

Green savings at home

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Women's Health

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The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLIX No. 40 75 Cents

October 5, 2005

Local woman tapped to run for town board

Hammond to replace Marcelle on GOP ticket

By STEPHANIE LUBIS

Mary Hammond, a longtime Bethlehem resident, has been selected to replace incumbent town board member Tom Marcelle as the Republican candidate for election to the town board.

Marcelle had planned to run for re-election to the town board on the Republican ticket, but was nominated in September to run for state Supreme Court judge. The Albany County Republican Committee on Vacancies selected Hammond, 47, to run instead.

"I'm very excited to have been chosen, and I just started going door-to-door, getting to know people," said Hammond. "I hope people will be receptive to me in this short period of time."

"I'm very excited to have been chosen, and I just started going door-to-door, getting to know people. I hope people will be receptive to me in this short period of time."

Mary Hammond

If elected, Hammond will donate half of her town board salary to charity. Although she does not yet know which charity will receive her money, she said that youth, seniors and parks and recreation are important to her.

"To earn the public's trust, public servants must prove they want to give to the community," she said. "That's why I will make charitable donations."

Hammond is a social worker in the Albany School District, and she teaches at the University at Albany and Maria College. Hammond is a certified school administrator and social worker listed in the 2005 edition of Who's Who Among American Teachers. Previously, Hammond developed and organized Albany's district-wide staff development workshops in non-violent

LOCAL/page 21

Fire department pushes expansion proposal again

Public relations rep hired to get public feedback

By STEPHANIE LUBIS

The Delmar Fire Department held the first of several public meetings to solicit public input on its plans for a firehouse expansion.

Voters had resoundingly defeated a \$6 million expansion proposed last year and this time, the department has scheduled a series of public meetings explaining the reasons behind the proposed expansion and to get community feedback.

"We want the community's input to help us mold the future of the fire department," said John Pierce of Pierce Communications, who was hired to help with communication. Vollmer Associates, a civil engineering firm, was also hired to help define the

district's needs and evaluate current facilities and alternatives.

About 30 people attended the two-hour meeting. Bruce Secor of Vollmer Associates presented a slide show to help explain some of the problems with the current building.

"We want to ensure safe, efficient and quick response and also be code compliant," said Secor, who is the former commissioner of Bethlehem's department of public works.

"We want to ensure safe, efficient and quick response and also be code compliant."

Bruce Secor

The firehouse, located on Adams Street between Delaware Avenue and Nathaniel Boulevard was originally constructed in 1950 on .39 acres of land. Some of the problems with the current location include lack of adequate space for fire trucks and equipment, and adequate decontamination facilities.

The fire department also said the slope of the land is why they need a new building. From the firehouse to the street, there is a nine percent grade on one side of the building and a six percent grade on the other, meaning that the fire trucks slide

FIRE/page 21



Officials grapple with fluctuating fuel costs

By DAMIAN PAGANO

Predicting the price of heating fuel — or gasoline or diesel fuel for that matter — is like predicting the weather. It requires knowledge, intuition and a little bit of guess work.

Fuel prices change every day, every minute really, and have fluctuated dramatically during the past month. They spiked after Hurricane Katrina ravaged the Gulf Coast, then dipped, but have remained historically expensive.

What will winter bring? "It's very difficult to anticipate what the price is going to be," said Clifford Stoodley, purchasing agent for Schenectady County government. "There is a lot of speculation in the market. If it becomes warm, prices might drop. If we have a cold snap, they will probably go up."

County governments, municipal governments and school districts consume hundreds of thousands of gallons of fuel per year. They buy diesel, gas-oline, natural gas and heating oil through contracts arranged by the state Office of General Services. The state buys in bulk and local government and school entities don't pay taxes on the fuel, making their costs less per gallon than

those paid by private citizens or private-sector businesses.

But government's prices have increased, as everyone's has, and localities were caught off guard when the tax-free, wholesale prices of fuel doubled from what they were one year ago.

In June 2004, the state contract price for gasoline was \$1.23 per gallon. Diesel fuel was \$1.17. As of Sept. 26, 2005, the prices were \$2.34 for a gallon of gasoline and \$2.31 for a gallon of diesel, according to the state Office of General Services.

"Last month hit everybody hard," Joe Ritchey, Saratoga County's commissioner of public works, said. "We've had to react to a pretty steep

PUMP/page 43

Schools seek savings
No idling policies save money, keep air clean
School districts may be able to buy fuel in bulk, but area administrators are trying to make plans that will minimize the effect of future fuel cost increases on district taxpayers.
In the Ravena-Coeymans-Selkirk Central School District, grant money from the New York State Energy Research and Development Authority (NYSERDA) and the U.S. Department of Energy has funded more than 30 fuel-saving devices for its buses. School officials expect that the devices will save fuel, taxpayer funds and improve the air quality around the middle and high school campus.
Brian Kreis, business administrator for RCS, said the district could



# Police make criminal possession arrest

On Sept. 30, police arrested Jean Lapper of Fairway Court in Queensbury on charges of DWI. Police responded to a report of someone driving erratically around Van Dyke Road and Meads Lane in Delmar, and Officer Michael Whitely saw the vehicle drive into a ditch, police said. Once the vehicle was stopped, Officer Whitely and Officer Adam Hornick detected a strong odor of alcohol. After being questioned, Lapper admitted having a few drinks, but was uncooperative with specific questions, police said. Lapper failed field sobriety tests and was arrested. She is due back at town court Oct. 18 at 4 p.m.

Also Sept. 30, police arrested Gregory Cornelious of Green

Street in Albany on charges of criminal possession of a controlled substance in the seventh degree and for possession of marijuana. Police responded to a call regarding suspicious behavior and Officer Chris Shunk stopped Cornelious standing on the shoulder in the area of 415 Route 9W. When Shunk approached, he saw Cornelious drop a dollar bill and when asked what it was, Cornelious admitted that there was a rock of crack cocaine inside the dollar, police said. Officers searched Cornelious and found marijuana and an unused glass pipe, according to police.

Cornelious was arraigned and released on \$100 bail and is due at town court Oct. 10.

On Oct. 1 at 5:35 p.m., police went to the Colonial Acres development in Glenmont for a reported hayride accident. Upon arrival, a 6-year-old male was found with injuries to his pelvis and abdomen. The injury occurred when the young male jumped from the moving hay wagon and at least one wheel of the wagon rolled over the child before coming to rest, police said. The child was transported to Albany Medical Center Hospital by Delmar Ambulance, and his injuries are not life-threatening. No charges were filed against the operator of wagon ride.

District Attorney P. David Soares announced that Justin Landauer, 27, of 417 Beebe Road in Knox was indicted Oct. 3 on five counts including manslaughter in the second degree vehicular manslaughter in the second degree, criminally negligent homicide, and two counts of DWI.

The indictment alleges that

on or about June 23, 2005, at approximately 8:10 p.m. on State Route 443, Landauer caused the death of Gary Lehmann. Landauer is alleged to have been operating a vehicle after having consumed a significant amount of alcohol, and he was both speeding and driving imprudently, police said. His truck drove across the

center lane of the highway and he collided head-on into Lehmann's vehicle, causing Lehmann's death.

The victim, a scholar visiting from SUNY Binghamton, was traveling to join his wife and three young children for a 10th anniversary party.

"This death was as tragic as it was senseless," said Soares.

## Volunteers sought for Walk

Who holds the answers to child abuse? We all do. On Saturday, Oct. 8, Capital Region residents will have the opportunity to take a step toward preventing child abuse and neglect in their communities.

Prevent Child Abuse New York is seeking walkers to participate in the 2005 Walk for Children in Albany's Washington Park.

Walkers are asked to pay a \$15 registration fee and seek

"sponsorships" from their friends and family. Entertainment, snacks and refreshments will be available to all walkers.

All proceeds from the walk will benefit the statewide prevention programs of Prevent Child Abuse New York.

For registration information, call 1-800-CHILDREN or visit [www.preventchildabuseny.org](http://www.preventchildabuseny.org).

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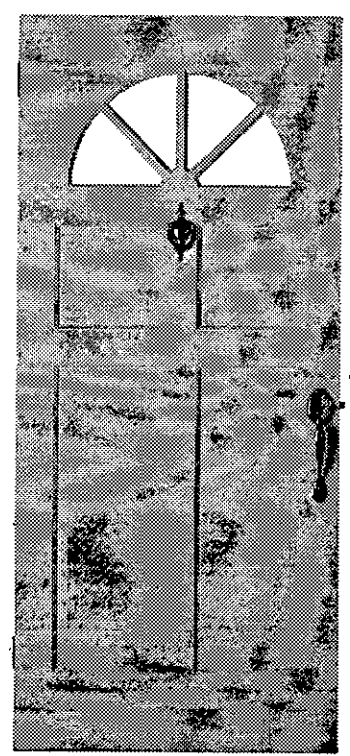
**Room Service INTERIOR DECORATING**  
By Susan Luria

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**Correction**

The Spotlight incorrectly identified two donors to Bonnie Cerasaro, who will be going to New Orleans to assist stranded pets.

Selkirk Fire Company #2 donated \$1,000, and Dr. Jeffrey Riker donated \$500. The Spotlight regrets the error.



**2**



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# Village of V'ville to vote on firehouse

## Expansion would be first since 1967

By JIM CUOZZO

Voorheesville residents will vote on a proposed \$1.2 million firehouse renovation and expansion project on Tuesday, Nov. 1 from noon to 9 p.m.

The project has been two years in the planning stage. The village hosted two public meetings at the firehouse, both of which had low turnouts. Still, officials are optimistic about turnout at the Nov. 1 vote, which will take place at the firehouse on Altamont Avenue.

"We're hoping it's going to be an excellent turnout," said Mayor Jack Stevens. "We have had public hearings and workshops galore on it. It's been covered by the papers. We have tried to pick the best possible day for the election, a week before Election Day when people are around to get a real cross section of our residents."

The current firehouse will expand from 5,900 square feet to 10,000 square feet if the project is approved and after construction is completed. The majority of work will center on upgrading existing architectural, mechanical and electrical features along with asbestos abatement, and creating more equipment storage for volunteer firefighters.

"The firehouse was built in 1967 and we really haven't spent a lot of money in there doing renovations," said Richard Berger, a member of the Voorheesville village board and a volunteer fireman. "I hope that the reason we're not hearing the

taxpayers' comments is because they feel that we are doing what both the board and the department are requesting and that it's a very feasible idea that the village can afford."

Barton and Loguidice have been retained as the engineering design team. The project will be bonded over 20 years with the village paying \$200,000 and taxpayers footing the rest of the bill.

"At \$1.2 million, when you look at other municipalities around us this is not extravagant, this is basic," said Stevens.

The board also accepted several resignations and made several new appointments.

Linda Pasquali will replace Gary

Washburn, who resigned in August, as the village clerk/treasurer and will earn \$39,000 per year. Pasquali had been the deputy clerk/treasurer. Karen Finnessey will replace Pasquali as deputy clerk/treasurer and will be paid \$32,500.

Both positions are two-year appointments with each new employee filling the remainder of the current term which expires in March 2006.

### Other news

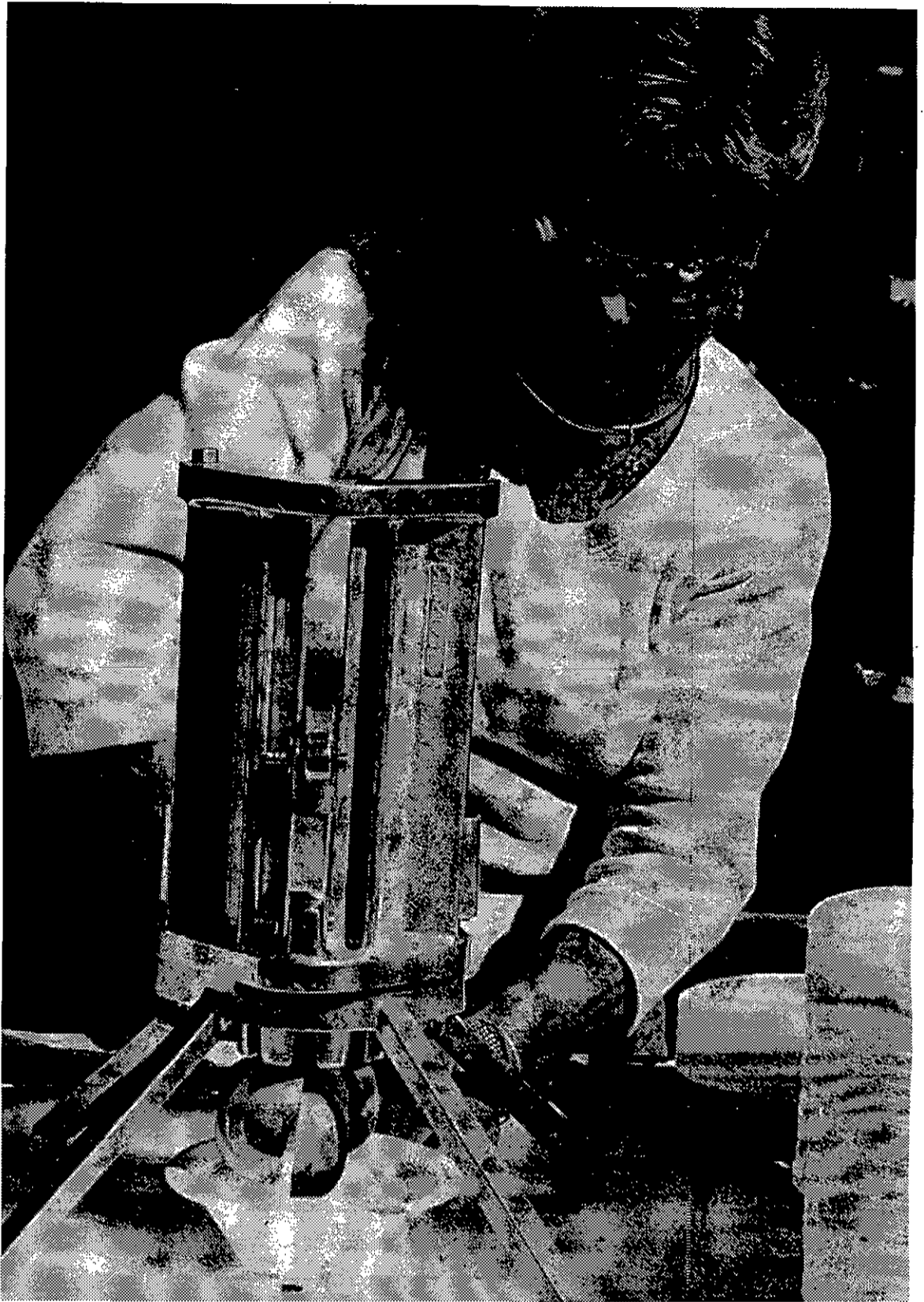
Tom Coates resigned as chairman of the village's zoning board of appeals, and the board appointed Larry Pakenas as the new chairman. Jim Giglio was appointed to fill the vacant spot on the board. Sharon Stanton announced her resignation as a member of the village planning board, effective January 2006.

The board also hired Van Koller as the newest employee in the public works department. The next village meeting is scheduled for Oct. 25.

**"The firehouse was built in 1967 and we really haven't spent a lot of money in there doing renovations."**

Richard Berger

# Slice of life



Karen Ross splits apples at the annual Apple Fest at the Altamont Fairgrounds, Sunday.

Photo by Jim Franco

# Green buildings help save lots of greenbacks

By STEPHANIE LUBIS

The Green Buildings Open House Tour took place on Saturday, and homes all over the Capital District were opened to help educate people about clean, renewable energy systems.

Christian Grieco, coordinator and tour host in the Capital District, converted his own home in Glenmont to solar electric

energy, along with high efficiency appliances.

"What's motivating most people to convert to renewable energy systems is having a program available that offers a financial incentive to convert, because as more people buy, the less expensive it will be," he said.

While the total system cost is \$30,000, an incentive from the New York State Energy and Research Development Authority lowered the cost by \$15,000. Grieco was also able to take advantage of a state tax credit of \$3,750. Since installing the system

in April 2004, his electric bill has gone down by just under \$900.

"There are many homeowners in this area that have minimal heating and cooling costs, and live in complete comfort year-round," said Grieco. "These are homes that feature passive solar designs to heat and cool their homes."

**"Those who install this energy system will have to pay more up front, but it evens out, because with traditional energy systems, you have to pay anyway."**

Christian Grieco

have to pay more up front, but it evens out, because with traditional energy systems, you have to pay anyway, Grieco said.

"Traditionally, you turn on a

light and don't think about it, but we're turning that on its head," he said. "You pay up front, but you have to pay anyway."

Grieco said solar and other clean and renewable energy sources are a smart way to go, because the consumer can remain in control of energy costs.

"Right now, oil production is not happening on the Gulf Coast, and that affects the price," he said. "If we can diversify the energy source, we can have control. I have no control over (President George W.) Bush's energy policies, but I can control this."

Mary Alice Smith and her husband, Kevin, of Feura Bush, are also excited about having a "green" home. Green includes all kinds of sustainable energy which includes wind and other passive energy as well as solar.

The Smiths had solar panels installed about four months ago. The panels collect solar energy and generate about one-half of the energy the Smiths use. Smith said

by continuing to use conservative measures, they can save even more.

Although their system is relatively new, Smith said their energy bill for last month is 35 percent less than it was for last year at this time.

The incentive plan from NYSERDA means that the Smiths only had to pay about half of the \$26,500 installation cost. Smith said she is happy with it so far.

"We were not skeptical at first, because theoretically, the concept is a given," she said. "My parents got solar panels in the 1970s and it has paid for itself and is still running. I just believe that this is the right thing to do, and I feel good about it. It's only common sense. We have to find alternative energy sources, and the sooner the better. We must become independent of oil."

Smith said their goal is to get off the utility grid entirely and to learn more about available energy-saving appliances.

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# Lose control, be surprised at what you learn

By KATHERINE McCARTHY

So now it's the reports on celebrity mothers that are making me snort coffee through my nose as I read the morning paper. For years, the articles on how they keep in shape had me rolling my eyes. Daily four-hour workouts, that's how. I'd have sculpted arms, too, if I had that much time to work with a personal trainer every day. In fairness, their bodies are their trade — even if not in the world's oldest profession — so I guess while the rest of us check our e-mails and sit through staff meetings, their jobs are to hit the gym.

Now apparently celebrity moms are scheduling their Caesarean births to fit their schedules, and the rest of the population is doing the same. That's some kind of change; when my kids were born in the early 90s, the obstetrics practices with low Caesarean birth rates were the popular ones.

Is it part of our very structured society — of the way we fill up every single moment — that isn't letting us wait for nature's greatest gift? Is it that life feels so out of control that we need to control what we can? Or is it another example of something that worries me

COMMENTARY:

Mom's  
the  
Word



in current parenting patterns, of over-scheduling our children from the minute they're born? Well, if first-time mothers think that controlling the time of their child's birth sets a pattern of things to come, they are so wrong. Kids have the upper hand from the minute they're born. They cry; we run to them; they giggle, we coo over them; they have messy diapers, we ...well, you know.

Ask any parent, male or female, and they will tell you in great detail of that first showerless day. It came for me a couple of weeks after Christopher had been born, and in a true example of insanity, we were trying to move. Chris went cheerfully off to work, looking natty in his suit and tie. I imagine he might have asked whether I wanted to shower while he was still there to watch the baby, and I'll bet I mumbled back that after having been up in the night to feed the baby, all I wanted was to sleep. All the advice to new mothers is to sleep when the baby sleeps;

they leave us on our own to figure out the hygiene issues.

So off my cheerful husband went, while adorable baby and I slumbered on. For a while, though, and then adorable baby woke up kind of fussy. He nursed, I rocked him, I made faces at him, I kissed his sweet fuzzy head, I nuzzled the folds in his tiny neck, I kissed his itty bitty toes, I sponged him off and put on a heart-meltingly soft, brand-new but already laundered, adorable cotton outfit. Who knew all that would take two hours? When his dark, all-seeing eyes began to close, I put him in his bassinet, thinking longingly of shampoo, soap and steamy water for me.

That was the day that I learned about the lay-me-down, wake-me-up reflex that babies can take a while to shake. When I'm drowsy, I love to climb under my covers, stretch out on my bed, and drift off to sleep knowing that for the next six or so hours, I will have peace. This must be a learned appreciation, though, and thinking about it from a tiny baby's standpoint, a warm, soft, cuddly parent's body — even a fusty one yearning for a shower — beats the flat, smooth, cotton surface of a bassinet mattress. A mother's arms must be warmer than any blanket ever could be when you're two weeks old. So my little man called for me and, to make a very long and tedious story short, our routine repeated itself until I felt I would rot in the cheerful pink matching nightgown and robe I'd bought to wear in the hospital after the miraculous birth of my child. When the cat's meow finally alerted me to Chris' footsteps coming down the hall of our apartment building, I was at the door to greet him, our infant snuggled under my chin.

Postpartum tears are an alarming thing, and Chris kissed me and took the baby, who didn't seem to mind Daddy's wool suit one little bit. No shower has ever felt as good as that one.

Eventually, daily showers

became a regular part of my life, even at a predictable hour. Who the bosses are remains a secret that Chris and I keep; while we try to be in charge, the truth is that our children control a lot of the aspects of our lives.

We have learned — mostly — to pick our battles. Messy room? OK, if your homework is done and handed in. Forgot to take the dirty dishes out of the playroom? OK, if you're treating the family unit and one another mostly with respect — allowing some wiggle room for brotherly barbs that both seem to find amusing.

What has surprised us has been how unique and individual our children are. Do all parents expect that their children will be replicas of them? Chris and I both grew up in big families, so it shouldn't surprise us that our children are their own people. I remember being a teenager and thinking about the kind of people my four siblings and I were. How, I wondered, could we have grown up in the same home, had the same parents, gone to the same schools, often had the same teachers, and turned out so very different? I guess that's human nature, and what makes us all so interesting. Watching my two children, I think that they are different because they need to be.

They share some of our interests, to be sure, but are also their own people. Their dad, for instance, tours museums and reads every piece of information he possibly can. Our boys zip through places of historic interest at a great pace, their primary goal being the gift shop.

"Valley Forge, check," became the template for what we say after we blow through any establishment of great import at our children's break-neck pace. We have learned to divide and conquer, so that the parent with the lesser amount of interest becomes the parent in charge of diversionary tactics, leaving the other parent to enjoy the institution at a

leisurely pace.

It's interesting to watch our kids pick up their own interests, and we take our turn being dragged to different places, literally and figuratively. Chris and I still shudder at "Australopithecus Afarensis," the book that replaced the Narnia series when Christopher was in second grade. His interest in early man was fine the first time, but his desire to have us read and re-read the rather dry tome he'd chosen from the library about early man left us flipping a coin about who would conduct our previously favorite part of the day: bedtime stories. That interest has grown into a love for the classics, and I hope that someday we can all travel to Greece and Rome together. His passionate interest in science fiction is something Chris and I treat politely; fortunately, my mother and uncle are always happy to talk about Asimov and Lovecraft with him.

Cormac's got a keen interest in Japan, mostly because he wants to go to the home of his favorite film and cartoon style, anime. This week, we've settled for another country of the Far East as we've traveled back and forth to the modern Chinese film festival at Proctor's Theatre. If Chris and I are surprised by his interest in all things Asian, his friends get it, and one of them invited him to see "Hero" last week. Chris took them the next day, and Cormac and I saw a very sweet movie about a father turning his rural postal route over to his son. There are more movies to come, and in it, lessons for all of us that have nothing to do with control. Instead, these lessons are all about seizing the moment. Would I have rather stayed home, gotten laundry done, figured out the next day's lunches and maybe caught a rerun of "Sex and the City?" You betcha.

Do I feel closer to my son after a half-hour drive and watching a movie set in a country far, far away? Absolutely.

## Got news or views?

Spotlight Newspapers welcomes announcements of programs or events occurring in our coverage areas.

All announcements should include the date, time, location and cost (if any) of the event, along with contact information. Announcements are published space and time permitting.

Submissions can be faxed to 439-0609, e-mailed to gravess@spotlightnews.com, or mailed to P.O. Box 100, Delmar, 12054.

The deadline for all editorial copy is noon on Friday.

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

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

Unsigned letters receive no consideration. All letters that are published must carry a signature.



# WEEKLY WEATHER

Chief Meteorologist Mike Bono



TIME WARNER  
CABLE

### Albany Almanac

#### Record high/low/year

Day	AVERAGE HIGH 63°		AVERAGE LOW 42°	
	High/Year	Low/Year	High/Year	Low/Year
Wednesday, October 5	91°/1941	26°/1965		
Thursday, October 6	90°/1900	24°/1965		
Friday, October 7	89°/1963	27°/1986		
Saturday, October 8	79°/1993	21°/1964		
Sunday, October 9	83°/1949	27°/2001		
Monday, October 10	89°/1939	25°/1980		
Tuesday, October 11	86°/1949	22°/1943		

**ANNUAL PRECIPITATION**  
30.06 inches as of Friday, September 30th  
.86 inches above average

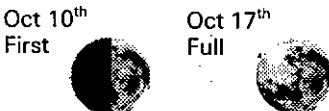
#### This week in weather

**October 9, 1903** New York City received its heaviest rainfall with 11.17 inches at Central park in 24 hours.  
**October 10, 1979** Boston had its earliest measurable snowfall of .2 inches. Blue Hill Observatory had 7 inches and Worcester, Mass had 7.5 inches.

#### Sun & Moon

Day	Sunrise	Sunset
Wednesday	6:57am	6:29pm
Thursday	6:58am	6:28pm
Friday	6:59am	6:26pm
Saturday	7:00am	6:24pm
Sunday	7:02am	6:22pm
Monday	7:03am	6:21pm
Tuesday	7:04am	6:19pm

#### Moon Phases



Planets	When	Where
Venus	Dusk	Low, WSW
Mars	Midnight	High, SE
Saturn	Day	High East
Mercury	Dusk	Low West

### Rivers & Recreation

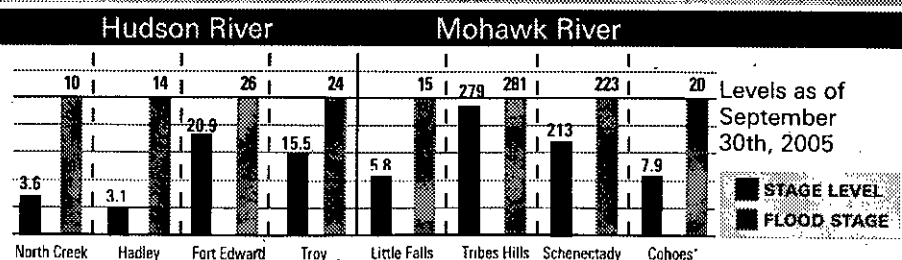
#### Fall foliage outlook for October 8-9

Region	Outlook
Capital Region	25 percent color. 50 percent in hill towns.
Adirondacks	Nearing Peak. Higher ground peak color.
Catskills	50 percent or more. Near peak high ground.
Berkshires	50 percent or more. Near peak high ground.
Vermont	50 to 75 percent. Peak, northeast & mtns.
New Hampshire	50 to 75 percent. Peak color, north, mountains.

#### Factoid

We've seen 3 major hurricanes make landfall on the US mainland in both 2004 and 2005. That's the first time that's happened in back to back years since 1851.

#### River Levels



# Bowl-a-thon will benefit teen's family

By STEPHANIE LUBIS

Last April's Bowl-a-thon to benefit Anthony Hill, a 17-year-old Berne-Knox-Westerlo student who has been battling Hodgkin's disease for the last three years, was so successful that another Bowl-a-thon will be held on Sunday, Oct. 23 at the Del Lanes.

Sponsored by Mr. Subb, Andriano's Pizzeria and Del Lanes, the Bowl-a-thon will take place from 7:30 p.m. on and include prizes, refreshments, fun, and hopefully a good turnout of local residents.

"We thought the Bowl-a-thon would be nice, and that it would

be a good time," said Jackie Hill, Anthony's mother.

Ella Ruff, a family friend and manager of Mr. Subb at Delmar's Four Corners, said Anthony is an awesome kid. "He loves to skateboard, and he loves to bowl," said Ruff. "Sometimes he's strong enough to get out of bed, and he may come to the Bowl-a-thon if he is up to it."

His mother Jackie is a school bus driver for the Bethlehem Central School District, but is currently not working, so she can spend time with her son. Anthony's father is an operating engineer for Callanan Industries,

and will be laid off soon.

The Bowl-a-thon benefit is to help the family with bills, Ruff said.

Three bone marrow drives were unsuccessful at finding a match for Anthony. He's been on chemotherapy, but was recently taken off of it.

"It's in God's hands now," said Hill. "Anthony's beliefs are strong and he believes things will be okay. We must be positive and keep positive people around him."

Hill said her son is the bravest, most amazing person she knows. "Doctors say that when a child gets cancer, it can make that child a better person, but I can't imagine him being any better than he already is," she said.

One of the most difficult things for her son to deal with is wanting to do things other teenagers do, like drive, go on dates, and sports, Hill said. A motorcycle lover, Hill said Anthony felt strong enough last month to take his bike for a ride. Anthony is well-liked, she said, with friends popping by

often.

"This summer, I told him I would be willing to take him anywhere he wanted to go, but he wanted to stay home so he could be close to his friends and family," said Hill.

He was also voted prom king his junior year in high school, although for the last three years he attended school sporadically

or not at all, relying on tutors to keep up with school work.

Family for Anthony Hill includes the church. The Hill family attends the Westerlo Baptist Church. Anthony received a full immersion baptism with three other kids his age a year and a half ago at his request.

"He wanted to do it," said Hill. "He has a strong faith."

## Drink wine and cruise for arthritis

The Arthritis Foundation, Northeastern New York Chapter, will hold its inaugural Fall Wine Tasting Cruise on Friday, Oct. 7. During the cruise, the foundation will honor the Bone and Joint Center for their support of the Arthritis Foundation and for their leadership in the fight against arthritis.

