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January 9, 2002

The Spotlight

Walk on by

JAN 09 '02

By KATHERINE MCCARTHY

There's a new kid in town — kind of. Last week, Marc Diefendorf, who has taught high school social studies in Voorheesville for the past 12 years and been the department chair for four, became the new principal of Clayton A. Bouton Junior/Senior High School.

Diefendorf had not thought about becoming principal himself when he became part of the committee that began looking for a new principal following William Furdon's departure to become high school principal in Queensbury last summer. All of the candidates had been outsiders.

"This district's tough on administrators," Diefendorf said, "and everybody here is satisfied in their jobs as teachers." When the hiring committee remained unenthusiastic about the candidates, some of Diefendorf's colleagues asked him to consider the position. "Before I did anything, I talked to our superintendent Alan McCartney," Diefendorf said. "I wanted to make sure that I wouldn't just be spinning my wheels by applying for the job."

I'm like a conciliatory candidate, one who builds bridges.

Marc Diefendorf

Apparently, those wheels have only taken him forward. Diefendorf had received a school administration certification to become chair of the social studies department, and that, combined with his Voorheesville experience, made him the district's choice for the job. In November, he got the word that the job was his; in the first week of January, he was still teaching his classes and settling

in to his new position. Next week, Interim Principal Ray Colucciello will depart, and Tom Gladd, an advanced placement history teacher from Cox-sackie, will take

over Diefendorf's classes. Social studies teachers Tom Kurkjian and Suzanne Hudacs will share the social studies department chair position in the spring semester.

Diefendorf, 52, is from McKownville and graduated from Vincentian Institute in 1967. He is married to Barbara White, a registered nurse.

One of Diefendorf's first goals as principal is to restore unity to the Clayton A. Bouton Junior/Senior High School, which had many members of the faculty, staff and community at odds about granting tenure to Furdon. Furdon was tenured shortly before his departure.

"I'm like a conciliatory candidate," Diefendorf said, "one who builds bridges."

Diefendorf would also like to establish a solid relationship with the middle level instructors, particularly as the building project continues with its estimated date of bringing the sixth grade to join the seventh through 12th grades by next September.

Diefendorf is likely to draw on his

□ PRINCIPAL/page 9

Vly water levels cause for concern

By JOSEPH A. PHILLIPS

An unusually dry summer and fall gave way to a nearly snowless December — leaving Bethlehem's public water supply as 2002 began with a shortage of near-emergency proportions, according to town Public Works Commissioner Bruce Secor.

In late November, the town posted an official first-stage "alert," in accordance with the town's water emergency plan, prompted by record-low levels in the Vly Creek Reservoir in New Scotland, the town's principal water source. By late December, the continuing decline of the reservoir below 70 percent of its seasonal average storage — and below 30 percent of its total capacity — triggered a second-stage "warning" to the system's consumers, Secor said last week.

Tonight, Secor will update the town board on the status of the reservoir — and might ask the

□ WATER/page 24

Village Stage gears up for 'Godspell'

By JOSEPH A. PHILLIPS

Bethlehem's gypsy community theater troupe, Village Stage, opens its 2002 season with the musical "Godspell" this weekend — finally.

The production, originally cast last summer and scheduled for fall, has been through two relocations and reschedulings, and "a lot of turnover, more cast members than there are performers appearing on the stage," said its director, Matthew Teichner.

The wait is over, as the musical — loosely based on the biblical parables of the Gospel of St. Matthew — takes stage at The Academy of the Holy Names on 1075 New Scotland Road at 8 p.m. Thursday through Saturday and 2 p.m. Sunday.

Tickets are \$12 for adults and \$10 for senior citizens and students.

"We usually do more traditional

musicals," said Holly Wilke, Village Stage president, the show's producer and a member of its cast of 11. "But this is not your traditional musical."

Company veteran Frank Leavitt is musical director of a cast mixing familiar local faces, including Wilke and BCHS grad Amanda Genovese, with area theater veterans Jon Favreau, who plays the Jesus-like lead. Newcomers include Steven Simpson, interim pastor at Ravena Congregational Christian Church.

"Godspell" will be Village Stage's lone full production in what Wilke described as a rebuilding year. "January is a very unusual time for Village Stage to be doing a production, but we had problems finding a venue," Wilke said.

Originally set for early November, a scheduling conflict forced relocation from Holy Names to Bethlehem town hall.

But difficulty securing the original dates at the heavily used town auditorium

caused the company to push its performances back to January. That necessitated recasting several of the original performers — and forced Wilke to step in as producer.

Village Stage also confronted in November the relocation of scenery and other company property formerly stored in a town-owned building on Elm Avenue that was condemned this fall, a year after it lost its roof in a windstorm.

"Village Stage would eventually like a permanent venue, but at present we don't have the funds to either build or rent a permanent space," Wilke said.

For reservations for "Godspell," call 437-0196.



Ainsely and Nieve St. James enjoy a walk on Salisbury Road in Elsmere with their parents Shawn and Brian.

Jim Franco



Bethlehem police arrest six for DWI

Bethlehem police arrested six people for driving while intoxicated (DWI) in late December and on New Year's Day.

Shortly after 11:30 p.m. on Thursday, Dec. 20, officer James Rexford observed a vehicle on River Road in Glenmont, drifting over the fog lines.

After conducting field sobriety tests on Michelle Marie Martino, 37, of 380 River Road, Glenmont, Rexford arrested her for DWI.

A second arrest occurred shortly after 3 a.m. on Dec. 23, after an accident on River Road, near Parker Road in Selkirk.

Jonathan Raymond Peatfield, 38, of 1182 River Road, reportedly dozed behind the wheel while southbound and ran off onto the shoulder. He struck a signpost and two telephone poles, shearing one of them off completely, and damaged fences and lawns of four residences before coming to a stop.

Bethlehem police and Albany

County paramedics responded at the scene, where Peatfield was treated for minor facial injuries.

Officer George Travis, assisted by Sgt. Thomas Heffernan and Officer Adam Hornick conducted field sobriety tests and charged Peatfield with DWI.

A Christmas Day arrest occurred at about 1:15 a.m. when Hornick, exiting Price Chopper Plaza in Slingerlands, observed a vehicle eastbound on LaGrange Road that reportedly ran a red light at the intersection.

Hornick stopped the vehicle on Cherry Avenue and conducted field sobriety tests on the driver, John David Phillips, 47, of 3 Capitol Ave., Delmar. Phillips, who refused any chemical tests, was charged with DWI, cited for his refusal and ticketed for failing to comply with a traffic-control device.

Phillips was also charged with criminal possession of a weapon, a misdemeanor, after a slingshot

was found in his vehicle and confiscated.

A fourth arrest stemmed from a vehicle stop on Route 9W in Glenmont on Dec. 28, shortly before 4 a.m.

Officer Chad Rice observed a northbound vehicle without a front license plate, driven by Sarah Beth Bedore, 23, of 276 Manning Blvd., Albany. After stopping the vehicle and conducting field sobriety tests and a preliminary screening on Bedore, Rice arrested her for DWI.

Rice also was responsible for one of two arrests made by Bethlehem police on the morning of Jan. 1. Patrolling in Slingerlands shortly after 2 a.m., he observed a vehicle, northbound on Thackeray Drive in the Terramere development, abruptly stopping short of the intersection with New Scotland Road and then backing up,

operating in an erratic manner.

Rice administered field sobriety tests and a preliminary screening on Andrew Michael Bennett, 34, of 10 Melody Drive, Niskayuna, and charged him with DWI, and several traffic violations.

Shortly after 6 a.m. that morning, Hornick observed a vehicle eastbound on Bridge Street in Selkirk, allegedly operating at excessive speed and crossing the center-line markings. He stopped the vehicle after it turned onto South Street and struck a traffic sign.

After conducting field sobriety tests, Hornick arrested Moss Edward Lane, 38, of 18F Meilaks Trailer Park, Selkirk, for DWI. Lane was also cited for speeding and failure to keep right.

All six defendants are due in Town Court on Jan. 22.

Police report two accidents

By JOSEPH A. PHILLIPS

Two accidents in Bethlehem on the morning of Dec. 26 sent two people to area hospitals with minor injuries.

According to police, the first was a rollover that occurred at about 7 a.m. on River Road in Glenmont, in the vicinity of Smultz Road. James Boyley, 72, of 20 John St., Selkirk, lost control of his southbound vehicle on a curved section of the road when he swerved to avoid a loose bag of trash in his path. The vehicle rolled about 50 feet before it came to rest on the west shoulder of the road.

Boyley was not seriously hurt, though he was transported to Albany Medical Center for treatment of a shoulder injury and released.

The second mishap took place shortly after 11:30 a.m. Two eastbound vehicles on New Scotland Road in Slingerlands collided on LaGrange Road.

According to police, Robert D. Bryce, 51, of 15 Reno Road, Averill Park, said he rear-ended a vehicle driven by Ida M. Gaudio, 21, of 4 Elliot Ave., Albany, after she stopped while he briefly took his eyes from the road.

Gaudio was taken to St. Peter's Hospital in Albany for treatment of a minor neck injury, and released.

*None of the drivers was ticketed.

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Local officials take office

By JOSEPH A. PHILLIPS

Jan. 1 was a day of transition for government in the town of New Scotland and village of Voorheesville — with the swearing-in of a new town supervisor and the selection of a new mayor and trustee for the village.

Town Justice Kenneth Connolly presided at 10 a.m. over a brief ceremony at town hall administering the oath of office to former village Mayor Edward Clark as supervisor.

Also sworn in were town board members Scott Houghtaling and Andrea Gleason, Town Clerk Diane Deschenes, Receiver of Taxes Marilyn Holmberg and Highway Superintendent Darrell Duncan.

The swearing-in ceremonies preceded the annual organizational meeting of the town board.

At another meeting just two hours later at Voorheesville village hall, Village Clerk Lauren Hatch read to the board of trustees Clark's letter of resignation from the mayoral post he had held for 18 years.

Clark then turned the gavel over to deputy mayor Jack Stevens, who was then chosen by the board to fill the post until this spring's elections.

"On behalf of myself and village residents, we thank you for everything you've done for the past 18 years," Stevens said.

Stevens then nominated and the board appointed Tom Ruane, a 47-year-old Salem Hills resident, to fill the trustee vacancy created by Clark's departure.

"It's a great opportunity," said

Ruane, a broker and adjuster with One Beacon Insurance Group and a village resident for nearly 16 years.

"I see it as just a great way to learn about the village we live in, and working with this group (of trustees) will especially be fun," he said.

Stevens said he was particularly pleased that a Salem Hills resident would fill the board vacancy.

"I look forward to the challenge," Stevens said of his own selection as mayor. "I've been very fortunate (to follow) Ed. He's been a wonderful mayor and very

helpful in preparing me for this challenge."

Stevens, a former zoning board of appeals member, is an engineer for Verizon.

Both Stevens and Ruane said that they intend to seek full terms

at the village elections, scheduled for March 19.

Also seeking election this spring are current Trustees Camille Jobin-Davis and Richard Berger. Two four-year trustees' terms and a one-year slot are up for grabs — the latter the unexpired portion of a term currently occupied by Jobin-Davis, who was appointed to the board in March.

Connolly, who also serves as village justice, has not yet confirmed if he will seek another term.

The earlier New Scotland inaugurals preceded a meeting at which the board passed a series of resolutions regarding town operations and policies, appointments of town officials and other organizational details for the

coming year.

Kevin Jobin-Davis, who has served as a consultant to both town and village in seeking grant funding for various projects, was named by Clark to the unsalaried post of deputy supervisor, an appointment that did not require board approval.

Among the board actions, Carol Cootware was named deputy town clerk and John Biscone was reappointed as town attorney.

Both planning board chairman Robert Stapf and zoning board of appeals chairman Ronald Von Ronne were reappointed to board terms, seven and five years respectively, and to one-year terms in their respective chairs.

One vacancy remains on the planning board, following the Dec. 31 retirement of William Childs, a member of the board since 1984.

Though largely pro forma, the meeting nevertheless ended on a somber note, as board member Cathy Connors noted the fiscal challenges the town will face this year, stemming from the uncertainties of the economy and the fiscal crisis brought on by the World Trade Center attacks.

"I'd like to have it on the record that all department heads have to be monitoring their budgets closely, including revenue as well as appropriations and expenditures," she said.

She also called for seasonal hires to be approved on a quarterly basis only, subject to board review.

"Have the department heads come back with a plan on what their needs are after the first quarter, and not assume that just because it's in the budget that it can be expended," she said.

Clark pledged to monitor spending closely.

New Scotland's town board will meet tonight at 7 p.m.



Betty Martin of Elsmere accepts the Joseph M. Lynn Memorial Award from Albany County Sheriff James Campbell.

Victims' champion wins traffic safety award

Betty Martin of Elsmere recently received the Joseph M. Lynn Memorial Award from the Albany County Traffic Safety Awareness Committee.

The award was presented in conjunction with the Albany Elks Lodge.

"Betty Martin is a health educator who has worked for the past 40 years educating young people to the dangers of substance abuse and what they must do to make good decisions," said Sheriff James Campbell, who presented the award.

"Betty is the mother of Michele Martin, who at age 20 was struck and killed by a recidivist drunk

driver," he added.

Working through the Michele Martin Memorial Trust, Martin has been involved and dedicated to highway safety, legislative reforms and victim advocacy.

"She plans and implements DWI Victim Impact panels, speaks in area schools and colleges, supports anti-DWI initiatives and promotes alcohol-free activities for our youth," Campbell said.

"Whether it's participating in a SADD conference, a bicycle rodeo or addressing our traffic safety network, Betty's involvement with DWI prevention has become a lifetime commitment," he added.

BC students raise \$27K plus

By RONALD E. CAMPBELL

Bethlehem Central students have been wearing their hearts on their sleeves ever since the Sept. 11 terrorist attacks.

The students invested their time and energy to show concern for the victims of terrorism, not only in this country but also for innocent victims in Afghanistan.

According to district spokeswoman Jessica Scheckton, students' energy and creativity produced more than \$27,000 as of Nov. 29 for the Red Cross Disaster

Relief Fund and America's Fund for Afghanistan.

Kindergarteners at the Early Learning Center made pins to be sold at local polling places on Election Day. They raised \$1,850.

Hamagrael Elementary School students raised \$800 by collecting loose change at the school, and the coins were counted and wrapped by third-grade math sections.

Glenmont students also conducted a loose change drive, as well as a garage and patriotic ribbon sale, raising \$1,000.

Slingerlands Elementary students conducted a coin drive, raising more than \$4,000, to which the local branch of HSBC Bank added \$1,000.

Elsmere students collected bottle deposit slips and held a Run for America and a Praise America Day to honor the heroes of Sept. 11. They raised \$10,360 for the World Trade Center Relief Fund and \$1,801 for the Red Cross.

As of Nov. 29, middle school students raised more than \$2,000. Eighth-graders raised \$500 with

a dance. Student-made friendship bracelets and added \$512.80 to the total.

Other middle school fund-raising results activities were: eighth-grade student council members sold pins raising a total of \$88.46; a walkathon, \$710; Readathon, \$256; garage sale, \$103.25; newspaper sale, \$50 and faculty dress down day, \$80.

According to Scheckton, other middle school activities not yet completed include a bake sale and a patriotic writing contest.

The High School Students for Peace and Survival (SPAS), along with the student senate and store, organized a fund-raiser by collecting loose change from students and their family members, adding \$3,400 to the district efforts. SPAS and the senior class also organized a "Battle of the Bands" benefit on Oct. 19, raising an additional \$2,281.

Finally, Clarksville elementary students wrote letters of support to New York City police, firemen and emergency medical people.

Longtime BC staffers announce retirements

At last week's meeting, the Bethlehem Central school board accepted, with regret, the notice of retirement of four teachers who have been working in the district for more than 100 years.

They are:

- Mike Rossi, high school math teacher for 34 years.
- Katherine Bartley, elementary language arts teacher for 18 years.
- Sandra Withers, Elsmere Elementary teacher for 30 years.
- Peter Hogan, 29 years as physical education teacher at Elsmere Elementary School.

The board accepted, also with regret, notices of retirement from three longtime support staff: Julianne VanPraag, senior stenographer at Clarksville for 18

years; Eileen Perkins, Slingerlands school nurse for 24 years; and Richard Watt, school monitor for eight years.

Superintendent Les Loomis announced that the padding and doors in the lower high school gymnasium will be replaced.

The cost will be largely covered by contributions from the High School Principal's Fund, the basketball club, the boys basketball booster club and the girls basketball booster club.

The meeting was well-attended by high school students for their Participation in Government program, part of the senior year social studies curriculum.

Students must also attend a town board meeting and be involved in a district-approved community service project.

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Trashing Christmas tree evokes mixed feelings

By KATHERINE MCCARTHY

They are as certain a mark of the season as there ever could be. Beginning on New Year's Day, Christmas trees, denuded of their center stage glory in our homes, lie discarded at the curbside, waiting to be unceremoniously heaved into the back of a town truck and hauled away to an ignominious fate with a wood chipper.

These clumps of green by the side of the road provoke different reactions from our two children. For Cormac, whose collection of "snow pets" bears testimony as much to his desire to not ever be rid of anything (including each season's fluffy white stuff) as to his imagination, those street-side trees are a cause for alarm.

"We don't have to throw our tree away yet, do we?" he asks anxiously each year when he sees the first tree on the sidewalk. For Christopher, whose favorite TV show as a toddler was Captain Planet, the trees raise environmental concerns.

COMMENTARY: Mom's the Word



onmental concerns.

"They're living things, aren't they?" he has queried for the last couple of years, in a tone that reminds us that far too soon, he'll be a teen-ager. "Isn't it wasteful to grow them, then cut them and throw them away later?"

Our explanations of tree farms and reforestation don't entirely appease him, although both boys are somewhat mollified by the thought of the trees becoming mulch. For Cormac, it means the chance of seeing his tree spread out across the flower garden; for our son who prefers mythologies to western religion, the Christmas-tree-to-mulch cycle is a small appeasement for Mother Earth's loss of one of her children. If only

Christopher's environmental concerns extended to the food packaging on things like bizarre sugary drinks and nutritionally worthless foodstuffs designed to fit in a kid's lunchbox!

He may be happy to purchase over-packaged foodstuffs, but he is also entering a phase that speaks to his stoic New England ancestry and could portend a great future for him as a minimalist.

"Why do humans have such a great need for beauty?" he has wondered all fall. "Why do we spend so much time and money on things like paint, wallpaper and cleaning?"

The beauty of the Christmas tree didn't receive quite so much scrutiny when it went up in our living room; his main question then was if there was enough clearance under the bottom branches for all the "loot" he would surely get. A lot of that loot still rests under the tree in our living room that has not yet

started to feel like a visitor who has overstayed his welcome.

"I never understand why people are in such a hurry to get rid of Christmas, and get back to the same old routine," husband Chris, whose mid-January birthday provides our excuse to leave the decorations up, wondered this year. The disposal of Christmas trees might make a great sociology or psychology paper for some enterprising student.

Why are some families more of Christmas anticipators, putting up their tree in early December, and so ready to finish the holiday promptly at New Year's? Some people hang on through Epiphany, letting their tree herald the arrival of the three wise men in early January, with their very impractical gifts to new parents. We like to savor the holiday, and don't hurry to put up our tree — and prefer to freeze fingers on the day we hang outside decorations.

Our kids are better now that they are older, but that Christmas

tree remains a concrete signal that something good is coming, and they whip themselves into a pre-Christmas frenzy on a daily basis once that greenery's up in the living room. Much better to delay the hysteria, and let the tree be the focal point of post-Christmas calm — a reminder of the blessings of our lives, and a reason to gather around the living room fireplace and gaze at the little white lights and this year's new ornaments.

What do the trees themselves say about the families that bought them? Somebody compared ours to a "fat, juicy Bartlett pear," and I had to laugh that our tree echoed our body shapes. Growing up, our Christmas trees were more like enormous hedges brought indoors, bought so big that a good foot had to be lopped off the top, entirely removing their Christmas tree shape. They always filled the wide front window; kind of a good choice for a family with five children. I love to walk the dog and see trees tall, short, fat, skinny, and marvel that, regardless of their size, to that family's children, this tree was perfect.

It's kind of sad to see that perfection stripped to its basic form and tossed out, such a clear marker of the passage of time. Once beautiful in the house, they look kind of dumpy, small, tired and spent by the sidewalk. They were the focus of hopes and dreams for parents and kids alike, and their nakedness by the side of the road is a reminder that it's time to move into this new year. How will this year be different than last? Will we keep this year's resolutions, or will we discard them by Valentine's Day, and spend the year still yelling too

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AUTO FACTS

by John Quirk

Letting Off Steam

As a vehicle's engine heats up, the pressure in its coolant system rises. If this pressure exceeds the level that the radiator cap was designed to withstand and there is no coolant recovery system, the coolant bypasses the radiator cap and escapes through an overflow pipe near the fill hole. This provides a safe avenue for the vehicle to let off steam. If this overflowing condition occurs often, the vehicle may lose enough water and coolant to substantially lower the level in the cooling system. This leads to additions of water that, eventually, lower the level of coolant protection to inadequate levels. To prevent this problem, consider the installation of a coolant recovery system, which returns overflow to the radiator.

BETHLEHEM AUTO SERVICE can provide you with additional information on the coolant recovery system and whether or not your vehicle could benefit from this system. As automotive specialists, we service foreign and domestic vehicles. Our A.S.E. Certified Technicians will review your driving experiences and perform a comprehensive inspection of each component of your vehicle including all fluids, and the tires, brakes, and battery. Call 426-8414 to arrange a convenient appointment. We have a clean, comfortable waiting room and offer shuttle service when vehicles are left for repairs. We are located at 62 Hannay Lane in Glenmont off Rt. 9W behind Stone Ends. Business hours are Mon.-Fri., 7-6.

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Jan. 13th	Sienna vs. St. Peters	2:30/4:30 pm
Jan. 26th	Monster Trucks	8:00 pm
Jan. 27th	Monster Trucks	2:00 pm
Jan. 29th	Aaron Carter	7:00 pm
Feb. 19th	Harlem Globetrotters	7:00 pm
April 5th	Target Stars on Ice	7:30 pm

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much at the kids, fretting about the extra weight we carry and vowing to clean out those closets (and the cellar and the top of the refrigerator)? Our greatest wish is that a tragedy like last September's doesn't happen again, so that we can devote our time to silly little concerns like household management.

I will be the first to tire of our Christmas tree. I will tire of skirting it to get from the living room to the dining room. I will tire of scrunching down to keep it watered, and in the annual manifestation of that tiny bit of German blood in my veins that occasionally screams out for

Bishop to visit St. Stephen's Church

Bishop David Bena of the Episcopal Diocese of Albany will be on a visitation to St. Stephen's Church in Elmsmere on Saturday, Jan. 12, and Sunday, Jan. 13.

Bena will participate in the Come Celebrate Eucharist at 5 p.m. Saturday, and at the 8 and 10:30 a.m. services on Sunday.

There will also be a Rite 13 ceremony for youth.

Bena is a suffragan of the diocese. Before he entered the seminary, he was a Marine line officer, flying as a bombardier-navigator in the A-6a Intruder

order and cleanliness, I will tire of pine needles on the floor. We will pack away our treasured ornaments, and Chris will get the flashlight to make sure we have not missed any in the thick branches. When the tree is outside and those errant needles are vacuumed up, the house will look a little bigger and a little cleaner, and we will all feel calmer.

There are snowbanks outside now, so we can stick our tree in them, and let it look jaunty for a little while. It will be time, then, to let the tree go, and let wet boots, hats, gloves and ski pants be the house's decoration for a while.

bomber.

His combat missions included 252 bombing missions in Vietnam and Laos in the late 1960s.

He served churches in North Carolina and Texas after graduating from the seminary. He then returned to military active duty as a chaplain in the Air Force.

He was elected bishop suffragan of Albany in 1999. He received a doctor of divinity degree from Virginia Theological College last year.

Nonfiction enthusiasts to meet

"Nonfictionados" meets for the first time at the library next Wednesday, Jan. 16, at 7:30 p.m.

The group will gather on the third Wednesday of the month through May. Reference librarian Gordon Noble will facilitate the discussions.

Next week's meeting will examine *The Lexus and the Olive Tree: Understanding Globalization* by Thomas Friedman.

A *New York Times* foreign affairs columnist, Friedman tackles international relations, global markets and the power of individuals versus nations. Copies are available at the reference desk.

Future discussions will include *Isaac's Storm* by Eric Larson, *The Tipping Point: How Little Things Can Make a Big Difference* by Malcolm Gladwell, *Fast Food Nation: The Dark Side of the All-American Meal* by Eric Schlosser and *In the Heart of the Sea: The Tragedy of the Whaleship Essex* by Nathaniel Philbrick.

If your reading preference is



nonfiction, take advantage of this opportunity to discuss your favorite genre with other "nonfictionados." Call 439-9314 to register.

January displays

Our large display case features Paul Partridge's fascinating collection of rocket mechanical banks.

The banks were manufactured in the 1950s and 60s to be sold at low cost or given away as promotional by financial institutions.

Partridge loaned part of his collection to the Wenham (Mass.) Museum exhibit on space toys in 1999.

The banks reflect the maturation of the concept of space travel, evolving from the Buck Rodgers look to faithful repro-

ductions of early NASA rockets.

Pastel drawings and stained glass light boxes make up Colleen Skiff's art exhibit, *Human/Nature*, in the northwest lobby this month.

Bob Lynk's "Local Water Colors" are displayed in the southwest lobby.

Library staff member Denise Coblish shares her collection of ceramic teapots, on display in the small case near the exit.

Five Rivers Environmental Education Center has assembled an informational corkboard display, and Matthew Richards' Beanie Babies collection is on view in the youth services area.

Tax forms

A limited selection of tax forms will be placed in the lobby as soon as we receive them.

(IRS has notified us that shipments are delayed this year.) All tax forms may be downloaded from the Internet at www.irs.gov.

Louise Grieco

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Physically Speaking

by Nick Valenze, P.T.

BY OCCUPATION



Because of occupational therapy's concern for functional ability and therapists' specialized knowledge of the healing process of the hands, orthopedic surgeons often refer their patients to occupational therapists who specialize in hand rehabilitation to aid in recovery from injury. Occupational therapists are concerned with a patient's ability to function in such daily activities as self-care, work and other productive activities, and leisure pursuits. Flexor and extensor tendon injuries in the hand result in numerous problems involving eating, bathing, dressing, handling household chores, and returning to work. Occupational therapy generally moves through four phases (splinting/healing, supervised movement, light activity, strengthening and re-education) to restore health and function. This rehabilitation process is custom tailored to each patient.

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Matters of Opinion

Make a difference

Sometimes we take life's simple blessings for granted. Take water, for instance. We turn on the tap, and there it is hot and cold all times of the day or night.

Sure in the summer, we're used to restrictions as far as watering the lawn or filling our pools. It makes good sense to conserve.

Editorials

But January is another matter. We don't even think about filling the tub for a hot bath or taking a long hot shower to unwind — sometimes even more than once a day.

This January is different. Even with Sunday night's snowstorm, the Vly Creek reservoir is low — down to about 60 percent of its capacity. And according to Bethlehem's Commissioner of Public Works Bruce Secor, things can get worse unless we see some more serious snow sometime soon.

In the meantime, we need to take some common sense steps to conserve water in our businesses and in our homes. To begin with, we don't need a full tub to come clean, and we don't need an extended shower. And we don't need to keep the tap open when brushing our teeth. Make sure you shut the water off when you're not using it; that can save a lot.

We can also be more careful with the washing machine. All laundry loads don't have to be cleaned in the extra large cycle, which fills up the tub, sometimes unnecessarily.

Even simple things like cooking can be accomplished with less water. Don't leave the tap running. And wait until there is a full load to run the dishwasher.

Businesses might want to examine their practices to conserve water. Low flow toilets and other fixtures can help save considerable amounts of water in the workplace.

And there are things like flow restrictors to help save H₂O, both in businesses and homes.

Small things aren't always that small. Everyone working together on small things can make a big difference.

We need to be aware and follow through, and to make sure our kids are doing the same things.

Who knows, perhaps we'll begin to think of conservation measures as routine, which isn't a bad idea.

Kudos in order

Congratulations are in order for Elsmere's Betty Martin, who recently received the prestigious Joseph M. Lynn Memorial Award from the Albany County Traffic Safety Committee.

Her tireless efforts on DWI prevention, including her work on Victim Impact panels, are especially noteworthy and deserving of such an award. See related story on Page 3.

A young boy's memory of WWII

By RONALD E. CAMPBELL

The writer is a correspondent for Spotlight Newspapers.

Several months ago, I was asked to review the manuscript of a book entitled *Flags of our Fathers* about the Marines who raised the U.S. flag on Mount Suribachi during the desperate fight for Iwo Jima.

It was a horrible battle with every one of the 25,000 Japanese defenders being killed, as well as thousands of our marines killed and wounded. The picture of the flag-raising has become a classic, and was memorialized in bronze at Arlington National Cemetery.

The author, James Bradley, son of one of the flag raisers, interviewed survivors of the battle and many of the loved ones of the participants.

Those interviews bought back many personal memories to me of life during World War II; I was 7 years old on Pearl Harbor Day, Dec. 7, 1941.

Largely because of the war, I became a news junkie at a young age, reading papers and listening to the radio. These were days before TV, satellites and instant communications, so news was often days and weeks old.

Eight of my uncles ended up in the service. These men were in the Army, the Army Air Forces and the Coast Guard. They fought in the South Pacific, Africa, Europe and South Asia.

One was wounded three times — in Europe, then Saipan and later in Korea.

One was captured by the Germans in the Battle of the Bulge and escaped the same day and got back to his outfit.

One was a bombardier and had just made his 18th mission over Germany when the war ended. His B-17 was shot down twice.

Another drove an LST landing craft at Normandy and later learned that his brother, an infantryman, was killed that day on the same beach he was landing troops on.

One uncle fought in the line for 343 days straight before his outfit got relieved.

They could never tell us where

Point of View

they were, but we usually had a good idea and watched intently for news from that area.

The war was always with us on what was called the homefront. While we were not at risk like the men overseas, life was far from normal. The constant tensions caused by worry over loved ones overseas, and shortages of necessities like clothing, fuel for cars, fuel for cooking and heating, tires and foods like meat, butter and sugar made life a struggle. But we recognized that the needs of the war effort had to take priority.

Anything made of metal, rubber or wood — like furnaces, bicycles, cars, trucks, plumbing or housing — could not be replaced and had to be patched up to last as long as possible, or what was called the "duration." This became a hated word representing an undefinable time, since no one knew when the war would be over, or even if we would be victorious.

I can remember wearing shoes with holes in the soles because new ones were impossible to get, and like most everything else, were rationed. Kits could be purchased with heavy synthetic rubber soles plus a tube of glue to repair shoes, since getting a replacement leather sole was impossible. It was not unusual to see a youngster walking down a street with soles half off and flapping due to a poor repair job.

New bicycles were made with light, skinny frames called "victory bikes." Everyone was encouraged to plant "victory gardens" to grow vegetables for your families. Most households canned surplus fruits and vegetables to make produce last beyond the growing season.

Butter was impossible to get, so we had to get used to oleo, which came in plastic sacks, gray in color. Inside was a small bubble with yellow coloring that needed to be mixed in by hand to give the spread a butter-like appearance.

Meat was rationed and good cuts never available. Horsemeat, unthinkable now, could be found in some butchers' cases.

Weekend jaunts in the family car were rare since gas was severely rationed, and cars needed to last for the "duration," so trips were limited to absolute essentials. Commuters to work shared their vehicles with as many as five or six passengers in exchange for money or gas rationing stamps.

Items like cigarettes were also in short supply, and it was not unusual for people at home to roll their own. In fact, small machines were available for home use to roll cigarettes and widely used.

Schoolchildren were provided names of servicemen and encouraged to write if they did not know anyone in service, since mail from home was so important to the GIs.

In the third grade, I was taught to knit 6-inch squares, which were

sent to the high school home economic classes where they were sewn together to make afghans for our men in hospitals.

Schools were manned almost entirely by women, since every able-bodied man was in uniform or involved in critical war manufacturing. The Catholic church provided thousands of sisters to the public schools to help meet the teacher shortage.

Air raid drills were common in schools, and usually the cafeterias were sandbagged and children climbed under tables. Buildings, including homes, needed blackout curtains to shield all light during night air raid drills. Block wardens would patrol streets and notify people whose blackout was inadequate.

I lived in a mill town on the upper Hudson River, where banners with gold and silver stars were displayed in front windows of homes — the gold representing a combat fatality and silver a wounded serviceman. You could not walk down a residential street of any city or town in this country without seeing flags.

And people were respected for their sacrifices. Every five and dime store, like Woolworth's and Kresge's, sold small banners bearing gold or silver stars with woven cords that draped over window locks for window display. A huge supply was needed.

I corresponded occasionally with one of my uncles, an 18-year-old infantryman. I have copies of his letters as he fought through North Africa, landed at Anzio and fought in the mostly forgotten, but terrible, series of battles for Italy.

I had asked him why they called the holes in the ground foxholes. He said he did not know "since no self-respecting fox would live in one."

His division fought up the boot of Italy breaking the Gothic line. It was a slaughter, with his division taking 14,000 casualties out of 16,000 men. Most of these men do not know how they survived the conflict, but are grateful for the reprieve. But if you ask any one of them, they proudly say they would run the same risks again to preserve our way of life.

