SuperValu owner dies while on vacation

By KATHERINE MCCARTHY

SuperValu owner and Voorheesville resident Jim Nichols died this past Saturday while vacationing with his wife, Elaine, on the Cayman Islands. "I honestly don't know 100 percent what happened," the Nichols' 23-year-old son, Jaret, who was away on vacation himself at the time, said. "I only know that they were snorkeling."

Friends of the Nichols and their daughters, Kelsey and Jordan, flew to the Cayman Islands to be with Elaine Nichols, whose 50th birthday was Sunday. They are planning to return to the Capital District today or tomorrow.

A memorial service is tentatively scheduled for 1 p.m. this Saturday, although arrangements will be finalized upon Elaine Nichols' return.

Nichols' death has shocked the community, and on Monday afternoon, 20 or more people had gathered at the Nichols' home, where former Voorheesville Mayor and New York State Supervisor Ed Clark spoke about Nichols' impact on the community.

"I knew him since before he moved here," Clark said. "I was mayor of the village, and we went through the planning board business together."

As the former owner of the liquor store near SuperValu, Clark knew the importance of having a big grocery store in Voorheesville.

"That store had been vacant for 10 or 12 years," Clark said. "People needed a place to shop, and not have to travel all the way to Route 20." Owning his own supermarket had long been his father's dream, Jaret Nichols, who now works full-time at the store, said. "My dad grew up in Hawley, Pa., Nichols said. "He managed three stores in Schenectady County — Peck's — for about 25 years. The chance to open his own store brought him to Voorheesville."

SuperValu opened on Jan. 7, 1995. Since then, it has doubled in size, adding a pharmacy, bakery, fresh flowers and fresh fish departments, and became the modern-day equivalent of the town square.

"Everyone says his death is a big loss to the community," Nichols said. "The store was his, and he wanted to make sure everyone liked it. People appreciated it."

"It wasn't just another corporation," Clark said. "Jim and Elaine are..."
Police arrest 3 for DWI

By JOSEPH A. PHILLIPS

Two individuals have been arrested on felony charges in connection with a dog abuse case in Bethlehem last month — and one of them faces more serious charges in connection with a case of human torture in Albany.

James Richard, 24, of 163 Third Ave., Albany, was transported from Albany County jail by sheriff’s deputies on Jan. 8 to face an arrest before Bethlehem town Justice Frank Milano for aggravated animal cruelty, a “Buster’s Law” felony carrying a potential 1/3 to 4 year sentence.

Milano ordered him returned to the county jail without bail pending further action on the case by the county district attorney’s office.

By the time of his Bethlehem arraignment, Richard already faced several felony counts in Albany. He remains in the county jail in lieu of $200,000 bail following a grand jury indictment charging him with kidnaping, a B felony, as well as two counts of assault and three of coercion, all D-class felonies.

The charges stem from a Nov. 29 incident. Richard is one of six individuals charged with kidnaping, tying up and sexually abusing and torturing his former girlfriend in an Albany apartment.

Also charged with a single felony abuse count in the animal cruelty case is Olivia Mullins, 21, whom Bethlehem police believe was the occupant of record of an apartment at 18 Hanover Drive.

On Dec. 4, Bethlehem animal control officer George Grandy found an adult pit bull and four puppies, one of them suffering serious wounds inflicted by a harness meant for a much smaller animal, all left unattended and without food and water in the filthy apartment for several weeks. The animals were turned over to the Mohawk & Hudson River Humane Society shelter in Menands for adoption.

“At the time, (witnesses) told us it was Mullins’ apartment, and that there was a boyfriend-girlfriend situation, with Richard living there also,” said Bethlehem detective Chris Bowdish, who took part in the investigation.

Mullins was arraigned on Dec. 12 before former town justice Kenneth Munnelly on a warrant issued in the dog abuse case. At the time, Mullins was already in custody at the county jail on a previous violation.

But when Bethlehem police, inquired of their Albany counterparts about Richard, they learned he was a fugitive in the torture case.

Following his subsequent apprehension and arraignment, the cases against both Mullins and Richard in Town Court have been adjourned until Feb. 5.

Albany police questioned Mullins in connection with the torture incident, Bowdish said, but she is not believed to be involved.

Milano referred Richard’s Buster’s Law prosecution to the county district attorney’s office, and Bowdish said the case is not likely to be heard in Town Court.

County assistant DA Peter Toedtloko, overseeing Richard’s prosecution in County Court, declined to speculate on the disposition of the various charges, saying “It’s just too early yet to make a determination” of how and whether they will be prosecuted.
Selkirk woman dies in Rt. 9W crash

By JOSEPH A. PHILLIPS

Emma McCormick, 79, of Selkirk was killed Friday, Jan. 18, in a two-car automobile accident on South Way near Maple Avenue.

The accident was reported to Bethlehem police at 9:33 a.m., and the Selkirk Fire Department, Bethlehem Volunteer Ambulance and Albany County paramedics also responded.

Police spokesman Sg t. Thomas Hofferman said a north- bound Dodge Neon driven by Michael V. McCormick of Penkwater jutted into the southbound lane of 9W, narrowly missed another northbound vehicle, then spun out on a southbound Dodge Dakota truck driven by Diane C. Banoff, 45, of Freehold. Banoff's vehicle rolled over, and McCormick's went off the road into a ditch.

McCormick was pronounced dead on arrival at Albany Medical Center. Results of an autopsy conducted on Monday have not been released. An accident report into the cause of death and any factors contributing to the accident, are pending.

"We haven't been able to rule out whether there was a medical condition that was a contributing factor," Hofferman said.

"Lieutenant governor Donohue made a promise to Elsmere students to do something for America Day and raised more than $12,000 for victims of the Sept. 11 terrorist attacks.

"I am in awe of the cleverness, the inventiveness, the generosity, the compassion and the decency of the people of this community," Fusco said. "We've made a difference."

Under the able and enthusiastic leadership of Cori DiFabio, the fourth- and fifth-grade choir serenaded the lieutenant governor with "Freedom," and Lt. Gov. Hull said "Proud to be an American."

"I was a third-grade teacher at Clarksville, 30 years ago," Fusco said. "It's a remarkable day. It makes me wistful to be here."

Donohue called for a round of applause for all the teachers who work with the students.

Donohue saved her highest praise for the students. "What you've done is admirable," she told them. "It represents the best of the Empire State. Our students have come to this country, looking for opportunities for individual differences. That's what was attacked on Sept. 11. The terrorists broke our hearts, but not our spirit. Not your spirit, the kind that made New York state." Fusco said the future rests with students like Elsmere's. "I have so much confidence that as you become the leaders of our world, we'll be well cared for," she said.

Donohue made a promise to the students. "When I am in Albany, I assure you, you have an inspiration to me as a lieutenant governor. On the 17th," Fusco said, "our school was crowded with community members buying crafts, eating in the Liberty Café, or getting massages, haircuts, and buying raffle tickets and participating in the entertainment of the day."

Fifth graders Kristy Laccetti and James Moody re-enacted part of the day. Laccetti read her essay.

"What it means to be a hero," and Moody read her poem, "Proud to be an American."

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Kids’ personality traits are mirrors of parents’

By KATHERINE McCARTHY

For a long time, our children are creatures that require clean diapers, another cup of juice or a lull to school for lunch. As they get older, and the physical care-taking diminishes, it becomes fascinating to see how they are like us, the parents who once thought it would be nice to have a family to be connected to for the rest of our lives.

In our family, those similarities start in the morning. While Christopher and I am glad for weekend mornings so that we can indulge in one of our family’s favorite pastimes — sleeping till we wake up — we cope fine with the weekday routine of time in school. One extra hit of the snooze button, and I’m up; for time for school.

"Do you know the Loch Ness monster is real?" Dave had asked, arrived at a local restaurant. I had for a while.

In gross generalities, this is the Christopher shares.Continuous answer ready, problem solver, and when something breaks, we will ask him first how to fix it. He is the one who fully understands the relationship between those red, yellow and white cables, our ancient television, the video game players. It can be sweet to them to begin to emerge into the men they will become. What they strike out on their own, I hope they know that they will always have people just a little bit like them that they can return to anytime they want.

COMMENR.:

Mom’s the Word

before his arms go into his bathroom.

For Cormac and Chris senior, mornings are nothing short of torture. Chris sets and resets his alarm so often that on the mornings he must get up before me, I am wide awake while he still tries to steal a few more minutes of rest from the day.

Cormac stretches and pulls the covers more tightly under his chin. He will open one eye to check on the day — and to call the dog closer to him — and will mentally tell me he wants for breakfast. He only fully wakes when irritation at my repeated question finally pulls him from his sleep. The sounds and scents of the morning make their way into his sleepy head, and by the time breakfast is ready, he is awake enough to sit at the table with both eyes open.

Once up, even more of our personalities come through. Christopher and I like quiet for a while, so we can approach the day with caution and reflection. Chris and Cormac, once finally away from their beds, are on. Chris will read from the newspaper in the voices of old British women or Southern evangelists, and soon we are all laughing. Cormac will share his dreams — plus interpretation — of the night before, and throw in a few plays on-words just to set us going.

In gross generalities, this is the difference in our family. Christopher and I are quieter, unless sparked by some particular topic. A few years ago, friends stopped in and left me with. Christopher reading the book he’d checked out of the library once a month for a solid year, Mysterious of the Loch Ness Monster.

"Do you know the Loch Ness monster is real?" Dave had asked, arrived at a local restaurant. I had for a while.

As the year 2000 approached, we listened on the radio about the protests against the Seattle meeting of the World Trade Organization. "What’s that?" the boys asked, and Chris deferred the answer till we arrived at a local restaurant. I had a one-paragraph answer ready, but Chris, after coats were shed and dinners ordered, started down a different path.

"Five hundred years ago," he said, "with the advent of the mercantile system."

It was amazing to watch the children quiz him on his answers. Christopher hung in for the entire discussion, while Cormac and I got a little restless. It’s as if we aren’t interested in the relationship between the Hansa cities and modern commerce. It’s just that great alternate world is also interesting to us. While the two Christophers ruminated over the history of trade, Cormac and I noticed that the waitress had two bandaged fingers, the lady at the next table looked like Grandma Kate, and the dessert special was tiramisu. It is always easy to claim our children’s good traits; listing up that one of us might be the inspiration for Christopher’s nature of absolute readiness or Cormac’s stormy temper.

Maybe that’s the first step toward acknowledging them as our own people. It is always a delight to discover in them a skill that neither of us has. Christopher’s interest in mythology has let him be the teacher for a while. Cormac is our problem solver, and when something breaks, we will ask him first how to fix it. He is the one who fully understands the relationship between those red, yellow and white cables, our ancient television, the video game players. It can be sweet to them to begin to emerge into the men they will become. What they strike out on their own, I hope they know that they will always have people just a little bit like them that they can return to anytime they want.
Hudson River Bank to open V'ville branch

By JOSEPH A. PHILLIPS

A branch office in Voorheesville abandoned last summer by one regional bank has been acquired by another and will open soon under the banner of its new corporate parent.