The Bone and Joint Center in Albany was established to bring together the expertise and services needed to effectively treat common and complex musculoskeletal disorders. It is a single source for comprehensive care by some of the region's most highly regarded board certified medical specialists in the area of orthopedic surgery, rheumatology, neurology and radiology.

The Center also includes the services of licensed health care professionals in the area of physical therapy as well as prosthetics and orthotics. The staff work well together in a uniquely collegial atmosphere, so patients benefit from a multidisciplinary approach to care.

All proceeds from the cruise will benefit research, programs and services related to women and arthritis. More than 70 million Americans suffer from arthritis or chronic joint pain and over 300,000 people are affected by arthritis or chronic joint pain in the foundation's 14-county service area.

Boarding for the cruise will be from 6:30 to 7 p.m. The cruise will be from 7 to 10 p.m. The event will feature wine tasting, hor d'oeuvres, a live band and a

## Beef, beets and cabbages at Bethany Reformed Church

Bethany Reformed Church will hold its annual roast beef dinner on Saturday, Oct. 15 from 4 to 6:30 p.m. The menu will include traditional beet salad, cabbage salad, and homemade desserts. Cost is \$9 for adults, \$4 for children 5 to 12, and free for children under 5. Take-out is available. Tickets may be purchased at the door and the public is welcome. Handicapped accessible. For information, call the church office Tuesday through Friday, 9 a.m. to noon, at 482-7998.

cash bar. Tickets are available for \$75 per person. Tables of eight are available for \$550. For information, contact Brian McDonald at the Arthritis Foundation office at 456-1203.



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# Matters of Opinion

## Happy New Year

For all of us, autumn feels like a time of new beginnings. There's back to school, the relief that cooler weather brings, the changing foliage that will turn our streets and hillsides brilliant colors of red and orange, and the harvest of the season: apples, pumpkins, squash, and the final tomatoes from our backyard gardens.

In the Jewish calendar, this past Tuesday marked the beginning of a new year. The Book of Life has been opened before God and will remain so for the next 10 days, when Yom Kippur, the Day of Atonement, arrives.

It's a time that we can all examine our lives and cast off our sins, as many faithful Jews will do this week. Many will gather at Buckingham Pond to toss breadcrumbs into the water to symbolize this casting off of sins.

Apples are one of the region's greatest autumn bounties and dipped in honey, a symbol of hope for a sweet new year.

As we enjoy the blue skies and still-warm autumn air, we wish all of our Jewish friends "L'shanah tovah" — a good year to come.

## Precious resources

Hurricanes Rita and Katrina have devastated residents of the Gulf Coast. Our hearts go out to them.

As they cope with the immediacy of rebuilding their lives, we as a nation must rethink our energy policy. Even as we call on our elected officials to come up with solutions, we should examine our own energy use. When you go from one room to another, do you leave the lights on? As winter approaches, do you have a programmable thermostat? If you're out of the house for an extended period of time, lower it. And if your local utility offers to produce your power from a non-fossil fuel, maybe you should see if your budget allows it.

And then there's the way we get around, our gasoline-fueled vehicles. In recent weeks, parking lots at malls look less crowded and gas station owners report a drop in business as the average American reconsiders his or her driving habits.

As we stay home more, or walk or ride our bicycles to local destinations, we should consider the type of vehicle we drive. Perhaps a smaller car would do just as well, or maybe a hybrid vehicle should be the next new vehicle we buy.

Whatever steps we can take, we should.

## Editorial

## Thinking about what's in the box

By MEGHAN S. SINGH

*The writer is a certified Reiki II practitioner at The Chakra Garden in Colonie.*

I love to learn new things. Sometimes, though, I have to learn them by force, — when I don't like the choices I currently have or feel that I have no choice at all.

One choice that I made after various experiences was that I needed a health toolbox to help me organize and update information, techniques and practices related to my health. That seemed like something a responsible adult should have to maintain good health.

When I first started doing this only my OB/GYN, physician and dentist were in the box. I think a lot of people's health toolboxes look similar to my first one.

It stayed that way for quite some time until I got sick and had that sickness touch every part of my life. I trusted my doctors and still do, but I felt powerless! Wasn't there anything that I could do?

This is when I started learning "by force" about some new things to add to my health toolbox to relieve that feeling of powerlessness. I found that diet was playing a huge role in my health — or lack of it. I discovered some different supplements and exercises that could also help. As I progressed I only did the things that I felt comfortable with doing. I made sure I read, asked and researched before I attempted anything that was new to me. Most important, I would communicate with my doctors about things I had found and was doing. After all, if my doctor and I worked on my health together, it could only be good! It was only then, that I began to feel well again. The experience left me more open to many new possibilities. My ears now perk up at any chance to find something else that might be useful in my health toolbox.

I have learned a lot in the past few years and part of being a responsible adult is taking the

## Point of View

opportunity to share information when given the chance. So here are some of the things I have learned about people, health choices, and alternative and complementary medicine.

Humans have the ability to love, learn, hope and reach out to others. Often — sometimes way too often — we stress out, have anxiety attacks, have physical illnesses and/or become depressed. Seeking relief from some of these maladies can lead people to many different forms of traditional medicine. Many people have success with traditional medical techniques and treatments. For those who may not find the same success with traditional treatments, they may want to avail themselves of alternative techniques.

These other avenues have been called "Alternative Medicine" and "Complimentary Medicine/Therapy." Sometimes these terms are used interchangeably and many times with a negative connotation. There is a difference between "Alternative" and "Complimentary Medicine/Therapy" and as they become more and more widely accepted, explained and sought after, that negative connotation is no longer warranted. The National Center for Complimentary and Alternative Medicine, one of the 27 institutes and centers that make up the National Institutes of Health, states very simply that alternative medicine is a course of action taken instead of traditional medical care and that complimentary medicine is a course of action performed along with traditional medical care.

There are many forms of complimentary therapy that are used with traditional medical care that foster good health. For example, aromatherapy has been shown to help calm patients in hospitals. In my own experience, I found it wonderfully uplifting and comforting to smell flowers and familiar scents while recovering from my second Caesarean section. Most people can relate to loving a certain scent or having a scent remind them of a specific moment in time. A person can be drawn away from his or her present discomfort with the application of these specific aromas. I encourage everyone to find out more about this handy tool and include it in your own health toolbox.

Other therapies have also been successful in allowing the mind to "wander away" while the physical body recovers from whatever ailment is presenting itself. Meditation is a wonderful way to focus on a positive place, allowing the physical and/or emotional stress or fatigue from our hectic lives to be left behind. The varieties of meditation are almost endless. Since each one can be tailored to an individual's needs, there is no reason that it can't be readily practiced. I don't believe in fighting my way to

serenity. So if a particular type of meditation isn't working, then I try another until I've met success. I consider meditation an elaborate and positive daydream. Everybody can daydream! Another tool for the toolbox!

One therapy that is quickly becoming mainstream because of the success that it has shown in a variety of complimentary roles is Reiki. Reiki is now being performed in local hospitals, assisted living communities, spas and wellness centers.

Reiki is a Japanese word that means "universal life energy." Reiki energy heals all living beings on the spiritual, emotional, mental and physical levels. Reiki can do no harm. Having both given and received many Reiki treatments, I have firsthand knowledge of its benefits. It has calmed me during labor and calmed animals I have worked with, including my own dogs. It has comforted my infant with ear infections as nothing else could. It even provided relief to loved ones that were terminally ill.

There are several steps in a Reiki session or treatment. Of course, each Reiki practitioner may have slight differences but many elements are universal. The person receiving a Reiki treatment lies down on a comfortable table fully clothed. Music can be utilized as a wonderfully relaxing option with the treatment.

The Reiki practitioner begins the treatment by lightly laying his or her hands on the person beginning at the head. The Practitioner then proceeds through the remaining Reiki hand positions down the body, first on one side and then on the other. Sometimes during the treatment the recipient may feel heat, cold and/or tingling. Even if nothing is felt, a healing still occurs.

Sometimes people are nervous, skeptical and leery of trying something like Reiki. Skepticism is healthy, after all people should be cautious with their health. But they should also be knowledgeable, open and willing to learn. As with any profession, there are Reiki practitioners who are wonderful and others who aren't. Many people are surprised to learn that if you ask your friends, some may have already had a Reiki session and are very happy to share their thoughts of the experience, as well as their thoughts of the Reiki practitioner. After gathering as much information as you can, you will be able to make an educated decision regarding your health.

Aromatherapy, meditation, Reiki and the other tools I keep in my health toolbox are there because I was "forced" to learn new things. But today I am happy to be learning. It keeps my brain active, helps me meet new friends, and it changes how I see myself and the world around me. I no longer feel powerless because I have found that there are things that I can do to help myself and the ones I love.

I look forward to discovering more tools to add to my health toolbox and sincerely hope that you do too.

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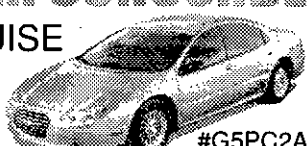


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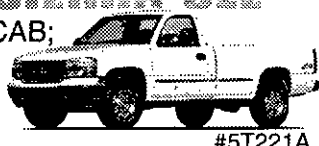
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# Matters of Opinion

## Friends of Sam Messina want your vote

Editor, The Spotlight:  
The Nov. 8 election for Bethlehem town board will present voters with choices for town board members. We want to speak early and often about Sam Messina, our friend and a candidate for town board.

Sam has always represented the best in public service, personal commitment, family values and seemingly, endless energy. We became acquainted with Sam years ago when we, and hundreds of other residents and local businesspeople, advocated for

town-wide planning improvements and a comprehensive plan. We shared many concerns and were instrumental in promoting public participation and seeking accountability of town government. Unfortunately, a comprehensive plan was not approved at that time.

In less than two years, under Supervisor Terri Egan's leadership, the town's first comprehensive plan has been adopted. Sam is a natural addition to a board now charged with implementing and refining the comprehensive plan. Sam's many years of public service and long-term community involvement are a great foundation for the progress Bethlehem needs. He has problem-solving abilities, compassion, negotiation skills and an intense interest in moving Bethlehem forward toward economic, environmental, and infrastructure improvements. Sam Messina will

bring great strength and expertise to the board.

Please find an opportunity to meet Sam to share your visions and to discuss your town concerns. We think you will find Sam to be an excellent listener who will be a competent, fair and dedicated town board member.

For all of these reasons, we would ask you to support Sam Messina for Bethlehem town board. Let Sam use his 30 years of leadership experience in planning, management and budgeting to help guide our town in a positive and cost-effective direction.

*John Smolinsky and  
Ellie Prakken*

Delmar

John Smolinsky is also treasurer of the Friends of Sam Messina, a committee that supports his candidacy.

## Co-worker endorses Lenhardt

Editor, The Spotlight:

Through many years of association with George Lenhardt, both of us having long careers at New York Telephone. He always displayed dedication and an all-out effort to do a good job.

These traits have been continually displayed as a member of the town board and in his service to our community.


His re-election to the town board is essential.

*Corinne Redmond  
Glenmont*



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# Your Opinion Matters

## Courts should prosecute not implement curfews

Editor, The Spotlight:

Although I am running as a write-in candidate against Theresa Egan for town supervisor, I cannot help but compliment her on one thing. I feel that credit must be given where credit is due.

When the issue of curfews came up at the Sept. 14 board meeting, she relied on common sense rather than stereotyping in her response. She realizes that the only thing a curfew would do is punish the good kids.

Rather than paint all young people as criminals, we should come down harder on the true criminals. The juvenile system in this entire country is too liberal.

If a 15-year-old gets convicted of a crime, they usually get some form of probation that, as I experienced in knowing some old

classmates in school, is viewed as a joke. A person visits an officer once a month and in a few months, is off the hook. There should be stiffer penalties for juveniles who commit vandalism or other crimes.

We should focus on prosecuting the criminals, whatever the age, not taking away the rights of our future generation.

We should also look into building a youth center to help give kids an alternative to hanging out with the bad crowd. I ask that if Egan is re-elected, she holds the line on this issue.

*Victor M. Rodriguez*  
Candidate for Town Supervisor

Editor, The Spotlight:

On Sept. 23, my wife and I were leaving the tennis courts at Bethlehem Central High School just as the football game between the Bethlehem and Troy high schools was beginning. We were pleasantly struck by the sound of the

national anthem sung by Katy (we didn't completely hear her last name) from BCHS.

It was clear, within her range, and cleanly delivered without any embellishments — the way an anthem should be sung. We both thought it was the best-

sounding anthem we had heard in a long time, including at professional events.

Applause! Applause! Applause! to Katy, and her mentors.

*Alex Yatsevitch*  
Delmar



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# Matters of Opinion

## Glenmont residents for Messina

Editor, The Spotlight:

Having known Sam Messina and his family for over 20 years, we rejoice that Sam is a candidate for the Bethlehem town board. We wholeheartedly support his candidacy.

Sam cares deeply about this community and the people who live here. One has only to review

his professional life, his participation in community interests, and those volunteer activities in which he is involved in order to validate his commitment to his fellow man and his community.

Bethlehem is a wonderful community in which to live and has recently been recognized by

a national magazine. Sam is committed to maintaining the positive attributes of Bethlehem and working diligently to solving problems such as increasing tax rates.

We urge the citizens of Bethlehem to listen to Sam and give him the opportunity to listen to you. Doing that, you will understand why we unequivocally support him to be a member of the Bethlehem town board.

Joyce and Peter Strand  
Glenmont

## New Scotland man appointed to NYRA oversight board

Timothy B. Thornton of New Scotland was recently appointed by Gov. George Pataki to serve as a member on the recently formed New York Racing Association Oversight Board, which will oversee, monitor and review all transactions and operations of the New York Racing Association (NYRA).

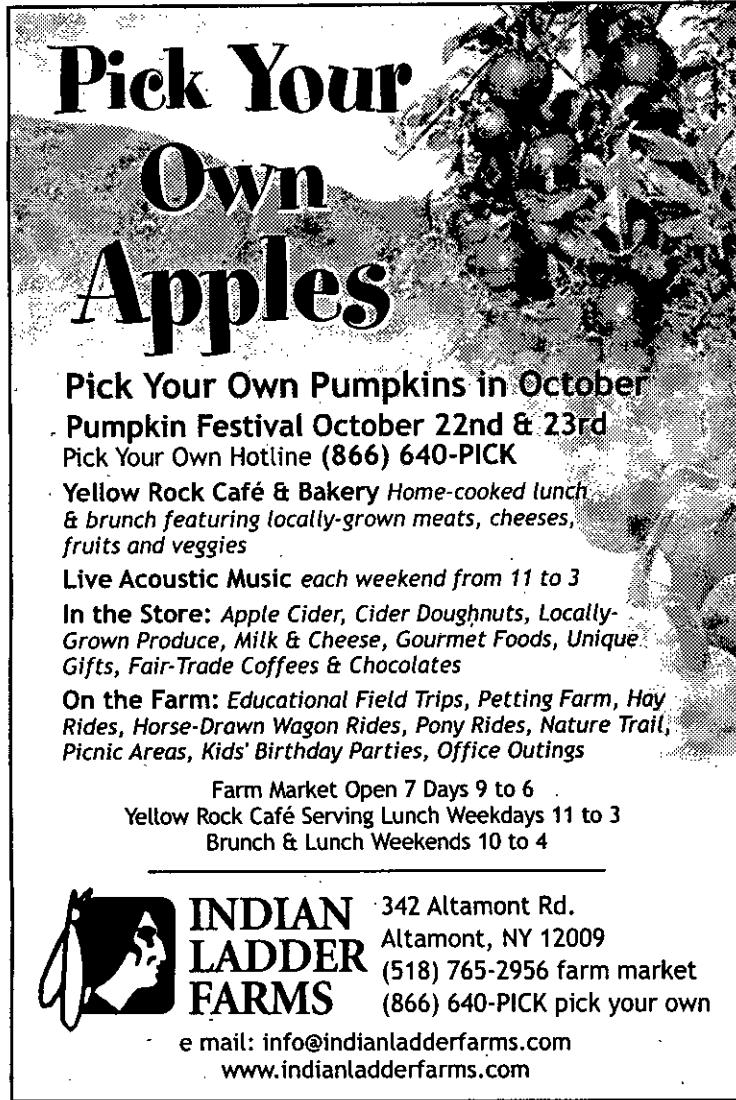
Thornton is a principal at the law firm of McNamee, Lochner, Titus and Williams, P.C., in Albany. His practice encompasses all aspects of trusts and estate law, including financial and estate planning, drafting of trusts, wills and other instruments for wealth transfer, elder law, and probate and administration of estates and trusts. He will serve a four-year unpaid term. He served as the town of Bethlehem's Community Ambassador to Poland in 1966 through the Experiment in International Living.

Thornton is the current chair of the firm's Trusts and Estates Department, a Fellow of the American College of Trust and Estate Council, and the former chair of the Trusts and Estates Law section of the New York

State Bar Association, which, with more than 5,000 members, is the largest section of the state bar.

A graduate of Union College and Albany Law School who has been named in the Best Lawyers in America for the past 16 years, Thornton and his fellow appointees will be empowered to make recommendations for establishing model governance principles to improve "accountability and transparency" related to NYRA's operation of the Aqueduct, Belmont and Saratoga racetracks.

This includes reviewing capital plans submitted annually by NYRA and overseeing NYRA's compliance with applicable laws, rules and regulations. Thornton will also review and make recommendations concerning NYRA's annual operating budgets, financial plan, accounting, internal control systems, security procedures, revenue and expenditure policies, collective bargaining agreements, management and employee compensation plans, vendor contracts and capital improvement plans.



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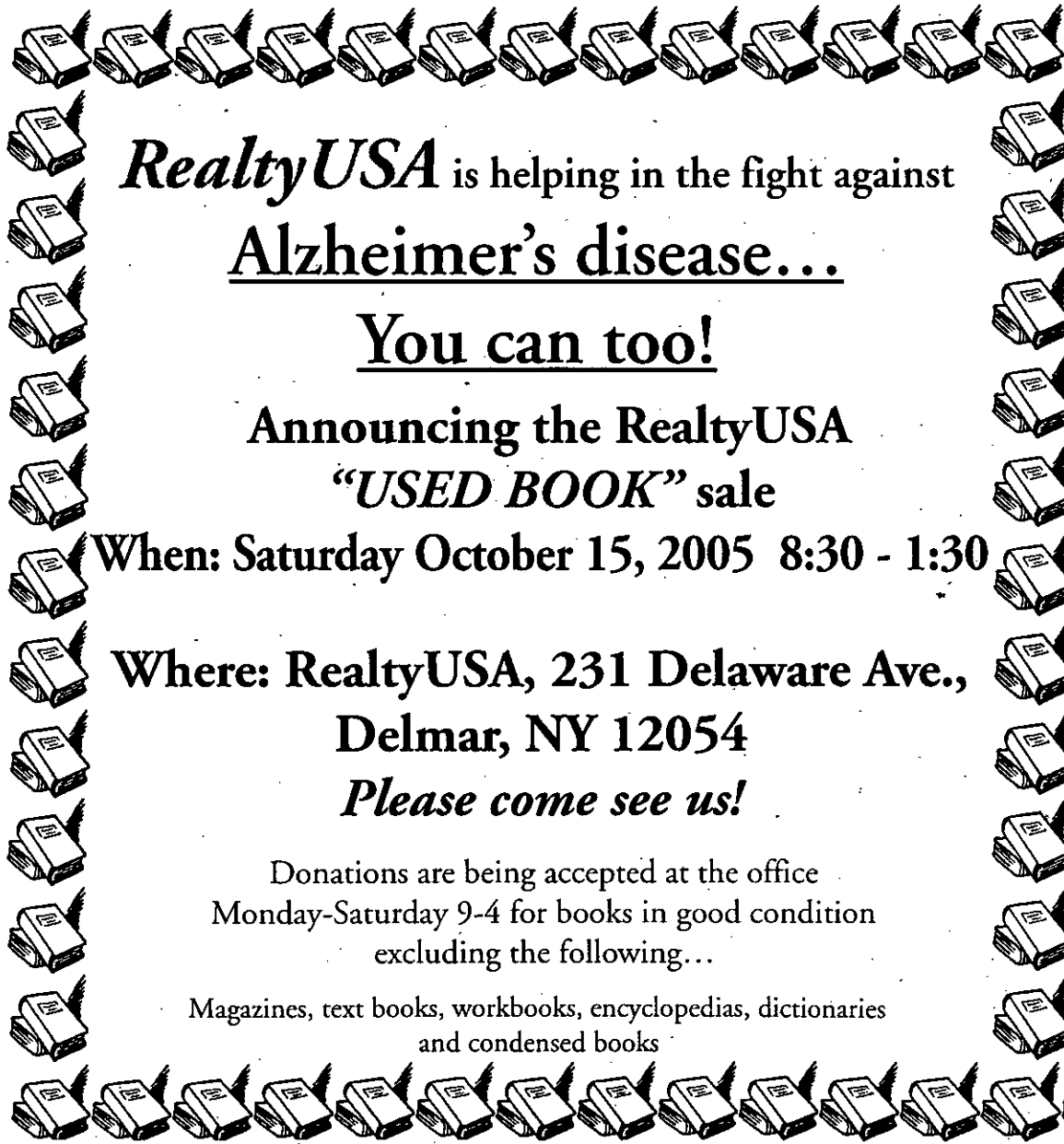
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## How to reach elected officials

Here are your representatives' addresses and office phone numbers. Letters to members of the state Assembly and Senate may be addressed to their offices in the Legislative Office Building (LOB), Albany, NY. The ZIP code for the Assembly is 12248, and for the Senate is 12247.

### STATE ASSEMBLY MEMBERS

Pat M. Casale, R-Schaghticoke, Room 320, Legislative Office Bldg., 455-5777. District office: 4 Normanskill Blvd., Delmar, 439-1926; email: casalep@assembly.state.ny.us.

Robert Reilly, D-Colonie, Room 430 Legislative Office Bldg., 455-5931. District office: 3 Halfmoon Executive Park Drive, Clifton Park, 371-0568; ReillyR@assembly.state.ny.us

Ronald Canestrari, D-Cohoes, Room 717, Legislative Office Bldg., 455-4474, no district office; e-mail: canestr@assembly.state.ny.us.

John J. McEneny, D-Albany, Room 648, Legislative Office Bldg., 455-4178, no district office; mcenenj@assembly.state.ny.us.

### STATE SENATORS

Neil Breslin, D-Delmar, New York State Capitol, Room 414, Albany 12247; 455-2225; no district office; e-mail: breslin@senate.state.ny.us.

### U.S. REPRESENTATIVES

Michael R. McNulty, D-Green Island, Room 2210, Rayburn Office Bldg., Washington, D.C. 20515. Phone: (202) 225-5076. District offices: 33 Second St., Troy, 271-0822; and Post Office Bldg., 29 Jay St., Schenectady, 374-4547. E-mail: mike.mculty@mail.house.gov.

John E. Sweeney, R-Clifton Park, Room 437, Cannon Office Building, Washington, D.C. 20515. Phone: (202) 225-5614. District offices: Clifton Park, 371-8839; Hudson, 828-0181.

### U.S. SENATORS

Chuck Schumer, D, 313 Hart Bldg., Washington, D.C., 20510. Phone: (202) 224-6542. District office: Leo O'Brien Federal Building, Suite 420, Albany 12207. Phone: (518) 431-4070. E-mail: senator@schumer.senate.gov.

Hillary Rodham Clinton, D, 476 Russell Senate Office Bldg., Suite 6, Washington, D.C., 20510. Phone: (202) 224-4451. District offices: Leo O'Brien Federal Bldg., Albany, 431-0120; 780 3rd Ave., Suite 2601, New York 10017, (212) 661-5150; 100 S. Clinton St., Room 111, Syracuse, (315) 448-0470. E-mail: senator@clinton.senate.gov.

# Your Opinion Matters

## Local merchant proud of school

To the Editor,

Glenmont Elementary has received a \$500 grant from the Exxon Mobil Educational Alliance to support school needs. As owner of Dunbrook Ltd this is the third year that I have worked with school officials to secure the grant which is one of 4,000 available to schools across the country served by Exxon or Mobil stations.

The grants were made possible by funding from the Exxon Mobil Corporation.

The Exxon Mobil Educational Alliance program is designed to provide Exxon and Mobil retailers with an opportunity to invest in the future of surrounding communities through educational grants to neighboring schools. As mem-

## Program brings ages together

The Across Ages Mentoring Program is planning a 2005 Retired and Senior Mentoring Recruitment Campaign, and the Hilltown Senior Citizens will have the opportunity to participate in this mentoring program. Across Ages is a mentoring program for the Hilltown youth ages 9 to 15.

This mentoring program protects the dignity of the child and the family and at the same time provides the retired and senior mentor with a positive and beautiful way to help. For information, call 432-0333.

bers of the community, Exxon Mobil believes that local retailers with the help of local educators can together identify areas of need and support.

Glenmont Elementary works hard at making educa: on

interesting and fun, and as a Mobil retailer I am proud to be part of a fine and continued tradition.

George Dunbrook  
Owner, Dunbrook Ltd.

## Writer supports Kotary

To the Editor,

I am writing in reference to the article in the September 21, 2005 issue that featured Kyle Kotary, candidate for Town Board running on the Independent and Democratic ballots. I was glad to see this article, as Kyle is exactly the type of individual that we need on the Town Board.

I met Kyle a year ago through the Albany-Colonie Chamber's Capital Leadership Program. As our friendship has grown, I have been impressed with Kyle's deep

experience in public policy and advocacy, and, more importantly, with his passion for this community. I am confident that, if elected, Kyle will draw on his unique combination of vision, energy, and intellect to drive smart growth and improved quality of life in Bethlehem.

I strongly urge that your readers, and my fellow residents, vote Kyle Kotary for Town Board on November 8th.

Michael J. Strianese  
Delmar

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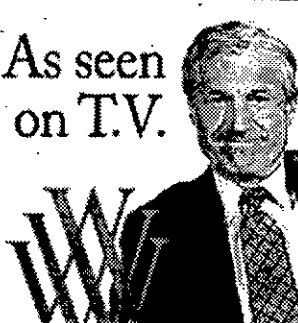


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# Bethlehem Music Association announces concert schedule

The Bethlehem Music Association has announced the schedule of concerts for the coming school year. BMA supports the student musicians of the Bethlehem Central School District:

Oct. 24 and Oct. 26 at 7:30 p.m. at Bethlehem Central High School.

Dec. 5 at 7:30 p.m. at Clarksville Elementary School and Glenmont Elementary School.

Dec. 8 at 7:30 p.m. at Bethlehem Central Middle School.

Dec. 12 at 7 p.m. at Elsmere Elementary School.

Dec. 13 at 7:30 p.m. at Bethlehem Central Middle School.

Dec. 14 at 7 p.m. at Hamagrael Elementary School.

Dec. 15 at 7:30 p.m. at Bethlehem Central Middle School.

Jan. 5, 9, and 11 at 7:30 p.m. at Bethlehem Central Middle School.

Jan. 17 at 7 p.m. at Hamagrael Elementary School.

Jan. 19 at 7 p.m. at Slingerlands Elementary School.

Jan. 24 at 7 p.m. at Clarksville Elementary School.

Jan. 25 at 7 p.m. at Elsmere Elementary School.

Jan. 26 at 7 p.m. at Glenmont Elementary School.

March 30 at the District Wide Orchestra Festival at Bethlehem Central High School.

April 26 at 7:30 p.m. at Bethlehem Central High School.

April 27 at 7:30 p.m. at Bethlehem Central Middle School.

May 1 at 7:30 p.m. at Bethlehem Central Middle School.

May 2 at 7 p.m. at Elsmere Elementary School.

May 4 at 7:30 p.m. at Bethlehem Central High School.

May 8 at 7 p.m. at Clarksville Elementary School and Glenmont Elementary School.

May 9 at 7 p.m. at Hamagrael Elementary School.

May 10 at 7:30 p.m. at Bethlehem Central Middle School.

May 15 at 7 p.m. at Glenmont Elementary School and Slingerlands Elementary School.

May 18 at 7:30 p.m. at Bethlehem Central Middle School.

May 23 at 7 p.m. at Hamagrael

Elementary School and Clarksville Elementary School.

May 24 at 7:30 p.m. at the Wind Ensemble "Senior Showcase" at Bethlehem Central High School.

June 6 at 7:30 p.m. at the Orchestra "Prism" Concert at Bethlehem Central High School.

June 8 at 6:30 p.m. at the "Pops Concert" at Bethlehem Central Middle School.

For information, contact individual schools or the high school music department office for specific concert information.



Bethlehem music students rehearse

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**Tickets Available at:**  
Town Hall, Parks Dept.,  
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Children under 5 are FREE

Questions: Contact Kim Ryan at 439-4955 x164 or KRyan@townofbethlehem.org

# Nature Center to host fall festival

## Schools in district close for holiday

Schools in the Voorheesville School District will be closed on Monday, Oct. 10, in observance of Columbus Day and Thursday, Oct. 13, in observance of Yom Kippur.

## Thacher Nature Center set for Fall Festival

Thacher Nature Center will hold a Fall Festival on Saturday, Oct. 8, from 10 a.m. to 5 p.m. This festival will highlight arts, crafts and natural cultural history of the Helderbergs and surrounding areas.

Thacher Park is looking for crafters, artisans, artists and

For information or to volunteer, call 872-1237 or visit the Web site at nysparks.com.

## Rock and bowl set for Sunday

Dollars for Scholars will be holding a rock-and-bowl party for Voorheesville High School students on Sunday, Oct. 9, from 9-11 p.m. Admission is \$10 and includes shoe rental and unlimited bowling for two hours at the Town and Country Lanes on Western Avenue in Guiderland. The day after is a school holiday and half of the proceeds will go to the Voorheesville Dollars for Scholars.

For information, call Tim Kelley at 765-3314, ext. 205.

## Annual Fall Classics Road Race Walk

The fifth annual Fall Classics Road Race and Walk is set for Saturday, Oct. 22, at 9:30 a.m.

