardly any traffic and providing a real up-close look at the French countryside. The sights, sounds and smells at 15 mph on a bike are a lot more impressive than the sensory blur you experience at 60 mph in a car.

On the whole, French drivers are quite considerate of cyclists, most using their turn signals to pass us and allowing plenty of room; some even gave us a thumbs-up.

Near the coasts, there are plenty of bike paths, but in the rest of the country we were on the equivalent of New York county or town roads, which generally had no shoulder at all but were well-built and in good condition.

On the hilly, 90-mile day, we took a short break early in the day at Notre Dame des Cyclistes, an unusual shrine to Tour de France riders in an 11th-century country church. The church was closed, alas, but the spiritual support was welcome, that day and for the whole trip.

My pre-trip assignment had been to arrange the lodging in France and make sure we had bike boxes for the return flight from Perpignan. (That part was relatively easy; I e-mailed the Perpignan airport and they replied that Air France sold boxes for 6 euros.)

I found the B&Bs on the Internet at Sawday's, gites-de-france and the Ax-les-Thermes municipal site. The B&Bs were all wonderful, though different in their own ways.

The first was the most physically impressive, a modern, impeccably decorated and landscaped mansion next to a golf course in Seignosse, with a pool and the sound of pounding Atlantic surf always in the aural background (See for yourself at www.perso.wanadoo.fr/tygias.)

Jean-Luc was a gracious host and put out a great breakfast but

he does not do dinner. So we rode in the dark (with lights) into town and found delicious salad-galette-crepe-cider meals at a Breton café. Riding back, we got lost for a while, but eventually made our way to the mansion.

The second B&B was on our Michelin map near Garein as Moulin Vieux; the old mill was still part of the property, but the B&B run by Liliane was in a nearby updated farmhouse.

Liliane is a grandmother and yoga teacher whose English was perfect; she had spent several years in San Francisco as a young woman. She served a marvelous four-course meal featuring local produce and lamb she had just bought in the Pyrenees. And she helped bandage the gravel wound in my arm (more on that later).

At the next stop, a farm B&B outside Mirande, Alain was glad to hear from us when we called at 9 p.m.; following the enervating 90-mile day. After all, he had dinner waiting.

And what a dinner! He served his own duck, ham, salami and foie gras, with cassoulet-type beans on the side. And he poured Floc de Gascoigne aperitif, local table wine and Armagnac with dessert — which came at about midnight.

His English was as limited as our French, but we were able to converse in a combination of the two. Alain was a voluble host, excitedly explaining all about Gascony to his rare American guests.

Our halfway stop was two nights in Toulouse, where the sister of Bob's college roommate offered to put us up.

A sculptor and potter, Lisa was busy taking and teaching classes, being a single mom and salsa dancing. She arranged to have her two kids stay with her ex-husband nearby and let us have the run of her roomy house by the Canal de Brienne. We got a chance to tour Toulouse and took her out to dinner on the second night, feeling very Continental as we arrived at the restaurant at 10 p.m.

Next up was Tooley's place in Ax-les-Thermes, to which we took the train from Toulouse, with Mark and Bob riding the last 17

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Your Opinion Matters

miles from Tarascon-sur-Ariege.

Tooe provided about as perfect a match of B&B host and guests as could be imagined. He is an active skier/biker who moved from rainy England to this ski/bike/hike/spa town in the Ariege valley several years ago. His chalet B&B about 500 feet above the town had a spectacular view of the town, the valley below and the mountains all around, including a ski area. (See for yourself at www.chez2e.com.)

He also had lots of maps and was able to suggest suitably challenging Tour cols (mountain passes) for Mark and Bob to conquer, while I took a leisurely café lunch, soaked my feet in the town's famous hot water and caught up on postcards.

And Tooe's a good cook.

The next day, Mark and Bob climbed the Col de Puymorens, while I took the train to Latour de Carol, waited for them for a couple of hours in Puigcerda, Spain, then took off for a bracing solo ride down the valley of the Tet to Christophe's B&B outside Sordinya.

(My conscience is clear about the two train rides; I could easily have finished the ride to the Med by taking the Canal du Midi bike path from Toulouse. But my friends wanted to ride in the mountains.)

Christophe was another refugee from the rainy north — Bruges in Belgium — who liked doing outdoor things (motorcycling and parasailing) in the Pyrenees. And he's a good cook, too.

The next day, we took a long-cut to the next B&B along the Boules valley in the foothills of the Pic de Canigou. I finally climbed a named col without walking, although the Col Fourtou, at 655 meters, would not quicken the pulse of any Tour rider.

We also had the remote valley to ourselves, seeing about 10 cars both ways in more than two hours. It was the best riding of the trip.

Our last B&B, Ian's in Caixas, was a return visit (for me and Mark) that turned into the social highlight of the trip.

At the other B&Bs, there had been no other guests — it was October, firmly between seasons.

But at Ian's we met three delightful 30-something English women and shared a "brilliant" (as the English say) dinner with conversation and lots of laughs.

The next day, we all gave the bikes a rest and hiked and picnicked with two of the women above the 11th-century Prieure de Serrabone to Roque Rouge.

And Ian's cuisine de maison

was a cut above, including the best cheese course of the trip.

B&Bs remain a great bargain. Three beds, three breakfasts and three dinners usually cost about \$130, easily the cost of just a hotel room or three four-course-with-wine dinners in a restaurant. Jean-Luc's and Ian's, both with pools, were more, \$130 for just the room and breakfast at Jean-Luc's and about \$185 for everything at Ian's, but they definitely offered added value.

For our last night in France, we stayed at a seaside hotel in Canet-plage — no interesting B&B owner here but another satisfying dinner at a nearly empty resort Breton restaurant.

We also got an absolutely stunning sunrise over the Med and one last beach day.

One of the problems with staying at such nice places was that it was hard to leave in the morning — lingering over breakfast, extra coffee, final chat, rechecking the day's route, loading and fiddling with the bikes, etc. Long rides that would start bright and early at home became more leisurely, leave-by-11 affairs in France. Which was no problem on the 40-mile days, but had us finishing well after

sunset on some of the others.

And then there were the falls.

I hadn't fallen off a bike in more than 30 years. But I hadn't ridden at all until recently, and had never ridden a loaded, and, one learns quickly, much less stable bike.

That 30-year record was soon erased, as rush hour traffic in a tight, no-shoulder spot on the N10 in Bayonne, a few miles from the Biarritz airport, squeezed me into a steel barrier designed to protect pedestrians.

The resulting deep bruise hurt quite a bit (and vestiges still remain a month later) but was not serious enough for me to stop riding.

Fall No. 2 was more basic, sliding out on gravel in Aren-gosse. I was turning around after finding the right gear for a hill when I was suddenly on the ground and bleeding all along my left leg and arm.

Water, antiseptic and bandages solved the immediate problem — stopping the bleeding and cleaning the wounds. But one chunk of gravel remained in my arm. Using two knives and a magnifying glass, Dr. Mark dug it out over the bathroom sink.

The final fall was the worst — after dark in Toulouse, while we were looking for Lisa's, a steel post that keeps cars off the sidewalk grabbed my right pannier and tossed me to the concrete.

This one hit all over my right side, head (helmets work!), shoulder, arm, ribs, knee and leg. Thankfully, we soon found Lisa's house and got the various scrapes cleaned up quickly. I felt the bruised rib for a week, though.

In retrospect, I was lucky — no permanent injury, no injury so serious I had to stop riding (although I did welcome two rest days after the Toulouse fall) and no disabling damage to the bike.

Now I've ridden — with fully loaded panniers — more than 400 French miles, a score or so after dark. But I've still never ridden in the rain. We all had fenders and rain gear but no need — our weather luck was remarkable. Most days were bright and sunny, a few were partly cloudy, and it rained just twice in our 10 days in France, both times at night after we were done riding.

London, of course, was another story. But the bikes stayed in the boxes there.

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Matters of Opinion

CVS is acting like corporate bully

Editor, The Spotlight:

CVS already operates a store on Route 28 in Cotuit, Cape Cod, where the parking is in the rear. This is an unspoiled section of Old Cape Cod where the community has fended off honky-tonk.

Corporations do not need to pave America's loveliest assets to make a profit.

I hope Bethlehem sticks to its guns and insists that CVS place a new building in front of the new lot at Delaware and Elsmere avenues, with parking in back. Asphalt in front will detract greatly from a village atmosphere.

Incidentally, the town of Bethlehem stood up to a big corporation at the site once

before. Martin Barr, then chairman of the Bethlehem planning board, deserves credit for preserving the natural brick of the existing building. Boston Chicken, later Boston Market, wanted to paint the natural brick of the building its signature color motif, which made some people shudder.

Barr said no. The brick remains and Boston Market has cleared out of town.

I don't live in Delmar any more, but I continue to shop there and care profoundly what becomes of it.

I appreciate the wonderful staff at CVS, but I don't appreciate any whiff of corporate bullying of this fine community.

Carol Schlageter
Feura Bush

Town planning decisions should be proactive

Editor, The Spotlight:

The Bethlehem Planning Advisory Committee (BPAC) and The Saratoga Associates deserve our deepest gratitude for all of their hard work in moving the town of Bethlehem closer to a comprehensive plan. With the conclusion of the October 21 forum on agriculture and farms, now begins the difficult work of sorting out what all the feedback submitted to date "means."

As a participant at 90 percent of the public forums, of all the messages I heard, one was quietly, yet consistently voiced: that the town let natural resource capabilities and constraints be the fundamental building block of its comprehensive plan.

By that, I mean that any and all decisions about what land uses should occur where — especially decisions leading to increases in the town's population — should be based first on a consideration of the land's natural attributes as well as its physical limitations. That is, the plan should first ask (and answer) the questions, "what is Bethlehem's "carrying capacity," and where should this "carrying" occur (or not) as we move forward?

To answer these questions, the town should consider topography, watersheds and natural areas as well as existing land uses (built

and infrastructure), the town's future population projection and community goals and objectives.

These elements should be considered together to guide the comprehensive plan's recommendations on future land uses, which in turn are used as the basis for any zoning changes.

Planning to respect land capabilities means, for example, protecting and preserving our most productive farm and forest lands and sensitive environmental habitats. Planning to respect land constraints means moving development away from hazardous areas.

For example, Bethlehem has areas with steep ravines and unstable soils and flood plains that should, if at all possible, be left undeveloped.

When the comprehensive plan reflects land capabilities and its constraints, the resulting development proposals are much more likely to be appropriate to the site, enabling more streamlined review and approval for those affected.

Let us be proactive rather than reactive in developing the comprehensive plan, guided by the "carrying capacity" of the town.

Caleb Wistar
Delmar

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Your Opinion Matters

Youth group leader deserves thanks

Editor, The Spotlight:

Many of the people in the Bethlehem area probably already know about a large change that is taking place in our community. Joe Catalano has left his job as the head of Faith Formation and the director of the youth group at the Church of St. Thomas the Apostle.

As a former member of the group, I believe Joe should be commended for all of the work that he did. Joe brought together kids in our high school and because of youth group I've formed lasting friendships with some people I otherwise might never have met.

I believe that one of the key parts of the youth group was that faith and spirituality were not a pre-requisite for joining. Through friendships, service projects, retreats and other activities, I was able to grow in my own faith, at my own pace. This was something that Joe understood, and he tailored the youth group to it. The balance between social, spiritual, and service in the St. Thomas youth group was what allowed it to reach so many young people.

As the director of the youth group Joe will be sorely missed. His dedication to and passion for the group, and the kids in it will be hard to replace. Without Joe things will be different, but I hope

that the underlying nature of the group will remain the same. From the outside looking in, the St. Thomas Youth Group may have seemed not focused enough on religion. This was not the case. Youth group taught me how to incorporate my faith into my everyday life because it was not pushed upon me.

Right now, there is still a very strong interest in the group, and I hope as the new leader of the

group begins to work that the spirit of the youth group that Joe Catalano built will live on.

Thank you from myself and all former and current members of the St. Thomas youth group to Joe for his dedicated help, leadership, and friendship. We are sorry to see him go, and wish him the best at his new job.

Christie Turner
Delmar

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

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Matters of Opinion

Is U.S. economy as bad as it seems? Social Security funding must be addressed now

Editor, The Spotlight:

Is our economy really in such a slump?

Listening to the evening news would make you think that we are living through the Great Depression of the 1930s all over

again.

We hardly have bread lines and soup kitchens in our neighborhoods. I see around me large homes being built and two to three cars in each driveway.

Even with the burden of high

gas prices, people still drive everywhere they want, including the mall to shop for clothes and go out to dinner.

In 1996 when President Bill Clinton ran for re-election, the unemployment rate was 5.4 percent.

Today with President George W. Bush as president, the unemployment rate is virtually the same.

For example, according to U.S. Department of Labor statistics, in New York state the unemployment rate in September 2004 was 5.5 percent.

Keep in mind the recession had already begun before president Bush was inaugurated in January of 2001 (the economic slowdown was clear toward the end of 2000 because of the collapse of many of the "dotcom" companies that had driven the huge stock market gains of the late 1990s).

Add to this the terrorist attacks on our nation on Sept. 11, 2001. It is amazing to me that the unemployment rates have recovered so strongly since 9/11.

So I ask, what do you think? Are we really that bad off?

Sharon Curtis
Delmar

Editor, The Spotlight:

The issue of Social Security has been ongoing as it has been determined that the trust funds that support the system will eventually run out in the year 2042.

Although the year in which the system will begin to fail seems to constantly change, many seem certain that eventually it will no longer be able to function.

By the year 2013, only 14 years from now, it is expected that the benefit payments will start to exceed the Social Security tax income. As a result, definite changes will need to be made in order to ensure that the system will remain able to function.

This should be a concern of everyone; if changes are not implemented, then all will be affected. As it stands now, more than 90 percent of those who are retired receive Social Security benefits, and two thirds of the

elderly depend on it as a major source of income, while the other third rely on it as their sole income.

However, it affects not only the elderly, as one out of three Social Security recipients are not retirees, but are either on disability or are survivors. Due to the impact that Social Security has on such a wide range of people, it is necessary to make changes to guarantee that the system will continue.

I feel that it would be the most effective to raise the age that people begin to receive benefits, as many are living much longer and healthier lives than before.

This would not only allow people to work for longer and thus contribute more money to the system, but also to delay the date the funds will run out. I believe that this would be the most effective since people are living longer and receiving benefits for longer, which they may not necessarily need, as they are still possibly capable of working at older ages.

This problem will only increase as time progresses, as the Baby Boom generation nears its date of retiring, which when coupled with birth rates decreasing, creates a gap of funds that must be met in order to secure the stability of the system.

Chelsea Carman
Feura Bush

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

Unsigned letters receive no consideration and are discarded.

Only letters that carry a signature will be published.

The deadline for submitting letters is Friday at noon.

Write to Letters to the Editor, The Spotlight, P.O. Box 100, Delmar 12034. Letters can be faxed to 439-0609 or e-mailed to spotnews@nycap.rr.com.

For information about letters or the Point of View column, call Executive Editor Susan Graves at 439-4949.

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High school drama club will present fairy tale musical

The Voorheesville Drama Club will perform the musical "Into the Woods" on Friday and Saturday, Nov. 5 and 6, at 7:15

p.m. and on Sunday, Nov. 7, at 2:15 p.m.

The performance is open to the public.

"Into the Woods" will be performed in the Performing Arts Center at the high school.

Tickets are \$10 for adults and \$8 for students and senior citizens.

Fire Department hosts Brooks barbecue

The Voorheesville Volunteer Fire Department will hold a Brooks barbecue on Wednesday, Nov. 10, from 3:30 to 6:30 p.m. at the firehouse.

Take-out orders only will be available.

Fall Movie Night set for Nov. 5

The town of New Scotland Recreation Committee will present a Fall Movie Night featuring the movie "Shrek 2" at the Voorheesville United Methodist Church on Friday, Nov. 5, at 7 p.m.

Admission is free

The Youth Softball League will sell refreshments.

For information, call Pat at 476-0385.

Thacher Nature Center has sketching program

The Thacher Nature Center will hold a seasonal sketching program on Saturday, Nov. 6, from 10 a.m. to noon.

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



Participants will be able to create their own seasonal greeting cards using pencils, pens and watercolors.

Participants should bring sketchbooks, paper and any drawing materials they want.

Watercolor paper, sketch paper, pencils and watercolors will be available if needed.

This program is free, open to the public and appropriate for ages 12 and up.

For more information or to register, call 872-1237.

New Scotland offers babysitting course

The town of New Scotland Recreation Committee will present an American Red Cross babysitting course on Saturday, Nov. 20, at town hall from 9 a.m. to 5 p.m.

Participants must be at least 11 years old.

Cost of the program is \$42.

Forms may be picked up at town hall. Those interested must

register by Friday, Nov. 12.

For information, call Pat at 475-0385.

Five Rivers hosts teacher workshop

A Project WET Teacher Workshop will be held Saturday, Nov. 13, from 10 a.m. to 3 p.m. at the Department of Environmental Conservation's Five Rivers Environmental Education Center.

The workshop, open to teachers and youth leaders, will introduce Project WET (Water Education for Teachers), an interdisciplinary program that emphasizes water and the creatures that inhabit it.

Participants who successfully complete this one-day course will receive a teacher's manual plus other materials.

Teacher in-service credit is available for this workshop and documentation for credit will be coordinated through the Greater Capital Region Teacher Center.