As part of an aggressive expansion program throughout the Northeast, Columbia County-based Hudson River Bank & Trust last month purchased the former Fleet Bank branch at 13 Maple Road in the village. Hudson River, which is in the process of merging with Mohawk Community Bank and will acquire that institution’s 16 branches in March, will have 33 branches altogether when the Voorheesville office opens, according to Hudson River’s director of retail banking, John Holt.

That opening is currently projected for April 1, Holt said, though the bank is currently working through the regulatory approval process of merging with Mohawk Community Bank and will acquire that institution’s 16 branches in March, will have 33 branches altogether when the Voorheesville office opens, according to Hudson River’s director of retail banking, John Holt.

“We expect to employ five or six individuals initially in Voorheesville,” where the bank has current customers now served by its Glens Falls branch on Route 20, Holt said.

“Our regulatory approvals are set at this point,” he said, noting that approval has already been secured from the state Banking Department to open the new branch and that a similar application is pending before the Federal Deposit Insurance Corporation.

Last Wednesday, Jan. 16, the bank secured conditional approval from the Voorheesville Village Planning Commission for its renovation plans. The bank will expand the existing drive-through canopy to accommodate a second lane with a tube system.

“We plan a few other minor modifications to the outside of the building,” said Holt, as well as new interior furnishing. The Planning Commission also mandated changes to the current exterior lighting, according to chairman John Schachne.

“We have not yet set hours of operation,” Holt said. “But we plan to be extremely competitive with other banks in the region.”

The bank will be the bank’s 11th in Albany County. The bank, which will have total assets of about $26 billion once the Mohawk merger is completed, will be a one-story building at 10-11 Delaware Avenue in Delmar, an in-store unit at the Price Chopper Supermarket in Slingerlands and a pair of branches in Rotterdam.

“It fits nicely with our footprint, our branches in Glens Falls, and will complement our Mohawk acquisitions,” Holt said. “As we continue to grow, we always look at opportunities. We are delighted to become part of the Voorheesville community.”

Hudson River also operates outlets in Albany, Schenectady, East Greenbush and Rensselaer, among others from Dutchess to Warren counties. The Mohawk merger will also bring new branches in Guidleton and Latham, as well as Saratoga and Schenectady counties.

“Most of (Mohawk’s) branches are in areas that aren’t being served by Hudson River Bank & Trust Company,” spokesman Jeff Ouellette said last week. “At this point, I would say the brief term will be to 10 new branches.”

Hudson River Bank & Trust, headquartered in Hudson and established in 1850, offers full-service banking, investment management, brokerage, insurance, trust and commercial services.

Church to present women’s health day

On Saturday, Jan. 26, from 9 a.m. to 1 p.m., Delmar Reformed Church will host “Mind, Body and Soul,” a women’s health day.

The event will include a continental breakfast and lunch, and will feature a broad selection of workshops.

Participants can choose three of the following: Internal Fitness with Tom Shields, Counseling with Laura Lyon, Acupuncture with Darrell Davis, and Yoga with Jo Page and Reiki with Margaret Reagin.

The cost of the program is $5. To register, call 439-9559 or e-mail info@drchurch.org.
Tragic loss

The tragic death last weekend of Voorheesville's Jim Nichols will leave a huge void in the community. Jim drowned after being caught in a rip tide while on vacation in the Cayman Islands.

Jim and his wife Elaine and family have played an important role in Voorheesville ever since they opened SuperValu Foods on Maple Road.

The store, which had lain fallow for a decade, was revitalized, when the Nichols took over and became one of the focal points of the village.

Jim and Elaine supported youth in the community in a number of ways. Many teen-agers from the area worked at the store, and many of those same youth were awarded scholarships as they moved on to college.

Last year alone, more than $15,000 in scholarships were sponsored by Jim and Elaine.

In addition, many, many fund-raisers were bolstered by support from the Nichols. Whenever there was a need or a cause, the Nichols could be counted upon to lend their support.

Our hearts and our sympathy go out to Elaine and her family during this time of great sadness.

Board acted wisely

The Bethlehem town board acted wisely in its selection of Howard Engel of Selkirk to fill the vacancy on the planning board.

Supervisor Sheila Fuller and board members Doris Davey and Dan Plummer were correct in choosing someone from the southern end of town to fill the vacancy.

The southern part of town plays a crucial role in the town's well-being. The town's only industrial base is there. The section of town is an excellent way to help development, while at the same time help to preserve the character of the town.

Having a 'voice' from Selkirk on the planning board should help to reassure residents that their concerns are being addressed and will be addressed in the future.

 QE2 trip was an amazing experience

By DORIS J. J. DAVIS

Bethlehem Town Councilwoman Davis and her husband are recent retirees and 36-year residents of the town.

First of two parts

Because so many of our friends and relatives have been asking about our recent 29-day "voyage" on the Queen Elizabeth 2, we are taking this opportunity to share some details of our trip from Southampton, England, to Cape Town, South Africa.

We left Southampton, the home port of the QE2, the day we had the bonus of seeing and learning about the Concord before it was ready for the first time since the terrible crash two years ago. Quite exciting and very loud.

We finally boarded the QE2 at about 3:30 p.m., and the ship sailed at 5 p.m.

Tuesday and Wednesday, Oct. 23 and 24 — These first two days at sea were an excellent opportunity to become familiar with this older but beautiful and sleek ship that, as an ocean liner rather than a cruise ship, is relatively easy and smoothly through the choppy waters of the Bay of Biscay. We found that the QE2 had much to offer: a spacious promenade deck that was more than one could readily use a great place for walking and exercising; several restaurants as well as the Lido, a buffet-style restaurant; an extensive library and book store staffed by two full-time librarians; an outdoor salt-water pool; two shops and attractive buildings; an outdoor cafe; an elegant spa; free launderette with a staffed by two full-time librarians; a large marina with many large boats that seemed to be off the large harbor. The islands are volcanic, very steep, rugged and arid, with a population of fewer than 6,000 people.

It was a 20-minute walk into town.

On Thursday, Oct. 25 — We docked at Funchal on the Portuguese island of Madeira at about 7:30 a.m. and with another couple went ashore and hired a taxi for a three-hour tour of our friends Ray and Roy. The island is quite mountainous, but with a well-cultivated and rich patchwork of terraced gardens of bananas trees and plantations, vineyards and a wide variety of fruits and vegetables.

We enjoyed the fishing village of Camara de Lobos, one of Winston Churchill's favorite places. In a large marina, we were visited by a nice lady, Girlo, locally claimed to be the world's second-highest sea cliff. It seemed as though we were driving either up or down steep, winding roads most of the time.

Driving back to the heart of Funchal, an attractive city with a lovely gardens and flowers. When our tour with Ray and Roy ended, we had lunch at an outdoor cafe, walked through the busy downtown area with shops and attractive buildings and strolled through an outdoor salt-water pool; two shops and attractive buildings; an outdoor cafe; an elegant spa; free launderette with a staffed by two full-time librarians; a large marina with many large boats that seemed to be off the QE2.

When we left the ship at 9:30 a.m. with another couple and their proclamations, about 90 of us were brave enough to be first to be doused with eggs and other concoctions. In spite of that, the passengers were greeted with about 150,000 of those of us who had not previously crossed the Equator would become "shellbacks.")

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The "shell" from Madeira in the evening was beautiful. The lights of Funchal like those twinkling on Christmas trees.

Sunday, Oct. 28 — Up relatively early by 7 a.m., we saw land for the first time in two days. We had arrived at Sao Vicente in the remote Cape Verde Islands and were entering Porto Grande, a large harbor. The Cape Verde Islands are volcanic, very steep, rugged, largely uninhabited and seemed unfriendly in appearance from the ship.

When we left the ship at 9:30 a.m. with another couple and temperatures were already in the dry 90s, we realized we should have lunch at an outdoor cafe, walked through the busy downtown area with shops and attractive buildings and strolled through an outdoor salt-water pool; two shops and attractive buildings; an outdoor cafe; an elegant spa; free launderette with a staffed by two full-time librarians; a large marina with many large boats that seemed to be off the QE2.

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Selkirk couple vow to fight plan

Editor, The Spotlight:

We are writing this letter to voice our deep disapproval of the planned Waste Management site in Selkirk.

This area is a quiet, rural setting. We already have our fair share of car haulers, private trucks and tractor-trailer traffic in our community.

We do not want the added noise, smell, truck traffic, rodents, unhealthy and unsafe conditions that Waste Management is certain to bring to the town.

Is this the view that the town wishes to portray to visitors and business people coming from Exit 22 — garbage trucks and semis hauling? If not, why not?

A company that has racked up millions of dollars in environmental fines and has been a poor neighbor in numerous communities — this is the business we welcome in?

Garbage trucks and idling Dumpsters also mean a new neighborhood to the Bethlehem Community — rats and other rodents.

Let's not be fooled that 75 plus garbage trucks and Dumpsters reside that there will not be a major increase in this type of health hazard to the town. Where there is any type of food waste remaining on these trucks, Dumpsters or site — rats and rodents will be drawn in.

Dumpsters will pool with water that would breed mosquitos— increasing the potential for West Nile virus.

Waste Management buys all the property on this site, even though it claims it needs only 25 acres, to avoid a public hearing and tells the board that 100 plus acres will be set aside for future development — what for?

Transfer station, dump site or base for PCB removal from the Hudson?

We intend to fight this proposal. We do not oppose development of this site. We have no objections to Waste Management strictly placing an administrative office building without the accompanying waste trucks, Dumpsters, wash station or potential waste.

We are requesting that the town board meeting when Mr. Marcelle was left· accompanying waste trucks, wishes to portray to visitors and Dumpsters or site — rats and rodents will be drawn in.

Garbage trucks and idling Dumpsters, wash station or base for PCB removal from the Hudson?

We intend to fight this proposal. We do not oppose development of this site. We have no objections to Waste Management strictly placing an administrative office building without the accompanying waste trucks, Dumpsters, wash station or potential waste.

We are requesting that the town board meeting when Mr. Marcelle was left· accompanying waste trucks, wishes to portray to visitors and Dumpsters or site — rats and rodents will be drawn in.

We are also requesting a public hearing on this matter so that the numerous families directly and indirectly affected by this travesty can voice their concerns.

We do not believe that this proposal can stand the full spotlight of public and media scrutiny that will occur if this proposal is not quickly and soundly put to rest.

Richard and Christina Zarnenko
Selkirk

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Editor, The Spotlight:

I want to thank the kind Bethelhem residents for giving so generously to Candice Bowsher's holiday drive at Bethlehem Central Middle School.

I'd like to thank senior citizens, families and students for responding to my request for wrapping paper and toys.

