Local economy reflects state rebound

It looks like the New York state economy is on the comeback trail.

A recent report by the New York State Business Council's Public Policy Institute detailed the good news.

"Our job growth now is significantly better than it was a few years ago. And it's better relative to the national rate of growth than it was a few years ago — meaning we're not just riding on other states' coattails," the report stated.

The institute attributed New York's improved economy to major changes in state government's policies affecting private employers. Further improvements in the business climate will pay off in more job growth, the report stated.
The mission of CBA further aims to instill Christian values while providing a demanding academic program in the Lasallian tradition that develops the "total student.

Although there is a military consciousness in the school, the goal of this training is more to teach discipline, responsibility and leadership, Michelini said.

Originally founded in Albany, the school has been conducted by the De La Salle Christian Brothers, whose roots are in 17th-century France.

Although the school has been a Capital District metropole since the 1830s, its size has changed several times throughout the years.

In 1937, city and county officials deeded the use of a sizable piece of land from University Heights to the Brothers. That site remained home for CBA until July 1998, when the school moved to its current location in Colonie.

The new site is the sixth location for CBA. It includes a new, state-of-the-art building, set on as spacious 12.7-acre campus just west of Ave. Len Paul.

CBA philosophy encourages the spiritual and personal growth of its students.

The atmosphere is very positive;" he added. The school is viewed as a place where students succeed. It is a kind of camaraderie here.

CBA is a Catholic junior high school, college preparatory school and a military senior high school all in one.

We are a small school. All the students know all the teachers. And vice versa. Nobody falls through the cracks. And the playoffs are obvious.

Students at Albany Academy For Girls creatively score better on standardized tests, place first or second in city-wide science competitions, do well in sports. And 100 percent of them go to college.

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What are our high school students getting into?

College.

ECONOMY

from page 1

This year in his State of the State address, Governor Mario Cuomo announced his program to meet the Business Council's findings.

According to the governor, there are many new businesses and many small businesses working in the private sector, in a competitive state.

What does this mean to the Capital District natives? Very De'Anzy of the

Bethelehem Chamber of Commerce says her town is definitely growing.

Just this past year, the town saw a number of new businesses, two new ice rinks, a senior apartment complex and an influx of small banks. And although CBA and other media.

It's the town of Colonie is also showing strong growth, with record commercial and residential construction in the last three years.

Additional resources, whether or not the town has increased, Michelini said. And although the site of the school is never to become a community service and athletic participation.

However, one of the most important elements of the CBA education is the tradition of which boys became part, once they attended the school.

This tradition causes a common bond among the generations of graduates, Michelini said.

And although the site of the school has moved from Albany to Colonie, new students will still study in the same Lasallian tradition as the boys who studied under the Brothers in 1854.

The mission of these traditions and values represent a common link, connecting the generations of CBA alumni.

For admission information, contact Marty McGraw at 432-9809.
Hitting the books

Brown School students at Sheneandoa study together during a break from class. Brown School is an independent, coeducational elementary school for students from pre-school to eighth grade. The school has been educating young men and women for more than 100 years.

The Music Studio

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An educational helping hand

BY LEIGH G. KRITZ

Higher standards in education passed down from the state Board of Regents have increased pressure on families and educators to get students through their exams.

Sylvan Learning Centers can help students overcome the new challenges ahead.

"Most of our teachers are on staff in school districts and that keeps us in touch," said Cathy Hull, director of the Albany and Clifton Park centers. "Some are retired school teachers, but all our staff is certified."

Sylvan Learning Centers begin 20 years when one school teacher in Oregon went do more.

There are now close to 800 centers across the United States and Canada. They help students from kindergarten through college in all academic subjects plus study skills, time management and speed reading.

When students first come to the center, they get a personalized assessment.

"We pinpoint what they know and identify their skill gaps. We put together a program to teach the skills that are missing," Hull said.

Students come to the center at least twice a week for a one-hour session. Teachers work with no more than three students at a time since students are working at their own pace on their personalized lesson plans.

Beginning at the sixth-grade level, Sylvan teaches study skills. Students learn study techniques, organization and time management. Hull said that many older students lacked these basic skills.

"Kids are involved in so many activities. They need help finding ways to get everything done," she said.

Not all students who take advantage of Sylvan's services are behind or struggling. Many students want to improve their skills or are looking for academic challenges they cannot get at school.

Students preparing for college come to Sylvan to take the college prep course which will prepare them to take the SAT exams and also concentrate on academic writing.

Sylvan also offers a 12-hour speed reading class that focuses on comprehension. The class is open to anyone over the age of 10, including adults.

"We can help students keep fresh over the summer, too," Hull said.

The length of a time a student remains academically varies, depending on what skills are missing and how hard the student is willing to work, but it is not all up to the student.

"We all have to work cooperatively for this to work out successfully," Hull said. "With the parent's permission, we talk with school staff. Students, parents, teachers and the staff at Sylvan all work together to ensure the greatest possibility for success. Part of that is Sylvan's policy on timeliness.

"We start every session on time," she said. "We set good habits and patterns for life. Students need to set good work habits now."

The centers are open Monday through Thursday from 4 to 7 p.m. and the Albany center has Saturday morning hours.

Throughout the summer, the center is open mornings and afternoons during the week.

For information, contact the Albany and Clifton Park Sylvan Learning centers at 869-6005.
La Salle Institute celebrates 150 years

BY ELIZABETH BYRNS

La Salle Institute is celebrating a special anniversary this year. While doing so, educators and alumni are reflecting, looking forward and back.

They are reflecting on the past and detailing for the public how the school came to be where and what it is.

One hundred fifty years ago on Fourth Street in Troy, a boys' school opened its doors. St. Joseph's Academy, founded by Dutch Jesuit Father Peter Havermans, had 145 day students and 30 boarders.

Tuition, room and board was a mere $100 a year, plus $20 for washing and $

The Catholic college preparatory school soon became known for its music, education and award ceremonies.

Soon after opening, St. Joseph's moved into a three-story brick building, and was renamed La Salle Institute of Troy.

The Troy of the 1870s was far different from the technological and to its fast-held traditions that began with Father Havermans and the five Christian Brothers he persuaded to help him run the education of all faculty.

The Brothers' mission statement hadn't changed in the past 150 years to educate students in a loving, caring supportive environment to inspire them to become men, responsible and productive members of their communities with a commitment to truth, honor and charity.

But educators note that in addition to its fast-held traditions, the school has evolved to accommodate the changing times.

Just this year, La Salle made improvements to its campus. Thanks to a parent's generous donation, a new soccer and lacrosse field has been built.

Additionally the school this year completed Phase I of a capital project adding new classrooms, upgrading the computer facilities and making the school handicapped accessible.

Phase II, due to begin next year, will include a new gym, cafeteria and kitchen.

School officials say it is the alumni and parents of students who continue the traditions and maintain the spirit the original Christian Brothers brought with them to the Capital District more than a century ago.

The approval rate of parents and students is very high here at La Salle. Their testimony makes us unique from everyone else.

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La Salle Institute is an independent, Catholic college-preparatory school for boys in grades 6-12, and is conducted by the Brothers of Christian Schools. For information, call 283-2100.

174 Williams Road Troy, NY 12180 (518) 283-2500 www.lasalleinstitute.org

Officers from the LaSalle Institute Battalion from the early 1900s. Many descendants of these men are current students at the all-boys school in North Greenbush.

Albany Academy adheres to its mission after two centuries

The academy provides educational programs from pre-school through 12th grade. Wren said one recent change at the academy is that 3- to 5-year-olds will now attend all-day classes.

There are 70 teachers at the academy, Wren noted, with 33 holding master's degrees and four with Ph.Ds.

LaSalle Piatelli is the current headmaster. Before coming to the academy, he was assistant headmaster at the Kent School in Connecticut and the Finn School in Massachusetts. He earned a bachelor's in economics from Harvard, and a master's in education from Boston University.

The academy's rigorous academic program means that all of the graduating class of 1999 was accepted at a college or university. Some of the colleges that academy graduates attend are Carnegie-Mellon, Columbia, Cornell, Holy Cross, Princeton, Brown, U.S. Naval Academy and Yale.

Athletics are an important component of the academy's education, with facilities that include a gym, pool, and Olympic-sized hockey rink.

All students in pre-K through grade 12 participate in a daily physical education and athletics program, where the focus is on skill building and sportsmanship.

There are many extra-curricular activities for students, including the Cadet Battalion.

Students can enter the battalion beginning in eighth grade, and the academy says it is an opportunity for boys to relate to one another in an order of authority and to exercise meaningful authority.

The annual Gordon, held in April, allows the companies to compete for marching prizes.

All academy students participate in community service projects, and field trips utilize the many resources of the Capital District.

The attention to the whole student is what Wren sees as the academy's greatest strength.

"We challenge students to be their best at all times," she said. "This is the unique nature of the academy."
Albany Academy for Girls prepares students for high-tech future

BY KATHERINE MCCARTHY

E xcellence at the Albany Academy for Girls is at a 50-year high, director of admissions Joan Lewis is happy to report. In addition, there is a waiting list for each grade level. She attributes this to the strength of the school’s academic program, and in low student-to-teacher ratios, which is at 10 to 1.

“We provide a solid, traditional college preparatory education,” Lewis said. “We cater to the needs of our original mission, so that kids have the basics, and we integrate innovations, like technology, where appropriate.”

The Albany Academy for Girls, which teaches pre-school through 12th grade, has focused a lot of its attention in recent years on its math, science and technology programs. These rapidly growing fields still report low numbers of women workers. Although women make up nearly half the nation’s workforce, they account for just 22% of employed scientists and engineers.

The Albany Academy for Girls’ increase in its technology programs is largely in response to the American Association of University Women’s concern that women could become bystanders in the burgeoning technology industry.

Technology director Susan Munford said the Albany Academy for Girls is technologically up-to-date.

“Every room in the school is wired with data and video drops, allowing full network and Internet access,” Munford said.

Manafort teaches an interactive multimedia class, where students program and create animated games that require students to make decisions, which elicits a response from the multimedia element.

Computer and math teacher Nur Fickle recently guided his students through several weeks of building and programming Lego robots. Seven students in Fickle’s advanced programming class built a house, bag and cat, using more than 3,000 Lego pieces. The students had to program a computer outfitted with an infrared transmitter that beamed the program to the car, house or bag, which then moved and performed various, sometimes simultaneous, commands.

Fickle noted that the Lego project wasn’t just fun and games.

“The robots need to have high-level abstract thinking and problem-solving,” Fickle said. “The computer has to work every little step, making this a very hands-on, concrete approach to applied problem-solving.”

Munford said that learning to program has value beyond learning that particular skill.

“Even if our students don’t go on in computer technology,” she said, “The critical thinking and analytical skills developed through programming are invaluable.”

Munford has been pleased at how well the students have taken to the technology courses, and seen it as fitting with the Albany Academy for Girls’ mission.

“It’s exciting to see our students leap ahead, sometimes ahead of their teachers,” she said. “Albany Academy for Girls students have an incredible opportunity to prepare for the high-tech fields that will define the 21st century.”

The Music Studio provides experiences that stimulate young minds

T he studies are in: You’ve seen the articles about them, or, failing that, you’ve at least scanned enough headlines to know that music education can be your tot’s ticket to the good life.

It is appealing to think that playing a Mozart CD during your newborn’s nap or singing the “Wheels on the Bus” for the midnight time with your 2-year-old will magically somehow result in perfect children.

However, according to Noel Liberty, founder and director of The Music Studio, and a woman who has been involved in the musical training of thousands of children during the last 20 years.

“I’m a musician, an educator and a parent,” Liberty said. “I want our students to have an understanding of the value of music education from an early age.

“Most of these benefits are measurable, others are not,” Liberty said, “Just last week, I saw a prospective student in a class that was working on a piece of music and he was so engaged with the music that he didn’t want to give it up.”

As the designer of one of the oldest programs in the region for preschool through high school age and the only one that primarily focuses on the piano, Liberty knows all too well what children will and won’t do, even with the help of parents.

At an increased research reveals more about the brain’s ability to perform more complex math, logic and even visual pattern. A number of studies show, however, that many of the extra neurons seem to shut off if they are not used enough, in some cases by as early as age 11.

Liberty agreed that the studies are interesting, but said that most parents can use them to enhance their children’s music education.

From my perspective, one of the best benefits of music education is that it helps children learn to enjoy their own world,” Liberty said. “It’s exciting to see our students leap ahead, sometimes ahead of their teachers.”

Music changed their lives. It made them happier,” Liberty said. “It’s a comfort to a parent who doesn’t come up to them.”

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"The Music Studio provides experiences that stimulate young minds."
AAA services include more than tow ing

BY LEIGH G. KOTLY

M ost people know that AAA offers roadside assistance across the country and gives members excellent maps.

What you may not know is that a AAA member will get you many more benefits from home and auto insurance to college loans.

AAA Hudson Valley, a merging of the Albany and Troy Automotive Clubs, is the oldest chartered AAA Club, dating back to 1901. It is part of a national organization of more than 43 million members throughout the United States and Canada with reciprocal organizations overseas.

AAA is the largest travel agency in the world,” said Robert Sensok, of AAA Hudson Valley. Once you are a member, AAA can help you plan your trip by car, by rail or by air to anywhere in the world.

With one phone call, they can make hotel and car reservations and you can recieve advice on many of your travel arrangements through the organization.

If you prefer making your own reservations, mention your AAA membership and you can get you the same discounts on hotels, car rentals, Amtrak and more. You can also save at hundreds of attractions across the country including Six Flags theme parks and Disney World.

AAA can plan these trips by phone, visit your local AAA office or go online to www.AAA.com to book accommodations or get maps, travel brochures or take advantage of any of the services the organization provides.

“Renting a car in Dallas for don’t know how to get to your Aunt Betty’s house from the airport? Go online and click “Room Rates” for a directors.”

*You will get a map and step-by-step instructions you can print out and take with you. AAA discounts and savings are not limited to travel plans.

Sensok is working to expand the show your card and save program. By presenting your membership card to local, participating merchants, you can receive special AAA discounts. Some participants include Subway shops and certain events at the Pepsi Arena.

Of course, AAA is most famous for its roadside assistance. Now, though, you can get your cell phone service through AAA. Pass the AAA banner on the phone, and it connects you to our helpline.

Calling the cell-free help line by cell phone, as opposed to phones you in a crash with the nearest AAA office and help is on the way in minutes. The help line can also offer advice if you do not need a tow but need a quick or other immediate assistance.

Like the cell phone, AAA has many other member services about which you may not know. As a member, you can benefit from a credit card, home equity and used-car loans, insurance and certificates of deposit, all at competitive rates. Often, you can get your car loan within 24 hours. You can also get luggage, maps and road books that they update annually.

A one-year membership is $43 and a significant offer can join for $21.

The membership includes four emergency roadside calls, the benefits mentioned above and $45,000 life and dismemberment insurance policies.

If $45 for a household membership seems high, keep in mind that your call for a new tow could cost $85 for a 15-mile tow.

Call Sensok at 426-1000 for information or log onto the Web site.

Karat academy shapes both bodies and minds

If you are looking to fulfill your New Year’s resolution and get in shape but you want to try something different how about karate, Sensok’s Black Belt Academy in Traditional Japanese style karate. Operated by founder and Chief Instructor Sensok Thomas L. Sensok, Sensok’s has trained in many karate systems for 18 years expanding his knowledge and teaching methods by experiences, self-defense techniques and philosophies.

Sensok’s and his wife Sue Sensok, Assistant Instructor both own and operate two karate school locations. The first school is located in Greenbush, south of Albany. The second karate school is located in Latham. The Stars have been serving both communities for the past eight years.