The 3.5 (5K) mile race and community walk will begin and end at Indian Ladder Farms on Route 156.

Proceeds from the event will go to the Voorheesville Community and School Foundation fund.

The registration fee is \$14 for pre-race entrants and \$16 for

those who register on the day of the race. Entry fee for seniors and students is \$12.

Long sleeve T-shirts will be given to the first 150 registrants, and awards will go to the top three male and female, first male and female school district residents and top 3 in age groups 12-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; and 70 and over.

For information, call 439-0153.

## Helderview Garden Club to meet

The Helderview Garden Club will have its next meeting on Thursday, Oct. 6, at 6:45 p.m. at the Voorheesville American Legion. The speaker will be David Chiney of Cornell Rensselaer County Cooperative Extension. The topic will be "The Eccentric Garden." The public is welcome. For information, call Bev MacMillen at 765-2889.

## Library introduces local speaker on quilting

The Voorheesville Library is proud to continue to promote recognition of quilters, artists and needle workers of all kinds by inviting Lori Lupe Pelish, a local quilter with a national reputation, to speak and show her quilts at the library on Tuesday, Oct. 11, at 7 p.m.

### NEWS NOTES

**Voorheesville**  
Betsy Glath  
765-4415



volunteers interested in participating in the 2005 festival.

Volunteers are needed for many components of the Fall Festival, including festival planning, booth attendance and craft instruction.

Thacher Park is also looking for individuals or organizations who are interested in setting up natural or cultural history displays or demonstrations.

There is also space available for artists and crafters.

## Pancakes and more at Jerusalem Reformed Church

Jerusalem Reformed Church will host an all-you-can-eat pancake breakfast on Saturday, Oct. 22, from 7 a.m. to noon. Cost is \$6 for adults and \$3 for children. Children under 6 eat free. For information call 439-6037.

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# Library board says thanks for all the flowers

The Bethlehem Public Library board offers heartfelt thanks to the many volunteers who helped make the library garden's first season so beautiful.

"The garden project was a true community effort, totally supported, funded and implemented by the community," said Louise Kavanaugh, library trustee and project coordinator.

The recent addition of fat fall mums has lent end-of-season

warmth to a rich array of flowers and shrubs. The beds are a lush and colorful mix of perennials and



annuals, from stately peonies and purple fountain grass to

exuberant cannas with red flowers that have attracted a regular clientele of hummingbirds. Butterflies flitted all summer among the blooms.

Community groups, garden centers, garden designers, town officials, local merchants and individual volunteers supported the project with money and materials, time and talent. These folks planned the layout, trucked in soil and mulch, set in the plants, dug and filled, weeded and hoed, and faithfully carted water during an unusually hot and dry summer.

Soon these same folks will put the gardens to bed for the winter. But under the ground are those daffodils! Our gardens promise many bright seasons to come.

A complete list of contributors and volunteers is on the library's Website, [www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org). Thanks to all of you from all of us.

### Bohjalian's visit a hit

Two hundred of our patrons spent a delightful evening at the library with best-selling author

Chris Bohjalian on Sept. 28. Mr. Bohjalian graciously gave of his time long after his program ended, signing books and talking with attendees.

We're pleased to have had this opportunity, and look forward to similar events in the future. Special thanks to Friends of Bethlehem Public Library, whose generous donation helped make this event possible.

For those who weren't able to attend "An Evening With Chris Bohjalian" will be broadcast on TV-18/Bethlehem this month: Oct. 3, 17 and 24 at 9 p.m., Oct. 10 at 6 p.m., and Oct. 7, 14, 21 and 28 at 1 p.m.

### Homework and parents

There's a wealth of homework help on our Web site for students in all grade levels. Tonight at 7 p.m., "Homework Resources: Facts of Parents" will introduce these resources to parents, so they can better help their children. The program will review several of the most useful tools, including Primary Search, InfoTrac Junior, TopicSearch, and

the general science collection. Selected Internet sites will also be reviewed. Registration's limited, but at press time there was still space. Call 439-9314.

### Holiday hours

A reminder that the library will be open 9 a.m.- 5 p.m. next Monday, Oct. 10, for the Columbus Day holiday. You can access many library services at [www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org).

### Letters policy

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

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

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# Mother-daughter book group to meet at library

## Slide show on Asia launches memorial travel series

World traveler, photographer and *Times Union* reporter Alan Wechsler took a four-month trip to India, Thailand and Cambodia that ended in Bangkok the day the tsunami struck the Asian coastline.

Wechsler will present a slide lecture at Bethlehem Public Library on Sunday, Oct. 23, at 2 p.m. His photographs are a window on the cultures affected by the tsunami disaster.

The program inaugurates the library's new series of travel lectures made possible by the Al Russell Memorial Fund. Call 439-9314 for information.

## Mother-daughter book group reprises a classic

Bethlehem Public Library's mother-daughter book group for girls in grade 5 and up and their moms will talk about Betty Smith's classic *A Tree Grows in Brooklyn* on Monday, Oct. 24 at 7p.m. Copies are available at the library. New members are welcome. Call 439-9314 to

register.

## Counselor offers tips on choosing a college

Independent college counselor Jill Rifkin will guide high school students and their parents through the daunting task of choosing a college in "Be Your Own College Matchmaker" at Bethlehem Public Library on Tuesday, Oct. 25 at 7p.m. Rifkin heads College Options in Delmar and holds degrees in education and counseling. Call 439-9314 to register for this free program.

## Book discussion marks teen read week

"Get real at your library," the theme for teen read week 2005, encourages teens to read biographies, memoirs, self-help books, and other types of nonfiction. Bethlehem Public Library's teen council will meet on Thursday, Oct. 20 at 7 p.m. for a pizza supper and discussion of several award-winning nonfiction

books for teens. New members (grades 6-8) are welcome. For more information, call Beth Nagel at 439-9314.

## Free career counseling

Bethlehem Public Library offers free career and education advisement for adults. Hour-long appointments available days and evenings. Call 439-9314 for an appointment.

# Exchange program looking for scholars

AFS Intercultural Programs/USA announces that 50 full scholarships will be awarded this year to high school students who want to study in Germany through the Congress-Bundestag Youth Exchange Program. These prestigious scholarships cover a year of study in Germany, which is equivalent to more than \$8,800 per student. Established in 1983,

and jointly sponsored by the U.S. Congress and the German Bundestag, the program is celebrating its 20<sup>th</sup> anniversary this year.

AFS is a worldwide nonprofit and has been leading international high school student exchange for more than 57 years. Today, it's largely a volunteer effort, with 80,000 volunteers in the U.S. and 100,000 worldwide.

To qualify for Congress-Bundestag scholarship consideration, students must have a 3.0 GPA or higher on a 4.0 scale; be a U.S. citizen; or national or permanent residents; and be between the ages of 15 and 18 at the start of the program.

Students should call 1-800-AFS-INFO a year in advance of their intended tour.


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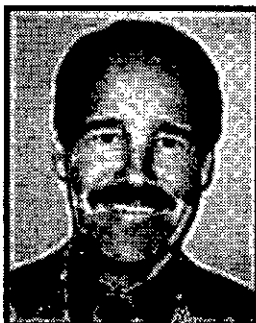
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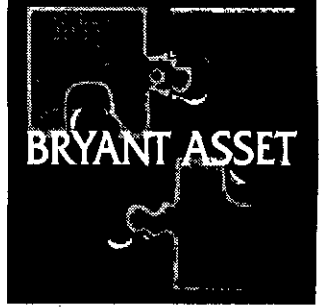
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# Pelish talks quilts at the Voorheesville Library

Lori Lupe Pelish talks quilts  
 “Have you seen this?” asked librarian Julie Stump as she walked toward the circulation desk. “Isn’t the work beautiful?”

It is. From a few feet away, the work of art looks more like an oil painting than a quilt, which it is.



The fabrics have been carefully cut and pieced together to form an intricate portrait called “The Swimmers.” Stump has arranged for its creator, nationally recognized local textile artist Lori Lupe Pelish, to visit VPL for a “Quilting Conversation,” on Tuesday, Oct. 11, at 7 p.m.

“The making and creating of art is an essential part of my life and who I am,” says Pelish, who has a BFA from Southampton College of

Long Island University. “It has taken me years of quilt making to evolve and create my own personal style. When I first started quilting I had to learn the technique.”

Since Pelish was a traditional artist prior to learning to quilt, “this was a natural progression,” she said. “My narrative pieces have revolved around the family unit, a subject important in the building of human character. I hope to draw the viewer in and question the roles and responsibilities that we all endure.

Pelish will talk about her artistic process and technique. Instead of showing photographs or slides, “I’ll be bringing my work so that people can see it,” she said. “I love what I do. I work at it full time and am excited to share my work with the quilters at the Voorheesville Public Library.”

Whether you are a quilter or merely an art lover, don’t miss the quilting conversation with Lori Lupe Pelish.

## FALL INTO MUSIC

Sunday, Oct. 16 at 2 p.m. Music from the Great American Songbook Concert. The exciting duo of Sonny Daye and Perley Rousseau have spent years perfecting the unique blend of jazz, Brazilian, and American songbook standards, plus international cabaret that has become their musical signature. They will be performing highlights from the music of the great American composers such as Berlin, Gershwin, Rogers, Hart, Porter, Mercer, and others. Their presentation includes delightful



anecdotes about the music and the composers. Great refreshments are included, courtesy of the Friends of the Library.

**Preserving photographs**  
 Tuesday, Oct. 18, at 7 p.m. Your

photos are one of the best historical records showing everyday life. Come learn how to care for your photos so that they may be passed on to future generations. Join Maria Holden, director of conservation at the New York State Archives, as she speaks on the care of photographs to the VPL community.

“Preserving digital photos pose special challenges,” said Holden. “We will address them as well.”

Please bring a photograph or two from your personal collection for discussion. This program is sponsored by the New Scotland Historical Association.

## Ongoing programs

- **Preschool Storyhours.** Tuesdays, Wednesdays, or Fridays at 10:15 a.m. All storyhours are multi-age level and share a weekly theme. No signup but please arrive on time. The program is limited to 30 children. Lapsits return in November.
- **Adult Book Discussion** tonight at 7 pm. The Last Crossing by Guy Vanderhaeghe. Signup is required.

- **Kids Book Discussion.** Grades 4-5 – Friday, Oct. 7 at 7 pm. Clockwork by Philip Pullman. Signup is required. The library will be closed except for the program.

- **ART AND DISPLAY.** Visit our Hall Gallery to see Quilts and Wall Hangings by Barbara Meilinger and Linda O’Connor. “Vintage Pottery” by Kit Yezzi is on display.

- **Sammi the good listening dog** is available for Paws for Reading appointments. Call to schedule.

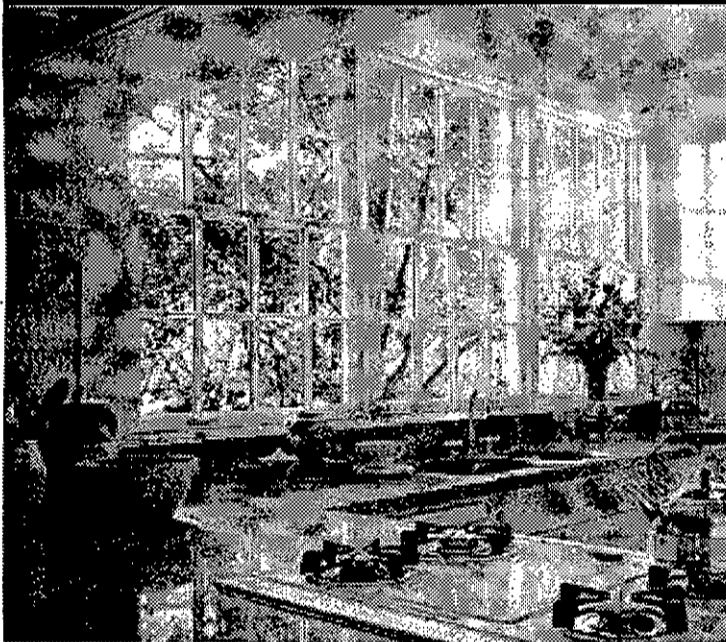
- **Every Other Thursday Night Poets** meets Oct. 13 and 27 at 7 p.m. No signup.

- **Nimblefingers** welcomes newcomers every Tuesday at 1 p.m. No signup.

- **Yoga class** with Mira Lechowicz on Oct. 12 at 7 pm. Free, wear comfortable clothes, no signup.

- **Home Book Delivery,** Personal e-mail, and Internet training appointments – call Greg at 765-2791.

Visit the library Web site at [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org).



## Columbus Day garage sale

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- **When:** Monday, October 10, 2005

- **Time:** 7 a.m. to 3 p.m.

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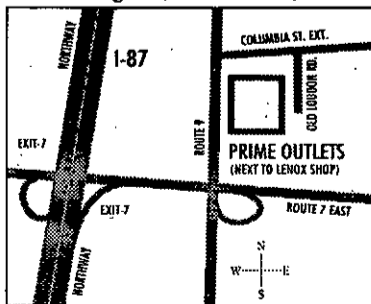
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Here’s a sampling of what’s on sale for a limited time only...

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Tabriz, 6.1x4.1	\$559	\$179	
Kashan, 10.1x2.7	589	188	
Persian Hamadan, 6.5x3.10	930	279	
Super Bokhara, 8.1x5.2	945	302	
Persian Luristan, 7.3x4.2	1,015	304	
Sultanabad, 5.2x5.2	1,059	338	
Persian Hoseinabad, 7x4.8	1,190	357	
Persian Bakhtiari, 6.6x5	1,190	357	
Bidjar, 9.2x6.1	1,305	419	
Tabriz, 9.2x6.2	1,359	432	
Tabriz, 16.10x2.7	1,412	452	
Sultanabad, 9.10x8.2	1,815	579	
Persian Kashan, 10.9x7	2,390	717	
Tabriz, 11.8x9	2,375	759	
Bidjar, 10.5x8.3	2,429	778	
Sultanabad, 12.1x9	2,762	884	
Persian Heriz, 10.9x8.4	3,600	1,080	
Kashan, 12.1x9.1	3,875	1,240	
Bidjar, 14.2x10.1	4,440	1,422	
Persian Kashan, 11.5x8	5,970	1,791	
Persian Mashad, 13x9.10	5,990	1,797	
Bidjar, 15x12.3	6,385	2,045	
Persian Nain, 14.8x9.7	9,900	2,970	

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Oriental Rug Sale, Prime Outlets, Latham



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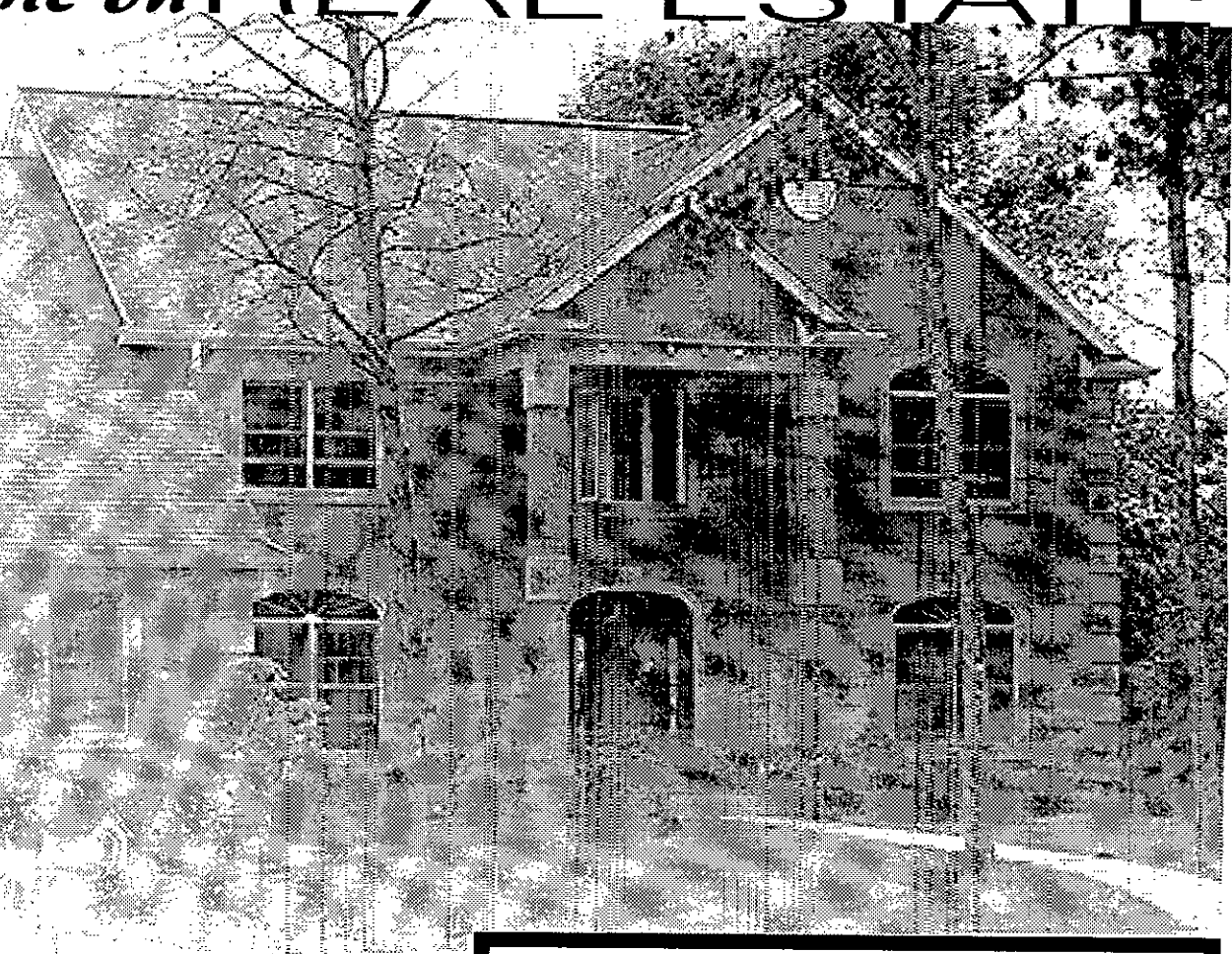
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## Tours and food at firehouse

The Delmar Fire Department will hold its annual Community Open House this Sunday, Oct. 9 from 1 p.m. to 4 p.m.

The open house will be held at the fire and ambulance station at 145 Adams Place. Activities will include an afternoon of firefighting and emergency medical services demonstrations, station tours, refreshments, music, & children's activities. A new activity this year will be a live fire demonstration at 3 p.m.

For information, contact the firehouse at 475-7310 or visit the Web site at [www.delmarfire.com](http://www.delmarfire.com).

# Initial town budget shows healthy general fund

## Town will purchase water from Albany

By STEPHANIE LUBIS

The Bethlehem town board got its first look at the 2006 budget last week and it includes just over \$36 million in spending. That's up from current spending of just \$33.6 million.

The budget presentation included descriptions of the town's water and sewer, highway and general funds, and goals for the coming year.

"We can't live beyond our means," said Supervisor Theresa Egan. "As always, there is not enough to give everyone everything."

Town taxes, which include highway and water, account for 17

percent of this year's average tax bill: The rest comes from sewer, fire and ambulance, county, library and school.

Under the tentative 2006 budget, taxes for the general fund spending would increase by 3 percent. The general fund currently has a balance of \$5.8 million and each year the town plans for deficits. Egan said that while the town budgets a deficit, actual results have produced surpluses in prior years. The 2006 planned deficit is \$750,000, and if it is fully realized, it will drop the general fund balance to \$4.2 million. The minimum acceptable fund balance is \$2.5 million. This is to ensure that if the economy takes a downturn, the current fund balance would be sufficient to not necessitate a drastic cut in services.

Taxes for the highway fund will increase by about 8 percent. Highway operations are funded by property taxes, and the proposed increase means an additional cost of \$14.56 per \$100,000 of assessed value for a

total payment of about \$197 per \$100,000.

The need for long-term high quality water will require the town to reduce its dependence on the Clapper Road site and to purchase additional water from the city of

a variety of alternatives to ensure a long-term, reliable and cost effective water supply that will accommodate future commercial and residential growth," said Egan. "The tax increase and use of a planned deficit will insulate residents from negative impacts in this time of transition."

There is no change in the projected sewer taxes.

The total estimated impact from town taxes is an increase of \$18.75 per \$100,000 of assessed value.

Egan said these numbers do not represent the total tax increase. County tax, fire districts and ambulance services and other special district charged were not included.

A workshop will be held Oct. 12 immediately following the town board meeting at 5:30 p.m. While the public is invited to attend, the purpose of the meeting is for department heads to discuss their programs with the board. No public comment will be taken.

A public hearing is scheduled for Oct. 26 after the town board meeting, and residents have an opportunity to voice concerns with the budget. The budget will be considered for adoption at the Nov. 9 board meeting.

Copies of the tentative budget are available at the town clerk's office and the reference desk at the library. The Power Point presentation can be found on the town's Web page, [www.townofbethlehem.org](http://www.townofbethlehem.org).

**"We will continue to investigate a variety of alternatives to ensure a long-term, reliable and cost effective water supply that will accommodate future commercial and residential growth."**

Theresa Egan

Albany. Long-standing difficulties with the Clapper Road plant facility, and the town's inability to extend the emergency permit to draw water from the Hudson River, will result in a 3 percent increase in costs.

"We will continue to investigate

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# Around the County

## October is disability awareness month

By GRAHAM S. PARKER

Disabled people of the capital region convened on Colonie Center Mall to kick off the Capital Region Disability Awareness Month Campaign.

October is recognized nationwide as disability awareness month. The New York State Department of Health, joined by other state agencies and private entities stretched the corridors of the mall with dozens of vendors and showcases on recent activities, programs and devices tailored to area disabled people.

The event will make three other stops throughout the area all through October.

The event is designed to make the general public aware of health and wellness issues of New York's disabled people, said State DOH, Disability and Health Program Director, Theresa Paeglow.

"This has been a cross state and community based organizations program. We find ways to raise general knowledge of people with disabilities and (associated) quality of life issues," she said.

This month, both the physical and perceptive roadblocks to disabled people will be dealt with in great detail, she said. From curb cuts in roads to allow wheel chair ingress and egress, to elevators, to the perception that

disabled people are sick or ill; the fact is disabled people can live normal lives, she added.

Several advocates and liaisons to the disabled—disabled themselves, were on hand to kick off the event. They spoke of their conditions, and how they and others have and can overcome their disability to carry on ordinary lives day in and day out.

"It wasn't as easy to maintain employment being disabled," said Albany native John-Jay M. Steinhardt.

According to the DOH, 46 percent of disabled people are unemployed. The awareness event is emphasizing that they don't need to be.

Steinhardt recently returned to the area after living in Indianapolis for many years. He worked as a Disabled Advocate with the state's Center for

Independent Living. A lot has changed in his years in Indianapolis and upon his return to the Empire State.

His medical service dog, an eight-year old giant Schnauzer named Tribble, accompanied Steinhardt throughout the event.

Steinhardt suffers from Epilepsy. Occasionally seizures leave him disorientated or unconscious. Tribble recognizes his symptoms and keeps him from harm's way.

"She saved my life about seven or eight times," he said. Tribble pulled Steinhardt, incapacitated, out of the path of oncoming vehicles, and kept him from plummeting down staircases.

He, and Tribble are here to raise awareness about medical assistance dogs. The cost to train them, public perception of them and how the general public

response to such animals as pets; when in fact they are much more than that, he said.

It has been difficult for Steinhardt to get a job upon his return to New York. In the meantime he has been doing what he can as an advocate for disabled rights in the state.

The events scheduled throughout the month are designed so disabled people can gather new information about services, and the general public can learn of the relationships between man, animal and machine, when it comes to living a normal life as a disabled person, said Paeglow.

Titled "We all Chase the Same Dreams," the event will offer interactive and informative opportunities to learn about universal designs that benefit the community. More than 30 community-based organizations

and universal access experts will be on hand to share information and demonstrate access concepts, design and technology, according to the programs brochure.

The Access Expo will feature universal access concepts in homes, recreation, communication, education and employment.

After the kick off event at Colonie Center, the program will continue on to Delmar's Five Rivers Environmental Educational Center for the Recreational Opportunity Day on Oct. 15 Through Oct. 20 to Oct. 22 the New York State Museum Theater will host the Disability Film Festival. The October awareness campaign will conclude on Oct. 27 at the Albany Marriott with the National Disability Employment Recognition Luncheon.



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# First United Methodist church hosts day of prayer

In the aftermath of Hurricane Katrina, children living in poverty have come to the nation's attention. This Sunday, Oct. 9, the First United Methodist Church of Voorheesville will join in the national celebration of Children's Sabbath. The Children's Sabbath is a day set apart to pray and act so as to bring hope and real help to the 13 million U.S. citizens under the age of 18 who live in poverty.

The goal of this special observance is to join with other churches, synagogues,

mosques, and communities of faith and vision so as to leave no child behind by providing a healthy, fair safe and moral start. In accordance with this goal, the First United Methodist Church of Voorheesville will collect items for school kits to be distributed to children in the devastated Gulf Coast region through United Methodist Committee on Relief. In addition, the church will draw attention to the needs of children living in poverty or otherwise at risk within the town of New Scotland.

The New Scotland Food Pantry, actively supported by volunteers and financial gifts from area churches, has prepared a written report of its work to be distributed on Oct. 9. The church will honor members who serve as outreach workers through the Food Pantry, as well as inner city tutors, public school educators, health care workers, and counselors who work with children in need in the Capital District.

Among the honorees are Barbara Cureau, Hope Griffiths,

Tom and Marlene Vunk, Gordon and Lettie Pinney and Judy Douglas.

Youth who have given outstanding service as tutors in the after-school program at the Emmanuel Hispanic Center on South Pearl Street in Albany,

Eric Sowalskie and Ashley Smith will be honored for their direct action on behalf of recent immigrants. The Children's Ministry Team will also sponsor learning centers in which students will learn about what life is like for poor children.

## Scouts sponsor spaghetti supper

Boy Scout Troop 81 will offer a spaghetti supper next Thursday, Oct. 13 at the Bethlehem Grange on Route 396 in Selkirk.

Open seating is from 4 to 7

p.m., and take-out dinners are available. The menu includes all-you-can-eat spaghetti, meatballs and sausage, along with tossed salad, fresh Italian bread, soda, coffee and cherry cobbler.

Adults are \$8; kids under 10 are \$5. All proceeds will support Boy Scout Troop 81.

## Track and field program possible

Dave Harrington ran a popular track-and-field program for the town of Bethlehem Parks and Recreation Department this past summer. He is holding an informational session for parents about a fall and winter program for students in seventh through 11th grade. The meeting will be held on Wednesday, Oct. 26 at 7 p.m. at the Bethlehem Public Library.

## Letters policy

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

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# Local

(From Page 1)

Crisis Intervention Training. Hammond supervised the extended day program at the Albany Academy and served as director of St. Paul's Christian Day Care Center in Albany.

"Mary was the strongest candidate and the most prepared to work hard in the few weeks we have left," said Bethlehem Republican Committee Chairman Jeff Perez.

"I think I have a lot to offer," said Hammond. "I have volunteer experience, and my career background helps me with people."

Procuring quality services that are affordable is another of Hammond's goals.

"It can be done, but you really have to look at other avenues like cost sharing with other towns, but you need to want to spend your time doing that," she said. "I would take the time to do that. It's important to give back to your community and I truly believe I can give of myself."

Maintaining quality of life is another of Hammond's goals, even as she wants to investigate ways to lower taxes.

"I wouldn't want anyone, especially senior citizens, to be forced to move out of town simply because they can't afford the taxes," she said.

Maintaining good relationships with the area school districts and keeping people in power accountable are also goals.

"The government needs to give back to the people, and everything done should be with the town's residents in mind," she said. "Services should be accessible, accountable and af-

fordable. I want people to know that when they see the name Hammond, it stands for something. I am running to win."

Hammond is married with one daughter.

# Fire

(From Page 1)

right out during the winter. Secor's slides showed how cramped the garage space is.

Separate rooms for decontamination that would be accessible from outside the building would help keep blood borne pathogens from spreading.

"Right now, they are walking through their own facility with things that need to be decontaminated," said Secor.

Criteria for a new site would include no steep grades, good road access, no wetlands or other environmental constraints, and adequate parking. No sites have been chosen, and the cost of the expansion is unknown at this time.

In addition to public meetings throughout November and January, the fire department will hold its annual community open house this Sunday, Oct. 9, which will allow an opportunity for interested community residents to tour the facility and examine the needs.


Binders with all the data and public input will be kept on file at town hall, the library and the fire station, as well as on the department's Web site, [www.delmarfire.com](http://www.delmarfire.com).

# Letters policy


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12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one):  
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 Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

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a. Total Number of Copies (Net press run)	7,307	7,377
b. Paid and/or Requested Circulation (Sum of 15b(1), 15b(2), and 15b(3))	193	193
(1) Paid in Advance (Subscriptions, Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution)	4,410	4,117
(2) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution	2,220	2,316
(3) Other Classes Mailed Through the USPS	0	0
c. Free or Nominal Rate Circulation (Sum of 15c(1), 15c(2), and 15c(3))	6,823	6,626
(1) Outside-County as Stated on Form 3541	0	0
(2) In-County as Stated on Form 3541	0	0
(3) Other Classes Mailed Through the USPS	0	0
d. Free Distribution Outside the Mail (Carriers or other means)	417	710
e. Free Distribution (Sum of 15d and 15c)	417	710
f. Total Distribution (Sum of 15b and 15e)	7,240	7,336
g. Copies not Distributed	67	41
h. Total (Sum of 15f and 15g)	7,307	7,377
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 Publication required (This box must be checked if the publication has a circulation of 1,000 or more.)  
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17. Signature and Title of Editor, Publisher, Business Manager, or Owner: *Victor Rodriguez*  
 Date: 10/01/05

18. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including penalties).

