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Spotlight

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VOLUME L NUMBER 1 75¢ JANUARY 4, 2006



Swearing in

Theresa Egan takes the oath of office for her second year as Bethlehem's town supervisor.

Accompanied by Kyle Kotary and Melissa Egan, Egan will head the first all-Democrat and independent board.

See photos on Page 3.



Beat the winter blues

It's only January, but the New York State Museum has a plan to prevent cabin fever this winter. During the first weekend of every month, the museum offers a number of activities to let families stay warm but still have some adventure.

See story on Page 22.



BC Boys Basketball

The Bethlehem boys basketball team has been mimicking the weather. One week the Eagles are red hot, and the next they're ice cold.

See story on Page 32.

2005: Year in Review

By STEPHANIE LUBIS

This is the second part of The Spotlight's wrap-up of this year's events. The first part, covering January through June, ran in the Dec. 28 edition of the paper.

July

• Delmar's first murder in 13 years is successfully closed with a guilty verdict. Eric Westervelt pleads guilty to second-degree murder for his hand in the death of 28-year-old Timothy Gray in October 2004. The murder weapon was described as a wooden, souvenir type tomahawk hatchet, and despite the lack of DNA evidence, Westervelt confessed to the crime.

• After a three-year conversion process, town, local and state government officials get a bird's-eye view of the new Bethlehem Energy Center, a 750-megawatt natural gas-fired power plant which began business this week. The facility is touted as being the first project in the Hudson Valley that successfully transforms an old power plant into a new, clean, state-of-the-art energy efficient power source.

• The Bethlehem Central board of education elects Richard Svenson as president, replacing Robin Storey, who served as president of the board for two years. Stuart Lyman is elected vice-president at the organizational meeting.

• In the RCS school district, a new principal's position is created when the state determines that the fifth grade is a mid-level grade. Claudia Verga, a Delmar resident who has taught kindergarten, fourth and sixth grades, began her tenure as principal and will bridge the gap between fifth grade at the elementary school, and sixth grade, which is middle school.

• Money magazine ranks Delmar No. 22 out of the top 100 towns and cities across America and the No. 1 in New York. That ranking is based on household income, education, air quality, arts and culture, golf courses, museums and libraries.

• The town of Bethlehem continues to grapple with details surrounding the comprehensive plan, and the town board faces criticism at moving up the hearing process of the plan, with some residents concerned that the time frame

offered to review the plan is not enough. The hearing is moved up due to regulations with the state environmental quality review process timelines.

• An application filed by Lafarge Building Materials Inc. to burn 4.8 million tires for fuel at its Ravena plant is deemed complete by the Department of Environmental Conservation, propelling the process into a public review and comment period.

August

• After much anticipation, the town learns that it will receive a \$40,000 state grant to develop a plan for the riverfront, an area identified throughout the comprehensive planning process as an untapped asset in the town.

• The Bethlehem YMCA, open since October 2004, looks to raise \$2 million for construction and renovations. Overall costs of the renovations are expected to be about \$7 million, and the Y is relying on a capital campaign to raise the rest of the money. Planned renovations include two new swimming pools, a basketball court, indoor track, more workout rooms, and expanded locker and changing room facilities.

• Test scores on the state-wide English Language Arts test given to fourth graders propel Clarksville Elementary School into one of the top 100 most-improved schools on that assessment test.

• Friends of Hudson, a grassroots environmental group, continues to examine the proposal from Lafarge Building Materials Inc. to burn 4.8 million tires per year for fuel. The group's primary concerns with the proposal are the safety of burning whole tires and the numerous violations Lafarge has received in the last three years, which representatives of Lafarge said could have been easily misinterpreted. Lafarge representatives maintain that tire burning is safe.

• After a month of investigation into more than 30 incidents of vandalism, the Bethlehem Police Department arrests four individuals on charges of felony criminal mischief.

• After 14 months of work, Bethlehem's comprehensive

□ Year Page 13



Winter whips up local economy

By DAMIAN PAGANO

If it weren't for winter, the rough rock gray wacke, which comes from local mines, might not be a sought-after commodity.

If it weren't for winter, the mechanics at Gil's Garage in Ballston might not change as many tires or replace as many car batteries as they do.

If it weren't for winter, New York's ski resorts would not be, collectively, a \$1 billion per year industry.

If it weren't for winter, the local economy would be much different.

"It is far reaching," local economist Kevin Decker said of the economic impact that the winter season has on the Capital District. "If you really thought about this, winter could get very expensive."

The season that usually sets locals to grumbling brings with it a flurry of expenses that rise when the temperature drops and the snow and ice fall: snow tires and snow blowers; warm coats and sweaters; heating bills and the cost of road repairs,

among them. It is probably impossible to gauge the total amount that winter is worth, Decker said, "but it's a safe bet that it's not as expensive as a hurricane or day after day of wild fires."

Car repairs

The economic impact of winter can be found every day at Marshall's Transportation Center in Ravena, where the auto body repair shop is in the midst of its busy season.

"This is prime time," Marshall's Marketing Director Terry Hopkins said. "Between deer collisions and the fender benders because of icy roads, the body shop is typically very busy during the winter."

The rock that keeps us rollin'

Auto body shops would be even busier if it weren't for gray wacke, pronounced "wack-uh."

Callanan Industries' gray wacke mines in Rensselaer County flourish because of winter. Gray wacke is a coarse mineral that is used to make asphalt. It is prized for its grit, which helps keep traction on

□ Back Page 12

Winter driving tips

By MARTY BANNAN

bannanm@spotlightnews.com

Freezing temperatures, slick roads and mountains of snow make staying home the cozy and safe option. After all, with the holidays out of the way, it's hard to imagine what could be better than relaxing with a cup of hot chocolate, listening to music, watching the playoffs, TV or a movie as the snow flies outside.

In the real world, however, there are always things to do and places to go, even in the winter.

Winter can be serious business, especially during storms and cold snaps, so caution dictates that Capital District drivers be prepared.

The first step is making sure your vehicle is winter ready, something you should have done in November, but if not, there's no time like the present. Take it from Tammy Melo, public relations manager at Hudson Valley AAA.

"Always prepare your

□ Driving Page 12



Police Blotter

Kutey commits suicide in county jail

By GRAHAM S. PARKER

A 28-year-old inmate of the Albany County jail committed suicide by tying a plastic bag over his head. He had been sentenced eight days earlier to serve 16 years in state prison.

Corrections officers found Jason D. Kutey, of 34 Dussault Drive in Latham dead in his cell bed at 10:30 a.m. on Wednesday, Dec. 28, according to Albany County Sheriff James L. Campbell.

He was awaiting transportation to state prison to serve out his term after being found guilty of kidnapping his ex-girlfriend in May and again in June.

While conducting a head count of inmates in the jail tier, a corrections officer entered Kutey's cell after he failed to present himself for the count. He was lying in bed with a blanket over his head, according to a sheriff's department written statement.

The officer pulled back the blanket and discovered a plastic bag over Kutey's head which had been fastened with socks, read

the statement.

Medical staff of the jail responded and administered CPR.

County Coroner Philip Furie pronounced Kutey dead at the scene. Kutey's body was transported to Albany Medical Center where an autopsy will be performed.

The sheriff's department is conducting an investigation.

"The investigation is to make sure that all procedures were followed," said Campbell. "We are interviewing other inmates to find anything we can."

The sheriff's department conducts investigations into deaths at the jail. The state Commission of Corrections oversees each investigation, said Campbell.

The last suicide at the jail was in June. Before that, the last suicide was committed in November of 2003, Campbell said.

Kutey pled guilty in October to charges that he entered the home of his 19-year-old ex-girlfriend's boyfriend's Guilderland home in

June and held her hostage at gunpoint.

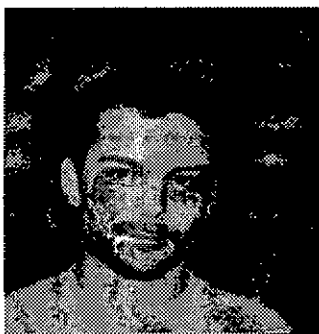
The incident led to an over two-hour standoff with police. At the time, Kutey was out on bail facing kidnapping charges out of Colonie. He had failed to appear in Colonie Town Court the

morning of the standoff.

Colonie Police arrested Kutey on May 18 on kidnapping charges after he abducted his ex-girlfriend in an attempt to re-establish their broken relationship.

After luring her to Latham Farms with a false story, Kutey

handcuffed himself to the woman and headed north. He held her overnight at a Lake Placid house before bringing her back to Latham the next day. Police were contacted shortly after. Kutey turned himself in to police without incident.



Jason Kutey

Police arrest six last week

Police last week arrested six last week for various charges.

Dawn Spooner, 32, of 8 Second Ave., Shirley McCall, 40, of 14 Leonard Place, and Keiaundra Worsham, 23, of 323 Livingston Ave., were arrested on Dec. 23. Police said that Spooner, an employee at Price Chopper, had not rung up \$45.55 worth of items during a transaction for Worsham and Place, also Price Chopper employees. All three were arrested for petit larceny and conspiracy, both misdemeanors.

Dawn Canuteson, 28, of 60 Hoffman Ave., Albany, was arrested on Saturday, Dec. 24 after police were called to Wal-Mart by the store's loss prevention associates. According to police, Canuteson stole 12 DVDs with a value of \$166.53, and was arrested for misdemeanor petit larceny.

Christopher Sanchez, Jr., 26, of 3545 Carman Road, Schenectady,

and Vivian Enid Cassanova, 32, of 60 Division St., Amsterdam, were arrested on Monday, Dec. 26 after police stopped their vehicle for having an inadequate exhaust system. Upon interviewing the occupants, police said the driver gave police a name, but did not have identification. A file check failed to turn up a license, so Sanchez gave police a second name. The passenger in the vehicle initially said he was her brother, then her father. Police advised her that providing false information is an arrestable offense, at which time she identified the driver as her boyfriend. A file check under his real name revealed a suspended privilege to drive in New York and no New York driver's license.

According to police, they then noticed a large plastic tote full of baby formula in the back of the vehicle and other merchandise and Cassanova admitted to

stealing it to sell for drugs.

Cassanova was arrested for misdemeanor criminal possession of stolen property. Sanchez was arrested for second-degree criminal impersonation, fifth-degree criminal possession of stolen property, and third-degree aggravated unlicensed operation of a vehicle, all misdemeanors.

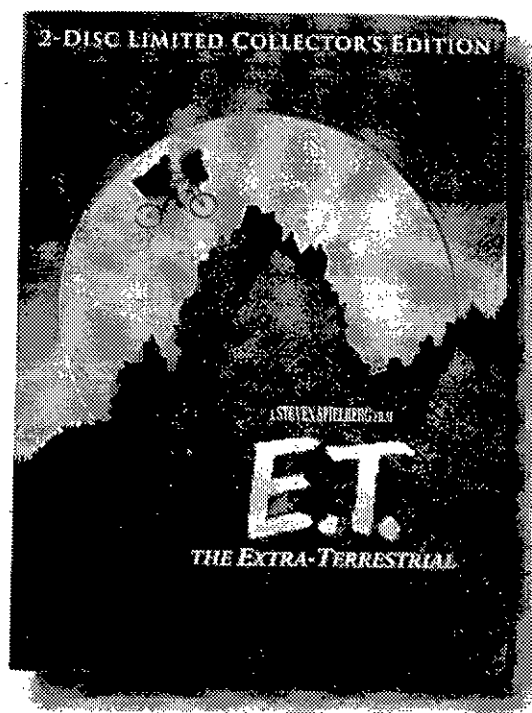
Sara Beth Fedele, 26, of 1614 Washington Ave., Albany, was arrested on Sunday, Dec. 26 at the intersection of State Route 85 and 140 just after 11 p.m. Police said she was stopped after driving past the white stop line and failing to signal a turn. Police also said she admitted to drinking wine earlier in the night.

She failed subsequent field sobriety tests and was arrested for misdemeanor DWI.

E-mail letters to
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2



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Lenhardt, Marcelle bid farewell to board

Changing demographic caused ouster, Lenhardt says

By GRAHAM S. PARKER

Making the last of their motions, appointments and approvals, Republican town board members George Lenhardt and Thomas Marcelle departed with thanks and words of regret from constituents and colleagues at their last meeting.

Democrats Kyle Kotary and Sam Messina won the majority vote in November's election and will attend their first board meeting on Jan. 11. Marcelle and Lenhardt

thanked the town for the opportunity to serve, and wished the board and members-elect the best in 2006.

"This one is met with some sadness," said Supervisor Theresa Egan of the last board meeting of the year. "I want to extend my personal thanks to both of you. We couldn't have done what we did without your help."

The board, absent member Daniel Plummer, presented Marcelle and Lenhardt with a reading into the minutes which praised their merit and distinguished service on behalf of the town.

To honor Lenhardt's 12 years as a board member Egan declared Saturday, Dec. 31, as George Lenhardt Day in the town.

"I guess 12 years is a long time but it didn't seem that long," said Lenhardt. "I tried to do my best and obviously it fell short this year."

The two incumbents fell to a growing Democratic presence in Bethlehem that began with Supervisor Theresa Egan's election in 2003. Marcelle and Lenhardt credit the power shift to a sudden, and growing, Democratic demographic in the town.

Marcelle dropped out of the race for town board after he was nominated to run in November's state Supreme Court justice race. He lost that election.

Lenhardt, who had planned on serving one more term before stepping down on his own terms, lost by 217 votes in favor of the Democratic line, he said.

Both men said that aspirations to

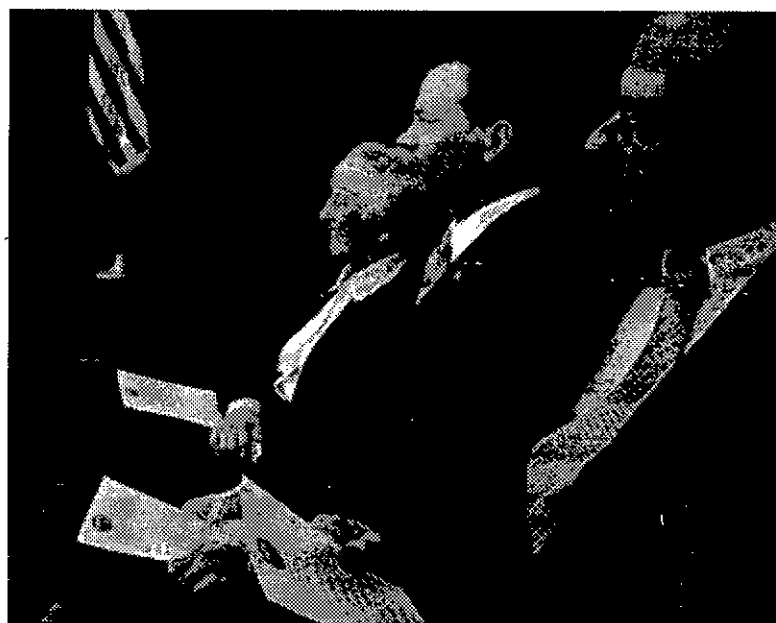
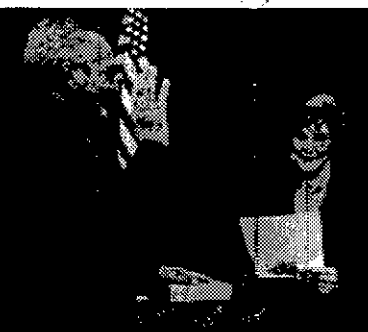
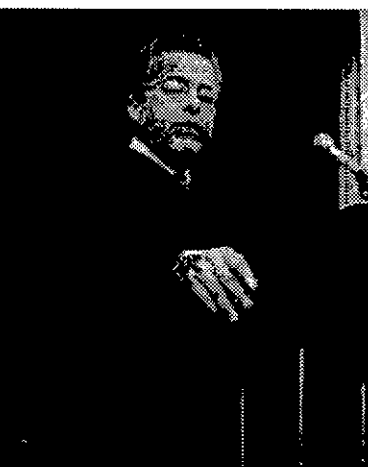
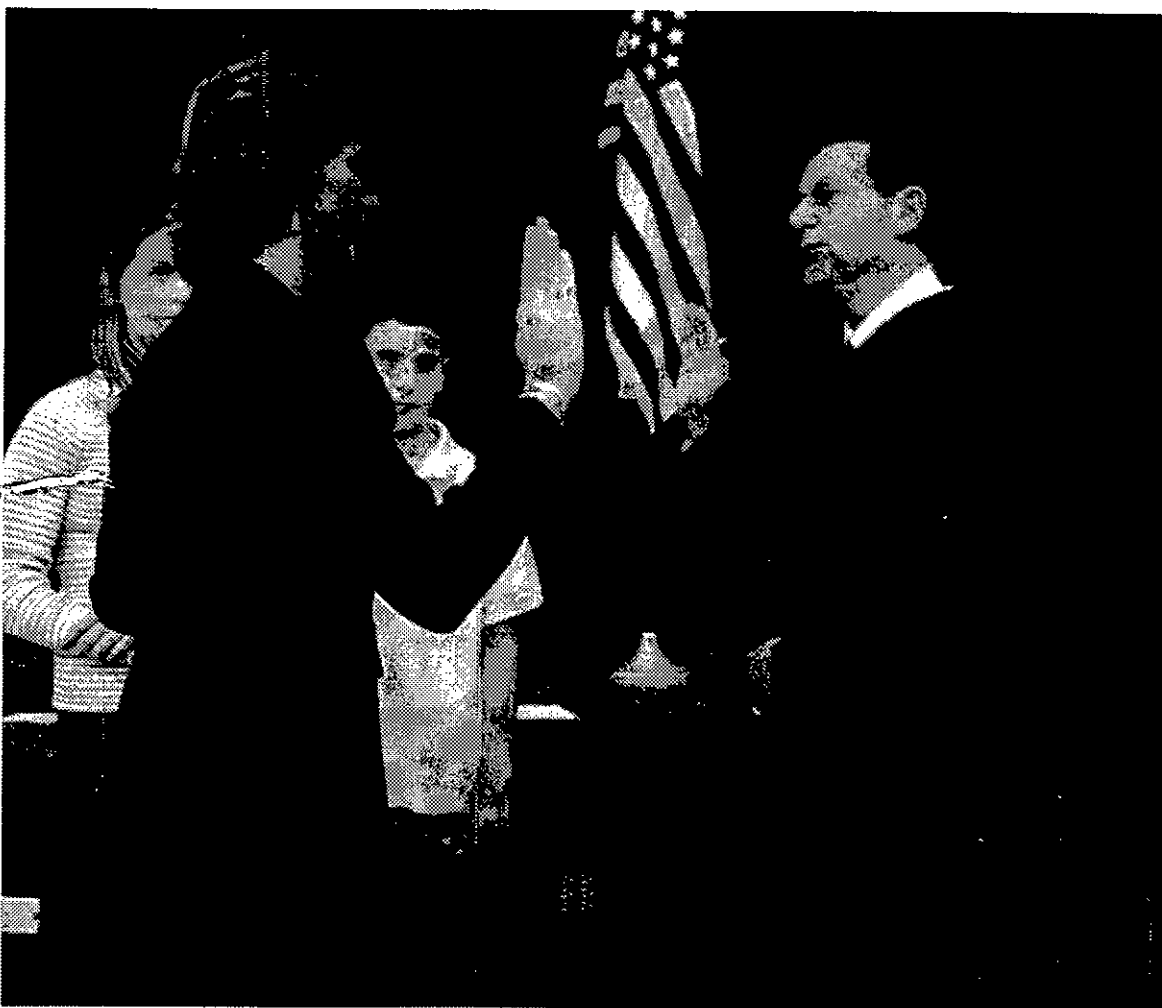
public offices are out of the question...for now. Marcelle may reconsider another bid for a seat, but not until the youngest of his three children graduates from college, he joked.

Lenhardt said that to seek another term in public office would be foolish.

"Here I was an incumbent in an election that really didn't have any issues," he said. "The demographics in the town have changed and my loss is a result of those changes."

Marcelle has no hard feelings and said he was glad to have done some things in the town that he had wanted to do. Both members played key roles in finalizing and implementing the town's comprehensive plan. They both urged the newly elected Democrats to abide by its recommendations and act in the best interest of the town.

It's official



Clockwise from top: Justice Joseph Teresi swears in Town Supervisor Theresa Egan for her second term. Town Clerk Kathy Newkirk, left, and new board members Kyle Kotary, center, and Sam Messina, right, watch the proceedings. Egan swears in Highway Superintendent Gregg Sagendorph. Town Justice Frank Milano addresses the audience.

Graham Parker

Store meeting adoption goals for challenged animals

By STEPHANIE LUBIS

Newborn kittens and puppies are adorable, everyone can agree. But what about animals with deformities, medical problems or who are considered too old to be good adoption candidates?

No problem for L.C. Smith,



As well as being a full-service pet store, L.C. Smith, also hosts regular pet adoption clinics for cats, dogs and other animals.

a pet store on Delaware Avenue in Delmar. As well as being a full service pet store, it also hosts regular pet adoption clinics for cats, dogs and other animals.

Terry LaMay, who took over

the business in 1997, said the store works regularly with animal groups. Rescue groups for dogs such as Homeward Bound and Peppertree Rescue bring dogs to adoption clinics hosted by the store and a close relationship with Whiskers helps many cats get placed in loving homes.

"We seem to be so successful with cats you'd think no one would want," said LaMay. "Our customers are great."

Recently, a 12-year-old cat with no teeth was adopted, and La May said there is no problem getting people to take the cats with deformities.

"They all get adopted out," she said.

Some customers help out by donating blankets, bed sheets,

towels, beds and pillows to make the animals more comfortable. Others donate their time. Still others come to the store for their "kitty fix."

"One customer came in on her lunch break, was having a bad day, and pulled up a chair and played with one of the kittens for a half an hour," said Lisa Newfrock, manager of the store.

A good home is important. Potential pet owners are screened carefully to ensure a compatible match. Most people interested in a pet come to the store on several occasions to bond with the animal before taking it home, which reduces the shock to the animal.

"We talk and listen to the customer, ask what other animals they may have, and if we don't think it will be a good environment for the animal, then it doesn't leave," said Newfrock.

Currently the store has a few litters of kittens, most of which are already spoken for. Most of the kittens are received through Whiskers, and every cat that leaves the store is tested for feline AIDS and feline leukemia. They are also neutered and have all of their shots before they are allowed to leave for a new home.

LaMay expects some older cats in the next month or two. Most of the kittens come in the spring, during the mating season. Adoptions are held whenever the kittens are ready to go.

In addition to adoptions, L.C. Smith offers grooming, self bathing, obedience training, doggy day care and a store fully stocked with pet supplies. Pets are also welcome to come in the store with their owners as long as they are leashed.

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Dreaming of a new lifestyle in a new year

By KATHERINE MCCARTHY

Commentary:

Mom's The Word



On a semi-regular but not frequent enough basis, I have lunch or dinner with a college friend. She's thin and blonde and currently in a great job; in spite of all that, I like her well enough to do a little shopping with her before or after we eat.

"Don't you sometimes wish you could just enter a store and live that lifestyle?" Kristen asked as we recently poked through the clothes at Talbot's in Stuyvesant Plaza.

She may have been thinking country clubs, executive meetings with financiers, summer lunch parties; I grinned.

"Sure," I said, "but the kind of person I want to be is an EMS person."

I love to handle the ropes there and imagine I'm the kind of person who would climb a cliff face. It's fun to check out all the sweat-wicking lycra-kind of fabrics and imagine, that I could ever a) be fit enough to look good in such clingy clothing; and b) work up enough of a sweat to need clothes that can wick it away.

The tents and big backpacks call to me. "Fill us with miniature stoves and water filtration systems; then carry us into the wilderness for days on end," they seem to cry.

They are echoing Cormac's recent wish. The 13-year-old who invited friends over for a day and night so they could watch all six Star Wars movies (they made it through the second one before they bailed, realizing that the idea was better in concept than reality), wants to wander into the woods, pitch a tent, then explore for a few days from there. We'll bring fishing poles so we can live off the land, he says, and plenty of water bottles and dehydrated food just in case.

I love this idea: who wouldn't want to escape the real world for a few days? How great it would be to be one with nature for a space of time; no TV, no cell phones, no e-mail.

We've taken a few steps toward this great expedition — we've been car camping; with my brother-in-law leading the charge, we hiked a hill to camp at a DEC-approved spot on a lake, where there was a fire ring complete with grill to cook not the fish we caught, but the corned beef hash we carried.

It was a good first start for Cormac, and now I spend time

combing through Adirondack Mountain Club guidebooks and copies of The Adirondack Explorer seeking easily reachable destinations that might have a spot to pitch a tent that would meet Cormac's definition of wilderness.

And we go to EMS, and Dick's Sporting Goods, and Kmart's outdoor section, and thumb through the Campmor catalogues that have appeared from nowhere. One of the Boy Scout troops in our town holds a sportmart every autumn; at it, Cormac got a used frame backpack to carry the stuff he will need to get properly lost.

It's funny when dreams hit reality. We wanted to do the wilderness hike last summer, but the precious commodity of summer weekends got all booked up. I did get the family up a couple of good hills in the late spring. Hiking Pilot Knob near Lake George was gorgeous — especially when we got to the gazebo with the drop-dead gorgeous views of the lake and surrounding mountains.

But gorgeous has its limits.

"Shall we hike on to the water fall?" I asked when we'd finished our ham and cheese sandwiches.

"Sure!" Cormac said, but his brother knew better. "How far is it?" asked the ever-contemplative 15-year-old in our family.

"Just as far again as we've come," I said, and it only took a second for the boys to decide that the only other mile they wanted to hike that day was back down to the car.

Our hike up Spruce Mountain was less successful. Two straight miles up, hot and buggy, no view, but a cool fire tower at the top. I tried to be The Great Motivator on the way up, and remembered a tip from another friend who hikes regularly with her kids, and got both boys reciting lines from Monty Python skits. Being the minister of funny walks was good for a few minutes; and it made the other hikers look at us strangely, which is always worth a bit of bizarre behavior.

"So, honey," I asked Cormac

after that hike, "what do you think a wilderness hike will be like when we have to carry lots of stuff?"

"Well," he said breezily, "I'll have a frame backpack so it won't feel so heavy. Also, let's hike someplace flat so it's not so exhausting."

Hmmmm — am I wrong in thinking I need to go up to get away? That's become one of my winter projects, finding a place for next summer's wilderness hike. We've got the date on the calendar, and the expert brother-in-law tentatively signed up.

Which leaves lots of time to dedicate to this winter's project: getting in shape for the wilderness hike. Because as much "dream time" as I spend at EMS, I spend that much more at a desk during the day and catching episodes of "Gray's Anatomy" and "ER" in the evenings. The routine of school nights is one not to be messed with: dinner, homework, baths and bedtime. Even with teenage boys who are good students and do their work pretty independently, there's still the need for a little parental guidance.

How do mothers fare when their kids go off to college? I imagine that I'll be phoning the dorm at 7 p.m. every evening with a line of questioning. "Have you started your homework? Have you checked the Web site to make sure you got all your assignments? No, I don't think you should read the same book for your science project that you did for your English project. OK, don't forget to brush your teeth before you go to bed. Did you pack your backpack?" Maybe I'll just send a tape recording of my voice with them and save on the long distance bills. Although there could be some fun new technology for staying in touch then — those telephones that people wear clipped to their ears will perhaps evolve so that I can just send them a message they can't block that kicks in when they finish their dinner every evening.

But dreaming of technology

won't get me in shape for wilderness hikes. The boys are young and fit — even if they're not the sort of athletic machines who welcome any sort of outdoor activity. They can hike long distances with only grumpiness. But I need to pull in the exercise bike that Cormac dragged home from the curb of a moving neighbor's home, which has taken up residence on our front porch since last spring, and spin its wheels once in a while, or give in to the dog's pleading eyes and take her out in the evening air for a long stretch of the legs.