Thanks also to Michael and Katie Laster, Britney Mancinelli, Sarah Turner, Dea Manze, Laurel Bright, Jennifer Henriksen, Leslie Klein, Amanda Ball, Clare Brown, Megan Brasson, Marie Capone, Tom Blassman, Kerin Stagnitta, Andrew and Madeleine Clark, Kathi Reynolds, and Peter, Linda and Christopher Mazzione.

And Tyler Brown, the family of J. and E. Lyons, Leann Hennessey, Katy, Patrick and Linda Wickham, Joan Myers, Charles Dawson, Chris and Ali Gebrer, Victoria Lopez, Alyssa and Abra Marston, Kaysen Raffe, Rebecca Riggins, Hannah, Melanie and Steve Welch, Monica and Nancy Wolff, Jamie and Melissa Barada, the Melcher family, Susan, Bill, Will and Chris, Katie Penney, Minnie Savoca and Jane Knowles.

Thanks also The Spotlight for helping me to reach out to the community.

Joseph C. Guttman III
Delmar

THE SPOTLIGHT
January 23, 2002 — PAGE 7

Say it with Print ...

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RCS high school names honor roll students

The Ravena-Coeymans-Selkirk High School announced the high honor and honor roll students for the first marking period.

Grade nine honor roll


Grade ten honor roll

Aimee Babcock-Ellis, Jaclyn Ryan and others.

Grade eleven honor roll

Justin Ashley, Parker Beach, Falcon Brem, Marybeth Calabrese, Jacqueline Carey, Erin Carr, Stephen Correll, Sarah Dennis, Nicole DiPiero, Suzanna Franit, Meaghan Furst, Ethan Hart, Erick Hernandez, Christopher Kot, Heather LeMaroc, Nicole Leonard, Courtney Longton, Daniel Macle, Alyssia Martin, Jennifer Masa, Carolyn McMullen, Jennifer Mero, Neale Merrill, Rebecca Miller, Stephanie Mulligan, Jamie Philpott, Analise Quattlebaum, Crystal Ringler, Johanna Sicilano, Steven Shepard, Anne Sier, Elizabeth Smith, Jill Stambaugh and Angela Zullo.

Grade twelve honor roll


Also Rachael Kuhnermchn, Robyn Machac, Rachel Metts, Stephanie McLean, Valerie Mullen, Andrew Mertz, Conor Morgan, Craig Needoe, Eric O'Brien, Amanda Palamok, Eric Peorg, Darrick Priester, Jason Rossio, Courtney Rose, Tanya Spaulding, Mary Ster, Michael Turn, Dallas Trombley, Sarah Weinheit, Philip Whalen and Jennifer Yureck.

Grade nine high honor roll


Grade ten high honor roll


Grade nine high honor roll


Good Samaritan Senior Living

by Lee Baranick
President/CEO

SUCCESS AND LONG LIFE

New research indicates that both men and women who have high-level jobs are more likely to live longer. A review of fifteen years of data on nearly 19,000 people shows that men who earn $75,000 to $100,000 annually are twice as likely to live longer than men in the general population. Women in this high-pay category did not enjoy this longer-life benefit to the same extent that men did, which researchers attribute to the fact that women are more likely to smoke than men. In any case, live longer than the general population, regardless of how highly paid they are. A person who is healthy enough to work has a leg up on the general population.

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THE SPOTLIGHT
January 23, 2002 — PAGE 9
Wildlife expert Angie Buckelli will lead a nature program on recognizing signs of animals in nature on Saturday, Jan. 26, at 2 p.m. at the Emma Treadwell Thacher Nature Center.

The program will include indoor exhibits, slides and outdoor exploration. Participants should dress for winter activity. The program is free and open to the public. For information, call 872-0800.

Town to offer snowmobile safety class

A two-day snowmobile safety course will be held Saturday and Sunday, Feb. 9 and 10, from 10 a.m. to 2 p.m. at town hall on New Scotland Road.

Participation in both sessions is required to complete the course. The free course is open to town residents age 10 and older. Participants are asked to bring a bag lunch.

For information or to register, call 439-4915.

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Wildlife program set at center

The program is free and open to the public. For information, call 872-0800.

Nursery school to hold informational meeting

Voorheesville Community Pre-School will hold its informational meeting for the 2002-2003 school year on Thursday, Jan. 24, at 7 p.m. at the Methodist Church on Maple Avenue.

The school is a non-denominational, parent cooperative offering preschool/kindergarten experience to children who will be four years old by Dec. 1. The preschool Offers a morning or an afternoon program.

For information, call the school at 765-4905 or Laurie Rothstein at 765-3896.

PTA collecting register receipts

The PTA is collecting register receipts from SuperValu Foods on Maple Avenue. The receipts are used to earn a credit for school materials. The receipts can be dropped off at the elementary school main office, in the Campbell’s Soup bin located on the second floor or at the Methodist Church on Maple Avenue.

Receipts must have the date at the bottom showing. Names and numbers can be blacked out.

Storytime to celebrate author's birthday

“Happy Birthday, Rosemary Wells” is the theme of tonight’s family storytime at 7 p.m. Kids can come in their pajama for a salute to the author of Max and Ruby.

Breakfast, Bagels and Poetry—bring a friend, bring a poem, have a bagel breakfast with other teens on Saturday, Jan. 26, from 10:30 a.m. until noon.

Parents group to host program

Parents for Excellence will host a high school information program scheduled for Tuesday, Jan. 29, at 7:30 p.m. in the Bethlehem Central Middle School media center.

Learn about the high school academic experience from a parent’s point of view. A panel of parent “experts” will share information about the high school.

Some of the questions that will be discussed include:

• What is an SAT II, and why or when will my child take this exam?
• What is the two-year language track?
• Do students really miss lunch?
• What is ChemX?
• What is the Science Research Program?
• What is Math A, B, Y and Z?
• The goal is to provide a forum for parents to network and find out about the high school. This meeting is for all parents to get a heads up on the future.

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"This is decision-making time for the town board," said Supervisor Sheila Fuller. "I wouldn't want to even guess what's going to happen Wednesday. It's entirely up to them."

With two members absent — including chairman Douglas Hasbrouck — the planning board met Tuesday, Jan. 15, and approved the "findings statement" required under the state's environmental quality review (SEQR) law, based upon the final environmental impact statement OK'd last month by the town board.

With member Dan Odell presiding, the board voted 4-0, with Howard Engel abstaining, to approve the document and recommend to the town board that the company can be town board and planning board about the project have been addressed. At times it's a frustrating process to go through, but at the same time it's for the benefit of the entire town."

While declining to predict the outcome of tonight's board discussion, she said, "It's probably very similar to the Price Chopper in Slingerlands. The process was very long and drawn out, but in the long run the community's been very pleased with the results."

In other business, the planning board also set a public hearing for Tuesday, Feb. 5, to consider a building project approval recommendation for First Columbia in Slingerlands to build two professional office buildings totaling 40,000 square feet on New Scotland Road.

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This is the watch Stephen Hollingshead, Jr. was wearing when he encountered a drunk driver. Time of death 6:55pm.

**Friends Don't Let Friends Drive Drunk.**
Blackbirds beat Watervliet; Shen upends Eagles

By ROB JONAS

The Voorheesville boys basketball team is enjoying one of its best seasons in recent years.

The Blackbirds moved above .500 in the Colonial Council with a 61-58 victory over Watervliet and are 17-2 overall, their best seasons in recent years.

"The word I used (after the game) is 'hugge,'" Voorheesville coach Shane Clary said. "This has been a great boost for the kids and myself in terms of our confidence.

The Blackbirds (6-4 league, 8-5 overall) outscored the Cannoneers 34-22 in the second quarter to take a six-point halftime lead. Watervliet (5-5, 5-5) stayed close throughout the second half, but Voorheesville hit some clutch shots late in the game to hold on for its first win over the Cannoneers in several years.

"In the last three or four games, the kids just started to believe in themselves, and they thought they could beat them," Clary said.

Chris Beckard scored 17 points, Kevin Vanderwarker contributed 17 points and A.J. Cavanaugh added 13 points to lead the Blackbirds. Ryan Boisvert had 18 points for the Cannoneers.

Voorheesville resumes its Colonial Council season Friday when it plays Albany Academy. The Blackbirds are 5-1 in the second quarter of the season and are 14-1 overall.

The ball team is enjoying one of its best seasons in recent years.

Elsewhere in the Colonial Council last Friday, Ravena-Cohoes-Selkirk suffered a 52-50 loss to Schalmont.

Chris Currey scored 11 points and Mike Baunies added nine points for RCS. John Karbowski had 14 points for Schalmont.

Shen hands BC first league loss

The Bethlehem boys basketball team's hopes for an undefeated Suburban Council season came to an end last Friday with a 66-59 loss to Shenendehowa.

After building a 30-26 halftime lead, the Eagles (5-1, 11-2) were overall league record at 5-1. Shenendehowa (6-0, 15-1) improved to 2-0 in the league. Jim Franco

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State high school sports association comes of age

By ROB JONAS

How many people does it take to run a statewide organization dedicated to high school sports? In New York, it takes nine Delmar-based people who receive plenty of help from more than 200 assistants from across the state.

The nine people in question—five administrators and four support staff—work at the Delaware Avenue headquarters of the New York State Public High School Athletic Association, an organization that oversees every statewide championship in 29 sports.

"This operation began in this guy's basement on Long Island (in 1921)," assistant director Walter Eaton Jr. said. "Then when it became too big for his basement, it was moved to Albany. We moved to this building (in Delmar) in 1986."

Aiding the nine people in Delmar are a network of athletic directors and coaches who double as the coordinators of ball tournament was restarted.

"I think what's unique is that the structure works very well, and it's been in place for a long time," NYSPIHSAA executive director Nina Van Erk said.

When NYSPIHSAA began, it was established as an association of basketball leagues to conduct a statewide championship. In 1923, state tournaments in baseball, cross country, hockey, ice skating, swimming, tennis and track were added.

The state championships were abolished in 1932 after allegations of overemphasis and overspecialization were made, but the organization remained intact. No state titles were contested in any sport until 1978, when the boys basketball tournament was restarted.

Other sports that had statewide playoffs suspended (girls basketball, baseball, baseball and hockey) had tournaments created in the 1980s.

Today, NYSPIHSAA oversees statewide and regional tournaments in 29 sports ranging from football and basketball to bowling, gymnastics and rifle. But the organization does so at a distance. All of the work is done by a particular sport's chairperson in the part of the state where the tournament is held, such as when Section II hosts the boys and girls basketball championships in Glens Falls and Troy, respectively.

"The coordinators and the tournament directors—sometimes they're one in the same, sometimes they're two different people—have parameters which they use to run the tournament," Van Erk said.

"We encourage them to call us first and run things by us before they commit to anything," Eaton said. "We also try to rotate the sites of its championships, though some like the boys basketball tournament in Glens Falls and the wrestling championships in Syracuse stay in the same place."