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### Got news or views?

The Spotlight Newspaper welcomes announcements of programs or events occurring in the towns of Clifton Park, Halfmoon and Malta.

All announcements should include the date, time, location and cost (if any) of the event, along with contact information. Announcements are published space and time permitting.

Submissions can be faxed to 439-0609, e-mailed to [spotnews@nycap.rr.com](mailto:spotnews@nycap.rr.com), or mailed to Spotlight, P.O. Box 100, Adams St., Delmar 12054.

# Around the County

## Escort Policy turns violent

By STEPHEN PAUSE

A woman who refused to show identification to mall personnel was arrested after she allegedly assaulted a Guilderland Police Officer.

The incident took place at approximately 6:40 p.m. on Saturday Oct. 1, when 22 year-old Cashuanna McGill refused to comply with mall personnel, who asked her to show identification. As per the policy, which requires people entering the mall to prove their age if asked, security guards were called in to escort McGill and her friends off the property. The trio walked away from security guards and into the mall. Security

responded by contacting the Guilderland Police.

According to police reports, McGill and two others, Jamell Gray and Sarah LaFond, both 25 year-old residents of Albany, were found in the vicinity of Finish Line on the second level of the mall.

Guilderland Officer Carl Duda approached McGill, who was described in reports as very upset and yelling that she did not have to leave the mall.

Duda attempted to calm McGill down, but she allegedly punched the officer in the face, opening a small cut on his cheek.

Duda then attempted to arrest McGill, and in refusing to comply, she bit Duda on the left forearm, drawing blood for a second time.

Officer Michael Minette, responded as backup, pepper sprayed McGill, and arrested her.

McGill was transported to St. Peter's Hospital for evaluation. She was treated and released from the hospital and was brought to town court. She was arraigned on one count of second-degree assault, a class D felony, according to Richard Arthur, spokesman for the Albany County District Attorney's office.

McGill was also charged with resisting arrest and criminal trespass, which are misdemeanors, as well as disorderly conduct, a violation.

Officer Duda was treated for his injuries and is expected to make a full recovery.

Gray and LaFond were also arrested and cited for misdemeanor obstruction of governmental administration. They were also ticketed for disorderly conduct. Gray received an additional misdemeanor charge of criminal trespass. Police said Gray and LaFond shouted at officers and obstructed them while attempting to arrest McGill.

McGill was denied bail and a hearing is scheduled for Thursday, Oct. 6. Gray and LaFond were both processed and released on their own recognizance.

The Parental Escort policy, implemented on July 15, was designed to reduce violence among underage patrons at the mall.

The policy requires any person under the age of 18 to be escorted by a guardian over the age of 21, and is enforced by greeters who ask for proof of age at entrances.

Guilderland Police are called in only as a last option, and there have been few instances where citations for trespassing had to be issued.

This is the first incident where enforcing the policy has resulted in violence, and follows praise from the police department about the effectiveness in reducing the amount violence in the mall.

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Kaitlin.

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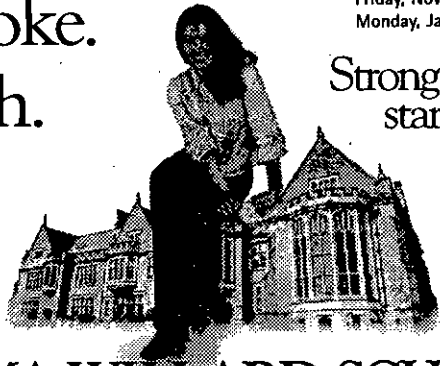
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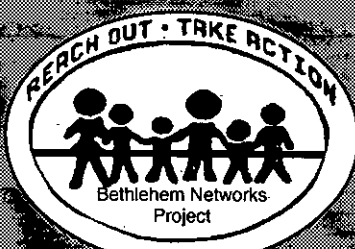
## Home and On Your Own

Once again, the Bethlehem Central elementary school guidance counselors, Bethlehem Police officers and the Bethlehem Networks Project will offer a "Home and On Your Own" workshop for fourth and fifth grade students and their parents who live in Bethlehem.

The workshop is scheduled for Thursday, Oct. 20, at 6:30 p.m. at the First United Methodist Church, 428 Kenwood Ave., Delmar.

Topics will include stranger safety, communication, emergency planning and online safety. This workshop will offer you and your child an opportunity to discuss these topics and develop a plan for those times when your child might be left alone. Parents and students must attend together. Refreshments will be served.

To register, please e-mail Bethlehem Networks, [bethlehempreventionproject@yahoo.com](mailto:bethlehempreventionproject@yahoo.com). Include the parent and child's names and a phone number. Register early as space is limited.



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# Women's Health

October 5,  
2005



***Inside:***

***Myths about  
colds and flu***

***A women's  
bathroom can  
be her spa***

***Watch out for  
winter dryness***

***A supplement to the Spotlight Newspapers***

# Chicken soup, wet hair and other myths about colds & flu

Do you remember what your mother said when you tried to leave the house with a wet head?

"You'll catch a cold, the minute you walk out that door," she would say. As children we laughed it off, but now as adults we sometimes wonder, was what she said true?

With every winter season, there's a barrage of sniffles, sneezes, coughs and colds. Instead of running to the doctor every time there's a hint of cold or flu, most people turn to the age-old motherly wisdoms they heard in childhood.

With all due respect to mothers, which ones are really valid? Can you actually catch a cold from not drying your hair before going outside in the winter?

"Many of these adages actually do have some truth to them," said Phyllis Brown, CRNP. "However, just as many of those sayings are purely fictitious."

To help demystify these long established sayings, here is a list of common myths and the real truth of them.

• Cold weather makes it easier to catch a cold.

Fiction. Cold weather has nothing to do with catching a cold. Many people become ill because we spend more time indoors in close contact with other people in heated homes. Because of the heated close quarters, germs are more easily passed from person to person.

• You can catch the flu from

getting a flu shot.

Fiction.

The flu vaccine is made from an inactivated virus, so you cannot catch the flu from a flu shot. However, it's not uncommon to experience some soreness at the point where the injection was administered, and on occasion some people can feel a little under the weather for a few days.

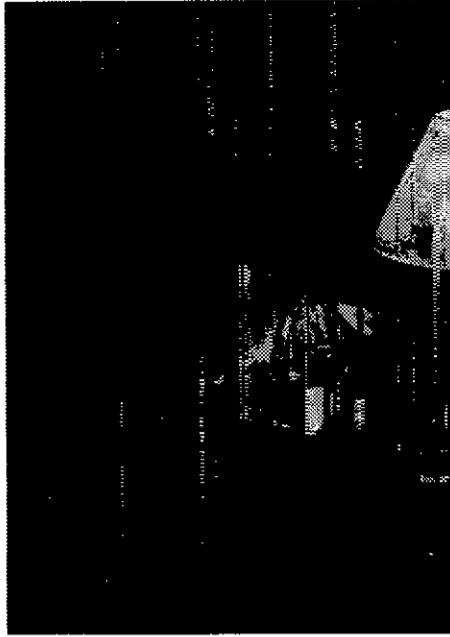
• Starve a cold, feed a fever.

Fiction and fiction.

"This is definitely not a good idea in either case," said Brown. "It is extremely important to stay well hydrated when you're sick. Starving a cold by not drinking plenty of water and juice could do even more damage."

Likewise, overeating when you have a fever is not ideal either. It is important to eat, but you should not overindulge. Eat enough to satisfy your appetite, and make sure to drink plenty of fluids.

• Herbal remedies are helpful for treating colds.



Fact. An herbal remedy will not cure your cold, but in many cases an herbal remedy can alleviate many cold symptoms and allow you to feel better. For many people, head and chest congestion are the most irritating aspects of

being sick because a stuffy nose and heavy head make it very difficult to sleep.

Humidifiers utilized in conjunction with an herbal aroma can provide substantial relief from head and sinus congestion as well as help soothe an itchy or scratchy throat. The Ultra Sonic

Personal Humidifier from Medisana is one humidifier that actually comes with a eucalyptus cold therapy to specifically combat congestion and throat irritation.

• Chicken soup will help you feel better.

Fact and fiction. It is true that warm chicken soup will make a sore throat feel better. However, chicken soup does not have any special medicinal healing power to cure a cold. Along with chicken soup, the notion that hot toddies will provide relief is absolutely false. When you're sick, it is very important to avoid alcohol. Beverages containing alcohol contribute to dehydration, which can compound the effects of a cold or flu.

• It's easier to catch a cold if

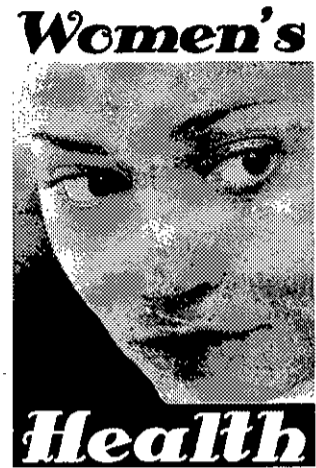
you go outside with wet hair.

And the answer is: Fiction! The only way to catch a cold or flu virus is if you come in contact with one. Having a wet head or wet feet will not make you more susceptible to catching a cold. Wet hair in chilly weather can

sometimes lower body temperature and make you feel colder, which in can reduce resistance to a virus or cold, but you will not get sick purely from having wet hair in cold weather.

So, was your mother right? Well, not always, but she was trying to make sure you were healthy. Knowing the truth

behind the myths will help you better prevent and treat any cold or flu bug, and that will definitely keep mom happy.



## No need to suffer for beauty's sake

If you're thinking you'd kind of like to have an injection of Botox, collagen or Restylane, but the thought of needles and pain terrifies you, there is a solution.

Topical anesthetics can put patients at ease and temporarily

control patient discomfort from injections. Physicians can apply treatments such as Gebauer's Pain Ease to areas receiving injections. The treatment temporarily numbs the skin surface, helping to relieve patient pain and discomfort.


"Gebauer's Pain Ease has been beneficial in my practice, producing excellent temporary local anesthesia prior to Botox injections and noticeably reducing the associated pain," said Newport Beach, Calif., physician Richard Weiss, a board-certified ophthalmologist who is fellowship-trained in ophthalmic plastic and reconstructive surgery.

"Based on my experience with

Pain Ease, I have initiated a clinical trial to formally verify its effectiveness when used as a topical anesthetic prior to Botox injections."

The treatment is easy to apply. Medical professionals simply swab the target area with an antiseptic, then spray Gebauer's Pain Ease for a few seconds to temporarily numb the skin surface.

Gebauer's Pain Ease is also used to temporarily control pain associated with starting intravenous lines, venipuncture and minor surgical procedures. For information, visit the Gebauer Company Web site, [www.gebauerco.com](http://www.gebauerco.com), or call (800) 321-9348.



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# How to be your own best advocate

By TERRY OLSEN-SPINA

Women make over 85 percent of health care decisions for themselves and their loved ones, and are the primary advocates for humanity. In fact, women are so busy taking care of others they often neglect their own mental and physical health. One way to make this responsibility easier is to follow a system that helps you to be a more successful health care advocate. The key is organizing the right information and using it, as an active partner, with health care providers.

## Information

To make the best decisions you must be armed with current, complete and reliable information. Keep a separate record for each person in your family. Include a family health history, including grandparents, parents and siblings. Detail their own personal health history (including dates of surgeries, medical conditions diagnosed, and pharmaceuticals prescribed), current symptoms (include dates, allergens present, or any drugs or food eaten before symptoms occurred, and how long the symptoms lasted), emergency information (allergies, blood type, phone numbers of all medical providers and family contact numbers), and any legal instructions (living wills and donor cards). Ask your physicians' offices for clarification if you must, but try to complete this part of the record before even stepping into a medical office.

It is information about future medical conditions that will require more effort. This stage usually occurs after you have seen a provider who gives you a diagnosis along with a recommended plan for treatment. Once you have that diagnosis, you have a starting point for your research. There is unlimited information, but be careful — a lot of it is unreliable.

"Reliable" information is that which still applies to current conditions, has been properly researched, and is free of bias. Do not trust information if the source of is not clear, or the content promotes a specific product or service provider.

Appearances can be deceiving. Pharmaceutical companies and medical equipment manufacturers are among those who build "medical information Web sites for consumers" and make them look like separate news sites. They are, in fact, likely to promote products or services from their parent company and may not present information about competing products, services or treatments. Another problem on the Internet is that information becomes outdated. It is often left on Web sites that will still pop up on search engines. You could mistakenly rely on information that no longer applies. Be sure to check publication dates if you can find them. If you cannot, disregard the information.

There are many places to turn for help in your research.

Physicians can often supply you with information. Librarians are trained to research and can guide you through the process. Disease-specific associations are usually excellent sources (MDA, MS Society, American

Cancer Society, etc.). There are also organizations that exist for the purpose of helping health care consumers determine the reliability of health information on the Internet. At [www.hiethics.com](http://www.hiethics.com) you can find a listing of companies that subscribe to the policies of the organization and, among other things, promise full disclosure of the ownership of their Web sites. The U.S. Department of Health and Human Services sponsors a Web site at [healthfinder.gov](http://healthfinder.gov) which offers links to health information sources that have been judged reliable. Ironically, there is a case when information provided by a service provider motivated by profit actually benefits the general public. Health insurance companies want their members as healthy as possible. They do not want to pay for expensive care and many health insurers' Web sites offer excellent free health information.

No matter what source you use, it is advisable to check more than one and to discuss your findings with your health care provider.

## Organization

Once you have collected your information, you need to organize it. There are books designed to help patients organize health care information that are available in bookstores and on the Internet. You can also maintain a notebook to record dates of symptoms, appointments, questions for your doctors, and any advice your doctor gives you. Keep a folder for receipts, lab results, etc., and one for information gathered from outside sources. It is a good idea to get copies of your medical records, especially if you travel. Put a calendar in the book so you can record testing and other follow-up care recommended by the provider. There are software programs that help organize this information also but they can be difficult to access during an urgent medical situation. Look at all of the organizational options and use the one that works best for you.

## Participation

It is important to choose physicians with whom you feel comfortable offering your input to and asking questions. Be respectful of their knowledge and opinions as well as their time considerations.

Confirm with your provider that your research is accurate and applies to the situation at hand. Do not hesitate to ask questions, or to write down the answers. Most health care providers are fine with this,



especially if you are brief and have done your homework. Bring the personal record for the patient to every appointment and keep it updated and easily accessible. As children grow and leave home, or travel abroad, send their personal record along with them and teach them how to use it. It is a valuable gift that could literally save a life.

It is the patient, or his or her advocate, who follows the plan of action as he or she and the physician have mapped out; who watches for medical errors; and who helps to ensure the best possible care. This is a big

responsibility and it can be overwhelming, even devastating, if you try to do it without all of the facts. Maintaining a health record and learning how to find reliable information makes it easier for everyone involved. The key is keeping the record updated, using current information about relevant medical conditions, and then putting that knowledge to use when needed. It takes some effort, but it is time well spent.

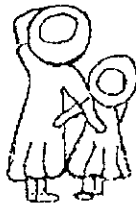
Terry Olsen-Spina is senior partner of Haswell Associates, LLC, and author of *The Personal Health Diary*.



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# A woman's bathroom can be her spa

Have you ever enjoyed an hour or even a day at a spa, then returned home thinking, Wow! I could use this kind of treatment every day? Well, you can. It doesn't take a lot of money or time to turn your so-so bathroom into your personal spa. Here's how to do it.

First, think about the image you have of spa treatments. Do you envision a facial, a massage, a manicure or pedicure in an atmosphere of luxury and relaxation? Do you imagine the stress you feel melting away as you soak in a fragrant bath and your mood becoming happier, refreshed and serene? A few upgrades to your bath and some home spa treatments, luxurious bath and body products, and wonderful, scented candles, and you've got your own spa.

Take a look at your bathroom. Do you have a tub, or only a shower? Either will do just fine in the creation of your home spa. You might want to add a comfortable boudoir chair and maybe some new fluffy

towels. For a small investment, you could add a fabulous towel radiator that will heat your bathroom on the gloomiest day and warm up those fluffy towels. Then you could treat yourself to a lovely luxury:

getting out of the bath or shower and wrapping yourself in a warm, fluffy towel.

The addition of some delightfully scented candles will complete your home spa.

So now that the room is ready, you need to decide which spa-like treatment to give yourself. Facial treatments, which are used to cleanse, hydrate, exfoliate and increase circulation in the facial skin, a facial treatment will make your face feel soft, smooth, and refreshed. A facial sauna is a wonderful way to enhance your facial, although a pot of boiling water will do the job as well. Steaming the pores is a time-tested treatment by skin care experts to gently cleanse pores and leave the face feeling refreshed and renewed.

To give yourself the best possible facial, stock up on cleansers, toners, masks and cream. Apply a mild face cleanser to your face and neck. Massage your face gently in a circular motion with a soft facial brush, washcloth or your fingertips. Rinse your face with lukewarm water and pat dry with a clean cotton towel. Next, use the facial sauna or the pot of boiling water. Add the juice of two whole lemons. Place your face approximately 12 inches from the water. Stay in this position for about five minutes. Rinse with cool water and dry face and neck. Apply the mask to your face using an upward motion. Cover face and neck completely and leave on for 15 minutes. Rinse with lukewarm water and pat face and neck dry. Apply toner to several cotton balls and gently wipe face and neck using an upward motion. Slather on your favorite moisturizer while skin is still damp.

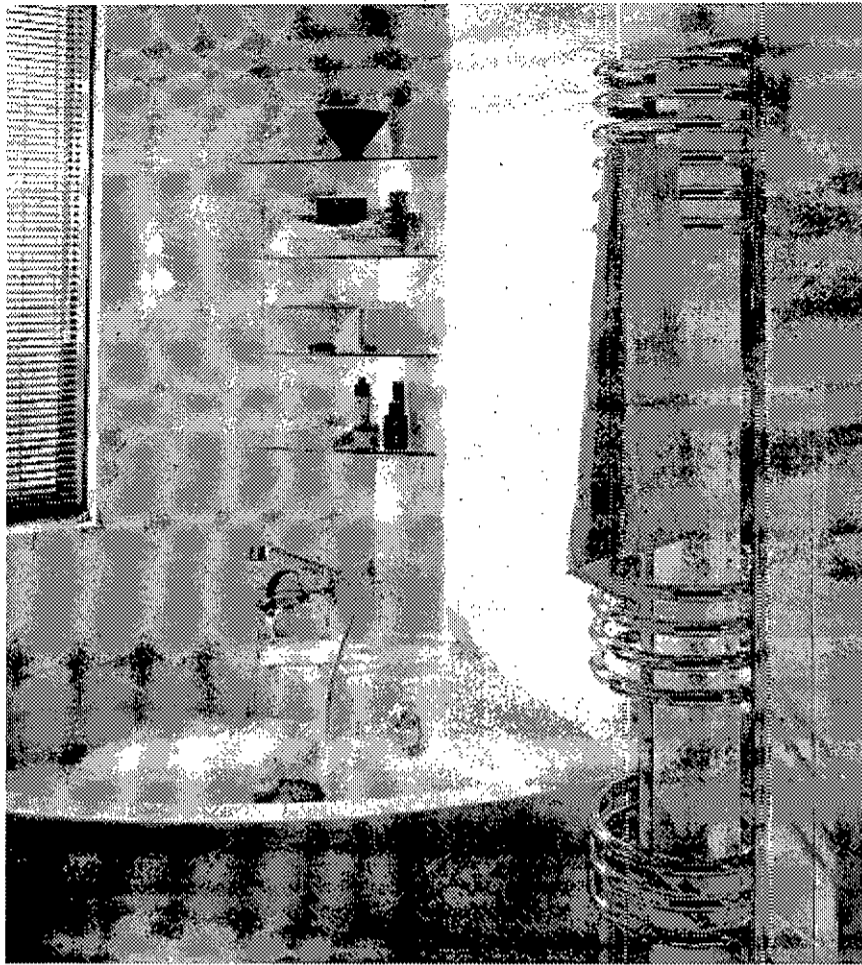
Now it's time to relax in that

tub or shower. If you don't have a whirlpool or soaking tub, stuff a facecloth in the overflow drain and fill it up enough so you can submerge yourself. Add bath products that are designed to optimize the bathing experience with relaxing aromas and oils. Use specialty handmade soaps, and when you get out of the tub, wrap yourself in that fluffy, warm towel from the radiator. Then apply fragrant

body butter or body polishes and finish with a cup of herbal tea or hot chocolate.

After you're all set up with your spa, think about hosting a spa party. You can hire a respected masseuse and/or give each other facials, manicures or pedicures.

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# Building a Jewelry Wardrobe: Five Easy Pieces

You've been building your wardrobe for years, adding a quality piece or two to your closet every season to keep things fresh while also hanging on to the classic clothes you already own. Before you know it, you have a closet full of clothes you can mix and match to create a look that's all your own. The same is true with jewelry. The right piece of jewelry can add a whole new dimension to an outfit as well as express your individuality.

Because quality jewelry is an investment in yourself, you want

to buy pieces that you know you'll wear for years to come. The experts at Jewelry Television have put together the following list of 'must haves' that form the basis for a jewelry collection that will see you through just about any occasion.

- "Every woman needs a classic strand of pearls," said Natalie Parman, vice president of merchandising at Jewelry Television. Pearls are a natural with a work wardrobe or a cocktail dress, but they also add an unexpected dash of style when paired with jeans and a T-shirt.

Parman recommends a 12- to 14-inch strand of pearls for versatility. When choosing a strand of pearls, look for 5- to 7-millimeter pearls on a string with individual knots between each pearl — that's a sign of quality. A 14-karat gold safety clasp adds style and safety. If your budget allows, go for a matching pair of earrings to complete the set.

- Diamonds are a girl's best friend, as the saying goes, and no jewelry box is complete without a pair of diamond studs. "You can wear diamond studs with anything," said Parman. "They

add an instant touch of glamour." White metal settings have been very popular recently, but yellow gold is always a good choice. And if you love the look of diamond studs, but not the price tag, consider a nice pair of cubic zirconia studs.

"When a good quality CZ is set in a yellow gold or white metal setting, it is almost impossible to tell it from the real thing," Parman said

- Treat yourself to a bracelet that can become your signature. Charm bracelets or tennis bracelets finish off an outfit and let you present a personal style statement.

"Charm bracelets never go out of style," Parman said. "They let you show off your personality. Passionate cooks can sport kitchen utensil charms while cat lovers can flaunt their favorite breed." Tennis bracelets can say a lot about you as well. Do you go for the classic diamond tennis bracelet, or are you an individualist who goes for a nontraditional gemstone such as amethyst or peridot?

- A gold chain necklace is a

piece you'll turn to again and again, whether you're wearing a cute summer sundress or a stuffy business suit. Choose a length that's right for you. A 12-inch chain works with most necklines, while an 18-inch chain adds drama. If you own chains of varying lengths, try layering them for a rich look.

Speaking of rich, don't feel compelled to buy 18-karat gold. "The karat weight is really a personal preference," Parman said. "While 18-karat gold is certainly the most refined, 10-karat gold is actually a good choice for a piece that you'll wear frequently, because it is stronger and very durable."

- There is a lot of hoopla about the left-hand ring these days. But another great option that won't break the bank is a simple, elegant cigar band ring.

"This classic style is bold and wide," said Parman. "Whether you choose yellow or white gold, a cigar band ring is versatile and chic."

Check local listings to find The Jewelry Network on your cable system, Direct TV or The Dish Network.

## Get flexible and fit with Gyrotonic

By BRENDA MITCHELL

Gyrotonic may sound like some new spin on a favorite cocktail, but in fact, it's the newest core-conditioning regimen being embraced by the famous, like Terri Hatcher and Madonna, and the not-so-famous. Women — and men alike — are trading in their boring weight-lifting workouts, for the combination yoga, swimming, tai-chi system, developed by Romanian dancer Juliu Horvath.

Exercises are done on the "Gyrotonic Expansion System," sometimes lovingly referred to as the rack. This hand-crafted tower and pulley system is, in itself, a piece of art.

The smooth weight and pulley system creates a nonstressful way to work the body in a circular movement, thus rejuvenating the joints, and ligaments, while the carefully choreographed movements will remind you of the effortless feel of swimming.

But, make no mistake, the spiraling movements, which stretch and strengthen the muscles along their natural line, go deep into the body. It's been likened to a deep internal, as well as, external massage. Corresponding deep breathing

engages the abdominal muscles in an undulating movement, as they continuously cause extension and flexion of the spine. The system enhances coordination, strength and flexibility that will allow total freedom of movement. The results are impressive. There's an increase in the functionality of the spine, and a well-proportioned body that is less prone to injury.

The Gyrotonic Expansion System has been used successfully in Europe for rehabilitation of joint surgeries and injuries, such as frozen shoulder, rotator cuff injuries and arthritis of the joints.

Also, increasing evidence has shown that the system actually improves bone density, by allowing more blood to circulate through the marrow, rather than the compression of the bones through weight bearing exercises.

Gyrotonic has helped conditions like fibromyalgia, Parkinson's disease, and stroke. The involvement of both sides of the brain strengthens synapses.

Picture the patting your head at the same time you are circling your belly with the other hand; that's kind of what gyrotonic teaches you.

This is not a passing fad. Currently the Gyrotonic Expansion System is used worldwide with great success amongst dancers, athletes, rehabilitation facilities, as well as general conditioning amongst people from all walks of life, from children to senior citizens.

To find out about this latest exercise trend, call Studio G, 1229 Central Ave., Albany at 209-6810.

### TMD and its prevalence among women

TMJ stands for Temporomandibular Joint and refers to the jaw joint, although it is commonly used as the term for the group of disorders which affect the joint, known as TMD. The National Institute of Dental and Craniofacial Research (NIDCR) estimates that roughly 10 million people in the U.S. alone suffer from this disorder, which is commonly characterized by pain in the joint and surrounding tissues. We have known for years that some causes or contributing factors are injury, arthritis, dental procedures, infection, autoimmune processes, and clenching or grinding of the teeth, but we are now learning that most people seeking treatment happen to be women in their child-bearing years.

A study at the University of Washington at Seattle found that women who were on hormone replacement therapy were 77% more likely, and women on oral contraceptives were 19% more likely to seek treatment for jaw pain than those who were not. Another study on baboons found there to be estrogen receptors located within the jaws of females, but not males. This raises interesting questions not only about the conditions which can lead to TMD, but also the apparent prevalence among women. Current reversible treatments include pain medication, jaw exercises, diet restrictions and occlusal splints (nightguards, biteplates, myo-orthotics). It is important to recognize the signs and symptoms of TMD and discuss with your doctor or dentist as to which treatment will be most effective in order to ensure a healthy jaw joint for life.

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# Financial independence requires planning

More than 40 percent of Americans say they live beyond their means, according to a 2004 survey by the Charles Schwab Foundation. The Center for American Progress shows that personal bankruptcies hit an all-time high; more than 1.6 million families filed for bankruptcy in 2004.

"While three-fourths of Americans say they're doing a good or excellent job of controlling their spending, approximately 35 percent count on the government, whether it be the friends, to support them financially," said Sam Goller, national spokesperson for

Achieve Financial Independence Week, which occurs annually during the third week of October. "But in the end the only for financial independence is themselves."



Take the following quiz to test your financial IQ. Do you know which statements are fact and which are fiction?

- Using a bank's automatic deposit option can help curb the temptation to overspend and under-save.

Fact: Paying yourself first can help you avoid the spending trap. By automatically putting a percentage of each month's earnings into a savings account, you can avoid the temptation to

spend. Automatic deposit is an easy way to make certain a percentage of your paycheck is saved monthly.

- It is never too late to start saving.

Fiction: Time is money. For some people, it's hard to think about retirement when it seems so far off, but starting a retirement savings account just 10 years earlier makes a big difference. One thousand dollars put into an investment account with a return of 6 percent at age 23 will grow to twice the value of an account started at age 33.

- The average American spends about five percent of hers or his income eating out.

Fact: Believe it or not, according to the Statistical Abstract of the United States, this statement is true. One easy way to save money is by taking

your lunch to work. If you spend around \$5 a day, that's \$25 a week and \$1,300 a year! What a difference you can make just by eating good ol' PB&J.

- Investment portfolios should contain a minimum number of investments to minimize risk.

Fiction: Your portfolio should have a mix of investments that seek the highest rate of return. Seek advice from a certified financial planner (CFP) when it's time to invest and put your money to work for you.

- Saving at least six months of typical living expenses will give you a proper cushion when tough financial times come.

Fact: Maybe the transmission goes out on the way home, or the washing machine goes belly up mid-cycle.

Life is full of unexpected crises, small and large. By creating an emergency fund that contains at least six months of typical living expenses, surviving in times of financial crisis will be easier.

- Tracking expenses can help you determine your wants and needs.

Fact: Do you really know where your money goes? Keeping a small notebook with

everything you spend, from a few cents to a big splurge, can help you better manage your money. You may be surprised to find the list filled with lattes, magazines, bottled water and other 'small' purchases that add up. None of these is wrong to buy, but by tracking your expenses you can get a true picture of your financial situation. This can help you better control your wants and provide for your current and



future needs.

- Taking responsibility for your own finances and knowing how to manage them is one of the first steps toward financial independence," Goller said. "These surprisingly simple truths can go a long way toward improving your financial position."



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# Women sensitive to temperature changes

## Women rarely find the temperature 'just right'

According to a recent survey by American Standard Heating & Air Conditioning, 65 percent of respondents believe that women are more likely than men to complain about the temperature in the household. That's why American Standard, a leading provider of heating and air conditioning systems, is providing comfort information and tips for women to make sure they get maximum comfort in the home.



### The right system is important

Having a comfortable home environment is important. In fact, the American Standard survey shows that approximately two out of five respondents felt that having a comfortable home environment was extremely important, with women being nearly twice as likely as men to agree with that statement. The survey also points out that women are not receiving the level of satisfaction with their home comfort that they expect or desire. Specifically, women think that their home is too cold (46 percent), too hot (32 percent), too dry (29 percent) or too humid (12 percent).