It is a new year, and maybe fitness should be the one resolution I make — again. Already, the resolution list is long enough that I feel defeated. Organize the small room off our bedroom that made me want to buy this house because it was clearly a place where I could write The Great American Novel; clean out the boys' closet so we can move the toys from the playroom into it; clear out my closets; get last year's pictures into a photo album; the list is so boring, it makes me fall asleep.

New Year's resolutions are funny that way. They're kind of like entering stores and hoping that we suddenly lead the lifestyle being sold there. With an organized front room, I could become a Pulitzer-prize winner. With toys neatly arranged in a closet, our playroom could become a cozy den where the family eats healthy snacks and never watches cartoons or sitcoms, enriching our minds instead with Discovery, the Nature Channel, and National Geographic's offerings.

While using the exercise bicycle pulled in from the front porch, I could read all my guidebooks, and when summer comes, I could head for the wilderness with my children.

But first, let's head for virtual wilderness, in as-yet-unexplored territory.

"Hey, Cormac, look, the LL Bean outdoor catalogue is here."

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 graves@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

Albany Almanac

Record high/low/year

AVERAGE HIGH 31°	AVERAGE LOW 14°
Day	High/Year Low/Year
Wednesday, January 4	64°/1950 -15°/1904
Thursday, January 5	64°/1950 -24°/1904
Friday, January 6	60°/1929 -19°/1996
Saturday, January 7	56°/1915 -12°/1878
Sunday, January 8	57°/1930 -18°/1878
Monday, January 9	59°/1978 -20°/1968
Tuesday, January 10	53°/1939 -13°/1968

SEASONAL SNOWFALL TO DATE
7.9 inches as of Friday, December 30th
9.2 inches below average

This week in weather

January 4, 1981 following a frigid Christmas, another cold snap brought temps of -13 to Albany, -27 to Burlington and -42 to Old Forge.
January 7, 1996 the "Blizzard of '96" brought a record 31" of snow to Philadelphia and 2 ft to New York City.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	7:25am	4:35pm
Thursday	7:25am	4:36pm
Friday	7:25am	4:37pm
Saturday	7:25am	4:38pm
Sunday	7:25am	4:39pm
Monday	7:25am	4:40pm
Tuesday	7:24am	4:41pm

Moon Phases

January 6 th	January 14 th
First	Full

Planets	When	Where
Jupiter	By Dawn	Bright SE
Saturn	Evening	ENE to E
Mars	Evening	High South
Venus	Dusk	Low SW



TIME WARNER CABLE

Ski Report

Area Ski Conditions

Resort	Base Depth	Lifts	Trails	Resort	Base Depth	Lifts	Trails
Gore Mtn.	21" - 44"	10	37	Stratton	25" - 37"	14	74
Whiteface	23" - 37"	9	54	Sugarbush	4" - 28"	14	88
Bromley	15" - 33"	9	27	Hunter Mtn.	26" - 90"	11	50
Mt. Snow	14" - 24"	14	60	Belleayre	36" - 60"	8	35
Okemo	18" - 32"	18	96	Jiminy Peak	16" - 50"	7	31
Jay Peak	12" - 48"	8	67	Willard Mtn.	10" - 22"	4	9
Stowe	24" - 36"	12	36	Windham	12" - 45"	8	26
Killington	20" - 30"	20	136	Smugglers'	10" - 41"	8	56

Factoid

On December 30th, Tropical Storm Zeta formed in the eastern Atlantic. It was the 27th named storm of the record 2005 season and the 6th Greek letter storm.

Tides at Albany

Day	High	Low
Wednesday	8:03am, 8:24pm	2:26am, 2:43pm
Thursday	8:59am, 9:19pm	3:16am, 3:42pm
Friday	9:57am, 10:17pm	4:08am, 4:42pm
Saturday	10:56am, 11:19pm	5:01am, 5:44pm
Sunday	11:56am, -----	5:56am, 6:44pm
Monday	12:22am, 12:55pm	6:52am, 7:43pm
Tuesday	1:24am, 1:51pm	7:46am, 8:38pm



Delmar fitness center to change owners

Health and Fitness to become Planet Fitness

By STEPHANIE LUBIS

Mike Mashuta has spent half of his life in the fitness business.

For 26 years he has been a personal trainer and owned two gyms. He owned and operated Mike Mashuta's Training Center next to Delaware Plaza from 1985 to 1999, and opened Delmar Health and Fitness in 1999.

As of New Year's Day, Delmar Health and Fitness is no more.

Planet Fitness recently bought Mashuta's business, which will allow Mashuta to concentrate on exercise, which he loves most. He will continue to be a personal trainer at the facility.

"This is a great opportunity for me to merge with a very successful entrepreneur," said Mashuta of his longtime friend, Dave Leon, who owns and operates Planet Fitness franchises in Rotterdam and Loudonville and who purchased Mashuta's business.

Planet Fitness will stay at the Hudson Avenue location, and

construction of about \$1 million in upgrades and renovations will begin soon. New and better equipment will be part of the renovation plans, as well as a larger space. Along with better equipment, the new facility will also offer a tanning salon, and the overall cost of membership will be reduced to \$20 per month, from the current rate of \$45 per month.

"Planet Fitness was able to recapitalize, and do what I was not able to do in order to offer a lower cost membership," said Mashuta. "They have a great track record for being successful."

The new location will also be something of a showcase for the franchise, Mashuta said, because it is in the Capital District. They are also looking at the possibility of being a 24-hour a day facility.

Currently, Delmar Health and Fitness has about 1,000 members, who will all be taken care of, Mashuta said. All

members who are still under contract will be offered a new contract at the lower cost, and those who do not wish to remain members will be refunded. Also, the fitness center will be open during construction.

One thing that some current members may not like is the discontinuation of the aerobics program.

"About five to 10 percent of our members were involved in that program, and

those people will be most disoriented by the change," he said.

Mashuta contacted Deb Schwager and Judy Torel, both of whom worked for the Sweatshop Extension, and they will be offering aerobics classes at their facility next to the Westgate Plaza. Members who wish to continue with aerobics will get three free visits and will then be charged \$25 per month for unlimited aerobics. While Mashuta admits there is some

"This is a great opportunity for me to merge with a very successful entrepreneur."

Mike Mashuta

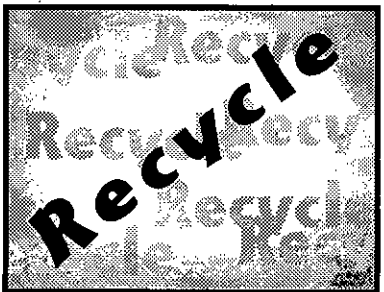


Delmar Health and Fitness

traveling involved, he said he went out of his way to try and please everyone.

"The instructors are extremely well qualified, and the cost will be

the same as before," he said. "There will also be a more extensive training schedule. I wanted to make sure everyone involved had a place to go."



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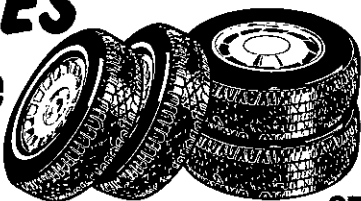
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Matters of Opinion *in the* Spotlight

Dreams for '06

Some hopes and dreams for 2006.

- Peace on Earth
 - A calmer Mother Nature that spares human life the ravages of the likes of Hurricane Katrina
 - Sensible decisions by lawmakers
 - Less political correctness
 - More common sense and courtesy
 - More books like the Harry Potter series to engage children in reading
 - Less reliance on the Internet as a true source — it's often unreliable
 - Good health and less interference by HMOs
 - Not just dieting but keeping weight off
 - More appropriate role models for our kids
 - Eradicating homelessness
 - No child should be left hungry at the end of any day.
 - Less reliance on standardized state tests to rate our children
 - More respect and aid for our senior citizens. They should be able to live in their communities in affordable housing
 - Peace and stability on our personal lives
 - Fewer professional athletes getting into trouble with the law or their mouths
 - Greater tolerance and diversity in our communities and our schools
 - The ability to be satisfied with what we have in life and to not look anxiously at what we don't have
 - More appreciation and respect for nature so as not to become colorless communities without character
 - Being more generous with ourselves and our time
 - The ability to discern what's important and what's not
 - Keeping a sense of humor about what's not important or trivial
 - Becoming better listeners
- We realize our wish list is rather lofty in terms of reality, but we believe we should strive to realize our goals.

Happy New Year!

Editorial

Zoned into Twilight land

By STEPHEN PAUSE

The writer is the Guilderland Spotlight reporter who finds reality a little too real.

"There is a fifth dimension beyond that which is known to man. It is a dimension as vast as space and as timeless as infinity. It is the middle ground between light and shadow, between science and superstition, and it lies between the pit of man's fears, and the summit of his knowledge. This is the dimension of imagination. It is an area which we call... The Twilight Zone."

Over the years, it seems as if there has only been one steady constant in the universe, that everlasting monument to science fiction — The Twilight Zone Marathon.

It has been around for as long as I can remember. I've watched the marathon since its earliest days on New York City's Channel 11, then known as WPIX. Back then the marathon was 12 hours long.

Over the years, it has changed stations and mushroomed into its current incarnation, a 45-hour epic that features some 90 of the 156 episodes made. Recent years have even included extended episodes with rarely seen footage and introductions.

Some years, I religiously watched for hours, camped out on the couch in the basement, waiting in anticipation for my favorite episodes to come on. Other years I would only see a dozen scattered episodes between New Year's celebrations with friends.

In grade school I used to watch it with my father. He still recites one line with appropriate emphasis: "To serve man — It's a cookbook!" In college, my roommate used to shout out in a fake British accent, "Marcuson, you were right!" It was Roddy McDowell's cryptic last line from the episode "People are Alike All Over."

In the era of complete season DVDs and comprehensive episode guides, I still don't bother to look at the schedule of the marathon, because that is the allure of it. I've watched it every year for more than

Point of View

a decade, and just like a plot in one of Serling's scripts, there is always that twist at the zero hour — an episode I have never seen before. As I've grown older, my skepticism has grown as to whether or not the streak would continue. I had almost given up hope last year, but like the end of "Will the Real Martian Please Stand Up," things were not as they seemed.

It wasn't until two years ago that I had seen all three episodes with Burgess Meredith. The first I had seen featuring him easily became my favorite episode. It chronicles the tragic tale of Mr. Bevis, a book-loving bank teller pitted against a world that refuses him time to enjoy the hobby he enjoys so much. The atom bomb grants his wish for time to read, and anyone who has seen it knows the tragic ending of Mr. Bevis who is left completely defeated and muttering to a dead world, "That's not fair. There was time."

A few years ago I had seen the Meredith episode, "Printer's Devil," and two years ago I had seen "Mr. Dingle the Strong." But Serling always has a trick waiting in the shadows of the Fifth Dimension. Unbeknownst to me, there was a fourth episode with Meredith, one that I had never seen before.

When it first came on last year, I could only sit on the couch and try to keep my mouth closed.

Meredith was "The Obsolete Man," a religious librarian deemed by a futuristic and fascist state to be obsolete and therefore scheduled for termination. Meredith passionately but hopelessly pleads his case before a chancellor seated on high, making his case for the written word in vain. The debate continues in Meredith's private chambers, and the dialogue between him and the chancellor is so masterfully written that the condemned turns the tables on the executioner.

Somehow one of the greatest episodes ever made had slipped passed my eyes for more than a decade, as if waiting for me to begin to doubt the magical qualities of the show.

Despite the overpowering performance of Meredith, Serling makes the episode with his final, eerie words.

"Any state, any entity, any ideology that fails to recognize the worth, the dignity, the rights of man — that state is obsolete. A case to be filed under 'M' for mankind, in the Twilight Zone."

This is one of the reasons The Twilight Zone is one of the greatest television shows ever made. The five seasons that it lasted, from 1959 to 1964, was the perfect time for such a show to exist. Sputnik had made space travel an inevitable reality. The Cold War was heating up, and Joseph McCarthy had only recently made people question who their neighbors really were. The atom bomb made Armageddon a constant possibility.

All of these ideas were reflected in the Twilight Zone. "The Monsters are Due on Maple Street" is a classic example. The episode mimics the McCarthy era to striking detail, with an isolated community questioning

who among them does not belong. The paranoia spreads so quickly that everyone becomes a target, and lifelong friends attack each other, ultimately destroying their picturesque neighborhood from within.

The only difference from real life commentary and science fiction is Serling's substitution of Communists with space aliens.

This thinly veiled social commentary is what sets the Twilight Zone apart from other shows, both past and present. If the show had come along five years earlier, it would have been considered too Flash Gordon. Had it come five years later, man would have been on the moon and it would have been passé. The climate was just right. Maybe that's why attempts at remaking the show have met with little success.

Despite the climate into which the show was born, it finds eerie relevance today. Just re-read Serling's previous words about the state recognizing the rights of man, and it is evident that his message has a renewed meaning in the present day. The show raises questions about the nature of mankind, his mind, and the world that he populates. Through sometimes frightening views of possible futures, he means for us to look ahead ourselves, and to ask if that is the path we wish to travel.

That is the beauty of the show; that is the significance of it. Some people might dismiss the monsters and latex masks as fantasy, but not me. The Twilight Zone is one of the most important social commentaries in American history. Need more proof? Look at the episode where a woman considered by the audience to be beautiful hates the way she looks and is shunned into exile by a society of monsters.

At the end of the aptly-named "Eye of the Beholder," Serling challenges us to ask, "Where is this place and when is it, what kind of world where ugliness is the norm and beauty the deviation from that norm? The answer is, it doesn't make any difference. Because the old saying happens to be true. Beauty is in the eye of the beholder, in this year or 100 years hence, on this planet or wherever there is human life, perhaps out among the stars."

While Serling penned an unheard-of number of episodes for the show, it also featured some of the greatest science-fiction writers of the day. Richard Matheson wrote several of the classic episodes, including the William Shatner episode that everyone knows. Charles Beaumont wrote a number as well, and there was even a version of Ray Bradbury's "I Sing the Body Electric." The show also featured scores of famous and would-be famous stars. Besides Meredith and a young Shatner, there was Charles Bronson, Roddy McDowell, Dick York, Art Carney, Jack Klugman, and Telly Savalas. The list goes on ad infinitum.

I've even been told there's an episode with the great Lee Marvin, though I've never seen it myself. Perhaps this will be the year I see that episode. But maybe not, because Serling will never reveal all of his secrets, especially those from the darkest corners...of the Twilight Zone.

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Your Opinion *in the* Spotlight

Age, not color, makes high school sex act a crime

Editor, The Spotlight:

Regarding the alleged rape at BCHS, it is important to point out a few things as soon as possible.

Mr. Lambert, the suspect, and his family, had first insisted the only reason there were charges being filed against him at all was because he is black and the girls (I stress GIRLS here, as they are 14 and 16 years old) are white.

Mr. Lambert's family is claiming racism; Mr. Lambert's family says the parents of the girls were just upset because their daughters were having sex with a black man (I stress MAN here, as Mr. Lambert is 18 years old). The inference here being that this is Delmar after all, with a mostly white population.

There should be no race issue involved with this incident

Mr. Lambert allegedly had sex with an UNDERAGE GIRL, in the BATHROOM, in the HIGH SCHOOL. Sorry, young

man, and sorry also to your family, but that is illegal, immoral and absolutely despicable. Period.

A few days later, there were some comments from friends of Mr. Lambert who had rallied around him at the Bethlehem courthouse. Once again, there were statements about the presence of racism here in Delmar, and how it surely had a strong role in Mr. Smith's arrest and the charges being filed at all. One woman went as far as saying she had originally moved here to get away from the racism she and her family had felt so

strongly in Albany. To paraphrase: "but now....we're not so sure it was the right move at all."

Ma'am, I say to you with great confidence that the housing market here seems to be quite strong, thank you, and there may be no time like the present for you and your family to pick up, sell that house, and get outta Dodge, if that's how you feel.

When pressed on the matter, most parents in the Bethlehem School District will admit the more prevalent complaint is that there is not ENOUGH being

done to stop illegal or dangerous activity at the high school. Indeed, the complaint I have heard the most from other parents of high school students is that any bad publicity or any news about troubling or illegal activity at BCHS is kept quiet, with us standing a better chance of never hearing it at all.

To these, my fellow parents, I say, shouldn't we be praising (Superintendent) Dr. Loomis, Mr. Abba, the principal and all the other teachers and administrators at the high school for their prompt attention to this most serious incident?

If we really, truly would like to know more about what goes on in our school system,

should we not be thanking him, encouraging them and asking them to please be even MORE diligent investing and providing information about this and any other illegal or dangerous activities?

There is no time like the present for us all to take our collective heads out of the sand, send a resounding thank-you to all the staff involved with this most serious incident and ask all teachers and administrators to please provide us with more information about where our children just happen to be spending the majority of their time growing up.

R.M. Sherlach
Delmar

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Around the County

Pine Bush preservation efforts to continue in 2006

City landfill is latest threat to Ice Age's 'Lake Albany'

By GRAHAM S. PARKER

Conservation efforts in the Albany Pine Bush aren't typically deemed a success or failure at the close of each year. Successful rehabilitation is something that is monitored and witnessed over time.

As 2005 draws to a close, the Albany Pine Bush Preserve Commission, which oversees conservation efforts at the ecologically rare pine barren, is reporting great success over the

last three years. This year marks the completion of more than three years of experimenting in efforts to rehabilitate the preserve's native vegetation and species. In 2006, the fruit of the commission's efforts will either flourish or diminish, and preserve ecologists will be left to see if the state and federally endangered Karner blue butterfly will continue to increase in population, along with its only known food source, wild blue lupine.

"The real test is whether or not these plants can survive the year and pop back up after winter," said Neil Gifford, the com-

mission's conservation director.

"The bottom line for the butterfly is restoring a significant amount of habitat," Gifford said. "The monitoring of 2006 should tell us a lot about how successful we have been."

The preserve commission has taken on new staff in its efforts to use prescribed fire to sustain the barren. Naturally, barrens consist of arid oak and pine that grow on glacial deposits of sand.

The Pine Bush is the result of those glacial deposits. During the last Ice Age, a large glacial lake called Lake Albany stretched from Glens Falls to Newburgh. When it melted and the water drained, the sandy deposits were left. The Pine Bush's 3,010-acre of gently rolling sand plain, best accessed from Route 155 (New Karner Road) just south of Washington Avenue Extension in Albany, is part of what the lake left. The preserve's 18 miles of marked trails allow visitors to see more than 20 different kind of plant and animal species not normally found in this part of the world.

The success of the habitat requires a purge by fire to give birth to new growth and provide nutrients. Be it by man or nature, fire is a key tool in sustaining the barren's plant, animal and insect species.

Ecologists give Mother Nature a boost by planting species native to the area after a controlled burn is completed. The goal in 2006 is to assure that word of any success gets out so that additional funds and support keep coming in so preservation efforts can continue.

Over the last year, commission officials kept their goals to the minimum that they see as essential to conservation success. In doing so, they have met each one, according to Christopher Hawver, the commission's executive director.

"We have had our priorities stay pretty much the same every year," Hawver said. "It has become apparent that when it comes to restoring a natural habitat, which is not natural, we are becoming very successful at it."

Conservation at the barren has become a tale of trial and tribulations, said Hawver.

The goals met last year were to keep making progress on the preserve's new Discovery Center, and with it a public outreach program; continue on with habitat restoration; and maintain protection of barren lands.

The Discovery Center is undergoing a makeover from the ground up and is set to open in October 2006. The State Employees Federal Credit Union donated its now-defunct Karner Road building to the commission in 2002. The 26,000 square-foot building will house commission offices, and educational and informational facilities. The center will become the epicenter

of a new and rigorous public outreach campaign.

With habitat restoration steadily moving forward with measured success, the commission will continue on with its land protection mission, one of its founding goals.

Obstacles

With the close of 2005, efforts will not all be success stories, as conservationists are facing two issues that directly affect protection efforts.

Work with neighboring municipalities, such as Guilderland and Colonie has been going extremely well, said Gifford. However, currently the commission and the city of Albany are not seeing eye-to-eye on some issues.

Beside his duties as conservation director, Gifford works directly with municipalities to assure that economic and residential vitality of neighboring towns can remain strong and co-exist with conservation efforts of the Pine Bush.

In November, the city of Albany took steps to expand upon its landfill, reneging on a condition of a 2000 environmental impact statement set forth by the state Department of Environmental Conservation. As a condition of the landfill expansion, the city was to turn over a portion of the lands to the commission by 2000. Albany never made good on the commitment and has since expressed an

□ Efforts Page 9



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Efforts

(From Page 8)

interest in developing the parcel slated for donation to landfill use. The landfill expansion would run onto portions of Colonie and Guilderland.

The month before the landfill debate, the city's common council voted to rezone a residential parcel of land at the south end of Washington Avenue Extension outside areas protected by the preserve but within the lands of the pine barren. Council members rezoned the parcel to a highway commercial zone to allow for the construction of a 124-unit Residence Inn. Gifford informed council members that the lands slated for development are approximately 35 meters from a Karner blue butterfly nesting hill, but that in 1998 the parcel in question was cleared for development without penalty.

In the new year, Gifford can only hope that Albany and the commission come to terms, he said.

Despite some bumps in the road in 2005, grassroots efforts are continuing to smooth out disputes over land issues as they have each and every year.

"There is a lot going on in the Pine Bush that the Save the Pine Bush is not happy about at all," said Save the Pine Bush chairwoman, Rezsins Adams.

The nonprofit organization supports litigation brought against municipalities or agencies that propose projects counterproductive to the preservation of the area, Rezsins said.

"We won quite a few and we have lost some," Rezsins said. "It's been a mixed bag. But, what has happened since 1978 is that the Pine Bush is on the map."

The Pine Bush has moved to within 1,590 acres of its goal of 4,600 contiguous acres of protected lands.

For information about the Pine Bush Preserve, call the commission at 785-1500 or visit the Pine Bush Preserve's Web site at www.albanypinebush.org.

Driving record have a few dents and dings?



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Friends of Music to sponsor winter concert

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



The Voorheesville Friends of Music will be sponsoring a concert featuring "The Buffalo Chips" Monday, Jan. 9, at 7:30 p.m. in the performing arts center at the high school.

This all-male a cappella vocal ensemble from SUNY Buffalo will perform contemporary style singing and on-stage antics.

Voorheesville graduate Jon Sullivan is part of the ensemble and is looking forward to having the group perform at his alma mater.

Tickets are \$5.

Tax forms available

Tax forms are now available at Voorheesville Public Library.

If you do not find what you need, ask the reference librarian. The Voorheesville Public Library Web site also provides a link to online

forms.

For information, call 765-2791.

Middle school teen night

The Voorheesville Middle School is set to have a teen night on Jan. 6, from 7 to 10 p.m. in the middle school gym.

Honor Society induction

The National Honor Society at Voorheesville high school will induct its new members at a ceremony in the performing arts center Jan. 7, at 6 p.m.

For information, call 765-3314.

Display-case openings

The Voorheesville Public Library still has a few open months for the display case for 2006.

For information, call 765-2791.

Food for fines in January

The month of January allows you to bring in your overdue books, tapes and videos with a donation for the New Scotland Food Pantry.

Replace each \$1 or your fine with a non-perishable food item — up to a maximum of \$3.

Board of education to meet

The next meeting for the Voorheesville board of

education will be held Monday, Jan. 9, at 7:30 p.m. in the high school cafeteria.

All are invited to attend.

Prayer meeting set

The Mountainview Evangelical Church is planning an evening prayer meeting and Bible study Wednesday, Jan. 4, at 7:30 p.m.

For information, call 765-3390.

All are invited to attend.

Friends of Music to meet

The Voorheesville Friends of Music will be having its next meeting Tuesday, Jan. 10, at 7 p.m. in Room 159 of the high school.

www.spotlightnews.com

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Reduce your fines with canned goods

It's time to bring in your overdue books, tapes and videos with a canned good to reduce library fines. Each non-perishable food item donated can reduce a fine by \$1 — up to a maximum of \$3.

Donations to nonprofits are down this year, and all food items donated will benefit the New Scotland food pantry, which is in urgent need of supplies. Their shelves are almost empty, and every donation made will make a difference in the lives of people within our community. So dig up those long lost items and return them to the library with a donation between Jan. 3 and 31.

Voorheesville Public Library

Jan. 10. Sessions are held Tuesdays, Wednesdays and Fridays at 10:15 a.m. The program is for preschoolers of all ages with a parent or caregiver. There is no registration, but the library tries to limit the program to 30 children to ensure cohesiveness and safety of the groups. Library storytimes are a fun experience to promote early literacy and a reading bond between a child and an adult.

"Kwik picks"

The library has introduced a new service for busy parents. If you are in a hurry

Book ends

Storytimes

Regular storytimes resume

after storytime, just grab a bag of "Kwik Picks" and check it out. The bags, donated by the Library Friends, will be filled with books about whatever takes their fancy for the day. It could be dinosaurs or dance books, trains or elephants. Bags can not be reserved.

Book club forming

Middle-school girls who would like to join a group of girls who enjoy reading and food, call Joyce Laiosa at 765-2791.

February Book discussion

The Distance Between Us by Masha Hamilton will be discussed Wednesday, Feb. 1 at 7 p.m. The book is about Caddie Blair, a journalist based in Jerusalem, who gets a rush from the dangerous situations her assignments place her in. She and her colleagues are on their way to interview a Lebanese crime and drug king who supplies weapons to terrorists when

their jeep is ambushed. Marcus, a photographer traveling with them who was also Caddie's lover, is killed. Caddie insists on staying in the Middle East, and immerses herself in the violent clashes between Jewish settlers and Palestinians, causing her to examine her own hatred and the human instinct for revenge. Sign up now at the reference desk and receive a copy of the book. January book discussion meets tonight at 7 p.m.

All library programming is free (unless otherwise noted) and open to the public. Voorheesville Public Library is located at 51 School Road, Voorheesville. For information, call 765-2791 or visit www.voorheesvillelibrary.org.

Barbara Vink

Got news?
Call Spotlight at 439-4949.

Art Association to host meeting

The Bethlehem Art Association will meet Thursday, Jan. 19, at 7 p.m. in Bethlehem Public Library Community Room, 451 Delaware Ave., Delmar. There will be a presentation by children's book author/illustrator Sylvie Wickstrom. New members are always welcome, as are guests to our monthly meeting.

QUILT Inc. to meet

QUILT Inc. will meet Friday Jan. 13, at Delmar Reformed Church, 386 Delaware Ave.

Lecture & trunk show by Donnalynn Milford, "Quilts & Tops from Aunt Char's Attic." Visitor donation is \$3. Doors open 9:15 a.m.

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Local unicycler provides a glimpse of the past

By DICK BUYER

If you think you're seeing an apparition from the late 1800s, it's just Steve Relles of Delmar. Relles often baffles local residents as he travels on a Civil War-era unicycle.

"I like off-beat things," he said, listing the unusual activities he enjoys. They include Frisbee, "juggling" (riding a unicycle while juggling three balls) and completing two regular uphill bike events as the sole unicyclist.

He has played Ultimate Frisbee for 23 years, and participated in a national championship in Florida and two world competitions, one in Madison, Wis. and one in Toronto.

Frisbee is a family affair.

"As an adult, I first met my wife, Rose, on the Frisbee circuit," he said of the woman who has been involved in three national and two international Frisbee contests.

Relles became interested in unicycling due to a combination of juggling as a hobby combined with what he termed a "mid-life crisis," noting that the two skills both demand balance and coordination. Inserted into this mix is a dose of exhibitionism and "not being shy," he said.