The Stars say they are very enthusiastic about the future of Sensok’s Black Belt Academy. With all the years of study and training in the martial arts they have organized a traditional school that teaches three separate programs available for ages 4, years and up for men, women and children. The first program is Traditional Japanese karate, the second program is Traditional Okinawa weapons program and the third program is Sensok’s Cardio Kickboxing. The school is specifically designed for the average person with no experience to learn practical self-defense that works in nearly any situation, any age or aggression.

The first program available is Traditional Japanese Karate. The school helps teach the youth of the future the traditional values that some say are missing in today’s world. They teach the youth respect for adults and others, sportsmanship and pride in everything they do.

Additionally youth are instilled with an incentive to exist in school and sports. The classes are designed to develop and strengthen the child by building character confidence self esteem and self-control to give the child the inner strength to say no to unhealth pressure.

Karate works on both the body and the mind, according to the Stars. While the physical aspects increase energy flexibility and health, the mental side helps practitioners to increase abilities to focus at work and relax at the end of the day.

Largely the self-defense techniques in the Traditional Karate may save a life.

Also offered at the Academy is a program of Traditional Okinawa weapons. This program is available to everyone that has the interest to learn the history of traditional Okinawa weapons.

Participants learn authentic classical techniques that are more than 600 years old. There are 10 traditional weapons taught in this program. The school is a member of the International Okinawa Kobudo Association and the founder and chief instructor is Sidney Albin Malcolm Kibum Shades who is one of the highest-ranking Okinawa masters in the area.

The weapons program is available for ages 10 and up to jobs.

And for those looking to exercise the Academy has a high energy cardio kickboxing class. These are open to those age 11 and up.

It takes the music, excitement and energy of aerobics but adds important self-defense techniques like jabbing, kicking, punching and blocking. Students learn self-defense and burn 800 calories an hour.

Bank on it

Cubscs Savings Foundation donated $36,000 to the Sidney Albert Albany Jewish Community Center. The funds go toward renovations that include an early childhood center, a senior center and a pool. Pictured, left to right, Mark Rosein, trustee of the board of directors of the Community Center; Harry L. Robinson, CEO Cubscs Saving Bank; Jason Barton, executive director of the Community Center; and April Sylkes co-chair of the Capital Campaign.

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Newly expanded community center offers more for everyone

BY JOSEPH A. PHILLIPS

A ribbon-cutting ceremony last Wednesday marked the official reopening of the newly-expanded, enlarged Sidney J. and Justice Ruth Bader Ginsburg Jewish Community Center on Whittall Road. Resumed for a longtime leader at the center, a key financial supporter and one of the linchpins in the center’s move to its present location, the $1 million renovation program improves the center’s ability to be a truly intergenerational community service facility as it has for more than eight decades.

The key change is the addition of a 6,500-square- foot new wing to house the Raymond and Ruth D. Laven Early Childhood Center, under the direction of Shannon Moore. The expansion permits the center to double the size of its kindergarten program and its preschool rooms, and add a second day care as well, expanding total enrollment to 200. A new keypad security system was also installed, highlighting by a new, large, new wing to the center.

The early childhood program complements the center’s School Age Department offering after-school programs for children from kindergarten through sixth grade through its Cosmic Kids enrichment program. The department, under director Robin Ullman, also offers a satellite program for the nearby Albany School for the Humanities throughout the school year, and vacation and summer day camp programs.

Sam Shore directs the center’s Judaic Life department, the backbone of the newly-remodeled center with more than 15,000 members. From its new Young Judea youth program its adult Jewish education programs, the Judaic Life program provides a major community resource that are open to the public of all faiths.

The center also has a strong Senior Adult department under Claire Sigal with a variety of educational, recreational and preventive health programs year round, from trips to local art and educational institutions to an intergenerational prevention exercise program.

The center’s health, physical education and family guidance departments were integral to the success of the renovation program as well. The center’s locker rooms and indoor pool were upgraded, ensuring that the largest new keypad security system was also installed, highlighted by the center’s new, large, new wing.

Treat yourself to a little TLC from Complexions Spa staff

BY DONNA J. BELL

Have you ever dreamed about being pampered for a day? Perhaps you’d love a facial, a deep muscle massage or a pedicure for beach-ready toes?

If you thought this treatment was only for the rich and famous, you haven’t been to Complexions Spa for Beauty and Wellness, located at 6 Metro Center Blvd. in Colonie.

Complexions offers a cornucopia of beauty treatments for the skin, hair and body for women and men from teen-agers to retirees.

"You can come in for a few hours or spend the entire day," said spa owner Donna Dubois. "We have something for everyone."

Dubois, who has operated the spa for the past 15 years, is one of the highest – honored a skin care specialist in the Capital Region by the Cesiderco (Cosmétiques Internationaux du Soins Corporels) in France. Only 230 people worldwide have achieved this honor.

Complexions Spa is concerned with more than just looks— they believe not only helping people look good, but in helping them be healthy. The staff at Complexions work with area dermatologists to educate customers on how to take care of their skin on an ongoing basis including chemical peels, pre- and post-operative skin care, basic facial regimens, home care and advanced treatments.

If a massage is what you crave, Complexions experienced massage therapists are trained in many types of massage including Shiatsu, reflexology, pregnancy massage and they are the only spa in the area to use the LasGrotte method that features hot river stones.

Looking to look good? Combine a make-up update or a hair color specialist or try out a manicure or a pedicure. Be adventurous and have a sea-weed body wrap or sente for a hydrotherapy session.

"If you look good you feel good," Dubois said. "Your skin is a reflection of what is going on the inside and it has a direct effect on your self esteem."

Spa treatments are becoming popular gifts. In a fast paced world, the gift of relaxation is the ultimate luxury. Business parties find Complexions a great place to get ready for the big day and also for the same time. Dubois said that insurance companies increasingly pay for treatments.

"When you’ve worked with someone to make them look better they stand taller," said Dubois of her job, "that is rewarding."

Farrmer Boy caters to multi-cultural tastes

BY REBECCA LANE

The Farmer Boy Diner, located at 797 Central Ave. in Colonie, has been hosting a multi-cultural cuisine of traditional American, Greek and Indian foods for more than 20 years. Owner and operated by Mike Eupidios, the diner serves a variety dishes catering to many tastes.

"You can have almost anything here," Eupidios said. "Different stripes, breakfast at any time, pasta, 10 types of fish — including lobster tails — a whole selection of Greek food. We’ve had Greek entrees on the menu for four years because they were so popular.”

The diner’s success is largely attributed to the hard work and determination of Eupidios and his brother, Dimitrios Michael. The two traveled from the coast of Greece to live in family in Kingston, New York. After watching their uncle manage the Park Diner of that area the two decided to enter the restaurant business together in 1977.

A cabinet maker by trade, Eupidios was initially unsure how to coordinate the varied intricacies of restaurant work into a smooth flowing production.

“T was a cabinet maker for 17 years,” he said. "I just saw my uncle and thought, I think that’s what I want to do.”

He hired a chef with 40 years of experience who showed him the basics of preparing and cooking food. After a brief six weeks of training Eupidios was left to fend for himself, and continued to successfully work as head chef for 15 years.

“Even now I have my hands in the kitchen,” he said. "It’s always something to do.”

In 1990, the diner expanded and moved to its current location. After working with his brothers for 20 years Dimitrios chose to purchase and manage the Metro Diner in Albany, even furthering the restaurant traditions within the family.

Eupidios is pleased with the new location, and finds that his clientele has evolved into a steady stream of familiar faces.

"I’ve known the people who come here for 20 years,” he said. "Thirty percent of my business is repeat business. It’s like a big family.”

Farmer Boy Diner is open 6 a.m. to 11 p.m. Sunday through Thursday and 6 a.m. to 1 a.m. Friday and Saturday.

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**Physical Therapy Associates moves to new office in Colonie**

**By LIECHI G. KIRTLLE**

Physical Therapy Associates of Schenectady is observing one year in business for their satellite office in Colonie. The Colonie location is one of several throughout the Capital District where they may now be found by becoming part of the community.

The original office, still in operation, opened about 20 years ago on Union Street in Schenectady. Rather than expand that first office, they reached out into the community to create a better environment for patients.

"We want to be recognized for being actively involved in communities," said Tom Marston, manager, and licensed rehabilitation physical therapist through his office in Colonie, which also includes Jennifer Mosmen, M.D., Robert Rosenblatt, M.D., Albert A. Apicelli, M.D., Robert W. Kelty, M.D., Kenneth Baker, M.D., Yvette Stone-Condry, C.N.M., Kenneth Kroopnick, M.D., Jennifer Mallozzi, M.D., and Anuradha Krishnappa, M.D.

"Today's daughter and grandchildren, both physicians, practice at our hospital. They used to work out of one of the Colonie offices," said Marston.

"Conserve energy through a balanced exercise program, and let your therapist know what your goals are," Marston said.

"All those exercises are designed to help you retain the range of motion that's been lost," Marston said.

"Patients learn ways of modifying their daily living activities to facilitate movement and reduce pain," said Marston.

"The best treatments you can have are those the patient is going to work with," Marston said.

"We'll do our best to work with your health care provider in your recovery," Marston said.

"The patient's input is important in these cases," Marston said.

"Many patients may suffer from temperamental joint dysfunction," Marston said.

"Several different factors can cause the condition like a car accident or posture problem.

"The same medical diagnosis does not necessarily mean the same treatment. There are a lot of variables," Marston said.

"Whether someone is suffering from TMI, sports injuries or tenosynovitis, the goal is always to provide the adequate level of function for the patient. A successful outcome depends on the treatment and the patient's attitude." Marston said.

"We're trying to develop a cooperative relationship. People aren't coming in just for physical therapy, but to help them mentally," Marston said.

"Treatment goes beyond visits to the therapist. As part of the assessment, people are referred to specialists and other health care professionals in many other fields," Marston said.

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"TMJ, sprains, knee injuries or tendonitis, are some of the conditions we treat," Marston said.

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"The patient's input is important in these cases," Marston said.

"Many patients may suffer from temperamental joint dysfunction," Marston said.

"Several different factors can cause the condition like a car accident or posture problem.

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It's been a busy nine months at St. Mary's Hospital in Troy since the opening of Seton Health Childbirth Center in April.

At last count, more than 225 babies had made their debut at the one-of-its-kind center.

"We're very proud of the Childbirth Center," said center director Kathy Marsch. "It's been both exciting and gratifying to help families experience the miracle of birth, and many strong, supportive relationships have been formed between staff and new parents."

The center's personal touch is a big hit with moms.

At Seton Health Childbirth Center, mothers-to-be aren't shuffled around from room to room.

Labour, delivery, recovery and postpartum care take place in one room, a spacious place that looks nothing like what you'd expect to see in a hospital.

Each room features home-like furnishings and a private bathroom with a shower and, in some cases, a Jacuzzi.

The medical equipment isn't readily apparent; it's tucked away in cabinets and drawers until needed.

Patients frequently remark about their comfort with the nursing staff, which is raised in both obstetrics and pediatrics, Marsch said.

Since its opening, the Childbirth Center has inaugurated several new programs for parents and children.

The Seton Health Neighborhood breastfeeding Support Group gives breastfeeding moms a place to share experiences and receive support.

The group meets monthly and is led by Susan McDermott, certified lactation consultant for Seton Health.

Delmar Health and Fitness services instructor Stacy Cornes leads a class in an exhilarating Thursday night workout. The club also offers pairs boxing and kickboxing, along with the popular step aerobics shown above.

The health club blends strength training with aerobics, racquet sports, and swimming lessons.

Delmar Health is proud that the chamber has more than 600 members and that chamber staff work hard to stay connected with all the members and help them meet their needs.

"We recently did a survey of our members," Delaney said. "The top thing they want is: us as a chamber to do something like the Bethlehem Beautification Committee, they're helped businesses take pride in the way they look.

"We also work with the police in terms of safety issues and with the Pedestrian Safety Group," Delaney said.

DeLaney's open issue at the Four Corners was a good example of some of the combined efforts of the chamber and local merchants.

"We had several hundred people at the Four Corners on that Sunday," DeLaney said. "There was a big line waiting to see Santa, and the police department helped us by making it safe for us."

The chamber also is a major sponsor of Festeelijk, Bethlehem's annual one-day town-wide festival. In conjunction with The Spotlight, the chamber works to "put a face on Bethlehem business" by featuring photos and write-ups about local businesses.

The chamber's Mystery Shopper looks for people giving good service in town, and the chamber rewards the Mystery Shopper's monthly pick with a budget of free gifts.

The chamber strives to offer that same kind of good service to its members.

"We're relatively independent to join, probably about half the price of other area chambers," DeLaney said. "We offer members a lot of benefits, like health and dental insurance, cellular services, pager, and long-term care insurance. We're always looking for good deals for our members, and as a group, we have a membership strength that an individual. We also provide advertising opportunities in our newsletter and directory. We get inquiries all the time about businesses in our region. We're the one place people call, no matter where they are."

The 18-member chamber board recently elected new officers. Officers are elected annually, which DeLaney says is a good thing.

"We're a community focused chamber," DeLaney said. "You can walk in the door anytime and we're here to serve you."

Delmar Health and Fitness services instructor Stacy Cornes leads a class in an exhilarating Thursday night workout. The club also offers pairs boxing and kickboxing, along with the popular step aerobics shown above.

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Promoting Bethlehem virtues listed as top priority for chamber members

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Fitness for Her health club caters to the special needs of women

BY ELIZABETH BYRNS

Fitness For Her owner D.J. Taylor insists she loves what she does. That would explain her ability to wake up at 4 a.m. every weekday morning to open the doors to her health club in Delmar.

Taylor arrives at the crack of dawn and looks the first of several morning exercises classes.

The club is different than many in that it offers its services only to women. Taylor explains that the club was conceived in an effort to provide women, especially those over 40, a fitness facility focused solely on preventing diseases and injuries common to women, rehabilitating injuries safely and working with women athletes to improve their game and maximize their strength.

With a bachelor's in sports medicine, Taylor has had both extensive experience in injury rehabilitation training and weight control.

Unlike some owners, Taylor is on site daily and knows her clients by name.

With so many clubs around Taylor said it is important to keep up with the current trends in health care and activism. This year Taylor says, Fitness for Her is adding an "Edge" cardio trainer and a deluxe Smith machine.

The edge machine mimics running without the impact which trainer, Laura Taylor, says is important to women.

Taylor explains the Smith machine is also designed with women in mind. It is a squatting or bending machine that offers a counter balance. Taylor explains that means the weights don't simply drop back onto the bar after a squat. Instead they stay down. This allows women to bench higher amounts of weight.

The clientele is mainly professional women and the average age, 47, may surprise some people. "There are younger women but the majority group ages 45-55 with some women in their 70s and 80s," says Taylor.

In addition to the exercise equipment and training, Fitness for Her offers the latter in session classes. Taylor says this year classes have been added to accommodate the increased interest in boxing and kickboxing. The club has several instructors certified to teach cardio-kickboxing in addition to a wide variety of aerobic and step classes.

Unlike other clubs Fitness for Her has no initiation fee and charges a flat monthly rate.

Taylor says owning a club is a tough but rewarding job and she knows she's doing a good job when she sees her ocipitipatients coming back day after day.

The popular gymnasium also provide an excellent source of social networking through athletics. There are a variety of membership categories ranging from individual to family to corporate.

Rather than an exclusive club that is specialized for an elite group of experienced members, Capital Region's goal is to cater to those with less training and knowledge of the way to work out properly.

The low-key atmosphere at Capital Region is for those individuals who have a desire to expand their physical fitness geared towards achieving a goal on a tennis court or in a gym with a trainer and a treadmill without fear or long wait in a gym.

The service and atmosphere means people of all ages and degree of skill comfortable.

Q & A on stress management and wellness

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Candy Pehrs is a certified social worker and the owner of Stress Management and Wellness Services in Delmar.