The country had just come out of a deep depression, leaving many citizens in desperate circumstances. This was a terrific battle in itself, and probably brought our people closer together. This country, while just getting on its feet, mobilized and equipped our armed services, and also equipped the English and Russian armed forces who were essential to victory.

Many of our men paid a terrible price, but felt this country's freedom was worth dying for. Bradley's book repeats this haunting inscription from a brass plaque at the entrance to the U.S. National Cemetery on Iwo Jima where so many of our heroes are buried, "When you get home I want you to tell them, and say, for your tomorrows — we gave our todays."

The United States was magnificent then, in its finest hour.

The Spotlight

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Your Opinion Matters

Town should shoulder crossing responsibility

Editor, The Spotlight:

I have read with interest the article on the town board complaining of the actions of the state Department of Transportation. People in glass houses should not throw stones.

The railroad crossing on Whipple Road between route 9W and 144 continues to be in a

SAL leader has group info

Editor, The Spotlight:

As the commander of The Sons of the American Legion (SAL) of the Nathaniel Adams Blanchard American Legion Post in Delmar, I would like to explain what SAL is about.

Our purpose is to uphold and defend the Constitution of the United States, to preserve the memory of our members and our forefathers in the great wars and to build a sense of individual obligation to the community, state and nation.

Eligible members of the Sons must be male descendants, adopted sons or stepsons of a member of the Legion or male descendants of veterans who died in service during World War I, World War II, the Korean War, the Vietnam War, Lebanon, Grenada, Panama or the Persian Gulf War during the period as set forth in the Legion constitution, or who died subsequent to their honorable discharge from service.

If you would like to join the SAL or you have questions about it, call the Post at 439-9819. We will be happy to talk with you.

Michael Pillittere
SAL commander

dangerous and defective condition. The town has refused to correct the problem, indicating that it is the responsibility of the railroad.

However, the crossing is on the public highway and presents a danger to motorists. It appears that it will take a tragedy to prompt the town into action. It will be of little comfort to that victim's family that the town knew of the condition, but was waiting for the railroad to fix it.

People in public office are presumably paid to perform and not pass the buck.

Matthew J. Kelly
Delmar

CDTA cut is bad move

Editor, The Spotlight:

It has come to my attention that CDTA intends to cut the Delaware Avenue bus line Feb. 3.

All service to what is known as the Fernbank loop will be eliminated. In addition, midday service will go no farther than the Four Corners.

I understand that CDTA has to deal with cuts to its budget. But to cut off those passengers will cause great inconvenience, and force additional automobile use.

I urge everyone who depends on this bus service to contact CDTA and local political representatives to try to reverse this decision.

Stanley L. Zalen
Delmar

Call 911 for all fires

Editor, The Spotlight:

The true meaning of Christmas was demonstrated on Christmas Eve night when two dozen or more firemen and women sacrificed family, friends, celebration, dinners, church activities and well-deserved rest to respond to our family's call of distress over a basement fire.

Our home was in chaos when we discovered our basement filled with smoke as my family fought to identify and extinguish the source.

Inside a wall, we found a fire and were certain we had it under control.

However, to be absolutely certain, we wisely decided to call 911. The firemen found additional heat from a source only their high-tech equipment could trace.

They informed us that a fire doubles every minute, and if this were left unattended, we most certainly would have had a major disaster.

I've learned two valuable lessons from this experience. One is, no fire is insignificant. If you're unfortunate enough to have a fire however small, call 911.

The second lesson, which I discovered on Sept. 11 is that the true heroes of today are our firefighter. They are professional, gracious, knowledgeable, reassuring and above all, brave.

The Slingerlands Fire Department is to be commended — our volunteer gift-givers of the Christmas season.

Norine Vancans
Delmar

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Men's group to serve breakfast

The St. Matthew's Men's Association will serve a breakfast on Sunday, Jan. 13, from 7:30 to noon at the St. Matthew's parish center on Mountainview Road.

The menu will include pancakes, scrambled eggs, toast, sausage, juice, and coffee.

The cost of the breakfast is \$5 for adults and \$3 for children.

Friends of music to sponsor concert

Friends of music will sponsor The Crosby Concert on Wednesday, Jan. 16, at 7:30 p.m.

The Crosbys are a nationally known 12-member a cappella ensemble.

The cost of the tickets is \$5 for adults and \$3 for students and seniors. Tickets will be sold at the door.

Town board to meet

The New Scotland town board's next regular meeting will be held tonight, Jan. 9, at 7 p.m.

NEWS NOTES

Voorheesville

Jane Norris
439-8532



at town hall on Route 85 in Slingerlands.

PTA to meet at elementary school

The PTA will meet on Thursday, Jan. 10, at 7:30 p.m. at the elementary school.

School board slates meeting

The next regular school board meeting will be held on Monday, Jan. 14, at 7:30 p.m. at Clayton A. Bouton Junior-Senior High School.

Food co-op orders due Jan. 10

New Scotland Extra Helpings food co-op will be accepting food orders until Thursday, Jan. 10, for

the Thursday, Jan. 24, delivery day.

Forms and menus can be picked up at New Scotland town hall on Route 85 or at St. Matthew's Church on Mountainview Road.

Extra helpings provide a pre-select menu of groceries at wholesale prices. Each order costs \$14 and patrons are under no obligation to purchase every month. Payment can be by cash or food stamps.

Anyone in the area is welcome to participate.

Free lecture slated at Bethlehem library

The Humanities Institute for Lifelong Learning (HILL) will present a free lecture on Tuesday, Jan. 15, at 10 a.m. in the Bethlehem Public Library community room on Delaware Avenue in Delmar.

Sheldon Solomon of the psychology department at Skidmore College will discuss the topic of "Why Settle Down?"

New year, new policies

There have been some changes in the library loan and fine policies for the new year.

Many patrons will be happy to learn that all new fiction will be on loan for a minimum of 14 days, with new books of more than 500 pages increased to 28 days.

Voorheesville Public Library



New DVDs and feature films can be checked out for three days and new audiobooks, non-fiction videos, CD-ROMS and compact discs remain at 14 days, but the loan period for the same items which have been on the shelf for more than six months has increased to seven and 28 days, respectively.

The maximum fine for videos, DVDs and take-out storytime kits has been reduced to \$3.

Remember that the overdue fine for most items (notable exception is feature films) is a mere 10 cents per day, so even if you take a couple of extra days to finish reading something, it's still a lot cheaper than buying the book. Items can also be renewed by telephone.

January is also Food for Fines month at VPL. If you bring a canned good or non-perishable food item to the library with your overdue materials, you receive a discounted rate on your late fees.

Take advantage of this opportunity to dig out those misplaced books and CDs.

Users of AOL Instant Messenger can now contact the library reference desk during regular library hours.

To reach a reference librarian, just open your AIM account and enter voorheesvilleref in the 'TO' field and send the message.

A librarian at the reference desk will either answer your question directly or offer to provide the information by telephone or e-mail. (Our regular e-mail at voorefq@uhls.lib.ny.us remains in effect.) If you do not have AIM installed on your computer you can download the free software by connecting to aim.com and completing the registration form. Let the library be your No. 1 information buddy.

Book discussion meets tonight at 7 p.m. at the library. Copies of Life is So Good by George Dawson are now available when you sign up at the reference desk for the February 6 book discussion.

Black and white photos by local photographer Kelly Blakeslee are on display in the hall gallery this month.

Barbara Vink

Beth Emeth

Experience Shabbat at

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Friday evenings at 5:30 PM followed by a traditional Shabbat Dinner

Reservations are required for dinner only.

Cost of the dinner is \$17.00 for adults and \$9.00 for children between 2 and 10 years of age. Dinner reservations must be prepaid by the preceding Thursday.

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Letters policy

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

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

Write to Letters to the Editor, The Spotlight, 125 Adams St., Delmar 12054. Letters can be faxed to 439-0609.

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Principal

(From Page 1)

experience as president of the Voorheesville Teachers Association from 1996 to 1998.

During that time, Diefendorf was instrumental in settling an acrimonious teachers' contract dispute, which saw the teachers going nearly three years without a settlement.

"One of the problems in that contract settlement is that we relied too heavily on NYSUT (New York State United Teachers)," Diefendorf said. "They kept saying let's wait, and everyone felt frustrated not to have a voice in the matter."

Diefendorf and board president John Cole started more informal negotiations over coffee and bagels in Stuyvesant Plaza, which led to the school district and the teachers meeting with equal representation and an arbitrator to settle the contract.

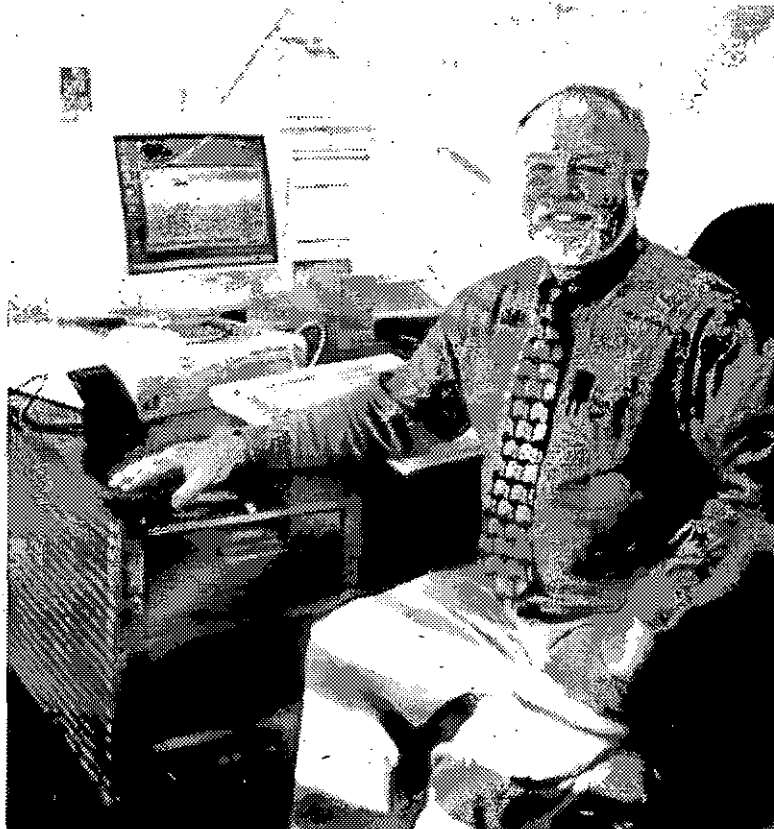
Diefendorf's ability to bring people together doesn't mean that he stays silent on matters important to him. He has frequently stated his opposition to district policy, as with video cameras in the high school and the policy that requires teachers to adhere to the Motion Picture Academy's ratings when using movies in the classroom. Diefendorf has frequently brought students to board meetings and encouraged them to state their views.

"I wanted the students to see how you can make things change, and how you can bring change about peacefully," Diefendorf said. "I want the board to hear me and my side of the story. I will uphold their decisions without undermining them, but I do want the chance to be heard before they make their decisions."

Always, Diefendorf said, one factor motivates him to speak up: "I always want us to be asking, 'What's in the best interest of the students?'" Diefendorf said.

As well as questioning, Diefendorf aims to continue hearing other people's opinions before making his decisions.

"I would like the faculty and staff to be more involved in the governing of the building," Diefendorf said. "What do people



Marc Diefendorf

want to accomplish? How can we be better?"

Diefendorf also wants to be sure students are involved in the community, as evidenced by his advocacy for the requirement that all students perform 15 hours of community service to graduate.

Diefendorf's road to education was a long and winding one. He started at Case Institute of Technology in Cleveland and lasted until mid-October, when he dropped out. In 1968, he enlisted in the Army, but after his father's sudden death at 43 years old, Diefendorf received a hardship discharge.

As the oldest of five children, he supported his mother and siblings, at the same time that he and his first wife, Bonnie Newkirk Diefendorf (who died in 1991), were raising their own two young sons. While his wife taught in the Albany school district, Diefendorf worked for Otis Elevator and went to SUNY Albany part-time.

After receiving a degree in social studies and education in 1974, he was disappointed in the dearth of teaching jobs available. He worked for four years as the criminal justice coordinator for

the division of alcohol with the New York State Division of Probation. After that, he was a househusband, until he taught history and coached football at Bishop Magin high school. With both sons in college, he also worked evenings and weekends in St. Peter's Hospital's emergency room.

In 1989, he applied for the job in Voorheesville.

"When I interviewed here in 1989, I'd just come from an 11 p.m. to 7 a.m. shift," Diefendorf said. "I told them that if I could

be coherent for this interview, I could teach social studies."

Apparently, he was, and still is. Students have twice chosen him to be the commencement speaker, and he views the fact that he is the new principal as an honor to himself and the Voorheesville staff. He does have some regrets about no longer teaching.

"I'm very anxious about leaving teaching and feel badly," he said. "I talked in my interview about possibly continuing to teach. I'd like to be a visible presence in the classroom and not just as an evaluator."

In addition to being visible, Diefendorf plans to remain

available to his colleagues and students.

"I'm known for my humor and accessibility," he said. "I've told people to take a two-by-four to me if I act differently in this job. I hope to be a leader, an administrator and a support to the staff. I want this school to be as good as ever."

McCartney is confident that Diefendorf is the right man for the job.

"His personality and demeanor are a perfect fit," McCartney said. "He does what he teaches, and listens to both sides. He's a master teacher and has a lot to share."

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Praise effectively

Parents use praise to help children develop healthy self esteem and to reinforce positive behaviors. Effective praise serves as encouragement and helps the child judge how well he or she is doing.

Ways to offer effective praise: Share observations and offer feedback. Try to avoid evaluating. "I see straight and swirly lines," rather than "What nice lines!"

Be specific. "Thank you for putting away the crayons when I reminded you it was time for dinner," rather than "Good job!"

Focus on effort, not results. "You put a lot of time into your project" rather than "Your project is great!"

Ask questions to encourage self-evaluation. "How did you decide which part to do first?" or "Tell me about your drawing," rather than "Wonderful drawing!"

Use body language. Convey enthusiasm with a nod, a hug or a smile. Reflect your child's feelings. "You seem happy to share your wagon with Robbie" or "You appear to enjoy finishing the puzzle on your own."

Express your feelings. "I enjoy watching you ride your bicycle" or "I love to hear you play your guitar."

Do not compare a child with siblings or friends. Encourage your child to participate and do well because it is enjoyable, not to outdo someone else.

Teach children that mistakes are a natural part of the learning process. While you cannot take away disappointment, you can help your child not to feel defeated.

Be a role model. When you finish a project, talk with your child about your assessment. Explain what you think worked well and what you would do differently.



Good Samaritan Senior Living

by Lee Bormann
President/C.E.O.



No Added Need For Worry

Recent research indicates there is little evidence that elderly individuals who are carrying a few added pounds are at greater risk for illness. While obesity and near obesity are still associated with an increased health risk, even among people over 75, national guidelines that define overweight and obesity err by using the same standards for adults - regardless of age. Being overweight is defined as having a body mass index (BMI) of 25 to 29.9. Obesity is said to occur with a BMI of 30 or more. By these definitions, a third of Americans 70 or older are overweight, and one in six are obese. However, the excess weight carries less risk in the elderly than in younger people.

You can read charts and statistics, but you know when your body feels healthy or sluggish. At Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar, we help our residents by supporting their own wisdom about getting and staying healthy, and providing the medical support they require. Our residential community features assisted and independent living. Give us a call at 439-8116. We're here to make your life easier and to offer professional care.



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Sports

Indians finish third at RCS wrestling tournament

Two Ravena-Coeymans-Selkirk wrestlers picked up individual titles to lead the Indians to a third-place finish at the RCS Invitational last Saturday.

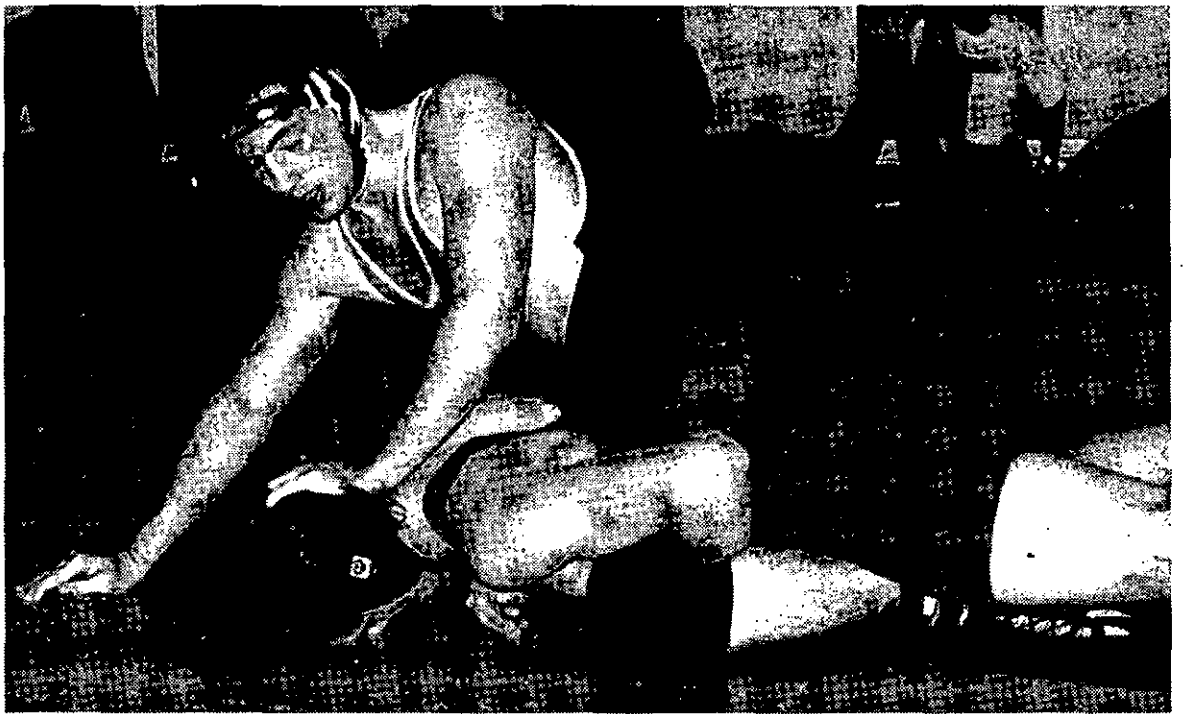
Curtis Graham won the 125-pound title and earned Most Outstanding Wrestler honors, and **Herb Tompkins** claimed the 140-pound championship for the Indians.

Graham defeated Christian Brothers Academy's **Kyle Vieland** 14-6 in the finals to pick up

his second tournament title of the season. Tompkins defeated another CBA wrestler, **Anthony Abbate**, 3-1 in his championship bout.

Two more RCS wrestlers reached the finals before losing. **Joe Blondell** (189) lost in a technical fall to Maple Hill's **Mark Eaton**, while **Eric Pregent** (119) was pinned by Mohonasen's **Mike LaDuke** midway through the second period.

Seth Houle (152) and **Justin**



Ravena-Coeymans-Selkirk's Joe Blondell applies pressure to the head of Red Hook's Colin Mead during last Saturday's 189-pound semifinal match at the RCS Invitational. Blondell built a 12-1 lead and hung on to defeat Mead 12-9.

Rob Jonas

Schipano (160) suffered semifinal losses and settled for third-place honors after reaching their five-bout limit. **John Dibble** (145) was shut out by Hoosick Falls' **Phil Tommassino** 6-0 in his

third-place bout.

Voorheesville's **Michael Ashline** and **Dan Denn** also reached the consolation finals. Ashline defeated Hadley-Luzerne's **Vince Plante** 4-2 to finish third in the 112-pound division, while Denn lost to the Eagles' **Jason Venum** 10-4 and placed fourth at 125.

Ashline's victory in the consolation finals gives him a 13-1

record this season. Denn fell to 11-4 with the loss.

RCS wound up with 161.5 team points to finish third behind CBA and Mohonasen in the overall standings. CBA won the team title with 195 points, while Mohonasen placed second with 193 points.

Voorheesville finished 13th in the 16-team tournament with 49.5 points.



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Seth Gilboord and Miriam Ginsburgh

Ginsburgh, Gilboord engaged

Miriam Ginsburgh, daughter of Shirley and Bill Ginsburgh of Albany and Seth Gilboord, son of Linda Gilboord and Louis Gilboord, a longtime teacher at Bethlehem Central High School, are engaged to be married. The bride-to-be is a graduate of Plattsburgh State College and The College of Saint Rose.

The future groom is a graduate of Binghamton University and Albany Law School.

The couple plans an August 2002 wedding.

Sales associates get national recognition

Judie Janco and Abbey Farbstain, sales associates at the Delmar Branch of Coldwell Banker Prime Properties, have recently been recognized as national top performers in real estate sales by REAL Trends 2001.

The REAL Trends Top Performers report features over 6,000 of the nation's highest producing real estate professionals from the top 500 real estate companies in the United States.

The average number of closed transactions per sales associate was 63.6 with an average sales volume of \$12 million.

Farbstain, with more than 18 years experience in real estate sales, closed over 70 units for more than \$14,500,000 in sales in 2000.

Janco, with over 25 years experience, closed over 60 units for almost \$10 million in sales in 2000.

Both can be reached at Coldwell Banker Prime Properties, Delmar branch, at 439-9600.

Glenmont graduate receives scholarship

Richard Bailey, a graduate of Bethlehem Central High School, recently received a Rush Rhees Scholarship at the University of Rochester.

Named for the university's third president, the scholarship is given to high-ability students who score at least 1,350 on the SAT or a composite of 31 or better on the ACT tests.

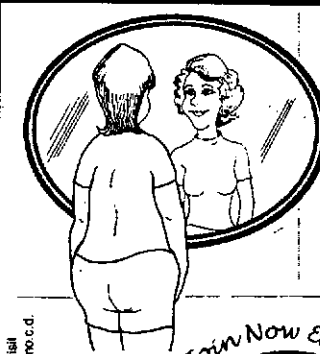
The Glenmont resident can renew his scholarship each year of college.

BCHS student wins public affairs award

Emily Wistar, a junior at Bethlehem Central High School, is the winner of the 2001 Young Women in Public Affairs Award competition, sponsored by Zonta International.

To encourage women to pursue decision-making positions, the award recognizes exceptional young women, who show a commitment to leadership in public policy and government.

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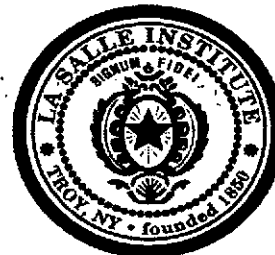
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Community



All you can eat breakfast scheduled

St. Matthew's Mens Association of Voorheesville will hold an all you can eat breakfast in the church social hall on Sunday, Jan. 13 from 7:30 a.m. until noon.

Admission for the breakfast is \$5 for adults and \$3 for children.

Obituaries

Josephine Bruso

Josephine F. Haskins Bruso, 84, of Delmar died Friday, Jan. 4, at her home.

Mrs Bruso was a graduate of Albany High School.

She worked for the state Department of Labor for more than 30 years before she retired.

She was a member of the Bethlehem Businesswomen

She had a winter home in Naples, Fla.

She was the widow of Gerald Haskins and Edward Bruso.

Survivors include a son, Mark Haskins of Slingerlands; two sisters, Gladys Stellato of Loudonville and Millie Statile of Westmere; and two grand-

children.

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

Burial was in St. Agnes Cemetery in Menands.

Contributions may be made to Community Hospice Albany Home Care, 445 New Karner Road, Colonie 12205.

Crista Kajano

Crista A. Smith Kajano, 47, of Delmar died Wednesday, Jan. 2.

She was a resident of Orlando, Fla., before moving to Delmar.

Mrs. Kajano worked for attorney Ed Ryan in Albany and

was a member of Kings Chapel in Glenmont.

Survivors include her husband, Peter Kajano; two sons, Christopher Kajano and Tony Kajano, both of Delmar; her parents, Bert and Betty Smith of Deltona, Fla.; a brother, Randall Smith of Deltona; a stepson, Michael Kajano of New York City; and two stepdaughters, Lori Kajano of Georgia and Diane Kajano of North Carolina.

Services were from Kings Chapel.

Burial was in Graceland Cemetery in Albany.

Arrangements were by the Magin & Keegan Funeral Home in Albany.

Contributions may be made to Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208.

Norman Eveleth

Norman A. Eveleth, 76, of Voorheesville died Wednesday, Jan. 2, at St. Peter's Hospital in Albany.

Born in Pine Bush, Orange County, he was a longtime resident of Voorheesville.

Mr. Eveleth was a heavy equipment operator for Operating Engineers Local 106 in Albany. He retired after 30 years there.

He was a founding member and deacon at Mountain View Evangelical Free Church in Voorheesville.

Survivors include his wife, Virginia St. John Eveleth; a son, Paul Eveleth of Lomita, Calif.; and three grandchildren.

Services were from Mountain View Evangelical Free Church.

Spring burial will be in New Scotland Cemetery.

Arrangements were by the Reilly & Son Funeral Home in Voorheesville.

Contributions may be made to Mountain View Evangelical Free Church, PO Box 260, Voorheesville 12186.

Joseph Marinello

Joseph D. Marinello, 64, of Font Grove Road in Slingerlands, died Wednesday, Jan. 2, at Albany

Medical Center Hospital.

Born in Albany, he was a longtime resident of New Scotland.

Mr. Marinello was an electrician for IBEW Local 97 in Albany.

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

Survivors include a son, Mike Marinello of Voorheesville; his father, Daniel A. Marinello of Slingerlands; a brother, Daniel Marinello Jr. of Kentucky; a sister, Sue Gross of Slingerlands; and his companion Ginny Flansburg.

Services were from the Reilly & Son Funeral Home and St. Matthew's Church.

Burial was in Calvary Cemetery in Glenmont.

Ruth Cohn

Ruth E. Cohn of Coventry Road in Glenmont died Wednesday, Jan. 2, at St. Peter's Hospital in Albany.

Born in Chicago, she lived in Silver Spring, Md., before moving to the Capital District.

Mrs. Cohn was a member of Congregation Ohav Shalom in Albany.

Survivors include her husband, Arthur Cohn; a son, Michael Cohn of San Francisco; and her mother, Estelle Eisendrath.

Services were from the Levine Memorial Chapel in Albany.

Contributions may be made to the Kidney Foundation of Northeastern New York, 4 Airline Drive, Colonie 12205 or the Polycystic Kidney Foundation, 4901 Main St., Suite 200, Kansas City, Mo. 64112.

Henry Lundquist

Henry P. Lundquist Jr., 78, of Altamont Road in Voorheesville, died Sunday, Dec. 30, at the Samuel S. Stratton Veterans Administration Medical Center in Albany.

Born in Waterville, he was a longtime resident of the Capital District.

Mr. Lundquist was a graduate of Richfield Springs High School

and Hudson Valley Community College.

He was an Army veteran of World War II.

He was a sales manager for Magnavox before he retired.

Mr. Lundquist was a communicant of St. Matthew's Church in Voorheesville and St. Joseph's Church in Richfield Springs.

He was a member of the Knights of Columbus and the Voorheesville American Legion.

Survivors include his wife, Shirley Hartwell Lundquist; two sons, Thomas Paul Lundquist of Florida and Eric Charles Lundquist of Ravena; two daughters, Carol Rose Pullmain of Selkirk and Joan Marie Lundquist of Glenmont; and seven grandchildren.

Services were from St. Joseph's Church.

Arrangements were by the J. Seaton McGrath Funeral Home in Richfield Springs.

Spring burial, with military honors, will be in St. Joseph Cemetery in Richfield Springs.

Arlene Waddingham

Arlene D. Waddingham, 54, of Albany and a former longtime resident of Bethlehem, died Sunday, Dec. 30, at her home.

She was a member of First Assembly of God Church. She was a former coordinator of the Missionette and children's church programs at the church.

Survivors include her husband, John D. Waddingham; her mother, Elizabeth Harris of Durant, Fla.; her stepfather, the Rev. Almer Harris; two sons, John Waddingham of Plant City, Fla., and Richard Waddingham of Colonie; a daughter, Michele Carlisle of Dover, Fla.; a brother, Robert C. Pauly of Glenmont; and seven grandchildren.

Services were from First Assembly of God Church in Albany.

Burial was in Elmwood Cemetery in Bethlehem.

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

Contributions may be made to First Assembly of God Church.

Bertha Holmes

Bertha Schaadt Holmes, 84, of Arbor Lane in Dewitt and formerly of Slingerlands and Delmar, died Wednesday, Nov. 28, at her daughter's home in Syracuse.

Born in Ohio, she was a longtime resident of Slingerlands and Delmar before moving to Dewitt.

Mrs. Holmes worked for Delmar Reformed Church and Bethlehem Terrace Apartments. She was also a volunteer for Bethlehem Senior Services.

She was the widow of James W. Holmes.

Survivors include a daughter, Sara Holmes of Syracuse and two grandchildren.

A memorial service is scheduled for 11 a.m. Saturday, Jan. 12, at Delmar Reformed Church on Delaware Avenue.

Contributions may be made to the Regents Fund, c/o Talking Book and Braille Library, CEC, Albany 12230.

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January 9, 2002

Cover photo: Kristen & Michael, Yaddo Gardens, Saratoga Springs; by Joe Elario Photography

New trends in wedding flowers

By DONNA J. BELL

When it comes to wedding flowers today, brides are finding that any taste or style can be accommodated.

Whether a bride wants a very traditional wedding or one that says "I'm different," she will find that there is an unlimited number and variety of beautiful flowers to choose from.

"I did over 75 weddings last year and each bride

had her own individual tastes," said Janet Gough of the Floral Garden in Delmar.

One bouquet style rising in popularity is the hand-tied bouquet, thanks to decorating doyenne Martha Stewart, Gough said.

This arrangement features a fresh bunch of flowers, or posy style, that give a "just been picked" look of simple elegance and can be carried by both the bride and the bridal party.

If brides want a traditional look and feel, an all-white bridal bouquet is still the classic choice. This bouquet generally includes lily of the valley and orchids that can be held in the hands, or cradled lightly in the arm.

One new trend that you might like to consider is the "champagne wedding." With this theme, both the bride and attendants carry all-white, fragrant bouquets. In contrast to the trend-setting

colors, the flowers also need to reflect the more vivid choices.

"Texturing has become very important," Gough said of bouquet trends. "You don't have to just stick with flowers but you can add berries or foliage with extra personality to it to add a little more pizzazz."

If you are looking to have a modern style to your wedding, consider some of the more modern bouquet looks. Some favorites include: large, yellow sunflowers, or colorful posy bouquets consisting of many different kinds of flowers.

You not only want your flowers to look good, they should smell

expensive flowers in a bouquet go a long way.

"It is highly encouraged to mix a more expensive flower with a more available flower, especially center pieces," Gough said.

Silk flowers are also an alternative whether for the wedding party bouquets or for a keepsake centerpiece for the bride and groom to take home or give as a gift to the parents of the couple.

"You cannot know from a distance if they are silk, they look real," Gough said.

Many brides are coordinating their florist with their caterer and cake baker to provide floral decorations for their cake and buffet table. You may like to have flowers on your cake knife, goblets, or serving plates.

"A lot of girls don't like traditional bride and groom on top of the cake," Gough said. "I've sprinkled petals on the table or made a cascade of matching flowers down the cake."

Whatever the color, style or mood you choose for your wedding flowers, be sure to add the finishing floral touch.

"Flowers play a major role in the final beauty," Gough said. "A dress isn't the same without the flowers. The flowers make it classy from head to toe."



Brides & Grooms

theme of all-white or off-white, rich, deep floral colors are rising in popularity.

Many bride and attendant's bouquets are now being chosen in colors like rose, burgundy and deep violet. Gough often visits bridal shops in the area to ask about trends in dresses and fabrics.

"According to the bridal shops, red is going to be a hit this year," Gough said. "Eggplant is also a hot color."

When choosing bold and vibrant colors for the wedding

When choosing bold and vibrant colors for the wedding colors, the flowers also need to reflect the more vivid choices.

good too. Fragrance, choosing flowers with a romantic or exotic scent, is also becoming an important consideration.

Some fragrant flowers include gardenias, peonies, stephanotis and tuberoses. Gough said just a few of the "rarer" or more

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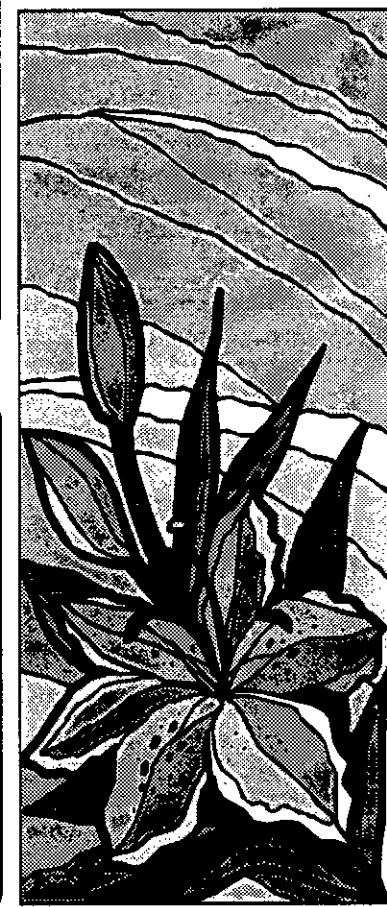
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Get ready to register

By HEATHER E. MACDONALD

Stocked up on all those household items newlyweds usually need? If so, don't give up on the idea of registering for wedding gifts. These days, you can register for more than the usual china, linens and pots and pans.