This workshop is free

Pre-registration by Thursday, Nov. 11, is necessary. For information or to pre-register, call the Five Rivers Center at 475-0291.

Friends of Music to meet Nov. 9

The next meeting for the Voorheesville Friends of Music will be held at the high school on Tuesday, Nov. 9, at 7 p.m. in room 159.

School board will meet Nov. 8

The next Voorheesville school board meeting will be held at the high school in the commons area on Monday, Nov. 8, at 7:30 p.m.

Chamber sets expo

The Bethlehem Chamber of Commerce will sponsor a business expo and mixer on Thursday, Nov. 4, from 5 to 7 p.m. at the Quality Inn in Glenmont.

All who attend will have the chance to win one of dozens of door prizes in the form of goods, services and gift certificates valued at up to \$50 each. Those who visit each exhibitor booth will be entered to win a Grand Getaway worth \$500, donated by Ramada Inn on Route 9W in Albany.

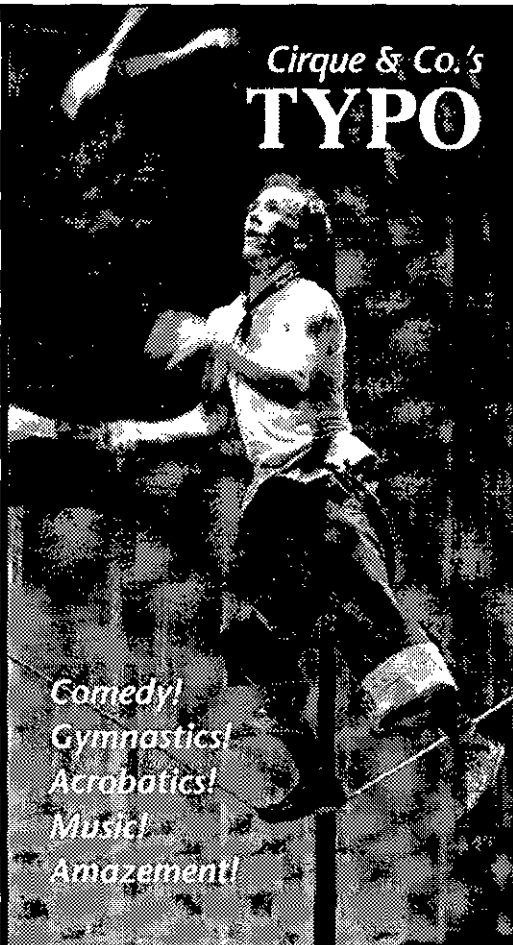
Those who attend are encouraged to bring business cards.

The cost is \$3; hors d'oeuvres will be served.

For information or to make a reservation, contact the Bethlehem Chamber of Commerce at 439-0512.

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Sports

Indians roll past Cobleskill into Sectional finals

By TOM JOHNSON

Ravena-Coeymans-Selkirk was all business Friday night with a trip to the Section II, Class B championship game on the line against a physical Cobleskill-Richmondville football team.

Junior quarterback Tim Jordan jump started the Indian offense with two first quarter rushing touchdowns, and running back Ryan Cross raced for 136 yards on 24 carries as Ravena defeated the Bulldogs 41-7.

The Indian defense also made its mark in the contest, forcing five Bulldog turnovers and continuously flushing Cobleskill quarterback Dan Sperbeck out of the pocket throughout the evening. Ravena picked off Sperbeck three times, with junior defensive back Ryan Ruxton registering two interceptions.

Ravena head coach Gary VanDerzee said his team's work in the trenches led to the big plays on the offensive and defensive sides of the field.

"We had a little bit of a glitch last week against Taconic Hills in not coming out and performing on both sides of the ball, but we focused in and did what we had to on the offensive and defensive line," VanDerzee said. "Once we do that, then we are a pretty good football team."

The Indians (9-0) built a sturdy 14-0 lead after the first quarter behind the cut-back style running of Cross and the direction of Jordan. Jordan tallied a three-yard touchdown on a quarterback keeper, capping off a seven-play, 62-yard opening drive.

The Ravena offense struck again two possessions later, when Jordan once again ran an effective option play and took the ball eight yards for a touchdown.

The hard-hitting Ravena defense set the stage for the first scoring opportunity in the second quarter, when lineman Josiah Quinn recovered a fumble on Cobleskill's 17-yard line. Cross accounted for all 17 yards on the ensuing drive, finishing it off with

a five-yard touchdown run for a 21-0 advantage.

Cross kept the Cobleskill defense on high alert throughout the first half, accumulating 93 yards on 18 carries. However, the junior was quick to credit the offensive line for his glittering statistics.

"We came out tough today, and we were looking forward to this game for a while," Cross said. "I couldn't ask more from my line; the holes were huge, and I just ran down field."

Jordan padded the lead by lofting a 35-yard touchdown pass to wide receiver Danny Hillman to give Ravena a 27-0 lead with 9:17 left in the second quarter.

The Bulldogs put up their only points of the night a short time later when Sperbeck rolled to his left and hit wide out Jon Babcock for an 18-yard touchdown pass.

Jordan threw a 17-yard touchdown pass to Eric Stott in the

third quarter, and Stumbaugh chipped in with a five-yard scoring run in the fourth quarter to close the scoring.

Ravena plays Lansingburgh in Saturday's Sectionals finals at 3 p.m. in Amsterdam.

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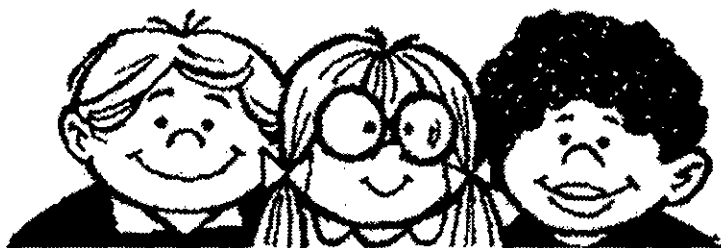


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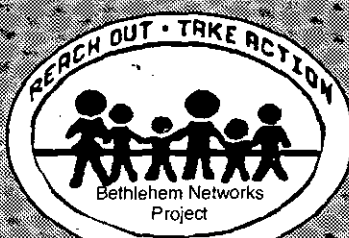
He said he couldn't concentrate and he just couldn't go to school. He lost interest in sports and friends too. There was a change in his mood and a drop in his energy level. And there was resistance to getting help or talking about what was happening.

All these behaviors were signs of depression, but who would have thought depression could be lethal?

Suicide is a serious mental health challenge. The national rate of teen suicide has nearly tripled since the 1950s, and it is the third leading cause of death among young New Yorkers age 15 to 24. During a six-month period in 2003, three teens completed suicide here in our own community of Bethlehem.

We are told that suicide is preventable, but only if we become aware of the warning signs and accept the challenge to speak up and seek help for those at risk.

On Tuesday, Nov. 9, at 7 p.m. in the Bethlehem Central High School cafeteria, the BCCO and Bethlehem Community Partnership are sponsoring a panel discussion, "Depression — A Tough Issue for Teens," with representatives.



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Local runners tune up for Sectionals at SC meet

By ROB JONAS

The Suburban Council Cross Country Championships often

serve as an event where teams and individuals announce their intentions for the Section II meet. The message delivered at last

Saturday's league championships is that Saratoga is going to be very hard to beat in the girls and boys divisions.

Saratoga placed five runners in the top six to win the girls team title and had five runners in the top 20 to take top honors in the boys team standings.

It was the first Blue Streak sweep at the Suburban Council meet in several years and ended Shenendehowa's two-year reign as boys division champions.

"Saratoga did a good job," Shen coach Matt Jones said. "To have their fifth man run (16:08.8) is a credit to them."

Shen's Dan McManamon ran away with the boys division individual title. The junior completed the 3.05-mile Saratoga Spa State Park course in a time of 15:16.2, 11.1 seconds ahead of runner-up Steve Murdock from Saratoga.

"I'm happy. I was just hoping for a better time," McManamon said.

Burnt Hills-Ballston Lake's Ken Little and Guilderland's Brian



Bethlehem's Emily Malinowski sprints toward the finish line at last Saturday's Suburban Council Cross Country Championships at Saratoga Spa State Park. Rob Jonas

Rhodes-Devey also turned in top-five performances. Little was third in a time of 15:29.4, and Rhodes-Devey — who was two weeks removed from a battle with pneumonia — took fifth place in a time of 15:42.0.

McManamon and Rhodes-

Devey are two of several area runners aiming for an individual berth for the state cross country championships. Colonie Central's Kevin Treadway, Guilderland's Seth Dubois and Bethlehem's Adam Hill and Matt Shaffer are also on the list after turning in top-15 finishes at the Suburban Council meet. The top five runners that are not part of the winning team at Sectionals advance to the state meet.

Saratoga's girls team was hoping to sweep the top five places at the league championships, but Bethlehem's Emily Malinowski broke up the Blue Streaks' pack. Malinowski finished fifth in a time of 17:42.9 to come in between Saratoga's fourth and fifth runners.

"I used a completely different strategy," Malinowski said. "Usually, I go after the lead runner. This time, I hung back at the start."

Malinowski wasn't the lone Eagle in the top 10. Roxanne Wegman finished eighth in a time of 18:02.2, and Kristin Kenney placed ninth in a time of 18:07.1 to help Bethlehem take second place in the girls team standings.

"I'm just so proud of these kids," Bethlehem coach Jack Rightmyer said. "We wanted three in the top 10. And Emily (Malinowski), who had been running flat times, we were waiting for her to have a breakthrough, and I think she had one."

Shen's Libby Babcock (seventh place, 18:01.3) and Sarah Rogers (11th, 18:13.9) positioned themselves for a possible state meet berth with top-15 performances, as did Guilderland's Samantha Dow (10th, 18:12.0).

The Section II Cross Country Championships take place Friday at Saratoga Spa State Park.

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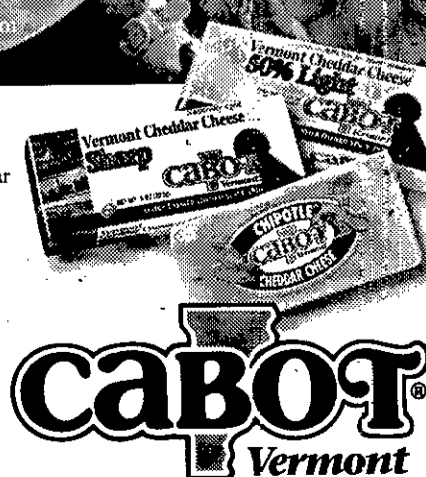
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| 3 tablespoons all-purpose flour | 4 cups grated Cabot Sharp Cheddar (about 16 ounces), divided |
| 1/4 teaspoon dry mustard | 1/2 cup buttered bread crumbs |
| Pinch ground red pepper (cayenne) | |

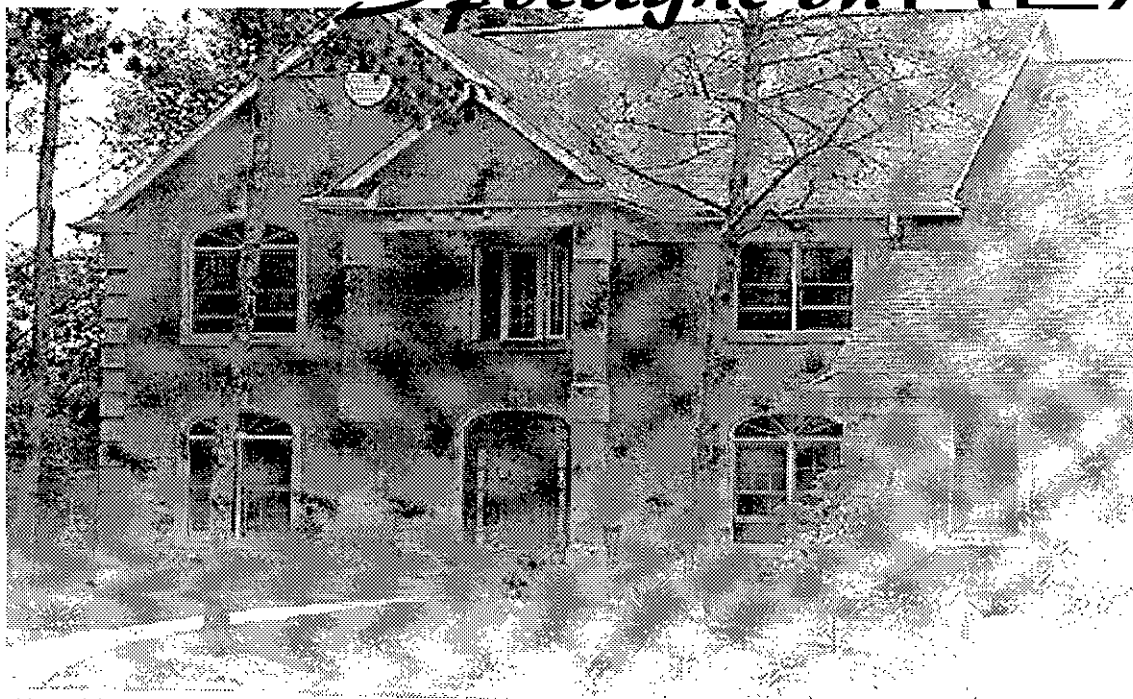
1. Cook and drain macaroni according to package directions.
2. Preheat oven to 350°F. Butter 2 1/2-quart baking dish or coat with nonstick cooking spray and set aside.
3. In large saucepan over medium heat, melt butter. Sprinkle flour into butter and whisk constantly until you have thick, smooth paste with nutty aroma, about 5 minutes.
4. Add mustard, red pepper and Worcestershire. Gradually whisk in milk and continue stirring until sauce thickens and returns to simmer.
5. Reduce heat to low. Add 3 cups of cheese and stir until melted. Add macaroni, stirring until well coated. Pour into prepared baking dish. Sprinkle remaining cheese evenly over top, followed by crumbs. Bake for 20 minutes, or until golden on top and bubbling throughout.



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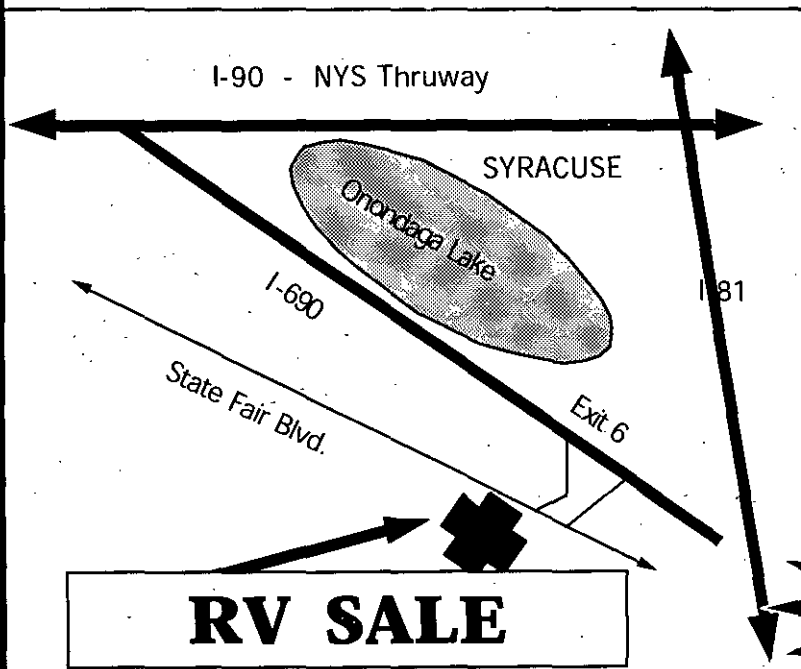
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SENIOR *Lifestyles*



Seniors have a bowl

Page S2

Get some class

page S3

Women are the tie that binds

page S7

Seniors 'have a bowl' in area alleys

By Kelly Vadney

Lots of older people know how hard it is to find something to fill their free time. Once retirement settles in, senior citizens find themselves with an abundance of spare hours. Several have found an outlet for filling empty time in joining bowling leagues.

"I love the game and I love the people," said 95-year-old Eleanor Moak. She and her husband Ernie Moak reside in the Beverwick senior center in Slingerlands.