What exactly is your business?

I provide services which help individuals of all ages and in all walks of life to achieve better health, emotional well being and peak performance. I utilize the latest information in the mind/body connection and the latest innovations in prehospitalization techniques. I utilize with warmth, compassion and acceptance and that is the outgrowth of my own life experience, including surviving and beating a chronic, disabling pain problem.

What conditions lend themselves to your practice?

Life challenges that imposed - particularly well in my approach include chronic health conditions such as chronic pain, high blood pressure digestive disorders headaches, epilepsy, disorders of the immune system including cancer and AIDS as well as emotional deficit hyperactivity disorders, anxiety disorders, untended childhood trauma and post traumatic stress disorders.

What makes your business different?

I bring a unique blend of personal qualities, knowledge and professional skills to my work, as well as excellent knowledge of other available resources that can complement my services. An example is the way I work with individuals in chronic pain.

An individual often comes in after years of medical interventions have failed to alleviate the problem. Powerful drugs, such as serotonin or anti-inflammatory medications may have not worked or may be causing unpleasant or even life threatening side effects. Medical interventions such as injections or surgical procedures may have been ineffective, lost their effectiveness over time or even made things worse or the individual is hoping to avoid surgery.

What effects does this have on the person?

The individual is feeling hopeless and helpless, and is usually very depressed, in addition to coping with the disease that may be affecting his or her ability to work or to have a quality life.

The first thing I do is to let the person know that there are many things they can do for themselves that can reduce pain, and use my own experience recovering from chronic pain as an example. I explain to my clients that mental state, and particularly that has a very negative impact on my life and how to use pain relief methods. I also offer to work with the individual with biofeedback.

Can you explain biofeedback?

Biofeedback is a feedback of devicermonic instruments to measure the person's physiology and "feed back" to the person what is happening in my moment to moment in their body. I can usually show the person that their muscle tone is elevated, often severely, and that their sympathetic nervous system is in "overdrive" response. I explain how this can cause tension and begin to teach the person how to relax mind and body. We can also look with biofeedback, at how posture posture or results of a natural result in a reflex action that could cause muscle tension and is reducing the pain. I am one of a very few biofeedback providers in the Capital District and the only provider of EEG biofeedback, which is particularly helpful with attention deficit disorder and epilepsy.

What is the next step?

I often feel that people who are especially short or tall who have trouble recovering from injury because their furniture is not adequately support their bodies and allow their muscles to relax. I also ask the person what was going on at the time of the onset of pain. Often unresolved trauma resulting from an accident or assault can contribute to pain, and I use relaxation and biofeedback techniques such as Eye Movement Desensitization and Reprocessing (EMDR), and Therapeutic Touch (TFT) to clear the trauma and facilitate healing. In addition, I review physical therapy techniques and offer therapeutic strategies such as or similar methods for the person with chronic pain or emotional problems.

Call 347-5613

St. Clare's Hospital
600 McClellan Street
Schenectady, NY 12304
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corporate effort with the Schenectady County Health Department, Catholic Charities and Friends Child & Family Center, which helps to meet the needs of at-risk children in the area.

The Healthy Schenectady Families Project is a major commitment to improve the health of families in the area," Mack said.

Other community outreach partnership programs include the Breast Health Partnership, Employment Readiness Support for adults and students, the Healthy Capital District Initiative, the community resource program at Schenectady County Center citizens facility, the Health Quality partnership, and membership in the Schenectady County Health Core Issues Committee.

Education programs and services on an ongoing basis designed in response to community health issues include breastfeeding education and support; free weekly blood pressure screenings; diabetes education; sibling orientation for children aged 3-8 for the arrival of newborns; a maternity open house. More educational programs include Lancum/childbirth preparation classes; in-home laboratory visits for debilitated, double or terminally ill patients; mammography screenings for women 40 and up; parenting classes for new moms through 1 year; phone time activities for older adults; town educational events; and Voice of Help, an emergency communications network for doubles, chained, ill, or homebound patients.

A 50th birthday celebration was held in September 1999.

St. Clare's Hospital is located at 600 McCollin St. in Schenectady.

Doctors Thomas Abel and Geoffrey Edmunds and their staff at Delmar Dental Medicine. The practice specializes in implants, orthodontics, oral reconstructive, periodontal therapy, cosmetic dentistry and dentures.

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For the last several years, Umbrella of the Capital District has been helping senior citizens maintain their quality of life by continuing to live in their own homes.

Founded in 1995, Umbrella of the Capital District serves senior homeowners living in Albany, Schenectady, Rensselaer and Saratoga counties. "One of the scenes elderly people are forced to leave their homes is because they can't maintain them," said owner Ron Byrne.

The Schenectady-based nonprofit company currently employs approximately 80 workers, most of whom are younger, active retirees. They help those who have homeowners with home maintenance projects from changing lightbulbs to fixing broken windows.

"No job is too small," Byrne said. For a sliding scale member slip, between $100.00 and $250.00 per year depending on the size of the home and the worker's annual income, senior homeowners can become Umbrella members. Then, for $8 an hour they can employ an Umbrella staff member for routine repairs & odd jobs. Liumed plumbers and electricians are also available at a fixed rate cost of $25 per hour.

Umbrella places a strong emphasis on accident prevention. Staffers are trained to identify potential problems and fix them beforehand. All Umbrella handymen and handymen are trained to be alert to fire and safety hazards in the homes during their visits.

They encourage the elimination of step stools, scatter rugs, improperly run electrical extension cords, and other items that impair the living environment and reduce the risk of falls and other accidents.

Home modifications are also suggested, like the use of energy saving lower-wattage bulbs or the installation of grab bars in the bathroom. Other services provided with membership include, a written 17 point home inspection, annual home repairs, and written report emphasizing prevention, smoke alarm batteries replaced once a year and gutters cleaned once a year.

Most Umbrella employees work during the week, but the staff are available on call 24 hours a day, seven days a week. In the case of a home emergency, like flooding from a burst pipe or a furnace that won't start, a trained handyman or handywoman is sent to that house for repair within 90 minutes of the phone call. "We would love to expand this program to serve additional households but we can't do it without additional handymen or handywomen," Byrne said.

Umbrella is actively seeking help from skilled people like carpenters, plumbers or handymen with fine time requirements of age.

Umbrella staffers can work as many or as few hours as they wish.

St. Clare's opens new ER

A

expanded and now first three ambulances are serving ongoing projects as volunteers.

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Other recently completed or ongoing projects include laboratory research on a service for the wound care center and the infusion treatment center, a power distribution upgrade, conversion to electronic medical records, and a feasibility study of a peripheral vascular interventional suite.

Another potential addition is an expansion of space in the Sleep Disorder Clinic to include a third room for sleep studies.

St. Clare's Hospital is a 200 bed acute care facility which primarily serves Schenectady County, but it also treats patients from Saratoga, Albany, Montgomery, Fulton and Schoharie counties.

Hospital departments include cardiology, rehabilitation, physical therapy, dermatology and gynecology, pediatrics, infection control and nuclear medicine, among others. St. Clare's boasts the only open MRI in the Schenectady area, as well as unique wound care and sleep disorder centers.

Low-income working families and patients without health insurance are serviced by two in-hospital clinics, the Family Health Center, and the dental clinic. The clinics are staffed by residents training in a three year family practice program and a one-year general medical residency program.

In 1998 the Family Health Center treated nearly 30 thousand patients, and more than three thousand people were seen in the Dental Department.

Community outreach is a priority at St. Clare's.

They are a sponsoring agency of Healthy Schenectady Families, a

Conclusion and wellness services.

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Delmar Dental Medicine

Kings Way Arms Nursing Center celebrates a quarter century of care

BY MILLHYMAN

A lot has changed since the Kings Way Arms Nursing Center first opened 25 years ago. For one thing, there are two new residential complexes on site bringing the total population to 350.

There are 160 people living in the nursing home located at 323 Kings Road in Schenectady, the home continues to provide 24-hour care with no sacrifice of individual needs.

"When we started it was just Kingsway Arms," said Joan Barone, director of communications. "Now we're an entire senior residential community."

Besides the nursing home, there is the Kings Way Manor Assisted Living complex, which is home to 120 people age 60 and over. The facility offers personal care assistance, medication administration, housekeeping and laundry services.

And there is the Parkland Gardens apartment complex, which contains 65 studio, one bedroom and two bedroom independent living apartments. It is designed to offer independence and security to seniors no longer wishing or able to maintain a large home.

A full array of services is provided at Parkland including housekeeping, dining in the Fireside Room, transportation and social programs. Rents range from $950 to $2,300 per month.

Kings Way Home Care Service, which provides nursing care to homes in Albany, Schenectady and Montgomery counties, is also part of the Kings Way Community.

Under the direction of a registered nurse, a home health aide can assist with bathing, dressing, laundry, light housekeeping, errands and meal preparation.

Two of the most popular programs run by Kings Way are the Adult Daycare Center and the Kings Way Kids Center.

"We have the (daycare) program because it makes for some wonderful intergenerational contact and it helps out our staff who need child care services while they're on the job," Barone said.

The Kids Center provides care to 59 children, ages 6 weeks to five years old.

While Kings Way has grown considerably since 1974, it still retains the personal touch of being locally owned and operated as opposed to most senior care facilities which are part of a chain or a business conglomerate. To celebrate its 25th anniversary, the Kings Way will be holding a senior ball for staff and residents sometime in September.

For cardiologists small is better for patients

I n spirit of the recent trend toward mega-mergers and acquisitions in the medical business, Capital Region Cardiology prefers to stick to its three-doctor operation at 854 Madison Ave. in Albany.

"We are pretty unique in this era of big practices and mass-producing medicine," General Manager Dr. IgI Zuravicky said. "I think the size of our practice allows us to maintain the positive aspects of what medicine used to be like."

Cheif among those aspects is being able to provide one-on-one contact while still supplying good care, along with patients knowing who to call if they need help and what doctors are going to see them.

In addition, Zuravicky has been working with his partners, Dr. Michael Barnowsk and Dr. Brian Herman, for approximately 15 years, which aids in their communication both with each other and with patients.

"Two of the most important things in terms of small practice surviving are having similar work ethics and similar work practices," Zuravicky said. "We have a great deal of similarity when it comes to these practices."

Zuravicky, Barnowsk and Herman are all board-certified in cardiovascular medicine, and Capital Region Cardiology does most of its own non-invasive testing, including nuclear scanning, stress tests, and pacemaker analysis and monitoring.

"We are as up-to-date on the various modalities as we can be," Zuravicky said. "Our quality of care speaks for itself."

The bulk of the practices invasive procedures are performed at St. Peter's Hospital in Albany, and the doctors also attend at Albany Memorial Hospital and Albany Medical Center.

While Capital Region Cardiology's main office is in Albany, Zuravicky visits in satellite offices at 854 Troy-Schenectady Road in Latham every week, and Barnowsk goes to its new office in Colonie twice per month. Zuravicky said the group will continue to look for venues that could use a local cardiologist.

"If we define such an area, we'll seriously contemplate going there," he said.

However, Zuravicky wants the practice to remain true to its small, personal roots, even as health maintenance organizations (HMO) and insurance and regulatory changes continually affect the way it does business.

"Hopefully, the economics of it will not become as such where it will force us to think bigger," he said. "Given the ongoing changes in the way the administrative part of medicine is handled, last year was a good year."

Capital Region Cardiology's Albany office is open from 8 a.m. to 5 p.m. Monday through Friday, although the individual doctors' office hours vary. The group accepts all major insurance plans. For information, call 438-6236.

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By Bill Fonda

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Northeast Orthopaedics expands services with new Latham facility

The new millennium will bring a number of new changes for a local orthopaedic group. Northeast Orthopaedics, which moved to the New York in 1983 by opening the doors to a new office in Latham on Jan. 1.

The group, which has been in the Capital District for a number of years, moved into the former Kaiser Permanente health center at 1201 Troy Schenectady Road. "The New Year represents an exciting opportunity for us to respond to a growing patient need for expanded orthopaedic services, conveniently located throughout the Capital District," said Alan Orkun, practice administrator. "It's not enough to provide patients with emergency rooms," Schimelman said.

In addition to routine primary care visits, On-Call visits for people who are ill, like those afflicted by the recent flu outbreak, have broken bones, sprained ankles, or get stiches.

On-Call is equipped with an in-house laboratory and X-ray facility. In recent years, On-Call has added on-site corporate health services like drug and alcohol screening.

Schimelman noted that people suffering life- or limb-threatening injuries, including heart attacks, should go directly to a hospital emergency room.

On-Call Medical continues to expand services

By LEIGH G. KRISLLE

It is 1985. Dr. Mark Schimelman opened the first walk-in urgent care center in Troy, and only the second in the Capital District for a number of years. In 1996, Northeast Orthopaedics expanded services with a new Latham facility.

Today, On-Call Medical Services sees close to 24,000 patients a year. After working several years in a hospital emergency room, Schimelman decided he needed a change.

"I wanted to have a situation where I was more in control of what I could do for people," he said. When Schimelman first opened his practice, it was strictly walk-in urgent care services. In 15 years, the practice has grown to offer a wide range of patient services to its primary care patient base of more than 6,000.

The practice provides care for infants, children, adults and seniors. "We'll see anybody. If someone comes in, they will be taken care of," he said.

Primary care patients can make appointments to see preferred physicians. People in need of urgent medical care can still walk in and be seen.

Schimelman and On-Call staff try to see patients within an hour after they arrive. "We do many things they do in an emergency room," Schimelman said. In addition to routine primary care visits, On-Call visits for people who are ill, like those afflicted by the recent flu outbreak, have broken bones, sprained ankles, or get stiches.

The physicians at On-Call are equipped with an in-house laboratory and X-ray facility. In recent years, On-Call has added on-site corporate health services like drug and alcohol screening.

Schimelman noted that people suffering life- or limb-threatening injuries, including heart attacks, should go directly to a hospital emergency room.

Colonic center offers high-tech hearing aids

By REBECCA LANE

Advanced Hearing Aid Centers, at 1540 Central Ave. in Colonie, has been providing the best in hearing aid technology in the area for nearly 13 years. A multi-tier practice, the center provides a variety of hearing aid types and models, including those most current and advanced.

Toni Tiberi, manager of the center, graduated from SUNY Plattsburgh with a degree in speech and hearing science. She is also a board-certified hearing instrument specialist and has 13 years experience in the industry.

Tiberi said: "We carry the latest line of hearing aids, including both the conventional and digital models. We are currently carrying the Nine Channel hearing aid, which is the newest product this year.

The Nine Channel model is patterned to process sound in the same manner as the ear's natural cochlea. The new aid is digitally programmable and processes speech from noise sound at a faster rate than traditional hearing aids.

We have ordered a demonstrator model so people can come in and listen to how it sounds," Tiberi said. "We should be receiving the model within the month. People can make an appointment with us as we always have in stock and try it on our.

The center carries a broad range of hearing aids with varied features designed to suit individual needs. A fairly new model currently available incorporates directional microphones into the hearing aid, to help those having difficulty with background noise.

The center also provides the smallest hearing aid available on the market, which fits discreetly into the ear canal.
Eddy joins forces with Samaritan Hospital to form Northeast Health

By LEIGH G. KIRKLEY

For many years, the Eddy, a network of services for seniors, worked closely but unofficially with neighboring Samaritan Hospital. In 1995 they entered an official relationship called Northeast Health to provide a network of comprehensive services for people of all ages in the Capital District.

Albany Memorial Hospital strengthened the network when it joined Northeast Health in 1997. "We're a not-for-profit regional network serving pediatrics to seniors," said Angela Yu, media relations associate for Northeast Health. "We want to provide the best level of services possible." Today, Northeast Health is a partnership of 4,200 healthcare professionals and staff at 58 locations in 15 counties in upstate New York.