How about funding your honeymoon, saving for a house or registering for unique items at a specialty store?

Engaged couples who make travel arrangements through Plaza Travel and Meetings in Latham have been known to receive money toward their honeymoon as a wedding or

"This is an up-and-coming idea," Giordano said. "People are always looking for something new to do for the bride and groom."

Another unique registry idea is the Home Ownership Bridal Registry Account at Pioneer Savings Bank, headquartered in Troy. Erin Huerter, assistant vice

president of savings/training, explained engaged couples who open this type of joint account receive gift cards to include in shower invitations. Friends and family can then make cash or check deposits toward the couple's future purchase of a home.

"It's a great option for couples if they aren't sure what they want in terms of housewares, but they know they want a house," Huerter said, adding the bank has offered this service for about five years. "We've opened quite a few accounts."

Pearl Grant Richmans in Stuyvesant Plaza, in Guilderland, also offers plenty of options for couples who have "everything". Here, they can register for Pickard china and Waterford crystal, as well as unusual

wedding gifts like Christmas ornaments, gift baskets they can give away and even chocolate, said Assistant Manager Debbie Hahn.

But best of all, brides-to-be get unusually personalized service at this specialty store. Sales associates help them choose the items they want, then create a hand-written registry. They'll also help wedding guests who come in to purchase a gift from the list.

"We take them around personally to give them a good feel for the couple's taste," Hahn said. "We really get to know the brides. We probably get to know their registry better than they do."

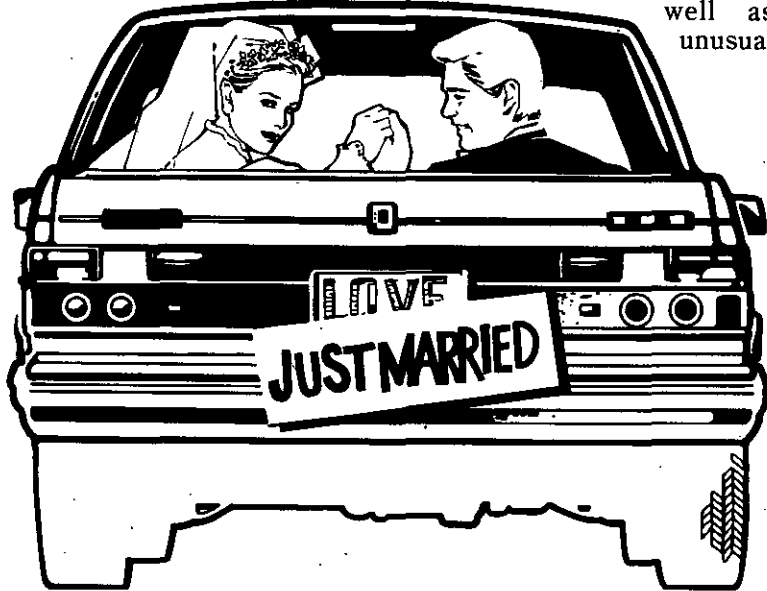
And at A.V. Costa Bridal City in Troy, brides can register not only for china, crystal, silver and other household products, but for everything they'll need for the big day: garters, candles, a guest book, bridal pillows and more, according to President A. Victor Costa.

"We carry everything the bride needs but the man and the money," he said.

Brides & Grooms

"We really get to know the brides. We probably get to know their registry better than they do."

shower gift, according to President John Giordano. Friends and family members can make contributions toward the honeymoon or toward a specific portion of the trip, such as the hotel cost. They then either present the couple with a wrapped certificate or surprise the couple by letting Plaza Travel and Meetings deliver the news.



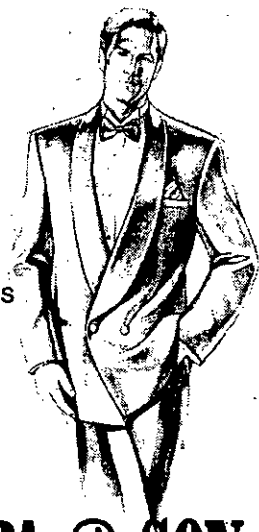
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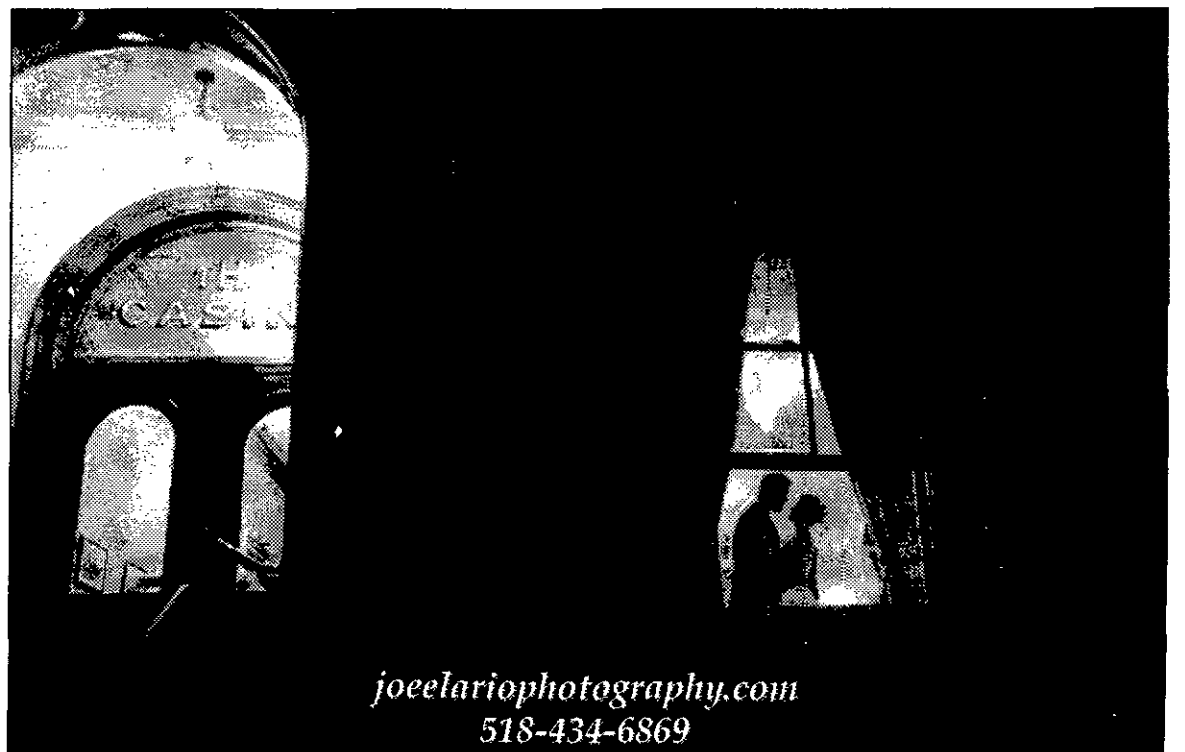


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The Lakeview Restaurant is a new catering and banquet facility situated in a beautiful country-like setting. It is conveniently located in the heart of Colonie, just off Wolf Road. The spacious banquet room, which can accommodate up to 200 guests, looks over an idyllic wooded area surrounding a pond with a fountain. The delicious menu choices are extensive and can be tailored to your taste by Executive Chef, L. J. Ehlers.

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Let your invitations reflect a wedding's atmosphere

The wedding invitation is the first concrete glimpse your guests have into the circumstances and atmosphere of your wedding. Whether you choose formal engraved invitations or a more casual style, wedding invitations convey much more than the simple who, what, when, and where.

Patterns and text vary from contemporary to traditional, depending upon the type of wedding you are planning. Some designers boast of more than 2,000 designs, so choosing invitations is no simple matter.

Some designers boast of more than 2,000 designs, so choosing invitations is no simple matter.

It is not uncommon for couples to spend several hours just going over the various styles. Such a wide selection virtually ensures

that there will be at least one pattern that will suit your style.

The first decision you should make before looking at invitation styles is the guest list. An easy way to make sure you don't forget anyone is to separate the guests into categories, such as: bride's friends, groom's friends, bride's family and their friends, groom's family and their friends, mutual friends, and others.

Write each category at the top of a sheet of paper and brainstorm. Take the appropriate papers to your family as well as your fiancé's family to see if anyone was left off.

When a number of all invited guests is reached, divide this number by two and add 25 to 50. The remaining number should be the amount of invitations you order, with the extra going towards mistakes

made in addressing envelopes and keepsakes.

It is much more economical to order extras than to have to order more after you have already received your initial batch.

Invitations should be ordered no later than two

Brides & Grooms

to three months before the wedding, to be mailed six to eight weeks before the big day. This will allow your guests ample time to respond and make travel arrangements.

However, as soon as you are certain of the final details, it is advisable to order your invitations to give yourself more time to address them.

There are two printing types used most frequently in wedding stationery: thermography and engraving. Thermography comes in many colors to match the wedding colors, and is much less expensive than engraving.

Engraved invitations are more traditional and formal — they are

etched into heavy cotton paper and are much more expensive.

Whichever type you choose, it should match the degree of formality of your wedding, as well as the design of the invitation.

Guests look to details such as these to dictate their appropriate dress, and there is nothing more uncomfortable than showing up at a wedding dressed inappropriately.

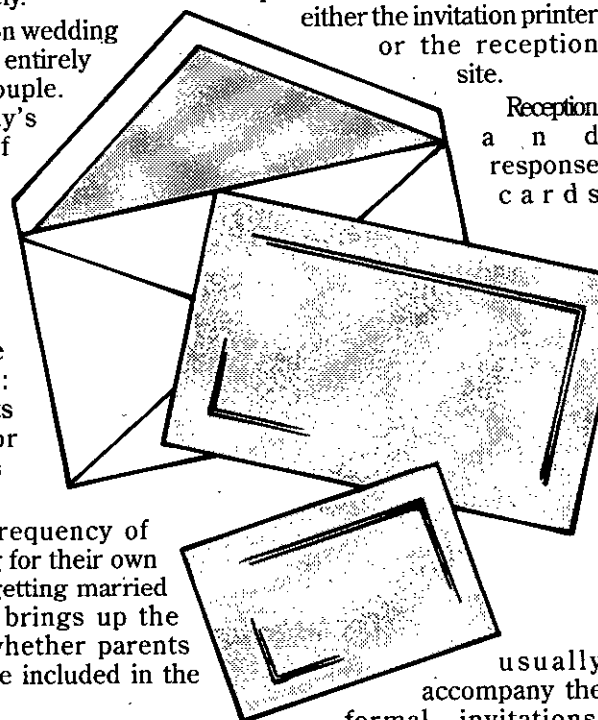
Wording on wedding invitations is entirely up to the couple.

With today's frequency of divorce, many questions arise as to which names should be included on the invitation: natural parents only, or stepparents as well.

Also, the frequency of couples paying for their own wedding and getting married at later ages brings up the question of whether parents should even be included in the wording.

Consult your local stationer, an etiquette book or bridal magazines for answers to your specific questions.

There are some basic standards which should be followed in the wording of all wedding invitations. Always include the full address of the wedding site and a detailed map for out-of-town guests. These maps are often available from either the invitation printer or the reception site.



Reception and response cards

usually accompany the formal invitations.

Reception cards detail the exact address and other specifics regarding the reception. The response card allows the guests to give the bride a final count of the number that will be attending. It will request that guests return their response card at a date set at least one week before the caterer needs his final number, to leave time for stragglers.

Always include a self-addressed stamped envelope for the response card in the initial invitation.

When you order your invitations, you may also want to order an informal card with your new married name (Mr. and Mrs. John Smith or John and Mary Smith) to serve as thank-you notes. These are of fine quality, generally cheaper than store-bought cards, and show your guests that you are thanking them as a couple.

Now you are ready to assemble and address your invitations. Follow these hints and steps for proper mailing of wedding invitations:

- Have your master guest list on hand, and triple check to make sure all addresses, names and titles are spelled correctly.
- Black ink is the traditional choice for addressing envelopes, but many couples are now using

○ Invites page S8

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Making successful toasts for weddings

"Congratulations. What a great speech!"

That's the result everyone wants to hear after they present a speech at a wedding, but many people face the prospect of making a speech with a stomach-churning combination of anxiety, fear, pain and panic.

The good news is that, with a little help and guidance, you can overcome those fears and make a speech that will make the wedding party proud of you, make you proud of yourself, and help make great memories for the bride and groom to look back upon.

Wedding speeches are no different from other speeches, with one important exception — the absolute and critical need to keep them short, to around five minutes.

So use the Wedding Speech KISS principle — Keep It Short and Simple.

Here are some golden rules that should be followed to ensure your speech achieves the desired result.

- **Know your subject:** When you know your subject, the audience can tell and a wedding audience will forgive any nervousness because they're at the wedding to join in the celebration, just like you are. But when you don't know your subject, the audience can also tell and they'll be pretty unforgiving of a speaker who is trying to con them. The interesting thing is that when you know your subject, nervousness tends to be quickly covered by confidence.

So know your subject. If you're a close relative, dig back into your memory for special family occasions that mean a lot to both you and the subject. Make notes. Talk to other people who know

the subject. Make notes. Go back through family photo albums. Make notes.

If you don't know your subject, make time to learn. Talk to people who do know the people involved — the families, the bride and groom, the bridesmaids, other friends or relatives. And make notes.

- **Tell them; tell them; tell them:** Speeches have a beginning, a middle and an end. Think of them like a sandwich — the beginning and end are the slices of bread and the middle is the filling.

what you're going to tell them"; 2) Key Points "Tell them"; 3) Recap — "Tell them you've told them."

The end is your conclusion: "Now, ladies and

Brides & Grooms

gentlemen, please join me in a toast, etc."

The reason this Golden Rule is so important is that it is the closest thing to a guarantee you'll ever get that your message will be heard and remembered.

Give your audience a brief outline of the key points of what you're going to tell them. Next tell them in detail about the key points you've just outlined. Then recap or summarize the points you've just made.

Having said that, you must never lose sight of the short time limit on a wedding speech (around five minutes). Therefore, it is often difficult and also not quite as necessary as in other speeches, to "Tell them you've told them." So, in our view, the Recap may be

omitted if your speech starts to run overtime and you can go straight to the toast.

- **Practice, practice, practice:** Winston Churchill, the great British wartime prime minister, is said to have spent at least one hour in practice for every one minute of his speeches. The results show that his practice paid off.

- The same applies to your wedding speech. The more you practice, the better it will be.

- Don't speak if you've had too

much to drink: You risk upsetting a lot of people if you're obviously tipsy. If you're the father of the bride, you risk the wrath of the mother of the bride and the bride herself; if you're the groom, you're heading straight for your first big argument with the bride; if you're the best man, you risk losing good friends. And no matter who you are, you risk making a fool of yourself to the point that you'll pray to be edited out of the video.

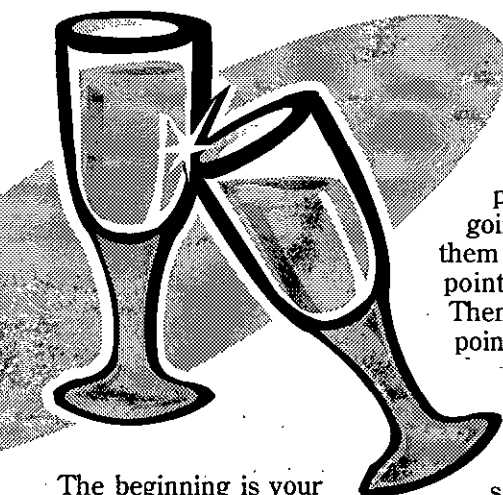
- **Keep to time:** At some weddings, there will be as many as four speakers — the master of ceremonies, the father of the bride, the groom and the best man. If the MC's introductions take two to three minutes in total and each speaker is on for five minutes, you have almost 20 minutes of speeches.

If the speakers are not used to preparing and making well-planned speeches, the time taken is almost sure to blow out further.

Sometimes the father of the bride, who has just signed a big bunch of checks, will want to get his money's worth. But in spite of his generosity, even he should be encouraged to keep his speech to the five-minute limit.

The only exception to this rule is if the speaker is really experienced and can genuinely keep an audience entertained for longer. But even then, try to resist the temptation to let anyone spend too much time on their feet with their mouth open.

So use the Wedding Speech KISS principle — Keep It Short and Simple.



The beginning is your introduction: "Good evening, ladies and gentlemen, etc."

The middle is the meat in your sandwich and comprises three elements: 1) Outline "Tell them

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Honeymooning close to home

By HEATHER E. MACDONALD

If you've announced your engagement to friends and family members, surely you've been asked a litany of questions as they dig for details: "How did he propose?", "When's the wedding?" and, of course, "Where will you go on your honeymoon?"

That last one may come with plenty of suggestions for typical trips to the Caribbean or Europe, but you don't have to travel the globe to have a great honeymoon. In fact, some of the best honeymoon spots are within driving distance of the Capital District.

For example, not long ago two of the most popular places for a honeymoon were Niagara Falls and the Pocono Mountains, Pa.

Ian Pinkerton, marketing manager for AAA Northway in Schenectady, suggested a few other favorite locations: Mirror

Lake Inn in Lake Placid, The Sagamore in Bolton Landing and Otesaga Hotel in Cooperstown. He also recommended travel to Montreal. Just over the Canadian border, this bustling city has a favorable exchange rate and is easy reach by car, he said.

"It's like going to Europe without leaving the ground," Pinkerton said.

In February, AAA Northway will

begin offering two new driving packages, TripAmerica Online and Traveling America, which include detailed driving directions, hotel

reservations and attraction tickets at your destination. The packages

can be customized to add on extra hotel stays and other personal touches a honeymoon couple might want. Or, honeymooners might decide to plan a completely customized trip.

"All of the travel services are open to the public," Pinkerton said. "We can do this for members and non-members alike."

According to John Giordano, president of Plaza Travel and Meetings in Latham, honeymooning near home might work best for couples who haven't

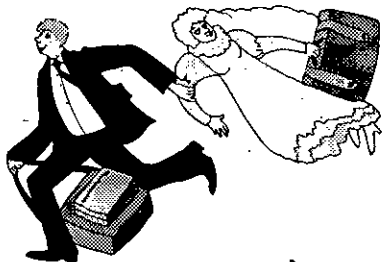
traveled extensively. He explained that they won't need to go as far to have a new experience.

"I might also recommend local destinations to people who plan to spend more on the wedding and have a lower budget for their

honeymoon," he said.

For information, call AAA Northway at 374-4575 or go to www.aaanorthway.com. Plaza Travel and Meetings can be reached at 785-3338.

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Guest lists

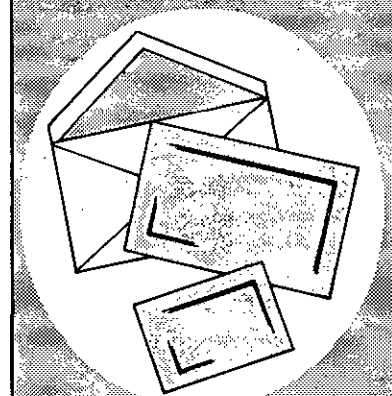
One of the key numbers for any wedding is the number of guests to invite.

The number ultimately depends on what you and your family are able to afford, but money isn't everything.

The important thing to remember is that deciding on the guest list can become very emotional if numbers have to be reduced. Be considerate of not only of your partner's feelings, but also those of his/her family. Compromise and negotiation are the keys!

Traditionally, the bride, the bride's mother and the groom's mother decided on the guest list, finalized it when acceptances were received, and arranged the seating plans for the reception.

To begin the process, it makes sense for the couple to make out two lists, a family list and a friends list. Once these lists are done, visit both families (especially if they are involved in paying for wedding) and discuss with them who they wish to invite.



After combining all these lists into one grand list, if you have exceeded your agreed-upon limit of guests — start eliminating.

Generally it is good to have an even number of guests from both of the couple's families and circle of friends. However, where one family is smaller or is likely to have less guests, it wouldn't be ideal to have the other side miss out on inviting important people, just to keep numbers even.

Remember, the key to working out the guest list without any hurt feelings is compromise and negotiation.

~ Wedding Form ~

Spotlight Newspapers provides wedding coverage for residents within our circulation area free of charge.

Please type or print all information, and double check any names and addresses for spelling.

This announcement is for inclusion in: ☐ The Spotlight ☐ Colonie Spotlight ☐ Loudonville Spotlight ☐ Guilderland Spotlight
☐ Clifton Park Spotlight ☐ Niskayuna Journal ☐ Rotterdam Journal ☐ Scotia-Glenville Journal

(The announcement will be included only in papers where the bride, the groom, or their parents live or have lived in the coverage area.)

Who is connected to area? Please specify _____

This is to announce: ☐ A WEDDING ANNOUNCEMENT ☐ AN ENGAGEMENT ANNOUNCEMENT Date of ceremony _____

Person completing form _____ phone _____

Photograph enclosed? ☐ YES ☐ NO (PLEASE NOTE: Black & white or quality professional color photos are required. Polaroid or Instamatic photos are not acceptable.)

For wedding photo caption, what name will the bride use after the ceremony? _____

BRIDE (Maiden name) _____

Address _____

BRIDE'S EDUCATION (Please indicate whether graduated or attended each school, and city and state where school is located.)

High School _____

College _____

College _____

Graduate School _____

Employer _____ City _____ State _____

Position _____

BRIDE'S PARENTS:

Mother (first & last name) _____ City _____ State _____

Father (first & last name) _____ City _____ State _____

GROOM (Full name) _____

Address _____

GROOM'S EDUCATION (Please indicate whether graduated or attended each school, and city and state where school is located.)

High School _____

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College _____

Graduate School _____

Employer _____ City _____ State _____

Position _____

GROOM'S PARENTS:

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City _____ State _____

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Reception at _____ City _____ State _____

____ Maid ____ Matron of Honor (Specify family relationships.) _____

Bridesmaids _____

Best Man (Specify family relationships.) _____

Ushers _____

Wedding trip to _____ Future residence _____ State _____

For return of photograph, please enclose a self-addressed stamped envelope.

Spotlight Newspapers 125 Adams St., Delmar, NY 12054 • Office/Editorial (518) 439-4949

Shopping for the soon-to-be-married video enthusiast? Try a boxed set

By DNA Smith

Buying individual movies on video is easy. Just ask your friend or loved one for a list of films, then go out and buy from the list. But, if you really want to impress the

Boxed sets are pricier, but they often include tons of special features and extras. They are meant for hardcore fans, so make sure the person you're buying for is someone who's going to go ga-ga over your selection.

videophile in your life, and are prepared to shell out a little more coin, try getting him or her a boxed set.

Boxed sets are pricier, but they often include tons of special features and extras. They are meant for hardcore fans, so make sure the person you're buying for is someone who's going to go ga-ga over your selection. Obviously, you don't want to blow a hundred bucks on something they won't enjoy, so don't go out and grab the first two seasons of "The Sopranos" if they've never watched the show.

Below are a few of the better boxed sets that are currently being released.

- Rankin/Bass Present (3 DVDs, \$57) Five holiday TV specials, including classics like "Rudolph the Red-Nosed Reindeer," "Frosty the Snowman," "Santa Claus is Coming to Town," "The Little Drummer Boy" and the unfortunately stinky "Frosty Returns." However, seeing the Heat Miser again will be a nostalgia-fest for Mom and Dad.

- Absolutely Fabulous: Complete DVD Collection (4 DVDs, \$99) While the boozy misadventures of Patsy and Edina have been available on VHS for some time now, this DVD box-set is the first time all 18 episodes have been on disc (actually three discs; the fourth is loaded with bonus materials). For fans of the decadent Brit-com, this collection is a must-have.

- The X-Files Complete 4th Season Special Edition

(7 DVDs, \$150)
In addition to the complete 24 episodes, this boxed set includes: audio commentary; deleted footage; international clips from five episodes; "The Truth About Season Four"; interviews; special-effects clips; 13 "Behind The Truth" spots; 48 TV spots/DVD-ROM game: "Urbs Tertia."

- Pixar's 15th Anniversary Gift Pack (3 DVDs, \$102) Includes "Toy Story," "Toy Story 2" and "A Bug's Life." These three great films should be a welcome addition to your child's video collection.

- The Complete Monty Python's Flying Circus (14 DVDs, \$199) All 45 episodes, in chronological order, of the greatest comedy series in the history of greatest comedy series. Spam and dead parrot not included.

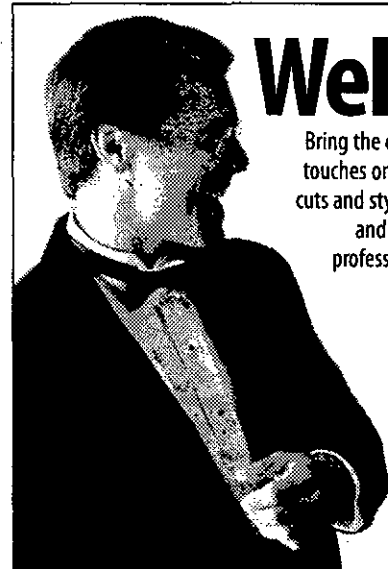
- The Sopranos: The Complete Second Season (4 DVDs, \$100) All the episodes from Season 2, plus two featurettes and

four director's commentaries Presented in widescreen format.

The first season is also available for about the same price.

- The Rodgers & Hammerstein Collection (5 DVDs, \$102) Five classic musicals: "Oklahoma!" (1955, Letterboxed 2.20:1, 146 min.); "Carousel" (1956, Letterboxed 2.55:1, 128 min.); "The King and I" (1956, Letterboxed 2.55:1, 133 min.); "South Pacific" (1958, Letterboxed 2.20:1, 150 min.); The Sound of Music (1965, Anamorphic Widescreen 2.20:1, 175 min.) Also available on VHS.

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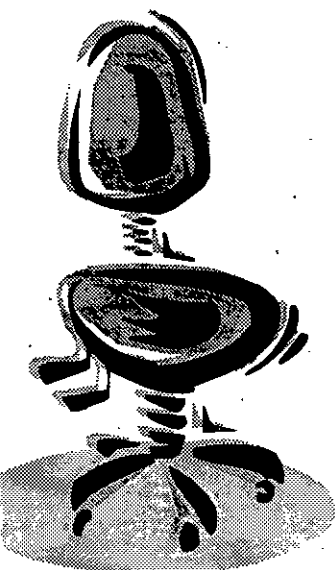
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Plan before you attend bridal show

Long before walking the wedding aisle, many brides get a kind of practice run walking the carpeted aisles of at least one local bridal show.

As a venue to source suppliers,

shows. Given that you will be spending hours on end walking the show floor, leave the high heels at home.

• **Bring Your Own Labels:**

Wedding suppliers are anxious to attract your interest — and mailing information — so you'll find dozens of marketing promotions, special offers

and contests for big prizes, from all-expense-paid honeymoons to event services. Usually, all you have to do is enter your name, address and wedding date to be eligible. But rather than scrawl it by hand for every

entry, bring pre-printed, self-adhesive address labels listing all your coordinates.

• **Research Show Specials:** While you probably want to avoid making impulse purchases, a bridal

show is a good time to comparison shop. Some vendors, who expect to do volume business at a bridal show, offer discounts if brides book their services at the show or leave a deposit. It's a

good idea to have done at least a bit of research into what things normally cost so you can be confident of getting a good deal.

• **Have Money Handy:** If you're planning to take advantage of special discounts or show promotions

be prepared to leave a cash or credit card deposit to secure your booking with a supplier. But don't feel pressured to sign a contract if you're unsure of its terms and be certain to ask about the refund policy before you sign on the dotted line.

• **Bring Your To-do List:** Having your special list is a great way to keep you focused on what you are looking for.

• **Have a Game Plan:** While every show will produce an on-site show guide, obtaining an exhibitor list prior to the event will help you schedule your time and decide which companies to see. Many shows post such information on their Web sites.

• **Flex Those Muscles:** Count on getting loaded down with lots of brochures, magazines, flyers and other material. Many shows offer services such as bag-checks or on-site lockers to store material, but you should expect to haul away more than you anticipated.

a bridal show is a good time to comparison shop

find creative ideas and talk one-on-one with wedding specialists, a bridal show has few rivals. Where else could you find fashion, limousines, ice sculptures, photographers and other wedding-related items under one roof, without actually attending a wedding?

Of course, navigating miles of exhibition space to check out hundreds of suppliers in competition with thousands of other gonna-be brides and guests can pose its challenges.

Here are some bridal show shopping tips to keep in mind:

• **All the Right Footwear:** Wearing sensible shoes may seem obvious, since tired tootsies are a common complaint at bridal



Brides & Grooms

Invites from page S4

ink colors that match the print on the invitations.

• **On the outside envelope,** completely write out the formal name and address. Avoid abbreviations. A time-saving idea is to have the return address embossed or printed on the envelope — usually this is well worth the extra cost.

• **Many couples look to** the assistance of a professional calligrapher to address the outside envelopes. This service can add class and style to your invitations, as well as save you countless hours of your limited pre-wedding time.

• **The inside envelope should** be addressed as follows: Mr. and Mrs. Smith — first names are omitted. If you are inviting the

guests' children, list their names in descending age order directly under the parents' names.

Omitting the names of the couple's children means that they are not invited, although this subtlety is sometimes lost on parents. Also, young people over 18 and the escorts of single guests should receive their own invitations.

• **If you are sending folded** invitations, place the enclosures inside the invitation, on top of the tissue, with the reception card on the bottom and the response card (tucked under the flap of its corresponding envelope, facing out toward the reader) on top. Follow the same pattern for

invitations that are not folded, but put all enclosures on top of the invitation. Map cards are placed under the reception card. Place the invitation and all enclosures inside the inner envelope, facing out, so that the printing is visible when the back flap is opened. The inner envelope should be placed inside the outer envelope, with the addressed side of the inner envelope facing the back flap of the outer envelope.

• **Once you are ready to mail** invitations, take a completely stuffed example to the post office to be weighed. Many invitations exceed the 1 ounce mark for a 32-cent regular stamp. Choose sticker stamps with a love theme to avoid licking hundreds of stamps, and don't forget stamps for the response envelopes.

• **You also have** the option of developing programs for the wedding to give to your guests at the ceremony. Make sure you don't

The first decision you should make before looking at invitation styles is the guest list.

leave out any wedding participants, and that everyone's name is correctly spelled. Check with your stationer on these and other items that can be ordered to add a festive, personal touch to your wedding day.

Wedding invitations are much more than just factual information. They set the tone and mood which your guests bring with them to your wedding. The first impression is always the deepest, so make it a reflection of your personality by choosing the right invitation.

When you burn the candle at both ends, it goes out too soon.

Sleep deprived Americans have a 70% higher death rate.

A lack of sleep sets you up for lots of potential problems. Marital strife. Poor job performance. And more. California Department of Health statistics show that people who get less than the recommended amount of sleep have a 70% higher death rate.*

Highways are a particularly dangerous place.

Sleep problems put drivers at risk for what experts call *microsleeps*. Uncontrollable waves of fatigue where you nod off at the wheel.

Each year drowsy drivers cause at least 100,000 crashes, killing more than 1,500 people and injuring another 71,000.**

If you experience any of these symptoms, you may have a sleep problem.

Sleep help is available. New treatments are helping millions of Americans get the restorative sleep their bodies crave. Now they're rested, happier and more productive, too. Burning the candle at both ends is not only dangerous ... it's unnecessary.

- ☐ **Snore** loudly.
- ☐ You or others have observed that you **stop breathing** or **gasp for breath** during sleep.
- ☐ **Feel sleepy or doze off** while watching TV, reading, driving or engaged in daily activities.
- ☐ **Have difficulty sleeping 3 nights a week or more** (e.g. trouble falling asleep, wake frequently during the night, wake too early and cannot get back to sleep or wake unrefreshed).
- ☐ Feel unpleasant, tingling, creepy feelings or **nervousness in your legs** when trying to sleep.
- ☐ **Interruptions to your sleep** (e.g. nighttime heartburn, bad dreams, pain, discomfort, noise, sleep difficulties of family members, light or temperature).

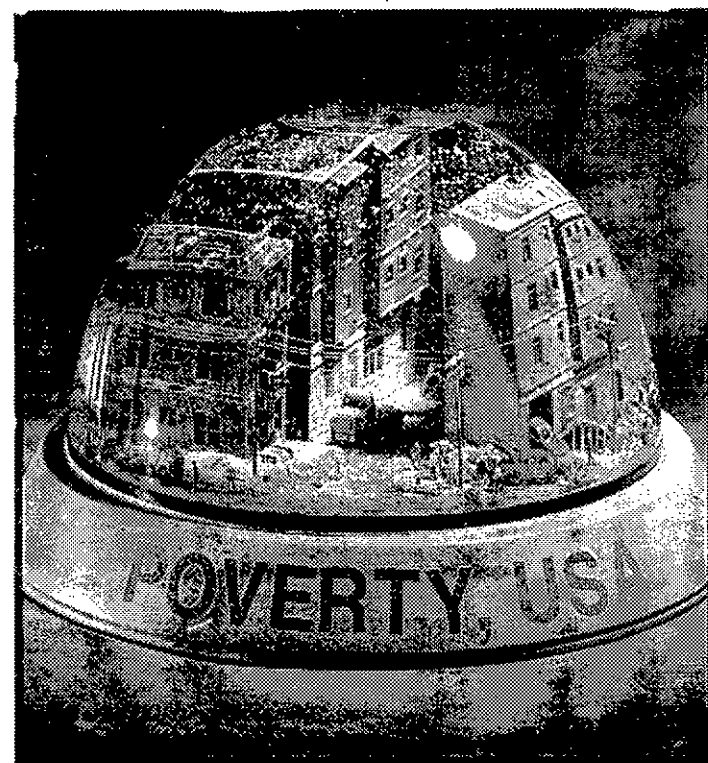
Talk to your doctor or go to our web site for more information.