"A third of our tournaments stay in one venue because either it's a unique venue or because it's a central location," Eaton said.

In the case of the boys basketball tournament, Eaton said that NYSPIHSAA keeps going back to Glens Falls because local organizers are well-versed in what it takes to make the event a success.

"The folks in Glens Falls are very familiar with theirsite," Eaton said.

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Family recipe contest
The Bethlehem Community Partnership is collecting family recipes for a new local cookbook that will also offer suggestions to promote positive behavior, health and personal success.

The recipes will be grouped in the following categories — Kid Prepared, Teen Tested, Quick and Easy, Main Dish, Soups and Sides, Desserts, Party Favorites and Snacks.

Submit as many recipes as you wish and credit any previously published source.

For information and submission forms, call 439-7740.

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very aware that they have the bid or delay implementation of it," Eaton said. "They also do a very good job of running the Section II, Class A event."
**Local High School Sports Results for the Week of Jan. 14-20**

**Monday, Jan. 14**
- **Boys Bowling**
- Voorheesville 75, RCS 48

**Tuesday, Jan. 15**
- **Boys Basketball**
  - Voorheesville 75, RCS 48

**Thursday, Jan. 17**
- **Boys Bowling**
  - Bethlehem 51, Burnt Hills-Ballston Lake 9

**Girls Basketball**
- Voorheesville 67, RCS 52

**Wrestling**
- LaSalle 52, Bethlehem 24
- Individuals winning: Bethlehem — Dan Dupuis (135 pounds), Pete Privitera (145), Bill Courtney (160), Chad Langui (275).

**Wednesday, Jan. 16**
- **Boys Bowling**
  - Lansingburgh 26, Voorheesville 6
  - High series: Voorheesville — Ryan Blakney 625, Jon Dolen 619. Tony California 624, Ryan Blakney 619, Katie Duncan 611.
- **Gymnastics**
  - Guilderland 146-63
  - Bethlehem 142-3
- **Girls Bowling**
  - RCS 52, Cohoes 17

**Feb. 8**
- **Boys Basketball**
  - Voorheesville Duals, Guilderland 11
- **girls Basketball**
  - Voorheesville 26, Cobleskill 4
- High series: Voorheesville — Stephanie Scoce 661, Tony 142-3.

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**Van Dyken to speak at Dolfins clinic**

Olympic champion swimmer Amy Van Dyken will be the featured guest of the Delmar Dolfins at a clinic to be held Saturday, Jan. 26, at Bethlehem Central High School. The clinic begins at 9 a.m., and the forum starts at noon. The forum is open to the public. Tickets are $7 in advance, $10 at the door. To make reservations for the forum, call 430-0034 or send a check to Delmar Dolfins Swim Club, Attn: Amy Van Dyken Clinic, P.O. Box 274, Delmar 12054-0274.
Skiing for all ages
Slopes provide exercise and recreation for everyone

By DEV TOBIN

With its speed and fashion flash, downhill skiing seems like a young person's game.
Well, maybe snowboarding is like that, but skiing is a lifetime sport; check out the morning crowd any weekday at any ski resort.

Even those who gave up skiing years ago will find that the sport, if more expensive,
Sensible eating — back to basics

By DONNA J. BELL

You've heard it a million times before — eat less, exercise more. Could it be that simple? Doesn't it be complicated? Don't you need to be in "The Zone" to lose the pounds? Not according to those in the know.

"In a nutshell, smaller portions and increased activity lead to weight loss," said Meg Wilson, a registered dietitian and owner of Nutrition Counseling for You.

Wilson's top tip for a balanced diet is to make it a priority to eat well. That includes visiting your doctor to know your overall heath and important numbers like your cholesterol count and possibly consulting a registered dietitian who can create a eating plan based on your lifestyle.

Chris Herr, president of the Diet Workshop, said losing weight is all about a healthy balance of grains, fruits and protein.

"Each one of the food groups is a necessity," Herr said. "When you take in carbs, they release serotonin and proteins are brain food." The Diet Workshop offers classes with topics ranging from motivational to exercise to cooking and portion control — the basics of sensible eating.

Did you know that a recommended portion of meat is about the size of a deck of cards? When was the last time you saw a steak that small at your favorite restaurant? Just knowing how much a serving consists of and how many servings of each food you need to be eating is a good way to begin. The experts say that making one small change at a time can ease you into better eating.

"Introduce a new healthy fruit a week," Wilson said.

Vegetables don't have to be bland, Herr said. Vegetables can be spritzed with pan sprays with flavors, fat-free "butter" pumps or sprinkled with butter-flavored sprinkles, although she warns to watch out for sodium in such flavor enhancers.

Another small step is to substitute a healthy version of the foods you and your family like for the higher-fat variety. Wilson recommends baked chips or pretzels instead of fried snacks, hummus rather than a mayonnaise based dip or ground turkey breast, 90 percent lean beef or fish instead of higher fat hamburger or processed meats.

"You want to eat things that everyone else is eating," Herr said.

This is especially true of children and teens. "Kids are getting obese and it is preventable," Wilson said, adding that parents need to be the ones to take responsibility for what everyone in the house is eating.

"It's about a healthy way of eating. The person who has a weight problem is doing is what everyone at the table should do," Herr said.

Other tips include keeping a food journal, getting on a scale, cutting back on soda, juice and alcohol, and preplanning meals by sitting down once a week to write a menu, or cooking two roast chickens at a time and freezing one.

Keep fruit or low-fat multi-grain bars in the car so if you get hungry, you don't head for the drive-through to pick up a cheeseburger. If your New Year's resolution to lose weight has already hit a bump in the road, don't give up yet — healthy eating can be just a few bites away.

For information, contact Wilson of Nutrition Counseling for You at 330-3320 or Herr at the Diet Workshop, which has a center in Colonie and classes in Clifton Park, Delmar, East Greenbush, Johnstown, Speigletown and Wynantskill, at 452-4900.

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Vision care basics: glasses to laser correction

By ANDREW GREGORY

Maintaining and correcting your vision is one of the most important aspects of living a healthy life. Having good vision is vital to one’s well-being. We depend on our eyes for so many daily activities; whether it’s driving or watching television, our eyes are the focal point of our existence.

So what should you do if you’re experiencing problems with your vision? There is an array of options, depending upon the degree of difficulty you have seeing, that you can take in order to correct the situation.

Tom Hughes Jr. of Hughes Opticians links problems in vision to a genetic fault: "I would say that 90 percent of our customers have a familial history of poor eyesight. There have been a few instances in which environmental conditions have caused difficulty in vision, but most of the time, there is a long history of poor eye sight.”

Dr. Louis Snitkoff, medical director of Capital Care Medical Group, also believes that difficulties in vision are often a matter of heredity. "Common problems such as near/farsightedness, stigmatism and cataract can be attributed to a number of factors," Snitkoff said. "Patients with vision problems usually have family who have similar problems.

Snitkoff noted that poor eyesight is also linked to diabetes.

The key to correction, according to both Hughes and Snitkoff, is early detection. Hughes Opticians and CapitalCare Medical Group offer eye exams.

Once the problem has been determined, the next step is choosing between eyeglasses and contact lenses. There are several factors to consider when deciding which way to go.

"Recently, we’ve found that people are choosing to wear eyeglasses rather than contact lenses," Hughes said. "It’s becoming trendy to wear the latest designer frames and we have a wide variety of styles and colors to choose from.

While glasses certainly have their place, contact lenses are still popular.

"Contact lenses serve a both a cosmetic and medical purpose. Some patients have unique vision problems and thus need contact lenses,” Snitkoff said. "On the other hand, there have been instances where the curvature of the eye would not allow for the use of contact lenses.”

Snitkoff and Hughes agree that for most people who are debating between these two options, it is mainly a personal preference as opposed to a medical one.

Peter Kansas is a leading local expert in laser correction. "Many people who have various forms of corneal damage choose to undergo laser correction because of the outstanding results," Kansas said.

There are two types of laser correction. The original laser process, known as PRK, is when the cornea of the eye is directly repaired by laser treatment.

The next and more popular form of surgery is called Lasik correction. To summarize the process, this is when a corneal flap is created and placed in the eye.

"The Lasik surgery is very successful for the majority of patients who select the operation," Kansas said. "It's a very convenient process with each eye taking 15 minutes to correct.”

The most important part of laser correction is the post-surgical follow-up. "We provide antibiotic eyedrops to our patients. These eyedrops are a very integral part of the healing process. If they are not used, patients run the risk of infection which could permanently damage the eyes," Kansas said.

While it may seem complicated and overwhelming, the laser vision correction process has many success stories.

Whether you need a simple pair of bifocals or Lasik surgery, you need to take care of your eyes. We may not like to admit it, but most of us take our senses for granted. Don’t wait too long to make an appointment for your next eye exam or someone else may have to drive you there.

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ImageCare is a division of Community Care Physicians, P.C.
Skiing

from page 1

is also much more skier-friendly now than in the days of T-bars, wooden skis, cable bindings, lace boots and Eastern ice.

And, of course, skiing is great exercise in the great outdoors.

A 50-something golfing buddy of mine, George Luft of Hancock, Mass., (about an hour east of Albany on Route 43 and just 30 minutes from Brainard, via routes 20 and 22) was an ideal place to start. Though it has grown considerably in the past three decades, Jiminy is still basically an intermediate mountain, with lots of cruisers — wide open and not very steep trails — perfect for beginner and intermediate skiers.

Jiminy does have some steep spots that are accorded one or even two black diamonds, but they are mostly groomed and therefore not as knee-weakening as steep mogul runs.

Though it may not qualify as a trend, Chuck Seymour, director of Jiminy’s Ski and Snowboard School, said he sees several people of a certain age getting back on the boards every year.

After 30 years, George Luft decided to brave the slopes to return to skiing this winter.

"If you are an outdoor-type person, there is no reason not to get back into skiing, or start for the very first time, no matter what your age," Seymour said. "Why would you want to stay indoors and be a couch potato when you can get out in the fresh air and sunshine and make some turns?"

Especially after a small-group lesson with one of Seymour’s staff, George found that skiing is like riding a bike — at the end of his first day he said he was skiing as well as he had as a high school kid. After his second day, he was sure he was better than ever, and had even carefully negotiated the steepest trails on the mountain.

Like bikes, skis have changed over the years — the shaped or parabolic skis that came out about five years ago are now basically the only ones on the market.

"It’s like pointy-tipped arrows that you had to maneuver," he said. "That’s why I’m not interested in them now."

"I like the downhill the best," he said. "I like the adrenaline rush and I like the speeds."

Winter sports continue to grow in popularity, like skiing. As Seymour said, "It’s a way to get out and enjoy the great outdoors, it’s a great exercise and it’s just plain fun!"