They care for more than 270,000 people annually through many services ranging from adult day care services to a state-of-the-art birthing center. Northeast Health provides several support resources for families in the Capital Region.

The Eddy was founded in 1928 as a 19-bed nursing home for women in Troy. They have grown to provide many home care services including the visiting and private nursing, community care-long-term healthcare and home modifications for elderly and the disabled. They also have the Eddy Lifeline, a personal emergency response system.

The Eddy also has several retirement communities throughout the area and recently broke ground on a new assisted living complex in Schenectady.

Other hospital services include Alzheimer's services, care management and rehabilitation.

Samaritan Hospital, a 258-bed, full-care facility a proud member of Northeast Health and Birthing centers that improve the lives of thousands of women in the area. Their Cancer Treatment Centre has the most advanced linear accelerators for radiation therapy making them a leader in the treatment of cancer in upstate New York.

Albany Memorial Hospital is a 165-bed institution with the region's first designated center for treating kidney and gall stones with a non-invasive procedure that creates the stones so they can be passed naturally.

To get information on services, contact any of the three affiliates or call Northeast Health at 271-5042. You can also visit its Web site at www.northeasthealth.com.

Last November, the Northeast Health received the Healthcare World Insight Bronze Award for its excellence in healthcare Web site design and development.

Prevention is at the heart of Capital Cardiology

With a staff amounting to more than 80 full-time employees, Capital Cardiology offers a full range of diagnostic, interventional, therapeutic and preventative services in the treatment of cardiovascular diseases. With four locations within the Capital Region, Capital Cardiology's 18 board certified cardiologists offer accessible and extensive care.

These multi-disciplinary specialists use the most advanced technology and facilities that are available in the region. Further, they work closely and extensively with their patient's primary care physician.

The doctors at Capital Cardiology care about a patient's health, while patient care remains the main concern.

In addition, they work with area hospitals in order to provide skilled diagnostic and interventional services, but a major focus for Capital Cardiology is prevention care. In fact, what sets them apart from other cardiology groups in their Capital Wellness Center, located at 27 Southcoch Blvd., in the Corporate Woods office complex in Albany. This facility is unique to the region. Here, a patient's rehabilitation is supervised by trained specialists. As patients exercise as part of their recovery, they are overlapped by an exercise physiologist.

Further, there are clinical nutrition physicians who work to modify patient's diets to fit their recovery. Designed for open heart surgery patients, heart attack victims and angina sufferers, the wellness center provides patients with physicians-supervised rehabilitation programs. Such programs include exercise, nutritional and risk management regimes that aid in a patient's rehabilitation.

Patients will go to the wellness center after a cardiac operation or after a pacemaker installation. Since exercise is a vital part of the rehabilitation process, the Capital Wellness Center provides an invaluable tool allowing patients to move toward recovery.

And since the center is on the site of one of Capital Cardiology's offices, it makes it more convenient for patients, since doctors are on hand. Capital Cardiology also performs many community outreach programs. One such program has inpatient physicians volunteering their time to teach local paramedics about cardiac disease and emergency treatment.

The group is affiliated with Albany Medical Center, St. Peter's Hospital, Samaritan Hospital, Albany Memorial Hospital and St. Mary's Hospital.

They are located in the following three locations in Albany: Corporate Woods complex, 349 Northera Blvd., and in Siena C-716 at Albany Medical Center. In Troy, Capital Cardiology is located in Samaritan Medical Art Building.

For information, call 518-454-2152.

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Loudonville dentist opens new office at historic Bacon Estate site

By PHILIP SCHWARTZ

Drs. Christopher D. DeCamp and Dr. Richard L. Katz, Northeast Orthopaedics, LLP have opened their new orthopaedic practice at historic Bacon Estate in Loudonville. The practice is located at 383 Main Street, Suite 2, overlooking the Schenectady River.

"We strive to inform and provide compassionate care to each and every patient," said Dr. Katz. "Our patients are our top priority."

The new office features state-of-the-art equipment, including the latest imaging technology, to provide the highest level of care to our patients. The office is also equipped with a variety of amenities, including a waiting room with comfortable seating, a patient portal for easy appointment scheduling, and a dedicated children's area.

The practice offers a full range of orthopaedic services, including joint replacement surgery, sports medicine, and pain management. The team of experienced orthopaedic surgeons and ancillary staff is committed to providing the best possible care for every patient.

To learn more about Northeast Orthopaedics, LLP, and to schedule an appointment, please visit www.neorth.com or call (518) 432-3991.
Senior housing moves ahead in Niskayuna

BY LEIGH C. KIRLEY

The Eddy, a network of services for seniors, began construction on a third active living complex in the Capital District, The Glen Eddy Retirement Communities.

They are building it in Niskayuna between Conrad Road and S. Dravo Lane.

The Eddy is one of three affiliates of the Northeast Health network of health care providers.

The other two affiliates are Samaritan Hospital and Albany Memorial Hospital. Together, they provide a comprehensive network of health care for people in the 15-county region of upstate New York.

Elizabeth Hart Shields Eddy began the tradition of caring for seniors in 1928 when she established a 15-bed nursing home for women in Troy.

Today, The Eddy has seven retirement communities in upstate New York.

At the new community, adults 62 years and older will have the luxury of living independently in a full-service retirement complex and can transition to assisted living without having to leave the complex.

Residents will have their choice of 102 one and two-bedroom apartments and two-bedroom cottages with attached, single car garages.

For adults needing assistance, there will be 42 positions available in the assisted living portion of the complex.

“We’re excited. We already have deposits in hand for nearly one hundred of the independent living units,” said Scott Fagge, vice president of Northeast Health and Senior Housing.

Residents have access to several community amenities like a fitness center, library and auditorium for meetings, cultural events or guest speakers. The fitness center will include an indoor pool, unique to the Niskayuna facility.

If they are not in the mood to cook, residents will have their choice of a restaurant-style dining room or the Grille Room restaurant. The Glen Eddy will also offer private dining.

In the communications center, residents will have your office boxes and there will be a harbor shop and beauty salon on the premises. A hobby shop, putting green and art studio will be part of the recreation complex.

“We’re promoting a lifestyle. Residents will be completely independent but have the security of assisted living on the same campus,” Hart said.

Besides the many features, the Glen Eddy will also provide residents with many services to make their lives comfortable and secure.

They can depend on 24-hour professionally staffed security and an emergency call system.

Residents and grounds will be professionally maintained including landscaping and snow removal.

A social director will coordinate social and recreational services and resident services will handle access to healthcare, human services and professional needs.

A move-in coordinator will help residents through workshops ranging from selecting a color to decorating tips.

The Glen Eddy will be completed and open to residents in the fall of 2001.

At the same time, they will have completed construction on a similar assisted living community in Queensbury called The Glen at Hiland Meadows.

Construction for the Queensbury facility begins this month and it will be a little smaller than The Glen Eddy, but offer the same services.

For more information on The Glen Eddy or any of The Eddy’s Northeast Health’s resources, see their award-winning Web site at www.northeasthealth.org.

Or you can call the resource line at 274-3339.

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Visit our website: www.NEHealth.com/EddyRetirementLiving

Life is full of surprises. And we’re one of the best. Eddy Retirement Living is more than you ever expected ... and everything you could want. Unsurpassed amenities. Exceptional staff and services.

Spacious floor plans and beautiful landscapes are what distinguish an Eddy community — but our countless little touches are what make each one a neighborhood. Home.

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Slingerlands, NY

Glen Eddy

Niskayuna, NY

The Glen

at Hiland Meadows

Queensbury, NY

The new medical arts facility in Slingerlands will provide comprehensive family health care services for the entire community and improve access to key health care providers to meet the growing demand for service. (See feature)
Bethlehem planners deny storage proposal

BY JOSEPH A. PHILLIPS

The Bethlehem planning board began and ended its Jan. 18 meeting with project proposals along Route 9W in Glenmont—one of which is just beginning, while the other may soon be at an end.

The board started its site plan review of a proposed 350,000-square-foot retail complex on a 75-acre plot just north of Bender Lane, put forward by Albany-based Nigro Companies.

Earlier in the meeting it voted 4-1 to oppose a change in the zoning code requested by a Schenectady developer that would pave the way for a self-storage facility on the site of the former Glenmont post office, between Fearing Bush Road and Bender Lane.

Developer Robert Walsh asked the town board last month to consider adding self-storage facilities to the zoning code's list of acceptable uses in a C- Commercial zone, the current designation of a 10-acre site on which Walsh proposes to build the 50,000- square-foot Bethlehem Self Storage facility.

He has a purchase agreement with the current owners, Carmelo and Helen Cristiani of Glenmont, contingent on appropriate approvals from the town regulators. The board voted Dec. 8 to refer Walsh's amendment request to the planning board for review.

The planning board will now notify the town board of its negative recommendation. If the town board agrees, that project proposal, along with Supervisor Sheila Fuller indicated last Friday that she had not yet received formal notification of the planning board's recommendation, but wouldn't very likely schedule a vote on the question at one of the town board's February meetings.

Making his case a week last before the planning board, Walsh said, "We really feel the self-storage use is a much less demanding use than a lot of the others that are allowed in that zone."

Board member Joe Books agreed. "Looking at what's out there on 9W, and looking at what's all over the rest of the town and in other places, I don't see a properly reviewed self-storage facility being any more objectionable or obtrusive than these uses," he said.

But Route the project vote in favor of the proposed change, with board chairman Doug Hashbrow and members Dan Odel, Parker Mathusa and Marcia Nelson all against, Patrick Reed abstaining, citing a potential conflict of interest.

The board's chief objection to the use change echoed its unanimous resolution

Town council to choose new planner

BY JOSEPH A. PHILLIPS

On an otherwise full agenda tonight, the Bethlehem town board will consider two planning board appointments for new members to replace those Republican terms that have expired.

Following several weeks of interviews for both posts, supervisor Sheila Fuller will recommend that the board approve Brian Collier, former construction manager now employed in medical sales, to fill the vacant post and that it reappoint Brian Collier has filled in Delmar since 1999.

He is one of several candidates for the post interviewed by Fuller and board member George Beach at the course of the interview process.

Although their specific
By Joseph A. Phillips

A Search and Rescue team responded to a serious injury in a snowmobiling accident near Elm Estatons on Jan. 20 and also faced a delay in their court appearance on trespassing charges, along with a Glenmont man accompanying him.

The accident occurred shortly after 9 p.m. on a right-of-way for the city of Albany Water Department. A search and rescue team responded to a serious injury in a snowmobiling accident near Elm Estates on Jan. 20 and also faced a delay in their court appearance on trespassing charges, along with a Glenmont man accompanying him.

The accident occurred shortly after 9 p.m. on a right-of-way for the city of Albany Water Department. 24-year-old Brian Boyer Jr., of 256 Glenmont Road, Glenmont, was apparently snowmobiling inside the gate at the time of the accident.

Bethlehem police and a Delmar Ambulance crew responded to the scene, and Marshall was transported to Albany Medical Center Hospital for treatment of head, ankle and back injuries. Marshall and Boyer were both charged by Bethlehem police with trespassing and are due in Bethlehem Town Court on Feb. 1.

The water department right-of-way is apparently a popular off-road trail for snowmobiles, ATVs and motorbikes.

"It's not supposed to be," said John Jonas, operations manager of the Albany water department. "I've had people down there quite a bit. We've got No Trespassing signs posted all along the road."

Kosa said the access gates are normally kept chained and locked, as the Peet Street gate was at the time of the accident. According to Bethel ton Lt. Fred Holligan, off-roaders can easily gain access to the right-of-way by "simply driving right around the gates." Holligan also said that the Albany water department is aggressive in pressing charges against those caught trespassing on its property.

Enforcement, however, is a challenge on the water department, frequently patrolling the area around the Alcove Reservoir for trespassers. Kosa said, but the transportation right-of-way through Bethlehem is too long for regular patrols.

Holligan said trespassing activities on the water department right-of-way are not all that common, although we do chase four-wheelers and snowmobiles a lot." Pursuit is difficult with the amount of open terrain in the area.

Last week's accident, Kosa said, was the first such mishap along right-of-way that he could recall.

Town tax bills due Jan. 31

Bethlehem property tax bills for 2000 will be due Monday, Jan. 31. No penalty will be assessed if payments are postmarked by Jan. 31 or paid in person by that date.

A 1 percent late fee will be charged on water department bills, Feb. 1 through 29; and 2 percent will be charged March 1 for delinquent bills.

On April 1, all delinquent accounts will be turned over to Albany County for collection, with additional penalties imposed.

Residents must file for Enhanced STAR by March 1

By Joseph A. Phillips

A traffic accident on Route 32 last week led to the arrest of a Delmar woman on charges of driving while intoxicated (DWI).

The accident occurred on Monday, Jan. 17, at about 4:10 p.m., when, according to the police report, Pamela Ruth Lawrence, 52, of 1280 Ellenville Ave., failed to yield the right of way to another vehicle at the intersection of Route 32 and Bender Lane.

Officer Christopher Hughes, responding to the accident scene and concluding that alcohol may have been a factor, summoned Lawrence with the administration of field sobriety tests.

Following those tests, Hughes arrested Lawrence and charged her with DWI. She was ordered to appear in Bethlehem Town Court on Feb. 15.

Lawrence's car was towed from the scene but the other vehicle involved was driven away.


defense

By Joseph A. Phillips

By Joseph A. Phillips

Bethlehem police have so far weathered the first icy blast of winter relatively well. Only minimal infrastructure problems caused by the high winds and subzero temperatures have been registered, and Bethlehem police reported a normal volume of traffic accidents.

A power outage occurred on Friday, Jan. 14, when a cable along Adams Street, carrying power from Niagara Falls and the Kenwood Avenue substation in Delmar, failed at around 12:30 p.m. The cable failure caused a circuit at the substation to shut down, cutting off power to about 350 customers in Delmar and neighboring areas.

The cable apparently snapped when a utility pole near the Delmar fire station, visibly swaying in the roughly 20 mph winds, strained the brittle power line. The cable had been repaired in the same location last summer.
Sign language

By Joseph A. Phillips

While talking of revising the town zoning code is a hot-button issue in Bethlehem, the town of New Scotland has quickly completed an overhaul of its code.

The town council has set a public hearing on the proposed changes for the public Feb. 26, and could adopt them at that meeting.

The draft revisions, prepared by an ad hoc committee headed by town code enforcement officer Paul Jeffers, have been in the works for six months, and were the subject of several public information meetings last summer. The revised draft was presented to the town board at its Jan. 13 meeting.

The revisions to the code do not include changes to basic zoning classifications. Nor are any changes proposed in such fundamentals as acres or percentages of lot occupancy.

A few alterations have been made to yard setback requirements in some areas, in particular in establishing a larger yard setback requirement for commercial operations over 20,000 square feet.

Usable land — wetland areas or lands with a slope in excess of 17 degrees — will no longer be included in minimum acreage calculations of lot sizes.

There are a few changes proposed in the lists of permitted and special uses in various categories. The catchall category of "essential services" has been removed from the permitted uses list, leaving the residue of special uses. Added to the residential special use list, and therefore subject to planning board scrutiny, were such uses as day care, personal farming activities and keeping horses on plots of less than 5 acres.

Industrial zones, restrictions on the outdoor display of advertising and signs are eliminated, and setback and buffer requirements for parking areas are made less severe, under the proposals.

One- and two-family structures are exempted from the detailed design requirements for off-street parking.

Many of the proposed revisions to the code are changes in wording designed to reflect contemporary realities.

For instance, a distinction will now be made in the code between the demolition of a hospital and that of a clinic for outpatient treatment. Acknowledging the advent of the pre-eminent medical and high technology medical complexes, the board has made it clear that the business is not our opinion. The business is always always.

I can't say enough that this is a work in progress; it will always be.