"I learned on a 24-inch diameter unicycle purchased for \$70 on eBay," said Relles. After three weeks of practice in his driveway holding on to a car's roof with one hand, he graduated to riding around the block after negotiating distances of 20 feet, 50 feet and 100 feet. Remember, a unicycle has no handlebars and demands constant peddling. When falling, Relles added, "I was never going fast, always landing on my feet."

With his legs churning and arms flailing to maintain stability, locals at first stared in disbelief as he chewed up the various distances. Cars honked their horns, and drivers waved.

Eventually, spectators shouted kudos, acknowledging his ability.

To ride longer distances, he learned to "free mount," climbing unassisted on the one-wheel device.

"My first long ride," Relles said, "despite several tumbles, was a 3-mile jaunt to the Elm Avenue pool wearing a hydro-pack. I was very proud of myself, and thought, 'this could be my sport!'"

Relles gathered more data on his newly discovered activity on the Internet.

"I learned there are large groups in Santa Barbara, and New York City, who use this form of transportation," he said.

Numismatics helped finance his hobby, and the sale of 1797 silver dollar helped finance one unicycle. He described his new toy as "state-of-the-art, having an

aluminum frame with knobby tires, pinned pedals for a better grip and weighing pounds." Relles claims the bigger the wheel, the faster the ride.

Relles has competed on his unicycle in regular bike races of moderate length, and uphill, to

people went crazy seeing me."

One hour, 59 minutes, and 47 seconds later, he crossed the finish line to the applause of family and friends in addition to a cacophony of car horns.

"I was next to last, beating one senior biker, and accomplished my goal. The finish was very emotional," concluded Relles.

He attributes his success partially to an increased energy level after learning not to flail his arms.

Two months later, he tackled a 5-mile ascent on Vermont's Mt. Equinox, where the 1,000-foot vertical ascent was shorter than Whiteface's, but steeper.

"I used a beginner wheel, a 24-incher, and received the same reception at the top," he said.

Once again, he was the only unicyclist among 170 participants and the last one to finish.

Relles compared a modern bicycle with the older, one-wheel version.

"The first has gears and brakes," Relles said. "You can fall cleanly, either left or right. Riding a unicycle involves an infinity of different falls,



Steve Relles with one of his many unicycles.

"level the playing field."

Relles competed in an 8-mile, 3,500-foot vertical trek last June at Whiteface Mountain.

"My objective was to complete the race in less than two hours," he said.

To prepare for the arduous ascent, Relles trained for four months, five to six days a week, using the 3-mile route (1,000' vertical) leading to Thatcher Park in New Scotland.

Granted special permission to compete in the Whiteface race by the race director, he was the only unicyclist among his 200 rivals. There was also one tandem bike. He started on a 90-degree day.

"I stopped dozens of times to rest, and fought to sustain minimum speed to keep my balance," he said. "About halfway up,

direct-drive, demanding constant peddling, no means of stopping and hours of practice."

Relles owns five unicycles.

A "young chip off the old block," his daughter, Monia, 8, a fourth grader, is following in her father's footsteps — or tire treads, as the case may be. On a small-wheeled unicycle, she can ride to school.

"You always feel like you're falling," Monia said of riding the

unicycle, "but I always land on my feet. It takes a lot of practice and it's fun and unique."

When not riding around Delmar on his blast from the past, Relles is a stay-at-home dad to Monia and his 5-year-old son, Denali. Before becoming the family's primary childcare provider in 2001, he had worked for 20 years as a contractor for GE Selkirk as a computer programmer.

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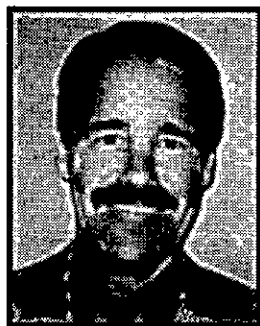
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Back

(From Page 1)

road surfaces during the winter.

Peter Graves, a spokesman for the state Department of Transportation, said asphalt made with gray wacke is also more resistant to the temperature fluctuations that occur this time of year. He said the DOT's Region 1, which includes the Capital District and Washington and Warren counties, commonly uses 27,000 metric tons of gray wacke each year to make a type of asphalt known as "Superpave."

"We try to find more durable types of asphalt that can withstand the freezing and thaw cycles that are common here during the winter season," Graves said.

Potholes and cracks caused by winter weather are something that DOT constantly fixes. The department also sets aside an average annual budget of between \$60 million and \$65 million to cover the cost of clearing roads

after winter storms.

What would the department's budget be like if there was not winter?

"It's hard to speculate," Graves said. "Winter is always something the DOT has had to be prepared for."

Greener pastures

Snow's not something the city of Greensboro, N.C. always has had to be prepared for. Although snow falls on the city of 250,000 several times a year, most people are not used to it.

"If we get an inch of snow here, people run to the store and stock up with six weeks worth of groceries," said Cathy Justice, a spokesperson for Greensboro city government. "It's funny. I was raised in New Jersey, where we got snow. It was no big deal, but people here react differently."

The city does have snowplows and it uses them to clear the main roads after a snowstorm. Local roads and side streets do not get plowed, Justice said.

"The snow is not there that long," she said.

Driving

(From Page 1)

vehicle for winter," she said. "Check your battery and examine the condition of your spare tire. Also, be sure your brakes, defroster, heater and exhaust system all properly work. You will need all of them working in good order when temperatures plunge below zero."

Freezing conditions demand that all working car parts are well lubricated, and that's why it's important that you make sure your oil is fresh and of the correct viscosity, Melo said, urging everyone to also keep their gas tank at least half-full at all times and keep window washer fluids level high.

Other things to think of include installing winter windshield blades, having snow tires and/or chains, as conditions warrant and making sure your tire inflation is accurate.

"An under-inflated tire will serve of no use for traction as the treads will compress," Melo said.

People power

Then there's the human aspect.

A winter-ready car is only as good as a winter-ready driver, said Melo.

"Driving in the snow takes skill, patience and common sense," she said. "It also takes a little time getting ready before getting started. Clean all snow and ice from entire car

(including top) before getting on the road. Snow and ice can blow or slide off the roof of your car and block the view out of your windshield, or blind another driver near you."

When on the road, Melo advises that you turn on your headlights whenever your wipers are on. "You'll be seen by other vehicles on the road, and besides, it's the law in this state."

Of crucial importance, Melo urges everyone to adjust their driving according to the weather and road conditions.

"Bridges and entrance/exit ramps can be especially dangerous," she said. "Leave plenty of stopping space between your car and the one ahead of you. Also, be alert to what other cars on the road are doing. Do not, by any means, speed. And pay close attention on hills."

Common sense, Melo added, requires drivers to stay far enough behind vehicles ahead of them to avoid slowing down or stopping. This is most true in winter.

"It allows you to maneuver around any stuck vehicles and increase your speed at or near the bottom of the hill to give you extra momentum to carry you over the top," she said. "Reduce your speed as you reach the crest of the hill and proceed down the hill as slowly as possible. Minimize brake use. If further speed reduction is needed, gentle, slow brake application is recommended to avoid locking the wheels and skidding. Do not brake if you begin skidding. Simply take your foot off of the gas, turn into the direction you're skidding to regain control, and then redirect your car.

Stay calm. If you do not have anti-lock brakes, tap your brakes when trying to stop on slippery surfaces. Do not slam on the brakes or try to stop suddenly. Buckle up."

Be prepared

Even the best maintained vehicles and most seasoned drivers could end up stuck in the snow and ice, sometimes leaving passengers stranded on a lonely stretch of road. Once again, preparedness is essential, and everyone should assemble a winter emergency kit.

Kits should contain that which you need in order to survive overnight in a vehicle stranded in the cold.

Basic items, Melo said, include a first aid kit; snow shovel; snow brush; extra socks and mittens; ice scraper; bag of sand; warning devices; booster cable; tire chains; flashlight; candle; matches; blanket; hand warmers; cell phone; extra washer fluid; food and water.

"Make sure you are in a safe place, and that your exhaust pipe is not blocked or buried in the snow. If you choose to run the engine, keep the window cracked open a bit," Melo said. "Once you are situated, call or signal for help. If you have no cell phone or CB radio, use signal flares or emergency flashers. Ascertain the best description of your location: mile marker, reference points."

While waiting for help to arrive, Melo's advice is simply to remain calm and stay warm.

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Year

(From Page 1)

plan is finally completed. As well as being a culmination of over a year's work, the plan is the result of an idea started 14 years ago with a land use management group. Town Supervisor Theresa Egan publicly thanks all who contribute to the process and town residents for their input into the plan.

• Garcia's Tacqueria opens, offering Mexican style snack-shack food at its location on Delaware Avenue.

September

• Eric Westervelt, the Guilderland resident who received a guilty verdict at trial in July, is sentenced to 25 years in prison for the murder of Timothy Gray.

• The Delmar Fire Department announces that it would be scheduling a series of public meetings to inform residents about plans for a new building. After losing a public vote to build a new firehouse in December 2004, the department states its goals to step up communication with town residents on the project, blaming the defeat on lack of communication.

• As a result of numerous requests, the public comment period on Lafarge Building Materials' Inc. proposal to burn 4.8 million tires annually is extended to Oct. 3. Members of the public in attendance say the project would not be good for the environment.

• This fall marked the first full season of a six-year planning and construction process at the Bethlehem Central School District. The renovation and expansion project will be paid for by a voter-approved bond of \$93 million, and is second in cost only to the city of Albany's over \$100 million school district construction project.

• Petitions signed in support of Victor Rodriguez, the 20-year-old Selkirk native running

complaints to the town board. Residents as well as school and town officials seek a solution to the problem.

• Board member Tom Marcelle announces he will not be running for a second term on the board, deciding instead to run as a candidate for state Supreme Court. Marcelle was nominated on the Republican slate along with Paul Gruner and incumbent Justice Edward O. Spain.

• Bonnie Cerasaro, branch manager of Pioneer Savings Bank in Glenmont, flies to New Orleans on a two-week trip to do what she could to help animals that were displaced or abandoned in the aftermath of Hurricane Katrina.

October

• Mary Hammond, a long-time resident of Bethlehem, is chosen to take Tom Marcelle's place as a candidate for the town board.

• A second Bowl-A-Thon is scheduled to help the family of Anthony Hill, a Berne-Knox-Westerlo senior battling Hodgkin's lymphoma. Efforts to find a bone marrow donor for Hill earlier this year were unsuccessful, and the money raised by the Bowl-A-Thon went to Anthony's parents to help pay

for medical expenses.

• The Delmar Fire Department hosts its first public information session on plans for a new firehouse. About 30 people attend the meeting.

• Bethlehem school Superintendent Les Loomis presents the possibility of building a new



John Fredette hangs out at Bethlehem K.A.R.E.S.

all-kindergarten facility instead of a new school for grades 1-5. The bond issue that voters had approved called for a new school building, which architects' plans had depicted as a grade school on Van Dyke Road.

• Bethlehem Tax Assessor David Leafer explains the 2006 property revaluation to residents.

• Residents turn up to show their support for Hurricane Katrina victims at Bethlehem K.A.R.E.S. (Katrina Assistance and Recovery Effort for the

South), a one-day event at the Elm Avenue Town Park.

• The preliminary budget for the town of New Scotland is \$4.6 million.

• Faiza Warsim, owner of the Getty Station on Delaware Avenue, starts a collection for the victims of the earthquake in Pakistan, which hit her hometown of Fawalpindi especially hard.

November

• Town board candidates Sam Messina, Kyle Kotary (both Democrats), George Lenhardt and Mary Hammond (both Republicans) debate for two hours. Questions were compiled ahead of time and each candidate had a chance to

speak. The Albany County League of Women Voters sponsors the event.

• Bethlehem passes a town budget of just over \$36 million, with an overall tax increase of 2.84 percent. The budget includes a 4 percent cost of living increase for town employees. However, a survey analysis of town employee salaries is possible in the coming year.

• After nearly a year, Christopher Porco, son of slain law clerk Peter Porco, is indicted by a grand jury for his father's murder and for severely beating his mother, Joan Porco. The two-count indictment charges Porco with murder in the second degree and attempted murder in

Continued on Page 16

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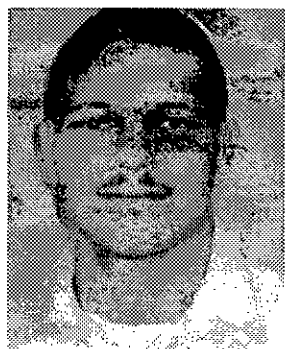
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Victor Rodriguez

for town supervisor, are challenged by the town's Conservative Party. Complaints say that Rodriguez' petitions do not comply with New York State election laws. Meanwhile, incumbent Supervisor Theresa Egan gears up for the election by announcing a new "Blueprint for Bethlehem," outlining her goals for the next two years.

• Although police have arrested four individuals on charges of vandalism, the incidents continue. Graffiti found on the outside of Clarksville Elementary School, as well as property damage found on some area farms, raises the ire of residents who bring their

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Local office to offer free health lectures

Dr. Ron Stram, a prominent doctor in integrative medicine, and his complimentary practitioner staff including naturopathic doctors, acupuncturists, massage and therapeutic touch practitioners are offering free health lectures every third Thursday of each month. All events will be held at the Center for Integrative Health

and Healing at 7:30 p.m. Registration is recommended. For information, call 689-2244 or visit www.cihh.net.

The Jan. 19 lecture topic is natural approaches to cholesterol reduction. Learn how to reduce your cardiac risk factors, reduce cholesterol and improve your health with less dependence on medication through diet, herbal therapies and exercise. Registration is recommended.

Five Rivers to host teacher workshop

Five Rivers Environmental Educational Center, 56 Game Farm Road, is holding a teacher workshop about birds and bird conservation on Saturday, Jan. 14 from 10 a.m. to 3 p.m.

"Flying Wild: An Educator's Guide to Celebrating Birds," will provide activities that educators can use with their

middle school students about birds, bird migration and what people can do to help bird habitat. Participants will receive a free "Flying Wild" curriculum guide detailing a range of classroom activity ideas. The Adirondack Loon Cooperative will also introduce its new curriculum, "Science on the Fly! Loon Migration: Linking People and the Environment."

This program is free. Register by Jan. 12. In-service credit may be arranged through the Greater Capital Region Teacher Center.

For information or to register, call 475-0291.

Power producer earns environmental award

The state Department of Environmental Conservation has awarded an Environmental Excellence Award to Selkirk Cogen Partners.

The award was presented Dec. 6 by NYS DEC Commissioner Denise Sheehan and honors outstanding efforts in

environmental innovation, sustainability and creative partnerships. Selkirk Cogen was one of six award recipients recognized across the state.

Selkirk Cogen received the award in recognition of the environmental benefits associated with a retrofit installation of a reverse osmosis water treatment system. Reverse osmosis utilizes membrane technology to reduce reliance on more traditional ion exchange demineralizers, which require frequent chemical regenerations and generate wastewater in the regeneration process.

The installation of this system in June 2004 has yielded a reduction of 3 million pounds per year in chemical usage. Additionally, a significant reduction (30 percent) in the amount of wastewater generated has also been achieved. Many Capital District firms participated in various engineering, consulting and contracting roles during the implementation of the project.

Selkirk Cogen is an independent power producer in Selkirk. The plant was built in

phases between 1990 and 1994 and uses clean burning natural gas to generate 345 megawatts at full capacity, roughly two percent of the state's electricity supply. The plant supplies steam to GE Plastics and electricity to National Grid, Consolidated Edison of New York and the New York Independent System Operator.


Nominate BCHS grads for Hall of Fame

Nominations for Bethlehem Central High School's Alumni Hall of Fame are being accepted through Jan. 31.

BCHS' Alumni Hall of Fame, in its second year, honors graduates of the school who have brought special recognition to themselves as demonstrated through their educational accomplishments and/or career achievements.

To be nominated, an individual must be a BCHS graduate and at least five years out of high school. Nomination forms are available at <http://bcsd.k12.ny.us/news/051201halloffame.htm> or pick one up at any BC school office, the district office or at Bethlehem Public Library.

A committee will screen all nominations this spring before selecting one or more inductees by March. Inductees chosen in 2006 will be recognized during the BCHS graduation ceremonies, and their names will be inscribed on a plaque to be displayed at the high school.



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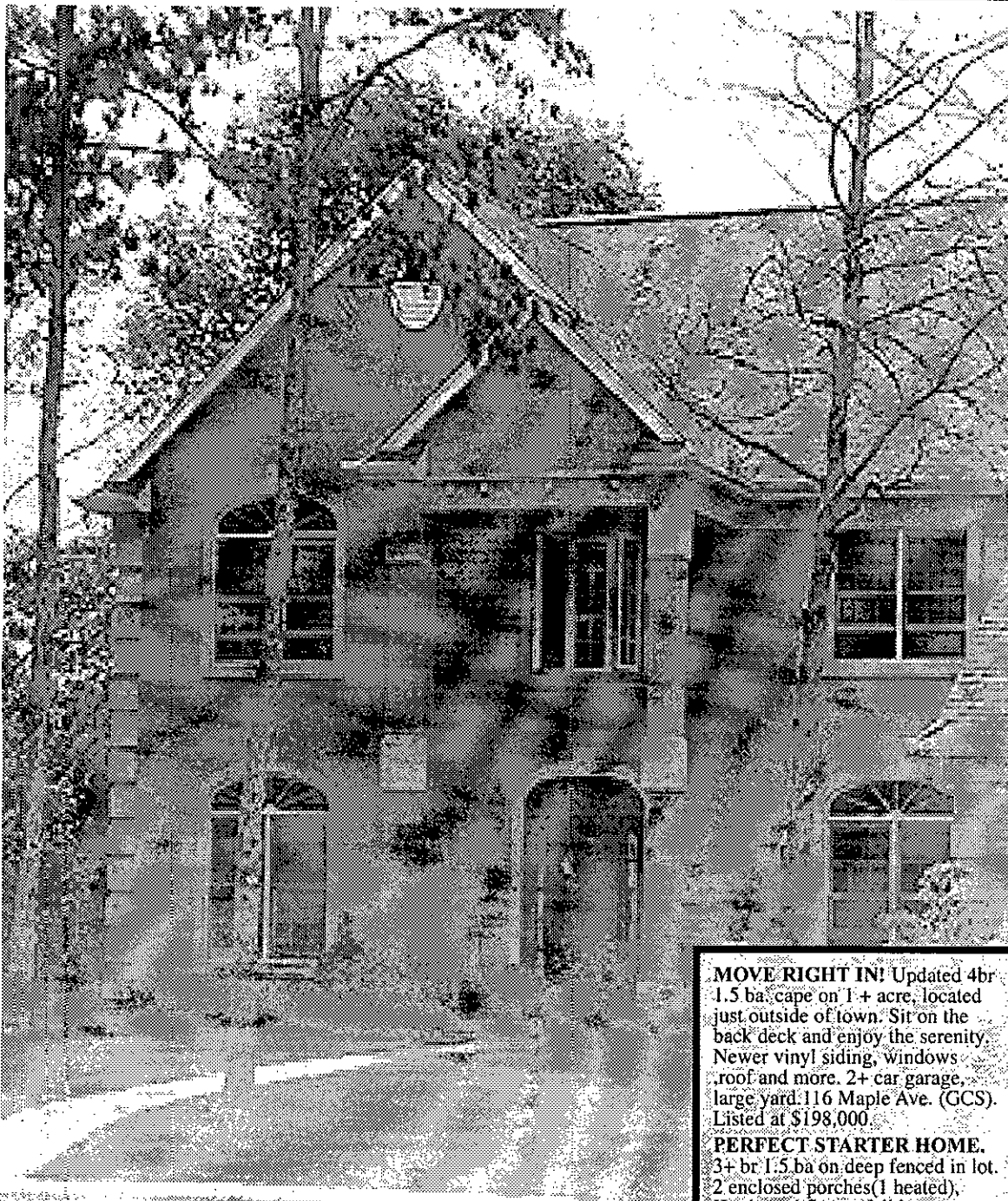
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PERFECT STARTER HOME. 3+ br 1.5 ba on deep fenced in lot. 2 enclosed porches (1 heated). Hardwood floors, full basement. Kitchen needs TLC. Low taxes, quiet street. 28 Orchard Ave. (RCS). Offered at \$129,900.

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A few simple precautions can reduce your vulnerability to burglary or vandalism while you are away from home for an extended period.

It is a good idea to make your house appear to be occupied. If you are away overnight, leave a few lights burning. If you are away for an extended time, you should consider buying an automatic timer that will turn your lights on and off at preset intervals. Don't let newspapers, mail, or other deliveries pile up at your door. Let your next-door neighbors know you will be away and ask them to keep an eye on your house. You can also ask the police to drive by and check your home periodically. Be sure to lock your windows and double lock the doors before you leave. These precautions will contribute to your peace of mind and help you relax and enjoy your travels.

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

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from Page 13

the second degree. If convicted, Porco stands to serve 50 years to life in prison.

•The Bethlehem Chamber of Commerce hosts its second Business Expo as a way to draw attention to businesses in the community.

•Voters approve the proposed firehouse expansion in Voorheesville. The expansion and renovation project is slated to cost \$1.2 million.

•A Democratic/Independent slate was elected to the town board, ousting Republican incumbent George Lenhardt, and defeating Republican candidate Mary Hammond, and resulting in an all-Democratic/Independent town board for the

first time anyone can remember in the town of Bethlehem.

•Brian Storey, the student who received a five-day suspension for streaking at the Homecoming football game in October, receives a sentence from the town Youth Court for 10 hours of community service. Storey's mother, Robin Storey, a past school board president and current school board member, considers resigning over the punishment, mirroring the feelings of many fellow students and community members who feel the punishment is too harsh.

•Claire Selitti, who along with her husband, Vince, was held hostage in their home for four hours Nov. 9 while the



Students at Hamagrael Elementary School collected backpacks and school supplies for kids in need.

assailants stole money from the couple's bank accounts and scoured the home for other valuables, offers thanks and gratitude for being alive and unhurt after the ordeal. Selitti says she hopes that praying for her captors will soften their hearts so they don't commit the same crime again. The captors are still at large.

•Corianna Balashek Thomson, a Rensselaerville woman accused of killing her mother last March, is set free on \$100,000 bail.

•Town archaeologist and author Floyd Brewer dies at age 84. Brewer is best known for his quarter century of volunteer service as the town archeologist and as the editor of *Bethlehem Revisited: A Bicentennial Story 1793-1993*.

December

•Christopher Porco is released from jail on \$250,000 bail. Friends and family who are convinced of his innocence and who have rallied around him since the indictment raise the money for his bail. Porco will continue to live with veterinarians Elaine LaForte and John Kearny, who are also his employers at the Bethlehem Veterinary Hospital. The Albany County Bar Association honored his father, former law clerk Peter Porco, along with 10 other lawyers who died in the last year.

•Plans for the Vista Technology Campus move steadily along. The first tenant is likely to be named in January, around the same time as BBL construction formally applies to begin

building.

•Anthony Hill, the popular, friendly and outgoing Berne Knox Westerlo senior, dies at age 17 of Hodgkin's Lymphoma. Hill was remembered for his cheerful personality and his sunny outlook on life. The local community rallied around Hill all through the last year when he tried to find a donor for a bone marrow transplant and held Bowl-A-Thons to help his family with medical bills.

•Bethlehem Networks, a longtime community based substance abuse prevention program, will close its doors after two decades of service to the community.

•Police charge Bethlehem High School senior German Lambert, 18, with both felony and misdemeanor charges, including criminal sexual act first degree and endangering the welfare of a child. The five misdemeanor charges stem from two separate acts of sexual contact involving a 14-year-old girl at the high school and the alleged rape of a second girl, a 16-year-old at her family's home in Glenmont.

•Town board member Tom Marcelle introduces a resolution to the board which would prohibit use of eminent domain to take private property and convert that into private businesses.

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Age - Related Tooth Darkening

One unwelcome fact of life is that teeth darken with age. As we grow older, the outer layer of enamel begins to wear away, revealing the naturally yellow dentin that lies beneath it. Although we cannot prevent this sign of aging from occurring, we can take steps to minimize it. The first such step involves visiting the dentist at least twice a year for professional cleanings to remove stains caused by smoking, coffee, red wine, berries, and other highly pigmented foods. Beyond that, professional tooth whitening can help increase the wattage of your smile. This process works best on teeth that have become yellowed. Tooth whitening may not work as well to improve teeth with a grayish or brownish tinge.

For the majority of adults, tooth whitening is the solution to age-related darkening. It's quick, affordable, and dramatically whitens almost anyone's natural teeth. For more information or to schedule an appointment with our office, call (518) 869-5348. We work with our patients so they can achieve and maintain a beautiful smile and healthier gums and teeth. We take the time with our patients to explain their treatment options and inform them of additional preventative care. We gladly accept Master Card, VISA and other credit options. Our office is conveniently located at 576 Sand Creek Road, Albany.

P.S. Tooth whitening will not lighten the color of bonded teeth or tooth-colored fillings.