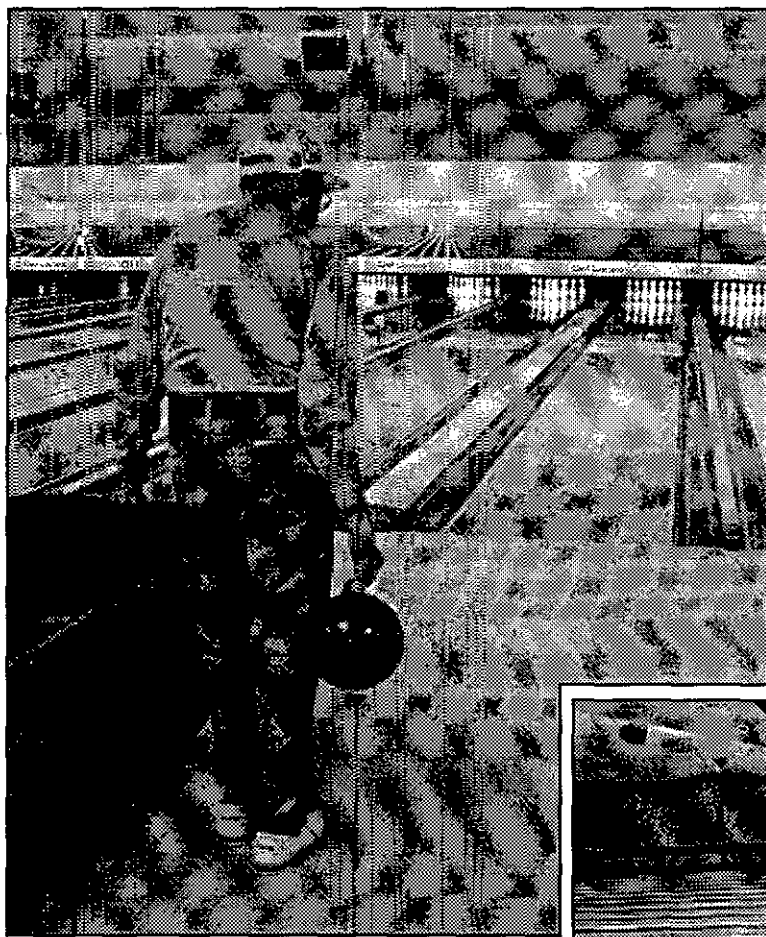
Once a week on Fridays, her daughter drives the couple to Del Lanes in Delmar where they bowl from about 1 to 3 p.m.

"It gets me out," Eleanor Moak said.

Although Ernie has arthritis in his knees and does not participate in the game, he enjoys keeping his wife company.

The remarkable thing about the sport of bowling is that it offers not only a physical workout, but an exercise of the mind as well. Concentration is important to the game, and so is the side-line bonding.

At Del Lanes, seniors have the opportunity to converse with friends over a late lunch at the snack bar, or enjoy a free cup of coffee. Participants pay \$8 to \$9 a week to bowl for one three-hour session.



Harold Singer uses a ball with a special arthritis 'releasing handle' while bowling at Del Lanes in Delmar.

Senior league bowling is available most weekdays at Del Lanes (more than one league uses the facility). During any other time of the week, seniors in a league can bowl a game at a discount rate of \$2.

"We have senior leagues that

you don't have to have any experience to join," said owner Marvin Sontz. He and co-owner Bill Cornell have recently taken on ownership of the lanes. Sontz, who has worked at the alley for

over 25 years, understands how the activity of bowling is important to seniors.

"They're talking to people and meeting new friends," he said.

Sontz explained that bowling gives seniors something positive to do with their time.

He added that widows and widowers have found new spouses through bowling leagues.

Walter Lobdell has been bowling since he was 17 years old. After suffering several heart attacks and undergoing by-pass surgery last year, Lobdell couldn't wait to get back in the game.

ties will find that accommodations are available.

Sontz said bowling balls can be equipped with special "releasing handles" for players with arthritis. Low ramps are used to help players in wheelchairs push balls down the alley.



League participants enjoy a holiday party near the new year and often have the opportunity to win cash prizes.

Participants in one league, which calls itself the Censors League, are rewarded with McDonald's coupons. Each week

four players with scores highest above their average and four with scores lowest below their average are awarded My-D's coupons.

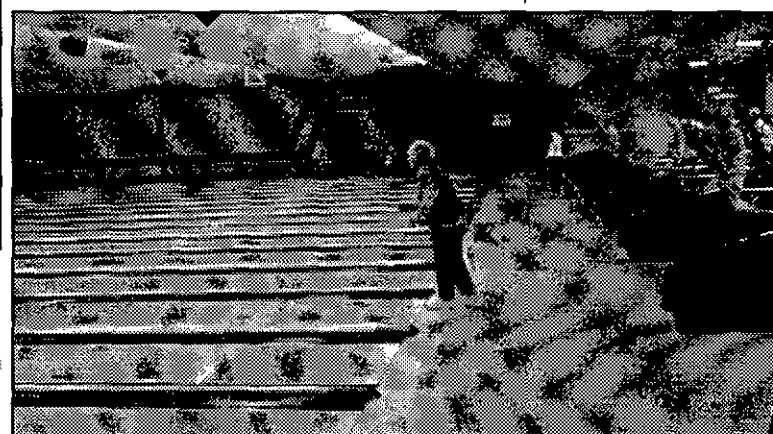
The leagues also often offer bus trips at discounted rates to members.

Sontz said some of the most popular destinations are casinos.

Manager Tina Ride has been working at Del Lanes for over 20 years and is responsible for organizing many of the senior leagues.

"We really have a great group of seniors," she said. "It's a social thing for me as well. You come to work and see your friends."

Both Clifton Park Bowl, located at 1668 Clifton Park Road and Latham Bowl at 375 Troy-Schenectady Road, offer similar senior league programs at the rate of \$8 to \$9 for one weekly session.



"I've been bowling for about 40 years," he said.

The recovery time following his surgery required him not to lift more than 5 pounds for a number of weeks.

Sontz often goes to senior housing facilities to inform residents about what the leagues have to offer.

"We have people who have been bowling for years that don't have very high averages," he said.

The experience of getting out is often more important than a score. Individuals with disabili-



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Active seniors have a lot of 'class'

Kelly Vadney

Learning should be a lifelong process. That's exactly what Humanities Institute for Lifelong Learning, a program sponsored by the Hill Committee in Bethlehem, encourages.

Each semester, the organization hosts five lecture series classes. They are held Monday through Thursday, usually at the Delmar Reformed Church.

"Some people come to classes every day," said Hill Committee chair Helen Adler.

The classes seat anywhere from 40 to 150 students, most of whom are retired senior citizens.

"We've attracted people from all over the Hudson Valley," she said. Adler added that the classes are a way for many retired people to remain intellectually stimulated once they leave their jobs.

Classes cost 35\$ for Bethlehem residents and \$45 for non residents. Most classes run for eight weeks and have one two-hour session per week.

While many of the participants are seniors, the classes are open to all ages.

Residents in the town of Bethlehem receive a letter from the school district outlining the classes offered before each semester.

Topics that will be covered next semester include: *The Future of World Energy - Renewable Energy Sources*, and *The Best Books We Ever Saw*.

The Hill Committee tries to



offer a variety of subjects each year.

The deadline for registration for next semester is Feb. 23, and classes will begin on the Feb. 28. There are no tests or papers in the classes and they cannot be taken for credit.

All of the lectures are given by college professors from such local colleges as University at Albany, the College of Saint Rose and Union College.

Adler and other committee members audit each professor's class before signing them on to teach a full lecture session.

On Monday, Oct. 25, associate art history professor Rachel Dressler gave a lecture on

medieval art entitled *How to Live Like a Medieval Night*. The Monday-morning class, *Around the World with Art History and Archaeology*, consists of eight lectures given by separate

specializing professors on various topics in art history from the University of Albany.

"I love the interaction with the students," said Dressler of teaching the class.

Several listeners asked questions once Dressler finished talking. The professor intends to donate the money she made from giving the lecture to the University of Albany art history department.

"We hoped (the lecture series) would interest this group," she said.

Other art history professors will most likely donate their salaries as well. The department plans to use the money to bring professional art historians to University at Albany's campus to speak to students.

Senior citizen Thelma Joyce has taken many classes through The Institute For Life Long Learning.

"They cover so many fields," she said of the program.

Joyce usually takes at least two classes a semester.

Some of the best lectures she has attended have been given by social psychology professors at Skidmore College.

She added that the community is grateful to the Hill Committee for putting on the program.

"They add greatly to the quality of life," she said.



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Grandparents inspire love of cooking

Talk to any professional chef, and almost all will tell you a story about how they spent time with a grandparent in the kitchen, learning to make a special dish, hearing family stories or just sharing wonderful times together.

It seems many professional chefs not only learned to love cooking by spending time with a grandparent, they also were encouraged to follow their dreams, wherever they might lead. And according to F. Jeri Carter, head of the Washington School of Professional Psychology at Argosy University, Seattle, that ability to cheer on or praise without reservation is one of the best gifts a grandparent can give a grandchild.

"Grandparents and grandchildren enjoy a special relationship that is not colored either by the mundane, daily interactions or by the sometimes divisive intensities that come with the parent-child relationship," says Carter.

Instead, she says, "grandparents are the ones who delight in



indulging your every whim, and are persuaded that you are the most beautiful/handsome, smartest, most talented, most (fill in the superlative) ever."

September 12 is National Grandparents Day, and to celebrate The Art Institutes asked its chef faculty and culinary students to share stories

about a beloved grandparent who inspired a love of cooking.

For Chef Michael Edrington, a culinary instructor at The Art Institute of Charlotte, a career in the culinary arts started working long weekends at his grandparents' farm outside Branford in Central Florida.

"My grandparents had 13 children. They were poor, but never hungry," says Edrington. Their refrigerator was usually almost empty because they grew everything and ate it fresh.

His grandmother, while not a "creative cook" did what many women of her generation did, and cooked recipes from the back of boxes such as SurJell, Dixie Crystal Sugar, and Ball canning jars.

Edrington says his grandmother's kitchen was off-limits while she was cooking, but by persistence and interest he was gradually allowed in to help.

He found cooking therapeutic and a productive alternative to mischief making.

"That experience set me on a path not only to my career but also to a new outlook on life," he says.

At The Art Institute of New York City, chef Frank Lima explains it was a beloved grandfather who guided him toward his love of cooking.

A steward at the Essex House Hotel in New York City, Lima's grandfather, Pedro Flores Diaz, encouraged Lima to visit often, helping to wash dishes and set up banquets.

When his grandfather learned there was an opening for an apprentice at the famous Le Pavillion, the first grand restaurant in New York City, he recommended Frank for the job.

Chef Lima's grandfather was instrumental in starting him on the other significant path of his life — his love of poetry.

Lima remembers his grandfather reading poetry to him in Spanish. He would then memorize verses and gradually he began to write his own poetry.

Today Lima often thinks of his grandfather when he writes, or is in the kitchen.

"He taught me a reverence for food, and showed me that both food and poetry are true forms of art," says Lima.

It's not only professional chefs who've been inspired by a grandparent to follow a career path to the kitchen. A sampling of students at The Art Institute of California, Orange County, also weighed in with memories of grandparents who inspired them.

According to Anthony Padua, his grandmother, Maria, "is the source of my culinary inspiration."

Padua lived with his grandmother in Guadalajara, Mexico, for close to three years and learned to prepare home cooked tamales, mole, salsa and other authentic Mexican dishes made with few ingredients.

"It was the first time my sister and I had home cooked food and where I found my love for cooking. Being in the kitchen with my Grandma taught me how to take few ingredients and turn them into wonderful family meals but, more importantly, how food connected us as a family," he says.

Culinary student Katy Gillis used to sail to the Bahamas with her grandparents every summer. It taught Gillis to make due with what was available, and since there was little refrigeration on the boat, how to live off what they found in the ocean.

"What we caught that day became our food for the next few meals. My Nana taught me how to work with little and make it last — she taught me how to experiment with food and create various dishes from few ingredients. From conch stew to conch fritters and her famous key lime pie, those experiences with her and that time on the ocean gave me the foundation for the cooking I love today," says Gillis.

As a child of a single working mother, Lauren Lott was raised by her grandparents Ellen and Tony.

"More than anything, my grandfather is the source of my passion for cooking, he is the reason I am in the kitchen today. The wonderful, and simple Italian dishes that were a part of our daily lives were also a part of our family and growing up," she says.

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Checklist to make your home safer

As much as we might not like to admit it, as we age, we face physical challenges we didn't have to worry about in our youth. Weakened muscle strength, balance and coordination problems and failing eyesight are just some of the issues that will plague us as we get older.

A recent study conducted by AARP found that 83 percent of Americans, age 45 and older, wish to stay in their current homes for as long as possible. If this is the case for you, use the following checklist to see if your home is meeting your needs and gather ideas for what to do if it isn't.

Entranceway

- Can you enter your residence safely? That is the first question that should be asked. Handrails should be present on one or both sides of the entranceway if there are stairs. If you live on the second floor or higher, you may want to make adjustments, such as door widening, ramps or even relocating to the first floor to ensure that you have full and easy access to your home.

Living areas

- Is there an uncluttered pathway where you can walk?
- Can you easily turn the lights on and off? Take a walk through each room to see if there is furniture blocking or interfering with doorways. Ensure all electrical cords are

secured against the walls and no rugs or doorways create uneven floors. Many types of light switches on the market can make turning lights on and off for those with reduced hand strength or arthritis. Rocker switches are far easier to use than flip switches and push lamps that turn on with one simple touch can make rooms brighter to prevent accidents in the future.

Bathroom

- Can you safely get into and out of the tub and/or shower?
- Is there a bath mat or non-skid strips in the tub?
- Can you easily sit down on and get up from the toilet?

This room presents the most concern for many aging adults. More than 400 people a day go to hospital emergency rooms because of falls in the bathtub alone. To prevent falling, make sure your tub/shower surface and flooring in the bath are non-skid.

If you have difficulty stepping into and out of the tub, invest in a tub grip or transfer bench to make tub use safer. All tub and shower areas should have at least one grab bar for support and use a shower chair if you become fatigued after standing up for too long. The average toilet seat is 14 inches off the ground, which can be too low for individuals with arthritis, knee or back problems. Raising the height of the toilet to 17 or 18 inches can make a big difference. This can be accom-



One of the areas of the home with the most potential risks is the bathroom. 400 people a day go to hospital emergency rooms because of falls in the bathtub. Non-skid surfaces and grab bars, pictured above, can go a long way toward reducing such risks.

plished with special toilets or the use of an elevated toilet seat that attaches to standard toilets. Many people worry that making adjustments in the bath with safety items makes the room look clinical. Fortunately, you don't have to install institutional-looking items in your home. Take a look at the line of bath safety items from Home Care by Moen. Their line of ADA-compliant products for the bath combine safe, solid construction with an appealing, stylish design

and include a dual tub grip, a transfer bench, a shower chair, a locking elevated toilet seat and decorative grab bars that resemble towel bars for décor-friendly safety.

Kitchen

- Can you retrieve items from all cabinets?
- Do all your appliances work easily?
- Can you turn the faucet on and off with ease and adjust to

Also, make sure your faucet is ADA-compliant with lever handles so turning the water on and off is never a struggle. A single-handle faucet will allow for easy, one-handed use.

- If you can check off each item on this list, then your home is ready to accommodate you throughout your senior years. If not, look now into home modifications to ensure a safe and healthy home.

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Steps to avoid, reverse heart failure

More than a half a million Americans will be diagnosed with heart failure this year, and the number of people suffering from the ailment is expected to double during the next few decades. So the chances are good either you, or someone you know will one day fall victim to the disease.

If allowed to progress without treatment, heart failure has a great impact on a quality of life and can shorten life expectancy.

In the United States, it is the single most frequent cause of hospitalization for people over age 65, and more people die from heart failure than from all forms of cancer combined.

Although the word heart failure has an ominous ring, it does not mean that the heart has stopped or is about to stop suddenly. Heart failure means that the heart is not pumping blood as well as it should through its chambers to the rest of the body.

Heart failure is a common condition that can be caused by a heart attack, long-term high blood pressure, a viral infection of the heart or a genetic condition that runs in families. Sometimes the exact cause of heart failure is not known.

In its advanced stages, heart failure limits a person's ability to do even simple everyday tasks; but new treatments can be very effective in slowing and stopping the progression of the disease and in some cases can even reverse the process. The key is early diagnosis and treatment.

People with risk factors such as high blood pressure, blockages in their coronary arteries, damaged heart, family history

or diabetes should ask their doctor about their risk of developing heart failure.

No matter the initial cause, the effect tends to be the same. The weakened heart must work harder to keep up with the demands of the body and this is why people with heart failure often complain of feeling tired and why they develop symptoms of congestion.

Other symptoms of heart failure include:

1. Shortness of breath, which can happen even during mild activity.
2. Swelling in the feet and legs from fluid retention (results in weight gain).
3. Cough with frothy sputum.
4. Difficulty breathing when lying down which may waken you from sleep at night.

Although heart failure can be a serious and progressive disease,

individuals with heart failure can live active and fulfilling lives with intervention and treatment.

Once diagnosed, it's important to work with a doctor to develop a treatment plan and to follow it. Proper medications in the right doses, careful monitoring and self-care are the basis of effectively managing heart failure.

Better understanding of the disease has led to development of new treatments and management strategies — from medication to surgery.

In addition to taking medicines exactly as directed, persons with heart failure should:

1. Weigh themselves every day.
2. Follow a low-sodium (salt) diet.

3. Get regular physical activity.
4. Quit smoking.
5. Avoid alcohol or drink sparingly.
6. Control body weight.
7. Monitor symptoms and learn when to consult a doctor or nurse.

Friends and family members can help by learning about heart failure and the patient's treatment plan.

Because education plays such an important role in helping patients manage their care successfully, the Heart Failure Society of America has taken the lead in developing a series of modules on heart failure. Patients and others can learn more about

following low-sodium diets, exercise, managing their emotional stress and how to evaluate claims about new treatments and cures.

Educational materials developed by the Heart Failure Society of America (HFSA) can be found on the HFSA Web site: www.abouthf.org. Copies can be downloaded, or a complimentary hard copy can be ordered.

The Heart Failure Society of America is a nonprofit organization of health care professionals and researchers who are dedicated to enhancing quality and duration of life for patients with heart failure and preventing the condition in those at risk.