Jessica Kennedy

BC now has Web site with up-to-date info

By Heather Brockbank

The Bethlehem Central School District recently launched a new Web site.

The site, bcsd.k12.ny.us, will provide more up-to-date information for the district by allowing individual schools, departments and teachers to add their own personal pages.

"The beauty of this is that so many people can contribute it," said district communications specialist Jessica Kennedy.

Kennedy and district technology supervisor Mac Carlton presented the new Web site to school board members at a recent meeting.

Carlton said the new site will accommodate school-specific operations in the district, as well as schools with the district's unified software program.

"Carlton said the new site will accommodate school-specific operations in the district, as well as schools with the district's unified software program."

The site includes a staff directory, directories to each school and a calendar that users can customize to view events specific to their needs.

Individual schools and departments are also adding their own pages by posting current news items and links to other related sites. Kennedy illustrated the ease of navigating through its pages. Even while moving from the home page to related links, users are kept informed of the new page's content, as the page is updated on the fly.

"I can't say enough that this is a work in progress; it will always be," she said.

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Though the site will continue to expand its content and features, Kennedy emphasized that it included a "home run." The site's new function will allow those who are less experienced at Web design to contribute.

The district's old site was limited by several factors, Carlton said. The creation of new pages is limited to Web-savvy users, and all work was funneled through one Web master.

The approval system for new pages was limited to the school principal, he said.

Carlson said the new site is a pilot sponsored by the Times Union.

"If the district were to go by itself and do this, it would never happen, we wouldn't afford it," said board member Dennis Stevens.

The site includes a staff directory, directories to each school and a calendar that users can customize to view events specific to their needs.

Individual schools and departments are also adding their own pages by posting current news items and links to other related sites. Kennedy mentioned the district's new site during a special meeting in January.

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New Age tendencies surface in an old age girl

By Katherine McCarthy

Growing up in northern Vermont made me feel like you should just do the things you need to do, no contemplation necessary. I grew up around close-mouthed people who worked, paid the bills, kept the house neat, and only sat in the park. I do work that is much more strenuous than my mother's, and I don't work as much as she did at my age. I only have two children, not a brood that's always in motion. Chris, like other men of our generation, is much more involved with our children and the daily housekeeping chores than my father ever was. Our children participate in a reasonable number of activities; their days have lots of room for leisure and made-up play.

In comparison to my mother's life, I have it easy. She worked part time as a nurse, took care of the five of us, and kept the house pretty dam clean and the laundry always folded. Dinner was at 5 every night, bedtime at 7:30 for a long, long time.

In comparison, my life is a walk in the park. I do work that is much less strenuous than my mother's, and I don't work as much as she did at my age. I only have two children, not a brood that's always in motion. Chris, like other men of our generation, is much more involved with our children and the daily housekeeping chores than my father ever was. Our children participate in a reasonable number of activities; their days have lots of room for leisure and made-up play.

I should be humming around my kitchen, and always first to volunteer for PTA activities. But sometimes, I feel so overwhelmed. You all know the litany of modern day motherhood: volunteering, running children to activities, maintaining a home, etc. They take up time, but to be honest, I feel like I'm venting unnecessarily when I complain about how busy I am.

There was a Doonesbury cartoon years ago, of the maid cleaning Jane Fonda's workout studio, and Jane suggesting that she take her exercise class as a stress-buster. The maid's answer was that Jane Fonda was busy because she wanted to be; the maid was busy because she had to be. I feel blessed to be busy because I want to be.

Why do women today stay so busy? I belong to the generation that went to work, and, thanks to the women who blazed the trail before us, were able to rise to important positions. Then children come along, and the whole balance is tipped.

We've all sought out our own equilibrium with child-rearing, but I think we all struggle with how much extra to do. Seems like a lot of full-time mothers take on a ton of volunteering activities to assuage a sense of uneasiness about leaving the paying work force, and seek the same sense of accomplishment they found in their former jobs. Full-time jobs don't stop most mothers from volunteering, either, as they seek extra-curricular connections with their children's lives.

This makes for a whole lot of busy women, and whether or not we're fulfilled, we look for ways to slow down and get more pleasure out of life.

My first line of attack against feeling over-programmed was joining a gym. My hope was that I'd feel better, look better, and be more efficient because my blood was pumping so quickly that I'd get much more done in a day. I told myself I was burning the fire until I went at 6 a.m. More feelings of inadequacy surfaced when I watched all those people work out so resolutely, then shower, put on their suits and dress shoes, and leave for a day of work.

I tried meditation, after I did a story on Leonard Perlmutter and the American Institute of Meditation. Perlmutter's description of our need to simplify our lives and get away from the trappings of Madison Avenue "spoke to me," as the New Age phrase goes. Contentment should be mine, and at the time I said that I was there to get rid of all the distracting voices in my head that pull me in many different directions. Seemed like the other participants pulled their chairs back a little to get away from the delusional woman who hears voices.

I tried a little stone with the word "J dwóch" washed on it carried in my pocket until rubbed the word off.

Two friends gave me Sarah B Brearleach's book, Simpletance, which is helping me to cut every day on the joys of life.

And, in my most recent fit of New Age weakness, I bought c of those beaded power bracelets at I Love Books.

"Oh, what did you get?" I asked. I bought Tiger's E — it's going to give me energy, bring me harmony, and put thoughts into action. I hope I to decide what thoughts it p into action — I'm aiming for one about finishing the novel I'm winning the Pulitzer Prize. I what if the bracelet kicks into g the next time Chris asks wh his favorite shirt is and I imagine his head exploding?

I have a funny feeling that path to self-fulfillment lies less in courses and stones, and more my parents' pre-Nike way of "Doing It.'"

But that's the beauty of liv at the turn of the millennium. I enriched by the example of parents' and grandparents' life and I also have this collects pretty stones on my dresser —- mix of New England p cality and New Age searching
Generation Y ready to step up to the plate

By Kristin McElroy

The writer is a junior at Bethlehem Central High School. Being an adolescent can sometimes equate with a certain amount of self-absorption. In times like these, our vision is clouded and armed with a sense of forever, the members of Generation Y, myself included, can sometimes get caught up in the moment, in ourselves. The world keeps moving, events constantly reshaping and molding the people and places of our planet. Though we may be caught up in the moment, in our carefree orbit of youth, our successes and failures are a testament to the limits of human knowledge of past and current events is much greater than the dim awareness often described by our elders.

As the door closed in the 20th century and we thrust into a new millennium, I suddenly feel a sense of wonder and awe at all that has occurred on the short reign of man as Earth's driving force. In an epoch unparalleled, our race has constantly strived for something better; we are driven by some inexplicable force to create, to control, and have our mark upon this rock we call home. Though we have failed each other many times, whether in war or success, the future holds great possibilities both innumerable and unpredictable. We have also stood united in triumph, our successes great both in number and impact. There is no greater epic of love and hate than that which we ourselves have lived; history is marred by the scars of dispute and stained with the blood of our fellow man, but also laden with the fruits of our empathy and compassion. Our century alone — a span only 100 years — has produced at least 10 times that number of unforgettable faces. Freud, Gandhi, Hubble, Chaplin, Brando, Mandela, Lindbergh, Zedung, Fermi... the 1900s have been a literal collage of history-writing individuals who redeline our life as we know it.

I have heard the argument many times that there will never be another time quite like "the good old days," when things were simple. However, simplicity, no matter how sweet, may not always be better in the end. The perfect world of yesterday never existed — the ills of society were merely brushed under the carpet. Ours is perhaps the second generation of Holden Caulfield, continuing to break out of the boxes which hinder the evolution of man, and forcing change to the surface. In the equivalent of the blink of an eye on the timeline of Earth, we have proceeded to set new standards to the limits of human knowledge, though in reality we are still probably barely scratching the surface.

As a species, we are on the cusp of curing illnesses ranging from the common cold to the worst plagues and epidemics. New sources of energy and fuel are constantly being sought, and environmentally friendly battery-powered cars seem to be the wave of the future. And though we are merely a speck in the universe, mankind has begun to effectively conquer our planet, bringing it to more incredible heights.

I believe Generation Y is ready to step up to the plate. We have grown up in something of a golden age, witnessing a society undergoing constant change and growth. Soon it will be our turn to steer the world on a new course. Despite some claims that society has fallen victim to an irreversible downward spiral, I feel that my generation will be the next great success story; it is up to us — we'll be writing the book.

Of course, there will be the inevitable few who just don't care, as has been the case since the beginning of time. However, the majority will, I believe, emerge prosperous and thriving. We've been here all along, listening, absorbing, getting ready for the day when we'll decide our destination and the path we'll take to reach it. My peers and I are a generation full of promise. We hold all of the tools necessary to succeed, and there is no reason why we shouldn't. For better or worse, I believe we will accept the challenge and rise to the occasion. For better or worse, we are the future.
Freezin’ season

Even people who actually claim they like Northeast winters are beginning to grouse about the subfreezing, arctic-like temperatures.

Grousing aside, it’s important to follow some common sense guidelines. Dress in layers of loose-fitting clothing to keep your circulation flowing. Also wear loose-fitting gloves or mittens.

Ditch denim and corduroys for wool whenever possible. And while you’re at it forget about fashion; dig out the long johns, that provide insulation by pulling moisture away from the skin.

Remove wet clothes and socks as soon as you come in from the outdoors.

Drink hot liquids — soup, cider or broth — to keep your thermostat flowing. Also arctic-keen clothing to keep your admissions in layers of loose-fitting clothes to make sure they are taking proper care of hypothermia.

CPR away from the skin.

or mittens.

their home.

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Citizens deserve credit for booting polluters

Editor, The Spotlight:

It is certainly true, as you say in your Jan. 12 editorial, that resi- dential and business growth in Bethlehem is an issue that is frequently misunderstood. But it was wrong to point the finger at resi- dents and their NIMBYism.

Without a public outcry, Bethlehem would right now be a home to a mammoth-sized garbage incinerator and a poison- spewing formaldehyde plant. Does The Spotlight regret the citi- zens who stopped town offi- cials from putting down the de- sired businesses?

Why do you say that mechani- cisms are already in place to pre- vent wild, uncontrolled growth? In 1996, town officials welcomed Spurlock Adhesives, a formalde- hyde plant to site a new plant in our town. That’s when Bethlehem Citizens for Clean Air discovered that the town had no authority to turn Spurlock away because the town did not even have an indus- trial site plan review law on the books. A similar kind of law is nec- essary to thwart proposals that have the potential to deleteriously af- fect our air and water.

Carole Nemore Delmar

Thanks to Good Samaritan

Editor, The Spotlight:

Today I spent most of the day in the emergency room at a local hospital with my 83-year-old dad. After he was released, we went to CVS in Glenmont to have his pre- scription filled.

Dad then asked me to take him to McDonald’s for a cup of coffee. I gave Dad his medication in the restaurant, unaware that it had fallen on the floor. I assumed he had taken it.

When I got home, there was a message to call CVS and that my father’s pill was found at McDonald’s. When I called CVS, the phar­ macist told me that someone had overheard me telling my dad to take his pill and after we left, he saw the pill on the floor. The gentleman took the pill to CVS and the pharmacist remembered filling the prescription.

It was very important for my father to take the medication. Without that man’s kindness, my dad would have missed taking his medication.

Unfortunately, the pharmacist did not remember the gentleman’s name, and I have no way of thank- ing him for his kind deed. I hope that he reads this letter so he will know how grateful we are. I truly thank him for what he did.

Thanks also to Cara the phar­ macist for tracking us down.

Ann Silk Delmar

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Bet Shraga has been providing a full day program of secular and Jewish Studies for almost 40 years.

Join us for a morning of fun and learning for your child with our extraordinary Kindergarten teachers.

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Sunday, February 13, 2022
10 am - 12 noon

For more information or to RSVP, please call Ana Ralovich-Goldin at 452-0464.

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Matters of Opinion

Councilwoman is grateful for Greg Sutton’s kindness

Editor, The Spotlight:

I recently stopped at Stewart’s on Delaware Avenue at approximately 11:30 p.m. after a late evening meeting at town hall. When I arrived home, I realized I did not have the credit card I had used for my purchase.

When I returned to Stewart’s moments later, a young man who had been inside the store when I paid at the counter approached me and indicated that he had found my credit card on the ground where my car had been parked, and he had taken it inside to the counter for safe keeping. Needless to say, I was relieved and most appreciative.

Upon inquiry, I learned the name of the young man who returned the card: Greg Sutton, a Delmar resident. Having expressed my sincere appreciation to him personally, I also wish to thank him publicly for his honesty as well as his gesture of kindness and consideration. He certainly deserves to be commended for his actions as a good citizen.

I am most grateful to Greg Sutton.

Doris Davis
Elsmere

Faithful friend will be missed

Editor, The Spotlight:

I would like to thank everyone who took a few minutes to pet and speak to me while on one of my daily walks or while I barked at my front gate.

I had a happy, fun life.

My family appreciates the cards, phone calls, and e-mail and those stopped by my home. A special thank you to Dr. J. Bull, Dr. L. Tenny, all the staff at Delmar Animal Hospital, and Capital District ER Clinic who tried to keep me as comfortable as possible during my last nine days.

Joko — the Schnauzer and Rob and Hazel Gil, Delmar

Trustee puts experience to good use on board

“As a wife, mother and grandmother, I’ve learned to cope with many issues and changes— all at once and often,” said library trustee Melissa Palmer.

One thing that has stayed stable in Palmer’s fluid life is her address. She has lived in Slingerlands for 46 years. Other than that, her life has been varied and flexible.

An art major at Mount Holyoke, she later trained as an occupational therapist, working at Johns Hopkins and briefly at Albany Medical Center.

An avid lover of the theater translated to her favorite job— business manager of the SUNY Albany theater department in the 1980s.

Palmer now gives her time voluntarily to Brynn Mawr bookstore and her church. Some 30 years ago, her extra­vagant volunteer work earned her the Junior League Sustainer Award.

“As a volunteer, one learns to listen to others, compromise and organize. One learns how to learn. As long as you learn something new, you stay sharp,” Palmer said.

She still plays tennis twice a week and recently started bridge lessons.

As the library board representative to the Upper Hudson Library System, she hopes to help the library keep up with its own life changes, which run the gamut from shelf space to parking space—and just about everything— including electronic advances and demographic shifts—in between.

Palmer believes that the primary change for libraries in the Information Age is one of expectations.

“New technology and information sources are expected of libraries, along with all the traditional services,” she said. “That’s a tall order.”

She added that as libraries gain increased importance as community centers, they sometimes lose their “quiet ambiance and peaceful friendliness.”

The challenge for library boards is to achieve a balance of old and new, all within a reasonable budget.

“A library should be a source of information and pleasure to old and young, and all in between,” she said.

In other words, a library should strive for variety and flexibility— which Palmer knows from experience are the keys to a long and satisfying life.

Louise Grisco

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Bethlehem G.0.P. Cocktail Reception

NORMANSIDE COUNTRY CLUB
Elsmere, New York
Thursday Evening, January 27, 2000
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CALL 439-1817 OR 439-5907 FOR TICKETS

Counselling and psychological services at three convenient locations.

Working with individuals experiencing anxiety, depression, panic disorder, phobias, marital or couples’ problems, grief and bereavement, separation/divorce, sexual dysfunction; and stress.

Jeffrey Root, Ph.D

Albany
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785 Honick Road (Rte. 7, Brunswick)

North Greenbush
Family Medical Group
498 North Greenbush Road (Rte. 4)

For an appointment, call 279-0618

Northeast Primary Care Network
www.NortheastHealth.com

NOTICE OF PUBLIC MEETING

The Albany Water Board is holding a public meeting at the Jerusalem Reformed Church, Route 32, Feura Bush, on Thursday, January 27 at 7:30 P.M. to discuss the availability and implementation of the United States Environmental Protection Agency (USEPA) Chemical Accident Prevention Provisions (40CFR Part 68) at the City of Albany Feura Bush Water Filtration Plant.