"If maintained and operated properly, an HVAC system that addresses a home's specific needs can make or break the level of satisfaction with home comfort," said Joyce Warrington, brand marketing manager for American Standard. "If a woman sets her thermostat to a temperature that makes her comfortable in

the morning, that same temperature may make her uncomfortable later in the day. Making sure the HVAC system is addressing her specific needs is the key to ultimate home comfort satisfaction."

incentives to consumers who purchase higher-efficiency HVAC equipment. Check your local utility company's Web site for more information.

### Finding the right balance

Today, there are many products women can add to an HVAC system to help make their home as comfortable as possible. Here are a few products to discuss with your American Standard HVAC dealer:

- **Programmable thermostat.** Homeowners can program these thermostats to deliver home comfort at whatever temperature they like. Once it's set, you don't have to worry about it again.

- **Ramped-up airflow.** American Standard features Comfort-R technology in its Freedom furnaces and air handlers. With

Comfort-R, the air ramps up

more slowly, reducing noise. This technology also helps ensure consistent air circulation, reducing temperature variances.

- **Humidifier.** Whole-house humidifiers are very helpful in adding moisture back into the air during the winter. A humidifier from American Standard can be attached to a furnace and programmed to turn off once humidity levels in the home



reach a certain level. Humidifiers are also important for homes that have wood floors and wood furniture, including pianos.

For information on whole-house systems or to find an American Standard independent dealer near you, visit [www.americanstandard.com](http://www.americanstandard.com)

Consumers can also visit the Web site to order a free copy of American Standard's "At Home With Comfort" DVD guide.

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# Housework: Kids can have fun cleaning, helping out

## 'Kids Rewards for Chores' gets children excited about cleaning

It sounds like the impossible dream: Getting your kids to help clean up around the house. But Tara Aronson — aka Mrs. Clean Jeans, a mother of three — says it's really not that hard.

The secret? Make cleaning fun — and reward kids for completing their chores.

"Cleaning games work wonders," says Aronson, adding that even young children can participate. "One of my favorite games is one my 3-year-old and I play, where he puts away everything he can find of one kind of object — everything that's blue, for example, or bigger than his hand, or round."

Of course, it takes a little more to get kids into the habit of cleaning. Listing tasks on a chore chart that allows each child to earn rewards for completing an assignment helps keep track of who's responsible for what.

To get started, parents can turn to the "Kids Rewards for Chores" parents kit developed by Georgia-Pacific's Sparkle Paper Towels, which lists Aronson's favorite games. It offers suggestions for age-appropriate chores and features a customizable kids chore chart with cartoon characters such as Bugs Bunny, Tweety Bird and Daffy Duck. It's available at [www.kidsrewardsforchores.com](http://www.kidsrewardsforchores.com).

The kit offers kids a chance to earn rewards for cleaning, such as a Tweety Bird plush toy and a Scooby-Doo inflatable chair, and to gain access to special online games featuring the characters and other fun online goodies. Such motivation is an important part of making cleaning a habit, says Aronson.

"Making cleaning fun, fast, and rewarding helps children develop a sense of responsibility and respect," she said.

Of course, it's important to choose age-appropriate chores.

"Cleaning is easier when kids can do what they're good at," said Aronson. For example, you might assign a 5- or 6-year-

old the responsibility for helping set the table, putting away toys and putting dirty clothes in the hamper. A teen might be expected to sort, wash and fold laundry, mop floors and, yes, clean up his or her room.

Other tips keep the family on the right cleaning track:

- Hold a family meeting to divvy up chores. Let the kids pick what they will do.

- Lead by example — keep your things neatly stored. And limit chore time; no chore should take more than 15 to 30 minutes.

- Be prepared with the right supplies. For example, kids will have fun cleaning windows, counters and mirrors with a mini-spray bottle and a roll of paper towels.

- Reward the kids. Make sure the reward is something your child is excited about,



such as a family trip to the movies. Little ones might like stickers or tickets they can save up and redeem for a trip to the zoo.

Beyond the obvious advantage of having a clean house, cleaning with your kids provides valuable family time. Indeed, one of Aronson's suggestions is to spend the day scrubbing together, and then go out for dinner and a movie.

"Resist the urge to assign a lot of chores that send children off on their own by cleaning together," she said. "The kids will see that everyone is responsible for keeping the home spotless because you'll be working hard alongside them."

Other games Aronson

suggests include:

- ABCs: Start by shouting out a letter of the alphabet. Then every member of the family goes through the house cleaning everything that begins with that letter. Not only do you help build your child's vocabulary, you also encourage creativity — is that just a table, or the kitchen table? Or even the square table with crayon marks?

- Pump up the volume: Put on your child's favorite music while you clean. Watch as they — or even you — turn the mop into a dance party. The house will be filled with positive energy instead of grumbling (and you just might appear hip to your child's music).

- Or best of all, you and your family can devise your own favorite clean-up game. Playing while you work is the surest way to get chores done fast.

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# Physical activity and nutritious choices are easy as pie

When the federal government released its new "MyPyramid" food guidance system this year, it incorporated a recommendation to include some form of physical activity in your everyday life. While this may seem like a daunting task, becoming more physically active and making better food choices is not as difficult as you might imagine.

To help you understand how to work more physical activity and healthy food choices into your day-to-day life, the American Council on Fitness and Nutrition (ACFN) pulled together specialists from its advisory board of dietitians, physicians and physical fitness experts to give you tips. According to the advisory board members, some simple solutions can make a big difference.

"If we could just get America up and moving for 30 minutes a day combined with good nutrition, we would be a healthier nation," said Phil Haberstro, executive director of the National Association for Health and Fitness (NAHF). "Achieving a healthy balance between activity and nutrition is the most important step you can take. By simply walking instead of taking the elevator or escalator you are increasing your daily amount of physical activity and burning additional calories."

For more tips, log on to [www.physicalfitness.org](http://www.physicalfitness.org).

"You don't have to exercise for 30 to 60 consecutive minutes," said Dr. James Hill, author of *The Step Diet* and founder of America On the Move. "Try splitting up your

physical activity in 10-minute intervals throughout the day. Take a break from your computer and walk around the block, add a 10-minute walk to your lunch break or go for a longer walk after dinner — this is a great way to burn calories and unwind after a day at work."

Consider the small steps you can take to help your family make smart choices.

Involve your children in packing their own lunches to help them understand the importance of making better food choices. Eat a healthy breakfast with your family before sending them off to school and getting yourself off to work. You

might also consider walking with your child to the bus stop or parking farther away from the office to get some extra steps in. Try putting on a pedometer to see how many steps you are actually getting in a day and then increase the number of steps over time.

Portion size and control are not as tricky as you think, but they are crucial to achieving a balanced diet.

"The important thing to remember about these guidelines is that you can sample all the foods you want within reason," said ACFN chair Susan Finn, a Ph.D. and registered dietitian. "Portion size is critical to maintaining a healthy diet. A balanced lifestyle is not about deprivation but learning to enjoy the food you love in reasonable amounts."

Some simple tips to try include comparing food to household measures, eating smaller amounts at a sitting and

becoming familiar with how everyday objects compare to correct portion size.

"Most people are not aware that an apple should equal the size of a tennis ball or that a potato should be about the size of a computer mouse," said Lisa Katic, a registered dietitian who is an expert at simplifying complex nutritional information. "Make it simple for yourself and have fun with the whole family by having them guess the correct

portion size of food based on everyday items. They will probably be surprised that a

portion size of food based on everyday items. They will probably be surprised that a

information, visit ACFN's Web site at [www.acfn.org](http://www.acfn.org).

## Women's



## Health



bagel should be the size of a hockey puck."

So take comfort in the advice from the experts: physical activity doesn't have to be strenuous; small steps are a big start; and portion control is very easy to do once you understand what a healthful portion looks like. By making these minor modifications to your daily routine, you could be on the road to better health.

To learn more about healthy tips and to seek additional advice and

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# Stay heart healthy by keeping cholesterol at bay

**M**aking the right decisions about heart health is a complex task made even harder by the rapidly evolving advice that emerges from medical research. To help consumers make the hard decisions they face in trying to shield their hearts, the independent, unbiased health experts at Consumer Reports on Health (CRH) have reviewed the recent findings and medical evidence behind new recommendations.

For example, an advisory panel recently recommended that the government strengthen its already aggressive cholesterol guidelines, a move that could put millions of Americans on cholesterol-lowering medication and cause those already taking it to boost the dosage or switch to stronger, potentially riskier drugs. The new guidelines make lifestyle changes more essential than ever, since they can minimize the need for high doses or possibly let people avoid medication entirely.

Here are some highlights of CHR's July cover story, "The New Dos and Don'ts for Protecting your Heart."

## New, Aggressive Recommendations for Lowering Cholesterol

**Do consider CRP:** Research has strengthened the connection between heart disease and C-reactive protein (CRP), a marker of arterial inflammation. CRH's medical consultants say that knowing your CRP level can help you make the decision about how best to follow the new, aggressive recommendations for lowering cholesterol levels. Medical evidence shows that an elevated CRP pushes people into a higher-risk group that justifies more aggressive cholesterol-cutting therapy. Most people with moderate or high coronary risk should consider getting their CRP levels tested. The CRP test requires a small blood sample and costs less than \$50.

**Do get the right cholesterol-cutting drugs:** Virtually all people who need to get their LDL ('bad' cholesterol) down to the lowest level will need medication. Many others will too if lifestyle steps don't suffice.

**Don't let ads mislead you.**

Conflicting drug-ad campaigns can confuse consumers and possibly produce inappropriate choices.

**Do start with generic lovastatin in most cases.** People who require just a moderate LDL reduction (less than 40 percent) should usually start with lovastatin, which has the longest safety record and lowest cost (\$28 to \$40 per month) of any statin.

**Do consider stronger medicine if necessary.**

Individuals who need larger LDL reductions (40 percent or more) or have very high coronary risk because of factors such as heart disease or diabetes should generally take the more powerful drug atorvastatin (Lipitor). It costs \$117 per month, but it has a longer safety record than another statin with comparable efficacy plus a proven ability to reduce both heart-attack risk and total mortality.

**Don't overlook the last resorts.** If moderate doses of atorvastatin don't suffice, you could either try the highest dose or switch to combination therapy.

**Do watch for adverse effects.** That's especially important if you're taking a statin at a high dose or together with other cholesterol-cutting drugs. Call your doctor immediately if your muscles become achy, tender, or weak, because in rare cases statins harm the muscles, releasing a protein that can fatally damage the kidneys.

**Do get the right blood-pressure medication:** Recent studies have caused some experts to urge that treatment guidelines be revised in favor of newer drugs, but CRH's medical consultants say that's premature.

**Do start with a diuretic in most cases.** People with high blood pressure should usually start drug therapy with a diuretic, such as hydrochlorothiazide.

**Do add another drug if necessary.** If the diuretic doesn't reduce blood pressure enough, a second drug is needed: usually a beta-blocker or ACE inhibitor, although a calcium channel

consider soy and sterols, which can reduce LDL.

**Do manage your emotions:** Maintaining good emotional health by treating depression, curbing anger, relaxing, and even just laughing may be nearly as important for preventing heart attack and stroke as proper diet and exercise.

CRH provides a table to help



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## St. Peter's offers less-invasive treatment for breast cancer

A pioneering new radiation treatment for breast cancer at St. Peter's Hospital in Albany made it possible for Janis Dorgan to get back to her job and recreation much sooner than the traditional radiation therapy.

The Guilderland woman was the first patient to receive MammoSite® treatment locally. St. Peter's is the first hospital in the area to offer the breast-conserving, radiation seed therapy that is less invasive, more convenient and just as effective as the conventional external beam treatment. Dorgan, 58, an arts consultant and curator, chose MammoSite in June following a lumpectomy in May.

"My goal from first diagnosis was to treat the cancer as quickly and effectively as possible," she said. "MammoSite gave me the opportunity and energy to return to my overall health care and exercise program in the shortest time possible."

MammoSite involves delivering small doses of radiation

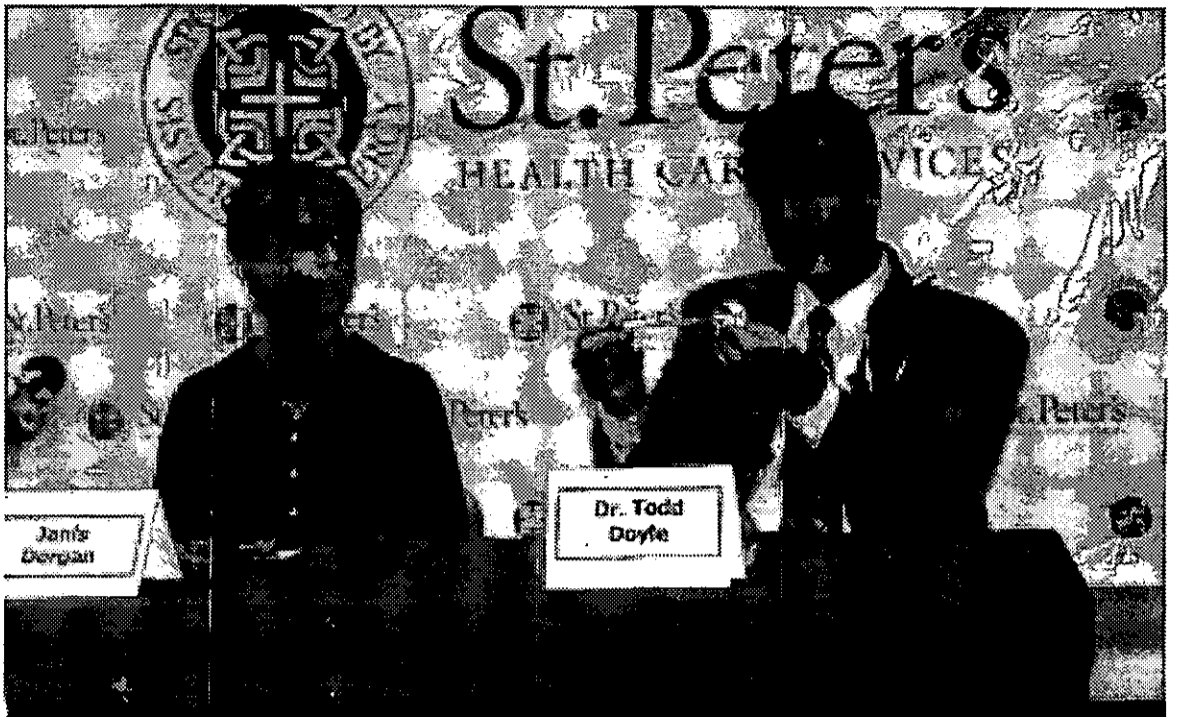
inside the breast to the exact site where a lumpectomy was performed. In contrast, the traditional method irradiates the breast from outside. And instead of the customary seven weeks of once-a-day treatment, MammoSite involves treatments twice per day for four to five days.

"This procedure is an important addition to breast conservation therapy," said Dr. Todd Doyle, a radiation oncologist. "Just as the lumpectomy spares the breast while removing the tumor, MammoSite protects healthy tissue while preventing a recurrence at the area of greatest risk. And the therapy is completed in a fraction of the time."

MammoSite therapy consists of four major phases:

- **Surgery:** a lumpectomy surgically removes the tumor while retaining the rest of the breast.

- **Balloon insertion:** either just after the surgery (or up to 10 weeks later), the surgeon inserts a small, soft balloon in the lumpectomy cavity and inflates it with a saline solution. A catheter (thin tube) extends



Janis Dorgan of Guilderland and Dr. Todd Doyle discuss the MammoSite treatment.

from the balloon to a bandage outside the breast.

- **Radiation seed treatment:** a few days later, the patient returns for outpatient radiation treatment. A computer inserts a radioactive seed through the catheter and into the balloon, where it remains for five to 10 minutes. Then the seed is withdrawn. The patient returns for a repeat performance about six hours later.

- **Balloon removal:** after four to five days of such double sessions, the balloon and catheter are easily removed.

The briefer treatment episode also helped Dorgan get back to recreation.

"I feel great," she said. "My golf swing isn't what I want it to be, but I feel great."

MammoSite is just as effective as traditional therapy. In 2003, the National Cancer Institute reported a five-year study of limited versus whole breast radiation therapy found similar, excellent recovery rates, with only a few recurrences in either method. At St. Peter's, MammoSite is an option for certain women with

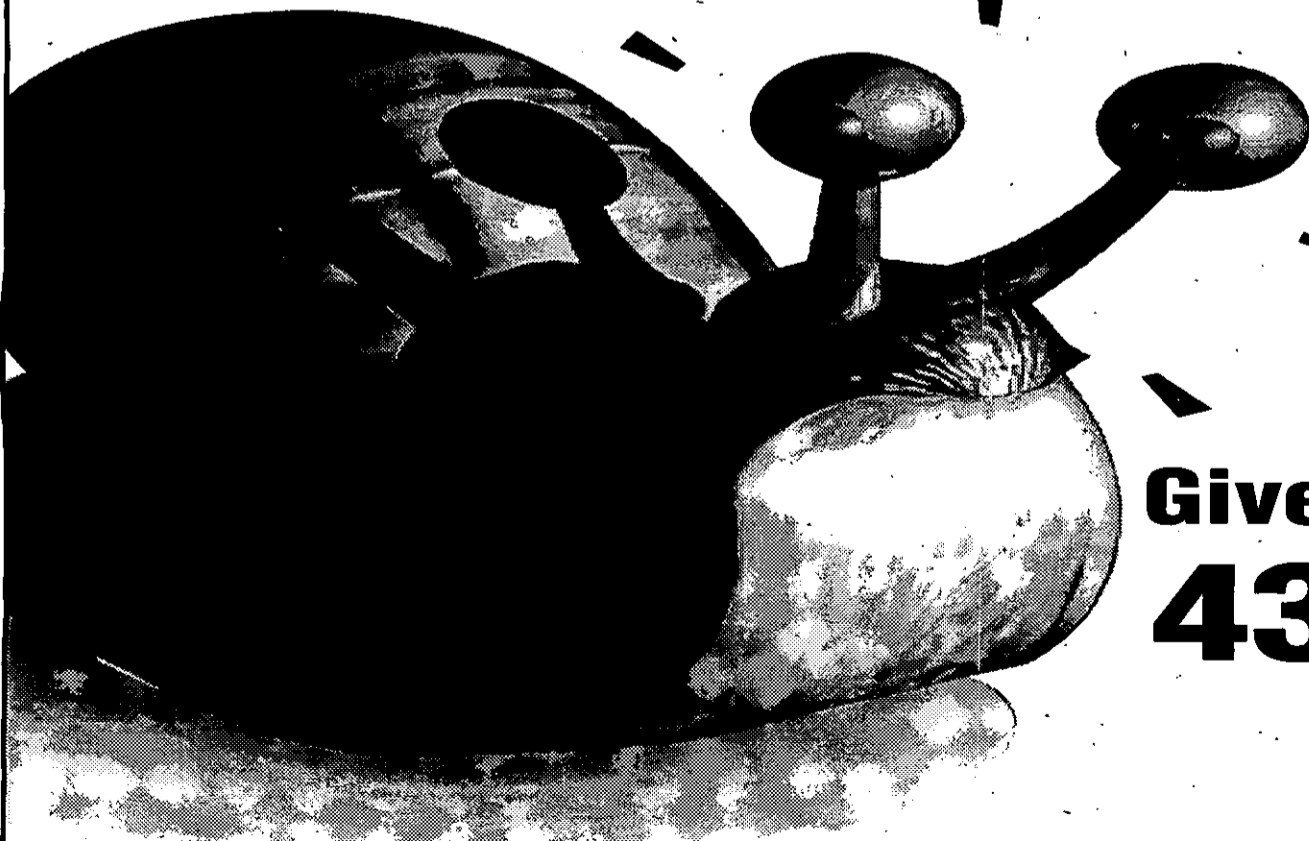
early-stage breast cancers. By late August, six women had received the treatment.

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# Watch out for winter dryness

**W**hy is it that winter seems to take so much out of us? Is it the holidays, the cold weather, or the continuous fight to keep from catching a cold or getting the flu? For whatever reason, it's more work to stay healthy in the winter than in the summer months.

In the summer we happily take in the sun and spend more time outdoors. In the winter, the cold keeps us inside. We venture out only to shovel snow or run to or from the car. Our skin gets dry, our throats get sore, and our immune systems are constantly working overtime to keep us healthy throughout the season.

You could take extra vitamins, stock up on cough drops and try using more moisturizer, but none of those really get to the root of the problem.

The solution: humidifiers. Studies show that the human body needs proper humidity to maintain overall health and well-being. Since most people spend over 90 percent of their time indoors, adding humidity to the air in your home or office can help improve the air quality and combat the negative effects of dry air and dehydration.

Humidifiers help to prevent some of the symptoms of dry air and dehydration which include dry skin, sore eyes, raspy throat, chronic joint and muscle pain, sinus and nasal pain, a lack of concentration and a decrease in the body's immune system. Using a humidifier in your bedroom overnight, when so much dehydration of the skin occurs, helps put moisture



back into your skin, which in turn helps to keep it soft and makes it look and feel younger. Granted, it's not an overnight transformation, but the continuous use of a humidifier throughout the winter can put

back what nature takes away.

The lack of humidity can also be harmful to your plants and animals. Humidifiers put moisture back into the soil of your plants and back into your animal's skin. They also help to keep wood furniture and floors from drying and cracking.

One brand of humidifiers that really stands out is Holmes humidifiers. There are a variety of styles and sizes to help you select the right humidifier for your room, at a cost that will make you rethink what you spend on moisturizers, cough drops and vitamins each year. They also offer a number of features from remotes and timers to dishwasher safe parts and digital humidistats.



# Should My Family Get a Flu Shot?

## What is the flu?

The flu is respiratory illness caused by the influenza virus. The flu season can start as early as October and lasts until May.

Symptoms of the flu are fever, headache, runny nose, muscle aches, dry cough, sore throat, extreme fatigue, nausea, vomiting and diarrhea. Often the illness is mild, however, it can be severe and lead to hospitalization if complications such as dehydration or pneumonia occur.

Each year roughly 36,000 people die from the flu. Many of these deaths can be avoided if we prevent the spread of the flu and ensure that people who are the highest risk for severe illness get the flu vaccine each year.

## How can we avoid getting the flu?

The flu is spread through droplets that are coughed or sneezed out of our bodies. The flu can be spread to others one day before you are sick and up to 5 days after you are sick. Therefore, you can transmit the flu virus to others before you even know you are sick. Frequent hand washing and keeping away from others when you are sick is the best way to prevent the spread of the virus. Making sure your loved ones at risk get vaccinated is the best way to prevent the flu and its complications.

## What vaccinations are available and are they safe?

There are two types of vaccination – the flu shot and the nasal spray flu vaccine. Two weeks after the vaccination, your body has the antibodies developed that it needs to fight the flu. These vaccinations are safe and need to pass the FDA tests for safety and effectiveness before they are used in the United States (see [www.fda.gov/cder/vaccine/vacappr.htm](http://www.fda.gov/cder/vaccine/vacappr.htm)).

## Who is at the highest risk for severe cases and need priority vaccination?

The Centers for Disease Control have identified

“priority” groups who should get the first available supplies of the vaccine before Oct. 24. This priority group includes people age 65 and over, residents of long term care facilities, people

age 2 to 64 with chronic health conditions (such as asthma, diabetes, kidney disease, cancer, HIV/AIDS),

children age 6 to 23 months old, pregnant women and health care workers. Household contacts and caregivers of children less than 6 months of age should also get the vaccine. So that would include moms, dads and grandparents of these infants.

## Who else should get vaccinated?

After Oct. 24, anyone who wants to reduce her or his risk of getting the flu should get vaccinated. You should especially consider it if you live with or care for someone who is in the priority group. Even though the flu shot is reserved for priority people before Oct. 24, anyone can get the vaccine after that date. In addition, anyone age 5 to 49 years of age who is not pregnant can get the nasal spray flu vaccine at any time this season.

## Who should NOT get vaccinated?

People allergic to eggs, children less than 6 months of age and those who have had a severe reaction to the vaccine in the past should not get vaccinated. If you have a moderate or severe illness with a fever, you should wait until those symptoms go away before you get vaccinated.

Talk with your doctor and health care providers about the flu vaccine for you and your family this fall. Even if given later in the season, the vaccination can still protect you and those you care about.

For information go to the Centers for Disease Control (CDC) Web site at <http://www.cdc.gov/flu/index.htm>

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# Take care of your car, save some money

## Why Skimping on Car Care Today Will Be Costly Tomorrow

Your car needs an oil change or a tire rotation. It's one more chore on your never-ending "to do" list, and sometimes it just falls through the cracks. Apparently, you're not alone. Last year, vehicle inspection events held during AAA Car Care Month uncovered a variety of maintenance issues that were well on their way to becoming real problems for vehicle owners.

There is no question that preventative car care is the best way to protect both your safety and your investment in your vehicle. Not only will better vehicle maintenance improve fuel economy, in most cases it also will protect you from budget-busting repair bills. And, your savings account isn't the only thing you'll protect by paying attention to your vehicle. A car that is in top working condition is much safer for you and your passengers.

Described below are five examples of why following your car's recommended maintenance schedule is not simply a hassle, but rather a way to ensure your vehicle operates more safely, uses fuel more efficiently, lasts longer and retains its value for resale, according to AAA Hudson

Valley.

### • Tire Pressure

**WHY:** Over-inflated tires ride rough and suffer premature wear at the center of their treads. Under-inflated tires decrease fuel economy, cause imprecise handling, suffer premature wear at the edges of their treads, and can overheat and fail at highway speeds. Tires typically lose about one pound of pressure per month through normal seepage, and as seasons change, tires lose or gain another pound of inflation pressure with every 10-degree change in outside temperature.

**WHEN:** Check the tire pressures (including the spare) at least once a month when the tires are cold. Always follow the inflation pressure recommendations in your owner's manual, or those on the tire information label that is located in the glove box, on the side of the door, or on the underside of the trunk lid. Do not use the

inflation pressure molded into the tire sidewall; this is the pressure needed to achieve the tire's rated load capacity, and it may or may not be the correct pressure for your particular car.

### • Engine Air Filter

**WHY:** Your vehicle's air filter prevents dust and dirt from entering the engine. A dirty or clogged air filter restricts airflow and will reduce engine performance and fuel economy while increasing exhaust emission levels.

**WHEN:** Check the air filter every six months or 7,500 miles. Typically, your repair shop will inspect the filter at each oil change. You can check it by holding it up to a 60-watt light bulb. If you can see light through much of the filter, it is still clean enough to work effectively. However, if the light is blocked by most of the filter, replace it.

### • Battery Cables/Clamps/Terminals

**WHY:** Power from the battery flows to the rest of your vehicle's electrical system through the cables, clamps, and terminals. If these components and connections become corroded or loose, your car won't have the power needed to start the engine and operate other systems.

**WHEN:** The battery cables, clamps, and connections should be inspected at every oil change. If there are signs of corrosion, or you notice other indications of electrical problems such as slow engine cranking or dimming headlights while idling, have your repair shop test the charging and starting system, and clean and tighten the battery connections as necessary.

### • Windshield Washer Fluid

**WHY:** Rain, insects, grime, and other debris on your windshield will compromise your vision if your windshield wipers cannot remove them. A supply of the proper washer fluid will help your wipers remove these contaminants effectively.

**WHEN:** Check your washer fluid reservoir monthly and more often when you use the washers frequently. Top it up with a washer solution formulated to aid in the removal of insects and other debris, and during winter, be sure to use a solution with antifreeze protection. Finally, test the washer spray nozzles for proper operation and aim.

### • Engine Oil

*continued on Page 24*

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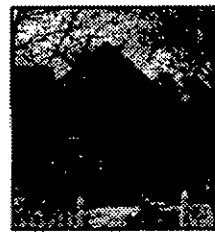
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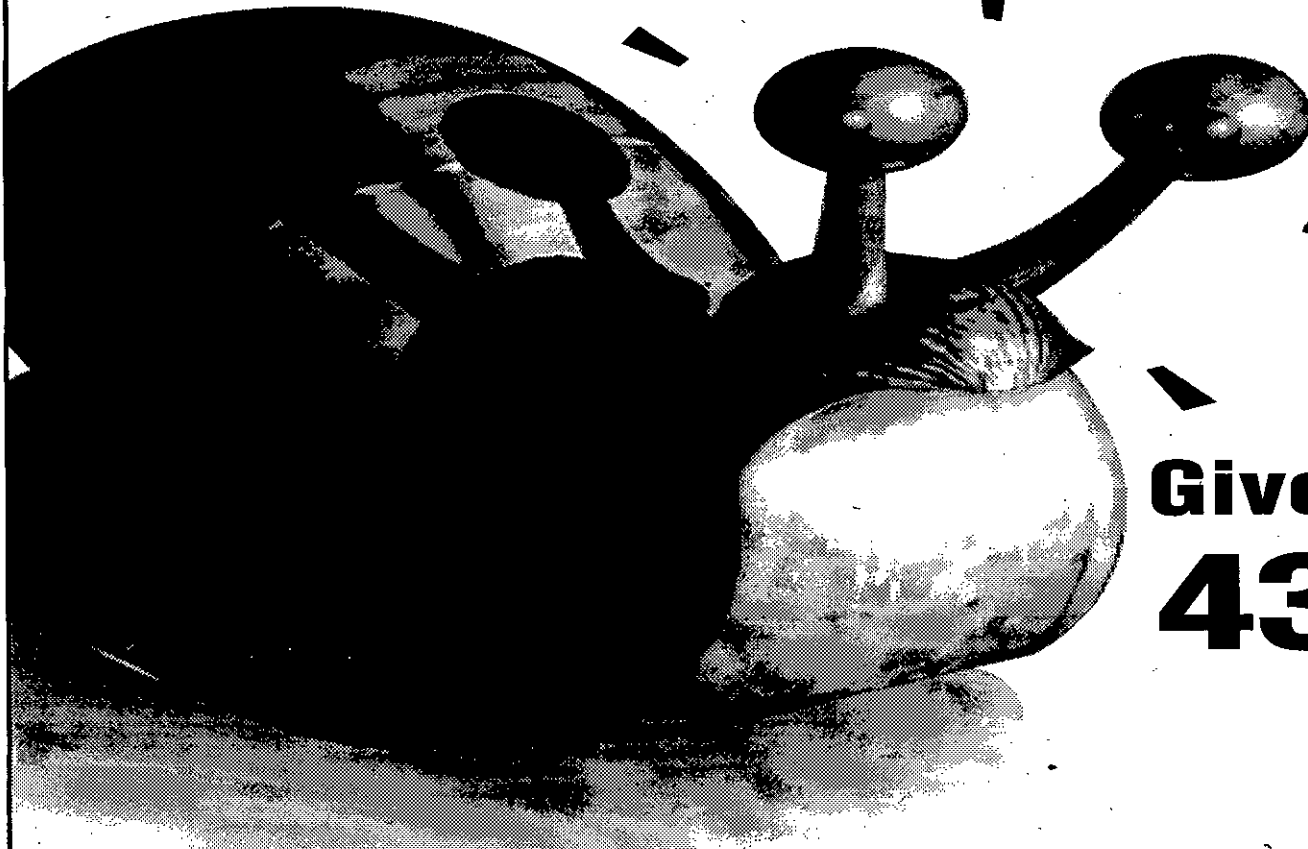
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from Page 23

**WHY:** Oil is the lifeblood of your engine. Without an adequate supply of clean oil, your engine will wear more rapidly, and could even seize and freeze like water, but its viscosity (thickness) does increase as the temperature drops. Lighter grade oils reduce the load on your car's battery and starter, allowing more rapid cranking and

starting. Lighter oils also reach critical engine lubrication areas much quicker than heavier oils, greatly reducing wear.