WWW.SLEEPFOUNDATION.ORG

a public service of
NATIONAL SLEEP FOUNDATION

* 70% higher mortality rate in a 9 year follow-up period for people getting 6 hours of sleep or less per night. Wingard, D.L., Berkman, L.F. Mortality risk associated with sleeping pattern. Sleep, 1983; 6(2): 102-7.

** National Highway Traffic Safety Administration, 1995.



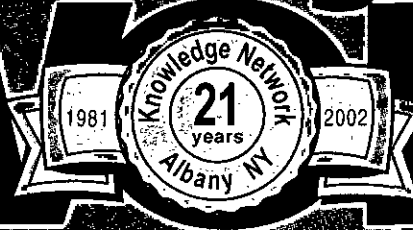
Look closely and you'll find 32,000,000 trapped inside.

Here's a souvenir from a place the good times left behind. A hard place where one out of every eleven families in America is still struggling to survive. A cold place where one out of every six children still goes to bed wanting more, but fears awakening to even less. A little memento — but not for Americans caught in the grip of poverty. Because there are 32 million people who are desperately trying to break free.

POVERTY.
America's forgotten state.

Catholic Campaign for Human Development
1-800-946-4243
www.povertyusa.org

Knowledge Network



January 2002

FREE Take One

Click on www.knowledgenetwork.org

Club Members
see page 3
for special offers!



Defensive Driving -- take our class for insurance and point reduction. See page 3.

NEW CLASSES:

Latin Cooking with Ric Orlando * Professional Image * Indoor Golf Improve Your Memory * Travel to Japan * Private Golf Conditioning * Natural Meditation * Mind/Body Medicine * The Kabbalah * Inter-species Telepathic Communication * The Eight Laws of Personal Branding * Start A Bed & Breakfast * Organize a Garage Sale * Create a Story with Photos * Making a Living Without A Job * Establish Yourself as an Expert * QiGong * Buy a Car * Zero Taxes from Your Paycheck * \$1,000 a Day Consultant * Accupressure * Be Ever Young * Succeed as New Writer * Pilates * Pitchcraft: A Writer's Workshop * Chinese Medicine * West Coast Swing * Argentine Tango * Love at First Laugh * Thrive in Turbulent Times * FISH! * Be More Funny * Make More Money * Mystery Shopping * Travel to New Mexico and Arizon * Time Management * Power Learning * Furniture Design * Perennial Gardening * Landscaping * Stained Glass Jewelry * plus over 150 of our favorite topics from the past

How to Make Someone Fall in Love with You

the first time or all over again!

Location: Colonie

Wouldn't it be great to capture the heart of any man or woman you choose? Learn the results of fascinating studies on what works, and what doesn't. This unique class is no touchy-feely stuff. Every point is substantiated. The easy to learn rules are rigid but, it's a five step plan that's GUARANTEED to work if you follow it!

This class is good clean fun AND bottom line truth.

Topics: when, how (and who!) should make the move for the first date, the first kiss? • what "Chemistry" is and a dozen body language tricks you can use to ignite it • three ways to use your eyes to bewitch him or her • the proven best place to go on a first date (No, it's not dinner or drinks!) • why so many women find the "bad boys" so attractive • how much does money, good looks and all that other "crass" stuff really count? • the three similarities you must have to be compatible • the one difference you must have to make him or her want you as a longtime partner • the single biggest common early mistake most people make that kills a romance • eight "innocent" gestures proven to subliminally lure men • when to play hard to get, and when NOT to • why words work on women, and which ones are best for you with her • the single question you can ask any time, anywhere guaranteed to excite every man

Instructor: Leil Lowndes, see *How to Talk to Anybody*.

Course fee: \$39 **Members:** \$34

One time only: #1308 Fri Jan 25 6:30-9:30pm

Save with NYS DMV-Approved

Defensive Driving

Point & Insurance Reduction Accident

Prevention Program

Location: Colonie

Save 10% on Vehicle Insurance: State law requires all insurance companies to provide a minimum 10% reduction - for a period of 3 years - in BOTH the liability AND collision premiums of principal drivers who complete the program. You'll probably save more than the program fee in the first year! The average annual car insurance premium for a two-car couple with one young driver is \$2000. If you have more than one vehicle and one driver on your insurance, each principal driver must take the program to get the maximum insurance reduction on each vehicle. Discount is effective the day you complete the class. One-session classes include a 1/2 hour lunch or dinner break.

Up to 4 points reduced from your DMV driving record: This applies to points for violations and convictions which occurred within the 18 months immediately before program completion. This program will reduce those points.

After completion of the program The NYS-DMV is notified for automatic point reduction; within 3 weeks you'll receive a permanent certificate to send to your insurance company for the insurance reduction retroactive to the date of program completion.

Instructor: A certified instructor from Driver Training Associates.

Course Fee: \$39 **Members:** \$34

Convenient Colonie location - right off Wolf Road

#1220 Sat Jan 12 9am-3:15pm

#1221 Wed Jan 16,23 6-9pm

#1222 Thur Jan 31 9am-3:15pm

#1484 Wed Feb 13 5-11:15pm

#1485 Sat Feb 16 9am-3:15pm

#1486 Thur Feb 28 9am-3:15pm

#1487 Mon Mar 11 5-11:15pm

#1488 Sat Mar 16 9am-3:15pm

#1489 Fri Mar 29 9am-3:15pm

Tone and Condition with Pilates

Location: Albany

The pioneering work of Joseph Pilates has been used by dancers, athletes and Hollywood for years.

Now you can check it out here in Albany! This class focuses on core conditioning and builds strength, flexibility, alignment and balance. Bring a foam pad, towel or exercise mat.

Instructor: Alissa Bachand is a member of KO-MOTION Movement Dance Theater.

Course fee: \$29

Choose: #1603 Sat Feb 2,9,16,23 11:15am-noon

#1604 Sat Mar 2,9,16,23 11:15am-noon

Talk To Anybody About Anything

Location: Colonie

Don't you hate walking into a room that's packed with strangers, approaching someone you've never met, and striking up a conversation? Wouldn't it be great to be in control of any situation and approach everybody with total confidence, authority and flair? Learn the secrets of fearless conversation in dozens of easy-to-use techniques.

Topics: Hang by Your Teeth technique to make a dynamite first impression •

Jobbeldyhook to sound like an insider in any crowd • the Small Talk Check List to make your chit-chat captivating • Cherry Picking to get into more meaningful communicating • the Nutshell Resume to work a party like a politician works a room • the Mood Match to make people feel "instant rapport" with you • Limit the Fidget to make everything you say more credible • the Grateful Gasp to deflect criticism (and makes the criticizer feel guilty!) • Never the Naked Thank-you to make people fall all over themselves to help you • ten common phrases you should NEVER use in conversation • and much more

Course fee: \$39 **Members:** \$34

One time only: #1306 Sat Jan 26 9:30am-12:30pm

Instructor: Leil Lowndes' articles have appeared in Redbook, New Woman, Psychology Today, Men's Health, and Cosmopolitan. She is the author of five books including the brand new, *How to Be a People Magnet and Undercover Sex Signals*. She also wrote the best selling *How to Talk to Anybody About Anything*, *How to Make Anyone Fall in Love With You*, and, *Talking the Winner's Way* (92 Little Tricks for Big Success in Personal and Business Relationships).

Register for any two of Leil's classes for \$69 (Members \$64) or all three for \$99 (Members \$94)

Improve Your Memory

Location: Colonie

Our class is built on the premise that people don't have poor memories, just untrained ones. Find out how to improve your memory and recall with easy-to-use techniques you actually learn during class. Learn how the brain stores and retrieves information and the principles of memory improvement. We'll also dispel some of the common myths about memory.

Topics: how to remember details including names and faces • how to register information using simple mnemonic devices -- acronyms, rhymes, link-chains and acrostics • how to memorize numbers, dates, and formulas • the effects of health and nutrition on memory

Instructor: Betsy Forkas, a former school teacher, is owner of a communication consulting service and has designed and facilitated courses in memory improvement, communication skills, and decision making for over 25 years.

Course fee: \$49 **Members:** \$44 **Materials fee:** \$10

Choose: #1547 Mon Feb 11 6:30-9:30pm

#1548 Tues Mar 26 6:30-9:30pm

Protect Your Privacy and Identity

guard against identity theft, internet invasion, and sophisticated scams

Location: Colonie

NYC retired police officer Joe Manginelli has encountered many unfortunate victims of privacy and identity theft. Besides the thousands of dollars it can cost you, unravelling the tangled web of lies and fraud they perpetuate about you can put your life on hold for years -- or even decades. Take this class to acquire some simple ways to foil the perpetrators of these unsavory crimes and protect your most valuable asset, you!

Topics: overview on how your privacy is being disrespected, at the least, and invaded, at the most • identity theft: how to spot warning signs • how thieves put your identity to work for them: ATM theft, internet swindles, credit card and check fraud • lessons to learn from the notorious "Nigerian Scam" • how thieves pose as phony investigators or official agents to procure information • tricks and steps the average person can take to minimize privacy intrusion • credit card sources • how to protect yourself on the internet and limits to that protection

Instructor: Joe Manginelli, see *Locate Anyone* (page 4).

Course fee: \$39 **Members:** \$34

One time only: #1368 Fri Feb 22 6:30-9:30pm

How to Be a People Magnet

increase self-confidence, attract friends & lovers

Location: Colonie

Some folks are human magnets. People smile wherever they go. They get invited to all the parties. They have more dates than they can handle. What's their secret? They have learned the art of FEARLESS COMMUNICATING. Learn how to walk into any situation with total confidence, authority, and flair -- and walk out with whatever you want. A new friend? A new customer? A new lover? When you leave this class you will have the key to spreading sunshine and leaving people smiling in your wake, and wishing they were with you - for a day, for a date, for a lifetime. Everything you learn in this course is based on solid scientific studies on interpersonal attraction.

Topics: make strangers like you instantly • stamp out that Fatal FUD Factor (Fear, Uncertainty & Doubt) • the importance of a having a high OQ (Optimism Quotient) • know when to smile, when not to smile, and why one size doesn't fit all • fine tune your tongue, depending on who you're talking to • avoid the two biggest mistakes people make when meeting someone new • develop a round table of friends and loved ones who will be there for you, whatever happens • market yourself like Hollywood celebrities promote a star • benefit from the surprising studies on what separates social "Winners" from "social Losers"

Instructor: Leil Lowndes, see *How to Talk to Anybody*.

Course fee: \$39 **Members:** \$34

One time only: #1305 Sat Jan 26 2-5pm

The Eight Unbreakable Laws of Personal Branding

- techniques used by Oprah, Martha and Michael

Location: Colonie

In today's business world, the brand is YOU not your products or services. Peter Montoya, one of the country's leading authorities on personal branding, will show you as an independent professional how to build your own enduring personal brand. This seminar is essential for actors, architects, consultants, contractors, CPAs, customer service professionals, dentists, doctors, engineers, financial professionals, managers, media personalities, mortgage brokers, photographers, realtors, sales professionals, speakers/trainers, and public relations specialists. Whether you want to attract more clients, get the raise or promotion you deserve, or attract the ideal life partner, personal branding is the solution.

Topics: the factors that created the age of personal branding • the eight biggest mistakes that have ruined potentially great personal brands • the distinctions and unique strengths of selling, marketing and branding • the eight traits you must live • how you must brand yourself -- or risk being branded by others • how to create your own personal branding statement

Instructor: Peter Montoya is president and founder of the nation's only advertising agency specializing in Personal Branding. In October of 1999, Peter and his Creative Director, Tim Vandehey, published *The Brand Called You* (Millennium Advertising). Their next book (March 2002) is *The Personal Branding Phenomenon: Applying the Personal Branding techniques of Oprah, Michael & Martha*.

Course fee: \$39 **Members:** \$34

One time only: #1405 Thur Feb 28 6:30-9:30pm

Knowledge Network Psychic Fair

Saturday Feb 2 10am-4pm
20-minute readings featuring:

Tarot Card Reader, Sheree Britten #1089

Sheree has been doing Tarot card readings for the past four years including the annual Troy Riverfest.

Psychic Astrologist, Flo Quigley #1090

Flo has practiced Astrology for twenty years and is certified in Astro-Cartography. Bring the city, date and time of your birth.

Psychometrist, David Louis #1040

David is a Certified Intuitive Counselor. Bring photos of people you have questions about and an object only owned by you.

Reading fee: \$22 per reader plus registration fee for walk-ins
Schedule ahead and save. Pay only \$19 plus registration fee.

Establish Yourself as an Expert**Location:** Colonie

What is the difference between a book that becomes a bestseller and one that doesn't? Why is Julia Child a household name and your Aunt Ruth, a fabulous gourmet, known only to her household? Why is someone else becoming rich and famous doing what you can do even better? As the Information Age continues to unfold, opportunities for those with a desire to share what they know are now more boundless than ever. Merely being knowledgeable about a subject is not enough; you have to know how to connect with people who want what you have to offer. If you have a story to tell and expertise to share, this course will show you attention-getting ways to let others know you're around.

Topics: inexpensive and free ways to establish yourself as an expert • shortcuts to finding people who want what you offer • the easiest way to package your information • how to expand your base of influence • how to locate and attract the media • how to remain a current authority worth listening to • ways in which an expert can earn money.

Instructor: Barbara Winter, see *Making a Living Without a Job*.**Course fee:** \$39 **Members:** \$34**One time only:** #1371 Thur Mar 21 6:30-9:30pm**Register for both of Barbara's classes for \$69 (Members \$64)****Projecting a Professional Image***from dressing for success to shaking hands***Location:** Colonie

Psychological studies confirm that it takes less than 15 seconds for others to form an opinion of us. Knowing how to dress and act appropriately are crucial to presenting polished image. What are they thinking of you and your employees? The instructor, a corporate image consultant, will show you how to turn customer contacts into an opportunity to demonstrate social savvy, poise and grace. We cover everything that goes into your image from how to dress to tips for remembering people's names.

Topics: the key elements of image • how to dress to get promoted • handling introductions • eye contact, body language, and non-verbal communication • basic business etiquette from cocktail receptions to business travel • male/female etiquette in the workplace

Instructor: Juanita Ecker, owner of a professional image management firm, has been coaching corporations, organizations and executives on this topics for four years including KeyBank, CSEA, and Carrier Corp.

Course fee: \$59 **Members:** \$54 **Materials:** \$20 +tax for booklet**Choose:** #1551 Tues Feb 12 2-5pm

#1552 Thur Apr 4 2-5pm

Fly an Airplane**Location:** Schenectady Airport

Experience the thrill and challenge of piloting an airplane while enjoying breathtaking views of the Capital District. Please provide your height & weight.

Topics: 1/2 hour orientation to the Cessna 172 dual-control, single-engine • learn about controls and the route of your flight • instructor will pilot the plane for take-off and landing • each participant has 30 minutes at the controls to practice turning, climbing and descending • learn about the elements of navigation, instrumentation and air control • in poor weather, flight will be rescheduled • limited to a maximum of three (3) students per class • class time dependent on enrollment

Required: Must be at least 16 years of age.**Instructor:** Richard Kaylor, veteran pilot and instructor, directs a team of FAA-certified instructors.**Course fee:** \$95**Choose:** #1205 Sat Jan 19 10am-noon or 1pm

#1465 Sat Feb 16 10am-noon or 1pm

#1466 Sat Mar 16 10am-noon or 1pm

#1467 Sat Apr 20 10am-noon or 1pm

**Making a Living Without a Job****Location:** Colonie

Ready to leave behind the nine-to-five world and start building something on your own? Millions of Americans have already traded in their corporate lifestyle for the satisfaction, freedom and the creative

challenge of jobless earning. This seminar is for everyone who has dreamed of being their own boss as well as those who are out of work, soon to be out of work, or wishing they were out of work. After "real" jobs as a teacher, employment counselor and interior designer, Barbara struck out on her own in 1974. She been joyfully jobless ever since. While conventional wisdom may still be telling you, "get a job," this class will show you new possibilities for working when you want, where you want, and how you want. If you want to make the transition from employee to entrepreneur or create another source of income, don't miss this one-of-a-kind seminar. Come prepared to be inspired and informed.

Topics: three essential techniques for success • recognizing and managing obstacles • developing multiple income channels • designing a work life that's perfect for you • getting started with little or no money • making a living without a job • finding support and resources for building momentum

Instructor: Barbara Winter is a Minneapolis-based teacher, author, business owner, and self-employment advocate. She publishes *Winning Ways*, the newsletter for people living and working with passion, and is author of the bestselling Bantam book, *Making a Living Without a Job*.

Course fee: \$39 **Members:** \$34**One time only:** #1372 Wed Mar 20 6:30-9:30pm**Register for both of Barbara's classes for \$69 (Members \$64)****Remodeling Or Repairing Your Home***- working with a contractor***Location:** Colonie

Join this instructor team of a lawyer and a contractor and find out what you need to know before you contract with anyone for home repair or remodeling. Whether you're putting on an addition, shoring up your foundation, or just replacing a hot water heater, this class teaches you how to be a wise consumer. You could save the course fee many times over as well as prevent the headaches and heartache of having to live with a job that is unfinished, inadequate or structurally deficient.

Topics: planning the project • how to find a contractor • obtaining estimates • drawing up the contract • use of architects and lawyers • when and how to issue payments • issues of building codes • certificates of occupancy • licenses and insurance certificates • use of subcontractors • what to do when things go wrong; poor workmanship, contractor walks off the job, warranty issues and legal remedies

Instructor: Larry Becker is an attorney who practices in the area of construction law and property damage claims arising out of construction occurrence. Prior to becoming a lawyer, Larry worked as a carpenter, cabinet maker and framing and roofing contractor. Mike Roarke is a custom builder with 15 years experience.

Course fee: \$39 **Members:** \$34**One time only:** #1739 Mon Feb 25 6:30-9:30pm**Look's What Happening in our FREQUENT LEARNER'S CLUB!****Members Special this Issue**

All club members will receive an additional \$5 off each class in this issue if we receive your registration by **Friday Jan 18**. Don't despair if you're not a member! Become one now and take advantage of this savings!

February Member Event

a FREE mini-massage from Instructor Kurt Kodesch
Wed Feb 27, 11am to 2pm (call to reserve)



For information on membership
see page 16!

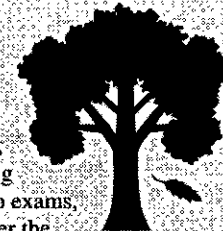
**To Register /**

Turn to the back cover for important info on registration, a map to the Knowledge Network Business Office, plus the "must read" cancellation policy. Please review the cancellation policy before you register.

2-3/ Special Features
4/ Personal Growth
4/ Languages
5/ Health
6/ Fitness, Recreation & Photo
7-8/ Careers
9/ Communication Skills
10/ Dance, Music & Acting
11/ New Age
12/ Money & Legal
13/ Cooking & Arts
14/ Prof. Development
15/ Computers

WHAT IS THE KNOWLEDGE NETWORK?

The Knowledge Network, an independent 20-year-old company, provides exciting, low-cost learning opportunities to adults. We give no exams, grades, or degrees. Instead, we offer the chance to learn in an informal, enjoyable setting.

**The Knowledge Network**

19 Aviation Rd, Albany NY 12205

business hours: Monday through Friday 9am-6pm

phone: 518.438.5669

visit our website: www.knowledgenetwork.orge-mail address: learn@knowledgenetwork.org**FREQUENTLY ASKED QUESTIONS****WHERE DO CLASSES MEET?**

Classes are held in private businesses, conference rooms, training centers, and for a few classes, private homes. Directions are sent upon registration. Call 518.438.5669 if you need details in advance.

HOW DO I SIGN UP?

You can register right up to the day of the class if there is room but many classes fill quickly. Call 518.438.5669 to register with your credit card, mail a check using the registration form on the back cover, sign up through our website: www.knowledgenetwork.org, or come to our business office and sign up in person. See back cover for more info. Sorry, no walk-ins accepted at class.

WHERE IS YOUR BUSINESS OFFICE?

To register in person come to our convenient Colonie location (most classes are NOT held here). The office is at 19 Aviation Road, in the Wolf Road vicinity (see map back cover). Office hours are Monday - Friday 9am-6pm.

HOW TO I BECOME A MEMBER?

Membership is \$39 per year, \$59 for a Household, \$29 for those 65 and older. Membership entitles you to lower fees on most classes and a waiver of the registration fee. Also included: a Knowledge Network totebag -- a \$10 value.

See back cover**or call 438-5669 for more info.**

VISIT OUR WEBSITE
www.knowledgenetwork.org

How to Locate Anyone Anywhere *secrets from a private investigator*

Location: Colonie

Find out how to find a lost family member, biological parent, an old love, schoolmate, military buddy, ex-spouse or deadbeat debtor. Seasoned professional and retired NYC Police Officer Joseph Manginelli will teach you the basic elements of investigative techniques including what information is legally available to you as a private citizen and where to find it. Many students who have taken this class have done the legwork themselves finding the individual that they have not been able to locate for years.

Topics: basic principles, terminology and elements of investigation • birth, death, and real estate records • banking, telephone and credit information that can be legally obtained • data available on the internet • where to tap into "trade secrets"

Instructor: Joseph Manginelli, who has 40 years investigative experience, has taught at the NYC Police Academy and is president of an investigative agency.

Course fee: \$39 **Members:** \$34

Materials: \$5 for a confidential trade source list

One time only: #1367 Thur Feb 21 6:30-9:30pm

Travel to Japan *a cultural immersion*

Location: Colonie

Whether you are traveling to Japan or just interested in learning about this historic and interesting country, the evening will prove to be informative and entertaining. Your Japanese-born instructor's enthusiastic presentation includes a Powerpoint program, native music, Japanese refreshments, origami and pictures that you won't want to miss.

Topics: geography, weather, government • national holidays • cultural traditions • various regions and their special attractions • basic Japanese vocabulary • relevant web-sites and travel agencies • accommodations and tours

Instructor: Hiroko Butler was born and raised in Hiroshima, Japan and is currently a Japanese/English translator. She has served as a cultural educator for American business executives doing business with Japan.

Course fee: \$29 **Members:** \$24 **Materials fee:** \$10

Couples: \$39 **Members:** \$34

Choose: #1553 Fri Feb 8 7-9pm

#1554 Thur Apr 11 7-9pm

Travel in New Mexico and Arizona

Location: Colonie

One of the last great travel adventures is the American Southwest of New Mexico and Arizona. Santa Fe is rated as one of the top ten places on the planet to visit and that is just the beginning. Nowhere in the US can so much of the history and background of the continent be seen so easily. Indigenous peoples have inhabited parts of New Mexico and Arizona for as much as 25,000 years and their ruins, sacred sites and modern crafts each has a story to tell. This evening will be inspirational and humorous, peppered with anecdotes of this region's people and history.

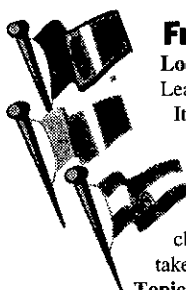
Topics: where to find good bed and breakfasts and hotels with character • hidden back roads of archeological and geological treasures • the Wild West of Billy the Kid and Wyatt Earp • the land of the atom at Los Alamos and White Sands • where and how to visit ghost towns, alien landing sites, atomic secrets, badlands, spiritual places and sacred sites of three different cultures • outdoor hikes that uncover fossils and ancient ruins • real estate opportunities, weather (it's so good), and best times of year to travel

Instructor: Bob Walling is a storyteller, teacher, part-time tour manager and lives in Albuquerque.

Course Fee: \$29 **Members:** \$24 **Materials:** \$6

Couples fee: \$39 **Members:** \$34

One time only: #1342 Thur Feb 28 6:30-9:30pm



French, Italian, Spanish

Location: Colonie

Learn the basics of conversational French, Spanish, or Italian. Intro classes are designed for those planning business or pleasure trips or individuals who just want to learn the fundamentals. If you have had previous instruction this course may be too basic unless you are looking for a refresher. The level II class is an extension of the Intro class or may be taken by those with very basic Italian language skills.

Topics: how to introduce yourself • polite expressions •

obtain directions • describe food • shop • role-play exercises with emphasis on conversation • some instruction in grammar and writing.

Spanish Instructor: Melinda Justiniano (Spanish) Phd-Spanish, has been teaching Spanish to adults and children for over five years. **French Instructor:** Michelle Waldenmeier served as a French interrogator for the US Army for seven years and is certified as a French instructor by the Defense Language Institute. She is also a substitute French teacher for the Bethlehem School District. **Italian Instructor:** Maria Speranza (Italian), BA-Italian, was raised in an Italian household and attended high school in Italy.

Beginner Course fee: \$109 **Members:** \$104 **Couples:** \$199

Italian Level II Course fee: \$119 **Members:** \$114

Spanish Intro

Choose: #9833 Tues Jan 22,29, Feb 5,12,19,26 7:45-9:15pm

#1721 Wed May 8,15,22,29, Jun 5,12 6-7:30pm

French Intro

Choose: #9832 Tues Jan 22,29, Feb 5,12,19,26 6-7:30pm

#1720 Wed May 8,15,22,29, Jun 5,12 7:45-9:15pm

Italian Intro

Choose: #9835 Mon Jan 28, Feb 4,11,18,25, Mar 4 6-7:30pm

#1722 Tues May 7,14,21,28, Jun 4,11 6-7:30pm

Italian Level II

Choose: #9834 Mon Jan 28, Feb 4,11,18,25, Mar 4 7:45-9:15pm

#1723 Tues May 7,14,21,28, Jun 4,11 7:45-9:15pm

Organize Your Home

Location: Colonie

If you're overwhelmed by the things you've accumulated in your home now is the time to de-clutter it! Get motivated by an expert who lives a clutter-less existence and has freed up time to finish projects, find solitude, and enjoy pleasurable things. This class will look at your excuses, give options on where to start, and get you on your way to a less cluttered existence.

Topics: assessing the cost of being unorganized • visualizing the physical and mental benefits of being better organized • how to overcome the emotions that keep you stuck • how to develop a plan to stop procrastinating and start abandoning • how to set-up systems to handle paper, bills and junk mail • what to keep and how to organize it so you can find it when you need to • how to methodically clean and organize your closets, garages, basements, attics and kitchen without getting overwhelmed and giving-up

Instructor: Diane Campion, former Director of Organizing for CSEA, now owns her own organizing business and is a member of the National Association of Professional Organizers.

Course fee: \$39 **Members:** \$34

Choose: #1740 Mon Jan 21 6:30-9:30pm

#1457 Thur Mar 7 6:30-9:30pm

College Credits with Life Experience

Location: Colonie

If you're considering going back to school to get your degree, make this your first class! Find out how to save thousands of dollars in tuition and cut down on class time. Many local colleges and universities provide credits for prior learning. Learn how to apply for these credits from Brenda Lee, who received her BA this way.

Topics: how to get credit for real-life/real-world experience • how to put together a portfolio • CLEP exams • self-study classes • schools that offer these programs • tuition and exam costs • setting a timeline • how to keep track of it all

Instructor: Brenda Lee works full-time and attends graduate school part-time. She received her Bachelors in Marketing/Management with Siena College using this method and is currently working on her Masters degree at SUNY.

Course fee: \$39 **Members:** \$34 **Materials fee:** \$2

Choose: #1299 Wed Jan 30 6-9pm

#1478 Tues Mar 26 6:30-9:30pm

The Revolutionary War *a series of three virtual road trips*

Location: Delmar

British Invasion of 1777 #1291 Wed Jan 9 6-9pm

Fasten your seat belts for a multi-media presentation that traces this invasion along Rt. 4 from Castleton, Vt to Albany. British General Burgoyne, the leader of the invasion, described this area as "God Forsaken".

Ethan Allen's Conquest of 1775 #1293 Wed Jan 16 6-9pm

This class traces along Rt. 7, the development of the first overt military action by Americans against the British in their quest for independence from Pittsfield to Burlington, Vt

Fires on the Hudson #1295 Wed Jan 23 6-9pm

US Routes 9, 9A, 9K, 9W, from New York City to Albany, are the sites of the heated exchanges between the American Forces under General George Washington and the British Forces under General William Howe.

Instructor: Ray Houghton is a retired college professor and owner of a computer learning center. He is the author of several popular Revolutionary War road trips. Each class has a book fee of \$5.

Take any one course for: \$29 **Members:** \$24 or

Register for all three War classes for: \$79 **Members:** \$74

Travel to London

insider tips on where to stay, what to see, and how to save

Location: Colonie

London really is the world's center stage and with so many great deals on airfares, the capitol of Great Britain is more affordable today than ever before. Learn how to see a real murder trial, have dinner in the last galleries coaching inn in London, experience the Blitz in an underground station and save from \$100-\$400 on your trip. Find out how to eat in famous and expensive restaurants for as little as \$40.

Topics: staying in bed and breakfasts • saving money on transportation, money exchange and everything you do • view slides of hotels and their neighborhoods • the best and most fun markets • 28 theatres where the tickets are less than \$25 • where to buy walking tours that get you inside some of Britain's most exclusive places • ways to travel around England for less than \$25 a night • converting your trip to London to 7-day or 14-day trips to exotic Greece, Morocco, Spain and Italy for as little as \$200 additional (including airfare, hotel and sometimes a car) • a large handout includes more than 100 telephone numbers and websites

Instructor: Bob Walling spent one-third of his life in London and returns at least once a year. He has been a multi-lingual tour guide in London and Europe.

Course fee: \$29 **Members:** \$24 **Materials:** \$8

Couples: \$39 **Member Couples:** \$34

One time only: #1343 Wed Feb 27 6:30-9:30pm

You and the Pet you Love *communicate with Tellington Touch*

Location: Colonie

Would you like a gentler, more effective way to help your dog stop barking and pulling on the leash, or to help your timid cat be more people friendly? Tellington Touch is a positive, cooperative approach to working with animals, developed over 25 years ago by internationally-known animal expert, Linda Tellington-Jones. Using bodywork techniques and training exercises, work with your pet's nervous system to make them calmer and more confident.

Topics: how to increase focus and attention for learning • how to reduce stress, nervousness and fear • addressing chewing, barking, leash pulling, aggression, noise phobia, and separation anxiety • pain reduction/alleviation due to aging or injury • use of leashes • Instructor will demonstrate techniques on her dog and cat in class.

Instructor: Dianna Wells is a Certified Tellington Touch Practitioner and Certified Professional Dog Trainer.

Course fee: \$29 **Members:** \$24 **Materials:** \$2

Choose: #1281 Mon Jan 14 6:30-8:30pm

#1511 Fri Mar 15 6:30-8:30pm

Seating is limited for all classes. Sign-up today to avoid getting closed out!



VISIT OUR WEBSITE
www.knowledgenetwork.org

Quit Smoking with Hypnosis**Location:** East Greenbush

Hypnosis has helped millions of people become non-smokers. Though many smokers admit that they are physically addicted, they also complain about the mental control. This class helps to rid your subconscious mind of the destructive smoking habit.

Topics: find out how hypnosis can help control mood swings and urges • learn how hypnosis can reduce or stop weight gain • part lecture / part group hypnosis • during hypnosis, your subconscious mind is re-educated with the belief that you are a non-smoker, and you will begin to think, act and behave as a non-smoker.

Instructor: Marge Kaufman, a smoking cessation facilitator and Certified Clinical Medical Hypnotherapist, is the founding director of a personal/professional development center.

Course fee: \$33 **Members:** \$28

Materials: \$7 for a booklet and audiotape

One time only: #1502 Thur Jan 17 7-9pm

#1497 Thur May 16 7-9pm

Be Ever-Young**The Natural, Non-Surgical Facelift****Location:** Colonie

Smooth away unsightly wrinkles, reduce puffiness, release ugly tension lines, and lift your face from the inside out. Techniques combine Eastern and Western philosophies -- find out about this popular, natural, non-invasive approach for looking young.

Topics: why the face ages and starts to drop • using facial renewal exercises to defy gravity • Oriental Visual Diagnosis • how to use Acu-Point Therapy to reduce puffiness, tone underlying tissues, alleviate headaches, teeth clenching/grinding, and sinus problems • how to relax and become empowered • all participants will receive an inner beauty guided imagery session

Instructor: Patricia Gilmore, CMHt, CSP, has a health care practice concentrating on the utilization of Oriental Medical techniques and Western Mind Science. She is a Board-certified Medical and Master Clinical Hypnotherapist and an Acupressurist.