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recreational skis on the market. I don't know how or why the hourglass-shape of the new skis works, but they make turning a lot easier, particularly for beginners, but also for more advanced skiers who can find themselves in tight spots in a mogul field.

Boots these days are actually warmer and comfortable, a signal change from 30 years ago, and bindings are safer than ever. For middle-aged returning or new skiers, "It's a lot less physically demanding and easier to ski now with the new shape of the new skis," Seymour noted. "The one thing that I would recommend to anyone returning to the sport after time away is that they take a lesson. The new equipment is even easier to use if you learn how to use it from a professional."

At Jiminy Peak, snowmaking and grooming covers the entire mountain (except for glades), providing consistent packed powder conditions even when the last storm was weeks ago. And every night, grooming machines chop up and smooth out the surface so that the hard-packed granular that can develop after a long day of skiing never gets a chance to become ice. While 30 years ago, two T-bars got you about two-thirds up the mountain and slow lift lines were an unavoidable part of the skiing experience, Jiminy now has three chairlifts to the top, including a high-speed detachable six-person chair that speeds to the top in five minutes, as well as another four-person chair to an adjacent peak and two chairs serving the lower part of the mountain. As a result, Jiminy, like most mountains these days, has no lift lines longer than a few minutes.

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Organic foods: naturally a good choice

By DONNA J. BELL

If you want to get back to the basics, think organic. "Basically, organic food is raised without pesticides or chemical fertilizers," said Georgia Decker, nurse practitioner. "Organic refers to the way foods and fibers such as cotton, are grown and processed. The word "organic" on the label shows the farmer practices agriculture in balance with nature, using methods and materials which are of low-impact to the environment. According to a recent issue of Supermarket News, 40 percent of Americans say organic products will become an increasing part of their families' diets. Driving this interest in organic foods is concern about bacterial contamination of food, the use of growth hormones and antibiotics in animals, and residues of synthetic pesticides and fertilizers. "People are linking cancer and other diseases back to the chemicals we are putting in our diet," said Grimes, adding that when you choose to eat organic you are really choosing a new way of living. "We are the first organic restaurant in the Capital District," Grimes said. "If you choose the lifestyle, you are basically saying I'm not going to eat out," so people are happy that we are now here." Prior to the passage of the Organic Food Production Act (OFPA) in 1990, private and state agencies had been certifying organic practices, but there was little uniformity in standards, and therefore no guarantee that organic meant the same thing from state to state, or even locally from certifier to certifier. The purpose of the 1990 law was to establish national standards for the production and handling of foods labeled "organic." The OFPA allows for state standards that are more restrictive than the federal standards, but the USDA must approve them. "One of best things you can do for your diet is to seriously eliminate processed foods and stay away from the chemicals," said Georgia Decker, a nutritionist and nurse practitioner. "You want your nutrition to give you something." The new back-to-basics movement is a trend that never really left, Decker noted. There has always been a market, be it smaller, for "natural" products. Decker, who frequently lectures on nutrition in the Capital District, puts an emphasis on "nutritionally dense" foods. Locally, the Honest Weight food co-op, located at 484 Central Avenue in Albany, offers organic produce, herbs and personal care products. Member-owned and -operated, the co-op is open to the public; Grimes recommends it to his patrons. No matter what diet-style you choose Decker says you have to come back to the individual. "Diet isn't a four-letter word it's about nutrition and lifestyle," Decker said. "You have to take into consideration the person's lifestyle and separate the dogma from the doctrine."
Gyms see resurgence in interest

By KATHERINE MCCARTHY

Another year, another New Year's resolution to get in shape. Local fitness experts are seeing a reflection both of Sept. 11 and the ever-aging of those who have hung in there against the odds of others affecting one's attitudes towards exercise.

"For the first week after Sept. 11, there was a mad rush here by 7 p.m.," said D.J. Taylor, owner of Fitness For Her in East Greenbush, "I made my staff home early so they could be with their families."

Taylor initially feared that she would see a decline in attendance and membership for her women-only gym at 333 Delaware Ave.

"In times of stress, women cut out the extras for themselves," Taylor said.

Taylor is seeing a lot more mother/daughter teams.

D.J. Taylor

After the initial fall in September, though, an interesting thing started to happen. Women not only returned to their exercise programs, but brought their families with them.

"I'm seeing a lot more mother/daughter teams," Taylor said.

Taylor accepts members as young as 15, as long as they are at least 5 feet tall, and use the adult circuit machinery under supervision.

"Teen years are often a time of separation, but this is something my girls and daughters can share," Taylor said. "Sometimes they work out together, sometimes separately, but they're free to do their own thing.

Taylor is also seeing an increase in members between the ages of 25 and 35.

"This is usually our smallest group, because these are the baby years for these women," Taylor said. "Women are coming in with their infants, and carry them in their car or infant seats from station to station."

Fitness For Her offers child care during the busier times of the day, but the 25- to 25-year-old women with their babies are filling the mid-day hours, which had basically been a down time for the gym.

"People want their kids with them," Taylor said. "We're seeing a revival of the family unity we grew up with.

At Delmar Health and Fitness at 28 Hudson Ave., owner Mike Mashuta has also seen a resurgence in attendance after a slower autumn.

"Our membership went down after Sept. 11," Mashuta said, "and the prolonged good weather kept a lot of people outdoors instead of coming into the gym. As winter hit, and people are getting more realistic about their exercise program, more people are coming out on a more continual basis."

Often, Mashuta said, people join a gym and don't come that much. This year, though, people are putting real muscle into their workout time.

"People are coming in four or five times a week," Mashuta said, "and some people are coming in twice a day."

To Mashuta, the reason is clear.

"It's mostly stress reduction," he said. "It's a vent to get away from the challenges of the stock market, and the challenges of the new world."

Gyms like Mashuta's are adding new programs to help meet those challenges.

"We've added mat Pilates and yoga," said Mashuta, whose gym also offers a pro golfer and golf-club fitting services. "Pilates works the body from the core, so you can elongate your musculature. Yoga works on both breathing and with your mind."

These exercises offer an adjunct to the traditional cardiovascular equipment, weight machines, free weights and aerobics classes that Delmar Health and Fitness offers.

"We've also added another personal trainer to work with people in the evenings and on weekends," Mashuta said.

At Fitness For Her, Taylor has also added yoga classes, an off-site conference, and monthly seminars in self-defense and nutrition, which are free to members.

"We also have a guest speaker once a month to address topics of interest to women, like eating disorders, pregnancy and breast cancer," Taylor said.

Taylor has also expanded some of the traditional areas of the gym, adding elliptical trainers and treadmills.

At Progressive Health and Fitness at 3115 Drywall Lane in Voorheesville, owner Mike Braet has seen an increase in popularity in elliptical trainers, exercise machines that offer the combined benefits of cross-country skiing and a treadmill, without less stress on your knees.

"We're seeing more seniors exercise than in the past," Braet said. "As the baby boomers are getting to retirement age, they are realizing that they have to do something to stay in shape to enjoy the longer life expectancy that they hope for.

At Curves for Women in Glenmont's Town Plaza, owner Kalinah Jenkins is pleased that so many women are taking advantage of the program that acknowledges the time crunch that most women face.

"This is a circuit-training system, based on QuickFit equipment that's exclusive to Curves," Jenkins said. "In 30 minutes, you get a complete workout."

Curves has opened in Glenmont for 14 months and Jenkins has opened a second franchise in East Greenbush. There are other Curves in Saratoga, Rotterdam and Guilderland.

"Entrepreneur magazine named Curves the No. 3 best franchise in its 2002 list of top 500 franchises," Jenkins said. "Our business in Glenmont has been phenomenal. This is a women's only facility that offers the type of program where anyone can feel comfortable."

The QuickFit equipment is hydraulic, Jenkins explained, which makes it as gentle as a water workout.

"It works like shock absorbers," Jenkins said. "Also, stronger people increase the resistance and get a harder workout, whereas people who work out more slowly also get the appropriate resistance."

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Fitness is important for children

By ANDREW GREGORY

With Play Station 2, DVDs and PC, gaming, it’s getting more and more difficult to get kids to exercise. It’s a problem that’s plaguing the youth of the nation.

Every day, kids are willing to trade fresh air for the thrills of technology. And sad to say, millions of parents aren’t doing anything about it. Parents will often sit idly by and let modern advancements baby-sit their kids. Well, enough is enough.

It’s time to get your kids into shape.

Mike Mashuta of Delmar Health & Fitness is passionate about getting kids into shape.

“It’s not just a matter of getting physically fit, it’s a matter of becoming mentally fit,” he said.

According to Mashuta, kids who look good will feel good.

This linking of physical fitness to mental fitness is what drives Mashuta and his staff to continue youth fitness programs.

“It’s a great feeling to see a kid’s self-esteem improve after a great workout. The overall improvement is almost instantaneous,” he said.

Delmar Health & Fitness (located at 28 Hudson Ave.) offers a wide range of activities for kids of all ages.

Programs involving flexibility and stretching are recommended for younger kids.

“Stretching is a great way to get younger kids into fitness because they can lead to more advanced activities like pushups and/or sit-ups later on,” Mashuta said. These stretching and flexibility classes are usually held on Saturdays from 11:30 a.m. to 12:30 p.m. Fortunately, for parents and kids, Mashuta’s staff has lots of experience with kids.

“Rose Altamari does such a great job with those classes. She’s been teaching for 20 years, and she knows how to get kids into fitness,” Mashuta said.

There are other programs, like cardiovascular and light weight training, available for older kids, as well.

Exercising is only half of the battle. “I think kids need to eat healthier as well. That’s essential to proper development. It all really falls under the concept of parental involvement,” Mashuta said.

“Kids will be more excited about fitness if their parents are active with them.”

Kathy Fisher of the Albany Jewish Community Center (located at 340 Whitehall Road in Albany) also believes that kids can come to like a fitness program.

“There’s a certain enjoyment kids get when they do activities with their parents,” she said. “We strongly encourage parents to participate in our various youth fitness programs.”

At Albany JCC, youth fitness is geared toward all ages.

“We have a wide age range for our activities. It’s great to see older kids helping some of the younger kids to get fit,” Fisher said.

There is definitely a team atmosphere involved. Fencing, basketball, volleyball and ski programs often place children in group setting which helps in the socialization process.

“We feel that kids should work on their mental health as well as their physical health,” Fisher said.

On a personal note, I can attest to the connection between physical health and mental health.

Ranining has always been an activity that I love to do. From the first run that I took with my father around the high school track to my last track meet as a collegiate athlete, running has provided me with a sense of pride and a source of energy.

So parents, for the sake of your children, get them into some kind of physical activity. You don’t have to go on 10-mile hikes or endure a grueling weight-lifting session. A simple game of catch will let them know that you care about their physical and mental well-being.
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### Obituaries

**Dorothy Robinson**
Dorothy G. Robinson, 99, of Saratoga Springs and formerly of Delmar, died Friday, Jan. 19, at Wesley Health Care Center in Saratoga Springs.