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Health, Diet & Fitness

January 4, 2006

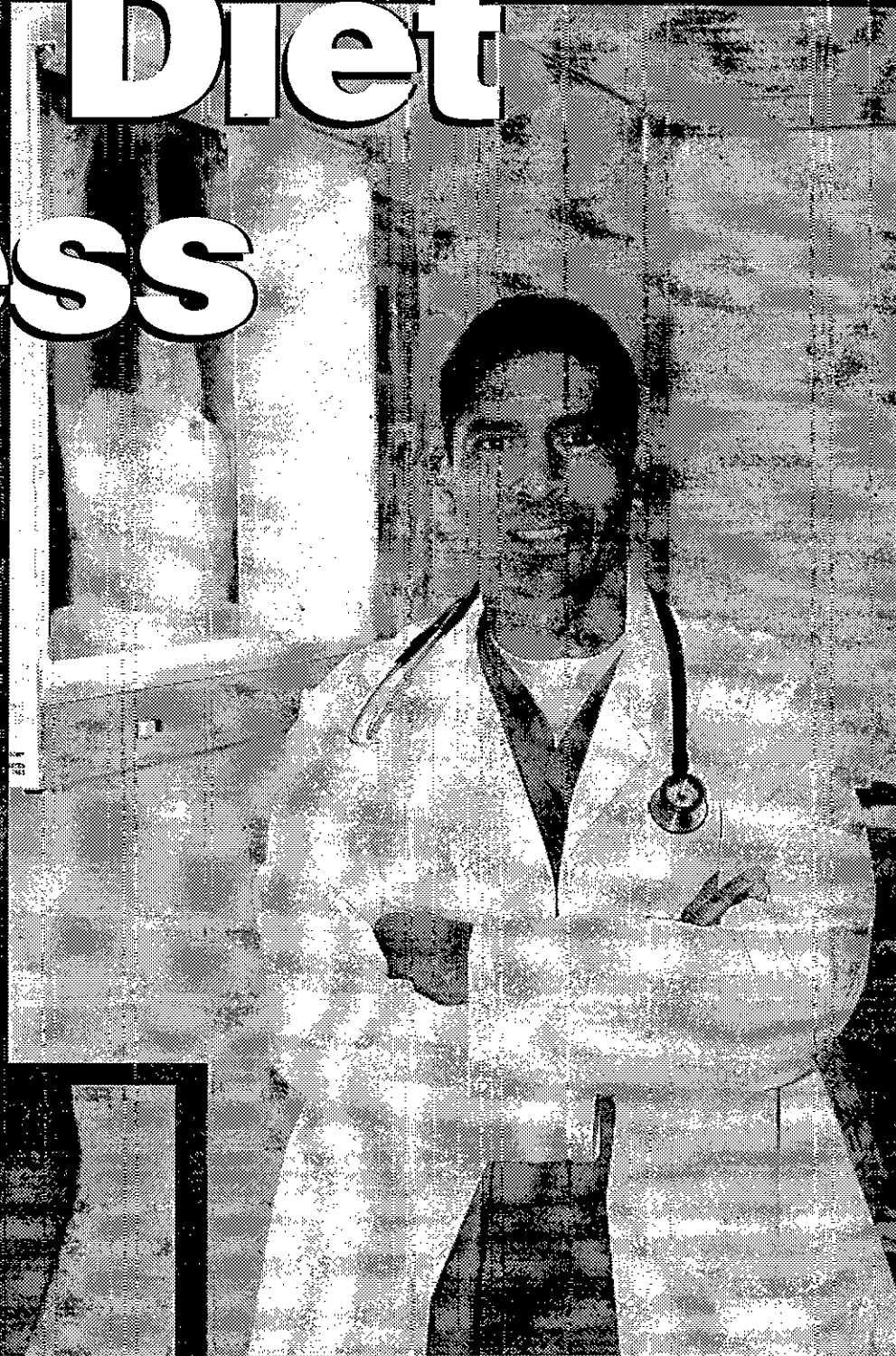
A Supplement to Spotlight Newspapers

- **Make exercise
a family affair**

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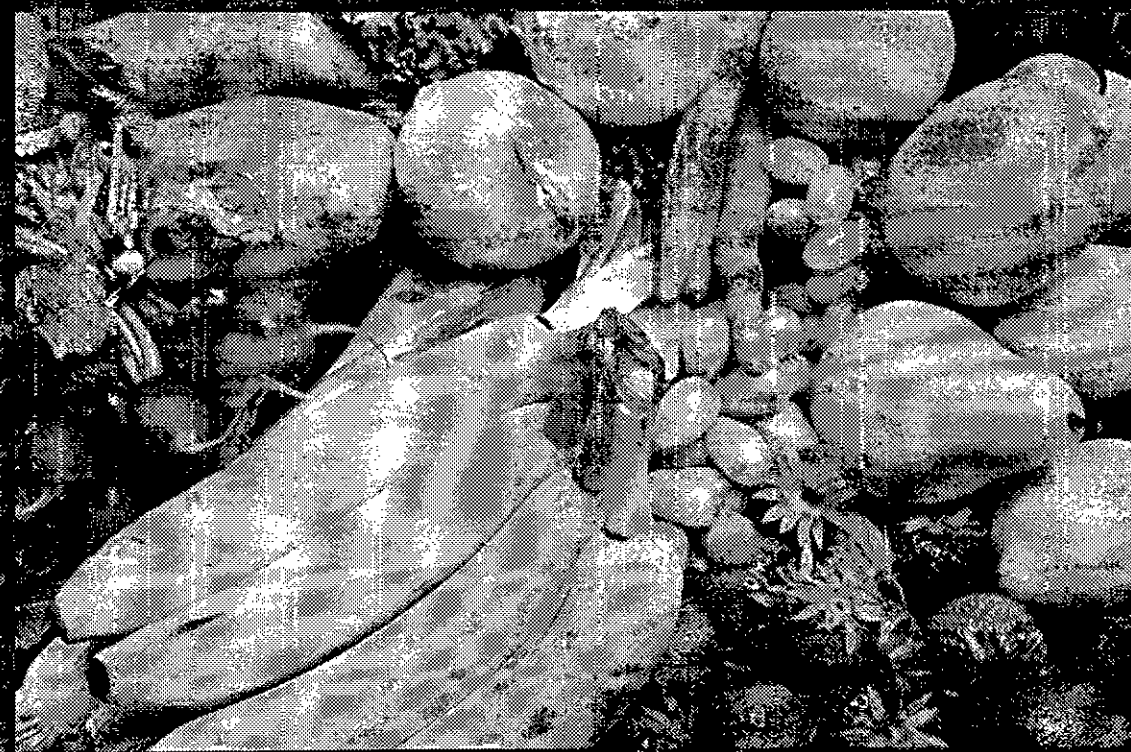
- **Tend to your
emotional health**

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- **Bringing your winter
workout indoors**

Page 7



Achieve a healthy mind, body, and spirit in 2006!

Many health and fitness experts recommend that exercise enthusiasts combine the physical fitness of their body with that of their mind and spirit. One way to ensure that you have a healthy mind, body, and spirit is through yoga and Pilates.

Yoga Philosophy and Practice: An Indian science and art, yoga dates back 5,000 years. It offers a set of physical exercises and mental techniques that align and tone the body, and focus the mind. Yoga is an individual discipline, is non-competitive, and teaches participants to consciously unite and balance the wisdom found in the body, mind, and spirit.

Pilates Philosophy and Practice: Pilates, named for its founder Joseph Pilates, is a total conditioning program that works your body by focusing on core abdominal and back muscles. It also is a mind-body exercise, which, like yoga, stresses proper breathing while strengthening and lengthening the muscles.

The benefits of yoga and Pilates are many: Participants get a whole body workout while strengthening and building endurance. You can develop better balance, coordination, posture and flexibility through building core strength. Yoga and Pilates provide improvement in circulation and increased breathing capacity while also creating an outlet for stress, physical and mental tension, and encouraging relaxation. They have proven to be effective in the relief of back pain, sports injuries and other chronic health problems.

Yoga and Pilates in the mainstream: A 2004 Yoga Journal study reported that about 15 million people in the United States practiced yoga — a 29 percent jump from the previous year. "The yoga offerings at Life Time Fitness spiked 300 percent from 2000 to 2003 alone" says Jeff Zwiefel, senior vice president, Life Time Fitness, a national operator of distinctive and large sports and athletic, professional fitness, family recreation, and resort/

spa centers. "This is a direct result of our members' interest and demand."

Many health and fitness centers have added yoga and Pilates to their class schedules. Some even offer designated yoga and Pilates studios that provide members the best environment to find harmony between the mind and body.

Along with increased

demand, fitness enthusiasts are looking to combine many of their favorite high-intensity classes with yoga and Pilates. Some examples of new fusions of these philosophies include Boga (boxing and yoga), Yo-Chi (yoga and Tai Chi) Power Flow Yoga (suited for athletically oriented people seeking advanced flexibility training) and Power Stretch (which combines yoga, Pilates and Tai

Chi).

It is clear that yoga and Pilates are becoming an important part of health and wellness regimens today. Because their practice incorporates physical activity with meditation and relaxation, yoga and Pilates are the perfect tools to maintain a healthy mind, body, and spirit for a lifetime.

Remember these memory tips

By Bob Grimson

Young people as well as old can suffer memory loss, but it's more common in the elderly. Scientists and doctors who study the brain and memory have devised several methods to help you remember more and remember it longer.

Cut back on your to-do list. A major cause of forgetfulness is having too many things on your plate. Too many things to do and not enough time to do them can

overwhelm your memory. In today's modern technological world of cell phones, laptops and e-mail, this occurs all too often.

Focus on listening and not talking. Listening requires more concentration. Avoid being with negative people. Positive thoughts not only brighten your day, they also stimulate the brain in a healthy way. Plan social activities with others so your brain is exposed to new people and ideas.

Eat a healthy diet loaded with protein, fruits and vegetables. Cut out high-fat foods that can clog your arteries and decrease blood flow to the brain. Consider taking a daily vitamin. Avoid too much alcohol, which can result in lost brain cells.

Exercise your brain and read every day. Do crossword

puzzles or get involved in a card game or a word association exercise. Writing in a journal or taking up a hands-on craft project such as woodworking or needlework can also help jog your mind. While you exercise your brain, remember to exercise your body. Daily exercise improves blood circulation to both the body and the brain.

Take it easy and cut down on unnecessary medication. Be aware of the side effects of any medication you take. Above all, relax. If you try too hard to remember, you'll probably end up forgetting.

Remembering these simple tips can help keep your brain healthy and active. Your brain is like many other parts of your body. It may change as you get older, but if you don't use it, you'll lose it.

Make exercise a family affair

By Bob Grimson

It's important for parents to exercise, not just for themselves but to benefit their children as well. Children watch and learn from parents. If children pick up the idea that exercise is an exciting part of a healthy lifestyle that benefits them in many ways, they're more likely to stick with it.

Families are busy and fitting in extra time for exercise can be tough. With a little planning and thought, though, you can find ways to involve the entire family in physical activity.

For parents with infants, put your child in the stroller and go for a walk. Jogging strollers also are available. These let you jog, run or walk briskly and push the stroller. Use a carrier or trailer to take your child on a bike ride.

For parents with toddlers, use a back carrier. This lets the child be close to you and the added weight will help you burn calories. If your child has started walking, go for a short walk together but be aware that little legs aren't up to speed for long, fast strolls yet. Turn on the music and dance. Toddlers love to dance, and it's even more fun when parents get involved.

If your children are older, try rollerblading or skating together. Be sure to use helmets and protective pads to keep everyone

safe. Play catch or a ball game in your yard. Get neighbor children or friends involved to share the fun. Take a hike or a bicycle ride in the park or on a nature trail. Let your child help with the gardening or yard work. This will give them experience as well as exercise and give the two of you quality time together.

For parents of teens, there are plenty of activities to share exercise and time. Take a walk together every night after dinner or get a membership at a health club or gym and work out together several times a week. Play sports such as tennis or golf,



or go bowling with your child. Participate in fun runs or fundraising walks for local groups. Not only will you benefit from the physical activity, but you'll help your community as well.

People need exercise at all stages of their lives. Being a good role model for your child will show them the importance of staying active and there's the added bonus of spending time together as a family. It's true that the family that plays together, stays together!

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and Scamp, the adorable office mascot



THIRTY-FOUR YEARS AND COUNTING

The Wonders Of Water

By Bob Grimson

Want to quench your appetite and do your body a favor at the same time? There's an all-natural, odorless, tasteless substance that will fix you right up — water.

With a little planning, even a person with a busy lifestyle that keeps them out of the

range of drinking fountains can get the necessary amount of water. Carry a water bottle with you in the car or to work or school. If needed, freeze your water bottle so it will stay nice and cold all day, even in a hot vehicle or office. Try wrapping your frozen water bottle in a towel and carrying it in a briefcase, purse or backpack.

Refill and refreeze it daily and you'll never be without nature's perfect drink.

Don't wait until you're thirsty to start drinking — by then, you're already starting to get dehydrated. Try perking up your life with some of the new flavored waters for a simple, healthy treat.

Water has many benefits. It fills you up without calories and prevents those cravings when your body wants to react by reaching for a gooey treat or high-calorie snack. Water is caffeine-free, so grabbing a drink of water instead of soda or coffee also helps calm you down and boosts your mood. Water works to flush out your body and get rid of toxins and other substances. Plus, it's a necessary part of your body's functions, such as digestion.

Water does a lot of other good things for your body. This all-natural health aid also:

- Revitalizes you and helps boost your memory and mental function
- Nourishes your skin and cleans your complexion
- Aids your blood's circulation
- Regulates your body's heating and cooling system
- Improves muscle tone and works to lubricate your body's joints and tissues

Water provides many healthy benefits for your body and your mind. Don't wait. Dive into a glass of water right now.

Maintaining Your Motivation

By Bob Grimson

All exercise programs are started with the idea they will be faithfully followed. But all sorts of things, from bad weather to schedule conflicts, can get in the way. However, staying motivated and following an exercise program can reap benefits in many ways. Here are some things you can do to stay on track when it comes to exercising.

Write out your goals and make a weekly plan to achieve them. Be specific and realistic. Look over your goals periodically to see if they've changed. If they have, reassess the best ways of reaching them.

Find an activity that you like to do and follow through with it. Try different activities and strive to make them pleasurable. Incorporate different activities to work out different parts of your body and mind. For example, add a martial arts program to a swimming routine for the benefits of both.

Take pleasure in the little things as well as the big. We all know exercise can help prevent cancer and heart problems in the future. Be aware of the

smaller changes that are taking place every day as you work toward your goals. You will look and feel better, have more energy and a better outlook, and be more in tune with yourself and others.

When you make an excuse not to exercise, find some reason to overcome the excuse. Remember your priority and your goal to improve. If you're feeling tired, give yourself permission to scale back or adjust your activity.

Take a break now and then. If your body and mind are trying to tell you to take a break, maybe you need to listen. Taking some time away may allow you to return to the activity with a new outlook and renewed enthusiasm.

Be patient. It may take time for your exercise plan to become a regular part of your life. Keep track of achievements and accomplishments and reward yourself for reaching short-term goals. While it's not easy to always stay focused on the benefits, keeping track of where you were, where you are and where you are going with your exercise plan will help keep you motivated and on the path for success.

Tend to your emotional health

By Bob Grimson

Mental illness is on the rise. Recent reports indicate one in five Americans suffers from a mental disorder and the cost of treating depression in this country is about \$40 billion annually. Your mental and emotional health is part of your overall health and fitness plan, and taking care of it will pay off in a happier, healthier life.

To maintain good mental and emotional health, be willing to communicate with others. Express your feelings in a non-threatening way with the people in your life, such as friends, family members and co-workers. Talk about your anger or concerns before they build up and cause stress. This is a case where being proactive can be beneficial.

Take some alone time for yourself every day. If it's just 20 minutes reading, walking around the block

or working out, it's important. Spend time meditating, listening to calming music or just enjoying life.

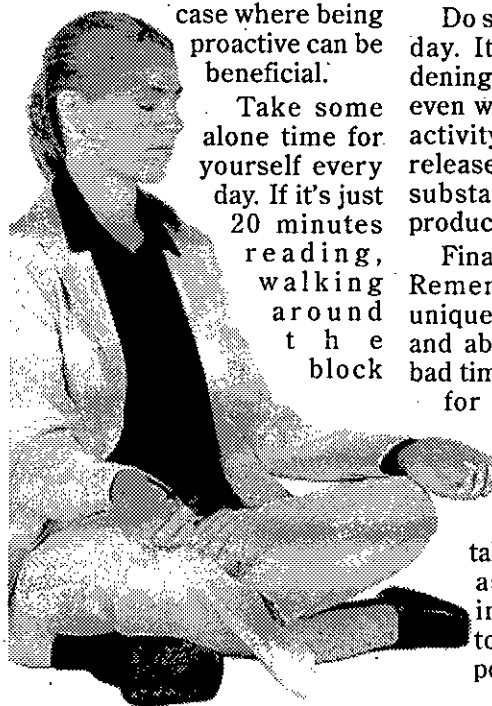
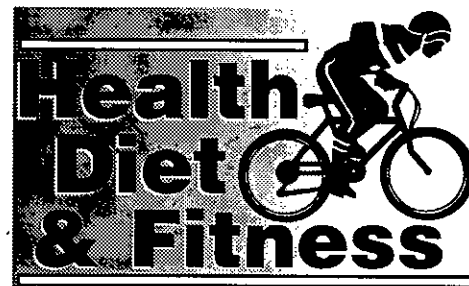
Don't try to keep up materially with others. Wanting more and more objects can get in the way of spending time and sharing with others. Your loved ones are more important and taking time to enjoy a sunset or take in an activity with them will benefit you in many ways.

Build a network of people you trust with whom you can share ideas, triumphs and setbacks. Be willing to give them the same support they provide for you. Avoid situations and people who make you feel inadequate or bring you down. Get out of unhealthy situations no matter what it takes.

Do something physical every day. It can be walking, gardening, cleaning the house or even washing the car. Physical activity causes your body to release endorphins and these substances give you a good, productive feeling.

Finally, be true to yourself. Remember that you are a unique individual with talents and ability to get through the bad times in your life. Stand up for what you believe and chart your own course.

Staying emotionally healthy and strong takes just as much effort as staying physically involved. Get started today and watch for the positive results.



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A little exercise goes a long way

By Bob Grimson

Everyone knows that regular exercise is a major factor in improving your overall health. But what if you can't find the time to go to the gym or attend an exercise class? There are many ways to work exercise into your daily life and you're probably already doing some of them.

Forget about circling the parking lot at work or shopping to find the spot right up close. Try parking farther away, especially in nice weather, and walking instead. You'll burn calories and avoid the extra aggravation. When you're at the mall, use the stairs instead of the escalator or elevator. Stair climbing is a good aerobic exercise at home, while shopping or at work.

While you're waiting for your morning coffee to brew, go for a walk around the block. Put on your headphones and catch up on the news or listen



to a recorded book and exercise your mind as you exercise your body. A brisk walk will help wake you up and get you prepared to make the most of

your day.

Instead of using all of your lunch hour or work breaks to snack and socialize, take a walk. Besides helping you exercise, it will also relax you for the rest of the day and give you some quiet time to think and reflect.

If you have a dog, you know that taking them out is a necessary part of the day. When you take your dog out, cover a little more territory. Instead of a one-block walk, go for two blocks. The extra exercise will help your dog as much as it benefits you.

Housework is a necessary part of life, so make it pay off. Mopping, cleaning and taking out the garbage all require you to get up and get moving. Help yourself along with some energetic music.

If you can't get all your exercise at one time, don't worry — break it into smaller, more manageable segments. Instead of an hour-long walk, take a hike for 15 or 20 minutes. Instead of cleaning everything at once, fit it into your day when you can.

Don't feel that you have to skip exercising because you don't have enough time to regularly do it. With exercise, small steps can make a big difference in how you look and feel.



Want to get in shape this year? A treadmill can help

Tips for Choosing the Machine that's Right for You

Losing weight and getting in shape are two of the most common New Year's resolutions. Make this the year that you keep those resolutions by starting a sensible program of healthy eating and regular exercise.

Winter can be a tough time of year to begin a fitness program,

since the weather often makes exercising outdoors impossible, especially in colder climates. A treadmill is a great way to get the physical and mental benefits of a regular workout, no matter what the weather. And having a treadmill at home means you'll have fewer excuses for not exercising.

Here are some tips on what to look for in a quality treadmill:

- Deck — a long deck will accommodate your full running stride.

- Frame — for durability, a steel frame is best.

- Rollers — rollers should be 2 inches or larger in diameter.

- Programmable — To change the variety of your workout, better treadmills have built-in electronic programs to help you achieve your fitness goals.

- Warranty — a longer warranty means the manufacturer stands behind their equipment. A good warranty will include: a lifetime warranty on the frame; a 10 year motor warranty; three to five years on electronics; and a minimum of one year in-home service.



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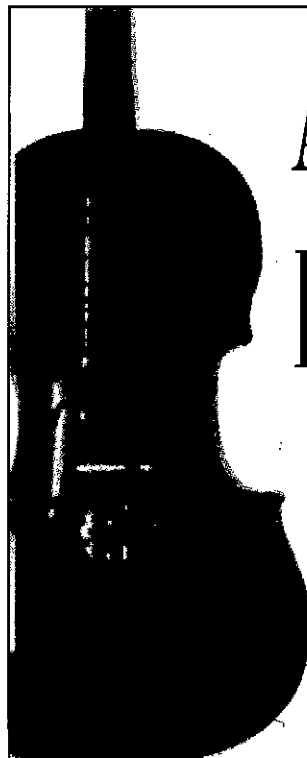
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Making new fitness resolutions – and keeping them

Time and time again, people resolve to get in shape and to live a healthier lifestyle. But this is the number one resolution most often broken – and typically within just a short six weeks. Why is having a healthy mind and body easier to talk about than to achieve?

Life Time Fitness, a national operator of sports and athletic, professional fitness, family recreation, and resort/spa centers, offers these suggestions for making and keeping a realistic resolution about your health.

Appreciate Your Accomplishments

Although we continue to make resolutions concerning good health, we give up early in the game. Before you get too down on yourself for having let go of previous fitness resolutions, it is important to realize that health and fitness goals are continuous, involving a process of assessment, commitment, feedback, and follow-through.

Even if you have just begun considering health and fitness a priority, you are much better off than you think. Shifting your attitude about your health, making smarter, more nutritious choices and increasing your knowledge about fitness will build momentum for you to accomplish your resolution this year.

The First Steps are the Hardest

It is not just about acknowledging what you need to do to get in shape, but also about formulating a plan of action for getting there. Visualize how you want to look and feel, research health and fitness routines, and then set personal growth and

development goals.

Start by researching and exploring fitness facilities that foster your new commitment to a healthy way of life. "The more a fitness center matches your goals and expectations, the more likely it gets used," says Jeff Zwiefel, senior vice president, Life Time Fitness. "But more than getting to the gym, a healthy lifestyle needs to be a part of every aspect of your daily life."

Making small improvements in your diet can help to make a big difference. Shop healthy, take an interest in your nutrition by becoming more informed, be aware of your eating habits, make good daily choices, and include your family in your pursuit of a healthy and nutritious lifestyle.

Now is the Time to Get Started

You have come to terms with past broken resolutions, and you have set realistic ones moving ahead. Get in the right frame of mind. A positive attitude will make all the difference in your ability to stick with it. Do not abandon your goal just because you missed one day of workout or

diet. Build confidence with each step of progress that you make. Feel better about yourself inside,

and the results will show on the outside.

Workout Tips

Once you have set your routine in motion, there are important health tips to remember:

- Maintain a good diet: Dieticians recommend that instead of a big breakfast, lunch and dinner, people eat several small balanced meals and a few small snacks throughout the day. Balanced meals include

protein, complex carbohydrates, fruits and vegetables. Start taking supplements and vitamins on a regular basis and drink plenty of water.

- Rest and reward yourself: As you work toward your fitness goals, remember to reward yourself for progress along the way. Treat those hardworking muscles to a massage, or pamper your feet with a pedicure.

- Make exercise fun: Keep track of healthy habits with a friend. It might be easier to stick to your routines and good habits if you have someone to answer to. Choose a friend or family member who will offer encouragement while also setting an example for you to follow. Use motivators such as music, new workout clothes and a positive attitude.

- Max out your membership: Get your money's worth. Get to know all the classes that your club has to offer. Get oriented to the club, its instructors, deals and offers, and free assessments. They are there to help you achieve your fitness goals. Maximize your time and



Setting realistic fitness goals can help you keep that New Year's resolution to get in shape.

variety of activities at the club and your monthly membership will more than pay for itself.

Good luck with your resolutions this year, and remember that you are in charge of making them happen.

What to Do When Your Resolution Needs Rescuing

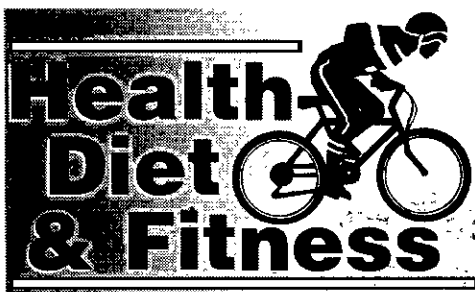
Permanent lifestyle changes take time to accomplish. When you are feeling like your health and fitness are suffering at the hands of your other daily tasks and obligations, remember to relax. Research where you might have gone wrong, and determine where you need to make changes. Be realistic about what you can accomplish. Review and adjust your routine to find out what works for you and what does not. Get back into your routine. It is never too late to get in shape.

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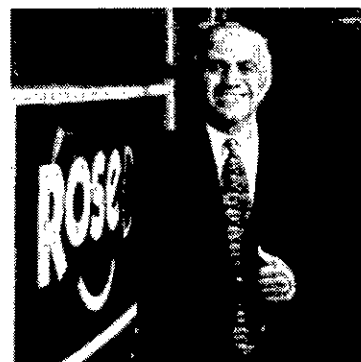
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Battling high blood pressure

By Bob Grimson

High blood pressure or hypertension has no physical symptoms or signs. It's a silent disease that's easy to overlook and affects more than 25 percent of all Americans, which means you need to have yours checked on a regular basis.

Blood pressure is the force of blood as it pushes against the sides of your arteries. It is recorded with two numbers—systolic, which measures it as the heart beats, and diastolic, which measures it as the heart relaxes between beats. The systolic

number is given over the diastolic. Normal blood pressure falls below 130 systolic and 85 or 90 diastolic.

High blood pressure makes the heart work harder, increasing the risk of heart attacks and strokes, and can cause kidney and heart disease. Fortunately, high blood pressure can be controlled, usually with the help of your health care provider. There are two main ways to treat it - through medication or changes in lifestyle. You may be able to control your high blood pressure simply by exercising, watching your diet, quitting smoking or

through a combination of these with medication.

In most cases, gradual changes will work to lower blood pressure - don't try to do everything at once. Here are some simple things you can change in your lifestyle to help you get the upper hand on your high blood pressure.

- Get to your desired weight and maintain it.
- Eat a nutritious, balanced diet.
- Reduce your consumption of salt and sodium.
- Drink alcohol in moderation.

- Follow your physician's advice about medication.

helps you lose weight and control your stress. Schedule some form of exercise several times a week and get a friend involved to stay motivated and reduce your urges to stop. Any exercise is better than none. If you can't make 30 minutes, go for 10. The key is to get up and get moving.

High blood pressure affects millions of Americans and can cause serious health concerns. It can be over-come, however, with effort and dedication. The end result is up to you.



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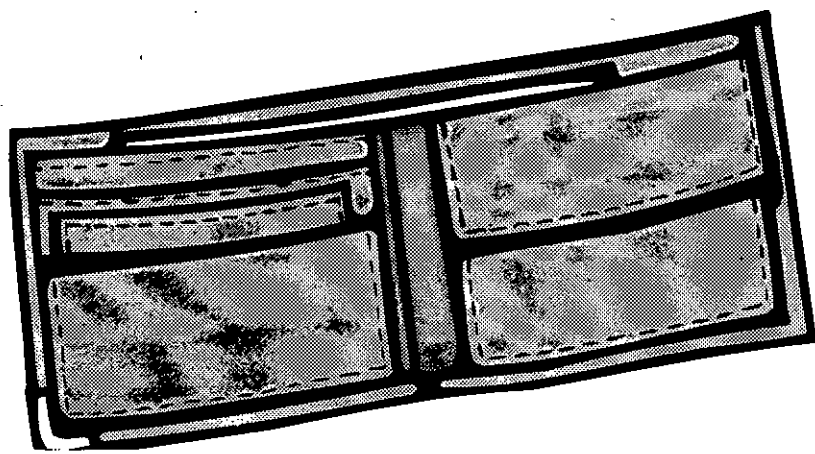
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Healthy resolutions from the American Medical Association

If you are like most Americans, health concerns are at the top of your list of New Year's resolutions. While resolving to achieve a healthy weight, better nutrition or more physical activity are important, don't overlook equally vital lifestyle resolutions.

The start of another new year provides us with an opportunity to reflect on the past 12 months and look ahead to changes we can make today to improve our health tomorrow," says AMA President J. Edward Hill, M.D. "It is important that we develop positive lifestyle habits that we can work on in 2006 and carry with us throughout our lives."

The AMA offers the following lifestyle resolutions for 2006:

1. Make healthy lifestyle choices.

With so many Americans concerned about being overweight or obese, it is more important than ever to make lifestyle choices that will enhance quality of life. Healthy living includes daily exercise, a well-balanced diet, and staying away from tobacco and excessive drinking. Before beginning any new exercise program, it is a good idea to consult your physician.

2. Prepare for a disaster situation in advance.

In light of the events of Hurricanes Katrina and Rita, the AMA encourages families to take the necessary steps to respond to an emergency. Develop a family communication plan for how you will get in touch with your family members.

Create an emergency supply kit and store it in a safe, dry place. Be sure to include a list of important family health information and documents, such as copies of family immunization and health records; a list of prescriptions and dosage; and the style and serial number of medical devices such as pacemakers.

3. Develop an advance directive with family members.

The Terri Schiavo case spurred a national dialogue on end-of-life care planning. The AMA encourages everyone to write a living will, appoint a durable power of attorney for health care, and discuss their wishes with family or a designated caretaker. Physicians can help with these important decisions as patients grapple with this difficult topic. People should talk to their physician, and use the health care community as a resource to help make educated decisions for the future.

4. Medicare prescription drug plan - learn your options.

Medicare is taking an important step forward by offering a prescription drug benefit for the first time. If you or someone you love is in the Medicare program, the AMA encourages you to educate yourself about this new benefit. Take time to sit down with your family member to review the most applicable prescription drug options for your healthy lifestyle.