Course fee: \$29 **Members:** \$24

One time only: #1469 Sat Mar 9 10am-noon

Acupressure**for health and well-being****Location:** Colonie

This is an enlightening and hands-on workshop packed full of simple acupressure techniques you can perform on yourself and others to enhance physical, mental and emotional well-being. Understand the concepts of acupressure, it's origins in Chinese medicine and how you can use it anywhere, anytime, anyplace to relieve pain, aid concentration, invigorate yourself and feel more positive. Bring a mat and wear comfortable clothing as we will stretch and perform acupressure in class.

Topics: the vital forces of Chi, Yin and Yang that can be harnessed to improve your well-being • specific points (tsubos) to use to remove many common symptoms and ailments • reduce stress by pressing your points while others are pushing your buttons

Instructor: Patricia Gilmore, see *Be Ever-Young* (this page).

Course fee: \$29 **Members:** \$24

One time only: #1470 Sat Mar 9 1-3pm

Register for both of Patricia's classes for \$49 **Members** \$44

Healing Touch-Therapeutic Touch-Reiki**Location:** Colonie

Alternative medicine has garnered so much attention that the National Institute of Health has dedicated a unit solely to Complementary and Alternative Medicine. Take this one-night class to explore three popular, non-traditional choices: Healing Touch, Therapeutic Touch, and Reiki.

Topics: natural ways to facilitate the healing of the body • ancient philosophies driving each discipline • how guided energy is used to accelerate healing or assist general wellbeing • complementary or integrative medicine's impact on pain, anxiety, chronic illness, injury, and stress • lecture and in-class exercises will help develop an understanding and a practical awareness

Instructor: Myrna Denison, RN, is a Certified Instructor of healing touch and teaches therapeutic touch in hospitals and colleges.

Course fee: \$39 **Members:** \$34

Choose: #1297 Thur Jan 17 6:30-9:30pm

#1734 Mon Mar 11 6:30-9:30pm

NEW**Qi Gong****-the ancient Chinese exercise for health****Location:** Colonie

Qi Gong is one of the most powerful healing tools used in Chinese medicine. As the western world is now aware of it miraculous healing abilities, it is becoming popular here. It's benefits range from calming the mind and strengthening the body to relieving chronic pain. Our one-night program introduces you to Qi Gong theory and practice as well as the principles of Chinese Medicine. Wear comfortable, loose clothing as we will be learning and practicing exercises in class.

Topics: history of Qi Gong • a discussion of Qi, dantien, meridians, and meditation • breathing, warm-up, stretching and relaxation exercises • detoxification through breathing • diseases treatable with Qi Gong • Qi Self Massage • using Qi to heal

Instructor: Gregg St. Clair is a licensed acupuncturist and has a Masters of Science in Traditional Oriental Medicine. He has practiced Medical Qi Gong for healing with clinic patients at the Pacific College of Oriental Medicine and is currently practices oriental medicine at a local wellness center.

Course fee: \$39 **Members:** \$34

Choose: #1473 Mon Jan 21 6:30-9:30pm

**Mind/Body Medicine****Location:** Colonie

Discover how to harness the restorative power that resides within you through the cutting-edge research of biofeedback and mind-body medicine. If you are frustrated by a nagging illness or injury that won't heal with traditional medicine, learn how to put yourself into a maximally powerful physiological state to heal yourself. These skills translate into peak performance in the rest of your life as well.

Topics: biofeedback and its application to healing • Oriental medicine philosophy • realigning your acupuncture meridians through meditative exercises • focusing your mind on your specific injury • portions of the PBS series, Healing and the Mind

Instructor: Bethany Gonyea, MS, is certified as a biofeedback specialist with the Biofeedback Institute of America. She is the former Director of Biofeedback at the Albany Facial Pain Center. For the past seven years, Ms. Gonyea has lectured on Tan Tien Biofeedback and related topics to doctors and physical therapists.

Course fee: \$39 **Members:** \$34

Choose: #1500 Mon Feb 4 6:30-9:30pm

#1501 Tues Mar 12 6:30-9:30pm

advertisement

**Woody Guthrie's American Song****Jan 18 - Feb 17**

Words & music by Woody Guthrie
Conceived & adapted by Peter Glazer

Directed by David M. Lutken

Ride the rails from the burgeoning West through Dustbowl country to the factories and Bowrey of New York. Only Woody Guthrie could paint this uplifting musical picture of America with songs like "Nine Hundred Miles" and "This Land is Your Land."

Group Rates Available**Children's Pricing**

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A Raisin in the Sun**March 8 - April 7****By Lorraine Hansberry**

Meet three generations of the Younger family living together in a cramped apartment on Chicago's impoverished Southside. This compelling classic is a tribute to a family, daring to hope for a better life and capture the American dream of owning a home.

Chinese Medicine**Location:** Colonie

Chinese Medicine has been effective in treating diseases and illness in the east for thousands of years. Now it is gaining acceptance in traditional western medicine. Health professionals are using it as a way to complement and or replace drugs and conventional therapy/surgery. This class provides an explanation of the four pillars of Chinese Medicine - acupuncture, herbs, diet, and QiGong -- and how they can be your partner in improving mental and physical health, enhancing the immunesystem, relieving stress, attacking disease, correcting chemical imbalances and slowing aging. There will also be a demonstration of acupuncture in class.

Topics: history of Chinese Medicine • western vs. eastern medicine • diagnosis and treatment methods

Instructor: Gregg St. Clair, see *QiGong* (this page).

Course fee: \$25 **Members:** \$21

Choose: #1508 Fri Feb 1 7-8:30pm

#1509 Mon Mar 18 7-8:30pm

Lose Weight with Hypnosis**Location:** East Greenbush

In this one-night class, you'll discover just how easy it can be to shed extra pounds and replace negative eating routines with healthy habits.

Topics: why drinking eight glasses of water a day helps wash away unwanted fat and pounds • how hypnosis works immediately and automatically • a group hypnosis session will be conducted to break the connection between your emotions and overeating • leave class with post-hypnotic suggestions to reinforce control.

Instructor: Marge Kaufman, a Certified Clinical Medical Hypnotherapist, is a member of the National Council of Medical and Clinical Hypnotherapists. Marion Turino, a Certified Clinical Medical Hypnotherapist, knows first hand the power of hypnosis, having dealt with a weight problem all her life. Either Marge or Marion will teach your class.

Course fee: \$33 **Members:** \$28 **Materials:** \$7

Choose: #1311 Thur Feb 7 6-8pm

#1498 Thur Apr 4 6-8pm

Natural Meditation**Location:** Colonie

Do you find that you are overwhelmed, anxious, and unable to enjoy life? Meditation can help you relax and become more focused. Research has also shown it can be used to alleviate pain, increase health and vitality, and serve as a buffer in day to day encounters with stress. This class contains a discussion of the facts of natural meditation, an instructor-led meditative experience, and an actual guided meditation. Students will leave with the ability to do a 20-minute meditation on their own.

Topics: the ten-step method to meditating • how to incorporate a daily practice into your schedule • common stumbling blocks to achieving a meditative state and how to overcome them

Instructor: Theodore Koushun Phelps has taught meditation since 1972 and formulated the Natural Meditation method in 1994. He is also an Internet designer for New York State's University System.

Course fee: \$39 **Members:** \$34

Choose: #1506 Thur Feb 7 6:30-9:30pm

#1507 Wed Mar 20 6:30-9:30pm

Massage**Location:** Colonie

Massage your way to stress relief, improved flexibility, increased circulation, release of painful muscle tension, and increased energy and vitality. Learn how to give massages on friends, family, loved ones and yourself, anywhere.

Topics: techniques to use while the receiver is fully clothed and seated • basic hand and back strokes • a brief discussion of reflexology (foot massage) • a quick 5-minute stress relieving program for back, neck, shoulders, arms, legs and feet • tips the professionals use to avoid getting tired or sore while giving a massage

Instructor: Kurt Kodesch, NYS licensed and nationally-certified massage therapist is in private practice in and around the Capital District.

Course fee: \$29 **Couples:** \$49

Members: \$24 **Member Couple:** \$45

Choose: #1298 Mon Jan 14 7-9pm

#1461 Tues Mar 12 7-9pm

Turbo-charge Your Golf Game!**NEW****- private golf conditioning****Location:** Colonie, Clifton Park, or your home or gym

With all of the advances in golf equipment and technique, why are average handicaps the same as they were 15 years ago? Because we've left out the most important factor --- the biomechanics of the golfer! This class is two one-on-one private sessions. The first is a 14-point muscle balancing assessment to determine the limitations your body has for reproducing a consistent, accurate swing. The second is your customized flexibility program. This course is based on Paul Chek's Whole-In-One Conditioning program.

Topics: proper warm-up • muscle energy mobilization exercises for stimulating the nervous system and promoting swing fluidity • correcting muscle imbalances that underlie common swing faults such as hooking or slicing • avoiding or alleviating chronic back, elbow or wrist pain

Instructor: Kyle Jenks, see *Amazing Abdominals* (this page)**Course fee:** \$79 **Members:** \$74

#1510 one (1) hour assessment plus one (1) hour personal training session, individually scheduled

Indoor Horseback Riding**Location:** Schenectady

This course is a thorough introduction to the basics of English style horseback riding. The first class is a barn orientation on horse interaction and care. Riding instruction (three lessons: length determined by number in class - 45 min to 1 1/2 hours) will be scheduled based on your skill level and availability at the first class.

Topics: horse anatomy, equipment, grooming, saddling and bridling • mounting/dismounting, riding positions • hands-on ground/riding instruction • riding academy has a lighted indoor riding ring so classes are held rain or shine • Wear old clothes!

Instructor: Peggy Aedjian is one of this region's top horsewomen and has been teaching for over 20 years. She directs her staff of experienced instructors.

Course fee: \$95 **Members:** \$90**Choose:** #1224 Tues Jan 8 6-7:30pm

#1380 Tues Feb 5 6-7:30pm

#1381 Tues Mar 5 6-7:30pm

Your Personal Fitness Exercise Plan**Location:** Niskayuna Fitness Center

Treat yourself to a one-on-one fitness assessment with personal trainer Jane Hawksley Ogle, who will devote herself to you. Enjoy better circulation, stronger muscles and bones, and a healthy heart and lungs. Includes a written fitness assessment customized to achieve your personal goals, strengthen your weak areas and utilize whatever resources you have available to you. After registration, Jane will call you to set-up a mutually convenient date/time; your written assessment will be sent to you.

Topics: 90-minute fitness assessment including health history, activity review and body measurements incorporating body fat composition • strength, cardio-vascular and flexibility performance tests • establish goals, body type, and likes and dislikes in order to design an effective plan

Instructor: Jane Hawksley Ogle is a certified Personal Trainer, certified Aerobics Instructor (American Council on Exercise) and fitness director at a local Y.

Course fee: \$49 **Members:** \$44

#1503 90-minute assessment & customized exercise plan

Yoga**Location:** Troy

Establish a new relationship with your body - a loving compassionate awareness of its needs and messages. The focus of the class is reducing stress and enhancing fitness through the practice of yoga. Some who regularly practice yoga have lowered blood pressure, improved sleep habits, decreased symptoms of chronic pain, improved mobility, increased levels of physical fitness and decreased panic, anxiety and depression.

Instructors: Daniel Navilia is a certified Yoga instructor who is passionate about Yoga's benefits.

Course fee: \$72**Choose:** #1448 Mon Jan 7,14,21,28 Feb 4,11 5:30-6:45pm

#1449 Sat Jan 12,19,26 Feb 2,9,16 10-11:15am

#1450 Mon Feb 25 Mar 4,11,18,25 Apr 1 5:30-6:45pm

#1451 Sat Mar 2,9,16,23 Apr 6,13 10-11:15am

Ashtanga Yoga - Call for more information**Indoor Golf Clinic****- beginning to intermediates****Location:** Guilderland

Now is the best time to work on your golf game!

Our four night program held at Western Turnpike's indoor golf facility will get you on the way to playing to your potential. Develop winning skills and correct any bad habits you may have developed before you hit the links this spring.

Register ahead of time to avoid getting shut-out as classes are limited to eight. If you have clubs, bring a short iron (7 or 8) and your putter to class. We'll supply clubs if you don't have them.

Topics: proper stance, grip and alignment • professional critique of your swing • stroke drills

Instructor: Tim Podeswa, Assistant Golf Pro at Western Turnpike has been teaching for The Knowledge Network for 15 years.

Course fee: \$99 **Members:** \$94**Choose:** #1555 Tues Feb 4,11,18,25 6-7pm

#1557 Tues Feb 4,11,18,25 7-8pm

#1556 Thur Feb 7,14,21,28 6-7pm

#1558 Thur Feb 7,14,21,28 7-8pm

**Absolutely Amazing Abdominals****- core conditioning for all levels of fitness****Location:** Colonie

Many of the exercises we do concentrate on the lower body or arms. But the 29 muscles of the trunk are what stabilize and create a foundation for fitness. Strengthening and conditioning this area will alleviate lower back pain, firm and tighten your mid-section, improve posture and balance, decrease your risk of injury during exercise, and build a support for other activities. You don't need a gym to get fit!

Topics: the physiology behind core conditioning and functional training • proper breathing technique • the Bruegger Relief Position • the pros and cons of ab machines and weight belt use • posture, body alignment, and movement biomechanics • use of the Swiss ball and ab devices • proper ways to do crunches/sit-ups • why proper tongue placement is crucial • exercises to do at home

Instructor: Kyle Jenks has a Bachelor's degree in Physical Education and is certified as a personal trainer with the National Academy of Sports Medicine.

Course fee: \$25 **Members:** \$21**Choose:** #1203 Thur Jan 24 7-9pm

#1454 Wed Mar 6 7-9pm

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and family performances*

SEASON HIGHLIGHTS

Joan Baez • Limon Dance Co. • Porgy & Bess
Laurie Anderson • New York Voices • Janis Ian
Spalding Gray • David Sanborn • Nanci Griffith
Flying Karamazov Bros. • Urban Bush Women
James Cotton • Bela Fleck & The Flecktones

INFORMATION & TICKETS**518-473-1845****Digital Camera Essentials****Location:** Albany or Colonie

Whether you own a digital camera or are considering buying one, get the lowdown on how to choose and use this wonderful consumer technology. If you suspect you may be suffering from technophobia, this class may be the cure! Find out what makes your digital camera different from a 35mm, explore digital camera's features, practice taking pictures, and discuss how a computer can operate as your personal photo lab.

Topics: what to look for when purchasing a digital camera • setting up the camera • lenses • power supplies • image quality • image resolution • program modes • menus • buttons • types of computer imaging software available to consumers • options for outputting images

Instructor: Joseph Schuyler, a commercial photographer for 25 years, has had his work in *American Photographer*, *Glamour*, and *New York*, among others. He studied with the influential Minor White, Mary Ellen Mark and Jay Maisel.

Course fee: \$39 **Members:** \$34**Choose:** #9964 Wed Jan 9 6:30-9:30pm, Albany

#1695 Tues Feb 19 6:30-9:30pm, Colonie.

#1696 Thur Apr 18 6:30-9:30pm, Colonie

Learn to Use Your 35mm Camera**Location:** Colonie

Learn how to use all those buttons on your 35mm camera so you can create beautiful and interesting photographs. Bring your camera and learn about its key manual functions and how to control them to get the pictures you want.

Topics: focusing • shutter speeds • f-stops • lenses • filters • light meters • film • bring your camera, lenses, flash & manual • not suitable for point and shoot automatic cameras

Instructor: Curt Miller, a third generation photographer, has produced exhibition quality prints for over 30 years winning numerous awards for his work.

Course fee: \$39 **Members:** \$34**Choose:** #1345 Fri Jan 4 6:30-9:30pm

#1493 Fri Feb 15 6:30-9:30pm

#1494 Fri Apr 5 6:30-9:30pm

Make Great Photographs**Location:** Colonie

Learn the basic ingredients for designing a good photograph - subject, framing and perspective. We'll look at the work of others to understand what components are required to make stronger and more elegantly composed photographs. Bring your own photographs for constructive criticism. You must have a camera that is not solely automatic to benefit from this class.

Topics: lighting • light modifiers • electronic flash • lenses • filters

Instructor: Curt Miller see 35mm Camera above**Course fee:** \$39 **Members:** \$34**Choose:** #1346 Fri Jan 11 6:30-9:30pm

#1495 Fri Feb 22 6:30-9:30pm

#1496 Fri Apr 12 6:30-9:30pm

Take 35mm & Make Great Photos \$69 (Members: \$64)**Create a Story with Your Photos****Location:** Colonie

Finally, a class to get you going on organizing your photos. This class will show you how to combine the arts of photography, photo preservation and journalizing to create unique, informative and entertaining albums. If you have piles and boxes of photos from years past and want to do something meaningful with them, get it started in class. Bring a box of photos you want to work with in creating your project. Materials fee is for demo materials used in class: other items will be available for purchase at class. Bring your own albums if you prefer.

Topics: setting goals for success • the "culling" process to sort and organize • journalizing techniques for recording memories and retelling events • safety and protection of photos with the use of archival materials • working with antique photos • how to create beautiful gift albums, photo collages, and commemorative collections

Instructor: Diane Campion is a professional organizer whose enthusiasm for this class is contagious.

Course fee: \$39 **Members:** \$34 **Materials fee:** \$5**Choose:** #1455 Mon Jan 28 6:30-9:30pm

#1456 Thur Mar 28 6:30-9:30pm

Start a Bed & Breakfast

Location: Schenectady, Union College area

Capitalize on the unique charm or convenient location of your home! Be your own boss and take charge of your destiny! This class will cover the basic steps necessary to start and operate a bed and breakfast.

Topics: start-up costs • local and state regulations • liability insurance • taxes • fire and safety codes • how to assess your property and draw on its unique advantages • where to get help • marketing ideas • traits that will make you a successful host

Instructor: Carol Matos is owner of the American Country Collection of Bed & Breakfasts, a reservation service for bed & breakfast homes and country inns.

Course fee: \$49 **Members:** \$44 **Materials:** \$5 for a workbook
One time only: #1490 Thur Mar 14 6:30-9:30pm

Bartending

Location: Clifton Park

This is a thorough introduction to the ever popular craft of mixology, a skill that's always in demand. When you pass the final exam you'll receive a certificate to use in job hunting.

Topics: prepare 65 drinks from the unchanging standards to the most popular exotics • learn hands-on about equipment and glassware • types and qualities of spirits, liquor, wine and beers • set-up • clean-up • close-down procedures • inventory controls • handling of cash and credit cards • dealing with customers

Instructor: Dan Batto owns a bartending and catering service.

Course fee: \$250 **Members:** \$240

Choose: #1323 Jan 7,8,14,15,17 6-10:30pm
#1726 Jan 22,23,28,29,31 6-10:30pm
#1727 Feb 4,5,11,12,14 6-10:30pm
#1728 Feb 19,20,25,26,28 6-10:30pm
#1729 Mar 4,5,11,12,14 6-10:30pm
#1730 Mar 18,19,25,26,28 6-10:30pm

How to Set-Up a Home-Based Medical Billing Business

Location: Colonie

Knowledgeable medical billing specialists -- liaisons between physicians and insurance companies -- are in great demand. Learn what it takes to set-up and operate your own home-based medical billing service. Ms. Harris will show you how much you can expect to invest, marketing techniques, how to write proposals and contracts, and more.

Topics: minimizing start-up costs • setting-up your office • working with physician's offices • implementing guidelines • coding services • maximizing reimbursements • electronic filing • aging reports • preparing patient statements and physician reports • marketing services • pricing services competitively

Instructor: Wendy Harris is Certified Biller/Coder with fourteen years experience in the medical billing field. She is the owner of a home-based medical billing, training and consulting service.

Course fee: \$49 **Members:** \$45 **Workbook fee:** \$15

Choose: #1247 Sat Jan 12 9:30am-12:30pm
#1472 Sat Mar 9 9:30am-12:30pm

How to Start a Profitable Event Planning Business

Location: Colonie

Meetings, conventions and fundraising events are a multi-billion dollar business and planners of these events are much in demand.

Whether it is a corporate occasion or a private party, event planners are the behind-the-scenes managers, and they are paid to the difference between a hum-drum function and a very special affair.

Topics: how you can work from home putting your creativity and knack for details to work • attracting customers • pricing your services • marketing the event • coordinating suppliers and agendas • managing your business • each student will receive a list of helpful resources that will help save time and money

Instructor: Steve Veltkamp see *Make Money* (page 8).

Course fee: \$39 **Members:** \$34 **Materials:** \$3

One time only: #1534 Fri Mar 15 1-4pm

Intro to Commercial Voiceovers

Location: Colonie

Announcing for commercials, films and videos can be lucrative and you don't have to be in a big city like New York to make it. Many successful announcers started in small, regional markets. Get the lowdown on the industry from a veteran producer of commercials and jingles

who provides a unique approach to sidestepping the competition. We'll record a simulated commercial for playback during class in which every student will participate.

Topics: opportunities in the field of announcing • the difference between commercials and narration • agents, unions, and fees • how to package and market yourself • a discussion of the all important demo tape • skills necessary to become a success

Instructor: Dan Levine, is a CLIO award winner and TONY-nominated composer (Anna Karenina). He has produced hundreds of commercials including the infamous American Cancer Society's anti-smoking campaign for which he received a CLIO, a national media award.

Course fee: \$39 **Members:** \$34



Set-up Your Home-Based Business

Location: Colonie

Home-based businesses are the fastest growing segment of industry. There are tremendous benefits but there are also significant challenges. While advances in technology have made working from home more convenient than ever before, it also presents complications that need to be addressed in order to be successful. Find out how to present a professional image and be productive. The materials fee is for a binder of crucial information.

Topics: the pros and cons of operating a business from home • choosing a business address • telephone options and etiquette • setting-up an efficient home office • separating work from your home • when does the office close? • stay motivated while working alone

Instructor: Helen Volk is founder and president of a home-based company that helps people de-clutter and de-stress their lives.

Course fee: \$39 **Members:** \$34 **Materials:** \$10

One time only: #1313 Thur Jan 31 6:30-9:30pm
#1384 Tues Mar 19 6:30-9:30pm

Patents, Trademarks, Copyrights

Location: Latham

Learn how you can protect your intellectual property and profit from your creative ideas, whether they take the form of inventions, designs, trade secrets, business names, trademarks; or creative works such as computer programs, books, songs and works of art. This class is designed for the individual inventor or author as well as businesspersons or corporations.

Topics: patent and trademark searches, registration and licensing • licensing of trademarks rights known as franchising • copy-rightable subject matter and the scope and duration of protection • protection of software and related products • marketing techniques including licensing, production, manufacturing and sales • foreign patenting • costs associated with each process • confidentiality agreements • rip-offs and potential pitfalls

Instructor: Arlen Olsen or another qualified attorney from a local law firm that specializes in intellectual property law and are experienced patent, trademark and copyright attorneys.

Course fee: \$49 **Members:** \$44

Choose: #1338 Thur Jan 3 6-9pm
#1538 Wed Mar 13 6-9pm

Marketing Your Goodies

Location: Colonie

If your family and friends rave about your culinary creations -- desserts, cookies, sauces, or dressings -- they may just be a business waiting to happen. Discover how to turn your recipes into a thriving food specialty business. That's how Mrs. Field's got started. Feel free to bring a sample of your treats to share!

Topics: marketing to restaurants, specialty food stores, and retail outlets • direct marketing • production systems • legal issues • how to save money • developing a product image

Instructor: Steve Veltkamp, see *Crafts Into Cash* (page 8).

Course fee: \$39 **Members:** \$34 **Materials:** \$3

One time only: #1519 Wed Mar 13 1-4pm

How to Start a Home-Based Medical Transcription Business

Location: Colonie

In great demand, a medical transcriptionist converts dictation to notes documenting doctor visits. Medical training is not necessary but a familiarity with terminology and procedures can be helpful. Find out how to start your own medical transcription business.

Topics: get started on a shoestring • what to look for in training programs • how to learn medical transcription simply and cost effectively • pricing • record keeping/taxes • collections • equipment • software • professional organizations • networking

Instructor: Deborah Burns, president of a medical transcription company, has taught this class throughout the country for the past seven years. She assisted in the design of books and reference materials used in medical transcription programs.

Course fee: \$49 **Members:** \$44 **Workbook fee:** \$8

One time only: #1376 Tues Mar 19 6:30-9:30pm

How to be a Successful Landlord

Location: Colonie

If you want to be or already are a rental property owner, gain the knowledge and skills you need to be profitable.

Topics: the A to Zs of effective property management, from selecting an investment property to collection of back rent and evictions • property taxes • rental rates • operating budgets • marketing • screening tenants • leases • complying with code enforcement • dealing with tenant complaints including after-hour emergencies • your rights as a property owner • rights of tenants • how to efficiently maintain and modernize a property to protect and enhance its market value

Instructor: Hal Zucker is owner of a full-service property management firm.

Course fee: \$49 **Members:** \$44

Last class register now: #1310 Wed Jan 30 6-9pm

\$1000-A-Day Consultant

Location: Colonie

If you have developed an expertise working for someone else, find out how to go out on your own, part-time or full-time, as a consultant. According to a recent survey, successful consultants earn between \$750 and \$1500 a day. Some get more! In this exciting nuts and bolts course you will learn how to maximize your earning power as a business consultant.

Topics: developing your expertise • gaining expert credentials • setting fees • writing proposals • contracts • knowing when to turn down a job • obligations as a consultant • tax benefits and write-offs • finding customers without cold calls • using the internet to find resources and opportunities • books and referral fees • zero cost marketing • using seminars to find clients • students will receive "The Consultant's Resource Kit"

Instructor: Paul Mladjenovic is a financial and business consultant who started his own practice in 1985. He is a trainer, author and consultant who specializes in personal and business finance.

Course fee: \$39 **Members:** \$34 **Materials:** \$5

Choose: #1336 Thur Feb 7 2-5pm
#1725 Thur May 9 2-5pm

Start Your Own Profitable Webmaster Service

Location: Colonie

Millions of pages are being thrown up on the Internet - but very few of them are profitable, or are accomplishing all the owners had hoped. The problem sometimes is design, but more often it's because nobody is effectively managing the Website. Enter your webmaster service - the hottest Internet business opportunity today - and one that is slated for explosive growth in the future. You contract with other companies and associations to manage their website for them. You don't need to be a "geek" to be a success in this business, this seminar will tell you step by step what you need to know. Go beyond Web page design and learn how much more profitable Webmastering is.

Topics: checking links • promoting on-line • search engine placement • updating content to maintain interest

Instructor: Steve Veltkamp, see *Make Money* (page 8)

Course fee: \$39 **Members:** \$34 **Materials:** \$3

One time only: #1537 Sat Mar 16 1-4pm

NYS-APPROVED**Real Estate Salesperson Licensing****Location:** Colonie or Lake George

To become a real estate salesperson in NYS you must complete three steps: take NYS Salesperson Licensing class, pass the NYS Licensing exam (offered every week in Albany), and obtain broker sponsorship. This 45 hour course fulfills the educational requirement. Successful completion of the class requires at least 80% attendance and passing the final exam. For more info call the NYS Dept of State (474-4429) or www.dos.state.ny.us

Topics: license law and regulations • law of agency • real estate instruments • real estate financing • land use regulations • Land use regulations • introduction to construction • valuation • human rights and fair housing • environmental issues • real estate math • independent contractor

Instructor: This course is taught at a NYS licensed Real Estate school. The faculty consists of attorneys, NYS-approved licensed salespersons and brokers, and NYS residential and general certified appraisers.

Course fee: \$250 for Colonie location - \$55 deposit
\$275 for Lake George - \$55 deposit

Text Fee \$35 plus tax Modern Real Estate Practice in NYS (7th ed. rev.), purchased at class

Colonie daytime sessions, 8:30am-5pm, choose:

- #1522 Jan 7,8,9,14,15,16
- #1524 Feb 4,5,6,11,12,13
- #1525 Mar 4,5,6,11,12,13
- #1527 Apr 8,9,10,15,16,17

Colonie evening sessions 5:30-10pm, Sat 9am-4pm, choose:

- #1523 Jan 9,12(Sat),14,23,28,30 Feb 4,6,9(Sat),11
- #1526 Mar 20,23(Sat),25 Apr 1,3,8,10,13(Sat),15,17

Lake George daytime sessions, 8:30am-5pm

- #1741 Mar 18,19,20,25,26,27

Turn Your Crafts Into Cash**Location:** Colonie

If you create beautiful and interesting crafts, why limit it to a hobby? Crafts are a \$6.2 billion dollar industry that you can be a part of. If you already sells your crafts, take this class and discover new ways to improve sales and profitability.

Topics: preparation for selling • setting prices • finding the best outlets • expanding your product line • how to market on a limited budget • where to obtain materials for less • how to keep your business running successfully

Instructor: Steve Veltkamp is President of BizShop, a national consulting, publishing, trade, and seminars company. He is the Executive Director of Olympic Home Based Business Association, and a noted expert on home business.

Course fee: \$39 **Members:** \$34 **Materials:** \$3

One time only: #1532 Thur Mar 14 1-4pm

Break Into the Import/Export Business**Location:** Colonie

Discover new places and meet interesting people while traveling all over the world --- and deduct your expenses while you earn a healthy profit! This class will give you an overview of the import/export business. From clothing made in Indonesia to shoes made in Korea to Swedish cars, imports are everywhere. Each item sold makes money for the importer. Countries all over the world are also anxious to buy our products. Find out how you can sell US made products in foreign markets.

Topics: how to spot opportunities for both importing and exporting • how to identify potential products • how to arrange for shipping and custom clearances • where to find assistance • how to obtain a Letter of Credit • expanding your line onto new markets

Instructor: Steve Veltkamp, see *Make Money* (this page).

Course fee: \$39 **Members:** \$34 **Materials:** \$3

One time only: #1531 Wed Mar 13 6:30-9:30pm

Making \$en\$e Of Humor
- be more funny, make more money
led by the Funniest Person in America,
David Glickman

**Location:** Saratoga

The bottom line is that the funny-line gets results.

This fun-of-a-kind session is a goldmine for speakers, teachers, trainers, managers, and anyone who makes presentations (it was one of the Top Ten Best-Sellers from the National Speakers Association national convention). Learn the tricks, techniques, and trade secrets of stand-up comedians for getting laughs on the platform.

Topics: increasing your LPM (Laughs Per Minute) • ten tips for creating great humor • seven ideas for customizing humor • three skills needed by every good comedian; thinking "funny" on your feet, using laughs for leverage to reach your goals, embracing current events with humor and sensitivity

Instructor: David Glickman, the National "Funniest Person In America" Contest winner, has been a full-time professional comedian and speaker since 1985, and has performed over 2,000 comedy shows. His new book, *Be More Funny, Make More Money: 101 Tips, Tricks and Techniques for Getting Laughs in Any Speech or Business Presentation*, will be available.

Course fee: \$150

One time only: #1694 Fri Apr 12 9am-3pm
includes coffee/juice break and lunch

Make Money Using Your Computer**Location:** Colonie

Make money in your spare time or even start your own business with a home computer! Whether you want part-time cash or full-time income, this workshop will show you how to start a computer-based business. We'll profile business ideas that earn from \$15 to well over \$75 an hour, including desktop publishing, graphic design, word processing, programming, as well as Internet businesses.

Topics: how to shop the competition • marketing your services • setting prices • "surfing to work" on the Internet • locating regular and telecommuting job opportunities on-line.

Instructor: Steve Veltkamp is a multi-preneur with boundless energy and creativity. He created BizShop, an advertising agency specializing in start-up and small business, and quickly realized that entrepreneurs needed more than ad help so he expanded the company into consulting, publishing and seminars.

Course fee: \$39 **Members:** \$34 **Materials:** \$3

One time only: #1535 Fri Mar 15 6:30-9:30pm

FISH!: A Remarkable Way To Boost Morale And Improve Results

Based on the Wall Street Journal best seller

Location: Saratoga

Based on the national FISH! best-seller and the forthcoming (March) FISH! TALES that were inspired by Seattle's world-famous Pike Place Fish market, this energizing program provides you with easy-to-do, instantly-applicable strategies to building a world-class organization and a great work environment known for service, integrity, productivity, and uncommonly satisfied customers and employees.

Learn how to: create joy in your company • empower others and help your organization to be more effective • have a fulfilling work-life • make a difference in the world.

Instructors: Mick Lunzer, Jeff Kasper and Jason Lemay will call on their amazing and amusing skills as professional jugglers to playfully illustrate the four simple, profound, and powerful principles that form the bedrock of any successful organization.

Course Fee: \$150

One time only: #1691 Fri Apr 12 9am-3pm
includes coffee/juice break and lunch

**Why waste your catalog?**

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passing it along
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**Get Ready to Be an Entrepreneur!**
*the ins and outs of small business ownership***Location:** Albany

Join this team of a practicing lawyer and a CPA to learn about the legal and tax angles of starting, buying or selling a business. Understand how you should structure the business and the advantages and disadvantages of each. We'll discuss financing sources and how they affect the business and your personal assets. There will be plenty of time for questions and answers so you can discuss your situation with the instructors. No matter how small or big your new venture, make sure you know what you're getting you and your loved ones into.

Topics: sole proprietorship, partnership, corporation, limited liability company • what is involved in forming a business entity • advantages, disadvantages and accounting requirements • conventional financing, federal small business assistance, home equity loans, personal guarantees, and other investors

Instructor: Vincent Valenza, an attorney at a large, full-service law firm, concentrates his practice in the areas of federal, state and local taxation, business planning and transactions, and the formation of Limited Liability Corporations. Kevin Tully, CPA is partner at a regional accounting firm and specializes in small business taxation.