The meeting will not include a discussion or information regarding the water quality or water supply in the local Feura Bush area, it is intended solely for the distribution of information regarding the routine and emergency operations of the City of Albany Feura Bush Water Filtration Plant.

For further information contact William D. Simone, P.E., at the City of Albany Department of Water & Water Supply at 518-434-5300
**THE SPOTLIGHT**

January 26, 2000 — PAGE 9

**Mendelssohn Club sets concert at high school**

The Mendelssohn Club will perform on Wednesday, Feb. 9, at 7:30 p.m. at Clayton A. Bouton Jr./Sr. High School.

The club is a 75-member all-male chorus which has been in existence for 91 years. Tickets are $5 for adults and $3 for students and seniors. Tickets can be purchased in advance at the high school main office.

The program is sponsored by the Friends of Music.

**Village issues last call for lap robes**

The village will be submitting its last order for lap robes. The robes, which depict historical sites in Voorheesville, can be purchased for $80 plus postage. To order, call the village office at 765-2692.

**Elementary drama club to present play**

The fifth and sixth grade drama club will present the play "Castaways" on Friday, Jan. 27, at 7 p.m. and Saturday, Jan. 28, at 2 p.m. in the elementary school auditorium.

Tickets can be purchased at the elementary school main office.

**HEAP info programs at various sites**

HEAP Fuel Assistance Outreach programs will be offered at various local venues.

- Feb. 16 from 2 to 6 p.m. at Corinth Cooperative Extension in Voorheesville
- March 6 from 9 a.m. to noon at Bethlehem town hall
- March 14 from 3 to 7 p.m. at Berne Knox Westerlo High School
- March 15 from 2 to 6 p.m. at Corinth Cooperative Extension

For information, call 736-8500.

**Tri-Village Nursery School OPEN HOUSE**

**REGISTRATION**

Sunday, Jan. 23 • 1:00 - 3:00 p.m.

Registration will begin promptly at 1:00 p.m.

Come and register your 3 and 4 year old for the 2000-2001 school year.

Call Tri-Village Nursery School 439-1455 or Linda 439-5901 Gayle 475-7509

Registration is limited to 1 child per adult unless siblings

$35 registration fee required

Located at First United Methodist Church (428 Kenwood Ave.).

**Men's Garden Club sets dinner meeting**

Tracey Frisch, director of Albany's Farm and Food Project, will speak to the Men's Garden Club of Albany's monthly dinner meeting on Thursday, Jan. 27, at 7 p.m. at the Empire State Plaza. For information, call 439-6817 or 237-8572.

**SPOTLIGHT**

**Voorheesville Public Library**

**Get SU sports news 3 times a day!**

Get your dose of Syracuse University sports 3 times a day! The staff of The Big Orange is now updating its web site, www.superorange.com, 3 times a day with breaking SU sports news. The site features stories on the latest recruiting prospects including video of them in action, columns by Syracuse University sports experts and a message board where fans can chat. So if you live, eat and breathe SU sports, be sure to stop by superorange.com to get your SU sports 3 times a day!
March 4, from 8 a.m. to 1 p.m. at the high school.

For information, call Colleen Bullis at 756-3331 or Linda Gerakos at 756-3019.

Drama club to stage 

"You Can't Take It With You" 

The senior high drama club will present "You Can't Take It With You," Friday and Saturday, Jan. 28 and 29, at 7 p.m.

The stars are Carly Assael as Alice, Dallas Trombley as Tony, Kaye Davis as Mrs. Spear, and Penny and Jessica Feller as Grandpa.

Also featured are Sara Nestlen as Essie, Tom Johnson as Ed, Dennis Cheney as the high school principal, and Rodney Carpentier as Mr. DePine, Viki Roth as the IRS agent, Adam Baldwin as Anthony and Jessica Poznich as his wife. Katie Bishop plays Rheta, Justin Ashley plays the mailman, and Donald Roth plays Bosco. Suzette Berry is Olgas, and Kierstan Townley, Angela Zullo and Volker Duttman are her loan managers. Sara Dolan is the stage manager.

Sound effects are created by Justin Cross. Curtain time is 8 p.m. Tickets can be purchased at the door.

Book fair continues 

Fleiter B. Covenham Elementary School's book fair will continue through Friday, Jan. 28. It will also be open today, Jan. 26, from 6 to 8 p.m.

The book fair is an excellent opportunity for children and parents to purchase books for reading or gift-giving.

Proceeds will help fuel school enrichment programs.

Transition meeting set 

For 8th-grade parents

Parents of current RCS 8th-graders are invited to an informational meeting on Wednesday, Feb. 2, at 7 p.m. to learn what they (and their children) should expect in ninth grade.

Delmar church plans 

vacation school

Bethlehem Lutheran Church at 85 Elm Ave. in Delmar will conduct its 22nd annual vacation Bible school for children age 4 through fifth grade from Tuesday through Thursday, Feb. 22 to 24, from 1 to 11:30 p.m.

The grand finale for children, parents and guests will be Thursday, Feb. 24, at 7 p.m.

Each day's activities include singing, crafts, games, Bible study and refreshments.

The cost is $5 per child or $10 maximum per family.

All are welcome.

For information or a registration form, contact the church office at 498-4338 between 9 a.m. and noon.

The registration deadline is Wednesday, Feb. 2.

Death is the stage manager.

Kathleen Bradt, a certified yoga instructor, will lead classes in triplicate on Saturdays at 10 a.m. and 11 a.m. at Master Fitness Center at 172 Main St. in East Greenbush.

The fee is $45 for eight weeks or $6 per class. All levels are welcome, but space is limited.

For information, call the fitness center at 756-7700.

Model congress team gets bill passed

Members of the RCS model congress team succeeded in having their bill passed at the recent model congress in East Greenbush.

The event was attended by more than 50 students, but only one bill, by RCS sophomore Rachel Quimby and Gillian Vaughn, was passed.

Their bill to legalize gay marriage was killed in the United States, was passed after more than 10 hours of negotiations, wrangling and compromising.

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Cagers upset Shaker en route to three wins in a row

With winter setting in; snow, frost and the wind chill are making the Capital District very cold. Even as the temperature continues to drop, things are getting very hot on the campus of Bethlehem Central High School, thanks to the blistering play of the girls basketball team.

After getting the season off to a rocky start, the Lady Eagles have rebounded splendidly. With two more Suburban Council triumphs last week, the BCHS girls have extended their winning streak to three games. With victories over Mohonasen, Shaker and Burnt Hills-Ballston Lake, Bethlehem improved its overall record to 8-5 (6-4 league play).

After a disappointing 71-49 loss to defending Class A state champs, Shenendehowa High School, the Lady Eagles found themselves with a losing record in Suburban Council play. Despite an 18-point, 10 rebound effort from junior Megan Fish, Bethlehem was never in the contest as Shen bashed the game open by halftime.

The Jan. 12 loss was a turning point for the inconsistent Lady Eagles. Although they compete in what may be the best girls basketball conference in the state, BCHS girls have the ability and understanding to compete for a division title.

On Jan. 14, the Lady Eagles ended a three game slump when they captured a 47-40 victory over Mohonasen. Explosive guard Bridget Murray led a balanced Bethlehem attack, scoring a game high 17 points. The win was BCHS's first since they knocked off the same Mighty Warrior squad two weeks earlier in the consolation game of the Lady Raiders Holiday Tournament in Colonie.

Only holding a two-point lead going into the fourth quarter, the Lady Eagles got steady scoring from players like Hillary Cooley, Caitlin Foley and Lauren Murray (who recently returned from a bout with mono) and secured a win that improved their league record to 4-4.

After the Bethlehem girls defeated Mohonasen, they notched their biggest win of the season on Jan. 19, when they upset the Shaker Blue Bison 49-44. Cooley, who has spent much of the season as a compliment player had one of her best games as a varsity player. She led all scorers with a game high 10 points andiced the game when she drilled two free throws with only seconds remaining. Cooley's clutch free throws capped an amazing Bethlehem comeback, where the Lady Eagles overcame an early deficit to outscore their opponents 25-16 in the second half. Both Lauren Murray and Fish contributed nine points apiece to another solid team effort that re-established the team as a legitimate contender.

Without missing a beat, the Lady Eagles averaged a 12-point win last week when they exploded for a 76-62, win over Burnt Hills-Ballston Lake High School. After dropping a heartbreaking 58-55 game to the Spartans on Jan. 5, Bethlehem wasted little time, roaring out of the gates in the rematch. Fish's 19 points led the Lady Eagles prolific scoring barrage. Senior Jenni Laramay (17 points) was among five Bethlehem double digit scorers, also including Bridget Murray (16 points), Lauren Murray (10 points) and Cooley (14 points).

The rout of a talented Burnt Hills-Ballston Lake squad put an exclamation point on the Lady Eagles resurgence. Bethlehem looks to remain hot when they host Columbia on Friday, Jan. 28.

Tomboys to hold 2000 Registration

The Bethlehem Tomboys Softball League will hold final registration for the 2000 season on Saturday, Jan. 29, at Bethlehem Town Hall, Delaware Avenue, Delmar, from 9 a.m. to noon.

Registration is open to girls from grades one through 12. First time registrants must show a copy of their birth certificate.

Tomboys practices start in April; league games generally run from May through early July.

Parent volunteers to help on the board of directors, as boosters, managers/coaches, groundskeepers and fund-raisers are needed and welcome.

For information, call 439-5904 or 439-7010.

NEED HELP TO PAY YOUR HEATING BILL?

If you are over 60, or disabled, or managing a household on a limited income, you may be eligible for the Home Energy Assistance Program (HEAP), a federally funded program that could help with your energy costs during the winter.

CALL 1-800-NIAGARA
(1-800-642-4272)
AND ASK ABOUT HEAP.

FREE BOATS!!! “Ultimate White Sale”

Buy your new Sea Ray now and save the snow fall. The deeper the snow on February 14th, the deeper your discount! The right snowfall means the discounts snowball - all the way to a Free Boat! *Boat needs to be purchased by Jan. 31, 2009

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Refurbishments + Prizes + Details on the “Ultimate White Sale”

Dunham's Bay Sea Ray Details on Ultimate White Sale at dealer. More you shovel, more you save 899 Troy-Schenectady Rd., Latham + 785-6172

510 Sundancer

THE SPOTLIGHT January 26, 2000 — PAGE 11

PHYSICALLY SPEAKING

\* A Bit of a Stretch

By stretching after warming up and before practicing, you can build flexibility that will enhance your athletic performance. Stretching also prevents muscle strains during athletic activity. Great flexibility means greater range of motion and flow, which assists in greater power development. This was recently demonstrated by a study in which both weightlifters and sprinters improved their strength 20% more than subjects who only strength-trained. Stretching, remember to avoid the hyperextension position, which can cause injury.

Tomboy's Natural Therapies:

- Egypt]

- Stretching can also take the place of a more point workout on days when it's too hot, cold or wet or when there is no equipment available. Stretching helps to relieve pain, and can improve flexibility, posture, coordination and the heart rate.

- The effects of stretching last 24 hours.

- Daily stretching is highly recommended for individuals of all ages. To learn more, or to schedule a consultation and more, please call the number below. Staying healthy and free from pain.

BETHLEHEM PHYSICAL THERAPY

365 Fours Bush Road

Glenmont Center Square

Albany, New York 12208

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- The effects of stretching last 24 hours.

- Daily stretching is highly recommended for individuals of all ages. To learn more, or to schedule a consultation and more, please call the number below. Staying healthy and free from pain.

BETHLEHEM PHYSICAL THERAPY

365 Fours Bush Road

Glenmont Center Square

Albany, New York 12208

PHYSICAL THERAPY

- Egypt]
BCHS boys basketball team scores two more wins

By Christine Potter

The boys basketball team from Bethlehem Central High School proved that timing is everything on Friday, Jan. 21, in a close game against Suburban Council Gold Division leaders Burnt Hills-Ballston Lake. Josh Burnett switched a three-pointer, with only a few seconds left, giving the Eagles a 57-55 victory.

The first half was extremely tight. Both squads traded baskets in the close battle. At the end of the first quarter, Bethlehem held a narrow, 17-15 advantage. Leading the way for the BCHS cagers in the first half was Brendan Dalton, who scored 12 points and was very active on both ends of the floor.

In the second quarter, both teams increased their defensive intensity as the Eagles added on to their lead, going into the half-time intermission on top, 26-23.

In a shooting turn of events, the Spartans came out roaring in the third quarter, exploding for 24 points. Burnt Hills-Ballston Lake’s Elder, 6-foot senior guard Chris Bemnice (18 points) and Matt Botta (11 points) led the way for the Spartans with their high octane offense and Bayy defense.

Although the Eagles netted 15 points of their own, hopes were dimmed as they entered the fourth quarter trailing 47-39.

Unfazed by the deficit, Bethlehem came out strong in the fourth quarter, scoring 10 points early on. BCHS head coach Charles Abba felt this was the turning point in the game, saying, “We had fallen behind and needed to come out strong, and we did so quickly.”

With an offensive resurgence and a staunch defensive effort the Eagles overcame the eight-point margin. As he had all evening, Burnett fueled the Eagles. He was the leading scorer for Bethlehem with a total of 25 points. Showing a deft long-range touch, Burnett drilled six three-pointers, including the game winner.

Chuck Abba, who clipped in with 10 points, was the leading rebounder and had the game-winning assist.

“Everyone who played did a terrific job,” coach Abba said.

With the Bethlehem boys tallying wins in four of their last five games, and bouncing back from a mere 10, the Eagles were a potent center, Eric Taylor led the team with 11 points and a deft long-range touch.

Among the 49-year-old resident of Bethlehem with a total of 25 points, Keenan has been most successful with Direct Deposit!

Madeline Is Coming for a visit at The Toy Chest

February 5th & 6th * 12-2pm

LOCACTIONS:

- Albany... 669-0000
- Cohoes... 235-6966
- Colonie... 258-7777
- Glens Falls... 767-8700
- Hudson Falls... 228-2228
- Halfmoon... 899-3333
- Latham... 240-1111

Limited time offer! $10 FREE GROCERIES!

When you open a new checking or savings account, or qualify for a car loan.

Plus-No Maintenance Fee Checking with Direct Deposit!

Cohoes Savings Bank®

Building Financial Security.
The beginning of a new millennium has had no effect on the boys' swim team from Bethlehem Central High School. The Eagles have continued to dominate their opponents in the same dominating fashion that has earned them a number of Suburban Council and Section III titles. This year’s Midstate League will see the Eagles make quick work of the Silver Warrior swim team from Niskayuna High School, winning 129-49.

200 yard relay: (Thailand Ortese, Kevin Collon, Brad Bailey, Andrew Golden) 1:59.56
300 free relay: (Andrew Zox, Carter Thomas, Mike Cardamone, Sam Abramowitz) 4:00 free relay (B) Pat Davis, Chris Shaffer, James Miskokok, Golden, 3:53.94
300 free (B) Thomas, C. 2:57.28
200 individual medley: (B) Shaffer, 2:20.74
50 free: (B) Golden, 24.83
100 free: (B) Andrew, 50.22
100 free: (B) Chris Porco, 50.89
50 free: (B) James Taylor, 54.06
100 back: (B) Ricky Grims, 50.67
100 breast: (B) Anthony Knauz, 1:03.85
Diving: (B) Tyler Crosier

It's never too late to improve one's diet, which, by the way, will often improve one's life. Thar is the conclusion reached by European researchers. According to a study conducted by European researchers, good nutrition prolongs life. The European study mentioned above found that good nutrition was particularly effective in reducing the risk of heart disease and cancer.

SHOP LOCAL!