5. Practice common-sense prevention in light of flu concerns.

In light of concerns with the flu, Americans are encouraged to remain informed and take common-sense steps to stay healthy. Everyone can take sensible steps to prepare for the current annual flu season, which can potentially provide added protection against pandemic flu. Typically, influenza does not peak in the United States until February, so check with your physician to get the annual flu vaccine. To avoid germs that cause the flu, wash your hands and avoid touching your nose and mouth with your hands. If you are sick, cover your cough with your sleeve or a tissue.

"These resolutions are simply a few of the things you can do to make positive, healthy lifestyle changes," says Dr. Hill. "In 2006, you can continue to look to the AMA and the AMA Web site for a wide range of public health information. And without question, you should continue to turn to your physician to provide the highest quality of care for you and your family."

For more information, visit the AMA's Web site at www.ama-assn.org.

Bringing your winter workout indoors

Fun Activities Help Keep Exercise Momentum Going

For all those who enjoy layering up and braving the winter elements for a brisk morning run, there are countless others who find the process of exercising outdoors daunting, to say the least. And for those who aren't hard-core fitness fanatics, it may mean the difference between continuing a workout regimen and abandoning all physical activity until the first thaw of spring.

Studies have found that the average person gains from five to seven pounds between Thanksgiving and New Year's Day. While some of that can be

weighted sports hoops. "Others might use cold temperatures or freezing winds as an excuse to skip a workout, and soon one day spirals into a week or more of missed exercise opportunities."

"The key is to find alternative workouts to your usual routine that are fun, invigorating and give you the same endorphin rush, cardiovascular boost and toning benefit," adds Lin. "All it takes is a little imagination and a desire to maintain a healthy weight and lifestyle."

So head indoors and check out the following activities that the whole family can enjoy:

• **Swimming.** An activity that can be done year-round, lap swimming offers numerous health benefits, according to the U.S. Water Fitness Association. Improved strength and flexibility, better muscular endurance and balance, improved circulation, and a stronger heart are but a few. Plus, it's a terrific calorie burner at 563 calories per hour for a 155-pound person, when swimming freestyle using light-to-moderate effort.

pounds more.

• **Ice-Skating.** Many runners find ice-skating to be a lower-impact, yet equally effective, way to keep fit during the winter months. It works the legs, inner thighs, abductors, hamstrings and gluteal muscles—even arms, waist and abdomen—while being kinder on joints. The American College of Sports Medicine states that a 150-pound person burns approximately 600 calories for every hour of continuous skating, equivalent to running five miles an

hour.

• **Bowling.** Although not normally perceived as a highly aerobic workout, bowling is a surprisingly good way to keep fit. According to a study reported in the California Bowling News, a Penn State nutritionist estimated that bowling can burn 100 calories for every 20 minutes of bowling—or 300 calories an hour. It also works muscles and joints, and keeps tendons and ligaments limber.

• **Sports Hoops.** Since the plastic Hula Hoop was first introduced in 1958, it has evolved into a popular, easily accessible and innovative form of exercise. When swiveled for 15 to 20 minutes at a time, weighted sports hoops can provide cardiovascular benefits, help tone muscles, burn calories and fat, and facilitate weight loss. Another plus is that they can be used in the privacy of your own home, while listening to music or watching your favorite television shows.



attributed to overindulging in stuffing, cookies and eggnog, some can also be credited to under-indulging in movement. Walking to the pantry to restock on chips and dip during halftime, for example, just isn't enough to negate the caloric impact of those tasty treats.

"People who enjoy being physically active, or who use it as a way to manage stress, typically aren't influenced by adverse weather conditions," says Kwan Lin, owner and manager of Sports Hoop, Inc. who provides custom-

• **Indoor Rock Climbing.** Since America's first climbing gym opened in Seattle in 1987, climbers at more than 700 rock gyms across the country now receive an aerobic and anaerobic workout as they strengthen muscles and build confidence. According to Michelle Humi, president of the American Sport Climbers Federation, climbing an artificial rock wall can burn up to 700 calories an hour for a 140-pound person, and up to 974 calories for someone weighing 50

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Did your holiday feasting leave you feeling like a stuffed turkey?

Losing weight, eating more fruits and vegetables and a healthy lifestyle top list of New Year's resolutions

Like most Americans you probably indulged in a feast of rich, high-fat foods during the holidays, from the second helping of mashed potatoes, buttermilk biscuits and Aunt Betty's homemade pecan pie to eggnog and one too many flutes of champagne. Indulging during the holidays seems to be part of

member of the National Academy of Sports Medicine. "Eating several servings of fruits and vegetables every day will help men and women achieve their top annual New Year's goals of losing weight and getting healthy."

Spencer notes that eating three to five pieces of fruit every day is a critical complement to a nutritionally balanced, low calorie and low fat diet. Fruit, especially blueberries, are packed with nutrients and antioxidants and contain a large number of naturally occurring vitamins, minerals and plant phytochemicals that are very beneficial for health. Fruit is also cholesterol free. "Providing that about one-third of your diet is comprised of fruits and vegetables, you should notice steady weight loss because ample fruit consumption helps fill the stomach faster, discouraging you from eating more high calorie foods."

It's easy to work five pieces of fruit into a daily diet. Here are some tips:

- Add fruit to breakfast cereal
- Make smoothies blended with fresh gourmet frozen fruit
- Add blueberries to hot oatmeal and top with granola
- Eat a small piece of fruit 30 minutes before/after a light workout
- Substitute fruit as a snack food option instead of potato chips, cookies and other high-fat foods
- Snack on strawberries with low-calorie whipped cream

the festivities; however, the downside is that you probably added some padding to the love handles during the six-week interval between Thanksgiving and New Year's Day. That's the bad news. The good news is that a new year can be the start of a new you.

"Now that the holidays are over, it is time to get serious about losing those extra pounds and more importantly, commit to a heart healthy diet rich in fruits and vegetables," says Robert Spencer, New York-based personal trainer to the stars and



The Mixed Fruit Smoothie (serves two)

- 1 cup raspberries
- 2/3 cup strawberries or mangoes, sliced
- 3 ounces organic, all-natural juice (grape, mango, strawberry, or apricot - chilled)
- 2 ounces fat-free yogurt (vanilla or plain)
- 1 teaspoon honey
- 1 tablespoon low-calorie granola

Preparation

Combine the raspberries, strawberries or mangoes, fruit juice, yogurt, honey and granola in the blender. Cover and blend until silky and smooth. Pour into chilled glasses and sprinkle with slivered almonds. This is a perfect and healthy breakfast or an after-work or school treat.

The Slim Shake (serves two)

- 1 cup frozen mango
- 1 cup of frozen raspberries
- 1/2 cup plain vanilla low-fat yogurt
- 1/2 cup soy protein powder
- Your favorite granola or multigrain cereal (optional)

Preparation

Mix the first four ingredients in a blender until smooth. Serve immediately in a small bowl.

Blueberry Soy Shake (serves two)

- 1 cup of blueberries
- 1/2 cup fat-free vanilla yogurt
- 1 cup soy milk
- 1 teaspoon vanilla extract

Preparation

Mix all ingredients in a blender until smooth.

Variety and safety

Keys to better muscles

By Bob Grimson

When you're trying to build your muscles, a safe, consistent workout plan is crucial. You won't get anywhere without one.

Whether using resistance machines or free weights, leave two days between workouts on specific muscle groups to give them time to rest and rebuild. Do the back and biceps on Mondays and again on Thursdays. Then work the chest and triceps on Tuesdays and Fridays. The muscles in the legs are the largest in the body, so one entire workout should be devoted to them. Plan for those



workouts on Wednesdays and Saturdays. Alternate abdominals Mondays through Saturdays. Leave Sunday as a day completely free of

workouts.

While considering the frequency and timing of your workouts, you also need to keep safety in mind. In fact, it's the first thing to consider with any workout program. To stay safe, keep your major joints such as knees and elbows slightly flexed or bent. It's too easy to cause an injury if they're locked. If you're using free weights, always wear a weightlifting belt on your waist and use wrist straps for heavier weights. Have a spotter for heavier weights to prevent a serious accident or injury. When lifting, go slow and steady when you raise and lower the weights. A fast, jerky motion up and down won't do much good for your muscles and may even cause torn muscles or strains.

Repetition rather than amount of weight is important in building muscles. When you're doing several reps, make sure a friend or spotter is on hand to assist you. Always wear heavy-duty athletic or training shoes to give your feet additional support.

Lifting weights can be a great solo activity or with friends. Just make sure to stay safe and give your muscle groups ample rest.

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- Reminiscence for Seniors. Jan. 17 to March 28, Tuesdays, noon to 1:30 p.m. A healthy lifestyles program for the young at heart who are 45 and older and have no intention of settling passively into old age. Participants swing, sway, stretch, dance, create stories and movement based on personal experiences, myths, life passages and more. No experience necessary. Class is \$5. No charge for Albany County residents older than 60. Program supported by Albany County Dept. for Aging.

- Half Year Kids Dance Classes. Jan. 17 to June 5, Mondays to Thursdays, 4:45 pm and Saturday, 9:45 a.m. Creative moving, modern ballet dancemaking, musical theater and creative modern dancemaking.

- 2006 Girl Scout Dance Badge Workshops by Kids Dancespace. Sessions 1, 2 and 3 make a completed dance badge. Sessions can be taken in any order. Session may be taken as a single workshop for dance fun. Each session covers a different aspect of the art of dance. The dance badge includes: introduction to ballet, modern and jazz dance forms, dance composition, dance performance, international dances, and ballroom dance styles. Call the eba, for session dates and times.

- Cabaret Fund-raiser performed by Maude Baum and Company Dance Theatre. March 11, 7 to 11 p.m. Bawdy dance theater; complimentary wine tasting, delectable hors d'oeuvres and desserts, and dancing in the traditional cabaret style. Tickets: \$20 to \$100.

State museum announces upcoming programs

- Furry Tales and Touchables. Saturday, Jan. 7, 11 a.m. Free. Meet at Discovery Place. Recommended for children 4 to 6 years old. Stories come to life as youngsters touch real animal skins, bones, plants, and more while listening to a storybook reading.

- Family Fun Weekend. Saturday and Sunday, Jan. 7 and 8, 1 to 4 p.m. Free. On the first weekend of every month, the

museum will offer fun for the whole family with its different theme-based family activities. The event will focus on "Life in the Winter" and feature a mask making presentation and a Star Lab Planetarium Show. Patrick Wadden, the co-founder and director of Arm of the Sea Mask and Puppet Theater Group from Saugerties will host the interactive mask making presentation Saturday. The snow

day will be Jan. 8 from 1 to 4 p.m.

On Saturday and Sunday, the Star Lab Planetarium "Winter Sky" show will be presented from 2 to 3 p.m. in the museum theater. "Story Time" will be featured at 3:30 p.m. All other activities will be held from 1 to 4 p.m. both days in the Adirondack Hall by the Elk Pond.

The "Stay Warm" experimental will provide an interactive learning experience using insulated mittens

to show the ways nature keeps animals warm in the winter. Throughout the afternoon there also will be a scavenger hunt with prizes. Visitors will be able to make and take home snowflake crafts. Family Fun Weekends are offered the first weekend of every month at the state museum.

For information, e-mail nyost@mail.nysed.gov or ccozzens@mail.nysed.gov or call 486-1569.

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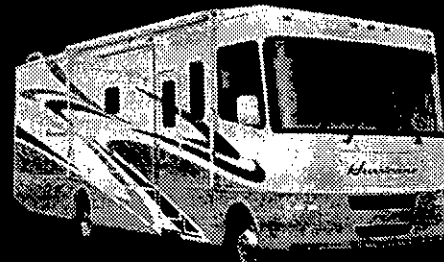
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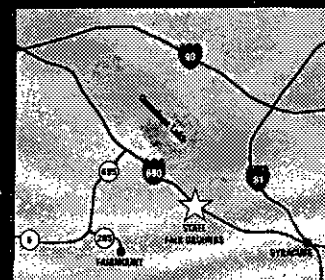
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☐ **Health Diet & Fitness**

Issue: Jan. 4 • Deadline: Dec. 21

☐ **Update 1 – Education/ At Home**

Issue: Jan. 18 • Deadline: Jan. 4

FEBRUARY

☐ **Update 2 – Banking/Finance/Law**

Issue: Feb. 1 • Deadline: Jan. 18

☐ **Update 3 – Health/ Communications/ Services**

Issue: Feb. 15 • Deadline: Feb. 1

MARCH

☐ **Spring Home Improvement**

Issue: March 1 • Deadline: Feb. 15

☐ **Update 4 – Retail/Leisure/Food/ Building Our Future**

Issue: March 15 • Deadline: March 1

☐ **Health**

Issue: March 29 • Deadline: March 15

APRIL

☐ **Automotive**

Issue: April 12 • Deadline: March 29

☐ **Senior Living**

Issue: April 26 • Deadline: April 12

MAY

☐ **Home & Garden**

Issue: May 10 • Deadline: April 26

☐ **Capital District Summer**

Issue: May 24 • Deadline: May 10

JUNE

☐ **Summer Health**

Issue: June 7 • Deadline: May 24

☐ **Home Improvement**

Issue: June 21 • Deadline: June 7

JULY

☐ **Update 5 – Summer of Excellence**

Issue: July 12 • Deadline: June 28

☐ **Senior Lifestyle**

Issue: July 26 • Deadline: July 12

AUGUST

☐ **Back to School**

Issue: Aug. 9 • Deadline: July 26

☐ **Campus Survival Guide**

Issue: Aug. 23 • Deadline: Aug. 9

SEPTEMBER

☐ **Community Services**

Issue: Sept. 6 • Deadline: Aug. 23

☐ **Fall Foliage/ Autumn Adventures**

Issue: Sept. 20 • Deadline: Sept. 6

OCTOBER

☐ **Women's Health**

Issue: Oct. 4 • Deadline: Sept. 20

☐ **Home Decorating & Remodeling**

Issue: Oct. 18 • Deadline: Oct. 4

NOVEMBER

☐ **Senior Lifestyle**

Issue: Nov. 1 • Deadline: Oct. 18

☐ **Holiday Gift Guide**

Issue: Nov. 15 • Deadline: Nov. 1

☐ **Non-Profits**

Issue: Nov. 29 • Deadline: Nov. 15

DECEMBER

☐ **Holiday Gift Guide 2**

Issue: Dec. 13 • Deadline: Nov. 29

☐ **Bridal/ With this Ring**

Issue: Dec. 27 • Deadline: Dec. 13

All Ad Deadlines are at Noon.

Obituaries *in the* Spotlight

Dora Vine

Dora Meyer Vine, 99, of Delmar, died Thursday, Dec. 8 at St. Peter's Hospital. She was widow of the late Harold A. Vine.

She attended the two-room Cedar Hill School and Albany High School.

She worked at the Normanskill Dairy as a bookkeeper.

She was active in St. Luke's United Methodist Church, Calvary-St. Luke's United Methodist Church and Emmaus United Methodist Church. She taught Sunday school, founded the Willing Workers Guild and was a member of the Women's Society and the Lunch Bunch, and was on the board of the Albany Guardian Society. She was a charter and life member of the Bethlehem Historical Association, and a charter member of the Fort Orange AARP Chapter 1593.

Survivors include a son, Harold A. Vine Jr. of Belfast, Maine; a daughter, Janet D. Vine

of Delmar; a granddaughter; and nieces and nephews.

Services were from the Meyers Funeral Home and burial was in Memory's Garden Cemetery, Colonie.

Contributions may be made to the Memorial Fund of Emmaus United Methodist Church, 715 Morris Street, Albany or to the Gateway Longview Foundation, PO Box 710, Williamsville 14231-9922.

John Meldrum

John Meldrum died at his home in Melbourne, Fla., after a lengthy illness. Born on Staten Island, N.Y., he had been a resident of Delmar since 1965. He attended the U.S. Merchant Marine Academy, was in the Maritime Service from 1946 until 1951, and in the Army from 1951 until 1953.

He retired from the Cigna Corporation in 1983.

He was a member of Normanside Country Club and Harbor City Golf Club in Melbourne.

Survivors include his wife, Patricia, and cousins.

Arrangements were by South Brevard Funeral Home in Florida. Remembrances can be sent to Wuesthoff Brevard Hospice & Palliative Care, 8060 Spyglass Road, Viera, Fla. 32940.

Michael Amenta

Michael J. Amenta, 72, of Glenmont, died at Our Lady of Mercy Life Center on Thursday, Dec. 22.

Born and raised in Brooklyn, he received an accounting degree from CCNY and served in the U.S. Army.

He was senior partner at the international accounting firm of Laventhol & Horvath, where he managed the real estate accounting division.

He lived most of his life on Long Island, where he was the first president of the Nassau County Catholic League, an associate trustee of North Shore Hospital and a lector at Our Lady of Fatima Church.

Survivors include his wife of 50 years, Antoinette Amenta; a son, Michael A. Amenta; two daughters, Marie Dolfi and Theresa Mooney; four grandchildren; two sisters, Catherine Miller and Geraldine Dunne; a brother, Gerald Amenta; and numerous nieces and nephews.

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

Contributions may be made to the Community Hospice of Albany, Nursing Home Program, 445 New Karner Road, Albany 12205 or the Louis M. Greco Memorial Scholarship Fund, William Patterson College, Attn: Jeff Albies, 300 Pompton Rd., Wayne, NJ 07470.

Florence Bailey

Florence Eckler Bailey, 83, of Voorheesville, died Saturday, Dec. 24 at St. Peter's Hospice. Born in Cooperstown, she had lived in Voorheesville for the past 55 years.

She was a legal secretary for the law firm of Hesson, Ford, Sherwood, Walen, retiring after 43 years. She was a longtime member of the United Methodist Church of Voorheesville, where she had been a Sunday school teacher and active with the church bazaar. She had been a Cub Scout den mother and a secretary for the Helderberg Mixed Bowling League for 25 years. Florence was a member of the New Scotland Senior Citizens, the American Legion Auxiliary of Post 1493 and the Better Breathers Club.

Survivors include her husband of 63 years, Kenneth H. Bailey; a son, Jack Bailey; 10 grandchildren; a sister, Helen Rury; great-grandchildren; and several nieces and nephews.

Services were from Applebee Funeral Home and burial was in Bethlehem Cemetery.

Contributions may be made to the Voorheesville Ambulance Squad, 21 Voorheesville Ave., Voorheesville 12186 or the Voorheesville First United Methodist Church, 68 Maple Ave., Voorheesville 12186.



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Milestones *in the* Spotlight

Goldsmith's celebrate 50th anniversary



Carole and Richard Goldsmith

On Nov. 26, Carole and Richard Goldsmith of North Greenbush celebrated their 50th wedding anniversary. The couple lived most of their lives in Rockland County but recently located to the Capital District area for their retirement. They were married on Nov. 26, 1955 at the Essex House Hotel in New York City.

The former Carole Rothenberg worked as a surgical nurse for over twenty-five years in New City.

Richard Goldsmith worked in New York City for over fifty years in the garment district.

The couple's son and daughter-in-law, Howard and Sharon Goldsmith, live in Slingerlands with their children Jared and Alison. Their daughter and son-in-law, Sharon and Robert Cohen, live in Suffern with their children Jeff and Laura.

A 50th anniversary celebration weekend was hosted by the couple's children and grandchildren at the Otesaga Resort Hotel in Cooperstown over the Thanksgiving holiday.



Carole and Richard Goldsmith 1955

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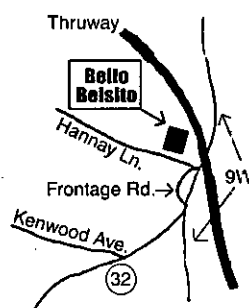
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Births '05

Albany Medical Center

Girl, Jailyn Alexis Brouillette, daughter of Melinda Luck of Ravena and Justin Brouillette of Albany, Sept. 1.

Boy, Evan Hugh Keir, son of Ann La Rose and Paul Keir of Selkirk, Sept. 2.

Boy, Raj Vijay Mhetar, son of Savita Musale and Vijay Mhetar of Slingerlands, Sept. 3.

Girl, Catherine AnLi Thibault, daughter of Kate and Michael Thibault of Delmar, Sept. 12.

Girl, Jasmine Marie Weidman, daughter of Natassia Fitzgerald and Bobby Joe Weidman of Ravena, Sept. 12.

Boy, Owen Hunter Ikasalo, son of Denise and Rick Ikasalo of Slingerlands, Sept. 18.

Girl, Karissa Joy Forte, daughter of Deborah and Frank Forte of Selkirk, Sept. 13.

Girl, Jahlea Nyomi Martinez, daughter of Jennifer Santiago of Ravena, Sept. 28.

Boy, Connor Alexander Reilly, son of Erin and Brian Reilly of Delmar, Sept. 28.

Out of town

Boy, Sean Michael White, son of Caroline Wirth and Major Randy White of Newport News, Virg., grandson of Dr. and Mrs. Carol and Caroline Wirth of Slingerlands and Harry and Maureen White of Ashaway, R.I.

Got news?
Call Spotlight at 439-4949.

Milestones *in the* Spotlight



Erin and Mark Svare

Riegel, Svare marry

Erin Riegel, daughter of John and Barbara Riegel of Delmar, and Mark Svare, son of Bruce and Maryalice Svare of Delmar, were married July 9.

The ceremony was performed by the Rev. Russell Clark and Father David Berberian at the Church of St. Thomas the Apostle in Delmar.

A reception followed at Normanside Country Club in Delmar.

The maid of honor was Emily Criscione.

The best man was John Svare, brother of the groom.

The bride is a graduate of Bethlehem Central High School and Providence College. She is an associate at Development Guild in Brookline, Mass.

The groom is a graduate of Bethlehem Central High School and Providence College and is currently pursuing a master's degree at Boston University. He is a supervising accountant for

Liberty Mutual in Boston, Mass.

After a honeymoon to Aruba, the couple resides in Hyde Park, Mass.

Lefko, McKinney marry

Sarah Ann Lefko, daughter of Alan and Linda Lefko of Penn Yan, and Mark Douglas McKinney, son of Charles and Barbara-Ann McKinney of Naples, Fla., were married Oct. 15.

The ceremony was performed by Deacon Bob Wubbenhorst and The Rev. Peter Young at Blessed Sacrament in Bolton Landing.

A reception followed at the Sacamore Hotel in Bolton Landing.

The matron of honor was Julie Hartigan. The bridesmaid was Carolyn Colpitts.

The best man was Ryan McKinney, brother of the groom. The groomsman was Stephen Lefko, brother of the bride.

The bride is a graduate of RPI and New York University. She is a senior business development manager for Microsoft in Latham.

The groom is a graduate of Bethlehem Central High School, Albright College, and Union College. He is director of product development for NMHC Integrail in Colonie.

After a honeymoon to Hawaii, the couple resides in Latham.



Sarah and Mark McKinney

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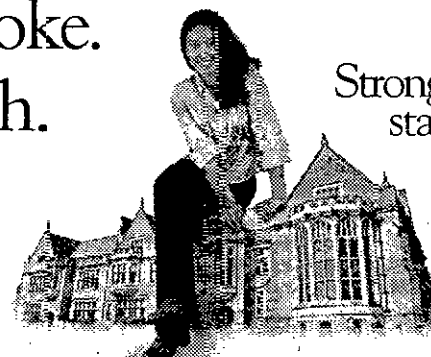
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Entertainment *in the* Spotlight

By Diana Denner

It's only January, but the New York State Museum has a plan to prevent cabin fever this winter. During the first weekend of every month, the museum offers a number of activities to let families stay warm but still have some adventure.

This weekend, the Star Lab Planetarium's "Winter Sky" show will let you travel virtually to outer space on Saturday and Sunday, Jan. 7 and 8. Star Lab is an inflatable planetarium that kids and parents can crawl into to see the skies without feeling the chill of the night air.

Arm-of-the-Sea, a puppet and mask theater group, will be hosting a mask-making workshop. People of all ages can participate in creating a papier-mâché mask on Saturday from 1 to 4 p.m.

"Everyone is invited to help create a giant beaver mask," said Patrick Wadden, co-founder and director of Arm-of-the-Sea Mask and Puppet Theater Group. "There will be other characters that people can play with and try on. This workshop is participatory, a way of learning how we've been creating masks for the past 25 years."

A nonprofit organization located in Saugerties, Arm-of-the-Sea has talented experts who perform with puppets and present electronic images and natural sorcery with the touch of a wizard's hand. The theater group

draws from myth, history and current events to enchant audiences with its visual storytelling.

Those who wish to attend will see the different techniques used for large-scale papier-mâché masks, part

of the repertoire used in shows, pageants and puppet cabarets.

The snow day for puppets will be Sunday, Jan. 8 from 1 to 4 p.m.

Throughout the afternoon on Saturday and Sunday, visitors can enjoy a number of activities like "Story Time,"

a scavenger hunt, snowflake crafts and other activities for everyone to enjoy.

The "Stay Warm" experiment is an interactive learning experience that explains to children, through the

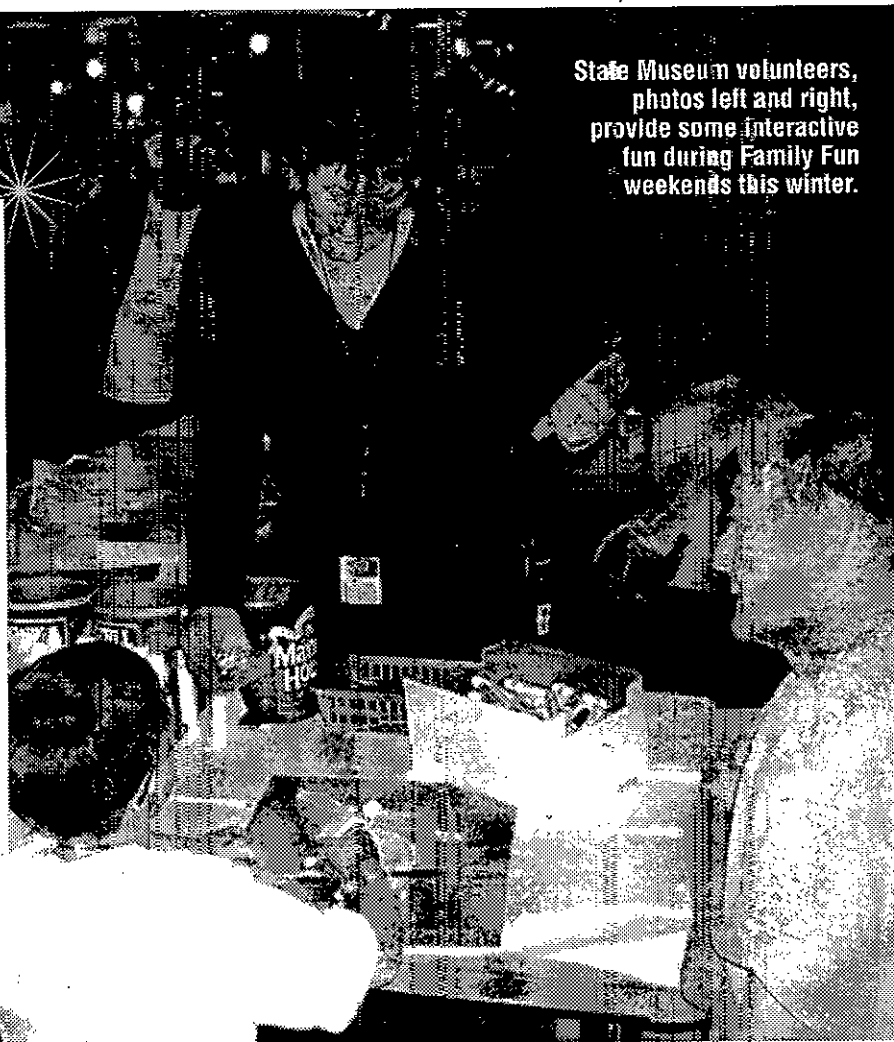
use of insulated mittens, how nature keeps animals warm in the winter.