Course fee: \$49 **Members:** \$44

Choose: #1210 Tues Jan 15 6-9pm
#1477 Thur Mar 21 6-9pm

Start A Retail Business on the Internet**Location:** Colonie

Have a great idea for an on-line store - or want to put your already existing business on-line? Want to know how to market and sell your products on the Internet, reaching millions of potential customers? This information packed seminar with Steve Veltkamp, founder of the profitable Bizshop series of on-line sites, will tell you exactly how to get started and answer all your questions.

Topics: the advantages of Internet retailing • how to get and keep your customer's attention • how to price your product for maximum profits • how to accept credit cards, checks and other forms of payment • how to design your Website to make things easy for your customers including shopping cart systems and on-line purchasing • how to drive traffic to your on-line store

Instructor: Steve Veltkamp see *Make Money* (this page).

Course fee: \$39 **Members:** \$34 **Materials:** \$3

One time only: #1536 Sat Mar 16 9am-Noon

Be a Mystery Shopper**Location:** Colonie

Would you like to shop, keep most of your purchases, not have to pay for the things you buy, and best of all, get paid while you're doing it? Find out how you can become a mystery shopper.

Topics: how to get paid for eating at great restaurants, staying in great hotels, shopping at upscale department stores, and more • how almost anyone can fit it into their schedule • how much mystery shopping pays • how to earn more by working for out-of-state companies • the step-by-step process of getting assignments • easy to get add-on jobs that can substantially increase your income • information on more than thirty mystery shopping companies • how to set up your own mystery shopping company

Instructor: Steve Veltkamp, see *Crafts Into Cash* (this page).

Course fee: \$39 **Members:** \$34 **Materials:** \$3

One time only: #1533 Thur Mar 14 6:30-9:30pm

Rent the Knowledge Network Training Center

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Up to 50 people theater-style or 30 classroom-style

Available Monday - Friday 8:00am-5:00pm

Rental Fee: \$50 per day

Included: FAVOR, overhead projector, slide projector, whiteboard

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Be Understood with Your Foreign Accent

Location: Colonie

Would you like to say what you want and be understood? If you believe that your foreign accent is making it difficult for others to understand you, take this class to get on the road to clearer speech. Dale Klein, a professional speech pathologist and specialist in accent reduction, will teach you essential skills to communicate in a variety of situations and reduce the obstacles to being understood. Consistent practice will increase your confidence and help you to refine your way of speaking English.

Topics: organizing what you have to say • articulating difficult words • using the correct rate of speech • using the correct volume when speaking • placing emphasis on the right words • using idiomatic expressions • communicating in day-to-day situations • how to tell when your listener does and does not understand you

Instructor: Dale Klein has helped many clientele to reduce their accents including physicians, engineers, professors, financial advisors and salespeople. Also see bio below.

Course fee: \$39 **Members:** \$34 **Materials fee:** \$2

Choose: #1403 Wed Feb 6 6:30-9:30pm

#1458 Thur Apr 18 6:30-9:30pm

Communicate with Clarity and Confidence

tips from a professional speech coach

Location: Colonie

Your spoken image is your reputation as well as your key to success. If you want to become an effective communicator, learn how to present a dynamic and compelling message. Whether speaking before a group or one-on-one, research has shown that almost half of our message is delivered by the tone and quality of our voice. Take this one-night workshop and learn how to convey your message effectively and reinforce the image you want to present.

Topics: the speaker-listener interaction cycle • how to assess your listening skills • organizing your message so others will be receptive • techniques for using appropriate volume, rate, articulation and intonation • correctly articulating frequently mispronounced words • correct seated and standing posture • use of nonverbal language and eye-contact

Instructor: Dale Klein, MA, is a licensed Speech and Language Pathologist with a private practice in communication coaching. Ms. Klein has over a decade of management experience where she trained professional staff to improve their communication skills.

Course fee: \$39 **Members:** \$34 **Materials fee:** \$2

Choose: #1287 Sat Feb 9 9am-noon

#1459 Sat Apr 6 9am-noon

Six Steps to Creative Writing

Location: Colonie

Every good writer follows six steps: idea, research, rough draft, critique, revision, and proofreading — learn how to use them effectively. Participate in hands-on writing exercises to get the juices flowing, then share the results with classmates.

Topics: narration • description • example • definition • classification • comparison • process analysis • cause and effect • persuasion • undermine writer's block with exercises for inspiring visual excitement and intellectual stimulation • how employing all six steps can make you more efficient, more skillful, and more excited about your work • a segment on publishing • pointers for submitting work • info on self-publishing.

Instructor: Jim LaBate, MA-English, followed his decade as an English teacher as a PR writer for an Albany communications firm. He is the author of a full-length play and two novellas among other work.

Course fee: \$39 **Members:** \$34

Choose: #1213 Mon Jan 14 6:30-9:30pm

#1479 Mon Mar 4 6:30-9:30pm



Seating is limited for all classes. Sign-up today to avoid getting closed out!

How to Succeed as a New Writer

the skinny on getting published industry from a literary agent

Location: Colonie

Come and learn why it's such an exciting time to be a new writer. If you dream of getting published and have an idea or manuscript in the works, get the scoop on how to make it happen. Join professional agent Katharine Sands as she demystifies the publishing industry as you learn about the process by which a book proposal becomes a successfully published project. For anyone who has ever thought about writing, this class will give you a step-by-step action plan and sound a clarion call to write.

Topics: the unique benefits of being a new author • common mistakes and how to avoid them • ways to face your creative challenges • the best ways of selling wordsmithery to publishers • expert advice on what would really make them want to publish you • why agents exist and what they can do for you • what you can do to get an agent • how publishers choose what they publish • new ways for writers to stay out of the rejection pile and get into print

Instructor: Katharine Sands is a literary agent with the Sarah Jane Freymann Literary Agency in New York City. She represents a variety of authors in a range of categories: fiction, nonfiction, home arts and the eclectic. Katharine has spoken on writing and publishing for the American Society of Journalists and Authors, the New York State Council on the Arts and others.

Course fee: \$39 **Members:** \$34

One time only: #1351 Fri Mar 22 7-10pm

What a student told us:

"Her professionalism, positive attitude and generosity with information was immensely helpful in helping me to achieve my dream of getting published."

PitchCraft: A Writer's Workshop

- selling your work

Location: Colonie

This class is the "hands-on" sequel to agent Katherine Sands' New Writers class. If you're taking it now, have taken it in the past, or are already a published writer looking for better results, discover the nuts and bolts of staying out of the rejection pile by learning how to apply these principles to your proposal. Learn how to catch an agent's eye, make your materials stand out from the stacks on the editor's desk, and ultimately, get your writing into print. Bring in your writing projects, pitch letters, proposals, plot outlines and query samples as this is a hands-on workshop.

Topics: how to write a professional proposal for today's marketplace • how to create a winning promotional package • in-class and at-home exercises aimed at honing your pitch • strategic secrets for selling your book and your story ideas • how to create hooks and sound bytes • getting readers excited about what is exciting to you

Instructor: Katharine Sands, see *How to Succeed as a New Writer*.

Course fee: \$39 **Members:** \$34

One time only: #1352 Sat Mar 23 9:30am-12:30pm

Register for both of Katharine's workshops for \$69 (Members \$64)

Power Learning

with the Kangaroo Method

Location: Colonie

Megatrends author, John Naisbitt says, "The only real skill that matters in the world of tomorrow is the ability to learn what you need to know on a regular basis." This powerful program will teach you how to re-educate your mind so that you can comprehend quickly and stay alert while reading, listening, and studying. Discover skills that will stretch your intellect and stimulate your curiosity to learn more.

Topics: how to read books, texts, manuals, instructions, newspapers, and magazine articles with greater focus • how to achieve personal and professional goals by strengthening your knowledge base • enlarging your vocabulary • how to speed up mental response • be able to think on your feet • how to stay ahead of the competition by using accelerated learning techniques

Instructor: Don Woodruff is the former director of a New York State educational corporation and is the author of the audio cassette program, *The Kangaroo Method*.

Course fee: \$39 **Members:** \$34 **Materials:** \$15 for workbook

One time only: #1738 Thur Apr 4 6:30-9:30pm

Love At First Laugh:

Exploring Humor In Relationships

Location: Saratoga

Being single, being married, and being a parent can be laughing matters! This workshop is a time for rediscovering humor, laughter, and play as building blocks of healthy relationships. Come and live, love, laugh, and learn as this creative couple shares a host of innovative ideas to help you have more fun in your important relationships. You don't need to register with a partner although it would be a wonder-full experience to share with yours.

Topics: how to live happily ever laughter - 50 secrets to relationship success • traditional, zany, practical, fun dating strategies and creative ways to meet new people • improving your love life and laugh life • rekindling the flame and re-romanticizing your relationship • how to leave your kids with a heritage of humor

Instructors: Leslie Gibson, R.N., and Richard Johnson will show that "Love may make the world go round... but laughter keeps us from getting dizzy!"

Course fee: \$150

One time only: #1692 Fri Apr 12 9am-3pm

Includes coffee/juice break and lunch

How To Read People

with William J. Morrisette

forensic psychophysicist and former CIA agent

Location: Colonie

This seminar will show you how to read hidden messages other people send — over 90% of human communication is nonverbal. This seminar is excellent for professional interviewers, law enforcement officers and students, and individuals who want the skills to easily see through social veneer, lies, frauds, and phonies.

Topics: how to tell what other people are really saying • lie detection skills • professional interrogation techniques that will get you information on anyone without them ever suspecting a thing

Instructor: William J. Morrisette served as a Federal Police Officer and forensic psychophysicist in Washington, DC, and as the Deputy Chief of a CIA field office in LA. Mr. Morrisette's specialty is behavior analysis and he currently offers training to human resource professionals throughout New England.

Course fee: \$39 **Members:** \$34

Materials fee: \$10 for notes/worksheets

Choose: #9870 Thur Jan 17 6-9pm

#1471 Thur Apr 25 6-9pm

Writing What You Know

beginning and advanced levels-six week classes

with author, Marion Roach Smith

Location: Troy

Flannery O'Connor said that anyone who survived childhood has enough writing material to use for the rest of his or her life. This course will help you dig among memories and get it down on paper in some funny, compelling, readable and possible salable ways. Level I is for those who have experienced Level I and want to keep the momentum going. Bring a legal pad and pens to class. **Instructor:** Marion Roach Smith, formerly on staff at the NY Times, is the author of *Another Name for Madness* (Houghton Mifflin 1985). She reads her essays on public radio and is published widely.

Course fee: \$155

Level I: #1436 Mon Jan 7,14,21,28 Feb 4,11 6:30-9:30pm

#1437 Fri Feb 22 Mar 1,8,15,22,29 Noon-3pm

Level II: #1438 Wed Jan 9,16,23,30 Feb 6,13 6:30-9:30pm

#1439 Wed Feb 27 Mar 6,13,20,27 Apr 3 6:30-9:30pm



Is the world of high tech getting you down?

Check out our hands-on computer classes on page 15

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Private Music Lessons

Whether you are a beginner or have taken music lessons before and wish to continue, we have private lessons available! After you register, your instructor will contact you to set up your appointments.

Piano

Location: Albany

Learn hands-on basics of piano playing, note reading, technique, an introduction to music theory.

Instructor: Jeffrey Stein has been teaching music for over 10 years and presently does so at SUNY-Albany.

Course fee: \$99 **Members:** \$94

Schedule: #1406-four 45-minute sessions

How to Read & Understand Music

Location: Albany

Learn the basic elements of rhythm and melody, note reading, sound patterns from the treble and bass clefs; discover the key-board as you are introduced to scales

Instructor: Jeffrey Stein, see piano

Course fee: \$99 **Members:** \$94

Schedule: #1409 - four 45-minute sessions

Guitar Lessons

Location: Schenectady

Learn basic theory and engage in lessons drawn from a progressive traditional and contemporary repertoire, including folk and blues. You must have access to an acoustic guitar for practice at home.

Instructor: Cathy Winter is a songwriter and guitarist who tours nationally and records for Flying Fish records in Chicago.

Course fee: \$99 **Members:** \$94 **Materials fee:** \$5

Schedule: #1407-four 45-minute sessions

Singing Lessons

Location: Schenectady

Discuss goals and vocal background and learn about posture, phonation, respiration, resonance, and articulation. Bring a piece of music you want to learn or your instructor will provide one. Lessons must be scheduled to take place within a 6-week period

Instructor: Carol Jurs, B.A., M.A. Vocal Performance, is a soloist who has performed with Glimmerglass Opera, Lake George Opera, Boston Conservatory, and in other regional performances and as a competitive finalist.

Course fee: \$89 **Members:** \$84

Schedule: #1408-three 45-minute sessions

Country Western Line Dance

Location: Colonie

Line dancing is the most fun and inexpensive way to a healthy and exciting night out in the Capital District. You don't need a partner or any previous dance experience. With Pro-Audio sound and great dance music by top artists, you'll be dancing the night away!

Topics: the first hour of each week focuses on practice, warm-up and a variety of new, easy-to-learn dances • the second part features learning and reviewing the season's latest dances and favorite oldies

Instructor: Marilyn Ingram is a member of the National Teachers Association for Country and Western Dance and has been a professional dance instructor for over 20 years.

Course fee: \$19 **Members:** \$17

Choose: #1296 Mon Jan 14,21,28, Feb 4 7-10pm

#1549 Mon Feb 11,18,25, Mar 4 7-10pm

#1550 Mon Mar 11,18,25, Apr 1 7-10pm

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Swing!

Location: Albany

You've asked for it -- here it is. Swing, one of America's greatest dance forms, is enjoying a magnificent rebirth! In this class practice basic steps and cut the rug to the latest hot Swing music.

Topics: singles or partners are welcome • double turns • hand slides • points and kicks with crossbacks and spinwhips • lots of practice time so you'll be ready to try your moves at the next local Swing event •

Instructor: see Learn to Dance

Course fee: \$49 **Members:** \$44

Member Couples: \$89 **Couples:** \$84

Choose: #1240 Thur Jan 3,10,17,24 6-7pm

#1589 Mon Feb 4,11,18,25 6-7pm

#1590 Thur Mar 7,14,21,28 8-9pm



West Coast Swing

Location: Albany

NEW If you love blues music and like to dance, West Coast Swing is for you! It's a laidback form of swing dancing, developed in California in the '50s when the music got slower and more bluesy. Learn to dance to songs like Mustang Sally and Something to Talk About by Bonnie Raitt.

Instructor: David Levesque, AKA Dancin' David, has been teaching dance since 1997.

Course fee: \$49 **Members:** \$44

Couples fee: \$89 **Members:** \$84

Choose: #1599 Wed Feb 6,13,20,27 8-9pm

#1600 Tues Mar 5,12,19,26 7-8pm

Learn to Dance

you don't need a partner!

Location: Albany

Approach a dance floor with self assurance wherever you go - parties, weddings, night clubs and dinner dances - you'll socialize and have fun at the same time. Before you know it you'll be dancing with self-confidence and poise.

Topics: Swing • Foxtrot • Tango • Waltz • Rumba • Merengue • lessons are taught in an easy and relaxing manner • while learning your steps exchange partners • polish your skills, expand your repertoire and perfect your style as you practice.

Instructor: Corliss Bull has been teaching for over ten years. She or another experienced dance instructor will teach your class.

Course fee: \$49 **Members:** \$44

Couples: \$89 **Member Couples:** \$84

Choose: #1238 Tues Jan 8,15,22,29 7-8pm

#1591 Tues Feb 5,12,19,26 6-7pm

#1592 Mon Mar 4,11,18,25 7-8pm

Argentine Tango

- for singles or couples

Location: Albany

NEW Nothing is more exciting, sensual and expressive! Enjoy this dance of passion and feel it's soulful rhythms. It's really very easy to learn. You will have plenty of time to practice steps and perfect your skills at leading and following.

Instructor: Dave Wolf has studied under several Argentine Tango master and from dancers who were in Forever Tango.

Course fee: \$49 **Members:** \$44

Course fee: \$89 **Members:** \$84

Choose: #1601 Thur Feb 7,14,21,28 7-8pm

#1602 Fri Mar 1,8,15,22 6-7pm

Hip Hop

Location: Albany

Try something new in our four night introductory class taught by an experienced hip hop performer. It's more than just dance. Hip hop is an expression of a feeling -- let it consume you.

Topics: lunges • hops • jumps • spins • syncopated steps • balance • rhythm • timing

Instructor: Cori Irwin studied Hip Hop at Manhattan Studio with a professional music video dancer. She has been a student of dance since the age of five.

Course fee: \$49 **Members:** \$44

Choose: #1242 Tues Jan 8,15,22,29 8-9pm

#1593 Mon Feb 4,11,18,25 8-9pm

#1594 Tues Mar 5,12,19,26 7-8pm

Acting Workshop

Level I and Level II

Location: Colonie

Level I Level I will provide plenty of info and solid hands-on practice. For beginners or actors who want a refresher.

Topics: how acting philosophies drive theatrical situations • improvisation • monologue • working with other actors • how to be natural using the stage and props • tips on memorizing lines, understanding a scene, projecting a character

Level II The Level II class is a continuation of Level I or for those who have taken acting classes in the past. Performances will be taped to use as a teaching tool in class.

Topics: hone skills • build improvisation techniques • how to tap into deeper levels of character development • work with partners to experience in-depth scene work

Required: must be at least 16 years old

Instructor: Frank Dohrau has been involved in theatrical productions since 1971. His acting and directing includes work by many modern American masters. Mr. Dohrau has been involved in every facet of the theater from set design to directing.

Course fee: \$79 **Members:** \$75

Take Level I & II: for \$149 **Members:** \$144

Level I

#1215 Tues Jan 8,15,22,29 6:30-8:30pm

#1711 Mon Apr 1,8,15,22 6:30-8:30pm

Level II

#1214 Tues Feb 5,12,26 Mar 5 6:30-8:30pm

#1712 Mon Apr 29, May 6,13,20 6:30-8:30pm

Latin Club Dancing

you don't need a partner!

Location: Albany

The beauty of this course is that when you practice with other beginners like yourself, you gain the confidence to have fun when you are out dancing. Warning: class is held in a moving hip zone -- be prepared to shake it!

Topics: Salsa, Merengue, and Bachata, all the rage in Latin Clubs, have steps that are easy to learn and fun! No partner is necessary for this class -- we'll provide one. For extra-curricular dance activities, head over to a local Latin club where the party continues.

Instructor: William Delgado, a latin DJ, is also a master of Latin street dancing. He or another experienced instructor will conduct your class.

Course fee: \$49 **Members:** \$44

Couples: \$89 **Member Couples:** \$84

Choose: #1244 Fri Jan 4,11,18,25 8-9pm

#1595 Sat Feb 2,9,16,23 3-4pm

#1596 Mon Mar 4,11,18,25 8:30-9:30pm

Intro to Belly Dancing

with Zaida

Location: Albany

Belly dancing is a beautiful and mesmerizing art form characterized by flowing and rhythmic movements. It has been practiced for centuries in the mid-east and now it is fast becoming a craze in this country. Tap into your inner belly dancer as you discover how you can relieve stress, access your sensual power, indulge in new sounds and rhythms, and develop flexible strength. Bring an open mind and a sense of humor as you get ready to shake and shimmy! Wear comfortable clothing and slippers.

Topics: background of Middle Eastern dance • how belly dancing can be used to communicate beauty and power • warm-up, stretching, breathing • complete body isolations • drops, lifts and circles • shimmies

Instructor: Zaida has devoted her life to helping women feel confident and beautiful through the art form of dance.

Course fee: \$39 **Members:** \$34

Choose: #1236 Wed Jan 9,16,23,30 7-8pm

#1597 Thur Feb 7,14,21,28 6-7pm

#1598 Thur Mar 7,14,21,28 7-8pm



Sign up for a class at the last minute if there is space available
Call 518.438.5669.

Talk to Your Animals*- interspecies telepathic communication***NEW****Location:** Colonie

If you are an animal owner and lover, find out how to take your relationship to a higher level. Direct telepathic communication will enhance the understanding, joy and companionship between you and your dog, cat, horse, bird or other species. Recognition of the spiritual essence of animals and respecting them as intelligent beings is vital to facilitate interspecies telepathic exchange. The rest of it comes naturally. Class includes a viewing of the one-hour film "Animal Attraction".

Topics: an explanation of telepathic communication • how animals see the world • class practice and exercises sending and receiving telepathic messages • using a professional animal communicator • where to go to study Animal Communication

Instructor: David Louis is a Certified Intuitive Counselor and professional Animal Communicator. He is member of the American Board of Holistic Practitioners and has studied communication with internationally-known animal communicator, Dawn Hayman.

Course fee: \$29 **Members:** \$24

Choose: #1528 Fri Feb 1 6:30-9:30pm

#1529 Thur Mar 28 6:30-9:30pm

Psychic Skills for a Psychic Life**Location:** Albany

Everyone has psychic powers and abilities. The Capital District's leading psychic, Ann Fisher, will explore the psychic world with you and your classmates and help you to open yourself up to new ways of sensing reality. First learn about the history and development of parapsychology. Then discover how to identify and evaluate your psychic strengths and weaknesses through meditative exercises.

Topics: telepathy: the ability to communicate with the mind • clairvoyance: the visualization of situations and events • psychokinesis: the ability to move things with your mind • meditation exercises to explore your psychic realm • ten ways to develop psychically • your potential to recognize psychic events • how to communicate better with others • how to capitalize on your intuition

Instructor: Ann Fisher, professional psychic, has lectured throughout the US, Canada, England, and Iceland.

Course fee: \$29 **Members:** \$24

Choose: #1250 Thur Jan 17 7-9pm

#1482 Tues Mar 5 7-9pm

Past Life Regression**Location:** Albany-Pine Hills area

Have you lived before? The idea of reincarnation and past life regression need not remain a mystery. Gain a fuller understanding of reincarnation and past life regression in this experimental workshop. Learn how your past can affect your actions today. Understand how your subconscious mind files your stored life-memories. When you revisit the important memories from forgotten lives, you begin to understand their impact.

Topics: discuss the concepts of life after death and reincarnation • explore one of your past lives in a group-conducted hypnosis session • how your choices, fears, skills and interests have been stressed by past events

Instructor: Ann Fisher, see *Psychic Skills* (this page)

Course fee: \$39 **Members:** \$34

Choose: #1480 Wed Feb 6 7-10pm

#1481 Thur Apr 4 7-10pm



5 Easy ways to get your employer to send you to a class

ASK. A request may be all it takes. **STRESS** the benefits. Training makes more productive employees • **SHOW** YOUR EMPLOYER The Knowledge Network • **EMPHASIZE** the convenience. Local, quality training with a choice of dates and times • **COMPARE** prices. Our training is a bargain!

**Feng Shui***achieve balance and prosperity in your home and work space***Location:** Colonie

Feng Shui (pronounced fung shway) is the ancient Chinese study of the flow of energy in the environment. Learn how to implement Feng Shui in the way you arrange, color and personalize your home or work space. Making simple adjustments can alter the feel of your space as well as enhance all aspects of your life including work, prosperity, creativity, relationships and health. Please bring a simple sketch of your home/floorplan and a new red envelope.

Topics: basic principles of Feng Shui • its application in home and business settings • the Bagua, a basic Feng Shui tool • the five elements • interior and exterior factors • furniture placement • color theory • space-clearing techniques • clutter management

Instructor: Barbara DeStefano, Certified Feng Shui Consultant, is an interior designer and owner of a design studio. She is a founding member of the New York chapter of the Feng Shui Guild and a member of the International Feng Shui Guild.

Course fee: \$39 **Members:** \$34

Choose: #1344 Mon Jan 7 6:30-9:30pm

#1410 Tues Mar 12 6:30-9:30pm

The Kabbalah: Secrets of Ancient Jewish Mysticism**NEW****Location:** Colonie

Find inner peace in a world of turmoil. The Kabbalah, ancient texts handed down throughout history, contain some of the oldest mystical teachings known to man. For centuries they were only taught to male rabbinical students and kept secret from the non-Jewish world. Interest in the Kabbalah has recently been revived as we search for spirituality in a world overrun with commercialism and technology. Learn about the components of the Kabbalah and how it can help you discover peace of mind as it has for Roseann Barr and Madonna.

Topics: the history of the Kabbalah and how it can nourish your soul • the ten sefiros (emanations) • the secret of the Hebrew Aleph-bet • the unity of the spiritual world • insights into Yichud (true unity) between male and female • the unique spirituality of the woman • reincarnation and life after death

Instructor: Rabbi Nachman Simon has an MA in Hebrew Letters. He has studied mystical Kabbalistic wisdom for over 25 years and lectures frequently on Jewish mysticism. He is host of the TV program, "The Jewish View."

Course fee: \$29 **Members:** \$24

Choose: #1504 Wed Feb 6 7-9pm

#1505 Mon Apr 8 7-9pm

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What Happened at Roswell?*recounting the story of the landing of a UFO***Location:** Colonie

On July 7, 1947, after an intense lightning storm Mac Brazel took a ride out to look at his stock on his ranch 53 miles north-west of Roswell, New Mexico. What he found on July 7th and took to Roswell Army Air Force Base has been the subject of controversy and of literally thousands of articles, books, videos and even a television program. Bob Walling unravels a story borne out of the landscape and mystery of the Southwest, the drama of the atomic era, the real-life legend of New Mexico's famed Billy the Kid, and controversies surrounding the Roswell event.

Instructor: Bob Walling has personally interviewed some of the last people surviving that event in 1947 and, as a professional storyteller, woven the interviews, the books and the varied opinions into two stories: the landing as seen by the people and the landing as seen by government reports since 1947 through the final report in 1994.

Course fee: \$27 **Members:** \$24

One time only: #1341 Fri Mar 1 7-9:30pm

Witchcraft*a local educator comes out of the broom closet***Location:** Colonie

Witchcraft is a belief system, religion and way of life based upon the reconstruction of pre-Christian traditions originating in Ireland, Scotland and Wales. It's actually the world's oldest religion. This class will dispel the myths and enlighten you with the truth about this nature-centered belief system that acknowledges the lunar phases and the seasons to celebrate spirituality and worship the divine. Understand who and why witchcraft is practiced. It's not what you think or maybe it is!

Topics: the thirteen goals of a witch • the significance of the pentagram • the basics tools of witches • the answers to common questions asked of all witches such as: Do they worship the devil? Why do some wear black? and Why are spells cast?

Instructor: Carolyn Maroney has been practicing witchcraft for three years and is a member of the Hudson Valley Pagan Network. She also holds a Master of Science in Educational Psychology.

Course fee: \$39 **Members:** \$34

Choose: #1230 Thur Jan 10 6:30-9:30pm

#1475 Wed Feb 20 6:30-9:30pm

#1476 Wed Mar 27 6:30-9:30pm

Angels 101**Location:** Colonie

Almost everyone has an angel story, either their own or someone else's. Contact with angels brings companionship, comfort, guidance and enhances your spirituality. Even if you entertain a skeptical curiosity of angels, take this fascinating workshop to learn about how to develop your angel awareness. On the first night you'll be given experiential homework to connect with angelic presence. The second evening focuses on building on your experiences, more discussion, and additional exercises.

Topics: the importance of angels - historically, religiously and culturally • interactive discussion of participants' personal stories involving angels • how to connect with an angel presence • signs you are in an angel's presence

Instructor: Myrna Denison, RN, has experienced and nurtured a long-term interest in angels and their relationship with this world. Her presentation, "Co-Creating with Spirit" was given at the Healing Touch International Conference in Denver last year.

Course fee: \$39 **Members:** \$34

Choose: #9882 Tues Jan 8, 15 7-8:30pm

#1735 Mon Mar 18, 25 7-8:30pm

**Why waste your catalog?**

Recycle it by
passing it along
to a friend.



Zero Taxes from Your Paycheck!

Location: Colonie

Just as business ideas are endless, so are legal ways to save on taxes! If you work a regular job and own a business on the side (or are planning to start one), take this class to find out how you can deduct little or no taxes from paycheck. The average person following this strategy has been able to increase their take-home pay by \$300-\$500 monthly.

Topics: why cash flow is crucial, especially when you are first starting out • learn why a sideline business is an economic necessity • the basics of getting started • overlooked tax deductions • how to use your increased cash flow to grow your business • each student will receive a copy of the handout: "How to Make Any Expense Tax Deductible" and a copy of the disk, "Tax-Cutting Resource Kit."

Instructor: Paul Mladjenovic is a CFP practitioner and business consultant who specializes in helping people with financial, tax and business concerns. He is author of several books and has appeared widely in print, television and radio.

Course fee: \$39 **Members:** \$34 **Materials:** \$5

Choose: #1336 Thur Feb 7 6:30-9:30pm

#1724 Thur May 9 6:30-9:30pm

Divorce in NYS

a primer on NYS divorce law taught by an attorney

Location: Albany

Be informed about your rights and responsibilities under NYS law so you receive a fair settlement and have an easier transition. Before you begin a costly relationship with an attorney, understand the grounds for divorce so you know how to go about getting one.

Topics: child custody • visitation rights • child support • alimony • the equitable distribution of property • a survey of NYS laws including the latest changes

Instructor: Ian R. Arcus, Esq., a member of the Family Law sections of the NYS & American Bar Associations, handles divorce and custody issues daily and has taught for over 10 years.

Course fee: \$39 **Members:** \$34

Couples: \$49 **Couple Member:** \$44

Choose: #1216 Thur Jan 10 6-9pm

#1300 Thur Mar 14 6-9pm

Business Bookkeeping and Taxes

Location: Latham

This course, targeted towards individuals with little or no bookkeeping or tax experience will introduce you to the basics of bookkeeping and taxes for the small business.

Topics: basic financial statements (balance sheet and income) • income tax, sales tax, payroll tax reporting issues • independent contractor reporting issue • choice of business entity • tax saving opportunities: home office deduction • retirement plan options.

Instructor: Chris Cimijotti is tax manager for a regional accounting firm, providing tax services to a wide range of clientele. He has published articles on tax issues in local business publications.

Course fee: \$49 **Members:** \$44

One time only: #1520 Tues Feb 5 6:30-9:30pm

10 Financial Mistakes People Make

to mess up their lives and how to avoid them!

Location: Colonie

If you feel like you're working for your banker, insurance agent and credit card company, you need to stop being a wage slave and take this class NOW! This program is a no-nonsense, nuts and bolts approach to eliminating all your debts in less than 10 years--including your mortgage--and putting you in charge of how to spend your hard earned cash. Bring a list of your debts to class and develop your own plan to implement immediately. This is a strictly educational program; no financial planning, insurance products or investment vehicles are sold or promoted.

Topics: how to get out from under the cycle of credit card debt • how to lessen the impact of banks and insurance cos. • how to buy and finance your car • where to find extra cash when you need it • what to do when you get debt-free • how to avoid financial failure in retirement

Instructor: Leo Quinn, BS- Finance, has taught this program to Capital District residents for the past three years.

Course fee: \$39 **Members:** \$34

Couples: \$49 **Member Couples:** \$44

Materials fee: \$10 for 30-page workbook used in class

One time only: #1337 Sat Mar 9 9:30am-12:30pm

The Auto Show is March 8-10 at The Pepsi...if you are in the market for a car this year, take this class before you go

How to Buy or Lease a New Car

- get the best deal!

Location: Colonie

This class is a one time only event taught by the area's shrewdest auto negotiator, Barry Levine. Barry will turn you into an informed car-buying consumer so you can be a match for car dealers' savvy marketing practices. Find out how the system works so you can use it to your advantage saving time, hassles, headaches, confusion and MONEY.

Topics: learn what the dealer really paid for the car and how to use this information to your advantage • trade-ins, rebates, incentives, leftovers, and demos • how to read ads carefully and understand the "squin" print • what to say to the dealer and what never to say • pros and cons of internet shopping • valuable automobile websites • how to convert a monthly payment amount into available cash for a vehicle • the dos and don'ts of making an offer: when to sign and when to leave • rustproofing, warranties and other extras: are they needed? • understand lease terminology and the pros and cons of leasing • learn how a lease is calculated

Instructor: Barry Levine, president of an auto buying and leasing firm, specializes in the purchase or lease of new vehicles.

Course Fee: \$39 **Members:** \$34

One time only: #1460 Thur Mar 7 6:30-9:30pm



Stocks, Bonds & Mutual Funds

The Basics of Investing

Location: Albany

Learn the basics of investing in stocks, bonds and mutual funds - the cornerstones of any solid investment plan. The goal of this class is to begin or improve your portfolio, cut losses and extend gains in today's tricky investment environment.

Topics: understand how the industry operates by learning what happens when investments are bought and sold • advantages and disadvantages of stockbrokers, discount brokers, and telephone traders (like Fidelity) • commissions and fees involved • pros and cons of tax-free and tax-deferred investments • U.S. Government bonds • money markets • insurance annuities • principles of asset allocation • investing depending on age, objectives, income and comfort with risk

Instructor: Paul Ward, Certified Financial Planner and Chartered Life Underwriter, has over 22 years investment advisory experience. He is Associate Vice President of the local branch of a major Wall Street trading house.