TenderCare Child Centers
569 Elm Ave., Bethlehem

"When You Can't Be There...Your Child Deserves Tendercare""
Council

background and views on both residential and commercial development were sought, Fuller said. "In interviewing the planning board candidates, it was very clear what was at stake, the matter of how interested they were in representing the town as a whole" that swayed the final choice.

Keith Silliman of Glenmont, an environmental lawyer now serving as director of the Niagara Hydropower relicensing project on behalf of the New York Power Authority, was nominated for a one-year appointment as counsel to the planning board.

Fuller said, "Silliman's background in environmental law, with more than a decade as assistant commissioner for energy for the state Department of Environmental Conservation, was a key factor in his nomination. Fuller said.

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SEQR — State Environmental Quality Review — determinations are a key responsibility of the planning board, and "We've been lucky to have experts in that area so far," serving as board counsel, Fuller said.

Planning board chairman Doug Hasbrouck participated in final interviews leading to Silliman's nomination, Fuller said, "Mainly because he needs to be comfortable with the person giving him legal advice."

Bethlehem to hold school registration

Children who will be 5 years old by Sept. 1 are eligible to register for kindergarten for the 2000/2001 school year.

The Bethlehem school district will mail registration packets to families with eligible children in February. Call your home school if you do not receive a packet by the end of February.

The Village Stage will hold auditions for "Take Me Along," a musical version of Eugene O'Neill's "The Iceman Cometh." Auditions will be held on Monday, Feb. 13, at 7:30 p.m. in the Bethlehem town hall auditorium.

Fuller said, "And we were lucky to have experts in that area so far," serving as board counsel, Fuller said.

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What is the Weekend Showcase?

Live music presented by several local bands, young musicians from our community.

When is the Weekend Showcase?

Saturday, Jan. 29, from 8 to 11:30 p.m.

Where is the Weekend Showcase?

It's at Bethlehem town hall, 445 Delaware Ave., Delmar.

Who is invited to the Weekend Showcase?

Everyone is invited!

It's for young people. It's for families. It's for community members of all ages.

As Soon as you are invited! If you are interested in participating, please email info@BethlehemStage.org with your name, phone number, and which band you would like to participate in.

The Weekend Showcase will be held on Thursday, Feb. 16, at 7:30 p.m. in the Bethlehem town hall auditorium.

Fuller said, "And we were lucky to have experts in that area so far," serving as board counsel, Fuller said.

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It's for young people. It's for families. It's for community members of all ages.

Admission is $3.

See you at the Weekend Showcase.

Special on WMTN CHANNEL 17

Living Edens: Thailand Wednesday, 6 p.m.

Update Edition Extra: State Workers Thursday, 8 p.m.

Treasury of the World: Taj Mahal Friday, 8 p.m.

Antiques Roadshow Saturday, 8 p.m.

Mohi Masterpiece Theatre: Bramwell V Sunday, 9 p.m.

The American Experience: Nixon's China Game Monday, 9 p.m.

Secrets of Lost Empires Tuesday, 8 p.m.

Owens-Corning Fiberglas Corporation supports public television for a better community

Owens-Corning is Fiberglas
McFerran, Taylor engaged

Meghan Kirwan McFerran, daughter of Benjamin and Judith McFerran of Slingerlands, and William Brian Taylor, son of William and Patricia Taylor of Saugerties, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and The College of Saint Rose. She also has a master's degree from The College of Saint Rose and is a second-grade teacher in the Ridgefield Park, N.J., school district.

The future groom is a graduate of Saugerties High School and The College of Saint Rose.

He is a consultant for Artsystems, a gallery management software company in Manhattan.

The couple plans a July 1 wedding.

Mahan, Stephens to wed

Jessica Helen Mahar, daughter of Patrick Mahar of Albany and Terri Mahar of Albany, and Jason Paul Stephens, son of Dennis and Tina Stephens of Selkirk, are engaged to be married.

The bride-to-be is a graduate of the University of California at Santa Barbara. She is a student at the University of California at Santa Barbara.

The future groom is a graduate of Bethlehem Central High School, Sycamore University and Brooks Institute of Photography. He is a graphic designer/media specialist at BD Systems in Lompoc, Calif.

The couple plans a September wedding.

Patient group offers tai chi classes

To Life, a nonprofit corporation that provides educational programs and support services relating to breast cancer for patients, caregivers, spouses and children, is sponsoring free tai chi classes currently on the staff of Albany Medical Center.

The bride-to-be is a student at the University of North Carolina at Wilmington. She is a student at the University of North Carolina at Wilmington.

The couple plans a September wedding.

 derbyshire, Shortell to wed

Kimberly A. Derbyshire, daughter of Dr. John and Irene Derbyshire of Rocky Mount, N.C., and Matthew J. Shortell, son of Matthew and Kathleen Shortell of Delmar, are engaged to be married.

The bride-to-be is a graduate of the College of Saint Rose. She is a student at the University of California at Santa Barbara.

The future groom is a graduate of Bethlehem Central High School, Sycamore University and Brooks Institute of Photography. He is a graphic designer/media specialist at BD Systems in Lompoc, Calif.

The couple plans a September wedding.

RCS Drama Club to stage comedy

RCS Drama Club will present "You Can't Take It With You," a three-act comedy by Moss Hart and George S. Kaufman, Friday and Saturday, Jan. 28 and 29, at 7 p.m. in the Ravena-Coeymans Selkirk Senior High School auditorium on Route 9W in Ravena.

Originally produced at the Booth Theatre in New York City in 1936 by Sam H. Harris, the play provides a look at the crazy Scamore family during the Depression.

Memorable moments in the play are created by Katie Bishop as Rheba, Justin Ashley as Donald, Brandon Koth as Boris Kolenkoff, Suzette Berry as Karen and Matthew Shortell as the director.

Sara Dolan will serve as stage manager and the sound effects will be provided by Justin Cross. Tickets will be available at the door.

Recycle this newspaper

Shake & Skate Party

Shake & Skate Party

The Spotlight would like to publish your engagement, wedding or anniversary announcement and photo. There is no charge for this community service.

Black and white photos are preferred, but color photos are acceptable. Color photos cannot be returned.

For information and submission forms, call 458-9449. Mail announcements to PO Box 100, Delmar 12054.
Mason McNeilly
Mason McNeilly, 85, of Selkirk died Thursday, Jan. 20, at St. Peter's Hospital in Albany.
Born in Sandy Creek, he moved to Selkirk seven years ago.
Mr. McNeilly was a charter member and one of the founders of the Central New York Buick Club.
Survivors include his wife, Dorothy A. McNeilly; two sons, Thomas McNeilly of Ravena and James McNeilly of New York, three daughters, Bettye of East Hartford, Conn., Cheryl Rampe of National City, Calif., and Brenda Bolich of Newington, Conn.; two sisters, LaVerne Scott of Fulton and Veronica Egan Wenzel, 95, of Rochester.

Sally Frances Orens
Sally Frances Orens, 68, of Slingerlands died Sunday, Jan. 22.
Born in Manhattan, she lived in Albany for many years before moving to Slingerlands.
Mrs. Orens was a librarian who worked for the state.
She was the widow of Dr. Paul Orens.
Survivors include two sons, Alexander of New Jersey; and two daughters, Susan Orens of Albany and Anne Orens of Boston; and four grandchildren.
Services were private.
Arrangements were by the Babcock Funeral Home in Ravena.

William J. Nash Jr.
Born in Syracuse, he was a long-time resident of Menands.
He was an Army veteran of World War II, serving in the Pacific.
He was a police captain for Corning before he retired.
Mr. Nash was a life member of the Veterans of Foreign Wars Post 1218 in Albany.
Survivors include his wife, Mary Fleischman Nash; two daughters, Sharon Colen of New York and Patricia Nash of Maine; two sons, Richard Nash of Albrightsville, Pa., and Mark Nash of Hollywood, Texas; nine grandchildren; and two great-grandchildren.
Services were from the Church of St. Thomas the Apostle in Delmar.
Arrangements were by the Williams Funeral Home in Delmar.

Nancy Langer
Nancy Van Woert Langer of Delmar died Tuesday, Jan. 18, at Community Hospice of Albany county at St. Peter's Hospital.
In Born in Albany, she was a graduate of Green Mountain College and the State University of New York at Albany.
She attended the College of Saint Rose.
Mrs. Langer worked for Recovery Counseling Associates in Catskill, Whitney M. Young Health Center in Albany and the SPAR II program at St. Peter's Hospital.
She was also a counselor for the Honor Court Program in Albany.

Veronica Wenzel
Veronica Ega Wenzel, 95, of Voorheesville died Saturday, Jan. 22, at Our Lady of Mercy Life Center in Guilderland.
Born in New York City, she was an administrative secretary for Teachers College in New York City for many years.
Mrs. Wenzel was a soloist in St. Bartholomew's Church.
She was the widow of William J. "Bud" Wenzel.
Survivors include a niece, Evelyn Wenzel of Schenectady; five grandchildren; and 13 great-grandchildren.

Mason McNeilly was a charter member and one of the founders of the Central New York Buick Club.
Survivors include his wife, Dorothy A. McNeilly; two sons, Thomas McNeilly of Ravena and James McNeilly of New York, three daughters, Bettye of East Hartford, Conn., Cheryl Rampe of National City, Calif., and Brenda Bolich of Newington, Conn.; two sisters, LaVerne Scott of Fulton and Veronica Egan Wenzel, 95, of Rochester.

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The community has been outstanding. We couldn't have done better if we wanted to.

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Artists discuss works on display

Featuring works by both regional and nationally known artists, the current collection at the Arts Center of the Capital Region will be open to the public on Saturday from 4-7. Most of the artists who have work on display will be present to meet visitors and discuss the work.

Curator Ian Berry and Rebecca Shepard are enthusiastic about the current show.

Taking off on the idea that the new home of the Arts Center of the Capital Region will be open to the public on Saturday from 4-7. Most of the artists who have work on display will be present to meet visitors and discuss the work.

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Artists have been invited to open house

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**OPEN HOUSE SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1:00-1:45</td>
<td>Merengue and Salsa</td>
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<tr>
<td>3:00-4:00</td>
<td>Flamenco Dance Workshop</td>
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<tr>
<td>1:00-1:45</td>
<td>Body Painting</td>
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<tr>
<td>2:00-2:45</td>
<td>Family Storytelling</td>
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<tr>
<td>3:00-4:00</td>
<td>Dance Studio</td>
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<tr>
<td>1:00-1:45</td>
<td>Middle Eastern/ Salsa</td>
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<tr>
<td>2:00-2:45</td>
<td>Lisa Christina</td>
</tr>
<tr>
<td>3:00-4:00</td>
<td>Most Dangerous Swing</td>
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**ARTISTS DISCUSS WORKS ON DISPLAY**

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The plastic material used to make ottoman was curing. Loud pops and bangs emanated from the material creating a sound like gun shots, hence the name.

Margo Massing, a Saratoga artist created a curtain made from shirt collars which hangs in a window of the center. Troy, known for many years as the collar city, is an appropriate home for such a work.

On the mezzanine works by Roy Materson will be on display. While in prison for armed robbery, Materson, using a coffee can and an old sock learned to embroider. He began creating tiny embroidered narratives that he calls "Tiny Works with Massive Messages."
THEATER

SPOON RIVER ANTHOLOGY staged reading by Theatre Voices, Albany Center Stage, Chapel and Orange streets, Jan. 29 at 3:30 p.m., Jan. 30 at 3 p.m., free. Information, 293-6666.

ON THE VERGE adventure comedy by Eric Warren, Schneider & Coven Players, 13 S. Church St., weekends, through Feb. 6. 6:12. Information, 382-2011.

I DON’T WANT TO LOOK NOW BUT FAVORITE SONGS COMEDY CONCERT with Becky West, Alen Footlike, Chuck Schmitt, etc., Metropolitan Tower, Route 146, Jan. 29, 7:30 p.m., 8:12. Information, 374-3816.

PAMELA FRANK AND CLAUDE FRANK playing works by Brahms, Schubert and Beethoven, Union College Memorial Chapel, Schenectady, Jan. 30, 3-5 p.m., $10 for students. Information, 372-3615.

MUSIC

ABACA STRING BAND Toy Savings Bank Music Hall, First and Second streets, Jan. 29, 3 p.m., $12, $5 for seniors and students. Information, 217-0038.

LONG JOHN SILVER’S ISLAND JAMES P. WYMAN’S TANGLED YARN OF CIRCUS and Variety Magic presented by Ben Lipman, 283-0500.

THE VERGE is a CIVIL RIGHTS FIGHTER a play by Jessi Ison, First Congregational Church, 267-0902.

THE STATE OF OUR STATE a Town Meeting on the State of New York, sponsored by the Greenburgh Education Association, at Greenburgh Town Hall, Feb. 3 and 6 at 7 p.m., $22.50 for adults, $15. Information, 462-4663.

SELFRIDGE BAND presented by HW Young Actors Guild, Cohoes Music Hall, Jan. 29 at 8:15 p.m., Jan. 30 at 12:30 p.m., $7 for seniors and children under 12. Information, 276-2364.

MARDI GRAS FESTIVAL with Twister Tinmen and Geno Vaccaro, Proctors Theatre, State Street, Schenectady, Feb. 6, 9 p.m., $24-30. Information, 348-3336.

EL HOMBRE JACOBO BY NORMA ROSAS presented by Teatro Prensa, at the Egg at Empire State Plaza, Feb. 28 at 7 p.m., $14.

CIRCUS ELEO INTRECCIOVISUALS' circus presented by Madonna, guest artist of the New York State Theatre Institute, Schenectady Fine Arts Center of Scotia Lodge College, Troy, Jan. 29 at 7:30 and 8 p.m., Jan. 30 at 3:30 and 7:30. For seniors and students, $8 for audience under 12. Information, 274-2355.

ALBANY INSTITUTE OF HISTORY & ARTS Collections of the Miller-Milbank Museum in the 19th Century, through March 25, reception March 24, 6-8 p.m. Information, 463-4476.

ALBANY CENTER GALLERIES and ARTS CENTER of the Capital Region, 111 N. Pearl St. Albany, Wed. 4 to 7, 520 to 535. Information, 455-7649.

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THURSDAY  January  27

**BETHLEHEM**

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**RECOVERY INC.**

Second Sunday of each month, 11 a.m., 358 Albany Pike. Information: 475-9455.

**BETHLEHEM SENIOR CITIZENS town hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

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**NEW SCOTLAND**

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**TRAVEL TIPS AT V'YLLA LIBRARY**

Resident staff to discuss how to search for information on the internet, travel to foreign countries, travel videos in DVD, collection development. 445 Delaware Ave., 1 p.m. Information, 475-9455.

**WINTER/WINTER WINDS**

Open Wednesdays, Thursday evenings, in the church hall. Sliding fee. First Reformed Church, 445 Delaware Ave., 5:30 p.m. Information: 439-2512.

**DELMAR REFORMED CHURCH**

Sunday worship service, 10 a.m., 85 Elm Ave. Information: 439-9929.

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**BETHLEHEM**

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**BOOKS IN THE MOONLIGHT**

Dinner theater group, 9 a.m., 445 Delaware Ave., 10:15 a.m. Information, 495-9451.

**PLAY READING**

During Program Bel Canto Arts Group meets for a play reading, 7 p.m., 47 Manchester Road, 3 p.m. Information, 475-3011.

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**SUNDAY January  30

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**BETHLEHEM**

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**ST. THOMAS THE APOSTLE**

Masses: Saturday of each month, 5 p.m., and Sunday of 7:30, 9, 10:30 a.m., and Noon, 3:30 p.m. Information, 475-9451.

**BETHLEHEM COMMUNITY CHURCH**

New hours for worship services: 9 a.m., 10:15 a.m., Saturday of each month, and Sunday School and regular worship service at 10 a.m. Information, 475-9451.