In Detroit, Mich., she was a founding member of Literacy Volunteers in Albany. She remained active in the organization throughout her lifetime.

Robinson was responsible for Delmar, died Saturday, Jan. 19, at Albany Medical Hospital and a member of its auxiliary. She was secretary to the director of the Volunteer Office for 10 years before she retired.

Mrs. Robinson was a member of First United Methodist Church in Delmar and Presbyterian Church in Saratoga Springs Congregational Church in Saratoga Springs, where she was a deacon Saturday, Jan. 19, at the Silver Bay Association in Lake George for many years. She enjoyed reading, cooking, and travel.

She was the widow of George B. Robinson.

Survivors include a son, Thomas C. Robinson of San Francisco; a daughter, Martha Varney of New York; five grandchildren; and six great-grandchildren.

A memorial service is scheduled for Thursday, Jan. 24, in the activity room at Wesley Health Care Center.

Arrangements are made by the Meyers Funeral Home in Delmar.

Contributions may be made to the Silver Bay Association Foreign Students Scholarship Fund, Silver Bay, 12874, Literacy Volunteers of Saratoga County, 49 Henry St., Saratoga Springs, 12866 or Presbyterian-New England Congregational Church of Saratoga Springs, PO Box 582, Saratoga Springs 12869.

**Mary Veronica Kelly**
Mary Veronica “Vee” Kelly of Brewer, Putnam County, and formerly of New York City, died Wednesday, Jan. 16, at Putnam Ridge Nursing Home in Brewer.

Born in New York City, she worked at her parents’ store in Yonkers as a teen-ager. She was part owner of V. O’Connor’s Dry Goods & Linens in Yonkers. She was the widow of Francis Gerard Kelly.

Survivors include two sons, Robert G. Kelly of Delmar and Paul Kelly of Brewer; a sister, Anne Petrick of Clearwater, Fla.; and five grandchildren.

Services are scheduled to be held on Saturday, Jan. 19, at St. John the Evangelist Church on East Main Street in Pawling.

Arrangements were made by the Meyers Funeral Home in Delmar.

Contributions may be made to Ronald McDonald House Renovations, 130 St. Lake Ave., Albany 12208.

**James Bulger**
James T. Bulger, 54, of Slingerlands died Saturday, Jan. 19, at his home.

Born in Albany, he was a graduate of the State University of New York at Albany and a member of its alumni association.

Mr. Bulger worked for the State University of New York in various management positions.

He was vice president and executive director of the North Eastern New York Consortium at Empire Blue Cross and Blue Shield in Albany and served as northeastern regional vice president of Value Behavioral Health.

Until he became ill, he was executive vice president and COO of Managed Physica Networks.

He was the recipient of many awards for public service.

Survivors include his wife, Wendy Jacques; two sons, Bryan Bulger of Greenwich, and Matthew Bulger of Lyndhurst, N.J.; a daughter, Jessica Bulger of Greenwich; two stepsons, Brian Hudsman of Glens Falls and John C. Hudsman of Saratoga Springs; and two step-grandchildren.

Services were from Mount Moriah Church, Arrangements are made by Fasan Funeral Home in Glens Falls.

Contributions may be made to the Hope United Methodist Church, 2120 South Broadway, Troy 12180 or to the Beechwood Resident Fund, c/o Marie Rourke, Beechwood, 2218 Burdett Ave., Troy 12180.

**Karin Hudsman**
Karin R. Hudsman, 47, of Glens Falls died Tuesday, Jan. 15, at home after a long illness.

She was a member of Mount Moriah Church and a volunteer for the Lake George Sailing Club.

Survivors include her husband, John C. Hudsman III; a daughter, Jessica Hudsman of Saratoga Springs; a stepson, Eric Hudsman of Glens Falls; a daughter, Joy Hudsman of Clifton Park; two stepdaughters, Briana Hudsman of Glens Falls and John C. Hudsman of Saratoga Springs; and two step-grandchildren.

Services were from Mount Moriah Church.

**Pattie Douglas**
Pattie J. Douglas, 56, of Gran Hill Road in Delmar, died Tuesday, Jan. 15, at his home.

Born in Summit, N.J., he had lived in Delmar for 25 years.

He was employed as a teacher for 32 years at Voorheesville Consolidated School, retiring in June 2000.

He was a communicant of St. Matthew’s Church in Voorheesville.

Mr. Douglas was a member of the New Scotland Kiwanis and Dyecore Country Club in Coeymans.

Survivors include his wife, Judy Blair Douglas; a son, Christopher Douglas of Schenectady; a daughter, Bethany Douglas of Voorheesville; and two stepsons of Lee’s Summit, Mo., and Paul Douglas of Pompano Beach, Fla.

Services were from St. Matthew’s Church in Voorheesville.

Contributions may be made to St. Matthew’s Church in Voorheesville.

**Catherine Kraus**
Catherine M. Kraus, 90, of Delmar, died Monday, Jan. 14, at Good Samaritan Nursing Home in Delmar.

In Delmar, she lived for many years, and before that, in Colonia and Pilot Knob on Lake George.

She was retired as head of the fabric department and buyer for the former John G. Meyers Department Store in Albany, where she worked for 25 years.

She was a member of the Glen Falls Hospital Guild and the Lake George Garden Club.

She was the widow of Andrew Kraus.

Survivors include four sisters, Margaret McCullen of Colonie, Corinne Paladino of Clifton Park, Cornelia Palmer of Danvers, Pa., and Gertrude Pappalua of Florida.

Services were from Our Lady of Angels Church in Albany, with burial in Our Lady of Angels Cemetery in Delmar.

Arrangements were by Keenan Funeral Home in Albany.

**Burna Larrow**
Burna M. Larrow, 96, of Delmar, died Saturday, Jan. 12, at Good Samaritan Lutheran Health Care Center in Delmar.

She was the wife of the late Howard Larrow.

Survivors include a daughter, Barbara Larrow of Delmar; 16 grandchildren; and 15 great-grandchildren.

Services were from Phillips Memorial Home and St. Paul’s Episcopal Church, both in Waddington, St. Lawrence County.

Burial was in Brookside Cemetery in Waddington.

Contributions may be made to Bethlehem Children’s School, Box 256, Slingerlands 12159.

**Beatrice Taylor**
Beatrice Taylor, 80, of Delmar and Florida died Tuesday, Jan. 8, at Capital Medical Center in Florida.

Mrs. Taylor was a registered nurse. She retired as assistant director of Nursing Services at Albany Medical Center Hospital.

Survivors include two daughters, Pat Cummings and Janis Parker of Delmar; a granddaughter; and two great-grandchildren.

Contributions may be made to My Way, 2000 Hudson Humanic Society, Oakland Avenue, Menands 12201.

**Club schedules dinner meeting**
The Men’s Garden Club of Albany will hold a dinner meeting on Thursday, Jan. 24, at 6:30 p.m. at the Quality Inn on Route 9W in Glens Falls.

The guest speaker will be Dr. Robert W. Smith, who will discuss “Children’s Garden Programs.”

Reservations can be made by calling Henry Fox at 438-7250.

**Snowshoe walk set at Five Rivers**
A snowshoe walk is slated for Saturday, Jan. 26, at 2 p.m. at Five Rivers Environmental Education Center on Game Farm Road in Delmar.

Educators will help beginners with some basic techniques, followed by a short walk on one of Five Rivers trails. A winter exercise, snowshoes and tracks will be highlighted on the walk.

Call to reserve snowshoes by Thursday, Jan. 24. There is a limited number of children’s snowshoes. If there is no snow, the walk will be on foot.

Participants should dress for the outdoors for this free program.

For information, call the center at 456-0552.
Reedus, Aylward to wed

Marcia Reedus, daughter of Sue and George Pfeiffer of Gaitersburg, Md., and Michael Aylward, son of Geraldine and Harold Morgan of Delmar, are engaged to be married. The bride-to-be is a graduate of Seneca Valley High School and the University of Maryland. She is an associate buyer at Lockheed Martin in Gaithersburg. The future groom is a graduate of Bethlehem Central High School, SUNY Oswego and is currently attending John Hopkins.

He is a subcontractor administrator for Lockheed Martin. The couple plans a May 18 wedding.

Duffy, Villarreal to marry

Jennifer Duffy, daughter of Catherine and Dr. William Duffy of Slingerlands and of Marcelo Villarreal of Monterrey, Mexico, are engaged to be married. The bride-to-be is a graduate of Bethlehem Central High School and the College of the Holy Cross. The future groom is a graduate of Ecole Nationale des Pontes et Chaussees in Paris, France. He is an architect in Montreal.

The couple plans an April wedding.
The annual Update edition of Spotlight Newspapers will be presented in two parts for 2002. The first part, to be published February 13, will focus on Business and Finance and the second part, scheduled for February 20, features Services.

--- PART ONE ---

**Business & Finance**

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--- PART TWO ---

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The Spotlight Newspapers

The Capital District's Quality Weeklies

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The Spotlight • Colonie Spotlight • Loudonville Spotlight • Niskayuna Journal • Rotterdam Journal • Scotia-Glenville Journal • Clifton Park/Hallmoon Spotlight • Guilderland Spotlight
Conrad Veidt as Gwyplaine in the 1928 silent film, "The Man Who Laughs."
New York State Museum Annual Sculpture and Objects of Art, 1929-1940, through March 17, 11 a.m.-5 p.m. Free. Information: 473-2724.

ALBANY INTERNATIONAL AIRPORT GALLERY
Private Eye, unusual local collections, third floor of terminal building, through March 17, two hours past opening, information: 242-7341.

LOCAL COLOR ART GALLERY
961 Top-Schrenckey Road, Latham, "An 87 Year History", through July 1.

MUSIC
METAMORPHOSIS CHAMBER ORCHESTRA

PHONETIC LEISURE
The Van Dyke, 226 Lincoln St., Schenectady, Jan. 25, 7 and 9 p.m., $11. Information: 283-1411.

JAMES CUSTOM BLUES BAND

CYRUS CHESTNUT
The Inn, 235 River St., Schenectady, Feb. 26, 9 p.m., $22. Information: 292-1111.

MARLIE GIASTI FEST
with a quartet of guest artists, The Egol, The Empire State Plaza, Schenectady, Jan. 30, 8 p.m. and 12:15 p.m. $12. Information: 346-4504.

ALBANY CENTER GALLERIES
Metawak-Hudson Regional (traditional), featuring works by Warren Cochrane, Ellen DeMarco Cervera and Rob O'Neal, through Feb. 15, closing reception on Jan. 30 from 5 to 8 p.m. $16 Washington Ave. information: 462-4775.