Course fee: \$39 **Members:** \$34

Couples: \$49 **Couple Member:** \$44

Choose: #1215 Tues Jan 15 6-9pm

#1713 Wed Mar 6 6-9pm

Make Money with Internet Auctions

Location: Colonie

Internet auction sites such as eBay, Yahoo, and Amazon.com have enjoyed uptick in popularity because most people have something sitting around the house that can be exchanged for cash. Your instructor, whose experience straddles both the electronic, and the bricks-and-mortar auction worlds, brings a unique perspective to this popular topic. Unpack the boxes in your attic and find out how to sell through internet auction sites.

Topics: auction definitions and terms • advantages and disadvantages of selling on-line • what to sell: new, unused items, antiques and collectibles, handmade products, etc • general auction sites vs. specialized sites • how to set up an account • costs involved • protecting yourself from a bad bidder • pricing your items • how to word the promotional blurb • photographs • setting a minimum bid • collecting payment • shipping • the possibilities for expanding your internet auction hobby into a business • where to find additional goods to sell

Instructor: Shelle Hamil has had great success selling items on the internet and draws from experiences in the traditional auction world

Course fee: \$39 **Members:** \$34 **Materials:** \$5

Choose: #1227 Thur Jan 24 6:30-9:30pm

#1483 Thur Mar 14 6:30-9:30pm

All About Adoption

Location: Albany

Overview: This class, taught by an attorney, explores the emotional, legal, financial and practical issues involved in making your adoption decision. He also explains and demystifies the mechanics of the process. The instructor will provide you with take home info package covered in the course fee.

Topics: private, agency and international adoption • how to find candidates on your own through advertising, networking and the Internet • common issues with birth parents • what happens when a match is made • benefits from the Adoption Tax Credit

Instructor: Brendan O'Shea is a member of the American Academy of Adoption Attorneys and the Adoption Committee of the Family Law Section of the New York Bar Association.

Course fee: \$39 **Couples:** \$49

Members: \$34 **Member Couples:** \$44

Choose: #1324 Thur Jan 17 6:30-9:30pm

#1512 Tues Mar 12 6:30-9:30pm

How to Buy a House

Location: Colonie

Take the guesswork and heartache out of buying a house and learn how to embark upon your home search properly.

Topics: how to work with buyer brokers and seller brokers • when to retain a professional home inspector • how to figure how much house you can afford • the difference between conventional, FHA, VA, SONYMA, adjustable rate, fixed rate and seller-financed mortgages • bank qualifications • property taxes • assessments and insurance • how to protect yourself from long-term interest costs and legal ramifications

Instructor: Gael Casey Vecchio, CRS, GRI is a Principal Broker. Gary Lefkowitz is a partner in the firm of Lefkowitz & Keefe.

Course fee: \$39 **Couples:** \$49

Members: \$34 **Member Couples:** \$44

Choose: #1316 Wed Jan 16 6:30-9:30pm

#1491 Wed Mar 6 6:30-9:30pm

How to Sell Your House

with or without a broker

Location: Colonie

Thinking of selling your house? Take this class and learn the ins and outs of ALL the options available to you in today's market--For Sale by Owner, working with a traditional broker, plus many other creative ways you may not be aware of. Find out what you need to do to get your property in shape for the sale. Don't waste time and money fixing things that don't increase the value of your property.

Topics: time commitments • working with traditional brokers • your potential out-of-pocket expense if you sell on your own • preparing and pricing your property • marketing tactics • advertising • negotiating an offer • how to navigate through the maze of financing options, mortgage approvals and the closing • non-traditional ways to work with a broker

Instructor: Gael Casey Vecchio, CRS, GRI is a Principal Broker with 23 years experience in the real estate business.

Course fee: \$39 **Members:** \$34

Couples: \$49 **Member Couples:** \$44

Materials: \$3, for contracts and various documents

Choose: #1317 Wed Feb 13 6:30-9:30pm

#1492 Wed Apr 10 6:30-9:30pm

The Organized Garage Sale

Location: Colonie

Want a great way to get rid of clutter, recycle things you no longer want or need, make space for new things, and make some quick cash -- all in your own yard? Have a successful garage sale! This class will help you organize it to be profitable and make it the least work possible.

Topics: steps to get ready • garage sale lingo • planning the date and time • publicity • pricing and marking items • Do's and Don'ts on the day of the sale • options for getting rid of the unsold items.

Instructor: Helen Volk, BS, JD is founder and president of a company that helps people de-clutter and de-stress their lives. Helen has held over 15 garage sales of her own and goes to garage sales regularly.

Course fee: \$25 **Members:** \$22 **Materials:** \$6.50

Choose: #1463 Thur Mar 21 7-9pm

#1464 Wed May 1 7-9pm



Bread Baking**Location:** Troy

There's nothing quite like a loaf of fresh, home-baked bread on a chilly winter day. The process of making crusty, flavorful old-world breads is full of artistic nuance and fun. Jonathan Millman will lead you through the steps of successfully preparing delicious European-style breads in this hands-on class.

Instructor: Jonathan Millman**Course fee:** \$40 **Materials:** \$5**Choose:** #1445 Sun Jan 13, 12:30-3:30pm

#1446 Sun Feb 10, 12:30-3:30pm

Perfect Pateries**Location:** Troy

Put down that store-bought pie crust! From now on you can confidently make it yourself. You'll also learn how to master tarts, pateuchoux and other delicious pasteries. Discover how different ingredients and other factors affect the quality and consistency of the dough, and learn the proper techniques for ensuring show-stopping sweet and savoures.

Instructor: Tim Hummel**Course fee:** \$40 **Materials:** \$10**Choose:** #1443 Sat Jan 19, 1-4pm

#1444 Sat Feb 9, 10am-1pm

A Classic New England Dinner**Location:** Troy

Come home to a hot, savory meal. Learn to make mouthwatering savory pies, a Yankee pot roast, fresh buttery biscuits and more. If you've been looking to add simple, delicious foods to your cooking repertoire, you'll get a table full of ideas with this class.

Instructor: Tim Hummel**Course fee:** \$40 **Materials:** \$15**One time only:** #1442 Wed Jan 23, 6-9pm**Flavors of Southern Italy****Location:** Troy

Create your own fresh, hand-made pasta and dress it with a seasonal mixture of dried mushrooms, tomatoes, oil-cured olives and root vegetables. Enjoy this hearty meal with authentic foccacia bread and wash it down with classic Sangiovese or Montepulciano.

Instructor: Tim Hummel**Course fee:** \$40 **Materials:** \$15**One time only:** #1447 Wed Feb 20, 6-9pm**Spanish Fiesta****Location:** Troy

This exciting program features three nights of tapas classes in which students learn about the history of this distinct and popular Spanish appetizer, how they are made, and then participate in making and sampling a variety of items. A fourth night will be devoted to showcasing Spanish culinary and artistic culture by giving students the opportunity to prepare tapas for an audience who will also enjoy traditional Spanish flamenco music and dance by acclaimed performers Maria Zemantauski and Katita Milazzo.

Course fee: includes dance performance ticket**Instructor:** Jacqueline Baldwin**Course fee:** \$85 **Materials:** \$20**One time only:** #1742 Cooking - Tues Jan 29 Feb 5, 12, 6-7:30pm

Performance - Tues Feb 19, 6-9pm

Planning a Perennial Garden**Location:** Troy

Learn to design a beautiful garden that will prosper year after year. **Topics:** how to ensure a succession of blooms • tips on low maintenance perennials • options for shady areas • basic plant care • bring questions and personal landscape problems for one-on-one consultation

Instructor: Sandra Walck **Course fee:** \$35**One time only:** #1440 Thur Feb 21, 6:30-9:30pm**Your Changing Landscape****Location:** Troy

Give your home landscape a new lift and revisit your enthusiasm for gardening. Bring photographs of your current landscape and enjoy personalized advice and consultation.

Topics: evaluating soil quality • shade, sunlight, and which plants thrive where • low maintenance landscaping technique • simplifying your plant layout • locating the best materials

Instructor: Sandra Walck **Course fee:** \$40**One time only:** #1441 Sat Feb 9, 1-4pm**Latin Cooking with Ric Orlando****Location:** Latham

Hooray and ole! He's back! Join us for a delicious, informative and entertaining night with Chef Ric Orlando, of New World Home Cooking Co. and former chef of Justin's. Ric will show you how to compose a meal that is a feast for your eyes as well as your stomach. He'll be using modern techniques that use less fat and salt -- find out how to have flavorful dishes that are healthy and nutritious. The course fee includes all food, punch and recipes to take home.

Menu: tuna steaks adobo • sweet plantains • arroz y gandules (pigeon peas) • avocado-hearts of palm salad • pique (hot) sauce • chocolate-banana cheesecake enchiladas • Latin fruit and wine punch

Course fee: \$49 **Members:** \$44**Couples fee:** \$89 **Members:** \$84**One time only:** #1731 Tues Mar 5, 6-8:30pm**Stained Glass Workshop****Location:** Scotia

Create your own multi-colored, 8"x10" hanging stained glass panel in this four-week, hands-on class. Your instructor, whose forte is Tiffany reproduction lamps, will get you started on your project right away. Learn how to cut glass, use tools and solder as you make your panel. The finished piece will be a lovely addition to your home or a fantastic gift. The materials fee is between \$15-\$100 depending on what you need -- pliers, glass cutter, soldering iron, solder, glass and finishing products - all our available from the instructor.

Instructor: Timothy Wilson, owner of a local stained glass shop, has been working in stained glass for five years. He exhibits his work at craft fairs and creates one-of-a-kind pieces on commission.

Course fee: \$79 **Members:** \$74**Materials fee:** \$15-30 for glass, paid at class**Choose:** #1312 Tues Jan 8, 15, 22, 29, 6:30-8:30pm

#1718 Tues Feb 5, 12, 19, 26, 6:30-8:30pm

#1719, Tues Mar 5, 12, 19, 26, 6:30-8:30pm

Stained Glass Jewelry Workshop**Location:** Troy

This two-week class brings two fabulous art forms together to make pendants, earrings and more. Beginners will learn introductory stained glass and metalsmithing techniques, and experienced students will expand their horizons in these mediums.

Instructor: Beth Cunningham and Mary Wheeler**Course:** \$70 **Materials:** \$15**One time only:** #1434 Sat Jan 26, Feb 2, 1-4pm**Stained Glass Lamp Workshop****Location:** Troy

Expand your stained glass horizons! Create a multi-paneled, three dimensional lampshade from your own design or patterns provided. Bring your stained glass tools; glass provided. Must have experience or previous stained glass instruction.

Instructor: Beth Cunningham**Course fee:** \$155 **Materials:** \$30**One time:** #1435 Tues Jan 15, 22, 29 Feb 5, 12, 19, 6:30-9:30pm**Furniture Design Seminar****Location:** Troy

Design, at its heart, is a problem solving discipline. This class will survey the essential techniques and skills that will enable the student to develop their own designs for furniture and cabinets.

Topics: free hand drawing • drafting • model making • prototyping • developing of the requisite mindset for design.

Instructors: George Rutledge and Dan Dearstyne**Course fee:** \$58**One time only:** #1432 Sat Feb 9, 10am-3pm**Bead Weaving****Location:** Troy

Learn simple, elegant weaving techniques for creating beaded necklaces, bracelets and more. Each student will design and create a unique piece of jewelry and come away with a valuable new jewelry-making technique that can be extended to other wearable items, sculptures and wall hangings.

Instructor: Mary Wheeler**Course fee:** \$125 **Materials fee:** \$25**One time only:** #1433 Thur Jan 17, 24, 31 Feb 7, 6:30-8:30pm**Oil Painting****Location:** Troy

Learn how to select brushes, paints and other essentials. Discover techniques for mixing, layering and blending colors. We'll work with simple to complex still life arrangements as well as the figure. Discussion and examples of classical and contemporary paintings will be viewed to inspire and inform. Basic drawing skills required.

Instructor: Marta Jaremko**Course fee:** \$170**Model fee:** \$30, include separate check with registration**Choose:** #1421 Thur Jan 10, 17, 24, 31 Feb 7, 21, 28, 6:30-9:30pm

#1422 Wed Feb 6, 13, 20, 27 Mar 6, 13, 20, 6:30-9:30pm

Learn to Draw**Location:** Troy

A hands-on workshop for the beginner student.

Topics: Learn to draw what you see. Discover how to make skillfully composed drawings of simple objects as you learn techniques for rendering light and shadow, experiment with line quality and build confidence and accuracy. Bring an 18x24 newsprint pad, stick of soft compressed coal, erasers and drawing pencils.

Course fee: \$125**Choose:** #1411 Tues Jan 8, 15, 22, 29 Feb 5, 12, 10am-Noon

#1412 Tues Jan 8, 15, 22, 29 Feb 5, 12, 6:30-8:30pm

#1413 Sat Jan 12, 19, 26 Feb 2, 9, 16, 10am-Noon

#1414 Sat Feb 2, 9, 16, 23 Mar 2, 9, 10am-Noon

#1415 Tues Feb 5, 12, 29, 26 Mar 5, 12, 10am-Noon

#1416 Mon Feb 18, 25 Mar 4, 11, 18, 25, 6:30-8:30pm

Watercolors**Location:** Troy**Beginning**

If you want to paint in watercolor but are apprehensive, this is the class for you.

Topics: how to select brushes, paints and other materials • how to set up your palette • hands-on painting • colors, hues • the proper care of materials • experiment with various techniques

Instructor: Carol Green**Course fee:** \$125**Choose:** #1417 Tues Jan 15, 22, 29 Feb 5, 12, 19, 6:30-8:30pm

#1418 Tues Feb 26 Mar 5, 12, 19, 26 Apr 2, 6:30-8:30pm

All Levels

Whether you're a first time student or experienced painter, join this class and expand your creative boundaries.

Topics: creating transparency • mixing colors • working in layers • designing exciting compositions • developing your own approach to watercolors.

Instructor: Laura Manelson**Choose:** #1419 Thur Jan 17, 24, 31 Feb 7, 14, 21, 10am-Noon

#1420 Thur Feb 28 Mar 7, 14, 21, 10am-1pm

Making Pottery on the Wheel**Location:** Troy

Learn how to "throw" on the potter's wheel and create vases, bowls, pots and more! Carving and slip trailing for surface decoration will embellish your creations, which will be glazed and kiln fired. This is a fun, hands-on course for any enthusiastic beginner.

Instructors: Doug Klein & John Visser**Course fee:** \$155 **Materials fee:** \$45**Choose:** #1423 Tues Jan 8, 15, 22, 29 Feb 5, 12, 10am-1pm

#1424 Thur Jan 10, 17, 24, 31 Feb 7, 21, 6:30-9:30pm

#1425 Wed Feb 6, 13, 20, 27 Mar 6, 13, 6:30-9:30pm

#1426 Thur Feb 28 Mar 7, 14, 21, 28 Apr 4, 10am-1pm

Intermediate/Advanced Pottery

Learn how to design and create the form you want. Continue to develop your skills in clay while learning to use the wheel as a creative tool.

Instructor: Colleen O'Sullivan & John Visser**Course fee:** \$155 **Materials fee:** \$45**Choose:** #1427 Mon Jan 7, 14, 21, 28 Feb 4, 11, 6:30-9:30pm

#1428 Thur Feb 28 Mar 7, 14, 21, 28 Apr 4, 6:30-9:30pm

Call for our Arts Supplement 438-5669

We also have Figure Drawing, Intaglio, Printmaking, Sculpting in Marble, Make a Blanket Rack, Jewelry Making, Portraiture, Stampmaking, Papermaking plus many more!

Grant Proposal Workshop

how to write a successful grant

Location: Colonie

This is a nuts-and-bolts interactive workshop on the mechanics of writing a successful grant. First, we'll conduct an examination of the seven parts of a grant-winning proposal to discover what works, then we'll start writing your grant in class. So register today, bring a pen and paper, roll up your shirt sleeves and write that winning proposal!

Topics: questions to ask yourself before you begin • ten proposal basics • writing an effective case statement • key words to use • the structure and purpose of each part of the proposal • attachments - what to include and what to leave out • funding sources • researching approaches • the all-important query letter

Instructor: Lynn O'Connell holds a Certificate in Non-Profit Management from Duke University and is working on her Master's in Philanthropy from Indiana University. Lynn manages six endowed or corporately funded grant programs, giving away \$1.5 million annually. Lynn is also a consultant on fundraising and issues of nonprofit management.

Course fee: \$49 **Members:** \$44

One time only: #9970 Thur Jan 31 6:30-9:30pm

Call for March 2002 Grant Writing dates

Project Management

get it done right -- on-time and within budget

Location: Colonie

People who know how to get things done seem like miracle workers. They're not. They just know HOW to make things happen. You CAN accomplish anything as long as you have a plan, a budget, a timeline, and a vision of the outcome. Find out how to accomplish what you need to without letting your quest for perfection bog you down, your fear of failure paralyze you, or your poor time management make you spin your wheels and waste energy.

Bring your unfinished or pending project idea - whether it be running a campaign, starting a business, opening a new location, moving your office, or kicking off a new sales promotion

Topics: identifying the three elements of successful project management • preparing a plan • setting-up a decision timeline • pulling together necessary information and resources • establishing a realistic timeline • anticipating and overcoming obstacles • holding participants responsible • what to do when things go awry

Instructor: Diane Campion, former Director of Organizing for CESEA, is now owner of a business organizing and consulting service. Helen Volk will assist with this class.

Course fee: \$69 **Members:** \$64

One time only: #9939 Wed Feb 13 9:30am-12:30pm

Last class - Register today!

Meeting Planners and Conference Organizers

Let us do the running around for you!

Looking for a dynamic and informative speaker for your next event? The majority of the instructors listed in this catalog are also available for private speaking engagements through our

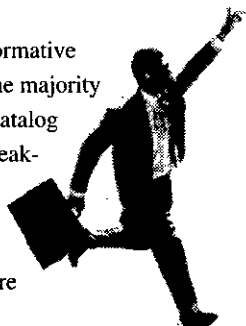
SPEAKERS BUREAU.

Contact: Kathlene Thiel for more information, 518.438.5669

Speakers: If you are interested in working with our bureau, please send your Press Kit for consideration to:

Knowledge Network Speaker's Bureau
19 Aviation Rd, Albany, NY 12205.

No phone calls please.



How To Thrive In Turbulent Times:

*Emergence From Emergency
-led by Rick Kirschner, N.D.*

Location: Saratoga

Rick was scheduled for this fast-paced, dynamic, and interactive presentation long before

September 11. Now it's time has really come! We find ourselves in the midst of a global re-examination

of basic assumptions about work, life, liberty, and happiness. There is no going back - the future is now and the choices are yours. Are you ready?

Topics: practical, time-tested tips for neutralizing negativity and dealing with adversity • tracking the trends; what's changing and why • exploring the opportunities for thriving in turbulent times • the maximum leverage points for riding the waves of change and weathering the storms... with your sense of humor, creativity, courage, and compassion intact

Instructor: Rick Kirschner, N.D., is author of best-selling books *Life By Design: Making Wise Choices in a Mixed-Up World* and *Dealing With People You Can't Stand: How to Bring Out the Best in People at Their Worst*. Rick's insight-full and inspiring presentations are fun, meaningful, and deliver lasting results.

Course Fee: \$150

One time only: #1693 Fri Apr 12 9am-3pm

includes coffee/juice break and lunch



Time Management

Location: Colonie

Frazzled and frustrated because you can't seem to get everything done? Find yourself reacting to crises instead of doing what's important? You are not alone! The truth is you are probably trying to do too much. Throw out traditional time management wisdom because managing in the nineties isn't just a matter of making a "to do" list. Learn how to identify what's really crucial, prioritize to short circuit stress, and how to say "no" to the rest. Bring your "to-do" list.

Topics: setting realistic goals and objectives • the three dimensions of achievement -- motivation, strategy, environment -- and why each is crucial • planning • managing tasks • managing schedules

Instructor: Richard Naylor, MLS, MBA, is Asst. Director of the Colonie Library. He developed this program through research in psychology and time management and is currently working on a book on the topic. He has presented this workshop to the North Country Regional Library System.

Course fee: \$49 **Members:** \$44

Materials: \$3

Choose: #1714 Wed Feb 6 1:30-4:30pm

#1715 Thur Mar 28 1:30-4:30pm

5 Steps to Effective Business Writing

concise, professional, error free

Location: Colonie

You don't have to be William Faulkner to write productive business memos, e-mails, letters and reports. Business writing is a skill that can be easily accomplished by following a few basic steps.

This is a great refresher course that will simplify your writing skills. Bring samples of your writing, a pen and a pad of paper, as this is an interactive workshop. Class size is limited to ten students: register now to avoid getting closed out!

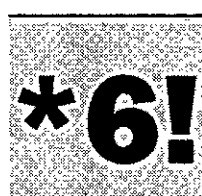
Topics: defining your message • five steps to composing your document • writing styles, tone and word choice • key grammatical rules for business writers • basic spelling rules • proper use of punctuation • proper business formats • special concerns of the corporate writer

Instructor: Dr. Ann Edwards has her doctorate in educational Administration. She is a corporate trainer who specializes in providing effective business communication skills.

Course fee: \$69 **Members:** \$64 **Materials:** \$5

One time only: #1315 Wed Jan 30 9am-1pm

#1530 Thur Mar 28 9am-1pm



Groups of six or more may be eligible for a 10% discount off most course fees (some restrictions). Participants must register together to receive the discount. Call 438.5669 for info.

How to Create Dynamite Workshops and Training

Location: Colonie

You can give a so-so lecture or presentation, or you can learn methods that make any learning experience come alive. Learner centered teaching methods can be used in business training, adult workshops, home schooling, community action, and volunteer work. If you have never taught before, this is the place to start. If you have taught before, this is a great place to get new ideas and hone your skills.

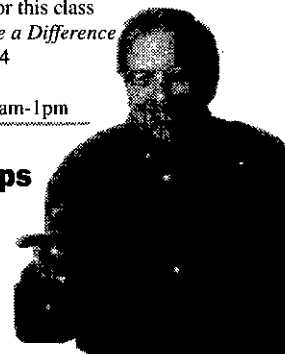
Topics: how people learn and how to use that knowledge to communicate effectively without tricks or gimmicks • passionate presentations that ignite the audience • creating a learning energy field • creating learning bits and bites that engage the 21st century mind • using the power of story, rhythm, discussion and interaction to change attitudes and engage learning

Instructor: Bob Walling founded Open, Inc. in 1985 in Minneapolis where he promoted more than 1300 new teachers and created and marketed more than 12,000 different adult programs. Some of the materials for this class are derived from his book *Make a Difference*

Course fee: \$49 **Members:** \$44

Materials: \$6

One time: #1339 Sat Mar 2 9am-1pm



Marketing Workshops and Business Training

Location: Colonie

Teaching adults or giving business training is a hot career.

Estimates are that up to 90% of the adult population is taking classes in any given year. Use your life experience, professional skills or even your hobby to teach or train. Teachers can find work in schools, community colleges, business, churches, associations, senior centers and just about anywhere people learn. The capital investment to get started is as little as \$200 and you don't have to give up your day job.

Topics: how to determine your topic • analyzing your market niche • how to use every word you say or write to paraphrase a song of the 70s, makes every word you say and every breath you take help market you • how to promote yourself with words, applications, workshop descriptions and visual design • how to provide what institutions are looking for • bonus: six secrets to writing great course descriptions and ads

Instructor: Bob Walling see *Create Dynamite Workshops* (above).

Course fee: \$49 **Members:** \$44 **Materials:** \$6

One time only: #1340 Sat Mar 2 2-5pm

Take both Bob Walling classes above for \$69 (Members \$64)

Be a Notary Public

Location: Colonie

This American Society of Notaries-endorsed class prepares you to pass the New York State notary exam and provides a comprehensive view of the notary-public office. A common misconception is that merely passing the exam adequately prepares you for life in the real world as a notary — it does not. This class will help you with both.

Topics: confusing laws, concepts and procedures are explained in plain English • day-to-day issues you will face in serving as a notary • avoiding conflicts of interest • maintaining professional ethics • charging proper fees • when to defer to an attorney • handle special situations, minimize legal liability and much more • be at an advantage over others as the text -- available only by purchase at class -- contains practice exams with answer • post class support with instructor via fax and e-mail • NYS notary exam is held every Wednesday in Albany.

Instructor: Alfred Piombino is the leading New York and national notary law and practice expert. He is the author of *Notary Public Handbook: A Guide for New York State*, 4th edition used in class.

Course fee: \$69 **Members:** \$64

Materials: \$24.95 + tax for text with practice exams

Choose: #1154 Fri Jan 25 9am-12:30pm

#1468 Fri Apr 19 9am-12:30pm

How to Create a Web Page I**HTML Basics****Location:** Colonie

Take this class to learn the basics of setting up a web page using HTML (hypertext markup language) the code behind all web-sites.

Topics: view HTML source code to get an idea of how text builds what your eye sees • a simple HTML document with a title and a heading will be constructed to demonstrate layout concepts • learn how to use color • explore style sheets • understand the diversity of links: external, relative, bookmarks, and mail-to links

Course fee: \$59 **Members:** \$54**Choose:** #1330 Thur Jan 17 6-9pm

#1707 Mon Feb 18 6-9pm

#1708 Mon Mar 18 6-9pm

Take both How to Create a Web Page Level I & Level II together

Course fee: \$99 **Members:** \$94**Windows 98****Course fee:** \$189 **Members:** \$184**Choose:** #1647 Thur Jan 17 8:30am-4:30pm

#1648 Fri Feb 1 8:30am-4:30pm

#1649 Tues Feb 19 8:30am-4:30pm

#1650 Fri Mar 15 8:30am-4:30pm

Windows 2000**Course fee:** \$189 **Members:** \$184**Choose:** #1637 Mon Jan 7 8:30am-4:30pm

#1638 Sat Jan 12 8:30am-4:30pm

#1639 Wed Jan 23 8:30am-4:30pm

#1640 Wed & Thur Jan 30,31 6-9pm

#1641 Tues Feb 5 8:30am-4:30pm

#1642 Thur Feb 21 8:30am-4:30pm

#1643 Mon Mar 4 8:30am-4:30pm

#1644 Sat Mar 9 8:30am-4:30pm

Access 2000**Course fee:** \$399 **Members:** \$395**Choose:** #1559 Mon & Tues Jan 14,15 8:30am-4:30pm

#1560 Thur & Fri Feb 7,8 8:30am-4:30pm

#1561 Mon-Thur Feb 25,26,27,28 6-9pm

#1562 Mon & Tues Mar 4,5 8:30am-4:30pm

Excel 2000**Course fee:** \$189 **Members:** \$184**Choose:** #1584 Mon & Tues Jan 7,8 6-9pm

#1585 Tues Jan 8 8:30am-4:30pm

#1586 Thur Jan 17 8:30am-4:30pm

#1587 Tues Jan 22 8:30am-4:30pm

#1588 Wed Jan 30 8:30am-4:30pm

#1606 Sat Feb 9 8:30am-4:30pm

#1607 Thur Feb 14 8:30am-4:30pm

#1608 Tues & Wed Feb 19,20 6-9pm

#1609 Fri Feb 22 8:30am-4:30pm

#1611 Tues Mar 5 8:30am-4:30pm

#1612 Wed Mar 13 8:30am-4:30pm

Quickbooks 2000**Course fee:** \$189 **Members:** \$184**Choose:** #1578 Fri Jan 11 8:30am-4:30pm

#1579 Mon Feb 11 8:30am-4:30pm

#1580 Mon Mar 18 8:30am-4:30pm

Outlook 2000**Course fee:** \$189 **Members:** \$184**Choose:** #1513 Mon Jan 7 8:30am-4:30pm

#1514 Wed Jan 23 8:30am-4:30pm

#1515 Fri Feb 8 8:30am-4:30pm

#1516 Thur Mar 14 8:30am-4:30pm

Intro to the Computer**Our most basic computer class****Location:** Colonie

Don't be intimidated; this hands-on class will give you the knowledge you need to get started.

Topics: basic computer terminology • the components of a computer - the processor, memory and storage devices • good computer habits and why they are important • Windows terminology and management • practice functions hands-on: saving, opening and closing files • switching between application windows •

Course fee: \$59 **Members:** \$54**Choose:** #1326 Wed Jan 2 6-9pm

#1703 Mon Feb 4 6-9pm

#1704 Mon Mar 4 6-9pm

Get on the Net**Internet Basics****Location:** Colonie

In this basic class, you will use your in-class "on-line" computer to learn how to access and use the Internet. Don't postpone it any longer -- start taking advantage of the vast resources of the Internet!

Topics: history of the Internet • hardware, software and telephone line requirements • basic browser components: the menu bar, tool bar, uniform resource locator (URL), favorites • customization • internet service providers • search engines • set up a Yahoo e-mail account • review tools, send, read, and reply to messages • basic functions of an address book • communications Netiquette

Course fee: \$59 **Members:** \$54**Choose:** #1328 Wed Jan 9 6-9pm

#1705 Mon Feb 11 6-9pm

#1706 Mon Mar 11 6-9pm

Take both Intro to the Computer & Get on the Net together

Course Fee: \$99 **Members:** \$94**Word 2000****Course fee:** \$189 **Members:** \$184**Choose:** #1621 Fri Jan 11 8:30am-4:30pm

#1622 Mon Jan 21 8:30am-4:30pm

#1623 Mon & Tues Jan 21,22 6-9pm

#1624 Sat Jan 26 8:30am-4:30pm

#1625 Thur Jan 31 8:30am-4:30pm

#1626 Tues Feb 12 8:30am-4:30pm

#1627 Fri Feb 22 8:30am-4:30pm

#1628 Wed Mar 6 8:30am-4:30pm

#1629 Wed & Thur Mar 13,14 6-9pm

PowerPoint 2000**Course fee:** \$189 **Members:** \$184**Choose:** #1567 Wed & Thur Jan 9,10 6-9pm

#1568 Wed Jan 16 8:30am-4:30pm

#1569 Sat Jan 26 8:30am-4:30pm

#1570 Mon Feb 4 8:30am-4:30pm

#1571 Tues Feb 19 8:30am-4:30pm

#1572 Sat Mar 9 8:30am-4:30pm

#1573 Mon Mar 11 8:30am-4:30pm

#1574 Mon & Tues Mar 11,12 6-9pm

We also offer:

Microsoft XP classes

ACT! 2000

Active Server Pages

Acrobat 5

Cold Fusion

CorelDraw!

Crystal Reports

DOS 6.22

Filemaker Pro

Fireworks

Groupwise

Internet Explorer 5.5

JavaScripting

Linux

Lotus R5

Perl Script

Project

Publisher

Unix

Visio

Visual Basic

Wordperfect

XML

**Call 438.5669****for outlines and dates****How to Create a Web Page II****advance your HTML skills****Location:** Colonie

If you have taken the class above or have a working knowledge of HTML, advance your skills in this workshop. Explore table setup and learn about how to create a form within a table using different types of form fields. Learn about the capabilities of JavaScript and CGI (common gateway interface) - the most popular server-side solution for adding interactive elements to a website including forms, surveys and guest books. Last, explore domain names by visiting a website dedicated to allocating names and understand how to search a name and apply for one. Students will use a computer in class.

Course fee: \$59 **Members:** \$54**Choose:** #1332 Thur Jan 24 6-9pm

#1709 Mon Feb 25 6-9pm

#1710 Mon Mar 25 6-9pm

Take both How to Create a Web Page Level I & Level II together

Course fee: \$99 **Members:** \$94**Photoshop 6.0****Course fee:** \$399 **Members:** \$395**Choose:** #1582 Wed & Thur Jan 23,24 8:30am-4:30pm

#1583 Thur & Fri Mar 11,12 8:30am-4:30pm

Illustrator 9**Course fee:** \$189 **Members:** \$184**Choose:** #1654 Fri Feb 1 8:30am-4:30pm

#1655 Fri Mar 21 8:30am-4:30pm

HTML 4.0**Course fee:** \$189 **Members:** \$184**Choose:** #1664 Wed Jan 9 8:30am-4:30pm

#1665 Sat Jan 12 8:30am-4:30pm

#1666 Mon & Tues Jan 28,29 6-9pm

#1667 Wed Jan 30 8:30am-4:30pm

#1668 Fri Feb 22 8:30am-4:30pm

#1669 Wed Mar 6 8:30am-4:30pm

#1670 Wed & Thur Mar 6,7 6-9pm

FrontPage 2000**Course fee:** \$189 **Members:** \$184**Choose:** #1675 Mon & Tues Jan 14,15 6-9pm

#1676 Wed Jan 16 8:30am-4:30pm

#1677 Wed Feb 6 8:30am-4:30pm

#1678 Sat Feb 23 8:30am-4:30pm

#1679 Fri Mar 1 8:30am-4:30pm

Dreamweaver 4**Course fee:** \$189 **Members:** \$184**Choose:** #1686 Tues Jan 8 8:30am-4:30pm

#1687 Thur Feb 14 8:30am-4:30pm

#1688 Fri Mar 22 8:30am-4:30pm

Flash! 5**Course fee:** \$189 **Members:** \$184**Choose:** #1683 Thur Jan 17 8:30am-4:30pm

#1684 Wed Feb 10 8:30am-4:30pm

#1685 Wed Apr 10 8:30am-4:30pm

Quark Xpress**Course fee:** \$399 **Members:** \$395**Choose:** #1660 Mon & Tues Jan 21,22 8:30am-4:30pm

#1661 Wed & Thur Mar 6,7 8:30am-4:30pm

Pagemaker 6.5**Course fee:** \$399 **Members:** \$395**Choose:** #1662 Wed & Thur Feb 6,7 8:30am-4:30pm

#1663 Thur & Fri Apr 4,5 8:30am-4:30pm

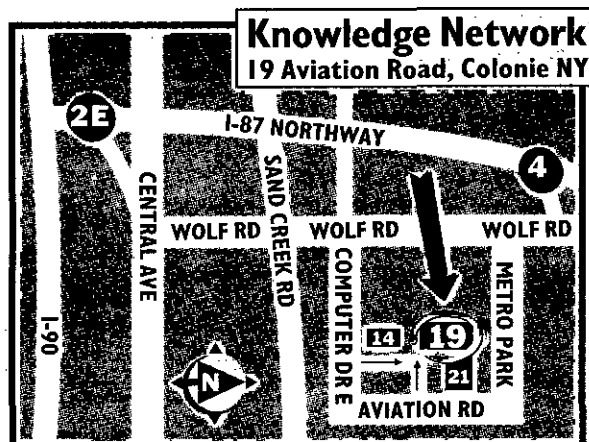


Full-day computer classes
include a lunch break



**All computer courses listed
here are hands on.**

Each student has their own computer to
use during class.