Try 'bulldog investing'

With the vast majority of '401(k) generation' Americans is there a strategy that can turn the average worker's golden years platinum?

Equity strategist Phil Dow has a new book that offers a common sense answer with an unusual name: "bulldog investing."

"The reality of the stock market is that investors build wealth by buying and holding onto the stock of solid companies for the long term," says Dow. "These stocks are 'bulldogs' — tenacious, proven fighters and winners."

Dow, author of the new book "The Citizen Investor," says his idea is not about simply buying the stock — the real key to success is in the power of ownership. Bulldog investing is not about being passive, but being passionate, an investor who studies and reads widely about the company they've bought stock in.

"This approach can not only bring enjoyment, but financial

gains from understanding the strategies and successes of your investments. It's not a strategy of owning and trading stock certificates, it's about owning firms you believe in," says Dow.

With length of life reaching unprecedented levels and the cost of retirement rising rapidly, saving for retirement is turning into one of the most important issues facing baby boomers and beyond.

But, the fact that more companies are offering 401(k) plans to their employees isn't solving the problem. In fact, a 2003 Roper poll found that only 42 percent of Americans are saving for retirement and only 39 percent said they expect to have enough money to live comfortably in retirement.

"The government has given Americans tools to create their own retirement, but has done little to educate them on how to do it," Dow says. "Bulldog investing is just one method of taking control of your own

retirement."

The title of Dow's book refers to the breed of Americans whose savings helped create the capital that has historically fueled the growth of the country; making them wealthy in the process. But while everyone is looking for that edge — the maverick stock that will take off, the quick in and out deal that could net a fortune, the newest trend — the fact is that the most reliable and lucrative path of investing is in the tried and true.

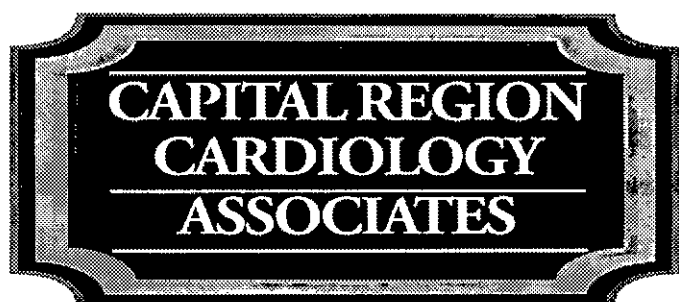
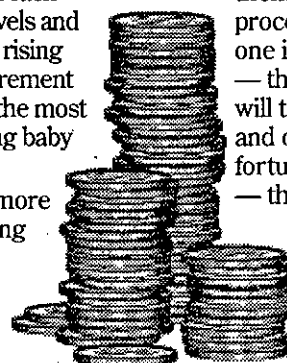
"I have met 'citizen investors' all across the country," Dow says. "They are the people who invest in Microsoft in Seattle, Dell in Texas and Medtronic in Minneapolis. These investors have traditionally found companies located in their backyards, know the employees and managers, many of whom may be their neighbors, and developed a strong understanding of these companies. Ownership of them is a natural motivation for them."

Dow is chief equity strategist for RBC Dain Rauscher, the eighth largest full-service brokerage firm in America. The ideas for his book were developed over the more than 30 years Dow has spent in the securities business.

In his job, Dow meets with thousands of individuals each year, listening to their concerns while spreading his idea of ownership as a metaphor for the way investors must approach this brave new world of investing. Dow relates his personal experiences, both as a leading investment consultant and an average investor, along with practical examples of people from all walks of financial life.

"The Citizen Investor" gives readers the understanding and information necessary to begin to make strategic and confident choices for their financial future.

"The traditional approach to investing for retirement has been dependent on some very reliable factors: checks from fixed benefit pension plans and Social Security," Dow says. "In the coming decades, a huge number of investors are going to wake up to the fact that they are now responsible for the success or failure of their retirements."



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Women are often the tie that binds

She's the granddame of the family — the family matriarch. Tradition paints her as the dignified, commanding and senior female head of the family.

She's the grandmother whose house we will travel to this holiday season for roast turkey and pumpkin pie. She's also the young mom with a camera in hand and a toddler slung on her hip or the baby boomer sister with a flair for fun and a high-speed modem. When it comes to crowning the family matriarch, only one quality is clearly necessary — an undeniable desire to preserve family relationships and keep the family connected.

Why women? It would be an injustice to say that men have no interest in gathering and communicating with their extended family.

Nevertheless, there seems to be something to those stereotypically female multi-tasking, emotional qualities that prompt more women than men to be the family relationship caretakers and organizers.

"Generally, it is true that women are more interested in organizing family communications, reunions and gatherings," says Laurence Basirico, a professor of sociology and interim dean of International Programs for Elon College in North Carolina.

"Despite the growing rate of two-income households, women still feel the emotional responsibility of handling the family stuff. And most women enjoy it and are good at it," he adds.

"While men and women both agree that relationships with extended family members are important, the survey shows that women have an edge over men when it comes to attending family functions and pursuing communication opportunities," says Sharon Snawerdt of Modern Woodmen, a fraternal benefit society offering financial services, which promotes strong family relationships through

member programs as well as its Web site, www.gatherings.info.

"In contemporary society, we are socialized into thinking that women should fulfill the role of keeper and organizer of the family relationships," says Basirico, author of "The Family

Reunion Survival Guide: How to Avoid Problems with Your Family without Avoiding Your Family," and the most recent planner of his own family reunion.

"For many women, the connection between them and their children is different than the connection between the father and the children. This comes from, literally, having given birth to them. Even women who don't feel this connection may feel the pressure to take on this role, even if they are not the best at it."

According to Basirico, today's matriarchs appear to be oblivious to age and experience.

"I don't know if, anymore, there are any real characteristics that mark a person as the matriarch," he says. "These days it is more a matter of who is willing to do it. Who has the time, the interest and the resources?"

Mary Connelly Kegelman, of Wilmington, Del., is one of those women who excels at being the caretaker of the family connection and is definitely qualified as the matriarch of the family. Her husband Matthew agrees with her in the importance of hosting family gatherings, but when it comes down to managing the details, Mary takes the lead.

"We are both retired," says the 74-year-old Kegelman who was named the 2004 Mother of the Year by American Mothers Inc. "Together we keep the family get-togethers going, but I am the instigator. My husband is invaluable in supporting me."

She adds, "He is the one that gets to move tables and chairs around."



Courtesy of ARA Content

Their brood of 10 children and 20 grandchildren gather at least once a month at the Kegelman's home to celebrate birthdays and holidays.

"These gatherings are really the mechanism for keeping our family close," says Kegelman. "They are very important to us."

While Amy Anderson of Boerne, Texas, is not the family matriarch, she can see herself assuming a more active role in planning family gatherings as the years go by.

The parents of 18-month-old Benjamin, Anderson and her husband Nathan delved head first into the family reunion business this past fall. With her husband's sister, they are in charge of the 30th annual reunion of her mother-in-law's family, which typically attracts about 40 family members and will take place in the summer of 2005.

Anderson relies on Web sites such as www.gatherings.info to generate ideas and organize the details.

Because families are so busy, today's matriarchs must be flexible and strategically utilize the talents found among other members of the family.

Rule 1: Have a plan and delegate, delegate, delegate — "I couldn't do it alone," says Kegelman. "I do a lot of the

cooking, and we usually host the event at our home, but my husband, children and grandchildren all contribute."

It helps to keep the details simple and predictable. Some family matriarchs generate a schedule for rotating the responsibility of who hosts the Christmas dinner or reunion every year. Others create a standard plan for who provides what on the menu for every gathering. Still others designate family members as official photographer or game planner.

"Each person has one thing they do best, whether it is a special dish or game," stresses Kegelman. "We have a format that works well."

Rule 2: Make fun the priority. Kegelman feels being the matriarch doesn't mean she has to be controlling.

"I try not to give orders or advice until asked," she says. "I got a lot of that as a young mother and I

remember how I felt. My children and grandchildren make their own choices in life. I need to respect that. That is the key to being respected in return."

Anderson and Kegelman both acknowledge that while organization, timelines and delegation of responsibility is important, they strive to keep it all in the context of fun.

For Anderson, planning the next family function is

the opportunity to let the creative juices flow.

According to the Modern Woodmen survey, women are more inclined to keep on top of family news and use the phone, letters and email more often than men. In fact, women are using technology to their benefit for this purpose.

Even senior-aged women have mastered the technology to use it to stay in touch with their families.

Whether you're the matriarch, a matriarch-in-training or simply a family member standing able and ready to assist the woman (or women) in charge, remember as you enter this holiday season to keep the ultimate goal in mind: Work together to keep the family together. "The food and everything else is important," concludes Kegelman. "But the best part is just having the opportunity to talk and laugh together."

Let the sun shine in

It may come as a surprise to seniors that as they age, their eye lenses thicken and their pupils shrink. This causes their eyes to adapt more slowly to changing light conditions.

According to organizations including the Center of Design For An Aging Society and the National Foundation for the Blind, older people need more light (about 3 to 5 times more than younger people) for both vision and maintaining their health.

Other issues related to the aging eye include difficulty with light/dark adaptation, reduced sensitivity to color perception and contrast and reduced depth perception.

Part of the solution is light from above. More softer, natural light equals better sight.

Sunlight enters our homes through doors, windows, roof windows, skylights and sun tunnels. According to Joe Patrick, of Velux America, skylights admit

windows in dormers, and provide the drama of a sky view that can't be achieved with vertical windows.

"Skylights also offer much more privacy than vertical windows without taking up valuable wall space that can be used for decorating or storage, especially in bathrooms," Patrick says.

"And from an economic standpoint," he points out, "finished attics and bonus rooms in homes, for instance, typically appraise at 100 percent of the value of the rest of the living space while basements typically do not. Light from above transforms underutilized upstairs areas into bright, safer spaces, providing a dose of the medicine that daylight and fresh air offer, while enhancing property values," he adds.

Many seniors don't get outside enough, so there are even more reasons to consider bringing more light in.

We need vitamin D for calcium to be absorbed by the body to

to maintain a healthy skeleton throughout life. Two sources of vitamin D are diet and sunlight.

A vitamin D deficiency could contribute to the brittle-bone disease osteoporosis, a major issue for women today.

The benefits of having abundant daylight in our homes aren't just physical. Studies show that Seasonal Affective Disorder (SAD), evidenced by emotional depression, a drop in physical energy, increased appetite and need for more sleep, is directly linked to a lack of sufficient daylight.

Some researchers are concluding that light therapy may help to alleviate SAD symptoms faster than antidepressant drugs.

In a recent review of clinical trials of light therapy, Daniel Kripke and his colleagues at the Circadian Pacemaker Laboratory at the University of California, San Diego, reported that light therapy benefits not only SAD patients but also people suffering from other



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Savvy seniors go hi-tech, defy stereotypes

A growing number of seniors are embracing technological advances, recognizing the benefits that computers provide. From tracking and organizing information to maintaining checkbook balances, creating daily "to-do" lists and managing investment portfolios, the potential to simplify life is appealing to those of all age groups.

Today's seniors are often on-the-go, and lugging around a computer is cumbersome at best. A wide array of handheld computers known as personal digital assistants, or PDAs, provides much of the same functionality as a desktop computer, offering a practical solution for those with an active lifestyle.

A wide variety of software add-ons and accessories are available and can make a pocket-sized computer an even more powerful asset, giving you the ability to stay on top of your schedule or access necessary information at a moment's notice — even if you're away from home.

While many handhelds are used as stand-alone organizers, providing access to addresses, phone numbers and appointments with the tap of a stylus, others include wireless connectivity that enable users to check email, receive data downloads or browse Web pages.

Most devices include the ability to "synchronize" data with a desktop PC, providing a method of backing up information while allowing access on both computers.

To get the most out of your handheld, consider installing one or more third-party software applications. There are literally

thousands available including word processors, e-mail programs, reference works and games!

The following are some excellent software options to consider for your mobile device:

Beiks (www.beiks.com) is a top provider of reference works for mobile devices, including medical dictionaries, medication guides and medical encyclopedias. The company also offers standard language dictionaries and, for those who travel or deal with people that speak languages other than English, talking phrasebooks that verbally convey the proper pronunciation of words or phrases in another dialect.

Did you know you can fit the entire Bible on a PDA? Laridian (www.laridian.com) provides you with easy access to the entire Bible in your favorite translation. You can read, search, take notes, and even compare translations.

Let's face it, we all need some downtime and diversions. Those with a green thumb will enjoy LDW Software's (www.ldw.com) Plant Tycoon, a game in which you run a plant nursery growing a wide variety of beautiful plants and experiment with cross-pollination until you find four magic plants. The company's Fish Tycoon is similar, except you are breeding and caring for exotic fish. Both games run in "real-time," which means when you turn your PDA off, the games will continue to play unless you pause them.

If you enjoy card games, check out the games by DreamQuest Software (www.dq.com). The company offers Hearts, Spades,



Courtesy of ARA

Euchre, 500 and Cribbage. You can either challenge the computer on a PC or handheld or engage your friends over a network.

There are many, many other types of software products that fit your own lifestyle needs.

Want to show off pictures of your grandkids? See SplashData's SplashPhoto (www.splashdata.com).

Want to be able to send and receive e-mail while on-the-road? See Corsoft's Aileron (www.corsoft.com).

Thousands of software products can be purchased online at popular Web sites such as Handango.com and PalmGear.com.

Once you have purchased your PDA and packed it with powerful software, you will want to carry it in

style. The problem with toting a portable device in your shirt, pants or coat pocket is that they commonly fall out and crash to the floor.

Check out the assortment of leather and aluminum cases available at StylusCentral (www.styluscentral.com).

This site also has a wide variety of stylus replacements, including a very cool laser pointer/stylus/pen combo that can be used to jot notes, enter data on your PDA or highlight objects hundreds of feet away. You can also use that red dot to drive your cat crazy!

Many retirees have realized that life after retirement hasn't made life less hectic. A day full of household tasks, shopping trips, volunteer and social engagements and road trips can make your days seem busier than when you worked a regular schedule.

Check out for yourself how a handheld computer can put whatever information you may need at your fingertips — no matter where you are!

Avoiding pesky wrinkles

It happens to everyone — men and women, celebrities and everyday people. One morning you look in the mirror and there they are, staring back at you: wrinkles.

Loss of skin vitality — aging skin — comes from changes in cellular function deep within the skin. As we age, the collagen and elastin framework of the skin begins to collapse, skin cell generation slows and sebaceous glands produce less oil.

The top layer of skin becomes dehydrated and cellular turnover slows as much as one percent a year. Skin is less able to repair damage and less capable of retaining critical moisture.

The aging of the skin cells results in a continued collapse of the building blocks responsible for young, firm, resilient skin and years of cumulative environmental damage (sun, pollution, cigarette smoke) become more visible.

Wrinkles can appear as deep creases in the skin or thin surface lines that mar the once smooth surface of the skin.

Wrinkles — or laugh lines, crow's feet and "signs of character" — are caused by the constant contraction of the muscles as we use our face. Wrinkles result from

laughing often, sun exposure and tugging on the skin.

"The first place most people notice they are aging is in the eye area. The skin around the eyes is thinner and has fewer oil glands. Normal facial expressions — smiling, squinting, frowning — cause the delicate skin around the eyes to crease and those lines to set in," says Howard Sobel, New York Magazine top dermatologist five years in a row and founder of DDF (Doctor's Dermatologic Formula), a company specializing in restorative and preventative skincare.

The number one surgical therapy for wrinkles in the United States today is Botox (Botulinum Toxin Type A). However, for those who aren't comfortable injecting a toxin into their skin or are uncomfortable with invasive treatment, there are topical alternatives.

One of them is DDF's Wrinkle Relax — a favorite of beauty editors and certain celebrities. It is considered the pioneering solution that started the anti-aging peptide technology product revolution.

"The formula combines two peptides from naturally derived amino acids to target and stimulate the collagen and fibronectin molecules in the skin," says Sobel. "This in turn restores more youthful strength while promoting deep tissue repair."

Wrinkle Relax can be used as a reparative or preventative wrinkle treatment: it is ideal for skin that is not yet experiencing significant

signs of aging and will firm and minimize the depth of current wrinkles and lines on older skin.

Other anti-wrinkle tips from Dr. Sobel:

1. Protect skin from the sun: always wear a sunscreen. Sunscreen is the most effective anti-aging therapy available and a sunscreen with full-spectrum UVA/UVB protection and an SPF of 15 or greater can help prevent wrinkles, sun spots and loss of firmness. Sunglasses are also essential as dark lenses prevent squinting and therefore, can preclude creases from forming around the eyes.

2. While makeup itself doesn't cause wrinkles, putting it on and taking it off can. Be careful not to tug skin when applying makeup to the face. Use a specialized makeup remover or a cleanser that thoroughly removes cosmetics to prevent rubbing or pulling.

3. Men who pull skin tight to get a closer shave should avoid stretching the skin since skin loses elasticity as it ages and repeated flattening may enhance wrinkle formation.

4. Don't smoke. There is no other way to say it: smoking causes wrinkles. Don't smoke.

5. Sleep on silk sheets. Long the secret of film divas, silk pillowcases prevent facial skin from creasing during the night. Silk allows the skin to glide along the pillow so the face rests comfortably without placing pressure on creased skin, effectively "ironing" in wrinkles.