ANCIENT VISUALS

ALBANY INSTITUTE OF HISTORIC AND ART
Circ 1900. From the greatest tradition to the Jazz Age, American art at the turn of the 20th century, plus exhibits on Hudson River School painting, the Albany Armory Banner of 1864, American sculpture, Equal rights history of Albany, 125 Washington Ave. Information: 463-4618.

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**THE SPOTLIGHT CALENDAR**

**Jan. 23, 2002 — PAGE 23**

**BETHLEHEM CENTRAL LAB SCHOOL**

THE LAB SCHOOL is sponsoring a Garage Sale on Saturday, February 2nd, from 9:30 a.m. until 3 p.m. in the Bethlehem High School Cafeteria. This fund raiser will benefit the Lab School's Field Trip to Washington DC, 2002.

**BINGO**

elk lovers Lodge, 11th, 7:30 p.m.

**NEW SCOTLAND**

**NURSELY FEEDING STATION**

Bethlehem Central Library, 101 Elm Avenue, 7, p.m. Information, 439-6900.

**NEW YORK**

**CASEY'S CAFE**


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(2) 120 River Rd. Avenue, Altamont - Main (Shaker Road)
ARTICLES OF ORGANIZATION OF SDH
Under Section 203 of the Limited Liability Company Law of the State of New York, the undersigned is authorized to execute and file these Articles of Organization.

THE FIRST: The name of the limited liability company is SDH.

THE SECOND: The county of the principal place of business of said limited liability company is Albany.

THE THIRD: The limited liability company shall conduct its business in the State of New York, including the City of New York.

THE FOURTH: The address which shall be maintained by the limited liability company for service upon it of any process, notice or demand that may be served in any legal action against it is:

11 North Steuart St., Room 310, Washington, D.C. 20004

THE FIFTH: The limited liability company is to engage in any lawful act or activity.

The purpose of the limited liability company is to engage in the business of a real estate development company and to do all other things necessary, proper and incidental thereto.

The limited liability company is not formed for the purpose of engaging in any unlawful act or activity.

IN WITNESS WHEREOF, the undersigned parties have subscribed their names and affixed their seals, this 27th day of May, 2002.

[Signature]

[Signature]

[Signature]

[Prepared by]

[Prepared by]

[Prepared by]

[Rev. 10/2001]

[Rev. 10/2001]

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LEGAL NOTICE
Pursuant to the New York Limited Liability Company Law, LLC publishes this notice for the purpose of informing the public of the formation of: Romaine Brothers Realty, LLC, (the "Company") an unlimited liability company that was filed with the Secretary of State on January 13, 2003. The Company was incorporated under the laws of the State of New York. The principal office of the Company is located in Albany, New York. The Secretary of State shall mail a copy of any process against the limited liability company upon which process may be served. A copy of any process against the limited liability company may be served upon the Secretary of State, New York State Office, 211 State Street, Albany, New York. The Secretary of State shall mail a copy of any process against the limited liability company to the address of the registered agent designated as agent of the limited liability company upon which process may be served. Registered agents may be designated under the laws of the State of New York. The Articles of Organization for the Company were filed with the Secretary of State on January 13, 2003. The Company is authorized to transact any lawful business. The purpose for which the Company is formed is any lawful activity. The County of organization for the Company is Albany County. The location of the Company is to be located in the County of Albany. The Secretary of State shall mail a copy of any process against the Company at 9 Cobbee Road, Latham, New York, on which process may be served. A copy of any process against the Company shall be served upon the person described in the Articles of Organization and any process against the Company shall be served on Franklin A. Tate, Jr., Attorney in Fact for the Organizer.

NOTICE OF RECEIPT OF TAX ROLL AND WARRANT
Tribble & Von Ahn, CPAs, LLP, a Certified Public Accountant of the New York Secretary of State, has received a Juried roll of taxable property as of August 28, 2002, for the purpose of preparing a tax roll and warrant. Any objections to the roll shall be brought to the Board of Assessment Review of Delaware County, 445 Delaware Avenue, Delmar, New York, on the date of opening. Notice of receipt of the roll and warrant shall be mailed to the Secretary of State, New York State Office, 211 State Street, Albany, New York.

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
The purpose for which the New York limited liability company was formed is any lawful activity. The place of business of the New York limited liability company is 89 Consaul Street, Suite 212, 2nd Floor, New York, New York 10013. The LLC shall be located in the State of New York. The LLC shall be formed on January 23, 2003.

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
The purpose for which the New York limited liability company was formed is any lawful activity. The place of business of the New York limited liability company is 2050 Federal Street, Suite 4, Dover, DE 19901. The LLC shall be located in the State of Delaware. The LLC shall be formed on January 23, 2003.

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
The purpose for which the New York limited liability company was formed is any lawful activity. The place of business of the New York limited liability company is 7176, Aria, of 9th floor, with the New York State Secretary of State. The LLC shall be located in the State of New York. The LLC shall be formed on January 23, 2003.

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
The purpose for which the New York limited liability company was formed is any lawful activity. The place of business of the New York limited liability company is 41 Federal St., Ste. 4, Dover, DE 19901. The LLC shall be located in the State of Delaware. The LLC shall be formed on January 23, 2003.

LEGAL NOTICE
Notice of Qualification of FINANCIAL SERVICES, LLC, an entity organized under the laws of Delaware, with the Secretary of State of New York on May 9, 2001. LLC formed in Delaware on December 11, 1990. The entity maintains its principal office at 1116 E. Park Ave., Albany, NY 12207, registered agent with the Secretary of State located at 211 State Street, Albany, New York, 12207. The entity has been designated as agent of LLC upon which process may be served. A copy of any process against the entity may be served upon the entity. Process shall be served and a copy of process shall be mailed to: Frank A. Tate, Jr., Attorney in Fact for the Organizer.

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
The purpose for which the New York limited liability company was formed is any lawful activity. The place of business of the New York limited liability company is 307 N. Pearl St., Suite 254, 2nd Floor, Albany, NY 12207, registered agent with the Secretary of State located at 211 State Street, Albany, New York, 12207. The entity has been designated as agent of LLC upon which process may be served. A copy of any process against the entity may be served upon the entity. Process shall be served and a copy of process shall be mailed to: Frank A. Tate, Jr., Attorney in Fact for the Organizer.

LEGAL NOTICE
Notice of Qualification of WYNKOPE TECHNOLOGIES, LLC, an entity organized under the laws of Delaware, with the Secretary of State of New York on May 23, 2002. LLC formed in Delaware on December 11, 1990. The entity maintains its principal office at 1116 E. Park Ave., Albany, NY 12207, registered agent with the Secretary of State located at 211 State Street, Albany, New York, 12207. The entity has been designated as agent of LLC upon which process may be served. A copy of any process against the entity may be served upon the entity. Process shall be served and a copy of process shall be mailed to: Frank A. Tate, Jr., Attorney in Fact for the Organizer.

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The purpose for which the New York limited liability company was formed is any lawful activity. The place of business of the New York limited liability company is 211 East, LP. The entity maintains its principal office at 1116 E. Park Ave., Albany, NY 12207, registered agent with the Secretary of State located at 211 State Street, Albany, New York, 12207. The entity has been designated as agent of LLC upon which process may be served. A copy of any process against the entity may be served upon the entity. Process shall be served and a copy of process shall be mailed to: Frank A. Tate, Jr., Attorney in Fact for the Organizer.

LEGAL NOTICE
Notice of Qualification of Life Enterprises, LLC, an entity organized under the laws of Delaware, with the Secretary of State of New York on May 31, 2001. LLC formed in Delaware on December 11, 1990. The entity maintains its principal office at 1116 E. Park Ave., Albany, NY 12207, registered agent with the Secretary of State located at 211 State Street, Albany, New York, 12207. The entity has been designated as agent of LLC upon which process may be served. A copy of any process against the entity may be served upon the entity. Process shall be served and a copy of process shall be mailed to: Frank A. Tate, Jr., Attorney in Fact for the Organizer.

LEGAL NOTICE
Notice of Qualification of Xerox Corporation, an entity organized under the laws of Delaware (DE) on May 9, 2002. LLC formed in Delaware on December 11, 1990. The entity maintains its principal office at 1116 E. Park Ave., Albany, NY 12207, registered agent with the Secretary of State located at 211 State Street, Albany, New York, 12207. The entity has been designated as agent of LLC upon which process may be served. A copy of any process against the entity may be served upon the entity. Process shall be served and a copy of process shall be mailed to: Frank A. Tate, Jr., Attorney in Fact for the Organizer.

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All line ads must be pre-paid in order for placement. Ads will appear in all eight newspapers, as well as on the Internet for the number of weeks requested.

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**Would You Like To Advertise Your Business In Our Papers?**

Give Us A Call At: 439-4949 To Place Your Ad Today!
HELP WANTED

ADMINISTRATIVE ASSISTANT. PT, for senior citizens' not-for-profit. Flexible hours. Must be detail oriented and have strong organizational, communication, and computer skills. Send letter and resume to: CASANYS, 95 Pine St C102, Albany, NY 12207

AQUATIC DIRECTOR FOR BETHLEHEM TOWN PARKS & RECREATION: PT from March to June, FT for summer. Responsibilities include operation of pool complex and supervision of aquatic programs. Experience preferred. For application call 439-4131.

CAAD TECHNICIAN: Entry to mid-level position requires experience preparing CAAD drawings for civil/environmental projects in AutoCAD Version 14 or above. Benefits. Send resume to Lamont Engineers, PO BOX 86, East Berne, NY 12059

HERBALIFE INDEPENDENT DISTRIBUTOR: Low 2-cents a week. Call for product information. Call 518-243-2004

SECRETARY ADMINISTRATIVE ASSISTANT: Fast paced position requires strong knowledge of Word 2000 and Excel. Good communication and organizational skills are a must. Benefits. Send resume to Lancert Engineers, PO BOX 86, East Berne, NY 12059

SURVEY TECHNICIAN: Entry level, PT/FT. Must have Driver’s license required. Benefits. Send resume to Lancert Engineers, PO BOX 86, East Berne, NY 12059

HAIR STYLISTS LARGE BEAUTIFUL COLONIE HAIR SALON (on Central Ave) is seeking FT/PT booth renters with clientele. First 4 weeks rent free. Also available, 9th room for massage or skin care. Call Colleen at 456-1965

HAIR STYLIST WANTED: Very busy salon in great location. Call John at 439-3406.

High-Paying Postal Jobs! No Experience Required! EOE, M/F. Duties include copying, faxing, telephone and general clerical duties. Hours are 8:30am to 3:00pm, Monday through Friday (some flexibility). Our benefit package includes a generous 401k plan, paid vacation, sick time, and health insurance. For immediate consideration, send resume to jobs@woh.com, fax resume to (518) 487-7805 or mail to HR Manager, Whiteman, Osterman & Hanna, One Commerce Plaza, Albany, NY 12203. No phone calls, please. Visit our website at www.woh.com

OWN A COMPUTER? Put it to work $38,000+ in your first year in Real Estate Sales. Find out more as you gain experience. This is a career, not just a job! Call For Free Career Packet Pat M. Epstein at Realty USA 370-0996 x225 or Email: pshermon@realtyusa.com

Hiring for The Holidays

“Hiring For The Holidays”

CLEANERS (Evenings)

Environmental Service Systems, Inc.