**WHEN:** Change your engine's oil and oil filter at the specified intervals, and follow the more frequent "severe service" recommendation if your driving habits meet any of the conditions described in your owner's manual. Always use the weight of oil recommended by your vehicle's manufacturer for the existing temperature conditions.

## Bethlehem grad raises ranks at Connecticut College

Patricia Eames, a senior at Connecticut College and former Delmar resident, has been elected chair of academic affairs of the Student Government Association (SGA) for the 2005-06 academic year.

Eames assumes many responsibilities. As chair of academic affairs, she coordinates the department advisory boards that represent the student view on curriculum, staff appointments, tenure, and other academic issues to department faculty. She also presides over the Board of Advisory Chairs.

Eames, a 2002 graduate of Bethlehem Central High

School, is the daughter of Frederick and Barbara Eames of Delmar.

Ranked among the most selective private liberal colleges in the nation, Connecticut College enrolls 1,900

men and women from 46 states and 40 countries. The college is known for putting the liberal arts into action through interdisciplinary studies, international programs, funded internships, student-faculty research and service learning.

## Board plans event for Katrina victims

To assist in the relief efforts following Hurricane Katrina, a community wide fundraising event is being coordinated by the Parks and Recreation Department for Sunday, Oct. 16 at Elm Avenue Park.

Help is needed! Volunteers for planning the event and

helping out that day are crucial. Some ways to help are with publicity, logistics, food vendors, security, traffic control, kid's entertainment, and donations. To offer help, call Noreen at 439-4131 or e-mail at [ndlugoecki@townofbethlehem.org](mailto:ndlugoecki@townofbethlehem.org).

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## Got sports news?

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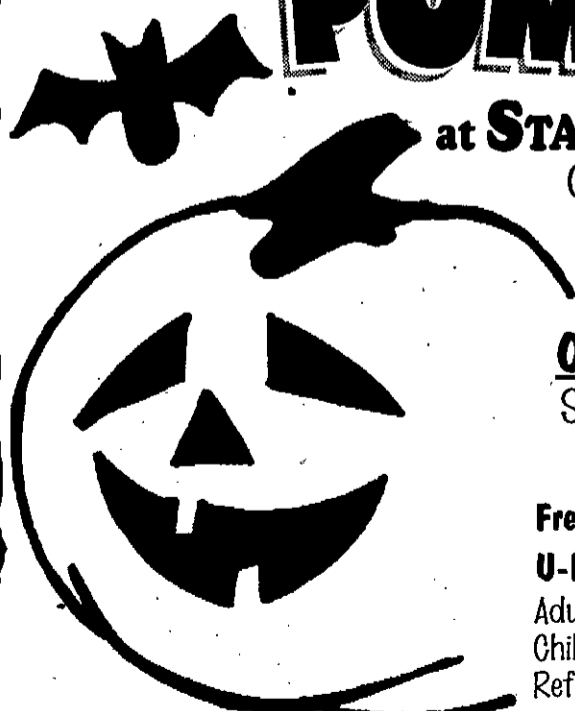
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# NEW YORK LAUNCHES THE "CHANGE A LIGHT" CHALLENGE

## Energy-efficient lighting initiative to help reduce energy bills, pollution

Starting this October 5th, every New Yorker can join the nation in reducing their energy bill and helping the environment by taking the "Change a Light" Challenge. The ENERGY STAR® "Change a Light, Change the World" Campaign is a national initiative created to encourage every consumer to switch to light fixtures or bulbs that have earned the ENERGY STAR label—designated products that reduce energy consumption by meeting strict energy efficiency criteria set by the U.S. Environmental Protection Agency and U.S. Department of Energy.

To take the "Change a Light" Challenge, New Yorkers may go to [www.GetEnergySmart.org](http://www.GetEnergySmart.org) to register their pledge to change light bulbs in their homes to energy-efficient ENERGY STAR compact fluorescent light bulbs (CFLs). The progress of each state's activity will be tracked to tally the overall success of the national program. According to the New York State Energy Research and Development Authority (NYSERDA), if every household in the State were to take this Pledge, New Yorkers would save more than \$86 million in annual energy costs, and save almost 626 million kWh of electricity—the equivalent to taking more than 68,000 cars off the road.

There are many benefits to ENERGY STAR CFLs. CFLs burn cooler, last up to 10 times longer than an incandescent bulb, have good color rendering, and use 66 percent less electricity. Also, CFL lighting in ENERGY STAR-qualified fixtures generally last seven years or more, making CFLs more labor efficient and ideal for replacing bulbs in those hard-to-reach areas.

Despite their significant power savings over regular incandescent bulbs and rising

consumer demand, there are still many myths about CFLs that steer some consumers away from buying the high-quality bulbs. For instance, older versions of CFLs fit into all normal-size light sockets, but they either didn't always fit a particular lampshade or didn't work for certain fixtures like those with dimmable ballasts. Older versions of CFLs also took a few seconds to warm up and sometimes flickered.

That's no longer the case today, as ENERGY STAR-qualified fixtures and bulbs give off the same amount of light as incandescent or halogen lighting, while providing a true and natural color without the flicker, hum, or buzz. CFLs also come in a variety of shapes, sizes, and styles, including dimmable, 3-way, and reflector bulbs—meaning there is a CFL for almost any need.

October 5th is the official

kickoff of the national "Change a Light, Change the World" educational campaign, led by the federal government during Energy Awareness Month, and geared to coincide with the transition to Standard Time. As the days get shorter and people turn their clocks back, they can take that opportunity to change out their incandescent lighting with ENERGY STAR CFLs. The campaign encourages Americans to take a simple

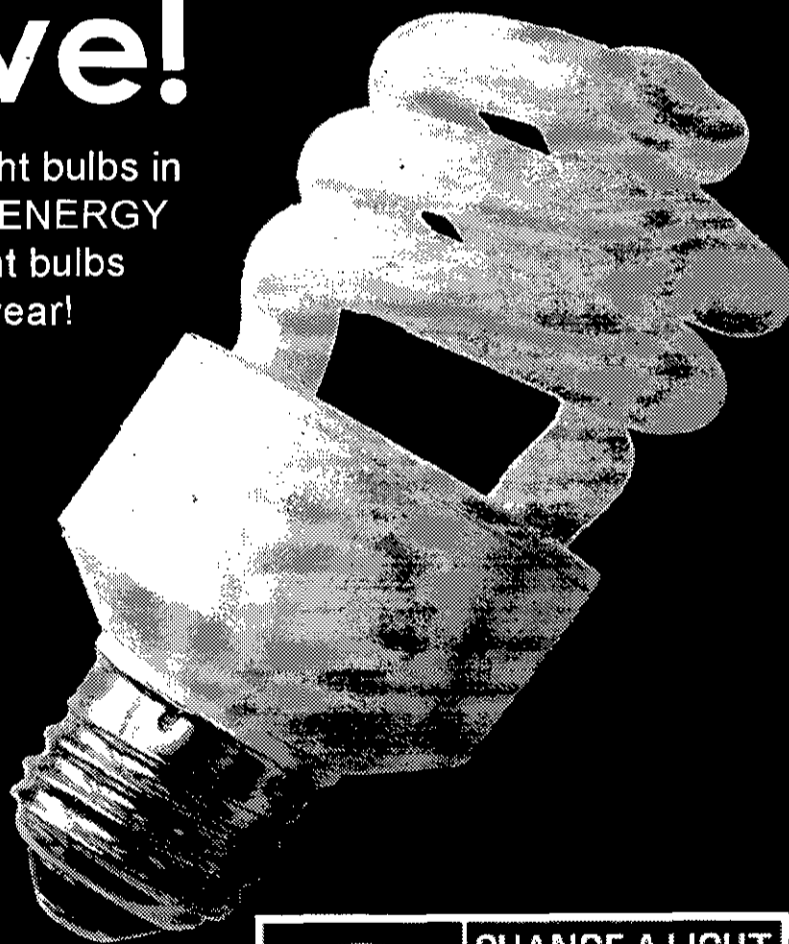
action to help preserve our energy resources and protect our environment by switching to energy-efficient lighting. The national educational campaign is run in partnership with hundreds of retail stores, manufacturers, energy efficiency organizations, and state governments. For more information, visit [www.GetEnergySmart.org](http://www.GetEnergySmart.org) or call toll-free, 1-877-NY-Smart.

## Take the Change a Light Challenge

## And \$ave!

By replacing the 5 most used light bulbs in your home with energy-efficient ENERGY STAR® compact fluorescent light bulbs (CFLs), you'll save over \$50 a year!

**IMAGINE**  
what you'd save  
if you switched  
them all!



Join fellow New Yorkers and Americans all across the country! Take the Change a Light Challenge to save energy and reduce your home lighting bill by up to 66%!

Energy-efficient CFLs last up to 10 times longer, produce more natural-looking light for truer colors, and operate cooler and safer than standard incandescent bulbs!

Ask about CFLs and ENERGY STAR fixtures today! Then go to the interactive Web site at [www.GetEnergySmart.org](http://www.GetEnergySmart.org) and make your pledge to take the challenge!

# Obituaries

## Leonard Price

Leonard Arthur Price, 77, died at home in Westerlo on Sunday, Sept. 18.

He was a veteran of the U.S. Navy, having served in World War II and the Korean War.

He and his wife Theresa established and operated the L&H Brake and Front End Service in Delmar from 1957 to 1985.

He was a member of the Bethlehem Lodge #85.

Survivors include his wife of 57 years, Theresa Price; two daughters, Christine Allen of Santa Anna, Texas, Jo Ann Price-Yablin of Fairport; two sons, Leonard Price of Oregon and David Price of Greenwich; a brother; nine grandchildren; and seven great-grandchildren

Services were from Meyers Funeral Home in Delmar.

Interment will be Friday, Oct. 7, at 1:30 p.m. in Saratoga National Cemetery in Schuylerville.

## Dominic Trischetta

Dominic S. Trischetta, 88, of Berkshire Boulevard in Albany, died Friday, Sept. 30, at Daughters of Sarah Nursing Center, in Albany.

Born in Staten Island, his beloved wife of 59 years, Josephine Mirella Trischetta, predeceased him in November 2000.

Survivors include a son, Ronald Trischetta of Colonie; a daughter, Janet DelVecchio of Albany; five grandchildren; and three great-grandchildren.

He enjoyed spending time with his grandchildren and got great pleasure watching them excel at sports; he was their biggest fan on the sidelines.

Mr. Trischetta was a Navy veteran of World War II, serving in the Seabees, as a chief carpenter's mate, construction battalion, in charge of building airstrips in the Philippines, New Guinea and Australia.

In 1946, after serving his country, he started his own construction business, Trischetta Building Corporation, as a custom home builder and remodeler.

He built several homes in the Albany and Delmar area and had a successful career that spanned over 30 years. He was a former member of the Albany Home Builders Association and Albany Elks Club. Early on in his career, he was invited to star in a local home improvement TV show on WRGB where he would present tips for do-it-yourselfers. He was a master craftsman and could take an ordinary piece of wood and turn it into a beautiful piece of furniture. At the prodding of his wife Josephine, they both started golfing in 1962 and it became a passionate sport for the both of them.

They loved the game so much that they decided to join Pinehaven Country Club in the early 1960s and remained members for more than 30 years.

Both of them were quite proficient playing the game and won many tournaments. It was also a time they formed many friendships that lasted throughout their lives. They served on several social and club committees and Dominic served a term on the board of directors. He was so well respected that he was asked to build a new clubhouse at Pinehaven, which he did in the mid-1960s. Around this time also, he and Josephine started spending the winters in Florida, where they had a home in Fort Lauderdale, and then in Tamarac. They would enjoy these times socializing and playing golf together until 1993. He also loved to hunt and trout fish with his son Ron.

In his later years, Mr. Trischetta enjoyed gardening and tinkering in his workshop.

The family would like to extend its thanks to the staff, doctors and nurses at St. Peter's Hospital and the Daughters of Sarah Nursing Center for their care, compassion and concern

while tending to his needs over the last few months.

Services were from St. Margaret Mary's Church, Western Avenue at Homestead Street, Albany.

Burial was in Memory's Garden in Colonie.

Arrangements were by the New Comer-Cannon Funeral Home in Colonie.

Those who wish may make a contribution in Dominic's memory to the American Heart Association, 440 New Karner Road, Colonie 12205.

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

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

Unsigned letters receive no consideration.

All letters that are published must carry a signature.

The deadline for submitting letters is Friday at noon.

Write to Letters to the Editor, Spotlight Newspapers, P.O. Box 100, Delmar 12054. Letters can be faxed to 439-0609 or e-mailed to [gravess@spotlightnews.com](mailto:gravess@spotlightnews.com).

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# Obituaries

## Robert Albano

Robert "Bob" S. Albano, 68, died Sunday, Oct. 2.

Born and raised in Ravenna, he was a Christian Brothers Academy and Hudson Valley Community College graduate. Mr. Albano was employed at Marshall's Transportation Center in Ravenna for more than 35 years. He had a passion for people and loved to spend time with his family.

He was a musically talented and giving man, who will be missed by those whose lives he touched.

He was husband of the late Ann Wittenberg Albano.

Survivors include three daughters, Deborah Petersen of Saratoga, Cheryl Sheridan of Hannacroix and Tricia Hartle of Latham; a son, Robert Scott Albano; two brothers, Michael Albano of Ravenna and John Albano of Gautier, Miss. five grandchildren; and three step grandchildren.

The family wishes to thank the medical and hospice staff of St. Peter's Hospital and Kingsway Arms Community for their care and support. Calling hours will be held from 4 p.m. to 8 p.m. on Wednesday, Oct. 5 at the Babcock Funeral Home, Ravenna. Funeral Mass will be celebrated 9:30 a.m. Thursday, Oct. 6 at St. Patrick's Church in Ravenna. Burial will follow in St. Patrick's Cemetery in Coeymans. Contributions may be made to the American Diabetes Association or the American Cancer Society.

## June Eva Benjamin

June Eva Speidel Benjamin, 88, of Delmar died Friday, Sept. 30, at St. Peter's Hospice Inn in Albany.

She was the widow of Richard E. Benjamin.

They spent many years

together, living first on Spring Street in Albany and then on Killian Park in Colonie and finally on The Crossway in Elsmere.

Survivors include two sons, two sons, John R. "Jack" Benjamin of Georgia and Joel W. Benjamin of Altamont; and five grandchildren.

Mrs. Benjamin loved to dance from the time she was a child until she had a stroke a few years ago and had to be placed in Teresian House Nursing Home on Washington Avenue, Extension.

She was a member of the Bethlehem Players, the Progress Club and First United Methodist Church on Kenwood Avenue and Delmar Reformed Church on Delaware Avenue.

Calling hours will be at Meyers Funeral Home on Delaware Avenue in Delmar on Wednesday, Oct. 5, from 3 p.m. to 7 p.m.

Funeral service 5 p.m.

Contributions may be made to Community Hospice of Albany, St. Peter's, 445 New Karner Road, Colonie 12205.

## Sally Manupella

Sally Cohen Manupella, 94, of Delmar died Monday, Oct. 3, at Good Samaritan Lutheran Home in Delmar. Born in Troy, she was

a lifelong resident of the Capital District.

She was the widow of John Manupella.

Prior to her retirement in 1979, Sally was employed by the Social Security Administration for 39 years.

She a member of the American Federation of Government Employees.

Survivors include two nieces, Phyllis Levine of Albany and Charlotte Davidson of New Jersey.

A graveside service will be held today, Oct. 5, at 2 p.m. in Memory's Garden, Colonie.

## Woods McCahill

Woods McCahill, 89, of Slingerlands, died Monday, Oct. 3, at Teresian House Nursing Home.

Born in Lynn, Mass., Mr. McCahill served in World War II as a lieutenant in the Navy.

He was a graduate of Hotchkiss School and Harvard University where he received his bachelor's and law degree. He also received honorary degrees from both the Albany Medical

College and Siena College.

He retired from the legal department of General Electric after 26 years.

He was involved in many community activities such as: president of Albany Medical Center Foundation, director and president of the Albany Boys Club, trustee and chairman of Albany Medical College, president and trustee of the Hotchkiss School and trustee of Siena College.

He served as a director of the State Bank of Albany and Kamy Corp.

Survivors include his wife of 64 years, Elizabeth Batcheller McCahill; three sons, Michael McCahill of North Andover, Mass., Woods McCahill Jr. of

Lake Placid and Philip McCahill of Rochester; a daughter, Martha Cowden (Robert) of Newton, Mass.; and seven grandchildren.

A Mass of Christian Burial will be celebrated on Wednesday, Oct. 5, at 10 a.m. at St. Pius X Church, Crumitie Road, Loudonville.

Interment will be in St. Agnes Cemetery, Albany.

Contributions may be made to either, Richard T. Beebe, M.D., Chair of Medicine or John A. Balint, M.D., Endowed Chair in Medical Ethics Albany Medical Center Foundation, 43 New Scotland Ave., MC 119, Albany, 12208.

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Sara and William Tribou

## Hughes, Tribou marry

Sarah Catherine Hughes, daughter of Richard and Mary Jane Hughes of Delmar and William Henry Tribou, son of Bill Tribou of Canton, C.T. and Christine Davis of Fairhaven, M.A., were married July 15.

The ceremony was performed by the Rev. Kofi Ntsiful-Amissah at St. Thomas the Apostle Church in Delmar.

A reception followed at The Desmond in Albany.

The maid of honor was Karen Hughes. Bridesmaids were Laura Tribou, Lauren Barnet Frantz and Vanessa Salzman.

The best man was Zachary Kurimay. Groomsmen were Joe Hughes, Matt Benard and Mike Chambers.

The bride is a graduate of Ithaca College. She is a teacher for South Colonie Schools in Albany.

The groom is also a graduate of Ithaca College. He is a video editor for WTEN-TV in Albany.

After a wedding trip to Hawaii, the couple resides in Menands.

## Rauche, Smith engaged

Maria Rauche and Mathew Smith  
Maria Elizabeth Rauche, daughter of Henry and Linda Rouche, Jr. of Glenmont, and Matthew Daniel Smith, son of Daniel and Kathryn Smith of Princetown, are engaged to be married.

The bride-to-be is a graduate of the Academy of the Holy Names in Albany and Russell Sage College. She is currently pursuing

a master's degree from Sage Graduate School.

The future groom is a graduate of Schalmont High School and Utica College of Syracuse. He received a master's degree from Sage Graduate School.

He is an administrator for The College of Saint Rose.

The couple plans a May 28, wedding.

## Dean's List

### Binghamton University

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### SUNY College at Brockport

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### Rochester Institute of Technology

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### Boston University

Jamie L. Williams of Slingerlands.

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### Hartwick College

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### SUNY Plattsburgh

Jared Bourassa of Glenmont.

James Seymour of Ravena.

### West Point

Christopher Michael Lee of Selkirk.

### SUNY Delhi

Stephanie Jean Mulligan of Selkirk.

## Births

### St. Clare's Hospital

Boy, Jason Edward Zeliph jr. to Colleen and Jason Zeliph of Ravena, July 30.

### Out of town

Girl, Madeline Lucy Bush to Naomi and Lenyn Bush, Feb. 17. Maternal grandparents are Susan and Robert Lieberman of Slingerlands. Paternal grandparents are Nellie and Len Bush of Amsterdam.

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# Entertainment *in the* Spotlight

Cover of the new album "Agua pa' la gente" (Water for the people) by The Hip Hop Hoodios fronted by former Bethlehem resident Josh Norek and Abraham Velez.



By **DAMIAN PAGANO**

# HIP HOP HOME COMING

**J**osh Norek wants to send a shout-out to Marta Meacham, his high school Spanish teacher. He said she encouraged him to translate Tom Petty's rock-and-roll lyrics into Spanish during class at Bethlehem Central High School. Meacham's encouragement put Norek on what he described as a "strange and diverse" musical path that has culminated with the recent success of Hip Hop Hoodios, the Latino-Jewish hip hop project that Norek fronts.

"I owe a lot to her," he said.

The Hoodios will be in Albany this Sunday, Oct. 9 to perform a benefit show at Temple Israel. Norek, who grew up in Bethlehem and currently lives in California,

said the show would be a coincidental homecoming. The Hoodios perform at nightclubs on the west coast and in New York City, and don't often play the small city religious scene.

Norek said Temple representatives called and invited the Hoodios to perform at the Temple benefit, but did not know he was from the Albany area. He said he welcomed the chance to come back home, and the timing worked out. The Hoodios will be in New York City on Saturday, Oct. 8 and will then make the drive north.

The Hip Hop Hoodios feature Norek's rapped lyrics atop a soulful plateau of Latin rhythm, electric guitar, traditional Jewish klezmer and hip hop samples.

Their new album, "Agua pa' la gente" (Water for the people) has received critical acclaim, and a video for the song "Gorrito Cosmico" is getting steady play on MTV-Español.

*The Buffalo News* recently proclaimed them "the funniest white rappers since the Beastie Boys."

Norek cites the Beastie Boys, the seminal New York City-based hip hop trio, as one of his primary musical influences, but he has a strong affinity for Latin music as well. He worked for a record company in Argentina for a year, which deepened his appreciation for the danceable groove from south of the border.

The Hip Hop Hoodios came

together in 2001, when Norek and Abraham Velez met and hit it off. Norek is an entertainment lawyer who represents a lot of musicians. Velez is a journalist who writes about music for several magazines. Norek said he mentioned to Velez that he wanted to start a Jewish-Latino hip hop project.

"He loved the idea," Norek said.

The idea transcends sound. The Hoodios are part history lesson, part comedy and fully thought-provoking. The title track on *Agua Pa'La Gente* is a protest song about the sale of water rights in Bolivia, South America. Large companies, with the permission of the government, purchased the rights to water that was always free for people, and then started charging people money for the water, Norek said.

"They took the water, now they sell it back. How can corporations get away with that? They changed the locks and they changed the pipes, doubled the price and they call it nice."

It is a worldly lyric from a man who jokingly refers to his hometown as "Small-bany," but Norek said growing up here gave him the desire to be curious about the world and the energy to go out and see it.







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## LEGAL NOTICE

Authority filed with Secy. of State of NY (SSNY) on 8/24/05. Office location: Albany County. LP formed in Delaware (DE) on 1/29/01. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Principal office of LP: 1625 W. National Court, Suite 150, Sacramento, CA 95834. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-12156 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of Clearwire Telecommunications Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/23/05. Office location: Albany County. LLC formed in Nevada (NV) on 5/3/05. 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: 5808 Lake Washington Blvd. NE, Ste. 300, Kirkland, WA 98033. Arts. of Org. filed with NY Secy. of State, Capitol Complex, Carson City, NV 89710. Purpose: any lawful activity. LD-12158 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of Fowler & Huntington, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/8/05. Office location: Albany County. LLC formed in Delaware (DE) on 7/1/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. Principal office of LLC: 1390 Enclave Parkway, Houston, TX 77077. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: food service distributor of fresh produce. LD-12159 (October 5, 2005)

## LEGAL NOTICE

**NOTICE OF FORMATION OF A PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY (PLLC).** The name of the PLLC is EDWIN F. WILLIAMS III, MD FACS OF SARATOGA, PLLC. The Articles of Organization of the PLLC were filed with the NY Secretary of State on August 16, 2005. The purpose of the PLLC is to engage in any lawful act or activity. The office of the PLLC is to be located in Albany County. The Secretary of State is designated as the agent of the PLLC upon whom process against the PLLC may be served. The address to which the Secretary of State shall mail a copy of any process against the PLLC is 1072 Troy-Schenectady Road, Latham, New York 12110. LD-12161 (October 5, 2005)

## LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name of LLC: SILHOUETTE OPTICAL TRAINING CENTER, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on June 7, 2005. Office location: Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to Silhouette Optical Training Center, LLC, 260 Cannon Street, Green Island, New York 12183. LD-12162 (October 5, 2005)

## LEGAL NOTICE

On August 26, 2005, Shaker

## LEGAL NOTICE

Park Medical, LLC, which is located at 425 New Karner Road in the City and County of Albany, State of New York, filed its Articles of Organization with the New York Department of State. The Secretary of State has been designated the agent of the company upon whom process may be served. The business purpose of the LLC is to operate a psychiatric medical practice, together with any and all other lawful business purposes. LD-12166 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of Palmer & Cay of Wisconsin, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/6/05. Office location: Albany County. LLC formed in Wisconsin (WI) on 11/26/01. 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: 25 Bull St., Savannah, GA 31401. Arts. of Org. filed with WI Secy. of State, P.O. Box 7846, Madison, WI 53707. Purpose: any lawful activity. LD-12176 (October 5, 2005)

## LEGAL NOTICE

Notice of Registration of Tait, Weller & Baker LLP. Authority filed with Secy. of State of NY (SSNY) on 8/22/2005. Office location: Albany County. LLP registered in Pennsylvania (PA) on 7/14/05. SSNY designated as agent of LLP upon whom process against it may be served. SSNY shall mail process to: Tait, Weller & Baker LLP, 1818 Market St., Ste. 2400, Philadelphia, PA 19103, PA address of LLP. Purpose: practice of public accounting. LD-12177 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of Buffalo Acquisition Sub, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/1/05. Office location: Albany County. LLC formed in Delaware (DE) on 8/29/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-12178 (October 5, 2005)

## LEGAL NOTICE

Brotherhood Mutual Insurance Services, LLC, an Indiana limited liability company, which will transact business in the State of New York as Brotherhood Insurance Services Agency, received its Certificate of Authority effective August 25, 2005. The principal office of the company in New York is located in Albany County. The Secretary of State is designated as the agent of the company upon whom process against it may be served. The address within or without this state to which the Secretary of State shall mail a copy of any process served against him or her is 6400 Brotherhood Way, Fort Wayne, Indiana. The company will be operating as an insurance agency. LD-12179 (October 5, 2005)

## LEGAL NOTICE

Notice of Formation of Clean Wood & Drywall LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 9/2/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 20 Skylark Dr., Wesley Hills, NY, 10977 Pur-

## LEGAL NOTICE

pose: any lawful activity. LD-12182 (October 5, 2005)

## LEGAL NOTICE

Notice of Formation of Central Park Realty LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 8/30/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 26 Prices Switch Road, Warwick, NY, 10990. Purpose: any lawful activity. LD-12183 (October 5, 2005)

## LEGAL NOTICE

Notice of Formation of 500171 LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 9/2/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 205 West 15th St., Office #1-L, New York, NY, 11011. Purpose: any lawful activity. LD-12184 (October 5, 2005)

## LEGAL NOTICE

Notice of Formation of Learn Ed, LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 8/26/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 59 Kensington Rd., Bronxville, NY, 10708. Purpose: any lawful activity. LD-12185 (October 5, 2005)

## LEGAL NOTICE

Notice of Formation of 516135 LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 8/24/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 1042, Clifton, NJ, 07017. Purpose: any lawful activity. LD-12186 (October 5, 2005)

## LEGAL NOTICE

Notice of Formation of Coby Group, LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 8/23/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 5014 16th Ave., Suite 216, Brooklyn, NY, 11204. Purpose: any lawful activity. LD-12187 (October 5, 2005)

## LEGAL NOTICE

Notice of Formation of REFINING SERVICES INTERNATIONAL LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/31/05. 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 Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Purpose: any lawful activity. LD-12188 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of WilTel Communications Acquisition, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/31/05. Office location: Albany County. LLC formed in Delaware (DE) on 6/30/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Principal office of LLC: One Technology Center, Tulsa, OK 74103. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Do-

## LEGAL NOTICE

ver, DE 19901. Purpose: any and all lawful purposes. LD-12189 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of NY-1095 Avenue of the Americas, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 8/8/05. Office location: Albany County. LLC formed in Delaware (DE) on 7/19/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Lexis Document Services Inc., 80 State St., Albany, NY 12207. Registered agent upon whom process may be served: LexisNexis Document Solutions Inc., 80 State St., Albany, NY 12207. Principal address of LLC: c/o Ann M. Schneider, 2 N. Riverside Plaza, Suite 1600, Chicago, IL 60606. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity. LD-12194 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of FABRICA ARTE DISENO MODA, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/7/05. Office location: Albany County. LLC formed in Nevada (NV) on 6/14/05. 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. NV address of LLC: c/o Capitol Corporate Services, Inc., 202 S. Minnesota St., Carson City, NV 89703. Arts. of Org. filed with NV Secy. of State, 206 North Carson St., Carson City, NV 89701. Purpose: import and export specialty fabrics, clothing and related items. LD-12198 (October 5, 2005)