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Bethlehem Public Library sponsoring annual blood drive

According to the American Red Cross, the rarest blood type is the one that isn't there when it's needed.

This observation reflects the fact that 60 percent of Americans are eligible to donate blood, but only 5 percent actually do.

You can be one of that vital 5 percent. Call 439-9314 and make an appointment to give blood at the library.

Our second annual blood drive will be held Saturday, Nov. 13, from 10 a.m. to 3 p.m. at the Bethlehem Public Library. Anyone in good health who is at least 17 years old and weighs 110 pounds or more is eligible to donate.

Your donation – which usually amounts to about a pint of blood – could save up to three lives.

Whole blood is used in catastrophic cases, but most whole blood is separated into three components – platelets, red blood cells, and plasma – that can be used individually.

Some facts about blood

Blood makes up about 7 percent of an individual's body weight.

A newborn baby's body contains about a cup of blood.

There are about one billion red blood cells in two or three drops of blood.



There is no substitute for human blood.

Someone in America needs blood every two seconds.

Blood shortages often occur during summer and winter holidays.

Donation Q & A

The American Red Cross offers these answers:

1. Will it hurt? No. You may feel a slight pinch or sting when the needle is first inserted, but there is no pain during the donation.

2. How much will be taken? A

little less than a pint is usually drawn from most people. Most healthy adult bodies contain 10 to 12 pints.

3. How long will it take my body to replenish what I donate? Blood volume and plasma are replaced within 24 hours, red cells in four to eight weeks.

4. What happens to my blood after I donate? Every unit of whole blood goes through up to a dozen tests to ensure patient safety – including blood type and Rh testing and various other screenings for infectious diseases.

5. Why should I give blood? Because you never know when you or someone you know will need it.

Origins of the American Red Cross

Clara Barton (1821-1912) was the first person to establish a lasting Red Cross Society in America.

She organized the American Association of the Red Cross in Washington, D.C., on May 21, 1881.

Barton's organization enlarged the scope of the original Inter-

national Red Cross Movement by adding disaster relief to battlefield assistance.

She served as the organization's volunteer president until 1904.

Find out more about the International Red Cross Movement and the American Red Cross at www.redcross.org.

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Did you know that 90 percent of the energy consumed by an incandescent bulb is wasted heat? The higher the bulb wattage, the more electricity consumed, the more wasted energy and money. The use of traditional lighting technology costs New Yorkers millions of dollars in high electric bills, unnecessarily.

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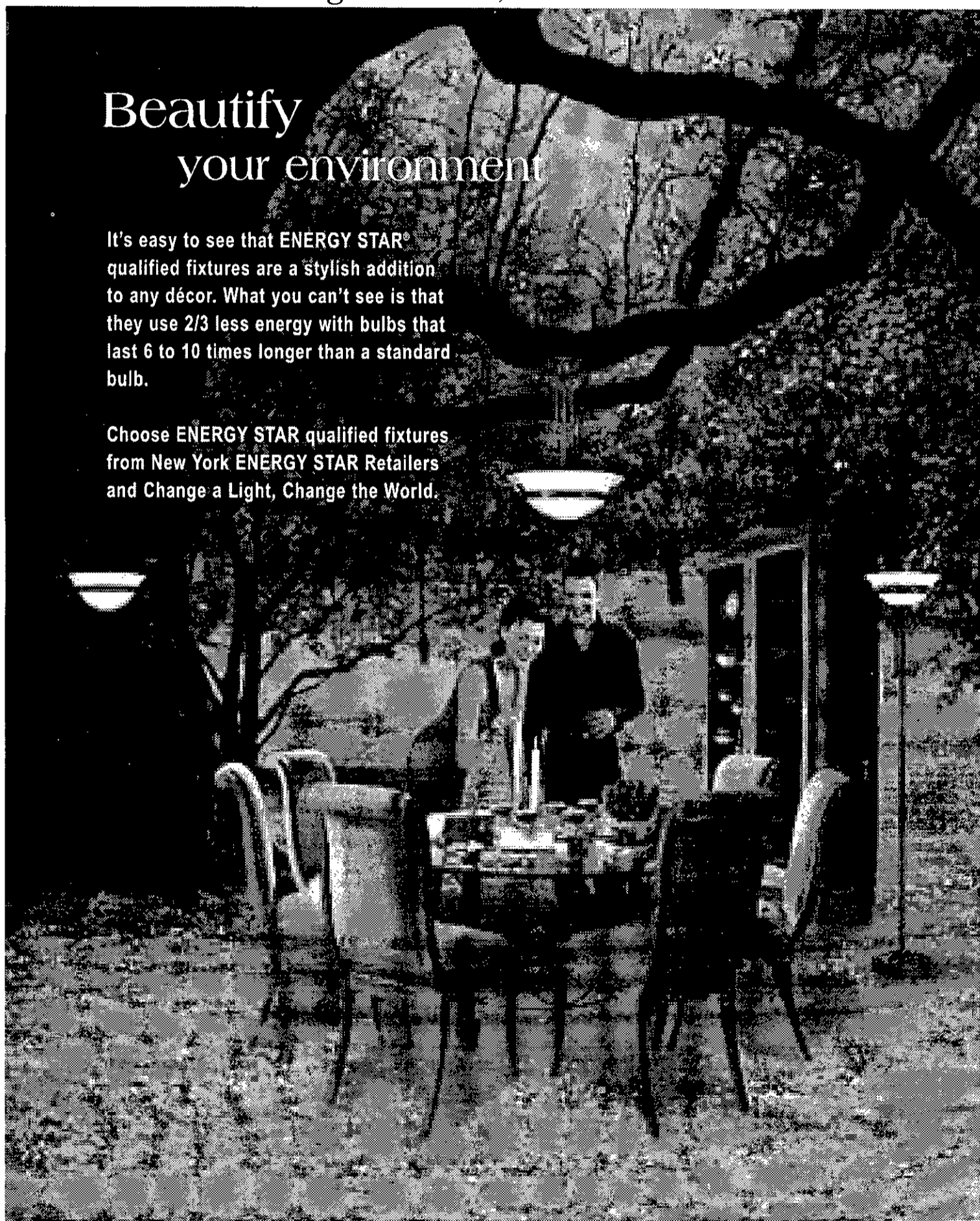
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Literacy

(From Page 1)

another to immigrants or foreigners looking to bone up on their English reading and speaking skills.

Many students come with a goal, whether it's to learn enough to earn a Graduate Equivalency Diploma (GED) or just to take a written test to get a driver's license, Stevens said.

One man showed up hoping to gain enough skills to read to his new baby daughter. He then progressed enough to be able to correspond with family members via e-mail.

"Now he's helping his daughter with her homework," Stevens said. "She just got two 100s on her spelling tests."

And the volunteers come for different reasons, too.

"Some are avid readers who just can't imagine what life would be like to not be able to read. Others are terribly interested in culture and traveling and want to know what other people are like, other cultures," Stevens said.

Ted Jennings has volunteered with the group for several years. While he admits that teaching someone to read — especially someone who may just be recognizing a learning disability he's had all his life or who had difficulty in school — can be tough, the personal reward is worthwhile.

"You see it click and it's miraculous," Jennings said. "The switch just goes on."

Tutors take a 15-hour training course before they are matched up with a student based on skill levels or geographic convenience. Stevens said instructors are asked to commit to at least one year of tutoring for the organization, investing about one to two hours a week with their assigned student.

"The average amount of time a tutor stays is three years, but some have stayed 15 years, some have stayed 20 and built lifelong friendships with their students," Stevens said.

Stevens said the illiteracy rate for Albany and Schenectady counties is on par with national and statewide figures.

"It varies slightly from region to region, between 19 and 22 percent of New York state adults — the numbers in New York City are a little bit higher — are reading at or below a fifth-grade

reading level," Stevens said.

Literacy Volunteers Mohawk Hudson's programs are free to those who want to better their reading and writing skills.

A component of success is setting reasonable goals with the student, Stevens said, noting that a common thread among poor readers has been problems with the educational system.

"If they're looking to get a

GED, but they're reading at a fourth-grade level, it's going to take them a long time to get a GED," Stevens said. "But there are other things they can achieve, like (a skill level that's enough to) fill out applications, write a résumé, get a driver's license. You can do those things in a fairly short amount of time."

The group does not take direct referrals, Stevens said. After a

prospective student contacts the organization, Stevens talks with him to see if the program seems right.

There is an important theory behind having a policy that says students must approach the group on their own, Stevens said.

"If a student is coerced, for one reason or another, by someone else, the chances of success are limited," Stevens said. "It's work. It takes a long time."

To volunteer, contact the organization at 372-1355. Its office is located at Liberty and Clinton streets in Schenectady.

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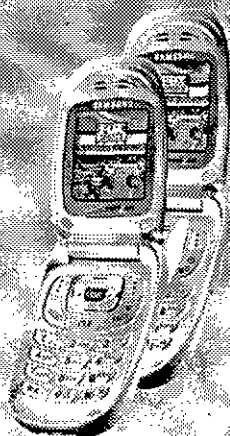
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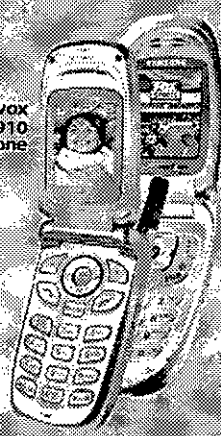
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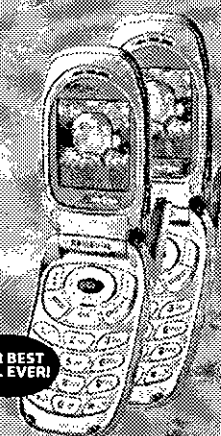


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Obituaries

Tommie Rivenburg

Tommie Jean Mask Rivenburg, of Selkirk, died Tuesday, Oct. 26, at Hospice Inn at St. Peter's Hospital.

She grew up in Mississippi and moved to the Capital District in the mid-1950s.

She was an award-winning artist who, with her husband, ran Tomiglen Ceramics in Selkirk for many years.

She also was the first woman to become a deacon in the Reformed Church Synod.

Survivors include her husband of 48 years, Glenn W. Rivenburg; a sister, Inez Schmidt; and a brother, Billy Mask.

Services were from First Reformed Church of Bethlehem in Selkirk.

Contributions may be made to First Reformed Church of Bethlehem, Selkirk 12158.

Peter Schaming III

Peter H. Schaming III, 75, of Elsmere, died Tuesday, Oct. 26, at Albany Medical Center Hospital.

He was an Army veteran of the Korean War, having served in the 82nd Airborne Division.

He retired as a supervisor after 30 years with Blue Circle Cement in Ravena.

He was a communicant of Church of St. Thomas the Apostle in Delmar.

Survivors include his wife of 52 years, Mary Ellen Plummer Schaming; three sons, Erich Schaming of Schenectady, Peter H. Schaming IV of Berne and Mark A. Schaming of Delmar; a daughter, Lois McDonald of Delmar; a brother, Richard C. Schaming of Delmar; and seven grandchildren.

Services were from Church of St. Thomas the Apostle.

Burial was in Calvary Cemetery in Glenmont.

Contributions may be made to Albany Medical Center Hospital Children's Hospital, 47 New Scotland Ave., Albany 12208.

Charles Morehouse

Charles Raymond Morehouse Sr., 68, of Glenmont, died Monday, Oct. 25.

He was an Army veteran and member of Nathaniel Adams Blanchard American Legion Post 1040.

He worked for General

Electric Co. in Schenectady.

He played the pedal steel guitar with Neal McCoy, Patsy Cline, Dave Dudley and many other Nashville stars at the Grand Ole Opry as well as many local musicians. He was awarded the Northeast Country Music Association Pioneer Award in 2003.

Survivors include his wife, Phyllis Mack Morehouse; a daughter, Brenda; three sons; a brother, Douglas Morehouse; and three grandchildren.

Services were from Meyers Funeral Home in Delmar.

Contributions may be made to Community Hospice, 445 New Karner Road, Colonie 12205 and to the Nathaniel Adams Blanchard Post, 16 W. Poplar Drive, Delmar 12054.

Anne Kendrick

Anne B. Kendrick, 78, of Delmar, died Friday, Oct. 29.

Born in Albany, she worked for the New York Telephone Co. for 14 years. She also worked as a bookkeeper for Good Samaritan Nursing Home in Delmar for 25 years.

Survivors include her husband, Carroll J. Pat Kendrick; three sons, Patrick B. Kendrick of Slingerlands, Andrew J. Kendrick of Delmar and Michael D. Kendrick of Guilderland; two daughters, Maureen D. Teaney of Schenectady and Carolann Stuart of Niskayuna; a sister, Margaret Rainis; and six grandchildren.

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

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

Contributions may be made to Center for the Disabled, 314 S. Manning Blvd., Albany 12208.

John Jones

John M. Jones, 77, died Wednesday, Oct. 27, at his home in Voorheesville.

Mr. Jones was born in Chelsea, Dutchess County.

He worked for the International Union of Operating Engineers until his retirement.

He was a member of the American Legion Voorheesville Post for 31 years and a member of the Voorheesville Volunteer Fire Dept.

Survivors include his wife of 50 years, Dorothy M. Jones; two daughters, Nancy L. Jeram of Guilderland and Diane S. Schipano of Feura Bush; two sons, John W. Jones of Deerfield Beach, Fla. and Paul D. Jones of Colonie; two sisters, Mary Powell of Coeymans and Margaret Conrad of Coxsackie; and nine grandchildren.

Services were from New Comer-Cannon Funeral Home in Colonie.

Burial was in Saratoga National Cemetery in Schuylerville.

Contributions may be made to the American Heart Association, 440 New Karner Road, Colonie 12205.

Josephine Sgarlata

Josephine R. Pusatere Sgarlata, 88, of Selkirk, died Thursday, Oct. 28, at Community Hospice in Memorial Hospital in Albany.

She was born in Troy and lived there most of her life. She attended Troy High School.

She lived at Cedars Rest Home in Selkirk for the past 11 years.

Mrs. Sgarlata was a homemaker and worked for Pusatere Produce Market in Troy.

She was a former member of St. Anthony's Shrine Church in Troy.

Survivors include a daughter, Rose Marie Prediletto of Watervliet; two brothers, Frank Pusatere and Leo Pusatere, both of Troy; and two sisters, Anna Canestrari and Ellen Deeb, both of Troy.

Services were from McLoughlin & Mason Funeral Home in Troy and St. Anthony's Shrine Church.

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

Suicide

(From Page 1)

lapse — whether it's failing a class, a fight or breakup with a girlfriend or boyfriend, or difficulty finding a job — varies from teen to teen.

"It's a very fine line," Faist-Stanton said.

In June, Faist-Stanton made a push to get a mental health screening program instituted in the school district. Her focus has since shifted to creating an awareness campaign that she hopes will result in the

implementation of a preventive program, since suicide is overlooked in many programs.

"Teen suicide is not part of the picture, and we just want to raise awareness," Faist-Stanton said. "The school may come up with a better plan."

Many programs focus on warning signs that a teen may be considering suicide or suffering from depression. Faist-Stanton admits that the warning signs can be subtle.

There's an underlying duality to the defined warning signs. For instance, a child may appear sad or depressed, sleep too much or too little or seem to have lost interest in school or in grades, and a parent weary of prying into his or her child's life may think he or she is just letting the teen be a teen.

In schools, when a suicide shocks fellow students, there are often counselors on hand at a school helping students cope.

In raising awareness, Faist-Stanton hopes those campaigns could include a prevention component.

"So, along with the counselors, you have faculty and staff, a lot of different sources in the school," Faist-Stanton said.

Literature and other informative materials will be available at the panel discussion. For information regarding the free session, call 439-7740 or e-mail BethlehemPreventionProject@yahoo.com.

Free book lecture slated at town hall

Helen Alder will give a free "Books in the Morning" lecture on Friday, Nov. 5, from 10 a.m. to noon at Bethlehem Town Hall.

The talk will feature "Portrait of a Lady" by Henry James. The program is sponsored by Bethlehem Humanities Institute for Lifelong Learning.

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Giacone, Carpio married



Christine Giacone and Robert Carpio, III

Christine Giacone, daughter of Philip and Carol Giacone of Delmar, and Robert Carpio, III, son of Robert Carpio, Jr., of Deltona, Fla., and Lisa Carpio of Pueblo Colo., were married June 5.

The ceremony was performed by the Rev. Wood, in Most Holy Trinity Chapel, West Point. A reception followed at the U.S. Military Academy Association of Graduates in West Point.

The maid of honor was Rachael Franklin.

Bridesmaids were Vicki, Juli and Jacki Giacone, sisters of the bride and Roxi Barber, cousin of the bride.

The best man was Thomas Nelson, who stood in for the Christopher Carpio, brother of the groom, who was in Iraq and unable to attend.

Groomsmen were Thomas Root, Daniel Quin, Matt Molrine and Daniel Husek.

The bride is a graduate of U.S. Military Academy, West Point. She is working on a master's of business administration degree.

The groom is a graduate of U.S. Military Academy, West Point. He is an air defense artillery officer for the U.S. Army at Ft. Bliss, Tex.

After a honeymoon trip to the Caribbean, the couple lives Germany.

BC fourth-grader wins poetry contest

A Slingerlands fourth grader has won a national literature and poetry contest.