"The first weekend in every month, families are invited to come together and have fun and learn," said Noreen Yost, an associate at the New York State Museum. Families can participate in on a community event for everyone to share experiences, explore discoveries and meet new people.

"Every family fun weekend is based on a theme that has fun interactive activities," Yost said. "By making learning fun, children can leave with a craft that they've made."

Admission is free. For information, call 474-5877 or visit the New York State Museum's Web site at www.nysm.nysed.gov. The museum is located on Madison Avenue in Albany.

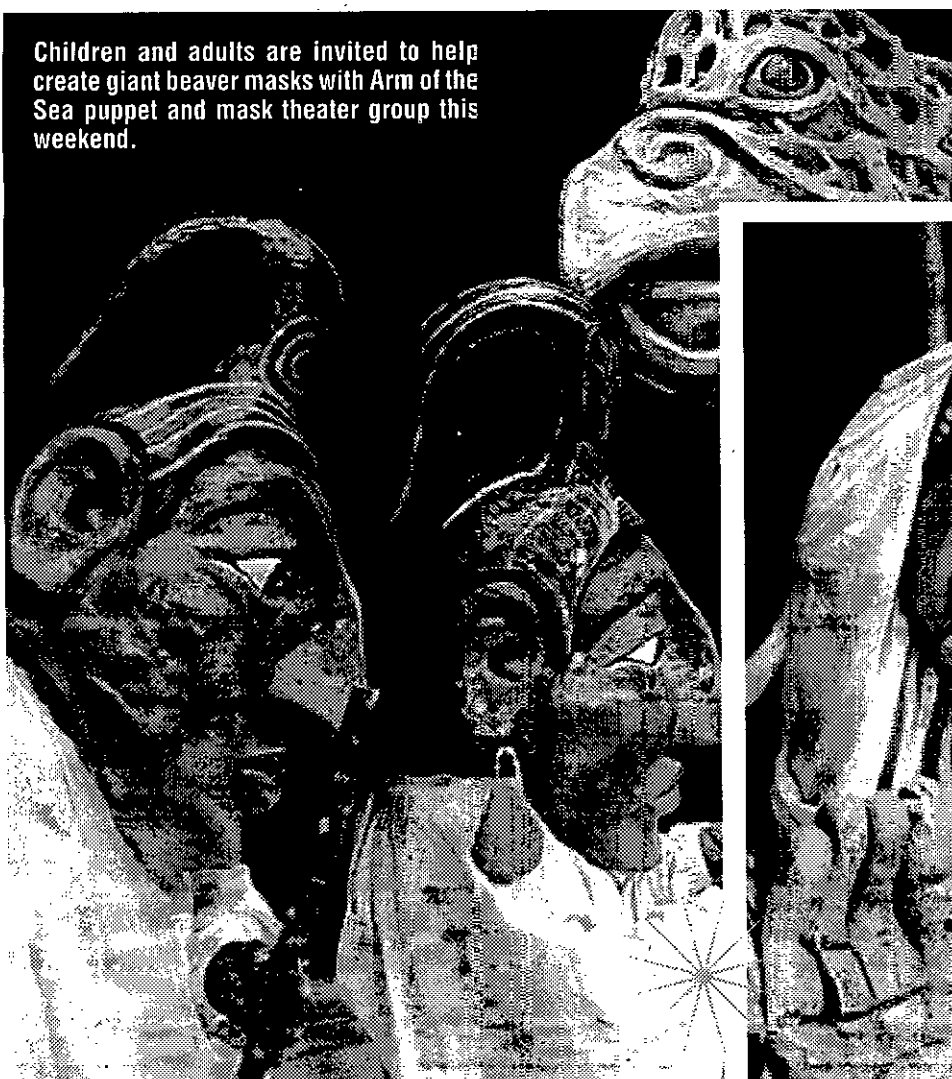
State Museum volunteers, photos left and right, provide some interactive fun during Family Fun weekends this winter.



Museum Magic

Cure "cabin fever" with monthly weekend activities at the NYS Museum

Children and adults are invited to help create giant beaver masks with Arm of the Sea puppet and mask theater group this weekend.



Arts & Entertainment

Theater

IT RUNS IN THE FAMILY

Holiday comedy by Ray Cooney, presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through Jan. 14. Wednesdays through Saturdays 8 p.m., Sundays 2 p.m., \$18. Information, 877-7529.c

Music

MICHAEL JERLING

Folk/singer/songwriter, Jan. 6, Caffe Lena, 47 Phila St., Saratoga Springs. Information, 583-0022.

LUSTRE KINGS

Capital District rockabilly band performs tribute to Elvis Presley on Presley's birthday, Jan. 7, 8 p.m., WAMC Linda Norris Performing Arts Center, Central Avenue, Albany, \$20. Information, 465-5233, ext. 4.

SKEETER CREEK

Folk/bluegrass band, Jan. 8, Caffe Lena, 47 Phila St., Saratoga Springs. Information, 583-0022.

DAVID FINCKEL AND WU HAN

Performing works for piano and cello by Brahms and Bach, Jan. 8, Memorial Chapel, Union College, Schenectady, \$25 adults, \$12.50 students, part of college's concert series. Information, 388-6098.

CURTIS STIGERS

Jazz/pop singer, Jan. 14, 8 p.m., WAMC Linda Norris Performing Arts Center, Central Avenue, Albany, \$20. Information, 465-5233, ext. 4.

JIMMY WEBB

Songwriter famous for classics such as "Wichita Lineman," "Galveston" and "MacArthur Park," Jan. 21, 8 p.m., WAMC Linda Norris Performing Arts Center, Central Avenue, Albany, \$25. Information, 465-5233, ext. 4.

ROBBIE DUPREE AND LARRY HOPPEN

Singer/songwriters, Jan. 26, 8 p.m., WAMC Linda Norris Performing Arts Center, Central Avenue, Albany, \$15. Information, 465-5233, ext. 4.

MARTY STUART

Country singer/songwriter, Jan. 27, 8 p.m., The Egg, Empire State Plaza, Albany, \$20. Information, 473-1845.

B.B. KING

Blues legend stops in town on 80th birth-

day celebration tour, Jan. 28, 8 p.m., Palace Theatre, corner of North Pearl Street and Clinton Avenue, Albany, \$47-\$57. Information, 476-1000.

MARK O'CONNOR

Fiddle virtuoso, Feb. 3, 8 p.m., The Egg, Empire State Plaza, Albany, \$26. Information, 473-1845.

KELLER WILLIAMS AND THE KEELS

Irish music group, Feb. 4, 8 p.m., The Egg, Empire State Plaza, Albany, \$15-\$18. Information, 473-1845.

LADYSMITH BLACK MAMBAZO

South African vocal and dance group, Feb. 4, Troy Savings Bank Music Hall, Troy, \$15-\$29. Information, 273-0038.

MARSHALL CRENSHAW

Alternative pop rock singer/songwriter, Feb. 4, 8 p.m., WAMC Linda Norris Performing Arts Center, Central Avenue, Albany, \$20. Information, 465-5233, ext. 4.

Comedy

BILL COSBY

Legendary comedian comes back to region for two shows, Feb. 17, 5 and 8 p.m., Palace Theatre, corner of Clinton Avenue and North Pearl Street, Albany, \$41.50 to \$51.50. Information, 476-1000.

Visual Arts

NEW YORK STATE MUSEUM

"Sports: Breaking Barriers and Breaking Records," through Jan. 8; "Ann Zane Shanks: Behind the Lens," through Feb. 26; "Miracles: New York's Greatest Sports Moments," through March 26. Plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

THE CLARK

"Pastels," featuring works by late 19th- and early 20th-century artists, through June 18; "The Clark: Celebrating 50 Years of Art in Nature" and "50 Favorites," through May 16, 2006; and other ongoing exhibitions. Information, 413-458-0524.

ALBANY INSTITUTE OF ART

Exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

SCHENECTADY MUSEUM

"Visions of China," a collection of photo-

graphs by Dr. Clinton Millett, through Jan. 8, "Bubbles," an audience-interactive exhibit, through Jan. 16, plus Spirit of Schenectady, collection highlights and planetarium, Noll Terrace Heights. Information, 382-7890.

ALBANY AIRPORT GALLERY

"Precious Little," through Jan. 8, site-specific installations by Larry Kagan and Cara Nigro, plus installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

NATIONAL MUSEUM OF DANCE

"Dancing Rebels," an exhibit about the New Dance Group, plus ongoing exhibits, 99 South Broadway, Saratoga Springs. Information, 584-2225.

NATIONAL MUSEUM OF RACING AND HALL OF FAME

Ongoing exhibits, 191 Union Ave., Saratoga Springs. Information, 584-0400.

NEW YORK STATE MILITARY MUSEUM

"New York's Fighting Zouaves," through

October, "Battleground for Freedom: New York during the Revolutionary War," and "To the Standard: Civil War Cavalry Flags from the New York State Battle Flag Collection," ongoing, 61 Lake Ave., Saratoga Springs. Information, 581-5100.

SARATOGA AUTOMOBILE MUSEUM

Ongoing exhibits including "East of Detroit" and New York racing, 110 Avenue of the Pines, Saratoga Springs. Information, 587-1935, ext. 20.

SKIDMORE COLLEGE

"Richard Pettibone: A Retrospective," Tang Teaching Museum and Gallery, through Feb. 12; 815 North Broadway, Saratoga Springs. Information, 580-5049.

Call for Artists

NEW YORK STATE THEATRE INSTITUTE

Theater company has internship opportunities for high school and college students for the spring 2006 season. Interns will get the chance to work with profes-

sionals in fields such as box office, costumes, education, lighting, performance, props, scenery, public relations, sound and stage management. Contact Arlene Leff at 274-3573 or 274-3200; or e-mail ailleff@nystti.org.

DELMAR COMMUNITY ORCHESTRA

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

COLONIE TOWN BAND

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

COLONIE CENTENNIAL BRASS CHOIR

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

SUBURBAN SOUNDS COMMUNITY CHORUS

Openings in mixed chorus, rehearsals Sundays at 7 p.m. at Lynnwood Reformed Church, Route 146, Guilderland. Informa-

tion, 861-8000.

FRIENDSHIP SINGERS

Openings in women's singing group, focusing on old favorites and show tunes, rehearsals Tuesday mornings at Community United Methodist Church 1499 New Scotland Road, Slingerlands. Information, 439-2360.

A CAPPELLA

New, informal, coed a cappella group in Delmar, for adults and teens 16 and older. Information, 439-0130.

SIENA CHAMBER ORCHESTRA AND CHOIR

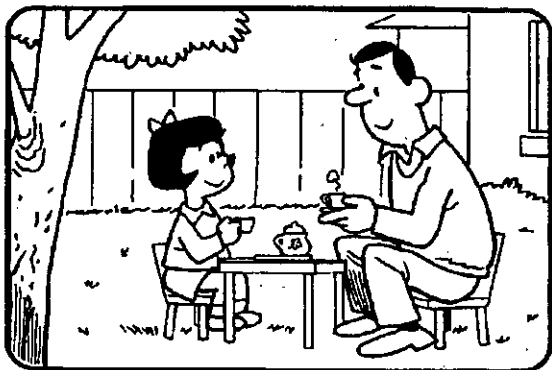
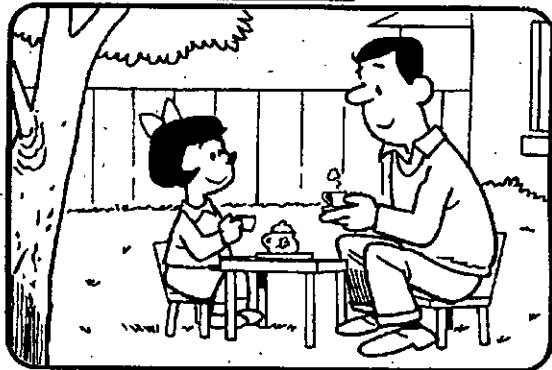
Rehearsals Thursdays at 7:30 p.m. for orchestra, Wednesdays at 6 p.m. for choir, Siena College, Route 9, Loudonville. Information, 783-2325.

THE ORCHESTRA ON THE COMMON

Openings in the string section, also need French horn, trombone, flute and bass drum players, rehearsals Friday at 9 a.m., Shenendehowa Senior Center, Clifton Common, Clifton Park. Information, 372-5146.

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Bow is smaller. 2. Skirt is shorter. 3. Table leg is missing. 4. Teapot is moved. 5. Hair is different. 6. Cuffs are missing.

Super Crossword

1 Rank	56 One of the Jacksons	96 Part 4 of remark	DOWN	1 Roy's "The — of Small Things"	37 "Platoon" setting	88 Choir member
5 Gregory Peck role	58 Mexican Mrs.	100 "The Longest Day" extras	2 Jai —	2 "The Griffin" ("61 hit)	38 Bud	91 Magic-show sound
9 First herdsman	59 Hubbub	101 Austere	3 TV tycoon	41 "An apple —"	39 "The Bristol —"	92 Essence
13 Make a point	60 Ott or Gibson	103 Pledge	4 Garment feature	42 Dan Rather and Trini Lopez	40 "Aida" prop	93 Pale
18 Spread in a tub	61 Tasty tuber	104 Hit the chips	5 Hudson River city	44 Hammed up "Hamlet"	97 Mocks	98 Ludwig — Drake
19 Portrait painter Peter	63 Los — CA	105 Return address?	6 Hard to lift	45 Prairie wolf	99 "Jurassic Park" stuff	102 Stage parts
20 Packed the freight	64 Dachshund-like	107 — salts	7 Away from the wind	46 Warm	100 Orchestra member	106 Orchestra
22 Restaurant freebie	65 Cronies	108 Mozart's "Così — tutte"	8 Pole star?	48 Winter figure	108 "Pshaw!"	109 In-crowd
23 TV's "— Shadows"	67 Collar a crook	109 Artful Joan	9 "Hi, Ho!"	49 Tuna type	110 Gun the engine	112 Expunge
24 Boxer Max	69 Rocker	111 Wall Street pessimist	10 Simon's "— in the Park"	50 Mr. Hammar-skjold	117 Skater Katarina	114 Rocker
25 Declaim	70 Deranged	113 Pressure meas.	11 Dutch town	53 New England campus	118 "Peter Pan" pirate	115 Battle site of 1836
26 Part owner?	73 O'Neill hardwoods	115 Flagon-filler	12 Apollo's mom	54 Celebrities	116 Fiber source	117 Skater
27 Start of a remark by Steve Allen	75 Part 3 of remark	116 End of remark	13 Vacillates	55 Had in mind	118 "Peter Pan" pirate	119 Louise or Turner
31 Whichever	76 Sunflower support	124 Damascus' nation	14 Defense plant?	57 — Mahal	120 Articulated	121 Apt
32 Klutz	78 Actress Susan	126 Spock on "Star Trek"	15 Football Hall of Famer Jim	62 An Apostle	121 Apt	122 Ingratating
33 Actress Pitts	79 Heavy metal	127 Neighbor of 124 Across	16 Rock's — Speed-wagon	66 Rustle	122 Ingratating	123 Regensburg refusal
34 Firm	81 Proverb	128 Competes	17 Fumble	68 Surround	123 Regensburg refusal	124 Discon-
38 Yellowstone hrs.	82 Bit of kindling	130 Pile up	21 Actor Washington	70 Sahara vision	124 Discon-	125 Singer
40 Joyce Carol —	84 Mao — lung	131 Artery implant	28 Cul-de —	71 The Koran's language	125 Singer	129 Gender
43 Faction	85 Praised passionately	132 Famed orca	29 Little one	72 Peaceful	129 Gender	
47 Home or Olin	87 Teachers' org.	133 Bjorn's opponent	30 Stand for Steen	74 Gives one's word		
48 HS exam	89 Tallahassee sch.	134 Football's Lavelli	34 Heidi's hangout	77 Note		
49 Sang on a mountain	90 Shorten a skirt	135 TV host John	35 Paraphernalia	80 Beatty or Forem		
51 Bovine bellow	91 Woods' grp.	136 Healing plant	36 "Wild Child" singer	83 Tropical fruit		
52 Part 2 of remark	94 Tolerates	137 Canadian cat		86 — Plaines, IL		

Calendar of Events *in the* Spotlight

Wednesday, Jan. 4

BETHLEHEM

DELMAR ROTARY

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

MOTHERS OF PRESCHOOLERS (MOPS)

Christian fellowship group for mothers of preschool children, at the Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 9:30 a.m. until 11:30 a.m., Information, call Jennifer at 439-9929 or e-mail, info@drchurch.org.

OPPORTUNITIES UNLIMITED

Board meetings first Wednesday of each month, open to public, Bethlehem Town Hall, 445 Delaware Ave., 4 p.m.

BETHLEHEM BUSINESS WOMEN

Normanside Country Club, Salisbury Road, Elsmere, 6 p.m.; dinner 6:30 p.m., program and meeting to follow dinner. Information, 439-7237.

SOLID ROCK CHURCH

evening prayer and Bible study, 1 Kenwood Ave., 7 p.m. Information, 439-4314.

CHENREZIG PRACTICE AND MEDITATION

Meditation on the Bodhisattva of Compassion, at the KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 7 p.m., Information, 374-1792.

BETHLEHEM LIONS CLUB

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857.

BETHLEHEM ELKS LODGE 2233

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

TESTIMONY MEETING

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

ZONING BOARD OF APPEALS

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

BINGO

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

BOY SCOUT TROOP 58

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

BC SCHOOL BOARD

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

ORDER OF THE EASTERN STAR

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

NEW SCOTLAND

V'VILLE ZONING BOARD

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

NEW SCOTLAND SENIORS

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

PRAYER MEETING

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

FAITH TEMPLE

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

AA MEETING

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

Thursday, Jan. 5

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

Bethlehem Town Hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Information, 439-0503.

BETHLEHEM LUTHERAN

children's choir, 6:15 p.m., senior choir, 7 p.m., 85 Elm Ave. Information, 439-4328.

AA MEETINGS

Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

ADULT BIBLE STUDY

First Reformed Church of Bethlehem, 7 p.m., Route 9W, Selkirk. Information, 767-2243.

NEW SCOTLAND

THE CLOTHING CLOSET

A service supported by area Reformed churches to provide clothing to those in need; volunteers welcome. Clarksville Reformed Church, Route 443, Clarksville, 8:30-11:30 a.m. and 4-7 p.m. Information, 768-2916 or 439-5400.

Friday, Jan. 6

BETHLEHEM

AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

CHABAD CENTER

Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

NEW SCOTLAND

PIONEER CLUBS

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

FRIDAY FISH FRY (LENT ONLY)

Eat-in or take-out, New Salem Volunteer Fire Dept., Route 85A, 4:30-7 p.m. Information 765-2231.

YOUTH GROUP MEETINGS

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

Saturday, Jan. 7

BETHLEHEM

AA MEETING

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

Sunday, Jan. 8

BETHLEHEM

ST. THOMAS THE APOSTLE

Masses — Saturday at 5 p.m. and Sunday at 7:30, 9, 10:30 a.m. and noon, 35 Adams Place. Information, 439-4951.

ST. STEPHEN'S EPISCOPAL

Holy Eucharist, 8 and 10:30 a.m., coffee and fellowship, nursery care provided, youth education 9 a.m., church school 10 a.m., Poplar Drive and Elsmere Avenue. Information, 439-3265.

BETHLEHEM LUTHERAN

85 Elm Ave., worship services 8 a.m. and

10:30 a.m. coffee/fellowship following worship. Sunday School and Bible classes 9:15 a.m., infant and nursery care, assistive listening devices. Bible class for developmentally disabled, second and fourth Sundays of each month. Information, 439-4328.

DELMAR REFORMED

Worship services, 9 & 11 a.m., with child care, Sunday school through grade 7, T.G.I. Sunday contemporary worship at 5:30 p.m. with child care and children's program through grade 6. 386 Delaware Ave. Information, 439-9929 or INFO@DRCHURCH.ORG.

BETHLEHEM COMMUNITY CHURCH

Worship service 10 a.m.; nursery and Sunday school through 5th grade provided at both services. 201 Elm Ave. Information, 439-3135.

SOUTH BETHLEHEM UNITED METHODIST CHURCH

Sunday school, 9:30 a.m., worship service, 11 a.m., followed by coffee hour, 65 Willowbrook Ave. Information, 767-9953.

DELMAR FULL GOSPEL

Sunday service, 9:30 a.m., with Sunday school and nursery, home groups, women's Bible studies and youth group, 292 Elsmere Ave. Information, 439-4407.

FIRST REFORMED OF BETHLEHEM

Church school 9:45 a.m., worship 11 a.m., fellowship hour after worship; child-care provided, Route 9W, Selkirk. Information, 767-2243.

FAMILY OF GOD NAZARENE CHURCH

Worship 10 a.m. and 5 p.m., Sunday school 11:30 a.m., Krumkill and Blessing roads, North Bethlehem, Information 453-9953.

FIRST UMC OF DELMAR

Sunday school 9:30. Worship service 9:30 & 11 a.m. (in chapel); adult classes and fellowship 11 a.m., child-care provided, 428 Kenwood Ave. Information, 439-9976.

MOUNT MORIAH MINISTRIES

Sunday school, 9:45 a.m., morning worship, 11 a.m., youth group, 6 p.m., evening service, 7 p.m., Route 9W, Glenmont. Information, 426-4510.

UNITY OF FAITH CHRISTIAN FELLOWSHIP

Sunday school and worship service, 10 a.m., 436 Krumkill Road. Information, 438-7740.

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday school and worship service, 10 a.m., child-care provided, 555 Delaware Ave. Information, 439-2512.

KING'S CHAPEL

Traditional Baptist Bible service, 10 a.m.; contemporary music, full band; 440 Route 9W, just south of Glenmont Road, Glenmont. Information, 426-9955.

BETHLEHEM CONGREGATION OF JEHOVAH'S WITNESSES

Bible lecture, 10 a.m., Watchtower Bible study, 10:55 a.m., Elm Avenue and Feura Bush Road. Information, 439-0358.

SLINGERLANDS COMMUNITY UNITED METHODIST CHURCH

Worship service and church school, 10 a.m., fellowship hour, nursery care provided, 1499 New Scotland Road. Information, 439-1766.

DELMAR PRESBYTERIAN

Worship service, church school, nursery care, 10 a.m., fellowship and coffee, 11 a.m., adult education, 11:15 a.m., family communion service, first Sunday, 585 Delaware Ave. Information, 439-9252.

GLENMONT COMMUNITY CHURCH

Sunday school and worship service, 10:30 a.m., child-care available, 1 Chapel Lane. Information, 436-7710.

SOLID ROCK CHURCH

Worship service, 11 a.m., 1 Kenwood Ave. Information, 439-4314.

GOSPEL FELLOWSHIP

Service 10 a.m., 10 Rockefeller Rd., beneath the Normans Kill Bridge, Delmar, Information, 482-2132.

ADAMSVILLE ANCIENTS FIFE & DRUM CORPS

Rehearsal, 7:30 p.m., Information 432-1244 or 439-8727.

NEW SCOTLAND

ST. MATTHEW'S CHURCH

Masses Saturday at 5 p.m. and Sunday at 8:30 and 10:30 a.m., Mountain View Road, Voorheesville. Information, 765-2805.

FIRST UNITED METHODIST

Early worship, 8:30 a.m., worship celebration, 10 a.m., church school classes for nursery through high school, 10 a.m., choir rehearsals, 11:15 a.m., 68 Maple Ave., Voorheesville. Information, 765-2895.

BETHEL BAPTIST CHURCH

Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information, 475-9086.

JERUSALEM REFORMED

Worship service and Sunday school, 10 a.m., followed by coffee hour, Route 32, Feura Bush. Information, 439-2363.

UNIONVILLE REFORMED

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship, Delaware Turnpike. Information, 439-5001.

CLARKSVILLE COMMUNITY CHURCH

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by coffee hour, nursery care provided, Route 443. Information, 768-2916.

MOUNTAINVIEW EVANGELICAL FREE CHURCH

Family Bible Hour, 9:15 a.m.; worship service, 10:30 a.m., nursery care provided, Route 155, Voorheesville. Information, 765-3390.

ONESQUETHAW REFORMED

Worship service, 9:30 a.m., Sunday school, 10:45 a.m., Tarrytown Road, Feura Bush. Information, 768-2133.

FAITH TEMPLE

Sunday school, 10 a.m., worship service, 7 p.m., New Salem. Information, 765-2870.

NEW SCOTLAND PRESBYTERIAN CHURCH

Worship service, 10 a.m., fellowship following worship service; Sunday school, 9:15 a.m., nursery care provided; 2010 New Scotland Road, New Scotland. Information, 439-6454.

UNITED PENTECOSTAL CHURCH

Sunday school and worship service, 10 a.m., choir rehearsal, 5 p.m., evening service, 6:45 p.m., Route 85, New Salem. Information, 765-4410.

JERUSALEM REFORMED

Worship service, 10:30 a.m., followed by coffee hour, child-care provided, Route 32, Feura Bush. Information, 439-0548.

FAMILY WORSHIP CENTER

Sunday Worship 10:30 a.m., nursery and Sunday School available, Thursday night prayer and praise at 7 p.m. 92 Lower Copeland Hill Road, Feura Bush. Information, 768-2021.

Monday, Jan. 9

BETHLEHEM

FOOD STAMP ASSISTANCE PROGRAM
Bethlehem Senior Services sponsors free

program where representative of Legal Aid Society will help with food stamp applications, Appointment required, 10 a.m. to noon, Bethlehem Senior Services office, 445 Delaware Ave., 439-4955 ext. 173 or 174.

PEACE VIGIL

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

DELMAR KIWANIS

Tool's Family Restaurant, Delaware Avenue, 6:15 p.m. Information, 439-2437 or 439-6952.

CLASS IN JEWISH MYSTICISM

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

INDOOR PISTOL SHOOTING

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

EXPLORER POST 157

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

DELMAR COMMUNITY ORCHESTRA

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

ROYAL ARCH MASONS

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

AA MEETING

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

NEW SCOTLAND

QUARTET REHEARSAL

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

Tuesday, Jan. 10

BETHLEHEM

TAKE OFF POUNDS SENSIBLY

Weekly meeting at Delmar Reformed Church, 386 Delaware Ave., Delmar, 10:45 a.m. to 12:30 p.m. Information, 465-8732.

TREASURE COVE THRIFT SHOP

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

ELSMERE

FIRE COMMISSIONERS

Firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

PRAYER MEETING

At Gospel Fellowship, 7 p.m., 10 Rockefeller Rd., Delmar, beneath Normans Kill bridge, information 482-2132.

PLANNING BOARD

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

BINGO

at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

A.W. BECKER PTA

Becker Elementary School, Route 9W, 7:30 p.m. Information, 767-2511.

SLINGERLANDS FIRE COMMISSION

Firehouse, 8 p.m. Information, 439-4734.

NEW SCOTLAND

PRESCHOOL STORY TIME

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

NIMBLEFINGERS/QUILTERS

Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

PLANNING BOARD

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

V'VILLE PLANNING COMMISSION

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

Wednesday, Jan. 11

BETHLEHEM

DELMAR ROTARY

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

MOTHERS OF PRESCHOOLERS (MOPS)

Christian fellowship group for mothers of preschool children, at the Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 9:30 a.m. until 11:30 a.m., Information, call Jennifer at 439-9929 or e-mail, info@drchurch.org.