## LEGAL NOTICE

Notice of Formation of BARCINO LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/29/04. 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: all lawful activities. LD-12199 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of New Century Mortgage Ventures, LLC, fict name: NCEN Mortgage Ventures. Authority filed with Secy. of State of NY (SSNY) on 7/25/05. Office location: Albany County. LLC formed in Delaware (DE) on 10/5/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 Eighth Ave, NY, NY 10011. Principle address of LLC: 18400 Von Karman Ave, Ste 1000, Irvine, CA 92612. Arts. of Org. filed with Secy. of State of DE, 401 Federal St., Ste 4, Dover, DE 19901. Purpose: any lawful activities. LD-12210 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of Atlantic Marine Corps Communities, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/23/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/16/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Thomas E. Tether, Esq, Actus Lend Lease LLC, 700 Lanidex Plaza, Parsippany, NJ 07054. Principal address of LLC: c/o Atus Lend Lease LLC, 1801 West End Avenue, Ste 1700,

## LEGAL NOTICE

Nashville, TN 37203. Arts. of Org. filed with Secy. of State of DE, 401 Federal St., Ste 4, Dover, DE 19901. Purpose: any lawful activities. LD-12211 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of LMU Investments, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/16/05. Office location: Albany County. LLC formed in Nevada (NV) on 12/17/04. 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. Principal address of LLC: 8427 Otto Street, Downey, CA 90240. Arts. of Org. filed with Secy. of State of NV, 101 North Carson St #3, Carson City, NV 89701. Purpose: any lawful activities. LD-12212 (October 5, 2005)

## LEGAL NOTICE

Notice of Formation LYING LLC. Arts. of Org. filed with Secy. of State (SSNY) on 8/26/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to: Purpose to: The Company, 3380 Motor Ave, Los Angeles, CA 90034. Purpose: any lawful activities. LD-12213 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of CONTERRA ULTRA BROADBAND, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/19/05. Office location: Albany County. LLC formed in South Carolina (SC) on 4/20/2001. 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. Principal address of LLC: 5955 Carnegie Blvd, Ste 350, Charlotte, NC 28209. Arts. of Org. filed with SC Secy. of State, P.O. Box 11350, Columbia, SC 29211. Purpose: any lawful activities. LD-12214 (October 5, 2005)

## LEGAL NOTICE

Notice of Formation of SHANE ENTERPRISE LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/1/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Afshan Khan, 240 E. 47th St., NY, NY 10017. Purpose: all lawful activities. LD-12215 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of JDT INTERNATIONAL, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/29/05. Office location: Albany County. LLC formed in Delaware (DE) on 7/24/2003. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Business Services, Inc., 25 Greystone Manor, Lewes, DE 19958. Principal address of LLC: Harvard Business Services, Inc, 25 Greystone Manor, Lewes, DE 19958. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-12215 (October 5, 2005)

## LEGAL NOTICE

Notice of formation of HP Consulting, LLC. Articles of Organization were filed with NYS Secretary of State (SOS) on June 9, 2005. Office location is Albany County. SOS is designated

## LEGAL NOTICE

as agent of LLC, upon whom process against it may be served. SOS shall mail a copy of any process to the LLC, 27 Crow Ridge Road, Voorheesville, NY. LLC may engage in any lawful act or activity. LD-12218 (October 5, 2005)

## LEGAL NOTICE

Notice of formation of Northeast Neurosurgery, LLC. Articles of Organization were filed with NYS Secretary of State (SOS) on July 14, 2005. Office location is Albany County. SOS is designated as agent of LLC, upon whom process against it may be served. SOS shall mail a copy of any process to Whiteman Osterman & Hanna LLP, One Commerce Plaza, Albany, New York 12260. LLC may engage in any lawful act or activity. LD-12220 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of AMCC Property Management LLC. Authority filed with Secy. of State of NY (SSNY) on 9/13/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/13/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: John C. Gahan, Esq, Murtha Cullina LLP, 99 High St, Boston, MA 02110. Principal address of LLC: 6 Faneuil Hall Marketplace, Boston, MA 02109. Arts. of Org. filed with DE Secy. of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activities. LD-12222 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of Capital First Financial Services, LLC., under the fictitious name Lakeview Capital. Authority filed with Secy. of State of NY (SSNY) on 9/13/05. Office location: Albany County. LLC formed in Delaware (DE) on 4/14/2003. 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. Principal address of LLC: 6261 NW 6th Way, Ste #203, Ft. Lauderdale, FL 33309. Arts. of Org. filed with FL Secy. of State, Division of Corporations, 409 E. Gaines St, Tallahassee, FL 32399. Purpose: any lawful activities. LD-12223 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of CoramRx, LLC., under the fict name of: CoramRx of New York. Authority filed with Secy. of State of NY (SSNY) on 9/8/05. Office location: Albany County. LLC formed in Delaware (DE) on 8/8/2005. 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. Principal address of LLC: 160 Greentree Drive, Ste 101, Dover, DE 19904. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-12224 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of Z & J LLC. Authority filed with Secy. of State of NY (SSNY) on 9/8/05. NYS fictitious name: AppealTech. Office location: Albany County. LLC formed in Delaware (DE) on 3/10/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the principal office of the LLC: 8 Sycamore Lane, Madison, CT 06443. Arts. of Org. filed with DE Secy. of State, 401 Fed-

## LEGAL NOTICE

eral St., Dover, DE 19901. Purpose: any lawful activity. LD-12225 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of Koch Cellulose America Marketing, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/24/05. Office location: Albany County. LLC formed in Delaware (DE) on 2/13/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: 501 Gloucester St., Suite 100, Brunswick, GA 31520. Arts. of Org. filed with DE Secy. of State, Div. of Corps., Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity. LD-12226 (October 5, 2005)

## LEGAL NOTICE

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).** The name of the LLC is 3 Point Properties, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on September 15, 2005. 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 728 Loudon Road, Latham, New York 12110. LD-12227 (October 5, 2005)

## LEGAL NOTICE

Notice of Qualification of CC Castle International LLC. Authority filed with Secy. of State of NY (SSNY) on 9/8/05. Office location: Albany County. LLC formed in Delaware (DE) on 1/15/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 2000 Corporate Drive, Canonsburg, PA 15317, Attn: Tax Director. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Cert. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: all lawful purposes. LD-12235 (October 5, 2005)

## LEGAL NOTICE

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: EVERYDAY LEADERSHIP, LLC.** Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/15/05. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Ronnie Paul Renaud, 1017 Day Road, Rotterdam, New York 12303. Purpose: For any lawful purpose. LD-12237 (October 5, 2005)

## LEGAL NOTICE

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: K.E.R.M. REALTY LLC.** Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/31/05. 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, 75-23 190th Street, Fresh Meadows, New York 11366. Purpose: For any lawful purpose. LD-12238 (October 5, 2005)

**LEGAL NOTICE**

**LEGAL NOTICE**

Notice of Formation of The Tower Group Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/14/05 Office location: Albany County, SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 575 Madison Avenue, 10th Fl, New York, NY, 10022 Purpose: any lawful activity. LD-12239 (October 5, 2005)

**LEGAL NOTICE**

Notice of Formation of Landmarks By Klein LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/16/05 Office location: Albany County, SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2 Jonathan Place, Spring Valley, NY, 10977 Purpose: any lawful activity. LD-12240 (October 5, 2005)

**LEGAL NOTICE**

Notice of Formation of Landmarks By Lifshitz LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/16/05 Office location: Albany County, SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2 Jonathan Place, Spring Valley, NY, 10977 Purpose: any lawful activity. LD-12241 (October 5, 2005)

**LEGAL NOTICE**

Notice of Formation of KAV, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/16/05 Office location: Albany County, SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 14 Stuyvesant Oval #7G, New York, NY, 10009 Purpose: any lawful activity. LD-12242 (October 5, 2005)

**LEGAL NOTICE**

Notice of Formation of Homebound Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/12/05 Office location: Albany County, SSNY is designated

**LEGAL NOTICE**

as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1143 East 8th St, Brooklyn, NY, 11230 Purpose: any lawful activity. LD-12243 (October 5, 2005)

**LEGAL NOTICE**

Notice of Qualification of Melvin Securities, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 9/14/2005. Office location: Albany County. LLC formed in Illinois (IL) on 3/10/1998. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. IL address of LLC: 111 West Jackson Blvd., Ste. 2110, Chicago, IL 60604. Arts. of Org. filed with IL Secy. of State, Howlett Bldg., Room 351, Springfield, IL 62756. Purpose: any lawful activity. LD-12247 (October 5, 2005)

**LEGAL NOTICE**

Notice of formation of AVENUE S CONDOMINIUM, LLC a NYS limited liability company (L.L.C.). Formation filed with SSNY on 09/16/2005. Off. Loc.: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 60 Oceana Drive, Suite 6D, Brooklyn, NY 11235 Purpose: All Lawful purposes. LD-12251 (October 5, 2005)

**LEGAL NOTICE**

Notice of Qualification of AMCC Managing Member LLC. Authority filed with Secy. of State of NY (SSNY) on 9/12/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/16/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Thomas E. Tether, Esq., Actus Lend Lease LLC, 700 Lanidex Plaza, Parsippany, NJ 07054. Principal address of LLC: c/o Actus Lend Lease LLC, 1801 West End Avenue, Ste 1700, Nashville, TN 37203. Arts. of Org. filed with DE Secy. of State, 401 Federal St, Ste 4,

**LEGAL NOTICE**

Dover, DE 19901. Purpose: any lawful activities. LD-12256 (October 5, 2005)

**LEGAL NOTICE**

Notice of Qualification of AMCC Development Management LLC. Authority filed with Secy. of State of NY (SSNY) on 9/08/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/16/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Thomas E. Tether, Esq., Actus Lend Lease LLC, 700 Lanidex Plaza, Parsippany, NJ 07054. Principal address of LLC: c/o Actus Lend Lease LLC, 1801 West End Avenue, Ste 1700, Nashville, TN 37203. Arts. of Org. filed with DE Secy. of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activities. LD-12257 (October 5, 2005)

**LEGAL NOTICE**

Notice of Qualification of AMCC Asset Management LLC. Authority filed with Secy. of State of NY (SSNY) on 9/08/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/16/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Thomas E. Tether, Esq., Actus Lend Lease LLC, 700 Lanidex Plaza, Parsippany, NJ 07054. Principal address of LLC: c/o Actus Lend Lease LLC, 1801 West End Avenue, Ste 1700, Nashville, TN 37203. Arts. of Org. filed with DE Secy. of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activities. LD-12258 (October 5, 2005)

**LEGAL NOTICE**

Notice of Formation of Morgan Friedman Corporate and Financial Associated LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/19/2005. 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, 301 East 79th Street, Ste 24-H, NY, NY 10021 Purpose:

**LEGAL NOTICE**

any lawful activities. LD-12263 (October 5, 2005)

**LEGAL NOTICE**

**NOTICE**  
1. The name of the Limited Liability Company is Integrated Environmental Data, LLC.  
2. The Articles of Organization were filed September 21, 2005.  
3. The office of the Limited Liability Company is located in Albany County.  
4. The Secretary of State has been designated as the agency of the Limited Liability Company upon whom process against it may be served.  
5. The purpose of the Limited Liability Company is to engage in any lawful activity for which a Limited Liability Company may be formed. LD-12266 (October 5, 2005)

**LEGAL NOTICE**

Notice of Qualification of Hib Rogal & Hobbs of Massachusetts, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/20/05. Office location: Albany County. LLC formed in Virginia (VA) on 12/15/00. 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: One Industrial Ave., Suite 1100, Lowell, MA 01851. Arts. of Org. filed with VA Secy. of the Commonwealth, Richmond, VA 23219. Purpose: any lawful activity. LD-12267 (October 5, 2005)

**LEGAL NOTICE**

The Bethlehem Central School District is soliciting hourly rate proposals for SNOW PLOWING & REMOVAL for the 2005-06 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 October 19, 2005 at 1:00 p.m. Inquires to (518) 439-2123. LD-12270 (October 5, 2005)

**LEGAL NOTICE**

**LEGAL NOTICE**

**NOTICE OF SPECIAL MEETING BUDGET WORKSHOPS**  
Town of New Scotland NOTICE IS HEREBY GIVEN that the Tentative Budget of the Town of New Scotland, for the fiscal year beginning January 1, 2006 has been completed and filed in the Office of the Town Clerk, Town Hall, Slingerlands, NY, 12159, where it is available for inspection by any interested person between 8:30 A.M.-4:00 P.M. Monday-Friday. Further notice is hereby given that the Town Board of the Town of New Scotland will meet and review the said Tentative Budget at the Town of New Scotland, 2029 New Scotland Road, Slingerlands, NY at 6:30 PM on the 5th, 18th and 19th of October 2005 and at the Wyman Osterhout Community Center, 7 Old Road, Voorheesville, NY on October 13th at 6:30 PM. The Town of New Scotland is an equal opportunity provider and employer. LD-12272 (October 5, 2005)

**LEGAL NOTICE**

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).**  
The name of the LLC is 701 TROY-SCHENECTADY ROAD ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the New York Secretary of State on September 23, 2005. 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 116 Wolf Road, Albany, New York 12205. LD-12273 (October 5, 2005)

**LEGAL NOTICE**

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).**  
The name of the LLC is

**LEGAL NOTICE**

CHEN WANG, LLC. The Articles of Organization of the LLC were filed with the New York Secretary of State on September 20, 2005. 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 Address. LD-12276 (October 5, 2005)

**LEGAL NOTICE**

**NOTICE OF BIDDERS**  
**NOTICE IS HEREBY GIVEN** that the Board of Fire Commissioners of the Elmwood Park Fire District will accept sealed bids for repair to the truck bay roof of the North Bethlehem Fire Department Firehouse. Copies of the bids and specifications may be obtained by contacting Commissioner, Charles Bender of the Elmwood Park Fire District at 589 Russell Road, Albany, New York 12203. All bids will be publically opened and read on October 17th, 2005 at 6:30 p.m. at 589 Russell Road, Albany, New York 12203. All bids must be submitted no later than 6:30 p.m. on October 17th, 2005. RESOLUTION  
**IT IS HEREBY RESOLVED**, by the Board of Fire Commissioners of the Elmwood Park Fire District at its regularly scheduled meeting on October 3rd, 2005; that WHEREAS the Fire District is charged with maintaining equipment and apparatus for the prevention and suppression of fire within the Fire District; and WHEREAS the Board of Fire Commissioners has determined that it is necessary to acquire a self contained breathing apparatus utilized by the Fire District; and WHEREAS it is estimated that the total cost of said self contained breathing apparatus fill station will be approximately \$27,000.00; it is therefore  
**RESOLVED** to transfer from the equipment reserve fund the sum of \$27,000.00 to be applied toward the purchase of an air filling apparatus;

**LEGAL NOTICE**

subject to a permissive referendum, pursuant to Section 6g of the General Municipal Law. LD-12281 (October 5, 2005)

**LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: APARTMENT MANAGEMENT COMPANY LLC.** Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/13/02. 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, P.O. Box 1644, Albany, New York 12201. Purpose: For any lawful purpose. LD-12282 (October 5, 2005)

**LEGAL NOTICE**

Notice of Formation of Red Texas Realty LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/22/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Kelly Capital Group, Inc., 4350 Executive Drive, Ste. 301, San Diego, CA 92121. Registered agent upon whom process may be served: Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206 Term: until 9/15/2030. Purpose: to buy, develop, construct, lease, finance, operate, manage, sell or refinance Lot 16 of the Bressi Ranch Corporate Center, Carlsbad, California, and related activities. LD-12285 (October 5, 2005)

**LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JOSEPH PROPERTIES LLC.** Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/12/04. 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, Post Office Box 1644, Albany, New York 12201. Purpose: For any lawful purpose. LD-12286 (October 5, 2005)

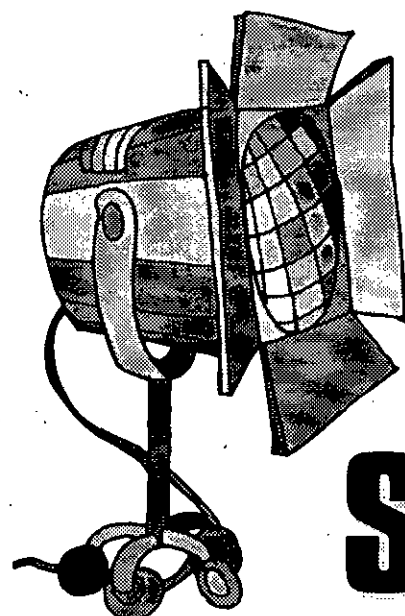
**LEGAL NOTICE**

**NOTICE FOR PUBLICATION PURSUANT TO NY LLC LAW, SECTION 206**  
Notice of formation of limited liability company; the name of the limited liability company is OUTSIDE THE BOX REALTY SOLUTIONS, LLC; The articles of organization were filed with the Secretary of State of New York (SSNY) on May 3, 2005. Office Location: Albany County. SSNY is designated as agent of the LLC upon whom process against it may be served, and the address to which SSNY shall mail a copy of any process against it served is: c/o 5 Mercer Street, Albany, NY 12202-1314. The purpose of the LLC is to engage in any lawful business permissible under the LLC law. LDG-12149 (October 5, 2005)

**LEGAL NOTICE**

Notice of Formation of 403 Manhattan Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/7/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1542 Flatbush Ave., Brooklyn, NY, 11210 Purpose: any lawful activity. LD-12181 (October 5, 2005)

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# Sports

## Lady Eagles fend off Colonie for Grout Run title

By ROB JONAS

This year's Grout Run might not have attracted a lot of teams, but the ones that came provided some exciting performances.

The tightest finish came in the girls division II race, as Bethlehem dueled a resurgent Colonie squad for the team title. Bethlehem managed to place one more runner in the top 10 than Colonie and fended off the Lady Raiders 39-43 for the championship.

"Colonie is a good team, and I knew they would be tough," said Bethlehem coach Jack Rightmyer.

"We were happy to be that

close (to Bethlehem)," said Colonie coach Frank Myers, whose team had struggled in the highly-competitive Suburban Council the last two seasons.

Scotia-Glenville's Caroline King took individual honors in division II with a time of 15:57.88 on the 2.75-mile road course through Schenectady's Central Park. Bethlehem's Kristin Kenney finished second in a time of 16:03.53, nearly a full second ahead of Colonie's Nicole Soblosky, who took third in a time of 16:04.50.

"Caroline King is a very tough track runner," Rightmyer said. "I think Kristin (Kenney) — on a full (cross country) course with hills

— can handle her, but on a short course like that, Caroline has the edge."

Kristin Peck (fourth), Shannon McCartan (eighth) and Grace Gallagher (ninth) also placed in the top 10 for Bethlehem, which entered the Grout Run down one of its top athletes.

"My third runner (Krissy Conroy); I had her take the weekend off because she has something (wrong) with her leg, and the Grout is a road race," Rightmyer said. "So, I knew it was going to be close, but fortunately we won another one."

Shannon Finnegan (seventh) and Melissa Bredice (10th) had

top-10 performances for Colonie, which has placed second in its last two invitationals.

In other girls divisions, Shaker eased past Washingtonville to take the division I team title, while Columbia defeated Queensbury and Niskayuna for the division III team title.

Shaker's Seri Gordon earned her first career invitational victory by winning the division I race in a time of 16:24.36, while teammate Sara Ochs fought off a cold to place third in a time of 16:30.61, less than five seconds behind Washingtonville's Kristin Clark.

"The kid from Washingtonville led at the two-mile mark, but if Seri (Gordon) is anywhere close to the lead, she has a strong leg

kick (to pull ahead)," said Shaker coach Marbry Gansle.

The top individual performance belonged to Bethlehem's Matt Shaffer in the boys division III race. The senior completed the course in a record time of 13:25.61, 48.5 seconds ahead of Mohonasen's Nick Grasso.

Shaffer's effort couldn't boost Bethlehem to the team title, though. Niskayuna grabbed the division III crown after its top five runners finished between seventh and 11th place. Niskayuna finished with 46 points, while Bethlehem settled for second with 63 points.

Shenendehowa won the boys division I title, and Queensbury won the boys division II crown.

### Spell

(From Page 42)

line with less than two minutes left, but on third-down-and-short, Voorheesville fumbled the ball backwards and out of bounds at Greenwich's 13. A last-ditch pass into the end zone by Catellier fell incomplete to end Voorheesville's series.

"That fumble out of bounds hurt us," Sapienza said. "We would have gone back to the I formation and tightened the formation up (from the shotgun) because it would have been fourth-and-one."

Catellier threw for 248 yards and a touchdown to lead Voorheesville's offense. Nick Duncan caught seven passes for 92 yards, and Kurt Hoffart added four receptions for 76 yards in the second half. Justin Lupien rushed for 45 yards and a touchdown, but Hognestad was limited to 29 yards before his injury.

Voorheesville can still claim the top seed for the class C playoffs by winning its last two South Division games, starting with Friday's game in Canajoharie.

"We fully plan on being in the (Section II) championship game," Sapienza said.

### Ravena rolls

In other area football action last weekend, Ravena-Coeymans-Selkirk remained undefeated after beating Hudson 48-0, while Bethlehem suffered a 40-0 road loss to Christian Brothers Academy last Friday.

RCS (5-0) had two new offensive starters after quarterback Tim Jordan and running back Ryan Cross were suspended 30 days for an undisclosed violation of school rules. The new starters, quarterback Justin Bullis and tailback Pat Filkins, picked up where Jordan and Cross left off, combining for four of the Indians' seven touchdowns.

"We knew ahead of time everything was going to go well," said RCS coach Gary VanDerzee. "We wouldn't put anyone out there who wouldn't do well."

Filkins rushed for nearly 150 yards and two touchdowns in his first start, while Bullis had touchdown passes of 50 yards to Dillon Ruxton and 26 yards to Keith Geraldson. Fullback John Lynch added a pair of 15-yard touchdown runs in the first quarter and finished with 100 rushing yards for the Indians.

Things did not go well for

Bethlehem's offense at CBA last Friday. The Eagles (3-2) gained 133 yards on the ground, but only at an average of 3.7 yards a carry, and they completed only one pass for five yards.

Bethlehem also had trouble holding on to the ball. CBA's first touchdown followed an interception by Joe Rajcak and a return to Bethlehem's 8-yard line. Two of the next three Brothers' scoring drives started on fumble recoveries inside Eagles' territory.

Ravena hosts Albany Academy Friday, while Bethlehem welcomes Columbia.

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# HIGH SCHOOL VARSITY SPORTS RESULTS FOR THE WEEK OF SEPT. 26 TO OCT. 1

## Tuesday, Sept. 27

### BOYS SOCCER

**Bethlehem 8, Averill Park 0**

Bethlehem scoring: Bryan White 2-0, Bill Barrowman 1-0, Erik Russo 1-0, Darko Knezevic 1-0, Kyle Dunlavy 1-0, Gary Bedrosian 1-0, Robin Meyers 1-0.

### GIRLS SOCCER

**Holy Names 0, Ravena 0**

Ravena saves: Elisha VanKempen 9.

**Broadalbin-Perth 1,**

**Voorheesville 1**

Voorheesville scoring: Carrie Gorke 1-0, Hayley George 0-1.

### GIRLS VOLLEYBALL

**Bethlehem 3, Guiderland 2**

Guiderland highlights: Sarah Jurczynski 7 kills; Amanda Zuspahn 7 aces.

## Wednesday, Sept. 28

### GOLF

**Voorheesville 183,**

**Waterford 226**

Voorheesville leaders: Pete Lindner 45, Mark Caserlo 45, Justin Arico 45.

### BOYS SOCCER

**Voorheesville 5,**

**Lansingburgh 1**

Voorheesville scoring: Greg Klopfer 2-0, Matt Miller 1-0, Dom Venditti 1-0, Ryan Demmitt 1-0.

### GIRLS SOCCER

**Bethlehem 1, Guiderland 0**

Bethlehem scoring: Megan Olsen 1-0.

Bethlehem saves: Nicole Volpi 2, Kiersten Swete 4.

### BOYS VOLLEYBALL

**Bethlehem 3, Niskayuna 1**

Bethlehem highlights: Will Yates 18 kills, 8 blocks, 6 aces; Zeke Kubisch 12 kills, 13 digs.

### GIRLS VOLLEYBALL

**Schalmont 3, Voorheesville 2**

Voorheesville highlights: Kathleen

Hoy 13 kills; Brigit Feeny 9 kills, 15 assists; Lauren Passerelli 37 digs, 8 service points.

## Thursday, Sept. 29

### GOLF

**Bethlehem 241,**

**Columbia 263**

Bethlehem leaders: Andrew Marler 38, Mike Mashuta 38.

### Colonial Council

#### Tournament

Team scores: Albany Academy 322, Schalmont 338, Ravena 340, Broadalbin-Perth 344, Mechanicville 345, Voorheesville 351, Cobleskill 373, Cohoes 399, Waterford 412.

Voorheesville leader: Dan Healy 84.

### GIRLS SOCCER

**Lansingburgh 4,**

**Voorheesville 3**

Voorheesville highlight: Hayley George 2 goals.

### GIRLS SWIMMING

**Shen 97, Bethlehem 84**

Bethlehem individual winners: Katie O'Donnell (200-yard individual medley), Becca Stern (50 freestyle, 100 freestyle), Elise Walsh (100 breaststroke).

### GIRLS VOLLEYBALL

**Ballston Spa 3, Bethlehem 0**

Ballston Spa highlights: Casey Wright 12 kills; Kaitlin Staulters 16 service points, 12 digs.

## Friday, Sept. 30

### FOOTBALL

**CBA 40, Bethlehem 0**

#### First quarter

CBA — Steve Scaringe 4-yard run (Ryan Kelly kick).

CBA — Scaringe 4-yard run (Kelly kick).

#### Second quarter

CBA — Jim Gaudet 1-yard run (kick failed).

CBA — Luke Weaver 20-yard pass from Gaudet (Kelly kick).

#### Third quarter

CBA — Makki Goodbee 17-yard pass from Gaudet (kick failed).

#### Fourth quarter

CBA — Joe Zappone 16-yard run (Aaron Drescher kick).

**Ravena 48, Hudson 0**

#### First quarter

RCS — John Lynch 15-yard run (Bobby Hummel kick).

RCS — Pat Filkins 12-yard run (Hummel kick).

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RCS — Lynch 15-yard run (Hummel kick).

**Second quarter**

RCS — Dillon Ruxton 50-yard run from Justin Bullis (kick failed).

**Third quarter**

RCS — Keith Geraldson 26-yard pass from Bullis (Hummel kick).

RCS — Dan McBride 35-yard interception return (Hummel kick).

**Fourth quarter**

RCS — Filkins 15-yard run (Hummel kick).

**GOLF**

**Albany Academy 169, Ravena 171**

Ravena leaders: Garrett McClusky 42, Greg Russ 42.

**Broadalbin-Perth 157, Voorheesville 158**

Voorheesville leader: Pete Lindner 38.

**Suburban Council Tournament**

Team scores: Bethlehem 319, Saratoga 319, Shen 322, Shaker 326, Guiderland 332, Niskayuna 333, Columbia 340, Averill Park 344, Ballston Spa 344, Colonie 352, Burnt Hills-Ballston Lake 361, Mohonasen 364.

Medallists: Justin Deitz (Shen) 75, Matt Canavan (Sar) 76, Mike Mashuta (BC) 77, Bob Perron (Sar) 77, Devon McLaughlin (AP) 77, Bryan Barach (Nis) 77, Mason Colling (G'land) 79, Ryan Simpson (Shen) 80, Chris Repas (Shk) 80, Andrew Marler (BC) 80, Tyler Spencer (BC) 80.

**BOYS SOCCER**

**Voorheesville 1, Albany Academy 0**

Voorheesville scoring: Greg Klopfer 1-0.

**GIRLS SOCCER**

**Bethlehem 1, Burnt Hills 0**

Bethlehem scoring: Laura Boucher 1-0, Michelle Primomo 0-1.

**BOYS VOLLEYBALL**

**Bethlehem 3, Colonie 0**

Bethlehem highlights: Zeke Kubisch 10 kills, 8 digs; Adam Nye 21 assists.

**GIRLS VOLLEYBALL**

**Ravena 3, Schalmont 0**

Ravena highlights: Cassie Volkheimer 11 kills, 7 digs; Rachel Vatalaro 11 kills, 4 aces.

**Saturday, Oct. 1**

**CROSS COUNTRY**

**Grout Run**

**Boys Division III**

Team scores: Niskayuna 46, Bethlehem 63, Middle Country 96, Mohonasen 118, Oteora 118, LaSalle 134, Columbia 134, Schenectady 177.

Top 10 individuals: Matt Shaffer (BC) 13:25.61, Nick Grasso (Mohon) 14:04.12, Matt Kaiser (Ont.) 14:13.37, Aaron Lozier (Climb) 14:17.17, Andrew Ugolino (Ont.) 14:18.36, Michael Thornton (Cohoos) 14:21.48, Nick Cioffi (Nisky) 14:30.57, Birant Akbay (Nisky) 14:33.48, Colin Niezgodka (Nisky) 14:34.12, Timothy Ryan (Nisky) 14:36.63.

**Girls Division II**

Team scores: Bethlehem 39, Colonie 43, Glens Falls 83, Oteora 117, Scotia-Glenville 134, Middle Country 150, Yorktown 169.

Top 10 individuals: Caroline King (SG) 15:57.85, Kristin Kenney (BC) 16:03.53, Nicole Soblosky (Col.) 16:04.50, Kristin Peck (BC) 16:31.79, Erin Kuhn (GF) 16:46.39, Samantha Hickock (GF) 16:52.00, Shannon Finnegan (Col.) 17:02.43, Shannon McCartan (BC) 17:02.79, Grace Gallagher (BC) 17:09.77, Melissa Breduce (Col.) 17:24.75.