Alisa White, of Slingerlands, won the contest sponsored by the Federated Women's Club with a poem titled "I Am."

As a third-grader, Alisa entered a poem in a local contest sponsored by the Delmar Progress Club, which is the local chapter of the national organization.

Alisa went on to win honors and recognition at the local, state and national levels with that poem.

Rosemary Brown of the Delmar Progress Club presented Alisa with a certificate at the Oct. 20 board of education meeting. A recognition ceremony was held for her at school the next day.

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Jennifer Lauren Toth of Delmar.

University of Notre Dame

Brian Lasky of Delmar.

Rider University

Emily Sigal of Selkirk.

Hobart College

Timothy Hauser of Slingerlands.

SUNY Brockport

Michael Canaday of Altamont.

Tasha Borys, Justin Hessberg, Matthew Patry and Ashley Polverelli, all of Delmar.

BC grad finishes basic cadet training

Cadet Kenneth Michael Porter, son of Craig and Barbara Porter of Delmar, completed Cadet Basic Training at the U.S. Military Academy.

Porter entered the military academy on June 28. Cadets learn basic military skills through a demanding military program which begins on their first day at West Point. Military training is combined with military science instruction.

Porter graduated from Bethlehem Central High School in 2002.

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

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SPOTLIGHT ON **Family ENTERTAINMENT**
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Jamie Adkins, the clown acrobat of "Typo", will perform at the Schacht Fine Arts Center on the Russell Sage College Campus in Troy.

Contemporary clown

By KATHERINE MCCARTHY

Jamie Adkins, who is bringing his production of "Typo" to the New York State Theatre Institute this weekend, is re-defining the word clown.

The 33-year-old said he doesn't wear big shoes, and only wears a red nose for about two minutes in his show. He's also not a mime, so don't imagine that "Typo" will be a mute, sorrowful performance.

"I'm a physical comedian," Adkins said by telephone from Montreal, where he has lived for the last five years. "I'm like Buster Keaton."

In "Typo," Adkins draws on the circus skills he's used during his time with the Pickle Family Circus in San Francisco, and with the Quebec-based Cirque Eloize, with which he has performed at NYSTI in the past. At the request of Cirque Eloize, he started "Theatre T," and began working on a clown show. He and Anne-Marie Levasseur perform "Typo," the result of six months' hard work.

Appropriately, the show is about a person trying to create a clown show, and the mistakes that ensue. Adkins uses a high wire, juggling and other acrobatic skills to perform the one-hour show. Levasseur provides musical accompaniment and her own theatrical skills. The instruments she plays include accordion, piano and slide whistle.

"Anne-Marie attended the National Theater School in Montreal, and is an actress, musician and clown," Adkins said. "She was with me from the beginning on this show."

"I tried for six months to write a clown show, so this show comes from

real life," Adkins said. "The thing with a clown show is that you just have to get up and do it. In 'Typo,' the character finds his show, and it's funny, and sometimes poignant."

Adkins said he couldn't stress strongly enough that the show is for people of all ages, from grandparents to toddlers.

"After the show, I often have parents come up to me, and say they only came because of their kids, but that they loved it, too," he said.

Adkins said there are some things in the show that only the kids laugh at, and some things only the adults find funny. As a performer, he said, it's interesting to hear who's laughing at what.

"I'm surprised sometimes at how hard the adults laugh at silly things," he said. "I'm sometimes surprised at what the kids put into the show."

Patricia Snyder, NYSTI's producing artistic director, said the theater brought in "Typo" because it's different than what NYSTI usually does.

NYSTI's performance of "Born Yesterday" is currently on tour.

"We don't have a tightrope or people doing pantomime," Snyder said of Adkins' skills. "It's a very physical show, with Jamie Adkins juggling things on his nose, and using a slanted ladder. It's kind of a clown/gymnastics show."

Snyder also said the show draws out people's visual skills.

"In any show, you listen and watch," she said. "In this one, watching is more critical than

listening. It's a different kind of magic show."

Primarily, though, Snyder said the show is fun, and skillful.

"It's harder to make it look like you made a mistake than to actually make a mistake," she said.

After "Typo" plays at NYSTI, it will go out on tour, eventually landing at Tohu, at the Cite des Arts de Cirque in Montreal. In March, "Typo" will go to Broadway, booking in at the New Victory Theater on 42nd Street in Manhattan.

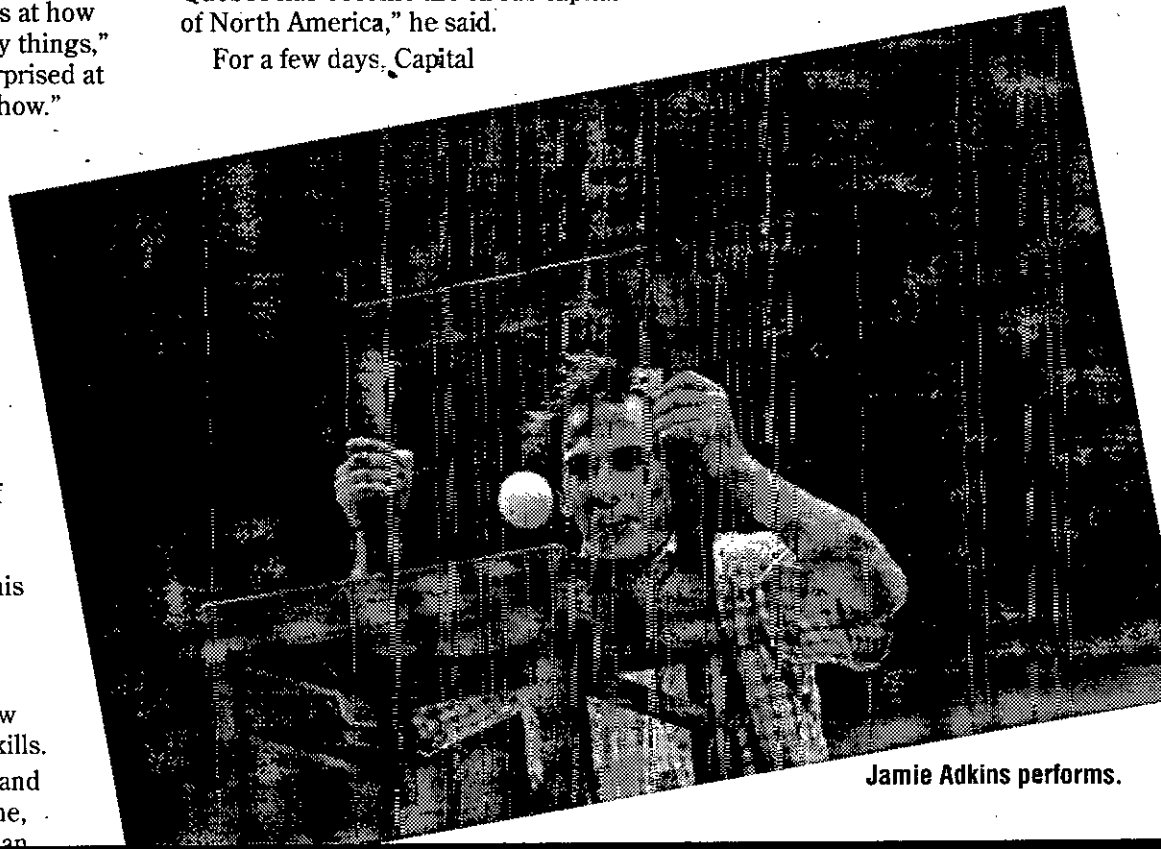
Adkins was born in San Diego, and reflected on the circus work happening in the province of Quebec.

"Because of Cirque de Soleil, Quebec has become the circus capital of North America," he said.

For a few days, Capital

District residents can get a taste of modern-day circus life, as "Typo" takes to the stage.

"Typo" will be performed for school groups as well as the general public. Shows for the public are scheduled for Wednesday, Thursday and Friday, Nov. 3, 4 and 5 at 10 a.m.; Friday, Nov. 5 at 8 p.m.; Saturday, Nov. 6 at 2 and 8 p.m.; and Sunday, Nov. 7 at 2 and 4 p.m. Tickets are \$20 for adults; \$16 for students; and \$12 for children 12 and under and student rush. There's a 25 percent discount for groups of 10 or more. Performances are at the Schacht Fine Arts Center on the Russell Sage College campus in Troy. For information, call 274-3256, or visit the Web site, www.nysti.org.



Jamie Adkins performs.

The Spotlight CALENDAR

Wed. Nov. 3

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 Voorheesville Public Library, 51
School Road, 10:15 a.m., no signup
necessary, Information, 765-2791.

ADULT BOOK DISCUSSION

At Voorheesville Public Library, 51
School Road, 7 p.m., signup necessary,
Call 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. Nov. 4

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. Nov. 5

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 Voorheesville Public Library, 51
School Road, no signup necessary,
10:15 a.m.

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. Nov. 6

BETHLEHEM

AA MEETING

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

Sun. Nov. 7

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
Auberg 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.

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 COMMIS- SION

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. Nov. 10

BETHLEHEM

DELMAR ROTARY

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

MOTHERS OF PRESCHOOLERS (M.O.P.S.)

A support program for mothers of young
children. Delmar Reformed Church, 386
Delaware Ave., Delmar, 9:30 a.m. to
11:30 a.m., childcare provided,
Information, Call Jennifer at 439-4146.

SECOND MILERS

Normanside Country Club, noon,
Information, Contact Larry Curtin at
439-2752.

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

PRESCHOOL STORYTIME

At the Voorheesville Public Library, 51
School Road, no signup necessary,
10:15 a.m.

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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LOG HOME DEALERS WANTED. Great Earning Potential, Excellent Profits, Protected Territory, Lifetime Warranty, American made - Honest Value. Call Daniel Boone Log Homes 1-888-443-4140.

MAKE UP TO \$4000 Weekly!! Exciting weekly paycheck! Written guarantee! 11 year Nationwide Company Now Hiring! Easy work, sending out our simple one page brochure! Free postage, Supplies! Free Information. Call Now! 1-800-242-0363 ext 3800.

CAREER TRAINING

FENG SHUI FOR HARMONY at home? Or as a career? Next 5 Weekend Program Starts November 13th. AMERICAN SCHOOL OF CLASSICAL FENG SHUI - (607) 722-8988 www.AmeriChi.com

CHILDCARE SERVICES

Your child, my Albany/Delmar area home. Experience with references. 449-4853.

CHIMNEY CLEANING

Chimneys inspected and cleaned, caps installed.

Insured, reasonable rates. Meters Mighty Sweep. 279-4772.

CLEANING SERVICES

BC CLEANING: Honest, Dependable, Experienced and Affordable. Call 427-1590.

Delmar Resident 16 Years Experience Exceptional Cleaning, Excellent References. 439-2796.

HOUSE PAINTING, HOUSE WINDOW & HOUSE GUTTER CLEANING. Free estimates, Low prices. Call 452-1551.

HOUSE CLEANING: Honest, reliable, references. 527-4005 or 767-9179.

CLEANING SERVICES, ERRANDS- Weekly/bi-weekly. Available Days. Houses, Apartments, Small-offices. Free Estimates Ask for Lori 785-6374.

COMPUTER TRAINING

Learn computer skills at your computer. Beginner to Expert. 783-1818. M.S. Solutions.

CRAFT FAIR

St. Clare's Craft Fair, Sat. Nov. 6th, 10:00-4:00. 1947 Central Ave-opp. Taft.

EDUCATION

Special Ed Teacher or Sr. Student, PT, 3-6 pm for SpN inclusion in the afterschool prog, \$10/hr, School's Out, Inc., 239 Delaware Ave., Delmar, NY 12054, 439-9300, schoolsoutinc@aol.com

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)964-8316.

EQUIPMENT FOR SALE

Screen Printing equipment for sale, price negotiable, 877-6120.

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 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.

FORECLOSURE WORRIES? BEHIND? Lender not co-operating? Team of proven experts will help save your home! Fast. Guaranteed. \$395.00 to start. Amazing results: www.debbug.com 1-888-272-3328

FINANCIAL SERVICES

NOT A LOAN Not Credit Counseling. Get out of debt in 12- 36 months.

Stop creditor harassment. 800-773-5432.

FIREWOOD

All Seasons Firewood, Ash, Oak & Maple. Face cord \$80, 1/2 cord \$115. 768-2373.

2-YEAR DRY SEASONED HARDWOOD: Face & Full Cords. Call 426-WOOD (426-9663). Free Delivery.

MIXED HARDWOODS: Full cords, \$175; face cords, \$75. Jim Haslam, 439-9702.

SEASONED HARDWOOD- Cut, Split, Delivered. \$75 Face Cord. 756-9419.

FOR SALE

8REPOSSESSED LOG HOMEPACKAGES! DISTRESS LIQUIDATION! Cancelled Builder Order. Factory Direct Below Wholesale. EZT&G. 2/3/4/5 Bedrooms. Sacrifice Prices: 1-800-471-1811 MUST SELL! SPRING DELIVERY!

GARAGE SALES

DELMAR- First United Methodist Church- 428 Kenwood Ave. Saturday, November 6, 8am-3pm. 100's of families.

HANDYMAN

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

HEALTH & DIET

Diet Magic, New Total Control, burns fat, controls appetite, lose weight. \$38. Nancy, 382-0146.

HOME IMPROVEMENT

HAS YOUR BUILDING SHIFTED? Structural repairs of bams, 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

HOME/PERSONAL ASSISTANT

Home/Personal Assistant, Christian background. References, \$20/hour. Mrs. T. 869-4180.

HOME REPAIRS

Carpentry, Electrical, Drywall, Windows, Doors, Moldings, Fine Woodwork, Structural Repairs. Excellent References. Terry 478-9240.

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.

JEWELRY CASTER NEEDED

I am looking for a Jewelry Caster who can manufacture large quantities (50-100 or possibly more) of my sterling silver rings with a lead time of 4 weeks or less. I have 4 molds (sizes 5-8). If interested, e-mail Lizacc5@aol.com.

LANGUAGE

Suche Deutsch regelmaessig mit jemanden sprechen. Wenn Sie interessiert sind, senden mir ein Email, jdh938@hotmail.com oder ruf mich an - 928-1291 in Delmar.

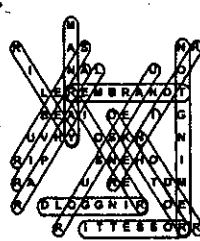
LAWN SERVICES

CREATIVE GREENERY. Nice fall cleanups, great low rates! Schenectady County Only. Call Jay @ 496-1568.

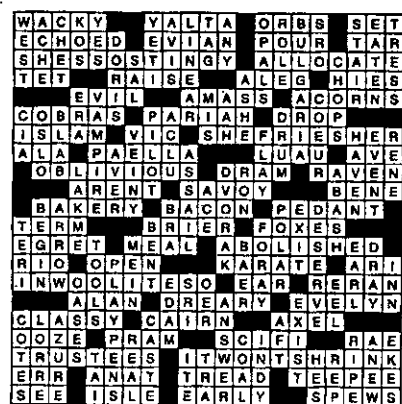
Leaf raking by adult, also fall lawn mowing. 439-0610.

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Scotia-Glenville Spotlight • Clifton Park/Halfmoon Spotlight
Burnt Hills Spotlight • Malta Spotlight

LOST

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

MISCELLANEOUS FOR SALE

BR Pine six-drawer chest, 8-drawer dresser w/mirror, nightstand. Excellent. \$425 or sold separately BO. 355-8826.

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

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

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

MOTORHOME

Motorhome Class C 1992 Fourwinds, Walk Around bed, generator, 29 ft. Asking \$12,000. Extras. 399-3413.

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.

MUSIC LESSONS: Drums, guitar, piano, bass, saxophone. Call Jack, 478-0643. JWKmusic.com.

PAINTING

Brighten your home or office for the holidays. Call 518-439-4565 for free quote. MJB Painting.

PIANO LESSONS

PIANO LESSONS for beginning and intermediate students. Loudonville. Call Ken @ 436-4225.

Piano Instruction for children with special needs. BA Music, MS Special Ed. All ages, beginners welcome. Call Dee 377-6106.

PIANO TUNING AND REPAIR

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

PUPPIES

Labrador Retriever Puppies, AKC registered, Sired by AKC Master Hunter. Parents: O.F.A. hips and elbows. Eyes - Certified. Excellent temperament, intelligent and healthy. \$600. Call Chris at 518-797-9252.

SITUATION WANTED

Hate Shopping? I'll do it for you. Selkirk/Delmar Area. Only \$8.50 for shopping list amounts under \$40. Please call Zena 518-756-8048. Occasional cooking of meals can be arranged. Fully trustworthy!

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.

TRAVEL

Do You Have a Stable Marriage or Just a Stale Relationship? Transform it with the secrets of romance. Learn how at <http://celarien.com>

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 • Guilfordland 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: _____

Spotlight CLASSIFIEDS

TV SYSTEMS

FREE 4-ROOM DIRECTV SYSTEM INCLUDES INSTALLATION! 3 months free HBO - Cinemax. Access to over 225 channels! Limited time offer S&H, restrictions apply. 1-800-208-4763.

WANTED

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

Motorcycles, Japanese, Harley Davidson, Triumph, BSA, Norton, 1960-2004. Cash paid. Wholesale prices only. (518)461-0294.