SECOND MILERS (OCTOBER THRU JUNE)

Normanside Country Club, noon, Information,

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PET SERVICES

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Weekly Service:
\$10/week (one dog)
\$15/week (two dogs)
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Steve Relles, Owner • 229-2320

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

Spotlight Classifieds

Classified Information



Office Hours
Deadline
8:30 AM - 5 PM
Monday-Friday
Deadline: Thursday at 4PM
for following week



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

125 Adams St.
Delmar, NY 12054



READERSHIP:
11 Newspapers;
113,400
Readers



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

E-MAIL: spotclas@nycap.rr.com

Classified Ads Appear In All Eleven Papers

In Albany County

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

In Schenectady County

Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight

In Saratoga County

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

Class Info AD

Classified Rates

Private Party Classifieds - Line Ads - Eleven paper combo - \$15.00
for 15 words 50 cents for each additional word.

Commercial Classifieds - Line Ads - Eleven paper combo - \$17.50
for 15 words 50 cents for each additional word. Multiple insertion
discounts available. Please call for information.

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

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

Order Form

Classified Category: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Amount Enclosed: _____ Number of Weeks: _____

MasterCard or Visa# _____

Expiration date: _____ Signature: _____

BUSINESS OPPORTUNITIES

ALL CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. Includes 30 machines and candy. All for \$9,995. CALL 1-888-771-3496.

CAREER TRAINING

DRIVING TRAINING CDLA TRACTOR TRAILER: \$32,000-\$40,000+ benefits 1st year average. Tuition reimbursement, conditional pre-training job offers, from HO Wolding, Stevens, Swift, Werner Ent, if qualified. Train at National Tractor Trailer School Liverpool or Buffalo, NY (Branch) 1-800-243-9300. www.ntts.edu

CHILD CARE NEEDED

CHILDCARE FOR TWO TERRIFIC TODDLERS in our private home. Mature, responsible, energetic, trustworthy, references. 785-9441, 852-4060.

F/T CHILDCARE NEEDED for infant in Loudonville. \$250-\$300/week. Driving preferable. Light housework desired. Call 518-229-5483.

CLEANING SERVICES

Allow yourself more time for you and your family by having me clean your home. 2 bi-weekly openings. Linda: 756-6692.

HOME CLEANING SERVICES: Affordable rates, fully insured. References available upon request. Dust Be Gone. Call Dawn 461-7340.

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

J & J HOUSECLEANING: Affordable Professional Housecleaning: Serving the Entire Capital Area for Over 14 Years. 356-9152.

COMPUTERS

TROUBLESHOOTING: Computer student will make house calls for virus removal, spam protection, e-mail trouble and more. Call Matt at 518-265-2429 or e-mail: mrmcassidy@gmail.com

DRIVERS

DRIVERS WANTED: Earn up to \$65K per year. Amstan Logistics is looking for Flatbed and 53 Foot Box Drivers. Good Pay and Benefits. Medical Insurance-Vacation-Holidays. CDL required. Call Monday-Friday. 8am- 4pm. Company drivers call 800-321-1232

FINANCIAL

GOTHAM CAPITAL MORTGAGE CORP. - Fast Closings! Cash Out! Stop Foreclosures! No Income/ Assets, Late Payemts/Judgments/Bankruptcies Ok! 1-866-3-

FIREWOOD

PREMIUM WOOD FROM A PREMIUM WOOD SERVICE: Face & Full Cords. Call 426-WOOD (426-9663). Free Delivery, stacking available.

DREAM WOOD SERIES- NO PAPER NEEDED! Face & Full Cords. Call 426-WOOD (426-9663). Free Delivery, stacking available.

FIREWOOD FOR SALE: Seasoned, Hard wood. Delivered. Call 797-3729.

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

FOUND

CAT, White & gray. Found near Clarksville around 9/14. 768-2908.

FREE ITEMS

FREE: 2 Sets of vertical blinds for sliding door, including hardware. 229-1923.

FURNITURE FOR SALE

Elegant pastel regency style sofa table, 2 drawers, repair to leg, \$200. Large pine harvest table, painted legs, modern, some refinishing needed, \$75. Call 872-9720 or 322-8569.

Impressive antique American (early-mid 1800's) chest of drawers, excellent condition, good patination, cherry, deep drawers. Ideal "low-boy" height. 48" (h) x 21" x 41". \$1200. Call 872-9720 or 322-8569.

NEW WHITE PLUSH MICRO-FIBER SOFA & MATCHING LOUNGE CHAIR. (Sofa 6ft.) Just paid \$1500. Asking \$1200 O.B.O. 312-9742.

HEALTH & WELLNESS

WATERLIET PHARMACIES HOMETOWN HEALTHCARE Carries a full line of breast forms and mastectomy products. Trained fitters will do fittings on site or in your home. For more information call 518-328-0075.

HOME IMPROVEMENT

HAS YOUR BUILDING SHIFTED? Structural repairs of barns, houses and ga-

rages. Call Woodford Bros., Inc. for straightening, leveling, foundation and wood frame repairs. 1-800-OLD-BARN. www.1-800-OLD-BARN.COM

LEGAL

DIVORCE IN JUST 24 HOURS With or Without Travel...With or Without Your Spouse's Signature! AS LOW AS \$1,095 info@divorcefast.com/www.divorcefast.com Divorcefast, 365 Boston Post Road, #241, Sudbury, MA 01776 978-443-8387

LOST

FIND SOMETHING? Advertise it free. Call 439-4940.

MERCHANDISE FOR SALE

Little Tykes Table w/4 chairs- \$20 Little Tykes basketball hoop adjustable- \$15 Playskool Toy Chest- \$20 Little Tykes easel- \$10 Little Tykes turtle sandbox - \$5 Phonics game- most cards still in wrappers. Paid \$200 asking \$50. Call 877-6514

MISCELLANEOUS FOR SALE

ART COLLECTOR'S NEW YEAR'S RESOLUTION: Collect an unusual Picasso edition #257 of 500. Red clay tile fired in Medora, France. "Losange a la Dance", 1971. \$2,900. Contact Al Hutson at Northern Funding Corp. 371-6886 ext. 306. or cell 265-0207.

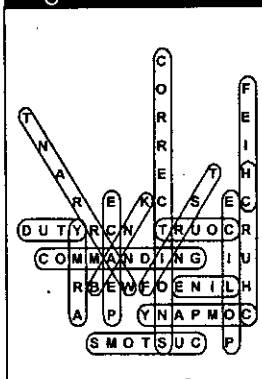
HOT TUB/SPA X-MAS GIFT. Never used. Still in wrapper. Full warranty. Loaded. Seats 6. Includes cover, ozonator & steps. 220 volt. Therapeutic jets. Delivery available. Retail \$7,295. Sell for \$3,695. 518-573-6313.

LITTLE BOYS BLACK CCM Skates, Size 9. Worn once. \$14.00. 885-2637.

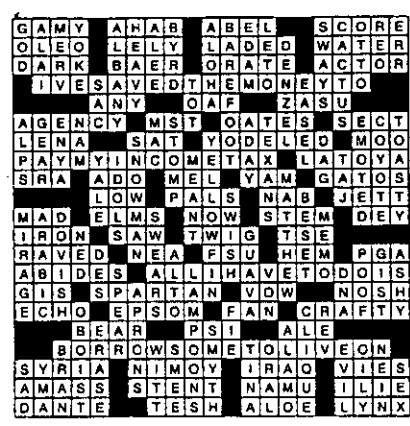
MAROON WAVERLY Custom Drapery Panels. Just moved- they don't fit. \$35. 885-2637.

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

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Spotlight Classifieds

NEW POCKET ROCKET. 50CC. Electric/Remote and Pull start. Red. Holds 300+ lbs. fast. Cost \$950. Sale \$500 firm. 439-7083.

POOL TABLE, GREAT CHRISTMAS GIFT! 8 foot, New, Still in box, Exc. quality, w/ 1" slate, Lifetime warranty. Can deliver & set up. Retail \$3,295. Sell for \$1,495. 573-6313.

MUSIC

PIANO LESSONS all Levels. Delmar home. Steinway and Kawai Grand Pianos. Experienced Professional Teacher. 439-3861

STRING INSTRUMENT REPAIR: Bow Rehairing. 439-6757.

MUSIC LESSONS

GUITAR LESSONS: Guitarist

available for private lessons. Your home or mine. 20+ years experience. Call Rob, 810-6378...

PAINTING

Door frames, windows, railings, & decks. No job too small. Respectful, neat & clean. Call Flat Stanley Painters at 377-4632.

PET SERVICES

Delmar Resident & Animal Lover will provide in-home pet sitting services within the Tri-village area. Daily/weekly. References. Please leave message 727-6886.

PIANO TUNING & REPAIR

PROFESSIONAL PIANO tuning and repair, Michael T.

Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

SPECIAL EVENTS

ARE YOU HAVING A SPECIAL EVENT- Let Everybody know about it in the Spotlight. Newspapers. DEADLINE is Thursday by 4 PM. Call Juli 439-4940.

TUTORING

MATH TUTORING HIGH SCHOOL All Math levels including SAT Prep. 36 Years Experience. NYS Certified. Also Interested in Albany Academy Students. 439-0610. SAVE THIS NUMBER!

WANTED

ANTIQUÉ PAPER ITEMS Photo-

tographs, Stereoviews, Daguerreotypes. Anything Related To Sports, Autos, Motorcycles, Oceanliners, Travel, Politics, Scrapbooks, Photo Albums, Maps, Children's Books, Post Cards, ETC. Tom Jarda-356-0292.

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

Employment Classifieds

HELP WANTED

ADVERTISING SALES: Immediate opening for experienced advertising representative for weekly newspaper in Ravena. Sell display and classified ad space to businesses in Greene/Albany counties. Self-motivated, confident, able to cold call and close the deal, well organized and assertive. Salary, plus commission for meeting sales goals. Fax resume, sales results, references and salary requirements to (518) 756-7072.

DRIVER: Van Driver- P/T, Transport adults with developmental disabilities to/from our Day program. Clean NY license req'd, CDL pref'd. Hours are 7-9 a.m. and 3-5

p.m., M-F (20 hours/week). Good benefits, friendly team environment. Fax Resume to 459-0725 or apply to Transport. Director, New Visions, 334 Krumkill Rd., Slingerlands, NY 12159 518-459-0750. EOE/AA/F/M/D/V

FOOD SERVICE HELPER- Bethlehem Central School District is seeking applicants for food service helper position - \$9.23 per hour to start. Interested candidates should call Mr. Cook - M-F at 439-8885 between 8 and 11 a.m. to complete an application and arrange for an interview.

HIGH-PAYING POSTAL JOBS! No Experience Required! DON'T PAY for information

about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

LPN's & RESIDENT CARE AIDES- All Shifts- FT/PT Come work in an exciting, friendly and fun work environment! Apply in person or send a resume to: Delmar Place- 467 Delaware Avenue, Delmar.

LIBRARY ASSISTANT, half-time, off-site early childhood program, mornings and evenings. Associate's degree in ECE or 2 years' rel-

evant experience. RCS Community Library, Ravena, 756-2053, or felstenj@uhs.lib.ny.us by January 3, 2006. Application available at Library or at www.albanycounty.com/departments/civilservice.

SPORTS WRITER: Immediate opening for part-time/freelance experienced writer for weekly newspaper in Ravena. Cover various high school sports in RCS and Coxsackie districts. Fax resume, writing samples and compensation requirements to (518) 756-7072.

TEACHER, Pre-School. 2006-07 school year. Mornings. Education background. 12K Resume & References to First United Methodist Pre-

School, 1 Gilligan Rd. E. Greenbush, NY 12061 No phone calls please.

DELIVERING ON OUR PROMISES- Class-A DRIVERS NEEDED! Dedicated Lanes, Home Weekly, TOP PAY! Call Sunday or anytime, PRIORITY TRANSPORTATION. 800-828-9640 x231 EOE

DRIVER- COVENANT TRANSPORT. Regional Runs Available. Excellent Pay & Benefits. EXP. Drivers, Teams, O/O, & Students Welcome. Refrigerated Now Available. 888-MORE-PAY (888-677-3729)

DRIVERS NEEDED - CDL- A Many home daily. Good pay. Great benefits. Family owned company. Call 1-800-334-1314 ex158 www.wadham.com

FARM FOREMAN/CARETAKER - Management of Millbrook, NY area working farm including buildings, vehicles, equipment. Salary plus house, utilities, health insurance Fax resume to Tom: 212-751-6171

MOTEL MANAGER, in town location, 17 rooms, ideal for retired couple, furnished apartment, utilities and salary, will train. Hancock, New York. Call 607-637-2501

SITUATION WANTED

AIDE: Certified, mature, excellent references, transportation, reasonable rates. Live-in/live-out. 209-4878.

CAREGIVERS: Professional mature women available for your home care needs. Bonded, Insured, Long-term

care insurance accepted. No high agency fee. 768-2199 or 312-7404.

HOUSEKEEPER-Wanted: Energetic, self-motivated, responsible adult to care for a wonderful home. Non smoker. Own transportation. Part time, clean, shop, cook, errands, etc. Send resume. P.O. Box 82 Slingerlands, NY 12159.

WORK WANTED

AIDES WILL DO 24/7 Home Care for elderly. Experienced & insured. 573-6399 or 861-7008.

Door frames, windows, railings, & decks. No job too small. Respectful, neat & clean. Call Flat Stanley Painters at 377-4632.

Real Estate Classifieds

REAL ESTATE FOR RENT

700+ 2BR, RAVENA, 25 min from Albany, nice neighborhood, xtra closets, w/d, a/c, oil heat + fireplace, deck. One level, no stairs. Must have references. Security/Lease. NO pets. Avail. immediately. 756-3198.

DELMAR: 2 APTS- 3BR, W/D available, \$850+, 1st/sec. required. Call for appt. 518-225-1679.

DELMAR: 1BR at Four Corners, Private Parking, \$460, heat included. Day phone 439-6644, Evenings 783-3634.

DELMAR- Small 1BR, available 01/01, \$595. Heat/Hot water included. Off street parking, Hardwood floors. Good for one. 456-6644.

COMMERCIAL FOR LEASE

DELAWARE PLAZA - DELMAR - Retail space available. For

leasing information call Delaware Plaza Associates at 439-9030.

LAND FOR SALE

ASHEVILLE, NC AREA Peaceful gated community. Incredible riverfront and mountain view homesites. 1 to 8 acres from the \$60s. Custom lodge, hiking trails. 5 miles to natural hot springs. Call 866.340.8446.

MOBILE HOMES

Brand New Mobile Home- Shingle Roof, House Siding, Thermopane Windows. Free Delivery and Set. \$249.00/month. Hawkins Homes Exit 6 off 1-88 in Broome County Harpursville, NY. Call Todd or Steve @607-693-2551. www.hawkinshomes.us Preowned 24X54 Double Wide- 3br, 2 baths. Possible Owner Financing. Will ar-

range delivery and set-up. Will take trade in. Call Todd or Steve @607-693-2551. Broome County

REAL ESTATE

Government Foreclosed Homes!!! \$0 or Low Down! No credit OK! Bank & Gov't Repos available now! HUD, VA, FHA For Listings 800-296-7774

SPACE FOR RENT

DELMAR- Large Artist Studio To Share On Delaware Ave. Great Light, High Ceilings, Flexible Arrangements. \$200/mo. with utilities. 439-5955.

VACATION RENTALS

FT. MYERS BEACH, Newly renovated, Spacious, Comfortably FURNISHED BeachHOUSE, 3BR, 2BA, A/C, Laundry. South end of island. \$1000-1400/week,

monthly rate available. (518)439-5955.

MADIERA BEACH FLORIDA WATERFRONT HOME. Sleeps Six with Pool and Dock Walk to Golf Beach. No Minimum Stay. \$2,800.00 Monthly. \$1,200.00 Weekly. 489-2341

MARCO ISLAND, FL Beachfront Condominium, 2BR, 2BA, Designer furnished. Pool/tennis. Call for availability/photos. 518-424-9301.

MARTHA'S VINEYARD: Four Bedroom, Two Bath Home. Sleeps 8 To 10. Fully Equipped, 2 Miles From Beach. Available Sat.-Sat., Spring & Summer. \$1600/wk 439-7356 garryp7356@aol.com

NAPLES, FLORIDA Coach home: 1.5 miles to beach, pristine. 2BR/Den, 2BA, garage, lake view, pool, tennis. \$3,000/month. Feb. or

March. 786-1428.

VACATION HOME FOR RENT: 2 BR, 2 BA home in SW Orlando, near theme parks. Available Dec. through March by week, month or season. Ref. required. Call for price and availability: 449-8711.

Orlando/Disney Vacation Homes from \$89 per night fully equipped 3-7 bedroom homes with private pool just minutes from Disney and all other attractions 1-877-287-1645 www.florida-leisure.com.

OUTER BANKS, NC -Vacation with family in Corolla. Pine Island North -Ocean Sound. Accommodate 8 -26 people pools, elevators, golf, pets. Corolla Classic Vacation, brochure, call toll-free 866-453-9660 or corollaclassicvacations.com/ny

Automotive Classifieds

AUTOMOTIVE FOR SALE

1988 MAZDA 323 SE Hatchback: 66,000 mi, 4 c, auto, good running condition, put \$2,500 into it, asking \$1800, one family owned. 271-0759 or 526-4694.

1995 Grand AM, Auto, V6, AM/FM/Cassette, power windows/locks, cruise, good condition, blue, 92k, asking \$2,200. 785-8751.

81 MONTE CARLO, 21K Original. Excellent condition. Asking \$4995. 439-1446.

1996 JEEP CHEROKEE CLASSIC- No mechanical defects, Good condition, 157K-mostly highway miles. A/C, cruise, new CD, roof rack. \$3,000 OBO. Leave message: 727-6886.

AUTOS WANTED

AAA Rated Donation. DONATE YOUR CAR, Boat or Real Estate. IRS Tax Deductible Free Pick-Up/ Tow Any Model/ Condition. Help Underprivileged Children 1-800-1446.

Everybody's talking
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Phone in Your Classified Ad with *Mastercard* or *Visa*



Call **439-4940**



LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of 770 St. Nicholas Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/2/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12580 (January 4, 2006)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF CAMELOT ASSOCIATES DEVELOPMENT, LLC Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is: CAMELOT ASSOCIATES DEVELOPMENT, LLC.
SECOND: The county, within this state, in which the office of the corporation is to be located is: the County of Albany.
THIRD: The secretary of state is designated as agent of the limited liability 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 against the limited liability company served upon him or her is: Camelot Associates Development, LLC c/o Camelot Associates Corporation 210 Morris Road, Suite A Schenectady, New York 12303
FOURTH: The limited liability company is to be manager managed. Dennis A. DeGennaro, Organizer
Camelot Associates Corporation 210 Morris Road Schenectady, New York 12303
Filed by: Alexander Powhida, Esq., Attorney-in-Fact
Harvey and Mumford, LLP 20 Corporate Woods Boulevard Albany, New York 12211 (January 4, 2006)

LEGAL NOTICE

CERTIFICATE OF LIMITED PARTNERSHIP OF CAMELOT MASTER HOLDINGS, LP Under Section 121-201 of the Revised Limited Partnership Act
FIRST: The name of the limited partnership is: CAMELOT MASTER HOLDINGS, LP
SECOND: The county, within this state, in which the office of the limited partnership is to be located is: the County of Albany.
THIRD: The secretary of state is designated as agent of the limited partnership upon whom process against it may be served. The address within or without this state to which the Secretary of State shall mail copies of process accepted on behalf of the limited partnership is: Camelot Master Holdings, LP c/o Camelot Associates Corporation 210 Morris Road, Suite A Schenectady, New York 12303
FOURTH: The name and business or residence street address of each general partner is: Dennis A. DeGennaro
Filed by: Alexander Powhida, Esq., Attorney-in-Fact
Harvey and Mumford LLP 20 Corporate Woods Boulevard Albany, New York 12211 LCD-12498 (January 4, 2006)

LEGAL NOTICE

new luck big sky, LLC Notice of Organization: new luck big sky, LLC was filed with SSNY 09/29/05. Office: Albany Co. SSNY designated as agent of LLC upon whom process may be served. P.O. address which SSNY shall mail any process against the LLC served upon him: c/o the LLC 95 West

LEGAL NOTICE

Saugerties Rd., Woodstock, NY 12498 Purpose: To engage in any legal activity. LCD-12522 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of a limited liability company (LLC). Name: Western Garden Apartments, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 11/4/05. Office Location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 436 New Scotland Avenue, Albany, NY 12208. Purpose: Any lawful activity. LCD-12539 (January 4, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is MONROE ST OF ALBANY, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on November 30, 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 302 Washington Avenue Extension, Albany, New York 12203. LCD-12554 (January 4, 2006)

LEGAL NOTICE

Stonecreek Management, LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 11/29/2005. Office location, Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: the LLC, 928 Troy Schenectady Road, Latham, New York 12110. Purpose: any lawful business purpose. LCD-12555 (January 4, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY The name of the LLC is C.D. Man, Inc. The Articles of Organization were filed with the Secretary of State on November 23, 2005. Office location: County of Albany. The Secretary of State is designated as agent of the LLC upon whom process against it may be served. Secretary of State shall mail a copy of any process served to: William Biers, 340 Biers Road, Coeymans Hollow, NY, 12046. The purpose of the LLC is to engage in any lawful act or activity. LCD-12620 (January 4, 2006)

LEGAL NOTICE

NOTICE FOR PUBLICATION OF A NEW YORK LIMITED LIABILITY COMPANY PURSUANT TO NEW YORK LIMITED LIABILITY COMPANY LAW 1. The name of the limited liability company is Pa's Pizza and Deli, LLC. 2. The date of filing of the articles of organization with the Department of State was December 15, 2005. 3. The county in New York in which the office of the company is located is Albany. 4. The Secretary of State has been designated as agent of the company upon whom process may be served and the Secretary of State shall mail a copy of any process against the company served upon him or her

LEGAL NOTICE

to P.O. Box 2, Clarksville, New York 12041 (6 Upper Letter S, Voorheesville, NY 12186). 5. The name and address is New York of the company registered agent is Shirley Acker, P.O. Box 2, Clarksville, New York 12041, (6 Upper Letter S, Voorheesville, NY 12186) upon whom process against the company may be served. 6. The business purpose of the company is to engage in any and all business activities permitted under the laws of the State of New York. LCD-12649 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 765175 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/20/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 49 Windsor Road, Great Neck, New York 11021 Purpose: any lawful activity. LD-12492 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 1970 Walton Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/20/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 49 Windsor Road, Great Neck, New York 11021 Purpose: any lawful activity. LD-12493 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Queens Plaza North Development LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/17/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, New York 11218 Purpose: any lawful activity. LD-12494 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 35 North Station LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/18/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1015 Madison Avenue, New York, New York 10021 Purpose: any lawful activity. LD-12495 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Jeco LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/18/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1162 Intervale Avenue, Bronx, New York, 10459 Purpose: any lawful activity. LD-12496 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of HW CONSULTING LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/17/05. 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 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-12504 (January 4, 2006)

LEGAL NOTICE

Notice of Qualification of Scary Movie 4, LLC. Author-

LEGAL NOTICE

ity filed with Secy. of State of NY (SSNY) on 11/8/05. Office location: Albany County. LLC formed in Delaware (DE) on 9/27/2005. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Company, 375 Greenwich St, NY, NY 10013. Principal address of LLC: 375 Greenwich St, NY, NY 10013. Arts. of Org. filed with DE Secy. of State, 401 Federal St., #4, Dover, DE 19901. Purpose: any lawful activities. LD-12508 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Benson & Rowland LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/25/05. 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 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-12510 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Covenham Solutions LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/25/05. 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 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-12511 (January 4, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SUKHOTHAI RESTAURANT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/10/05. 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, 254 Lark Street, Albany, New York 12210. Purpose: For any lawful purpose. LD-12512 (January 4, 2006)

LEGAL NOTICE

Notice of formation of OLEN LLC filed with SSNY on 12/31/03. Off. Loc.: Albany. SSNY designated as agt. of the LLC, upon whom process may be served. SSNY shall mail copy of any process to P.O. Box 66041, Albany, NY 12206. Purpose: any lawful purposes. LD-12523 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Schuyler of New York, LLC, Art. of Org. filed Sec'y of State (SSNY) 11/7/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to CSC, 80 State St., Albany, NY 12207, the Reg. Agt. upon whom proc. may be served. Purpose: any lawful activities. LD-12524 (January 4, 2006)

LEGAL NOTICE

Notice of Qualification of Inside Edge Commercial Interior Services, LLC, App. for Auth. filed Sec'y of State (SSNY) 11/7/05. Office location: Albany County. LLC org. in MN 1/12/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to c/o National Reg. Agts. Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. MN office addr.: 2915 Commers Dr., Ste. 500, Eagan, MN 55121. Art. of Org. on file: SSMN, 60 Empire Dr., Ste. 100, St. Paul, MN 55103.

LEGAL NOTICE

Purpose: any lawful activities. LD-121525 (January 4, 2006)

LEGAL NOTICE

Notice of Qualification of DCWI Manager LLC, App. for Auth. filed Sec'y of State (SSNY) 10/06/05. Office location: Albany County. LLC org. in MI 9/28/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to c/o National Reg. Agts. Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. MI office addr.: 1700 Stutz Dr., No. 25, Troy, MI 48084. Art. of Org. on file: MI Dept. of Labor and Economic Growth, PO Box 30054, Lansing, MI. Purpose: any lawful activities. LD-12526 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of HWT CONSULTING LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/17/05 as amended. 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-12530 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Broker Consulting LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/29/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY 301 East 79th Street, Ste 24-H, New York, NY 10021 Tuxedo Dr., Melville, NY 11747. Purpose: any lawful activities. LD-12546 (January 4, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: GLENMONT PROPERTIES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/06/05. The latest date of dissolution is 12/31/2055. 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, 415 Route 9W, Glenmont, New York 12077. Purpose: For any lawful purpose. LD-12559 (January 4, 2006)

LEGAL NOTICE

Notice of Qualification of GDT (US), LLC. Authority filed with Secy. of State of NY (SSNY) on 12/2/05. Office location: Albany County. LLC formed in Nevada (NV) on 10/12/05. 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. NV address of LLC: 711 S. Carson St., Ste. 4, Carson City, NV 89701. Arts. of Org. filed with NV Secy. of State, 206 N. Carson St., Carson City, NV 89701. Purpose: all lawful activities. LD-12561 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 153-157 Lenox LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/21/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity.