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**FIRST UNITED METHODIST CHURCH**

Sunday worship service, 11 a.m., 350 Delaware Ave. Information, 475-9451.

**CLARKSVILLE COMMUNITY CHURCH**

Sunday School, 9 a.m., 10:30 a.m. Information, 475-9451.

---

**MOUNT MORAN MINISTRIES**

Sunday school, 9:45 a.m., noon, 1st and 3rd Sundays, 486 Delaware Ave. Information, 489-6150.

---

**ASSOCIATION OF BIBLE FORUMS**

Sunday school and worship service, 10 a.m., 438-2000, 11 a.m. Information, 495-4898.

---

**BETHLEHEM LIBRARY**

PROGRAM AT KRAMER SCHOOL.

First Monday of each month, 2 p.m., 125 Community Drive. Information, 495-1906.

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**BETHLEHEM**

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**BARTON'S DELI/STEAK HOUSE**

Monday Night, 1 p.m., 300 Delaware Ave., 11 a.m. Information, 475-9451.

---

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**BETHLEHEM**

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**MOTHER'S DAY OUT**

Children's tea for mothers of preschool children. Delmar Reformed Church, 386 Delaware Ave., nursery care provided. Route 11, 12:30 p.m. Information, 495-6929.

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**DELMAR AMERICAN LIONS CLUB**

Mondays, 11 a.m., 6:30-9:30 p.m., 430 Delaware Ave. Information, 768-2133.

---

**SOLID ROCK CHURCH**

Sunday worship service, 10:30 a.m., 386 Delaware Ave. Information, 439-2512.

**GLENMONT COMMUNITY CHURCH**

Sunday school and worship service, 10 a.m., 556 Delaware Ave. Information, 475-9451.

---

**FIRST UNITED METHODIST MEETING**

First United Methodist Church, 415 Delaware Ave., 10 a.m., 11 a.m. Information, 475-9451.

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**DELMAR COMMUNITY ORCHESTRA**

Rehearsal, town hall, 445 Delaware Ave., 7:30 p.m. Information, 475-9451.

**AMERICAN LIONS CLUB**

Monday Night, 1 p.m., 300 Delaware Ave., 11 a.m. Information, 475-9451.

**BETHLEHEM CHAMBER OF COMMERCE**

Wednesday Night, 4 p.m., New York State, 10 a.m., 12:30 p.m. Information, 475-9451.

**DELMAR AMERICAN LIONS CLUB**

Mondays, 11 a.m., 6:30-9:30 p.m., 430 Delaware Ave. Information, 768-2133.

**DELMA ROTARY CLUB**

Meeting, 11 a.m., 415 Delaware Ave. Information, 475-9451.

**CLARKSVILLE COMMUNITY CHURCH**

Sunday School, 9 a.m., 10 a.m. Information, 475-9451.

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**BETHLEHEM CHAMBER OF COMMERCE**

Wednesday Night, 4 p.m., New York State, 10 a.m., 12:30 p.m. Information, 475-9451.

**DELMAR AMERICAN LIONS CLUB**

Mondays, 11 a.m., 6:30-9:30 p.m., 430 Delaware Ave. Information, 768-2133.

**DELMA ROTARY CLUB**

Meeting, 11 a.m., 415 Delaware Ave. Information, 475-9451.

---

**NEW SCOTLAND**

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**NUNGEBERG GREEK: UNITED**

Greek Connection, 520 First Ave., 7 p.m. Information, 475-9451.
LEGAL NOTICE

Pursuant to Section 203 of the Limited Liability Company Law, the name of the limited liability company is Uniblack LLC. The address of the registered agent or registered office of the limited liability company is 805 Third Avenue, 7th Floor New York, New York 10022. The name of the registered agent or registered office of the limited liability company is Uniblack LLC. The Registered Agent for the limited liability company is designated as agent upon whom process against the limited liability company may be served. The Secretary of State has designated as agent upon whom process against the limited liability company may be served, the office of the Secretary of State at the State Capitol, Albany, New York.

Pursuant to Article VI, Sections 1 and 2 of the Articles of Organization of Uniblack LLC, the registered agent for the limited liability company upon whom process against the limited liability company may be served is the Secretary of State of the State of New York.

Pursuant to Section 203 of the Limited Liability Company Law, the Limited Liability Company is to be managed by one or more managers. The Limited Liability Company is to be located in the County of Albany. The Secretary of State of the State of New York, USA, has been designated as agent upon whom process against the limited liability company may be served. The Secretary of State shall mail a copy of any process against the limited liability company to the office of the Secretary of State on behalf of which the process is served.

Pursuant to Section 203 of the Limited Liability Company Law, the articles of organization of Uniblack LLC have been filed with the Secretary of State of the State of New York, USA, on 12/20/2000. The purpose for which the limited liability company is formed is to engage in any lawful activity for which limited liability companies may be formed under the laws of the State of New York.

Pursuant to Section 203 of the Limited Liability Company Law, the Limited Liability Company is located in the County of Albany, the address of which is 805 Third Avenue, 7th Floor New York, New York 10022. The Secretary of State of the State of New York, USA, has been designated as agent upon whom process against the limited liability company may be served. The Secretary of State shall mail a copy of any process against the limited liability company to the office of the Secretary of State on behalf of which the process is served.

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HELP WANTED

ADMINISTRATIVE ASSIS- TANT: With excellent typing skills, for office in Delmar. Full time. $439-7734


ATTENTION: TELEMARKETERS: Appointment Setters for Professional Salespeople. Needed IMMEDIATELY. Our office in Latham is looking for bright, money-motivated individuals with good communication skills, to work in an exciting, fun and professional environment. Transportation. We offer per hour base + BONUSES. Part time Monday - Friday. Call Teddy (500) 246-0867.


BOOTH RENTAL: $90 weekly. Prime Delmar location, sideline, off street parking. Call 459-0863 or 459-5660.

BOOTH RENTAL: Hair stylist with a nail tech. Everything included, large shop, Prime location, parking. Delmar 439- 8086, days. 452-3669, evenings.

BUS DRIVERS: Bethlehem Central School District. Transportation Department is seeking people who wish to work part-time. Driver's license and a weekend & holidays off and who love children. Come join the team and be a substitute school bus driver. Bethlehem Central School District's Transportation Department is located on Van Slyke Road in Delmar, where applications are available.

CAREER CHANGE? Are you in teaching, health care, human resources, sales, etc? have you thought about a career change? You may have the skills that we are looking for. Call for a free packet or interview. Cathy Giffin, 446-8815. Prudential Manor Homes, Rotterdam.

Certified WATER SAFETY INSTRUCTOR needed for the Mohonk Central School District, after school, Continuing Education Program, $15-2500 hour. Send resume and copy of certification to Dr. Oliver Robinson, Assistant Superintendent for Business, Mohonk Central School District, 6072 Curry Road, Schenectady, NY 12303 APPEAL IMMEDIATELY.

CHILD CARE: Coordinate activities of small group (varied ages) in gym play area. No diapering, no feeding, average day 1 to 1 1/2 hours. School holidays off, bring your own child, 2-3 days, 3 hours, mornings. Free gym membership and salary. 479-0237.


CLASSIFIED MAGAZINE is seeking an enthusiastic, ambitious, self-starter to distribute magazines, while servicing existing and generating new photo ad accounts. Build your own business working part-time making full time pay. Must be over 21, reliable vehicle, call now. (518) 590-4227. We train you to succeed.

DAY CARE: Teacher aide, part-time. Working with 3-8 year olds, 20-30 hours per week. Flexible schedule. Call 459-1110 or 664-2774, after 9:00 a.m. Monday - Friday.

DEIL HELP/Sandwiches, cook and food preparation. Solutions, full time. Fax work experience, references and available start date to 707-2058 or call between 6:00 and 8:00 p.m.

DOG CONTROL OFFICER: The Glenville Police Depart- ment is accepting applications for the position of Part-Time Dog Control Officer. Hourly wage. Applicants residing in the Town of Glenville will receive preference, but applic- ations will be accepted from non-residents, also. Applicants must be at least 21 years of age. Call 437-4530 for appointment.

EDUCATIONAL OPPORTUNITIES: Department is seeking people who wish to work part-time. Driver's license and a weekend & holidays off and who love children. Come join the team and be a substitute school bus driver. Bethlehem Central School District's Transportation Department is located on Van Slyke Road in Delmar, where applications are available.

FOOD PANTRY NEEDS HELP: Volunteers needed. Call 479-2558.

FAMILY PLANNING CENTER: Volunteers needed for the position of Part-Time Data Entry Clerk. Call 437-0609 or 437-4940. Send resume to: Mohonasen Central School, Mohonasen, NY 12303.

FOLLOW THE MONEY: Experienced, reliable driver. Bethlehem Central School. Pay is $6-$7 per hour. Call 399-8174, M - F. 8:30 AM - 3:30 PM. Minimum weekly pay of $200.

FRONT DESK CLERK: Must be available during the summer. Interested, please call 738-6881.


HELP WANTED: Part-time for the position of Part-Time Data Entry Clerk. $10-$12 per hour. Call 439-4940. Send resume to: Mohonasen Central School, Mohonasen, NY 12303.

HOUSE SITTER: Must be available during the summer. Interested, please call 738-6881.

INJECTION MOLDING MACHINE OPERATOR needed. Experience preferred, but not necessary. Call Dr. VanDyke at 439-4940.


DISPLAY CLASSIFIED: Several combination rates are available - please call for information.

BUSINESS DIRECTORY: Several combination rates are available - please call for information.

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

**St. Peter's Hospital**

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**MEDICAL SECRETARIES** Opportunities for experienced medical office professionals at a busy Delmar OB/GYN practice. The practice will be moving to a new Slingerlands location in the spring. These positions require knowledge, patient registration, medical records, & scheduling. Computer skills, medical terminology, excellent interpersonal skills, ability to handle simultaneous functions are essential. An A.A.S degree and 2-3 years experience in a health care setting preferred.

**St. Peter's Hospital**

Pam Wierzbinski, Human Resources 315 S. Manning Blvd., Delmar, NY 12054.

FAX 525-1907

Job Hotline 525-9999

E-MAIL: pwierzbinski@mercycare.com

**The Spotlight**

**元旦特辑**

**Spotlight on EMPLOYMENT**

<table>
<thead>
<tr>
<th>Office Hours</th>
<th>Deadline</th>
<th>Mail Address</th>
<th>Phone</th>
<th>Fax</th>
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<tbody>
<tr>
<td>8:30 AM - 5:00 PM</td>
<td>Friday - Friday</td>
<td>Spotlight Newspapers PO Box 100 25 Adams St. Delmar, NY 12054</td>
<td>(518) 439-4840</td>
<td>(518) 439-0609</td>
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Full opportunity/Licensed Practical Nurse. Full time, Monday-Friday, 9-5. Duties include direct patient care activities (i.e. vital signs, history, processing of consent forms), assisting physicians in direct patient care functions, performing ambulatory test (i.e. 2500) and equipment maintenance. Other duties include scheduling patients, phone triage, and patient education. Must be a graduate from an approved school of nursing and a qualified Licensed Practical Nurse. NYS license. Minimum of 2 years clinical experience in a hospital, nursing home, or active physician practice.

OFFICE ASSISTANT: Part-time, Monday through Friday. 1:00-5:00perm. Available Monday through Friday. Must be able to work flexible, minimum 20 hours per week with scheduling and customer service duties. Data entry and administrative office work. Call 475-1641.

PHARMACIST: Immediate opening for full time pharmacist in independent, newly re-modeled retail pharmacy near Albany Medical Center and Albany College of Pharmacy. RELAXED ATMO-Sphere! Owner-Michael, owner at Chazan Pharmacy, (518)450-9512 or fax resume to (518)450-1951. REAL ESTATE AGENT: Part-time, 20 hours/week minimum. Organizational & computer skills a must; real estate background a plus. Flexible hours; Dechristo office. Fax resume to 434-7373, attention Charlie.

RECEPTIONIST: Part-time, 12 weeks, flexible hours. Experience preferred, but will train friendly, outgoing people. Apply in person at Nott Tercare, downtown Schenectady or 9 Troy Road, East Greenbush, EDE.

RN’s NEEDED NEXT WEEK And a New Computer Will Come. For details, 1-800-958-1146 or call 439-4053.

WRITERS WANTED to cover Niskayuna, Rotterdam & Scotia-Glenville board meetings and feature events. News writing experience required. Send resume & cover letter to Jennifer Miller, Spotlight Newspapers, P.O. Box 100, Delmar, N.Y. 12054.

Y2K EXPANSION: Local Company has several openings in the Capital District. $15 plus appointment. Customer service/sales departments. No experience required - full time. Flexible hours around school, family, other job. Condi­tions apply. Call 765-1650.


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Call Louise Havens Advertising Manager Spotlight Newspapers, Delmar 439-4949 Or Fax Resume to 439-0609

Spotlight classifieds work for you call Susan at 439-4940 to place your advertisement
REAL ESTATE FOR RENT

ALBANY: $450+, security/and/or
enforced required 2th roommate if
model, available February 1st.
1/2 bath, basement. Residential
area, 606-905. Available May 1st,
756-8855.

SELKIRK: Duplex, New 3
bedroom, new kitchen, dishwasher,
2 year lease, security. No
pets, 9650, 435-1278.

REAL ESTATE FOR SALE

ALBANY: 425 3rd Street, near
Quail, 2 family, new electric, gas
heating, 4 floors. Appraised at
$51,000, sold for $39,000.

RENT SENIOR HOUSING

Ravena: Duplex, apartment, liv­ing
room, kitchen, 1/2 bath, basement, Residential
area, 463-2765 or 756-9582.

DELMAR: Duplex, 2 bed­room, new
kitchen, dishwasher, new
appliance, 2 year lease, security.
No pets, 966-90, 435-1278.

洼: Duplex, 2 bedroom, new
kitchen, dishwasher, new
appliance, 2 year lease, security.
No pets, 966-90, 435-1278.

Niskayuna: Duplex, new 3
bedroom, family room, garage.
Quiet setting, 654 Elm
Avenue, 963-3075.

Walter Bush: Duplex, 3 bedroom.
Range, refrigerator, washer/­
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pets, $500+.

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Phone in your classified with Mastercard or
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Planners

From Page 1

last June, urging the town board to overhaul the zoning code in accordance with the recommenda-
tions in the LUMAC land-use reference document. Several board members expressed con-
cern about granting a single-use
change like the one requested by Walsh, without a thorough re-
view of all of the code's land-use provisions.

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More Than A DIAMOND SUBSTITUTE

Zircon may be popularly regarded as nothing more than a “poor man’s” diamond substitute, but it deserves better. While colorless zircon closely resembles diamond, zircon comes in a variety of colors. In fact, its name is derived from the Arabic word “zargun,” Persian for “gold color.”

In its natural state, zircon possesses a golden yellow color, but natural inclusions may create orange, blue, red, brown, and green varieties of zircon, as well. As a blue stone, zircon may be reminiscent of aquamarine or sapphire. Because it was often used in Victorian pieces, zircon may be used as a replacement stone in older estate jewelry. Of course, it can also be enjoyed in its own right because of its contemporary pieces. Just as zircon is more than simply a substitute for diamond, we’re much more than a jewelry store. We’re a provider of dreams, a reservoir of magic. A provider of beauty. No matter how much we love what we do! For jewelry of excellence, for the elegance of proclaiming the boldness and beauty of today’s contemporary creations, you’re sure to love what we do, too, as JOYELLES JEWELERS. It’s always fun to shop when you’re at a place like the Delaware Avenue, in the Main Street Shoppes. Call us at 439-9993.

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P.S. Zircon may be distinguished from diamond by its double refraction, which means that it splits light into two.