WANTED TO BUY Pre-1955 telephones, radios, microphones, television

sets, tube amplifiers, cast iron penny banks, cameras, pocket lighters, pre-1960 Comic Books, pre-1920 crocks, jugs, firemen hats, badges, photos, old toy cars, trucks, boats, or model boats, gasoline-powered toy cars, any

condition, all plastic toys, Pre-1920 photographs, postcards, 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.

WANTED to rent: Small garage for storage only. Must be clean, dry and secure. Bethlehem/Slingerlands area.-439-7245.

WORK WANTED

Work wanted, 24 hour home care coverage for your elderly. \$196 per day-7 day week. Certified NYS. 756-1595; Hospice welcome.

Employment CLASSIFIEDS

HELP WANTED

ATTENTION: WORK FROM HOME. \$500-\$1500 per month/part-time, \$3000-\$7000 per month/full-time. Free booklet. 888-202-5963.

BUS DRIVER SUBSTITUTES: Voorheesville Schools. \$11.77 per hour. Earn extra income. Congenial working environment. Class B license with passenger endorsement preferred. Will train. Call: Mike, 765-2381, ext. 508. EOE/AA.

Carpenter/Laborers, (Schodack), Residential Remodeling, Year-Round

Work, Tools/Truck a must. 477-1438.

CASHIER, FT, immediate, experienced, no nights or Sundays, benefits. Apply in person. W.F. Ryan Produce, 114 Railroad Ave., Ext. Colonie.

Custodian Substitute Wanted. Sherendehowa Senior Citizens Center, 6 Clifton Commons Court, Clifton Park, NY 12065.

DRIVER: Part-time, to transport adults with development disabilities to and from our Day Treatment program. Clean NY license required, CDL pre-

ferred. Hours are 7-9 a.m. and 3-5 p.m., M-F (20 hours/week). We offer comprehensive benefits, a competitive salary, and a friendly team environment. Apply to: Transportation Director, New Visions (formerly Albany ARC), 334 Krumkill Road, Slingerlands, NY 12159 518-459-0750, www.newvisionsofalbany.org EOE/AAM/F/D/V

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 Commis-

sion 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.

HOLIDAY HELP! \$14 base-appt. fun/easy customer sales/service. Great for students, all ages 18+, or 2nd income. Flexible schedules, conditions apply. 464-0200 or workforstudents.com.

Library Clerk, Mornings, Tues, Fri, alternate Sats. Circulation desk. HS education, people skills, database experience neces-

sary. RCS Community Library, Ravena, 756-2053.

Office assistant position available, Glenmont, NY, seasonal position (Sept-June). Hours: 8:30a.m. - 3:00p.m. Customer service, filing, accounts payable, business letters, mailings, etc. \$8 per hour. Fax resume to 767-9936 or you may call 767-5524, ext. 212.

Part-time Showroom Sales for new Frank Webb's Bath Center. Send resume to Denise LaCasse, 17 Erie Blvd., Albany, NY 12204 or email dee@fwwebb.com.

Part-time, Voorheesville Wine and Liquor, Sales/Stock clerk. Days and evenings. Call 456-0715. Must be 21 years or older to apply.

Secretary: Shaker Junior High School Guidance Office, part-time 8 am - 2 pm daily, \$10.50/hr., no benefits. Computer skills necessary. Mail resume to S. Lucier at SJHS or fax to 786-0640. Position effective immediately.

THE NEW SALTY'S PUB AND BISTRO seeking enthusiastic servers and chefs. Full and Part time positions available. Call John D. Marzilli, 371-1120.

Winter Driver for Senior Van on as-needed basis in Altamont, \$9.50 per hour. On-call availability. Call 861-8554 for application and information.

\$600 WEEKLY Helping the government part-time. No experience. A lot of opportunities. 1-800-493-3688 Code V95

NOW HIRING 2004 Postal Positions Federal, State & Local. \$14.80/\$48+ per hour. No experience necessary. Entry levels - Full benefits. Paid training. Call 7 days 1-888-826-2513 ext 204.

\$250- \$500 A WEEK will train to work at home helping US Government file HUD/ FHA mortgage refunds. No experience necessary. Call toll-free 1-866-537-2907

DRIVER: \$900-\$1,100 WEEKLY. Loaded & Empty Miles paid, Short Hauls, Flexible Home Time, Quarterly Bonuses, Comprehensive Benefit

Package. Dedicated to Excellence. Devoted to Drivers. Requires CDL-A, EOE. Call Smith Transport at 1-888-GO-SMITH or visit our website at www.smithtransport.com

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

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

Drivers - REGIONAL WORK. Avg. Pay: \$48,000/yr., Family medical benefits, Home Weekends, Flatbed tractor-trailer & Bonuses. LJ Kennedy Trucking 1-866-Run-4-LJK ext. 219 www.kennedytrucking.com

\$\$\$ EXCELLENT WEEKLY INCOME \$\$\$ mailing promotional letters for our company. Real Earning potential. Work 100% from your location. No selling or envelope stuffing. Call 708-231-7400 (24 hour) www.HBNBizOpp.com

FIREFIGHTER - HAVE WHAT IT TAKES? Learn to be a highly skilled firefighter. No experience required. Paid training-excellent benefits. Ages 17-34 with a HS diploma. Call 1-800-846-4980.

\$\$\$ GOOD WEEKLY INCOME \$\$\$ mailing sales letters. Genuine opportunity, working with our Wellness Company. Supplies provided. No Selling. FT/PT Call 1-708-536-7040 (24 hours) www/CardonaConsulting.com

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

REGIONAL RUNS AVAILABLE! Home Weekly. Midwest-Northeast-Southeast. Also Hiring OTR Company-Owner Operator Solo-Teams. Call 1-800-CFI-Drive www.cfidrive.com

XXXHUGE WEEKLY INCOME \$\$\$ mailing our simple postcards. Supplies & training provided. Genuine Opportunity. FT/PT For free information package call 1-708-231-7373 (24 hour recording)

Real Estate CLASSIFIEDS

REAL ESTATE

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 1-800-833-2006, visit www.AmericanHomePartners.com

REAL ESTATE FOR RENT

\$1000 DELMAR, plus Utilities. Charming 3 bedroom, 2 bath, 2 Story house on dead-end street. Short term lease. Available approx. Nov. 1. Please call Karin at 1-877-351-8571.

\$495+ utilities, small 1 bedroom cottage, 20 minutes south of Albany, on horse farm, suitable for 1 adult, no smoking, security, references. 756-8563, leave message.

\$500 SELKIRK, plus Utilities. Very small cottage, nice for a single person. Security. Reference required. Please call Karin at 1-877-351-8571. Available now.

\$900+ COLONIE, Two bedroom, 1.5 bath duplex. New carpet/tile. Gas Heat. No Pets. 496-9203.

\$975 Delmar, 3 Bedrooms, 1.5 Bath, Loft, w/d hookup, garage. No pets/smokers. Available 12/1. 475-9071.

2 3-bedroom, South Colonie, finished base-

ment, newly remodeled, Central Air/Gas Heat. \$950. 365-5746.

COLONIE, Everett Road Area, off-street parking, no pets/smoking, downstairs, 2br., den, large kitchen, living room, w/d hookup, \$775; upstairs, 1br, den, kitchen, living room, \$575. Both available immediately (in-law). Reply with references to P.O. Box 11293, Loudonville, NY 12211-0293.

DELMAR, \$675+ electric, 2 bedroom, upstairs, deck, dishwasher, w/d on site, off-street parking, quiet dead-end street, no pets. 378-4150.

DELMAR: Large 2 bedroom duplex, 1.5 bath, yard, garage, basement with w/d hookup. \$895. 225-6723.

GLENMONT - 2 Bedroom Duplex, 1.5 Bath, Easement, Garage, Gas Heat, Air Conditioning, Plowing & Mowing Included, W/D Hookup, No Pets, Quiet Cul-de-sac. \$925/Month. 439-4663.

GLENMONT. Aspron Rd. 2 bedroom mobile home. Washer/dryer hook up. Yard, driveway. \$675+. 465-8741.

GLENMONT. Spacious 2 bedroom. Available November. No pets. \$775 + electric. 852-0293.

GLENMONT: 1 bedroom, \$550+, rural, new bath,

no pets, no smoking. 463-2598.

GLENMONT: 2 bedroom apartment, w/d, busline, dumpster, available ASAP, security, \$600. 436-8800.

SCOTIA: Large 1 bedroom, excellent condition. Shed for storage. \$550+ utilities. 355-7093.

Upstairs small 2 bedroom, \$575. No utilities. Village of Voorheesville. Lease, no pets. 765-3409.

VOORHEESVILLE, Luxury 2 bedroom, just rehabbed, all new, no pets, security deposit. \$700, heat included. 456-9432.

HOMES FOR RENT

STOP PAYING RENT! BUYING IS CHEAPER!! 100% Financing. No Income Check! 100's of Programs. All Credit Considered! Free Credit Report! Lets go!!! 1-800-408-2315 Performance Residential Capital Corp. Registered Mortgage Broker NYS Banking Dept. Loans Arranged Thru 3rd Party Providers

HOUSE FOR RENT

Delmar, two bedroom ranch, close to Rt. 32 and "4 corners". Eat-in kitchen, deck, A/C, W/D Hookup, garage. Mowing and plowing maintained by owner. No pets. \$1000/month plus utilities. Please call John at 518-361-2635.

REAL ESTATE FOR SALE

11 LIME KILL ROAD, RAVENA, 4.5 acres with old house, needs rehab? or perfect building lot. \$57,000. 2 MOUNTAIN ROAD, EXT., RAVENA, 2 acres with modular home, needs roof, well, & rehab., includes all new windows, siding, doors, etc. \$55,000. Fantastic views from both properties (50 miles +), located 1/4 mile from Dunkin Donuts - 9W - Call 518-229-1849 & leave message.

HOUSES FOR SALE

FORECLOSED HOMES \$0 TO Low Down! Tax repos and bankruptcies! No Credit O.K. \$0 to Low Down. For listings, 1(800)-501-1777 ext 1099.

OUT OF STATE REAL ESTATE

A Dream Home! Mountain log lodge. 25 acres. \$649,900. New 4 lane highway access. Gorgeous, authentic 4000 sqft log home. Spectacular high elevation, wooded ridgetop setting. Long range mountain views. Wraparound decking, 6 bed, 2 large rec rooms, fireplace, much more! 5 minutes to major river & near WV ski resort. Call owner 1-800-888-1262.

LAND

POTSDAM LAND BARGAIN!! 82 Acre Farm -

\$59,900! Beautiful Spacious Farm, Open & Wooded Pasture, Hay Ground. Fronts on Rt. 11, Minutes to Downtown, Suny, Clarkson & St. Lawrence University. Motivated Seller. Call Owner 518-622-9925.

LAND FOR SALE

"MAKE NEXT SUMMER THE BEST" E Tennessee's Norris Lake & Golf properties will make every year special. Starting at only \$24,900. Call Lakeside Realty 423-626-5820.

COMMERCIAL FOR LEASE

DELAWARE PLAZA - DELMAR - Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

Office Space - Professional up to 900 sq ft, Delmar, 636 Delaware Ave. Immediate. Negotiable. 475-0123.

VACATION PROPERTIES

ORLANDO LUXURY RESORT FURNISHED VILLAS & single family homes 2, 3, 4 bedrooms from low \$100's. Use/Then rent to vacationers. Lake Marion Resort Community. Sales (888)-382-3088/ Rentals (877)-604-3500 www.lakemarion.net

Call us today at 439-4949 to ADVERTISE YOUR BUSINESS with Spotlight Newspapers

LEGAL NOTICE

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 Baranca, 14 Crystal Lane, Delmar, New York 12054. Purpose: any lawful business purpose.
LCD-10424
(November 3, 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
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).
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
(November 3, 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
(November 3, 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
(November 3, 2004)

LEGAL NOTICE

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
(November 3, 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
(November 3, 2004)

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
(November 3, 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
(November 3, 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-10488
(November 3, 2004)

LEGAL NOTICE

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
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of MS Real Estate Capital Partners, LLC, Art. of Org. filed Sec'y of State (SSNY) 9/23/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: Mark C. Casolo, 99 Pine St., Albany, NY 12207. Purpose: any lawful purpose.
LCD-10505
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of Import Auto Sales, LLC, Art. of Org. filed Sec'y of State (SSNY) 6/24/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 266 Brandel Rd., Altamont, NY 12009. Purpose: any lawful purpose.
LCD-10506
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).
The name of the LLC is Northeast Realty Holdings, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on January 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 4 Devonshire Drive, Albany, New York 12205.
LCD-10539
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).
The name of the LLC is QUAKER STREET GRANVILLE LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 1, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 596 New Loudon Road, Latham, New York 12110.
LCD-10553
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).
The name of the LLC is MRP NASHVILLE, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 1, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-10554
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
Articles of Organization of AENT, LLC ("LLC") filed with the Secretary of State of New

LEGAL NOTICE

York ("SSNY") on October 5, 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, 1375 Washington Avenue, Albany, New York 12206. 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-10559
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of LSL Properties, LLC, Art. of Org. filed Sec'y of State (SSNY) 9/21/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 7 Sherwood Ave., Rensselaer, NY 12144. Purpose: any lawful purpose.
LCD-10561
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
Articles of Organization of GWF ASSOCIATES, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on September 30, 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, One Columbia Circle, Albany, New York 12203. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC.
LCD-10562
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
Articles of Organization of Exence of Xpression, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on October 1, 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, 12 Petra Lane, Albany, New York 12205. 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-10563
(November 3, 2004)

LEGAL NOTICE

CAB Financial LLC
LLC was filed with the SSNY on 10/12/04. 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: Timothy E. Ash, CAB Financial LLC, 8515 Bluffton Road, Fort Wayne, IN 46809. Purpose: Any lawful purpose.
LCD-10585
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).
The name of the LLC is ALUMNI MANAGEMENT, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 12, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 21

LEGAL NOTICE

Everett Road Extension, Albany, New York 12205.
LCD-10600
(November 3, 2004)

LEGAL NOTICE

SARATOGA ACRES, LLC
Notice of formation of SARATOGA ACRES, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 10/7/04. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, 7 Willow Drive, Latham, New York 12110. The purposes of the LLC are Acquire and manage real estate.
LCD-10609
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of Construction Pay Works, LLC, Art. of Org. filed Sec'y of State (SSNY) 10/6/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 122 Old Karner Rd., Albany, NY 12205. Purpose: any lawful purpose.
LCD-10610
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of Bond MM LLC, Art. of Org. filed Sec'y of State (SSNY) 7/14/03. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: Bernard Dillenberger, 320 Dean St., Brooklyn, NY 11217. Purpose: Real Estate.
LCD-10611
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY
The Certificate of Limited Partnership of Tom Sarzen Integrated Ventures, L.P. ("LP") filed with the Secretary of State of New York ("SSNY") on June 16, 2003, 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, 237 George Town Court, Albany, NY 12203. 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, 2028. The character or purpose for which the LP is formed is to engage in any lawful act or activity for which limited partnerships may be organized under the laws of New York.
LCD-10619
(November 3, 2004)

LEGAL NOTICE

TM ORCHARD PARK RESIDENTIAL PARTNERS, LLC,
Notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on October 18, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-10635
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED LIABILITY PARTNERSHIP ("LP")
The name of the LP is TM Orchard Park Residential Partners, L.P. The Certificate of Limited Partnership was filed with the New York State

LEGAL NOTICE

Secretary of State on October 18, 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 LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-10636
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED LIABILITY PARTNERSHIP ("LP")
The name of the LP is TM Orchard Park Residential Partners Acquisition Company, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on October 18, 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 LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-10638
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")
The name of the LP is R.P. Associates Acquisition Company, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on October 18, 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-10640
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")
The name of the LP is R.P. Associates of Albany, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on October 20, 2004. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-10641
(November 3, 2004)

LEGAL NOTICE

MRP Brunswick Associates, LLC notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on October 18, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-10643
(November 3, 2004)

LEGAL NOTICE

MRP Livingston Apartments, LLC notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on October 18, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-10644
(November 3, 2004)

LEGAL NOTICE

MRP R.P. Associates, LLC
Notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on October 18, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-10645
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")
The name of the LP is Country Club Manor Associates, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on October 18, 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-10646
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP")
The name of the LP is Livingston Apartments, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on October 18, 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-10647
(November 3, 2004)

LEGAL NOTICE

MRP Country Club Manor Associates, LLC notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on October 18, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-10648
(November 3, 2004)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LLC

Notice of formation of limited liability company (LLC). Name: Nine Century Realty, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on October 25, 2004. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: Nine Century Realty, LLC, address c/o James P. Trainor, Esq., Cutler, Trainor & Cutler, LLP, 2 Hemphill Place, Suite 153, Malta, NY 12020. Purpose: to engage in any lawful business of every kind and character for which LLCs may be organized under the New York LLC Law, or any successor statute. LCD-10651 (November 3, 2004)

LEGAL NOTICE

FIREHOUSE PROPERTIES, LLC

Notice of Formation of Limited Liability Company. Articles of Organization of FIREHOUSE PROPERTIES, LLC ("LLC") were filed with the Department of State of New York ("DSNY") on September 22, 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 Firehouse Properties, LLC, 11 Rolling Hills Road, Niskayuna, New York 12309. 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-10665 (November 3, 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 (November 3, 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 lawful act or activity for which limited liability companies may be formed under the Limited Liability Company Law. LD-10426 (November 3, 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

LEGAL NOTICE

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 (November 3, 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 (November 3, 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. 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 (November 3, 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: 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 activities. LD-10440 (November 3, 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 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 32370. Arts. of Org. filed with Secy. of State, 409 E. Gaines St., Tallahassee, FL 32399. Purpose: any lawful activities. LD-10441 (November 3, 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: 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 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of

LEGAL NOTICE

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 (November 3, 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 (November 3, 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 Kurmit Klein & Seitz, P.C., 488 Madison Ave., NY, NY 10022, Attn: Michael R. Williams, Esq. Purpose: any lawful activity. LD-10445 (November 3, 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 (November 3, 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, 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.