**Galway Invitational**

Boys team scores: Ballston Spa 35, Mayfield 80, Granville 134, South Glens Falls 190, Catskill 204, Greenwich 209, Hudson Falls 215, Broadalbin-Perth 226, Corinth 231, Schenectady Christian 242, Albany Academy 248, Galway 289, Gloversville 353, Schoharie 438,

Middleburgh 458, Hoosic Valley 467, Ravena-Coeymans-Selkirk 468.

**FOOTBALL**

**Greenwich 19,**

**Voorheesville 12**

**First quarter**

V'ville — Justin Lupien 19-yard run (kick failed).

G'wich — Derek Sipperly 12-yard run (kick failed).

**Second quarter**

V'ville — Tim Robinson 11-yard pass from Andy Catellier (conversion run failed).

**Third quarter**

G'wich — Ryan Niles 15-yard pass from Mike Schreiner (Chris Flynn kick).

**Fourth quarter**

G'wich — Kory Darfler 40-yard run (kick failed).

**BOYS SOCCER**

**Bethlehem 2, Shaker 1**

Bethlehem scoring: Bryan White 2-0.

Shaker scoring: John Maloy 1-0, Andrew Pro 0-1.

**Schalmont 3, Ravena 1**

Ravena scoring: Bobby Hummel 1-0.

**GIRLS SOCCER**

**Holy Names 1,**

**Voorheesville 0**

Voorheesville saves: Brittany Holcomb 13.

**Schalmont 3, Ravena 2**

Ravena scoring: Jackie Levie 1-0, Ashley Wilson 1-0.

**Runners club schedules Mohawk Hudson Marathon**

The Hudson Mohawk Road Runners Club is holding its annual Mohawk Hudson River Marathon Sunday.

The 26.2-mile road race starts at 8:30 a.m. in Schenectady's Central Park and finishes near the Hudson Riverway Amphitheater in Albany's Corning Preserve.

Five hundred distance runners from the United States and Canada are expected to participate in Sunday's race.

Course records are held by

Dale Keenan (2 hours, 20:59 in 1984) and Jen Fazioli (2:47:22 in 2002). A runner establishing a new course record will receive a \$500 bonus on top of the first-place prize money.

The fourth annual Marine Corps Half Marathon will take place concurrently with the full marathon. The half marathon begins at 8:30 a.m. at Colonie Town Park.

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

**Got sports news?**

The Spotlight welcomes articles on community sports events and updates on athletes in college. Fax information to 439-0609 or e-mail Sports Editor Rob Jonas at [jonasr@spotlightnews.com](mailto:jonasr@spotlightnews.com).

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<b>VAN GOGH</b> Espresso or Mango Vodka <b>\$25.99</b> <small>750ml</small>	<b>RIUNITE</b> \$7.99 <small>1.5l</small> <b>LAMBRUSCO</b> ALL TYPES <b>YELLOW TAIL</b> \$10.99 <small>1.5l</small> <b>GLEN ELLEN</b> \$8.99 <small>1.5l</small> CHARDONNAY, MERLOT CABERNET SAUVIGNON	<b>"BIG RED WINES"</b> (all 750ml) <b>CLINE Red Truck</b> \$8.99 <b>BIG MOOSE Red</b> \$8.99 <b>FESS PARKER</b> \$8.99 <small>750ml</small> Greater Red <b>GLENORA</b> \$8.99 <small>750ml</small> Yellow Cab <b>EMERIE'S Red</b> \$4.99
<b>PLAYERS EXTREME</b> Caramel Infused or Cherry Vodka <b>\$19.99</b> <small>1.1L</small>	<b>MELINI</b> \$13.99 <small>1.5l</small> Chianti <b>\$6.99</b> <small>750ml</small>	<b>CYPRESS</b> \$8.99 <small>750ml</small> SHIRAZ, MERLOT CABERNET SAUVIGNON Easy to Open Screw Cap
<b>BLACK VELVET</b> Pilsner or Mango <b>\$16.99</b> <small>1.75l</small>	<b>SEAGRAM'S</b> \$17.99 <small>1.75l</small> 7 CROWN	<b>FOXHORN</b> \$5.99 <small>1.5l</small> CHARDONNAY, MERLOT CABERNET SAUVIGNON
<b>ABSOLUT 80°</b> \$22.99 <small>1.75l</small> VODKA	<b>WHITESIDE</b> \$17.99 <small>1.75l</small> 88.8° SCOTCH	<b>STONEHAVEN</b> \$15.99 <small>1.5l</small> Shiraz Chardonnay
<b>IMPERIAL</b> \$12.99 <small>1.75l</small>	<b>KAHLUA</b> \$22.99 <small>1.75l</small>	
<b>BEEFEATER</b> \$31.99 <small>1.75l</small>	<b>GILBEY'S</b> \$15.99 <small>1.75l</small> 80° GIN	
	<b>BELLA SERA</b> \$11.99 <small>1.5l</small> Pinot Grigio	
	<b>CORBET CANYON</b> \$9.99 <small>1.5l</small> Pinot Grigio White Zinfandel <b>2L BOX</b>	

**Bethlehem Tomboys Girls Softball League 2006 REGISTRATION**

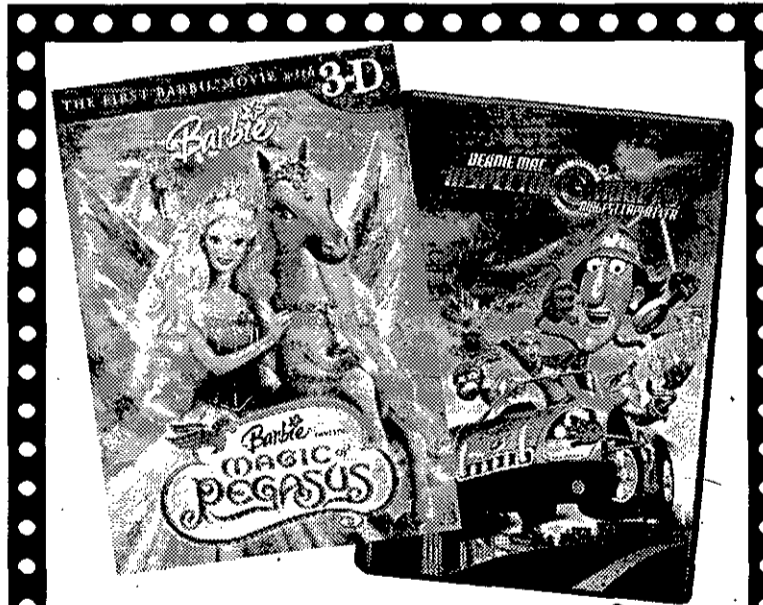
The Bethlehem Girls Softball League will hold registration for girls grades K-to 12 from 9:00 am to noon.

**Saturday, October 29th, 2005 at the Bethlehem Town Hall**

The fee for the 2006 season will be \$65.00 per child (\$30.00 each additional child).

**For information, please call Barbara Stupp 439-0904**

Registration postmarked after Dec. 15, 2005 will be subject to \$25 late fee.



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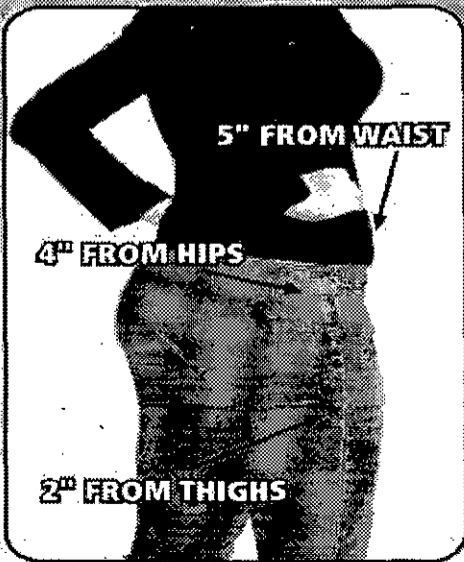
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## HIGH SCHOOL SPORTS SCHEDULE

### Wednesday, Oct. 5

#### FIELD HOCKEY

Burnt Hills-Ballston Lake at Bethlehem, 4 p.m.

#### GOLF

Bethlehem at Guilderland, 4 p.m.

#### BOYS SOCCER

Columbia at Bethlehem, 4 p.m.  
Hudson Falls at Ravena, 4 p.m.

#### GIRLS SOCCER

Schalmont at Voorheesville, 4 p.m.  
Mohonasen at Bethlehem, 7 p.m.

#### BOYS VOLLEYBALL

Saratoga at Bethlehem, 4 p.m.

#### GIRLS VOLLEYBALL

Bethlehem at Mohonasen, 6 p.m.

### Thursday, Oct. 6

#### GOLF

Bethlehem at Section II Tournament, 8 a.m.

#### GIRLS VOLLEYBALL

Cobleskill at Ravena, 4 p.m.  
Voorheesville at Cohoes, 4 p.m.

#### BOYS SOCCER

Schalmont at Voorheesville, 4:30 p.m.

#### GIRLS SWIMMING

Bethlehem at Shaker, 4:30 p.m.

### Friday, Oct. 7

#### FIELD HOCKEY

Niskayuna at Bethlehem, 4 p.m.

#### BOYS SOCCER

Bethlehem at Ballston Spa, 4 p.m.

#### GIRLS SOCCER

Bethlehem at Columbia, 4 p.m.  
Broadalbin-Perth at Ravena, 4 p.m.  
Cobleskill at Voorheesville, 4:30 p.m.

#### BOYS VOLLEYBALL

Columbia at Bethlehem, 4 p.m.

#### GIRLS VOLLEYBALL

Bethlehem at Columbia, 4 p.m.

#### FOOTBALL

Columbia at Bethlehem, 7 p.m.  
Albany Academy at Ravena, 7 p.m.  
Voorheesville at Canajoharie, 7 p.m.

### Saturday, Oct. 8

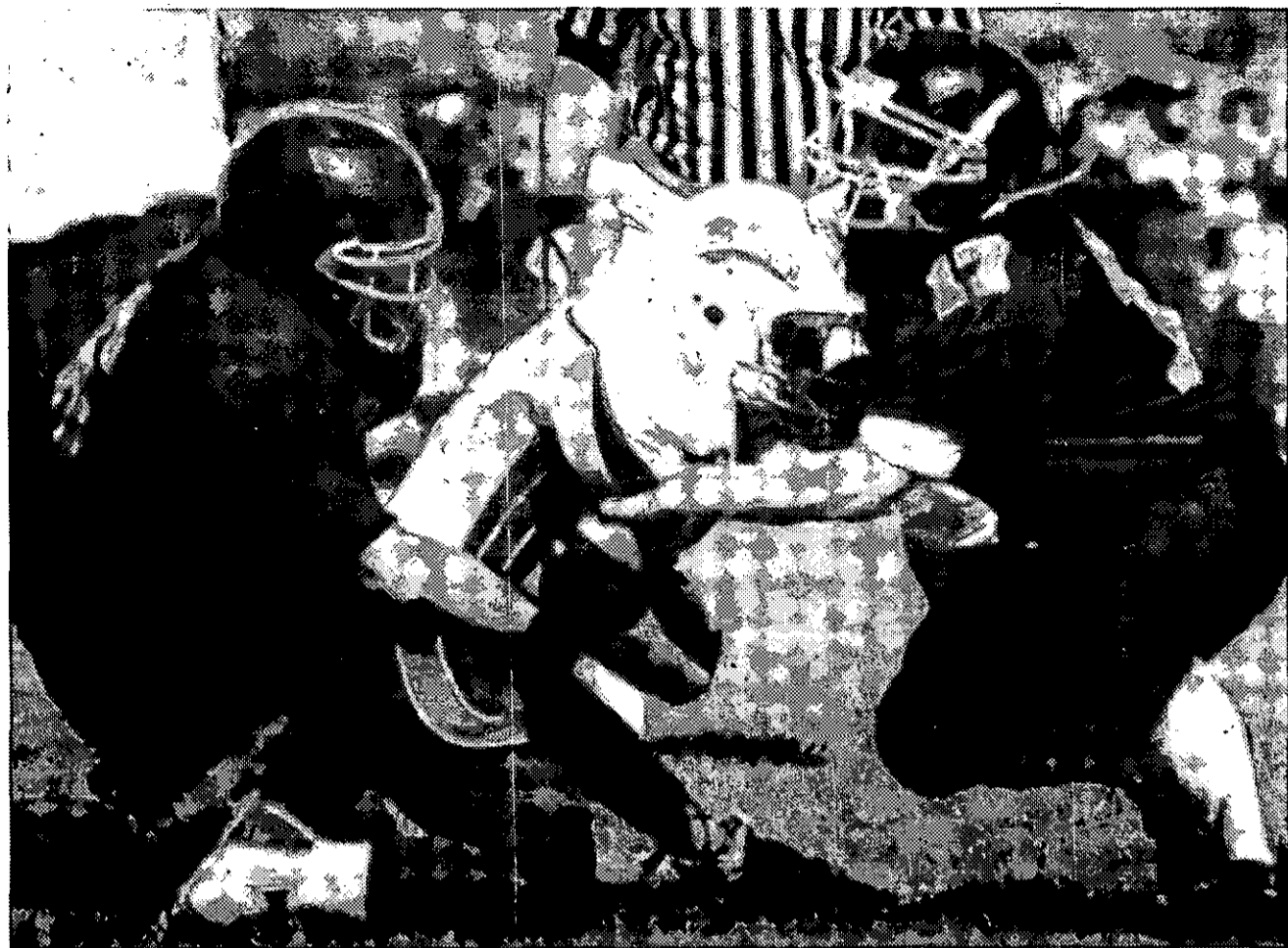
#### CROSS COUNTRY

Bethlehem at Manhattan Invitational, TBA

#### BOYS SOCCER

Cobleskill at Voorheesville, 2 p.m.  
Broadalbin-Perth at Ravena, 6 p.m.

# Sports



Voorheesville's Justin Lupien (17) and Sam Pelham team up to stop Greenwich running back Adam Beck during Saturday's class C South Division game.

Rob Jonas

## Witches put Blackbirds under a spell

### Voorheesville's running backs go nowhere in loss

By ROB JONAS

Something bad happens to the Voorheesville football team every time it lines up against Greenwich.

Suddenly, the Blackbirds can't establish a running game, and their defenders are trying to catch their breath by the middle of the third quarter.

Last Saturday was another example of Greenwich's mastery over Voorheesville. The Witches limited the Blackbirds to less than 100 rushing yards and made the necessary defensive stops in the second half to pull out a 19-12

victory in Voorheesville.

"I'm very disappointed in our lack of emotion today," said Voorheesville coach Joe Sapienza. "We prepared this week. We worked harder than we have before. And I'm not saying we didn't play hard. We played hard, but when push came to shove, they wanted it more than we did."

The Blackbirds (3-1 division, 3-2 overall) had a 12-6 halftime lead and had a chance to build on it after forcing a Greenwich turnover early in the third quarter. But quarterback Andy Catellier threw an interception at the Witches' 7-yard line to end the threat.

That proved to be the turning point of the game. Greenwich (0-4, 1-4) drove the length of the field, and quarterback Mike

Schreiner capped the series with a 15-yard touchdown pass to Ryan Niles. Chris Flynn added the extra point to put the Witches ahead 13-12.

There was more bad news for Voorheesville on that defensive series when Paul Hognestad — its leading rusher — injured himself while diving for a tackle and spent the rest of the game on the bench. Sapienza said the early prognosis was a severely sprained knee.

"P.J. (Hognestad) is the type of running back who can move the chains against a team like that," Sapienza said.

Without Hognestad, the Blackbirds hardly tried to run the ball the rest of the game. Instead, they lined up in a shotgun formation they had practiced in the event that Greenwich stopped

their running backs and tried to move the ball through the air.

"They put that eight-man front up (on the defensive line) with those big kids, and it's hard for us to move the ball," Sapienza said.

The shotgun didn't fool Greenwich, though. The Witches stopped Voorheesville's ensuing series and got the ball in good field position to start the fourth quarter. A short time later, Kory Darfler found a big hole in the middle of Voorheesville's defense and took off on a 40-yard touchdown run to give Greenwich a 19-12 lead.

Voorheesville still had a chance to tie the game late in the fourth quarter. The Blackbirds drove inside Greenwich's 10-yard

□ SPELL/page 39

## Red Sox-Yankees? Who needs them!

By ROB JONAS

*Editor's note: The following column contains sarcasm. If you don't know what sarcasm is, stop reading here.*

I'm so sick of the Boston-New York City baseball rivalry, I'm not even going to bother writing about it.

Nope. It's already been talked to death. No need for me to add my two cents.

It's not as if people around here care tremendously about either team. When they tried to announce an updated score of last Friday night's opener in Boston between the Yankees and Red Sox at the Shaker-Niskayuna football game, only a handful of people among the 1,500 or so fans actually cheered.

Of course, that probably had to do with the fact that the Red Sox were up 3-1 at the time. So few Red Sox fans live around here, it was amazing anyone applauded at all.

Not that there are a lot of Yan-

### From the sports desk...

kee fans around here, either. Why, I see more football jerseys these days than people wearing Yankees caps, Yankees shirts or driving with Yankees license plates. For the record, the most popular jersey seems to be blue, red and white with the word "Strahan" on the back.

It's so laughable that local TV stations think that sports fans around here care about the Boston-New York rivalry, too. They tried showing every highlight from the three games this weekend and pretended that other baseball teams simply did not exist, but it didn't work. I know of at least a few people who wondered why there was no highlight of Tom Glavine's complete-game performance for the New York Mets shown. What were they thinking?

This whole Yankees-Red Sox rivalry is just too played out, anyway. Who wants to hear about Babe Ruth and his curse? Babe Ruth has been dead nearly 60 years now, and the curse associated with him died last year when the Red Sox won the World Series. Let it go, people.

And without the curse, what fun is there left with the rivalry? Yankee fans can't gloat to Red Sox fans anymore because their team didn't win the World Series last year. And Boston fans can't use the "woe-is-me, look-at-who's-bullying-us-again" argument to pull others onto their side. Their team is the defending champions. They're supposed to be the bullies now, right?

Besides, there's more interesting things happening in the sports world. Notre Dame is off to a 3-1 start under Charlie Weis. The Cincinnati Bengals and Tampa Bay Buccaneers are both 4-0, while the New England Patriots are 2-2 and sinking fast. The first National Hockey League regular sea-

son games since 2004 will be played this weekend. Yes, hockey is back!

If you want to go more local, how about Friday night's football showdown with Shenendehowa and Christian Brothers Academy in Clifton Park. That's gotta be worth more ink than what was wasted on the Yankees-Red Sox series last weekend. Two undefeated class AA teams? Winner gets top seed for Section II playoffs? Come on!

But no. As far as the local sports media knows, we'd rather learn what Alex Rodriguez ate in the clubhouse before he slugged his 48<sup>th</sup> home run or hear Curt Schilling's latest rant.

Sadly, this is going to continue until one or both of these teams are eliminated from the playoffs. So, let's all root for the Chicago White Sox and Los Angeles Angels of Anaheim, Orange County, California in the American League divisional series. Who's with me?

Anyone?

## Seek

(From Page 1)

NYSERDA's attention last year when it had problems with exhaust fumes from buses which sickened several children and closed school for the day.

The fuel-saving devices are heating systems which warm all of the engine fluids without requiring the buses to idle for more than an hour each morning. Apart from maintenance expenses, the \$75,000 system is free of charge to the district.

The program is projected to save RCS thousands of gallons of diesel and gas this year, since each bus burns as much as a gallon of fuel per hour while idling to warm up during the winter. These savings could mean that some field trips or other activities that otherwise may have been cancelled will now be able to take place. The district will also save money on labor, as the new heating systems will turn on with a timer. The old system required a mechanic to start each bus every morning.

This technology means that drivers can get on the buses and immediately depart on their runs. The method uses approximately .004 gallons of diesel fuel, as opposed to one gallon with manual starting, Kreis said.

The project, the first of its kind in the region, could possibly be expanded to other districts across the state.

Even without new devices, other districts are cutting back on idling to save gas.

The North Colonie school district has stepped up its no-idling policy for its 73-vehicle bus fleet. District officials are asking drivers not to sit for extended periods of time with the buses running, in efforts to make every drop of diesel count.

Per gallon, diesel fuel has increased from an average price of \$1.40 last year, in upwards of \$2 per gallon this year. The district transports 6,000 students to eight different public schools in addition to 30 private or parochial schools throughout the 10-month school year.

Officials estimate the total mileage to ring in at 800,000 miles per year.

The South Colonie School District transports 6,467 students each year. Of its own schools, five elementary, two middle and one high school are on the sch-edule. The rest are private and parochial schools.

With two daily routes to and from school, plus field trips and sporting events, district drivers cover 836,000 miles each school year in a 78-vehicle bus fleet.

All that driving means the district uses about 10,000 gallons of diesel fuel.

North Colonie school officials are asking staff to review each field trip carefully. They have been charged with locating any alternate, closer-to-home sites that may serve the same purpose as the original destination.

On average, diesel costs to Colonie's districts will exceed an increase of \$50,000.

The Guilderland school district is looking both at its bus runs and how to make the buses more efficient in order to not pass higher costs on to taxpayers.

Christine Sagendorf, the transportation supervisor for the Guilderland School District, said the district is currently paying about \$2.06 per gallon for diesel fuel, which is up from the \$1.79 paid this time last year. The district gets a small discount for buying in bulk, but there is no limit to the amount gas suppliers can increase prices.

For the school year, 2004-05, the school district allotted \$165,000 for fuel costs alone and by the end of the year the actual amount spent was closer to \$325,000.

In spite of rising fuel costs, Neil Sanders, assistant superintendent for business, expects the transportation department and heating costs to be under budget. The cost of natural gas is locked in for two years, although those costs are expected to go up.

For the 2005-06 budget, the district allotted \$300,000 for fuel, but with the recent upward trend in prices, the budget might be exceeded again.

"If fuel prices continue to go up, we could exceed the budget," Sagendorf said. "If that happens, we will have to find the money elsewhere in the transportation budget or in the rest of the school budget."

The increase in prices might not only translate to higher taxes, but also to an increased number of children riding the bus.

"Nationally and within New York state they're saying that is one possibility, because students can't afford gas to get to school," Sagendorf said.

At the same time, she said the district is always trying to reduce the number of bus runs to reduce the strain on the budget.

"We're always trying to eliminate runs or keep runs to a minimum," she said. "All the runs are tight as it is."

She also said that the transportation department had recently received a grant to put in emission controls and catalytic converters. There was also some discussion about employing the use of clean running buses, but Sagendorf said her decision was a good one.

"I held back doing that because I wasn't confident in the buses, and now I'm glad I did that. Now everyone's buses are sitting on the lawns because they don't have any place to fill them up with natural gas."

The Bethlehem Central School District is taking a number of energy-saving measures. Its no idling policy for buses helps to conserve fuel and decrease pollution.

Steven O'Shea, assistant superintendent for business in Bethlehem, said the district has been tracking fuel costs, but until a decision is made by the board of education on the final budget and heating costs are looked at, no action will be taken.

"We expect the impact of heating costs to be much higher than bus fuel," said O'Shea. "But right now, the district is in the

process of looking at the whole picture."

O'Shea said fuel is only one area of a complete budget, and the board will be discussing fuel costs in detail throughout the year.

Bethlehem, like many districts, has worked with Energy Education, Inc. for the last three years, and O'Shea said the program has saved the district about \$300,000, or 17 percent in overall energy costs.

"They look at obvious ways to save energy, like turning off lights, to less obvious ways," he said. "It's a way to make sure our whole operation is energy efficient."

Voorheesville Central School District — which also has a no-idling policy and has yet to cut field trips — also recently hired an Energy Education, Inc., consultant to review costs and energy operations district-wide. Andrew Huth will work part-

## Pump

(From Page 1)

price increase."

Last month, Saratoga County's board of supervisors authorized spending an additional \$75,000 to pay for gasoline. The county's fleet of cars uses a total of about 130,000 gallons per year. Ritchey said he planned to ask the board of supervisors this week for an additional \$225,000

to cover the increased cost of diesel fuel. The county snow-plow trucks and heavy work vehicles consume about 200,000 gallons of diesel fuel per year.

Prices for diesel, gasoline and heating fuel are determined at the New York Mercantile Exchange, a commodities market located in the Wall Street district of New York City.

On one wide-open trading floor, hundreds of brokers bid on contracts to buy and sell fuel, and the price is determined by what the market will bear.

Brokers also bid on "futures contracts," which can also affect the wholesale price.

"Everyone is in there yelling and screaming at the market person. They're trying to figure out how to buy and sell all of these commodities," Stoodley said.

He said he monitors fuel prices on the mercantile exchange via the Internet site INO.com and tries to anticipate what the county government will need to spend to keep its plows and trucks running, its buildings heated and its police cars fueled.

Stoodley said prices can fluctuate according to world events. Hurricane Katrina has had an effect, as has the war in

time in the district for the next four years to recommend ways to save money on energy usage.

"Right now we are just beginning to look at the savings we will glean through the energy education program," said the district's Business Official Sarita Winchell. "The average savings in other schools has been between 18 to 22 percent; however, when I see natural gas prices up 150 percent, I get a little concerned."

Winchell said that the district has locked into its electrical costs for a five-year period, so she doesn't anticipate changes there.

"We are part of a very large gas buying consortium, NYSMEC (New York State Municipal Energy Purchasing Consortium), and they haven't locked in gas prices yet," Winchell said. "We buy our gas through Albany County and the prices are currently running higher than budgeted."

Iraq. But the price increases have more to do with market speculation than an actual reduction in fuel supply, Stoodley said.

"If we had real supply shortages, we would be seeing a lot more serious problems than we are," he said.

Jeffrey Wainwright, assistant transportation director at Saratoga Springs City School District, said district staff has tried to monitor the cost of natural gas, which it uses to

The Texas-based Energy Education also counts RCS as a client.

Kreis said in the next seven years, the energy educator has guaranteed a savings of \$878,000. Costs for the consultants were paid out of the school's savings.

"We have absolutely nothing to lose," said Kreis. "We're always trying to find ways to save money, particularly because of the renovations and expansions to the district."

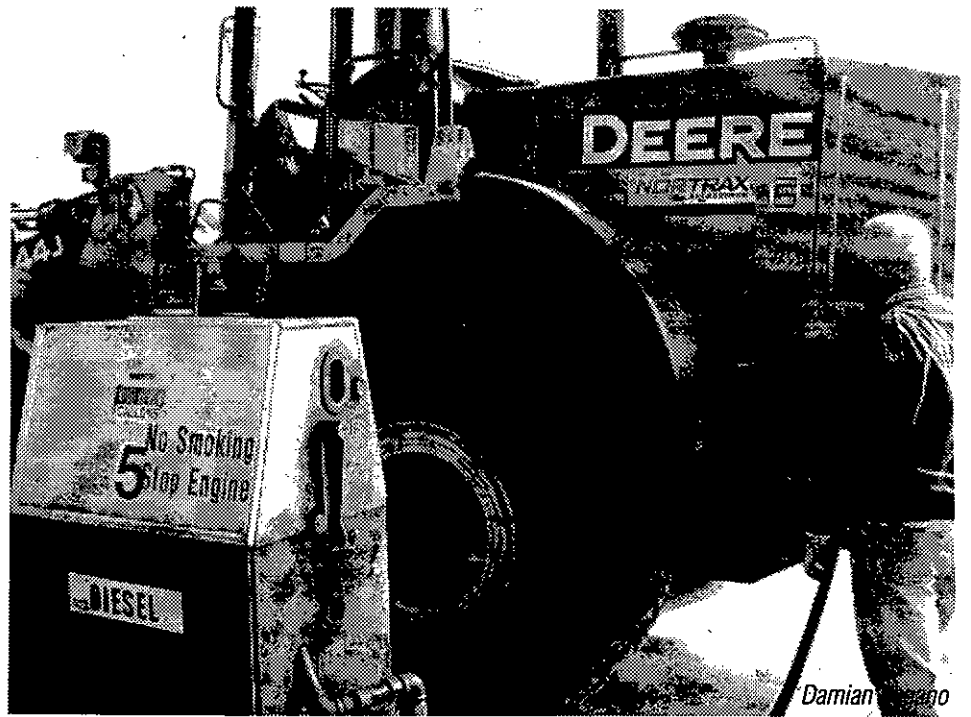
While districts can plan, there's also a certain amount of wait-and-see that goes with rising fuel costs.

"We're doing everything we can at this point, but it's a little too soon to tell," Linda Langevin, superintendent of Voorheesville Central School District said. "We'll be updating and watching this situation closely when the cold weather actually hits."

Everything is more expensive.

"I've heard that the price of chocolate bars is going to go up," said Gary Chojecki, the automotive supervisor for the Schenectady County Department of Public Works. "They need heat to melt the chocolate."

Chojecki said the public works department is preparing for winter and has paid twice what it did last year for cutting



Steve O'Brien at the Schenectady County Public Works garage in Rotterdam.

heat its buildings. The district is anticipating that it will be more expensive than usual to heat its buildings.

"Fuel prices are a concern, but we're waiting to see where the market goes before jumping to conclusions," he said. "In the meantime, we've done what we can to conserve wherever possible."

The district has not turned on the heat yet, Wainwright said, because it isn't needed yet.

The district is also trying to be more efficient with buses. It has not reduced the number of bus runs, but has taken conservation measures such as putting two sports teams on one bus during trips to athletic contests.

The increased cost for fuel has had a trickle-down effect as well, making everything more expensive.

edges for its plow trucks. The edges cost about \$60 last year and more than \$120 this year, he said. Tires are more expensive, as are automotive components.

"It's just out of control," Chojecki said. "Everything is going to be affected. Everything."

### Letters policy

The Spotlight welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length. All letters must include the writer's name, address and phone number.

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



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Specialty: Stroke, Neurocritical Care

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