Environmental Service Systems, Inc. has immediate part-time openings in the Guilderland area. For a personal interview, please call (518) 458-8059 or 1 (800) 808-6599 or stop by our office at 85 Watervliet Ave., Albany. EOE

FLEXIBLE HOURS
EXCELLENT INCOME

We will show you how to make $38,000+ in your first year in Real Estate Sales. Find out more as you gain experience. This is a career, not just a job! Call 1-800-457-9966.

PART-TIME DATA ENTRY/CUSTOMER SERVICE

Call 518-368-3715 for more information.

The Business Directory provides you with an affordable way of getting your business name out to our local weekly readership.

Effective January 2nd, 2002 The Spotlight Business Directory will offer a 1x2 ad for the cost of a 1x1 ad.

This special offer will run until our January 30th edition.

Call 439-4940 now for more information regarding The Spotlight Business Directory.

Let Our Little Ads Get You Big Business.
ECONOMIC DEVELOPMENT DIRECTOR
TOWN OF BETHLEHEM INDUSTRIAL DEVELOPMENT AGENCY

The Bethlehem IDA is a public benefit corporation of the State of New York undertaking development projects that include manufacturing, warehousing, research, commercial, industrial, and recreation. The Director will report to the IDA Board providing specialized project administration for development of a technology and business park located in the Town of Bethlehem, Albany County, New York. This includes the administration, coordination and analysis of functional areas relative to development of a business park. The Director will also be responsible for preparing and analyzing various reports and assistance in preparing for and giving presentations to IDA Board, Town and School Boards, and the at-large community.

Seeking individual with thorough knowledge for planning, development, construction and creation of a technology and business park and experience with facilitating and working with planning, zoning and building departments and their staff. Candidates must possess strong interpersonal skills, excellent oral and written communication skills and superior organizational project management and analytical skills. Compensation package commensurate with experience. Please send cover letter and resume to:

F. Michael Tucker
Chairman, Town of Bethlehem IDA
445 Delaware Ave.
Delmar, NY 12054

American's Air Force: Jobs available in over 150 specialties, plus up to $12,000 enlistment bonus. Up to $10,000 student loan repayment. High tech training. Tuition Assistance. High school grad age 17-19 or prior service members of any age. Call 1-800-423-USAF or visit www.aforce.com. AIRFORCE

Avon Entrepreneur wanted. Must be willing to work wherever you want. Be your own boss and enjoy unlimited earnings. Let's talk 888-662-4053

Avon has an immediately available WANTED Part Time, 1-2 days/week. Internal medicine office/Stirling/Englewood. Call: 458-1964 or apply online to P.O. Box 810, Stirling, NJ 07079.

Driver: Swift Transportation is looking for Exempt over-the-road drivers. 3-4 weeks out, home weekends. For application and more information, call 1-800-243-9300 or visit www.avon.com.

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With 27 years of medical staffing experience, Nursefinders knows what you need.

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• Instant Pay...Flexible Schedules
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Apply on-line at www.Nursefinders.com/apply

We At Nursefinders Love Our Nurses. Thank you for all your support!

Albany - 518-458-2778, 1-866-221-3763
Binghamton - 607-729-3266, 1-866-730-7213
Syracuse - 315-473-9480, 1-800-721-8760

NURSE PART-TIME - 1-2 days/week. Internal medicine office/Stirling/Englewood. Call: 458-1964 or apply online to P.O. Box 810, Stirling, NJ 07079.

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F. Michael Tucker
Chairman, Town of Bethlehem IDA
445 Delaware Ave.
Delmar, NY 12054

SPOTLIGHT ON EMPLOYMENT

January 23, 2003 — PAGE 29

2pm, Monday-Thursday, November

PAYROLL BENEFITS COORDI-
NATOR (PT 20 hrs per week)
-Duties include: Processing bi-
weekly payroll, benefit admis-
sion, database maintenance and the like. Thre-teen days work knowing of ADP for Windows or similar software. E-
m ail resume to jobs@wcm.com.

For 911 call to officer, or mail to
HR Manager, Wetsleman, Otsman & Hearn, One Com-
merce Plaza, Albany, NY 12208.

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REAL ESTATE SALES
Astonishing opportunity to be a part of the Real Estate Industry. Looking for new people everyday, help them find their dreamhouse! Interested? Send your resume to: Osterman & Hanna, 12260.

INTERESTING and exciting work, meet interesting people. EARN $50,000 a year, 100% financing available, immediate opening for CDL School since 1995. 1-800-625-5937.

FEDERAL POSTAL JOBS! Job opportunities. Free call for application/information/retirement/hiring in select areas! Full benefits 1-800-842-1704 ext 1657 mnd -cnw days...

GOVERNMENT POSTAL JOBS! Up to $47,578 or more. Now Hiring. Full benefits, training, and retirement. For application and more information call: (800)937-9703 Dept 3-P-377 8am-7pm 7 days.

DRIVER CDL(A) KLLM RE-
gions: Up to 40 Condos. Home duties. 81,000 bonus ORIGI-
NATION IN CARLISLE, PA. EOE
800-925-5564 or KLLM.com

DRIVER JOBS! No experience necessary. CDL, truck driving ca-
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 diate opening for CDL School since 1995. 1-800-625-5937.

"No more boring 9-to-5 job!"
Start an EXCITING NEW CAREER!
Be JOB READY in 60 Days or less!
Average first year salary of $28,000 to $32,300. Opportunities available for Local, Regional and Over-The-Road driving for NTTS graduates.

We offer the following:
• Paid Vacation
• Major Medical
• Paid Sick Time
• Dental Plan
• 401K
• CDL training, if necessary. Average first year salary of $32,000 to $36,000.

Nursefinders®
The Professional Choices

With 27 years of medical staffing experience, Nursefinders knows what you need.

Get Your Career Started Today!

You Need
• Highest Pay...Overtime After 32 Hours
• Instant Pay...Flexible Schedules
• Blue Choice Insurance • Self-Booking
• Referral Bonus...40K

Apply on-line at www.Nursefinders.com/apply

We At Nursefinders Love Our Nurses. Thank you for all your support!

Albany - 518-458-2778, 1-866-221-3763
Binghamton - 607-729-3266, 1-866-730-7213
Syracuse - 315-473-9480, 1-800-721-8760

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SpotlightNewspapers
currently has openings for part-time drivers in the circulation department. Responsibilities include delivering newspapers to newsstands, collecting remaining copies of the previous edition and recording number sold. Hours are during the day and applicant must have a clean, valid drivers license.

If interested
contact Gail Harvey at
439-4940

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No One Lists Their House In The Winter
That's Why YOU SHOULD!!!
(We Have Buyers Now)
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THE FARSTEIN GROUP

Beautiful Things Await You!
Clear driving vision is no accident

"I never saw him coming."

You've just read one of the most common complaints from drivers who have experienced an accident. Missed visual cues—whether they're traffic signs, other cars, pedestrians or various road hazards—can quickly become accidents when drivers don't see them in time to react properly.

"Approximately 90 percent of driving is visual, so visibility is a crucial factor," says Chuck Schwartz, vice president of National Safety Consulting Services, Inc., a firm specializing in driver training and safety education.

"Recognizing a hazard in time to do something about it can make all the difference in averting an accident."

Driving visibility is further compromised during periods of inclement weather, when rain can obscure the view through your vehicle's windshield and side glass. Keeping your windshield wipers clean and in good repair is important, but there is more you can do to improve your driving vision.

"Today's professionally applied rain repellent windshield coatings, such as Aquapel Glass Treatment from PPG Industries, actually repel moisture from auto glass and reduce glare, especially at night. The result is better vision, and increased time to respond to road hazards."

"Aquapel causes rain to bead up and shed off your windshield, clearing your driving view," says Bob Howard, manager of Aquapel Glass Products. "When applied to side glass, it also improves peripheral vision."

A study by the University of Michigan's Transportation Institute found that rain repellent, or "hydrophobic," glass treatment can improve a driver's visual acuity by up to 34 percent over an untreated windshield. Response time in identifying a small target improved by 25 percent, from four seconds to three seconds.

"A vehicle traveling just 40 mph travels 58 feet in one second, so even a split second gained from enhanced visibility can help to prevent an accident," says Howard.

Aquapel's advanced fluoropolymer chemistry remains effective through months of normal driving and car washing, and offers an extra benefit: It makes bugs, ice, snow and road dirt easier to clean from your auto glass.

Aquapel is professionally applied at many fast-lube centers, car dealerships, auto service and detail centers nationwide. For more information, visit the web site at www.aquapel.com, or ask your automotive service professional about Aquapel.

Driving visibility remains an important factor in accident prevention. Always keep your windshield clean and in good repair, and consider professional application of rain repellent treatments to your auto glass for improved vision.
wonderful people. They provided incredible service and made the store thrive. They also supported the schools, the fire company, the American Legion. They personally participated in the community, and everyone admired them.

Herb Reilly, former town supervisor, and owner of Reilly & Son Funeral Home, expressed sadness at Nichols’ death, and pointed out how SuperValu has supported the Kiwanis over the years.

"The Kiwanis used their facility to sell Christmas trees, and they even let us hold a barbecue there in the spring," Reilly said. "We always sold the Bells of Life to benefit Albany Med's pediatric intensive care unit, and we always sold a few bells at SuperValu."

Reilly said that although Nichols was the head of a large corporation that employed more than 100 people, he was always very approachable. "He was very relaxed and easy to deal with," Reilly said. "He wasn't at all wood."

Quite the contrary, according to Clark, who also spent weekends肝脏ing with Nichols. "He was a spirited man with a great sense of humor and goodwill," Clark said. "You'd go into the store and hear Jim's energetic daughter laugh down the aisles."

Mark and Kathy Switzer are close friends of the Nichols, and saw a lot of that spirit in the years that the family lived in Voorheesville.

"We're pretty much in shock," Mark Switzer, who learned about his friend's death when Elaine Nichols phoned him on Saturday evening, said. "I had worked in the grocery business with A&P, and Jimmy had too. So, we had that sense of camaraderie," Switzer said. "We were soul mates, we enjoyed the outdoors, hunting, canoeing, partying and dancing. Jim was a free spirit."

Switzer recalled in particular the trip that the two couples took to Puxatawney, Pa., on Groundhog Day in 1989 to see Puxatawney Phil make his proclamation about the rest of the winter.

"We brought along a stuffed groundhog that said, "Hi. This is Puxa- tawney." They also supported incredible service and made the schools, the fire company, the American Legion. They personally participated in the community, and everyone admired them."