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 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 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of AEROSAT USA, LLC. Au-

LEGAL NOTICE

LD-10464 (November 3, 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 (November 3, 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, Guilford, 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 (November 3, 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 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of Uni-Marts, 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 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of INTERMODEL LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/16/2004. 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-10518 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of AEROSAT USA, LLC. Au-

LEGAL NOTICE

thority 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 (November 3, 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 upon whom process against it may be served. The Post Office address within this State to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him/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 (November 3, 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 upon whom process against it may be served. The Post Office address within this State to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him/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 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of Empire Radio Network, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 9/28/04. Office location: Albany County. LLC formed in Pennsylvania (PA) on 8/11/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Greg Poland, NY State Capital Bldg., P.O. Box 7340, Albany, NY 12224. PA address of LLC: 1282 Locust Lane, Harrisburg, PA 17109. Arts. of Org. filed with PA Secy. of State, North Office Bldg., Rm 308, Harrisburg, PA 17120. Purpose: radio network. LD-10502 (November 3, 2004)

LEGAL NOTICE

Notice of Formation of INTERMODEL LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/16/2004. 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-10518 (November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION

LEGAL NOTICE

OF LIMITED LIABILITY COMPANY. NAME: MoonDazi Realty, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 9/30/04. The latest date of dissolution is 12/31/2103. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 122 Remsen Street, Cohoes, New York 12047. Purpose: For any lawful purpose. LD-10519 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of Boise White Paper, L.L.C.. Authority filed with Secy. of State of NY (SSNY) on 9/17/04. Office location: Albany County. LLC formed in Delaware (DE) on 8/9/04. SSNY designated as agent of LLC upon whom process against it may be served. 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-10520 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of Plan B Communications IP, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/27/04. Office location: Albany County. LLC formed in Delaware (DE) on 7/27/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. DE address of LLC: 615 South Dupont Highway, Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, John G. Townsend Building, 401 Federal St., Ste. 3, Dover, DE 19901. Purpose: any lawful activities. LD-10530 (November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: AJITE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/05/04. The latest date of dissolution is 12/31/2103. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, Post Office Box 1428, Albany, New York 12201. Purpose: For any lawful purpose. LD-10531 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of Boise Cascade, L.L.C. using the fictitious name Boise Cascade of Delaware. Authority filed with Secy. of State of NY (SSNY) on 10/1/04. Office location: Albany County. LLC formed in Delaware (DE) on 7/26/04. SSNY designated as agent of LLC upon whom process against it may be served. 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-10532 (November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF BE SOCIAL, LLC were filed with the Secretary of State of New York on September 14, 2004. Office located in Al-

LEGAL NOTICE

bany 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 33 Woodlake Road, Albany, NY 12203. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-10535 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of AMB JFK 2008 Air Cargo Center, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 10/4/04. Office location: Albany County. LLC formed in Delaware (DE) on 9/28/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: Pier 1, Bay 1, San Francisco, CA 94111. Arts. of Org. filed with DE Secy. of State, Lookerman & Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-10537 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of SHF II, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 10/6/04. Office location: Albany County. LLC formed in Delaware (DE) on 10/1/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, PO Box 898, Dover, DE 19903. Purpose: any lawful activity. LD-10546 (November 3, 2004)

LEGAL NOTICE

Notice of Formation of HALLEY LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/30/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Company, 25 Greystone Manor, Lewes, DE 19958. Purpose: any lawful activities. LD-10552 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of Member's Edge, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 9/28/04. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/02. 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. Principal office of LLC: 1 University Plaza, Ste. 307, Hackensack, NJ 07601. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: marketing. LD-10558 (November 3, 2004)

LEGAL NOTICE

Notice of Qualification of CIDEAM, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/17/04. Office location: Albany County. LLC formed in Virginia (VA) on 9/4/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 15 Hampshire Place, Delmar, NY 12054. VA address of LLC: 526 King Street, Suite 423 Alexandria, VA 22314. Arts. of Org. filed with Commonwealth of Virginia, Tyler Building, 1300 East Main Street, Richmond, VA 23219-3630. Purpose: any lawful activities. LD-10566 (November 3, 2004)

Animals Chairman

(From Page 1)

Cherokee Ridge have been fostered out to homes, Guyer said.

Should the court decide to keep the animals away from Peters, they will be put up for adoption, and those already caring for the animals will have the first option to adopt the pets.

"I don't think she's going to receive any of the animals back," Guyer said. "She could get more animals now and there's nothing we could do because she's obviously innocent until proven guilty."

Guyer said if Peters is found guilty, the humane society will push for an order that she not be allowed to keep domestic animals for a 20-year period.

But there is no such path to prevent her from getting more farm animals, Guyer said.

(From Page 1)

holding an elected seat on the town board.

"Partisan politics have overshadowed the proper functioning of the town to the point where people are discouraged," he said. "I want to get as many people involved in local government so I can find out what is important to the people in New Scotland."

Committee members unanimously backed Luther to lead their party.

"He's not afraid to stand up and do what needs to be done in our community," said committee member Douglas LaGrange. "Other names were suggested, but everyone on the committee agreed that Luther could put in the time and effort needed."

LaGrange added that committee members will begin

recruiting a slate of candidates for next year's races immediately after this year's election.

A four-year resident of the town, Luther lives in Voorheesville with his wife Shannon and two sons.

Letters policy

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.

WESTON KENNELS

Professional Dog Boarding

Labrador
Puppies Available



Westerlo, NY
797-9252

LEGAL NOTICE

LEGAL NOTICE

PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY FIRST: The name of the limited liability company is B.A. Property Management Services, LLC (hereinafter referred to as the "Company"). SECOND: The Articles of Organization of the Company were filed with the Secretary of State on September 21, 2004.

THIRD: The county within New York in which the office of the Company is to be located is Albany.

FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is: B.A. Property Management Services, LLC, 3 Airport Park Boulevard, Latham, New York 12110.

FIFTH: The latest date on which the Company is to dissolve is December 31, 2050, unless said period is further extended by amendment of this Agreement or sooner terminated in accordance with this Agreement.

SIXTH: The purpose of the business of the Company is any lawful activity pursuant to Section 203 of the New York Limited Liability Company Law.

LD-10577
(November 3, 2004)

LEGAL NOTICE

PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY FIRST: The name of the limited liability company is 1179 Troy Schenectady Road, LLC (hereinafter referred to as the "Company"). SECOND: The Articles of Organization of the Company were filed with the Secretary of State on October 1, 2004.

THIRD: The county within New York in which the office of the Company is to be located is Albany.

FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is: 1179 Troy Schenectady Road, LLC, 4 British American Boulevard, Latham, New York 12110.

FIFTH: The latest date on which the Company is to dissolve is December 31, 2054, unless said period is further extended by amendment of this Agreement or sooner terminated in accordance with this Agreement.

SIXTH: The purpose of the business of the Company is any lawful activity pursuant to Section 203 of the New York Limited Liability Company Law.

LD-10578
(November 3, 2004)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of Style Factory LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 10/7/04. 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., the registered agent upon whom process may be served. Purpose: any lawful activity.

LD-10606
(November 3, 2004)

LEGAL NOTICE

Notice of Qualification of PETROCOM VENTURES, LTD. Authority filed with Secy. of State of N.Y. (SSNY) on 10/13/04. Office location: Albany County. LP formed in Texas (TX) on 5/29/02. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: 7660 Woodway, Ste. 250, Houston, TX 77063, the TX address of LP. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with TX Secy. of State, P.O. Box 13697, Austin, TX 78711. Purpose: all lawful purposes.

LD-10607
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of Columbia Gardens Development, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 9/8/04. 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 Colony East Apartments, 173 Doorstone Drive, Latham, NY 12110. Purpose: any lawful activity.

LD-10608
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of Albany Donuts, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/6/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Mark P. Cafua, Cafua Management Company, 99 Winthrop Ave., Lawrence, MA 01843. Purpose: any lawful activities.

LD-10613
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of Bethlehem Donuts, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/21/03. Office location: Albany County. SSNY designated as agent of LLC upon whom

LEGAL NOTICE

process against it may be served. SSNY shall mail process to: Mark P. Cafua, Cafua Management Company, 99 Winthrop Ave., Lawrence, MA 01843. Purpose: any lawful activities.

LD-10614
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of Route 87 Donuts, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/6/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Mark P. Cafua, Cafua Management Company, 99 Winthrop Ave., Lawrence, MA 01843. Purpose: any lawful activities.

LD-10615
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of Troy Road Donuts, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/2/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Mark P. Cafua, Cafua Management Company, 99 Winthrop Ave., Lawrence, MA 01843. Purpose: any lawful activities.

LD-10616
(November 3, 2004)

LEGAL NOTICE

Notice of Qualification of First States Investors Realty, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/15/04. Office location: Albany County. LLC formed in Delaware (DE) on 2/5/01. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: 1725 The Fairway, Jenkintown, PA 19046. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: real estate holdings.

LD-10617
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF DR CONSTRUCTION CONSULTANTS, LLC 1. The name of the Limited Liability Company is: DR CONSTRUCTION CONSULTANTS, LLC 2. The Articles of Organization of the Company were filed with the Secretary of State on October 15, 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

LEGAL NOTICE

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: DR Construction Consultants, LLC 6 Wembly Court Albany, NY 12205

5. The registered agent of the limited liability company upon whom process against the liability company can be served is: DR Construction Consultants, LLC 6 Wembly Court, Albany, NY 12205

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-10634
(November 3, 2004)

LEGAL NOTICE

Notice of formation of OP TRADING USA, LLC a NYS limited liability company (L.L.C.). Formation filed with SSNY on 10/21/2004. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 2502 86th St., 3rd Fl., Brooklyn, NY 11214 Purpose: All Lawful purposes.

LD-10637
(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FDK DEVELOPERS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/30/04. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 7 Van Tassel Court, Loudonville, New York 12211. Purpose: For any lawful purpose.

LD-10639
(November 3, 2004)

LEGAL NOTICE

Notice of Qualification of Relational, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 9/16/04. 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 principal office of LLC: 3701 Algonquin Rd., Ste. 600, Rolling Meadows, IL 60008. Registered agent upon whom process may be served: Corporation Service Co., 80 State St., Albany, NY 12207. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful

LEGAL NOTICE

activity.
LD-10650
(November 3, 2004)

LEGAL NOTICE

Public Notice of Hearing The Town of New Scotland Planning Board Notice is hereby given that the Planning Board of Town of New Scotland, New York will hold a public hearing pursuant to Article IV, Section 4.400 of the Zoning Law on the following proposition: A Public Hearing for Special Use Permit # 454.

Application submitted by Howard Amsler, on behalf of Blackbirds Prime Property L.L.C., for a Special Use Permit to be allowed for "Auto Sales and Service" on their property at 1990 New Scotland Road. The site is located on the south side of New Scotland Road and was known as Kissel's Mobile Home Park. The property lies within the Commercial District and is identified as New Scotland tax parcel # 84.-2-28.

The applicant proposes to share the existing structure, which is currently used as office space and storage, by renovating the storage portion to allow area for the automobile mechanical and body work to be conducted. This application is a Special Use of Article II, Section 2.407 of the Town of New Scotland Zoning Law. Said hearing will take place on November 9, 2004 at the Wyman Osterhout Community Center, 7 Old New Salem Road beginning at 7:00 P.M.

Robert Stapf
Chairman, Planning Board
The Town of New Scotland
is an equal opportunity provider and employer
LD-10654
(November 3, 2004)

LEGAL NOTICE

Public Notice of Hearing The Town of New Scotland Planning Board Notice is hereby given that the Planning Board of Town of New Scotland, New York will hold a public hearing pursuant to Article IV, Section 4.400 of the Zoning Law on the following proposition: A Public Hearing for Special Use Permit # 453.

Application submitted by Ron and Melissa Bigge for a Special Use Permit to be allowed to conduct "Personal Farming Activities" on their property at 174 Normans Kill Road. The site is located on the south east side of Normans Kill Road across from Glen Hollow Road, within the R.2 District and is identified as New Scotland tax parcel # 62.-4-10. The applicant proposes to utilize existing structures on the site for pens and coops for the activity. This application is a Special Use of Article II, Section 2.404 of the Town of New Scotland Zoning Law. Said hearing will take place

LEGAL NOTICE

on November 9, 2004 at the Wyman Osterhout Community Center, 7 Old New Salem Road beginning at 7:00 P.M.

Robert Stapf

Chairman, Planning Board
The Town of New Scotland
is an equal opportunity provider and employer
LD-10655
(November 3, 2004)

LEGAL NOTICE

Notice of Formation of Scharf Consulting, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 10/22/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207. Purpose: any lawful activity.

LD-10656
(November 3, 2004)

LEGAL NOTICE

BETHLEHEM CENTRAL SCHOOL DISTRICT In accordance with the EPA's Asbestos Hazard Emergency Response Act (AHERA) of 1987 (40 CFR Part 763), the Bethlehem Central School District is required to give annual notification stating that the Asbestos Management Plan for each building is available and kept in the Operations and Maintenance Department located at 65 Elm Avenue, Delmar, New York 12054. These records are available for review during normal school business hours.

In addition, in accordance with this act, a six-month periodic surveillance is conducted in each building that contains asbestos. The periodic surveillances are conducted in June and December of each year.

Before the start of any project we will make sure all building occupants are properly notified and all signage will indicate the scope of the project. For more information, please contact Ronald Kuklis, Building Maintenance Mechanic and the LEA Asbestos Designee at (518)439-2123.

LD-10657
(November 3, 2004)

LEGAL NOTICE

REQUEST FOR PROPOSAL The Bethlehem Central School District is soliciting hourly rate proposals for SNOW PLOWING, REMOVAL & SALTING for the 2004-05 school year. Specifications and bid forms may be obtained at the Operations and Maintenance Department, 65 Elm Avenue, Delmar, New York. Proposals will be received until November 15, 2004 at 1:00 p.m. Inquires to (518)439-2123.

LD-10658

LEGAL NOTICE

(November 3, 2004)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: Hillside Venture, LLC Articles of Organization filed with Secretary of State of New York (SSNY) on December 17, 2001. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: c/o James D. Kerr, PLLC, 194 Washington Avenue, Suite 520, Albany, New York 12210. Purpose: Any lawful business purpose.

LD-10660
(November 3, 2004)

LEGAL NOTICE

The limited liability company of 484 Central Ave Rear, LLC was formed on October 20, 2004 by Dominic M. Mincelli and Gregory S. Clayton. The address of the company is 484 Central Avenue, Albany, NY 12206 in the County of Albany. The Secretary of State is designated as agent of the company on whom process can be served.

LD-10661
(November 3, 2004)

LEGAL NOTICE

Notice of Qualification of One Corporate Drive, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 10/12/04. Office location: Albany County. LLC formed in Delaware (DE) on 9/22/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: c/o TSG Real Estate, LLC, 744 North Wells St., Chicago, IL 60610. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: acquisition, ownership, operation, leasing and disposition of real estate.

LD-10663
(November 3, 2004)

LEGAL NOTICE

Notice of Qualification of One Corporate Master, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 10/12/04. Office location: Albany County. LLC formed in Delaware (DE) on 9/22/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: c/o TSG Properties, LLC, 744 North Wells St., Chicago, IL 60610. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: acquisition, ownership, operation, leasing and disposition of real estate.

LD-10664
(November 3, 2004)

If we gave you \$100, would you join the new Bethlehem Y?

They say the early bird gets the worm. If you're looking to join the area's newest, largest, most comprehensive YMCA, you can do just that - and save.

The new 91,000-square-foot Bethlehem YMCA is celebrating Veteran's Day Weekend in a big way **by waiving its \$100 join-up fee from November 11-14.** Our weekend opening events include:

- ★ A drawing for gift baskets and other great prizes, courtesy of Radio Disney for new members.
- ★ **Family skate free of charge**
 11/11 (noon - 1:30 p.m.) & (3:00 - 3:50 p.m.)
 11/13 (6:10 - 7:30 p.m.)
 11/14 (1:00 - 2:50 p.m.)
 Skate rentals are available.
- ★ Concessions will be available.



The Bethlehem YMCA boasts:

- A state-of-the-art fitness center
- Large aerobics studio
- Olympic-size ice rink
- Swimming pool, gymnasium and an indoor running track coming soon.

**Join us from November 11-14
(Thursday-Sunday)**

We are open:

Thursday & Friday from 5 am - 10 pm
 Saturday & Sunday from 7 am-7 pm

**For more information call the
 Bethlehem YMCA at (518) 439-4394**



YMCA

**We build strong kids,
 strong families, strong communities.**

900 Delaware Ave., Delmar, NY (former BIG Arena)