LEGAL NOTICE

pose: any lawful activity. LD-12564 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 164-172 West 141 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/21/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12565 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 17-25 St. Nicholas Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/3/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12566 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 1829 Adam Clayton Powell Blvd LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/3/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12567 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 1833-1835 7th Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/21/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12568 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 1987-2001 Coney LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/18/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12569 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 2010 7th Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/21/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12570 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 239-253 West 116 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/21/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12571 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 345 Manhattan LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/3/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process

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against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12572 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 349 Manhattan LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/3/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12573 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 47 Lynbrook LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/10/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12574 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 6 Morningside Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/3/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12575 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 610-620 West 141 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/21/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12576 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 617 West 143 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/2/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12577 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 6th Street Development LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/20/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12578 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 707 St. Nicholas Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/21/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12579 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Javis Center Development LLC Arts. of Org. filed with NY

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Secy. Of State (SSNY) on 10/20/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12581 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Herald Square Development LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/17/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12582 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Manhattan Valley West LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/20/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12583 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Long Island City Luxury Lofts LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/17/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12583 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Manhattan Valley West LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/20/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LD-12584 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of SC GP LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/27/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 15-58 Park Lane South, Kew Gardens, NY 11418 Purpose: any lawful activity. LD-12585 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Esplanade Condominiums LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/9/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 350 - 5th Ave., 59th Fl., NY, NY 10118 Purpose: any lawful activity. LD-12586 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 8th Ave Holding LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/9/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 350 - 5th Ave., 59th Fl., NY, NY 10118 Purpose: any lawful activity. LD-12587 (January 4, 2006)

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Notice of Formation of OBA Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 12/2/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 5 Clent Rd, Great Neck, NY 11021 Purpose: any lawful activity. LD-12588 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 565 Manhattan LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/15/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 3 Moline Court, Kings Point, NY 11024 Purpose: any lawful activity. LD-12589 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 102 Manhattan LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/15/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 236 W. 26th St. Suite 801, NY, NY 10001 Purpose: any lawful activity. LD-12590 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 2097 Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/29/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 49 Windsor Road, Great Neck, NY 11021 Purpose: any lawful activity. LD-12591 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of SLS Equities LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/29/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 60 Pinewood Road, Manhasset, NY 11030 Purpose: any lawful activity. LD-12592 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Meneco Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/18/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 822 Montgomery Street, Brooklyn, NY 11213 Purpose: any lawful activity. LD-12593 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of EZ Funding Group, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/7/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 33 Pleasant Ridge Rd, New Hempstead, NY 10977 Purpose: any lawful activity. LD-12594 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Ander Properties LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/17/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 15 Sherri Lane,

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Wesley Hills, NY 10977 Purpose: any lawful activity. LD-12595 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of River East Development, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/28/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 95 Delancey Street, Brooklyn, NY. 10002 Purpose: any lawful activity. LD-12596 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Genius Tools LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/3/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 61 North Broadway, Hicksville, NY 11801 Purpose: any lawful activity. (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 87 Kent Ave. Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/31/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 87 Kent Ave, Brooklyn, NY 11211 Purpose: any lawful activity. LD-12598 (January 4, 2006)

LEGAL NOTICE

Notice of Qualification of Planet Fitness Equipment, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/6/05. Office location: Albany County. LLC formed in New Hampshire (NH) on 5/6/05. 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. NH address of LLC: 113 Crosby Road, Unit 15, Dover, NH 03820. Arts. of Org. filed with NH Secy. of State, 107 North Main St., Concord, NH 03301. Purpose: all lawful purposes. LD-12605 (January 4, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: THE DUCK INN AT LAUDERDALE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/02/05. The latest date of dissolution is 12/31/2104. Office location: Albany County. SSNY

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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 Donald P. Segal, Esq., 1738 New Scotland Road, Slingerlands, New York 12159. Purpose: For any lawful purpose. LD-12609 (January 4, 2006)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF FIRST CHOICE BUILDERS, LLC Under Section 203 of the Limited Liability Company Law FIRST: The name of the limited liability company is: FIRST CHOICE BUILDERS, LLC SECOND: The county within this state in which the office of the limited liability company is to be located is: Albany THIRD: (optional) The latest date on which the limited liability company is to dissolve is: FOURTH: The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: Shannon M. Oeser 41 East Highland Drive Albany, New York 12203 FIFTH: (optional) The name and street address within this state of the registered agent of the limited liability company upon whom and at which process against the limited liability company may be served is:

SIXTH: (optional) The future effective date of the Articles of Organization, which does not exceed 60 days from the date of filing, is: SEVENTH: (optional) If all or specified members are to be liable in their capacity as members for all or specified debts, obligations or liabilities of the limited liability company as authorized by Section 609 of the Limited Liability Company Law, an affirmative statement must be made. A statement of such effect is made as follows:

Shannon M. Oeser, Member Filed by: Robert A. Bosman, Esq. One Executive Centre Drive Albany, New York 12203 LD-12614 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of CityView Commercial LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 12/12/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall

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mail process 5377 Kings Highway, Brooklyn, New York, 11203 Purpose: any lawful activity. LD-12622 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Bush Accounting Service, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/17/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process 882 Third Avenue, Brooklyn, New York, 11232 Purpose: any lawful activity. LD-12626 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of Bush Terminal Associates, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 3/1/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process 882 Third Avenue, Brooklyn, New York, 11232 Purpose: any lawful activity. LD-12627 (January 4, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: DISCOUNT PARTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/26/05. 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, c/o Darshan S. Arora, 17 Bergen Woods Drive, Cohoes, New York 12047. Purpose: For any lawful purpose. LD-12634 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 1779 Southern Blvd LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 12/13/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process 1 Shore Drive, Kings Point, NY 11024 Purpose: any lawful activity. LD-12635 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of 454 Restaurant, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 12/14/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process 99 Tripp Street, Mount Kisco, NY 10549 Purpose:

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any lawful activity. LD-12636 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of an LLC: Amedore Quantum, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on November 2, 2005. Office location is in Albany County. The 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, at 1900 Western Avenue, Albany, NY 12203. Purpose: for any lawful purpose. LD-12646 (January 4, 2006)

LEGAL NOTICE

Notice of Formation of SHAREHOLD MANAGEMENT LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/14/05. 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 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-12650 (January 4, 2006)

LEGAL NOTICE

Notice of Qualification of Privileged Access, L.P. Authority filed with Secy. of State of NY (SSNY) on 12/19/05. Office location: Albany County. LP formed in Delaware (DE) on 10/21/05. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207, registered agent of LP upon whom process may be served. DE address of LP: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Name/address of each 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-12651 (January 4, 2006)

LEGAL NOTICE

TOWN OF NEW SCOTLAND PUBLIC INFORMATIONAL MEETING JANUARY 10, 2006 The Town Board of the Town of New Scotland will hold a Public Informational Meeting on January 10, 2006 from 6:30 P.M. to 9:00 P.M. at the Voorheesville Middle School Performing Arts Center 432 New Salem Road Voorheesville, NY 12186 on Rezoning "Tall Timbers" / "Kensington Woods" area. Proposals are being considered to rezone acreage east of Route 155 and north of the

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abandoned D & H railroad tracks: 1) Allow planned unit development (smaller clustered lots with adjoining green space); or 2) Requiring two-acre lots consistent with lands to the north; and to rezone for commercial development lands bordering the railroad tracks now zoned for industrial use. Diane R. Deschenes New Scotland Town Clerk

The Town of New Scotland is an equal opportunity provider and employer. LD-12653 (January 4, 2006)

LEGAL NOTICE

TOWN OF NEW SCOTLAND SPECIAL MEETING JANUARY 11, 2006 The Town Board of the Town of New Scotland will hold a Special Meeting on January 11, 2006 at 6:00 P.M. at the New Scotland Town Hall, 2029 New Scotland Road, Slingerlands NY to discuss the upcoming reval. Diane R. Deschenes New Scotland Town Clerk The Town of New Scotland is an equal opportunity provider and employer. LD-12654 (January 4, 2006)

LEGAL NOTICE

Notice of Qualification of ACF Beverage, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/2/05. Office location: Albany County. LLC formed in Idaho (ID) on 8/1/05. 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. ID address of LLC: 412 E. Parkcenter Blvd., Boise, ID 83706. Arts. of Org. filed with ID Secy. of State, 700 West Jefferson, Basement West, Boise, ID 83702. Purpose: all lawful purposes. LD-12655 (January 4, 2006)

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Sports *in the* Spotlight

Indians finish second at Gold Medal Tournament

The Ravena-Coeymans-Selkirk boys basketball team placed second in its annual Gold Medal Tournament.

After beating Galway 80-47 in the opening round Dec. 22, the Indians lost to Gloversville 70-63 in last Wednesday's championship game.

RCS (3-3) jumped out to a 19-10 lead after the first quarter, but Gloversville responded with a 17-

9 second quarter run to pull within a point at halftime.

The Huskies took the lead in the third quarter by outscoring the Indians 20-16. RCS kept the game close in the fourth quarter, but couldn't get the key defensive stop it needed to close the gap as Gloversville scored 23 points in the period.

Eric Stott led a balanced RCS attack with 20 points. Ron Vin-

cent contributed 16 points, and Jeff Muncada and Corwin Hendy each added 11 points.

Alex Barnhill netted 20 points for Gloversville, which also won its own tournament later that week.

After traveling to Mechanicville Tuesday, the Indians return home Friday to face Schalmont in a Colonial Council game. RCS visits Lansingburgh next Tuesday.

Blackbirds get on track

The Voorheesville boys basketball team bounced back from its loss to Cohoes Dec. 21 with a 41-34 victory over Mechanicville last Wednesday in a Colonial Council game.

The Blackbirds' offense struggled in the first half, but their defense came through with a strong performance to keep them within two points of the Red Raiders at

halftime. Voorheesville then outscored Mechanicville 28-19 in the second half to pull out the victory.

Nick Duncan scored 14 points, while Rob Bareis and Justin Arico added seven points apiece for Voorheesville, which was making up a postponed game with Mechanicville during the holiday break.

After visiting Watervliet Tuesday, the Blackbirds host Broadalbin-Perth Friday.

Patterns

(From Page 32)

sleep on the Mighty Warriors come Sectionals. As they proved with their wins over Schalmont and Bishop Gibbons, they are capable of beating quality opponents.

I'm still trying to figure out the power structure among the class AA girls teams. Catholic Central, Colonie and Shenendehowa all look strong right now, but none of them have stood out as the team to beat. Colonie downed Shen by 17 points in their only regularly-scheduled meeting last month, but Colonie also lost to Catholic Central by double digits. And Catholic Central may not be the best team in the Big 10, as its 53-51 loss to Amsterdam Dec. 20 proved.

Shen has strong forwards with Erin Gray and Kristen Dessingue, but its guard play had been spotty until Kerri Revesz stepped into the starting lineup. Colonie possesses a balanced scoring attack and tenacious defense, but is there a go-to player that the Lady Raiders can rely on late in a close game (and do they actually need one)? Catholic Central is tough, but does it have enough to knock off a Shen or a Colonie in the playoffs? And then there's Guilderland, which is gaining momentum with its own balanced attack and strong defense.

One thing is for certain: the girls class AA playoffs will be full of intrigue.

The Voorheesville girls basketball machine may finally be out of gas. The Blackbirds are winless after eight games for the first time in well over a decade, and though they've been competitive, they haven't been able to get over the hump yet.

I doubt Voorheesville will go winless this season, but it certainly looks like victories will be few and far between. The Colonial Council is highly competitive again with Cohoes, Schalmont and Ravena-Coeymans-Selkirk currently leading the way, and unless the Blackbirds find some reliable sources of offense other than center Brigit Feeney, they are not going to win a lot of games.

Finally, keep an eye on the 6-0 Schenectady Christian School girls team. The Lady Falcons only have eight players on the roster, but half of them — Katie Kaidas, Rosa Pardee, Sarah Child and Ashlyn Slater — are capable of scoring 10 or more points every time they step on the court. Not many small school teams have that kind of offensive depth.



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HIGH SCHOOL VARSITY SPORTS RESULTS FOR DEC. 19-30

Tuesday, Dec. 20

BOYS BASKETBALL

Cobleskill 54, Ravena 51

Ravena leaders: Corwin Hendy 21 points, Eric Stott 13 points, Ron Vincent 12 points.

Niskayuna 50, Bethlehem 43

Bethlehem leader: Gleason Judd 9 points.

GIRLS BASKETBALL

Ravena 44, Cobleskill 32

Ravena leaders: Jessica Byerwalters 14 points, Jeannine Rider 13 points.

Bethlehem 45, Niskayuna 25

Bethlehem leaders: Julie Hooper 12 points, Alex McCullough 11 points.

BOYS BOWLING

Columbia 21, Bethlehem 11

Bethlehem leader: Jason Burger 257 game, 698 series.

HOCKEY

Saratoga 6, Bethlehem 1

Bethlehem scoring: Nick Dugan 1-

0, Zack Eck 0-1.

Bethlehem saves: T.J. Caswell 37.

INDOOR TRACK

League meet 2A

Boys team scores: Fonda 70, Saratoga 61, Columbia 57, Bethlehem 52, Scotia-Glenville 47, Niskayuna 38, Mechanicville 32, Broadalbin-Perth 29, CBA 21, Schuylerville 12, Gloversville 9.

Girls team scores: Columbia 104, Saratoga 88.5, Niskayuna 59, Bethlehem 40, Fonda 32, Broadalbin-Perth 24, Hoosic Valley 22, Scotia-Glenville 18, Gloversville 18, Mechanicville 13.5, Schuylerville 4.

Wednesday, Dec. 21

BOYS BASKETBALL

Cohoes 60, Voorheesville 55

Voorheesville leaders: Evan Christner 19 points, Andy Catellier 13 points.

GIRLS BASKETBALL

Cohoes 43, Voorheesville 39

Voorheesville leader: Brigit Feeney 14 points.

Colonie 48, Bethlehem 24

Bethlehem leader: Liz Casline 5 points.

BOYS BOWLING

Voorheesville 21,

Cobleskill 11

Voorheesville leader: Charles Lansburg 223 game, 660 series.

Ravena 27, Waterford 5

Ravena leader: Joe Camibucci 245 game, 650 series.

WRESTLING

Bethlehem 47,

Guilderland 29

Bethlehem winners: Conor Hautau (96 pounds), Tolan Sharlow (112), Giles Chase (119), Josh Finkle (125), Luke Tress (135), Cody Crowder (140), John DeHaPorta (160), Yasin Ipek (215), Pat Mancilla (275).

Thursday, Dec. 22

BOYS BASKETBALL

Colonie 59, Bethlehem 48

Bethlehem leaders: Kevin Stempsey 17 points, Craig Orner 15 points.

Gold Medal Tournament

Ravena 80, Galway 47

Ravena leaders: Corwin Hendy 15 points, Ron Vincent 14 points, Jared Fortier 12 points, Deven Zelezniak 10 points.

BOYS SWIMMING

Bethlehem 106,

Guilderville 73

Bethlehem individual winners: Larry Gloeckler (200-yard freestyle, 500 freestyle), Paul Cafiero (200 individual medley), Sean Kennedy (50 freestyle, 100 butterfly), Tim DeGroff (100 freestyle), Drew Acquaviva (100 backstroke).

Guilderville individual winners: Sean Molloy (diving), Colin Masterson (100-yard breaststroke).

WRESTLING

Broadalbin-Perth 49,

Voorheesville 18

Voorheesville winners: Matt O'Brien (160 pounds), Alex

Zvinosky (189), Charlie McGrail (215).

Ravena 58, Watervliet 20

Ravena winners: Andrew Lyman (96 pounds), Emmanuel Hernandez (112), Jordan Lane (119), Doug Winnie (125), George LaMountain (140), Cody Legg (145), Frank McDonough (152), Nate Graham (160), Dillon Ruxton (171), Nick LaMountain (189).

Tuesday, Dec. 27

BOYS BASKETBALL

Dutchmen Holiday Classic

Guilderland 60,

Bethlehem 40

Bethlehem leaders: Joe Kane 12 points, Kevin Stempsey 11 points.

GIRLS BASKETBALL

Gold Medal Tournament

Ravena 59, Taconic Hills 25

Ravena leaders: Katelyn Matousek 16 points, Jeannine Rider 10 points, Trish Norton 10 points.

Wednesday, Dec. 28

BOYS BASKETBALL

Voorheesville 41,

Mechanicville 34

Voorheesville leader: Nick Duncan 14 points.

Gold Medal Tournament

Championship game

Gloversville 70, Ravena 63

Ravena leaders: Eric Stott 20 points,

Ron Vincent 16 points, Jeff Muncada 11 points, Corwin Hendy 11 points.

Thursday, Dec. 29

BOYS BASKETBALL

Dutchmen Holiday Classic

Consolation game

Colonie 48, Bethlehem 41

Bethlehem leaders: Kevin Stempsey 15 points, Craig Orner 12 points.

GYMNASTICS

Bethlehem Invitational

Team scores: Guilderland 161.725, Shen 157.3, Bethlehem 153.05, Shaker 145.65.

Top three all-around: Dana Goodnight (Guilderland) 36.6, Kendall Day (Bethlehem) 33.35, Kylec Teague (Shen) 33.15.

Adirondack chapter offers indoor series

The Adirondack chapter of the United States Track and Field Association is holding a series of three developmental indoor meets at the University at Albany's Recreation and Convocation Center beginning Jan. 15.

The meets are open to athletes of all ages. They will take place at Jan. 15 (2 to 5 p.m.), Feb. 5 (3 to 6 p.m.) and March 5.

The March 5 meet will also serve as the Adirondack chapter's open and masters division indoor championships.

Prior to the Jan. 15 meet, a free developmental clinic will be held

from 1 to 2 p.m. University at Albany track coaches will offer instruction on hurdles, sprints, jumps, shot put and weight throws.

Registration takes place the day of the meets. Entry fees are \$5 for USATF members, \$10 for non-members and \$2 for children 12 and under. USATF memberships can also be purchased at the meets.

For information, e-mail Richard O'Riley at rdo3_2000@yahoo.com, call the Adirondack chapter of the USATF at 273-5552 or visit the chapter's Web site at www.usatfadir.org.

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.

Pictures can be submitted with any articles. If sending electronically, make certain the pictures are in JPEG format. Pictures can also be mailed to P.O. Box 100, Delmar 12054.

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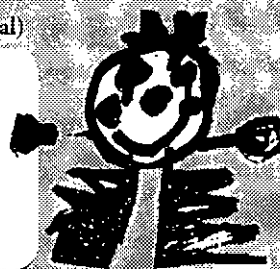
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Sports *in the* Spotlight

HIGH SCHOOL SPORTS SCHEDULE

Wednesday, Jan. 4

BOYS BOWLING

Mohonasen at Bethlehem, 4 p.m.
Ravena-Coeymans-Selkirk at Schalmont, 4 p.m.
Voorheesville at Cohoes, 4 p.m.

GIRLS BOWLING

Mohonasen at Bethlehem, 4 p.m.
Ravena-Coeymans-Selkirk at Schalmont, 4 p.m.

WRESTLING

Bethlehem at Columbia, 6 p.m.

Thursday, Jan. 5

GYMNASTICS

Shaker at Bethlehem, 6 p.m.

WRESTLING

Cobleskill at Ravena, 6 p.m.
Schalmont at Voorheesville, 6 p.m.

Friday, Jan. 6

BOYS BASKETBALL

Mohonasen at Bethlehem (Junior College of Albany), 7:30 p.m.
Schalmont at Ravena, 7:30 p.m.
Broadalbin-Perth at Voorheesville, 7:30 p.m.

GIRLS BASKETBALL

Bethlehem at Mohonasen, 7:30 p.m.
Ravena-Coeymans-Selkirk at Schalmont, 7:30 p.m.
Voorheesville at Broadalbin-Perth, 7:30 p.m.

BOYS BOWLING

Bethlehem at Albany Tournament, 4 p.m.

HOCKEY

Bethlehem at Alexandria, 7:30 p.m.

Saturday, Jan. 7

HOCKEY

Bethlehem at Indian River, 1:30 p.m.

INDOOR TRACK

Ravena boys at league meet, Union College, 8 a.m.

WRESTLING

Ravena-Coeymans-Selkirk Tournament, 10 a.m.
Bethlehem at Saratoga Tournament, 10 a.m.

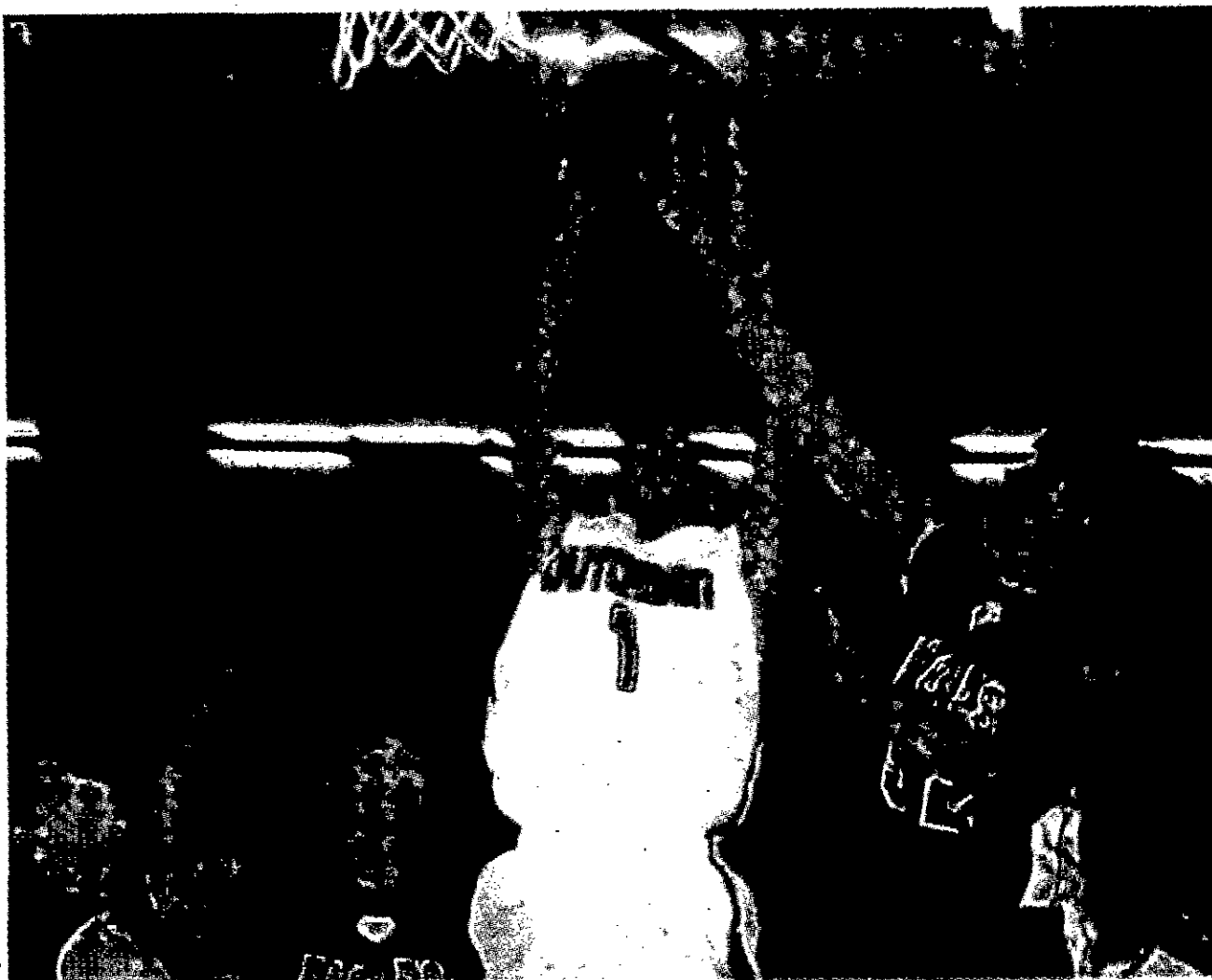
Monday, Jan. 9

BOYS BOWLING

Lansingburgh at Ravena-Coeymans-Selkirk, 4 p.m.
Schalmont at Voorheesville, 4 p.m.

GIRLS BOWLING

Bethlehem at Watervliet Tri-meet, 4 p.m.
Schalmont at Voorheesville, 4 p.m.



Bethlehem's Bill Yates (52) challenges Jimmy Googas' shot during last Tuesday night's game against Guilderland at the Dutchmen Holiday Classic.

Rob Jonas

Eagles' offense is grounded

BC can't get out of the 40s in two tourney losses

By ROB JONAS

The Bethlehem boys basketball team has been mimicking the weather. One week the Eagles are red hot, and the next they're ice cold.

Bethlehem was the latter at last week's Dutchmen Holiday Classic in Guilderland. The Eagles struggled to make a basket in the second half of a 60-40 loss to the host school last Tuesday and then couldn't complete a comeback in a 48-41 loss to Colonie last Thursday in the consolation game.

Still, head coach Jeremy Klugman saw some positives in the loss to Colonie. "Our defense was better, especially in transition," he said, "and we played better against Colonie than the first time we played them (a 59-48 loss Dec. 22)."

Slow starts hurt Bethlehem (2-7) in both games. The Eagles scored four points in the first quarter of their loss to Guilderland and six points in the first quarter against Colonie.

"We're just not making the shots we need to make, and when we don't make those shots and don't get back on defense, that allows teams to run on us," Klugman said.

When Bethlehem's shots fell,

they fell in bursts. The Eagles scored 23 points in the second quarter of their game against Guilderland, but after a respectable 13-point effort in the third quarter, they went completely cold in the fourth quarter and didn't make a shot as the Dutchmen pulled away.

"I have to give total credit to coach (Ron) Osinski and his staff. They played a great game," Klugman said of Guilderland, which went on to win its tournament with a victory over Troy.

The Eagles' spotty offensive production continued against Colonie. After managing 24 points over the first three quarters, Bethlehem had a 17-point burst in the fourth quarter.

"We actually won the fourth quarter. Unfortunately, we were behind by five points at halftime and nine after the third quarter, and we couldn't get close," Klugman said.

Kevin Stempsey was the most consistent shooter Bethlehem had at the Dutchmen Holiday Classic. Stempsey scored 11 points against Guilderland and 15 points against Colonie. Joe Kane contributed 12 points against Guilderland, and Craig Orner added 12 points against Colonie.

Bethlehem returned to action Tuesday when it hosted Shenendehowa at the Junior College of Albany. The Eagles welcome Mohonasen to JCA Friday before hosting Columbia next Tuesday.

Patterns emerge as 2005 becomes 2006

By ROB JONAS

Some observations on the high school basketball season as we enter 2006:

- If the Shaker boys basketball team doesn't start getting more consistent play from its guards, it's going to have difficulty living up to its preseason tag as the Suburban Council's best bet for reaching the Section II, Class AA finals.

The Blue Bison have unquestionably the most dominant player in the area in 6-foot, 10-inch senior center Brad Sheehan, but they have to get the ball into his hands in order for him to be effective. That task becomes difficult when Shaker's guards start throwing the ball away under pressure from opposing defenses, like they did in last Wednesday's 40-37 loss to LaSalle.

The Blue Bison need guys like John Hans and Vernon Cross to

From the sports desk...

get the ball upcourt so they can set their halfcourt offense. Once they do that, all they have to do is get the ball into Sheehan's hands and let the Georgia Tech-bound skyscraper do the rest. With nobody big enough in either the Suburban Council or the Big 10 to defend Sheehan, scoring points should almost be automatic once he gets the ball.

- Schenectady may be the best boys basketball team in class AA, but the Patriots are far from being dominant. Albany and Christian Brothers Academy gave Schenectady all it could handle in the Patriots' first two Big 10 games, and then there was that 65-57 loss to Catholic Central in the final league game before the

new year.

Schenectady's problems so far seem to be related to closing a game. The Patriots had CBA down by double digits in the third quarter, but they couldn't seal a 56-51 victory until Durett Miles drained a three-pointer with less than one minute left in the fourth quarter. Then against Catholic Central, Schenectady saw an eight-point lead turn into an eight-point deficit when the Crusaders outscored the Patriots 23-7 in the fourth quarter.

Schenectady should do a better job of closing out games as the season goes on, though. Coach Mark Sausville always gets his teams to improve down the stretch, and with the talented backcourt combo of Miles and Mark Lyons, the Patriots will be a handful for anybody.

- It was nice to see Mohonasen win the Kirvin Cup for the first time in 14 years last week.

More importantly, it was nice to see the Mighty Warriors their first game since the 2003-04 season and get a huge monkey off their backs.

Unfortunately for Mohonasen, it has to go back into Suburban Council play. In another league with more schools of its size, Mohonasen would be a dangerous team. It has a great front court with junior forward Pat Barnes and freshman forward Jordan Macejka, and first-year coach Ken Dagostino brings a high level of enthusiasm to the program. But when the Mighty Warriors have to deal with the likes of Shaker, Averill Park and Niskayuna on a regular basis, all that talent and enthusiasm are rarely enough to earn them anything more than a hard-fought loss.

Mohonasen might have to wait another year to win a Suburban Council game, but I wouldn't