Directions to Knowledge Network

From Albany

Take I-90 to the Northway (I-87N). Get off at Exit 2E (Route 5 East/Wolf Rd.). Head straight (north) on Wolf Rd. At 5th traffic light after Central Ave, turn right on Computer Dr East (look for M&T Bank & DeNooyer Chevrolet at this corner). Turn left at sign: "14 Computer Drive East." This driveway takes you into an office park. #19 is the 2nd building on left. Enter main door -- we are off the lobby on left.

From North of Albany

Take the Northway (I-87) to exit 4. At the end of the exit turn left onto Route 155 West, then go left on Albany Shaker Rd. Turn right onto Wolf Rd. At the 4th traffic light, turn left onto Computer Drive East (look for M&T Bank & DeNooyer Chevrolet at this corner). Turn left at sign: "14 Computer Drive East." This driveway takes you into an office park. 19 is the 2nd building on left. Enter main door -- we are off the lobby on left.

Many classes are NOT HELD at Knowledge Network but elsewhere throughout the Capital District. Directions are provided upon registration.

Six Easy Ways to Register

Call 518.438.5669 to register by credit card: Visa, Mastercard, Discover, or American Express. We're open Mon-Fri, 9am-6pm

Send the registration form with your payment to: Knowledge Network 19 Aviation Road Albany NY 12205

In person at our business office:
19 Aviation Rd, Colonie (see map-left)
Open Mon - Fri 9am - 6pm

Via the web at www.knowledgenetwork.org
We'll e-mail your admission card with directions the next business day.

Fax the registration form to 518.438.5670.
Please be sure to include your credit card number.

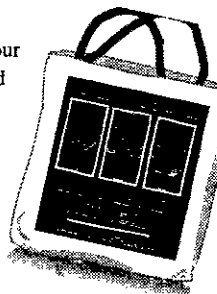
E-mail to learn@knowledgenetwork.org
Please do not include credit card info. We'll confirm by phone and get the number then.

Membership Benefits

Membership - Join to save!

Most classes list lower Member fees for our club members. The \$6 registration fee and transfer fees are waived. Membership covers a 12 month period beginning the month you join. Individual membership is \$39; a \$59 Household Membership covers all adults living at the same address. Seniors 65+ pay only \$29; please include proof of age.

As a Member you will receive a **FREE Knowledge Network canvas totebag** (\$10 value).



See page 3 for member specials this issue!

How to Register - Please Read!

Payment is required upon registration.

You may use a credit card or a check payable to The Knowledge Network. Upon registration The Knowledge Network will send your admission card(s) with location directions; bring this card to class. If you do not receive it in time, call 518.438.5669 for directions.

The Registration Fee is per person, or per "Couple fee" for each order. Members do not pay registration fees.

Materials Fees are paid to the instructor at class, unless otherwise noted.

Cancellation Policy To withdraw from a class, notify The Knowledge Network office **AT LEAST 3 BUSINESS DAYS PRIOR TO CLASS (ONE WEEK PRIOR** for Culinary and Wine programs). When a student withdraws a refund **WILL NOT** be granted. Instead a course credit, in the amount of the course fee, will be issued. This credit may be used towards Knowledge Network classes for six months. The registration fee is forfeited. Should the Knowledge Network cancel a class for reasons other than weather a refund will be issued unless the course was paid with a course credit. If so, a course credit will be re-issued and extended for another six months.

A student may transfer to another date of a class if he/she notifies us at least three business days prior. A \$6 transfer fee is imposed. Members do not pay transfer fees.

Weather If traveling conditions are hazardous, we'll postpone classes by 3pm on the day of class. We will attempt to call you but urge you to call 438.5669 if you are unavailable. If you cannot attend the re-scheduled date, we'll issue a course credit good towards Knowledge Network classes.

NO REFUNDS FOR WEATHER POSTPONEMENTS.

Sorry, no video/audiotaping of classes. Knowledge Network is not responsible for advice or consultation given beyond class. A \$20 service charge will be charged for all returned checks.

Share Your Knowledge

Present a class! Please submit your course idea in writing. Include some basic information about your topic and your expertise. We consider all proposals but topics of widest appeal are generally the most attractive. We are looking for instructors to teach: Gardening, CPR, Landscaping, Become a Landlord, Bloodtype and Diet, Sign Language, Sailing, Ethnic Cooking, Bread Baking, Wine Tasting, ESL, Find Your Soulmate, Freelance Writing.

NO PHONE CALLS PLEASE

Send your proposal to:
Knowledge Network Program Director
19 Aviation Road Albany NY 12205-1131
E-mail to: learn@knowledgenetwork.org
Fax to: 518.438.5670

Come on, show us what you know.



Knowledge Network Registration Form - Jan/Feb 2002

Name _____

Address _____

City, State, Zip _____

Work Phone _____ Home Phone _____

Fax _____ e-mail _____

Please include all contact information so we can be in touch with you if a class is changed or cancelled.

Membership (optional) ☐ Individual \$39 ☐ Family \$59* ☐ Senior 65+ \$29 Birthdate: _____ \$

Topic -	Course #	Date(s)	Course fee	\$
Topic -	Course #	Date(s)	Course fee	\$
Topic -	Course #	Date(s)	Course fee	\$
Topic -	Course #	Date(s)	Course fee	\$

Add \$6 registration fee per person unless you are a member** \$

Total Do not pay materials fee now; pay at class unless otherwise noted (example: some art classes) \$

* For family memberships please list household members on a separate sheet.
** If a course fee for a particular class lists a "Couple fee" pay only one registration fee.

☐ Check ☐ Mastercard - Visa - American Express - Discover

Credit Card # _____ expires / _____

Signature _____

Send this form to: Knowledge Network 19 Aviation Road Albany NY 12205

Get on our FREE mailing list

Name _____

Address _____

City, State, Zip _____

Mail to:
Knowledge Network
19 Aviation Road
Albany NY 12205-1131
or call 438-5669

Family ENTERTAINMENT

SPOTLIGHT ON CALENDARS ♦ ARTS & ENTERTAINMENT

Blues heats up the Egg

By DEV TOBIN

For a hot time in the cold of winter, the Egg at Empire State Plaza will reprise its Mid-Winter Blues Festival with both up-and-comers and grizzled veterans of the national blues scene.

The fifth annual January festival again features three concerts on consecutive weekends — Robert Randolph and the Family Band and the Sean Costello Blues Band on Jan. 12; Shemekia Copeland and Olu Dara on Jan. 19; and the James Cotton Blues Band and Johnnie Johnson on Jan. 26. All the concerts begin at 8 p.m.

Egg Executive Director Peter Lesser said the blues have "attracted a good audience in the past, and we hope to keep it growing."

Lesser said the Egg "looks to present a variety within the blues idiom — acoustic, electric, Chicago, New Orleans and the new influences of young blues artists."

He added, "Some may want the blues to stay the same as in 1945, but the artists are always coming up with something new."

Robert Randolph, 24, the headliner of the first show, qualifies for the later, using a pedal steel guitar that is more familiar to country audiences.

Randolph's music "is a mixture of country twang, gospel and Southern rock boogie," Lesser said.

Opening is Sean Costello, another young blues guitarist at 22. After playing in the Susan Tedeschi Band, Costello struck out on his own in a style that Lesser calls "postwar Chicago revivalist."

The second concert also features two-up-and-coming acts, Shemekia Copeland and Olu Dara.

Copeland, who sizzled at the Fleet Bluesfest this summer, is "probably the top young female blues vocalist," Lesser said.

The 22-year-old daughter of blues guitarist Johnny Clyde Copeland has been compared to greats like Koko Taylor, Aretha Franklin and Etta James, Lesser noted.

Olu Dara is "extraordinarily original," Lesser said, with influences ranging from African and

Latin music to rock and rhythm and blues.

The final concert is "back to basics, with two blues legends," Lesser said.

James Cotton has been playing blues on the harmonica for more than 50 years, touring for a dozen years with the legendary Muddy Waters before setting out on his own in the 1960s.

And he's still touring and recording, last year releasing a CD "Fire Down Under the Hill."

Johnnie Johnson, also a veteran of more than 50 years playing the blues, was instrumental in bringing the blues piano into rock, through his work with Chuck Berry for almost 20 years.

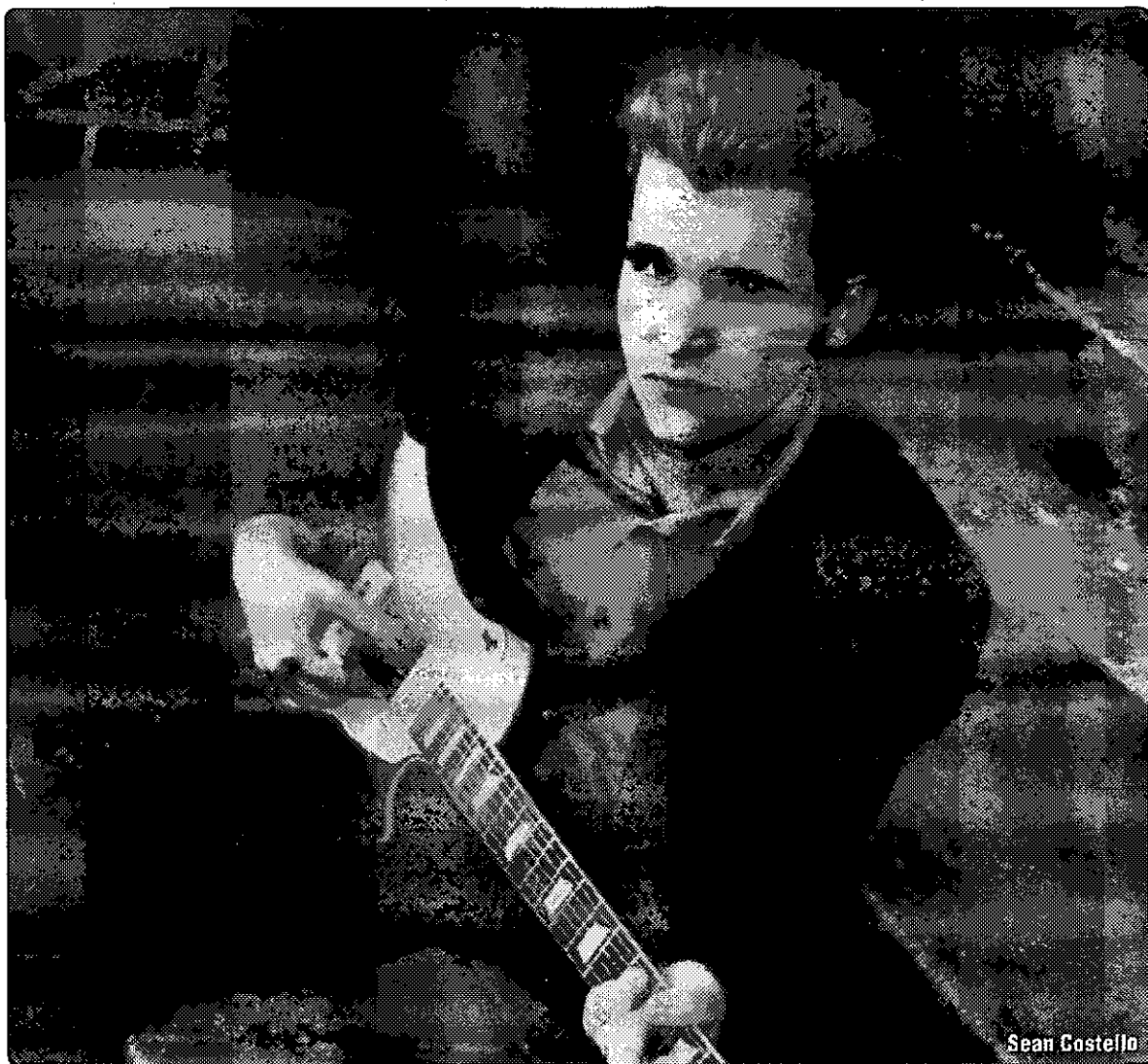
Johnson has also played with Muddy Waters, Etta James, Howlin' Wolf, Buddy Guy, Little Walker and, on the rock side, Eric Clapton, Keith Richards and Bob Weir.

The festival, like the daylong summer blues festival outdoors at the plaza, is sponsored by Fleet Bank.

Tickets are \$18 for Robert Randolph; \$20 for Shemekia Copeland; and \$22 for James Cotton. A three-concert ticket is \$45.

Free parking is available in the underground plaza lots.

For information/reservations, call the Egg box office at 473-1845.



Sean Costello

PHOTO CREDITS:

James Cotton with harmonica photo by Michael Collopy; Sean Costello, of the Sean Costello Blues Band, photo by Flournoy Holmes; Shemekia Copeland, of Alligator Records, photo by Steve Cooke



James Cotton



Shemekia Copeland

ARTS and ENTERTAINMENT

Theater

MOUNTAIN: THE JOURNEY OF JUSTICE WILLIAM O. DOUGLAS
Impulse Theatre and Dance at Conkling Hall, Methodist Hill Road, Rensselaerville, Jan. 11, 12, 18 and 19 at 8 p.m., Jan. 13 and 20 at 3 p.m., \$12, \$10 for students and seniors. Information, 797-3684.

WHO'S AFRAID OF VIRGINIA WOOLF

Albee drama, Curtain Call Theatre, 210 Old Loudon Road, Latham, Jan. 11 to Feb. 9, \$15. Information, 877-7529.

Music

ROBERT RANDOLPH AND THE FAMILY BAND

with Sean Costello Blues Band, The Egg at Empire State Plaza, Albany, Jan. 12, 8 p.m., \$18. Information, 473-1845.

EMERSON STRING QUARTET

performing an all-Haydn program, Memorial Chapel of Union College, Schenectady, Jan. 13, 3 p.m., \$20, \$10 for students. Information, 372-3651.

ALBANY SYMPHONY ORCHESTRA

performing works by Thomson, Kurka and Brahms, Troy Savings Bank Music Hall, State and Second streets, Jan. 18, 8 p.m., \$17 to \$36. Information, 273-0038.

SHEMEKIA COPELAND

with Olu Dara, The Egg at Empire State Plaza, Albany, Jan. 19, 8 p.m., \$20. Information, 473-1845.

B.B. KING

The Palace, 19 Clinton Ave., Albany, Jan. 21, 7:30 p.m., \$35 and \$40. Information, 465-4663.

JAMES COTTON BLUES BAND

with Johnnie Johnson, The Egg at Empire State Plaza, Albany, Jan. 26, 8 p.m., \$22. Information, 473-1845.

Dance

DANZAISA: YEYE

Caribbean dance, with music performed by Living Colour guitarist Vernon Reid, The Egg at Empire State Plaza, Albany, Jan. 18, 8 p.m., \$20, \$17 for seniors, \$12 for children. Information, 473-1845.

Visual Arts

NEW YORK STATE MUSEUM

American Sculpture, 1940 to 1960, through Feb. 24; A Slave Ship Speaks: The Wreck of the Henrietta Marie, through March 17; Ancient Life of New York, through March 31; plus permanent collections, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF HISTORY AND ART

Circa 1900: From the Genteel Tradition to the Jazz Age, American art at the turn of

the 20th century, plus exhibits on Hudson River School painting, the Albany Army Bazaar of 1864, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

ALBANY CENTER GALLERIES

Mohawk-Hudson Regional Invitational, featuring works by Warren Craighead III, Ellen DeMarco Cervera and Rob O'Neil, through Feb. 15, opening reception Jan. 10 from 5:30 to 8 p.m., 161 Washington Ave. Information, 462-4775.

ALBANY INTERNATIONAL AIRPORT GALLERY

Private Eye, unusual local collections, third floor of terminal building, through March 17, two hours free parking. Information, 242-2241.

LOCAL COLOR ART GALLERY

961 Troy-Schenectady Road, Latham, "It's Warm Inside," through Jan. 27, Wednesday to Sunday. Information, 786-6557.

Call For Artists

FEESTELIJK

local entertainers and performers for Bethlehem community arts celebration on April 27. Apply by Feb. 1 at 439-0512.

DELMAR COMMUNITY ORCHESTRA

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

COLONIE TOWN BAND

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

COLONIE CENTENNIAL BRASS CHOIR

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

SIENA CHAMBER ORCHESTRA AND CHOIR

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

CLIFTON PARK COMMUNITY ORCHESTRA

openings in strings, especially cello and bass, and in French horn, rehearsals Tuesdays at 7 p.m., Coburg Village, Rexford. Information, 383-1718.

MALE SINGERS NEEDED

for Electric City Chorus, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue

and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information, 785-4807.

PAINTERS WANTED

the Colonie Art League seeks local two-dimensional artists to exhibit at Local Color Art Gallery, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

MONDAY MUSICAL CLUB WOMEN'S CHORUS

invitation for new members to join in singing classical and popular songs, Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

CAPITAL COMMUNITY VOICES

rehearsals at Columbia High School, Luther Road, East Greenbush, 7 to 9 p.m., Tuesdays. Information, 477-8308.

Classes/Lectures

ACOUSTIC INSTRUMENT CLASSES

fiddle, guitar, banjo, pennywhistle, hammered dulcimer and bodhran, six-week sessions on Tuesday evenings at the ROI Smith Center, Route 155, Guilderland, sponsored by Old Songs, \$75. Information, 765-2815.

DANCE CLASSES

ongoing, all levels, ballet, jazz and modern, New School of Ballet, 1098 Parkwood Blvd., Schenectady, Mondays to Thursdays and Saturdays. Information, 346-1096.

ART CLASSES

watercolor, oil and drawing, beginner and intermediate, Wednesdays and Thursdays, taught by Kristin Woodward. Information, 783-1828.

MOUNTAIN MAGIC MAZE • RANGES

I V S P M J H E B Y V T G Q O
L P I G D B A Y W T R R P K M
K I A F D W L B Y W E U S R Q
O M K H S A L T A A I F D I B
Z X W U C S E L T S Q O N K O
N L J H F A G I I D C O A L A
Y W V T K T H S Q K T P Y E N
L K I S H C E E F E S M A S Z
E C A B A H N Z T Y P T S R W
V L U U S R Y N A I P M A R G
A Q O P C I N O C A T H N C M

Find the listed words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

Alaska	Elk	Ouachita	Tehachapi
Allegheny	Grampian	Sayan	Teton
Atlas	Harz	Selkirk	Wasatch
Catskill	Olympic	Taconic	

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sale sign is added. 2. Button missing from woman's jacket. 3. Ceiling light is added. 4. Bowtie is missing. 5. Man's tie is white. 6. Row of rings is missing.

Would You Like To Advertise Your Business In Our Papers?

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

The Spotlight • Colonie Spotlight
Loudonville Spotlight • Guilderland Spotlight
Niskayuna Journal • Rotterdam Journal
Scotia-Glenville Journal • Clifton Park/Halfmoon Spotlight

The Super CROSSWORD

ACROSS
1 Beat into shape
6 Rent
11 Light touch
14 Baseball's Maglie
17 Ed of "Married ... with Children"
19 Novelist Leonard
21 Actress Hagen
22 Nav. rank
23 Start of a remark by 93 Across
27 Actor Chaney
28 — Margaritas, Mexico
29 Nutritional abbr.
30 Deck of destiny
31 "Coming" ("89 song)
33 Holy
37 Tranquil
38 Part 2 of remark
41 Like Kojak
42 Chilliwack's country
43 See 35
44 Down
45 Slippery swimmer
46 Orthodox image
49 Pakistani language

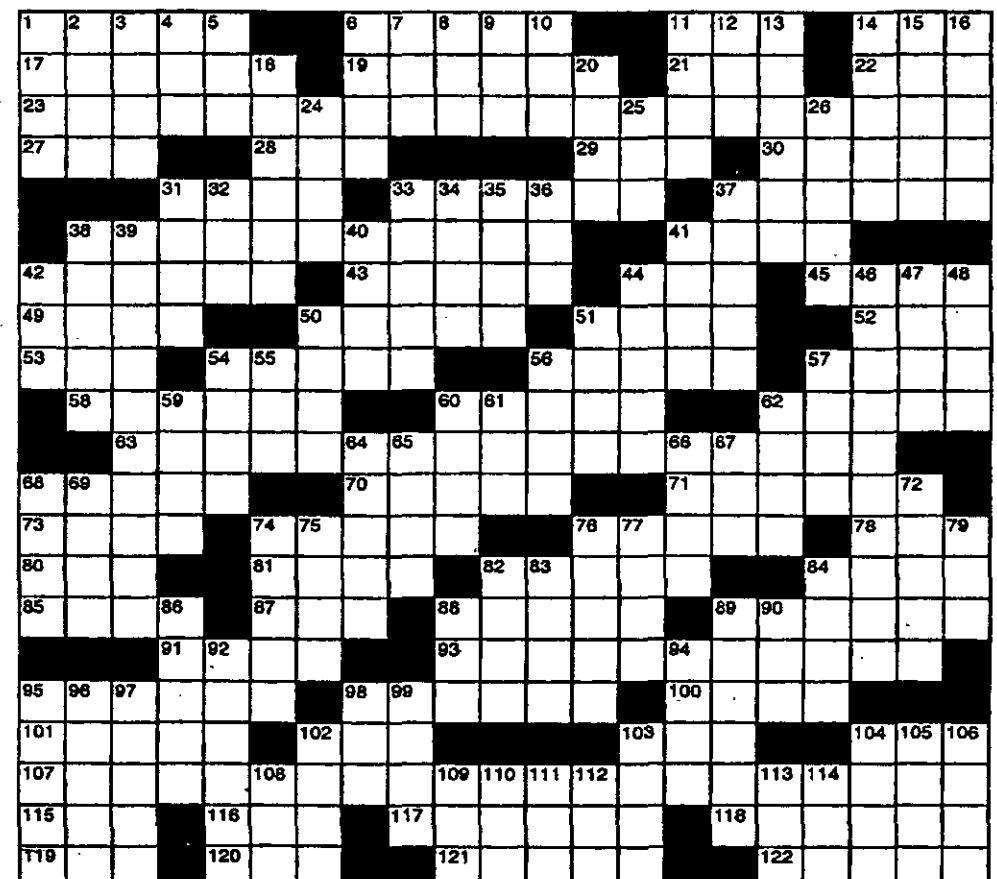
50 — Carta
51 Shoe type
52 Pindaric poem
53 Hum bug?
54 Mideastern rulers
56 Tooth —
57 Energy source
58 Plant disease
60 Deli buy
62 Prelim
63 Part 3 of remark
68 Alaskan city
70 "Untouchable" Ness
71 "Seinfeld" character
73 — vera
74 Cheerleader's maneuver
76 Hands (out)
78 Gnome's kin
80 Troop grp.
81 Buster Brown's dog
82 Florida city
84 Maugham's "The Razor's —"
85 Disney dog
87 — standstill
88 Jeremy of "Bridgeshead Revisited"
89 Combat mission
91 Give off

93 Speaker of remark
95 Fix
98 One of the Judds
100 Smell — (be suspicious)
101 Gather
102 Fast flier
103 Singer Sumac
104 Large tub
107 End of remark
115 Canterbury can
116 Past
117 Peanut
118 Natural gas component
119 Bristol brew
120 Comics' noise
121 Demi or Dudley
122 Hook on a hawk

DOWN
1 Thwart
2 In the know
3 Pull the Trigger?
4 "M*A*S*H" extras
5 Urban transport
6 Tourists' neckwear
7 "Nightmare" street
8 Current unit
9 Impresario Hurok
10 Before, to Byron
11 Sousa-phone's cousin
12 Tucked in
13 Soft tone
14 Induce the jitters
15 Chef's shield?
16 Lenya or Lehmann
18 Actress Davidovich
20 Raison d'—
24 Obl. for instance
25 Curious
28 — Gras
31 Son of Isaac
32 Inc., in England
33 Unexpected obstacles
34 Related
35 With
43 Across, famed puppeteer
36 Env. abbr.
37 Like some pretzels
38 Martin or Leto
39 Grasped
40 Steel beam
41 Endure
42 Tiny tiger
44 Yale of Root
46 Began to like
47 Redolence

48 Verne captain
50 Baseball essential
51 Express
54 Humorist Bombeck
55 Curly poker?
56 '78 Stallone flick
57 Pro foe
59 Draft device
60 Make argyles
61 — Din
62 Lupino and Cantor
64 Hagar the Horrible's wife
65 First name in tennis
66 Actress Wilson
67 — de France
68 Novelist Bellow
69 "Casa-blanca" character
72 —
74 Marbles
75 English segment
76 Virile
77 In addition
79 Charge
82 Spoken

83 Command to Flido
84 Formerly, formerly
86 It makes rye high
88 Adjective suffix
89 Juan's wrap
90 "Sat — tuffet ..."
92 Accident
94 Siren
95 Dread-locked one
96 High-tech missives
97 Singer Freda
98 Horse's relative
99 Forest father
102 February forecast
103 Knight time
104 Perfume bottle
105 Periodic table abbr.
106 MTV viewer
108 — trip
109 — Kippur
110 Overly
111 Cable channel
112 Ending for "auction"
113 Legendary Giant
114 — Na Na



The Spotlight CALENDAR

Wed. 1/9
BETHLEHEM

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 2-4:30 p.m. Also Mon. Information, 439-0503.

SOLID ROCK CHURCH

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

TOWN BOARD

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

BETHLEHEM TOASTMASTERS

The Clubhouse, Adams Station Apts., 1 Juniper Drive, Delmar, 7:30 p.m. Information, 439-0871.

BINGO

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

BOY SCOUT TROOP 58

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

DELMAR FIRE COMMISSION

firehouse, Adams Place, 7:30 p.m. Information, 439-3851.

TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 8 p.m. Information, 439-2512.

NEW SCOTLAND
TOWN COUNCIL

New Scotland Town Hall, Route 85, 7 p.m. Information, 439-4889.

PRAYER MEETING

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

FAITH TEMPLE

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

NEW SCOTLAND SENIORS

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

AA MEETING

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

Thurs. 1/10
BETHLEHEM
BETHLEHEM SENIOR CITIZENS

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

TAKE OFF POUNDS SENSIBLY

Weekly meeting at Delmar Reformed Church, 386 Delaware Ave., Delmar, 1-2:30 p.m. Information, 465-8732.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 4:30-7 p.m. Information, 439-0503.

BETHLEHEM ART ASSOCIATION

Bethlehem Public Library, 451 Delaware Ave., 6:45 p.m. Information, 768-2624.

CAREGIVER SUPPORT GROUP

Church of St. Thomas the Apostle, 35 Adams Place, 7 p.m. Information, 439-7387.

DELMAR FIRE DEPARTMENT AUXILIARY

firehouse, Adams Place, 7:30 p.m.

ELSMERE FIRE CO. AUXILIARY

firehouse, Poplar Drive, 7:30 p.m.

BETHLEHEM LUTHERAN

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

BETHLEHEM MEMORIAL VFW

Post 3185, 404 Delaware Ave., 8 p.m. Information, 439-9836.

AA MEETINGS

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

Fri. 1/11
BETHLEHEM
AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND
PIONEER CLUBS

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

YOUTH GROUP MEETINGS

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

Sat. 1/12
BETHLEHEM
AA MEETING

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

Sun. 1/13
BETHLEHEM
ST. THOMAS THE APOSTLE

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

ST. STEPHEN'S EPISCOPAL

Holy Eucharist, 8 and 10:30 a.m., coffee and fellowship, nursery care provided, church school, 9:25 a.m., Poplar Drive and Elsmere Avenue. Information, 439-3265.

BETHLEHEM LUTHERAN

85 Elm Ave., Delmar, worship services 8 a.m. and 10:30 a.m. Sunday School and Bible classes 9:15 a.m., infant and nursery care, assistive listening devices, handicap accessible, coffee/fellowship. Information, 439-4328.

DELMAR REFORMED

Sunday School and worship service, 9 and 11 a.m. T.G.I. Sunday contemporary worship at 5:30 p.m. with children's program. Nursery care available at all worship times. 386 Delaware Ave. Information, 439-9929.

BETHLEHEM COMM. CHURCH

Worship services 9 & 10:45 a.m.; nursery and Sunday School through 5th grade provided at both services. 201 Elm Ave., Delmar. Information, 439-3135.

SOUTH BETHLEHEM UMC

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

DELMAR FULL GOSPEL

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

FIRST REFORMED OF BETHLEHEM

Church school 9:30 a.m., worship 11 a.m., fellowship hour after worship; child-care provided, Vespers 7 p.m. Wednesdays, Route 9W, Selkirk. Information, 767-2243.

CHURCH OF THE NAZARENE

Sunday school 9:45 a.m., worship 11

a.m. and 6 p.m. Krumkill Road at Schoolhouse Road, North Bethlehem.

FIRST UMC OF DELMAR

Sunday school and worship service, 9:30 a.m., adult classes and fellowship 11 a.m., child-care provided, 428 Kenwood Ave. Information, 439-9976.

MOUNT MORIAH MINISTRIES

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

UNITY OF FAITH CHRISTIAN FELLOWSHIP

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

ST. MICHAEL'S SHRINE

Traditional Latin Catholic mass, 10 a.m.; 1 Beacon Road at Route 9W, Glenmont. Information, 462-2016.

KING'S CHAPEL

Traditional Baptist Bible service, 10 a.m.; 434 Route 9W, just south of Glenmont Road, Glenmont. Information, 426-9955.

BETHLEHEM CONGREGATION OF JEHOVAH'S WITNESSES

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

SLINGERLANDS COMMUNITY UMC

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

DELMAR PRESBYTERIAN

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

GLENMONT COMM. CHURCH

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

SOLID ROCK CHURCH

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

LECTURE & DISPLAY AT LIBRARY

Boatbuilder Chuck Newland on "The Lore of building Wooden Canoes and Sea Kayaks"; Bethlehem Public Library, 451 Delaware Avenue, Delmar, 2 p.m. information, 439-9314.

NEW SCOTLAND
ST. MATTHEW'S RC CHURCH

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

FIRST UNITED METHODIST

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

BETHEL BAPTIST CHURCH

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

UNIONVILLE REFORMED

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

CLARKSVILLE COMM. CHURCH

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

MOUNTAINVIEW EVANGELICAL FREE CHURCH

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

Information, 765-3390.

ONESQUETHAW REFORMED

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

FAITH TEMPLE

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

JERUSALEM REFORMED

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

PRESBYTERIAN CHURCH IN NS

worship service, 10:30 a.m., Sunday school, 9:15 a.m., nursery care provided, 2010 New Scotland Road. Information, 439-6454.

UNITED PENTECOSTAL CHURCH

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

FAMILY WORSHIP CENTER

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

Mon. 1/14
BETHLEHEM
MOTHERS' TIME OUT

Christian fellowship group for mothers of preschool children, Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 9:30 to 11 a.m. Information, 439-9929.

DELMAR KIWANIS

Quality Inn, Route 9W, 6:15 p.m. Information, 439-2437 or 439-6952.

CLASS IN JEWISH MYSTICISM

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

INDOOR PISTOL SHOOTING

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

EXPLORER POST 157

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

DELMAR
COMMUNITY ORCHESTRA

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

ROYAL ARCH MASONS

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

AA MEETING

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

NEW SCOTLAND
QUARTET REHEARSAL

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

Tues. 1/15
BETHLEHEM
DELMAR ROTARY

Howard Johnson's, Route 9W, 7:30 a.m. Information, 767-2930.

TREASURE COVE THRIFT SHOP

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

PUBLIC LECTURE

Sheldon Soloman: "Why Settle Down?" Sponsored by Humanities Institute for Lifelong Learning. Bethlehem Public Library, 451 Delaware Avenue, Delmar, 10 a.m. Information, 439-9661.

COMPUTER CLASS AT LIBRARY

Computer course "for the absolute beginner," each session limited to six registrants; Bethlehem Public Library, 451 Delaware Avenue, Delmar, 1:30 and 3 p.m. Information, 439-9314.

TAKE OFF POUNDS SENSIBLY

Glenmont Community Church, Weiser Street, 6 p.m. weigh-in, 6:30 p.m. meeting. Information, 449-2210.

PLANNING BOARD

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

BINGO

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

ONESQUETHAU LODGE 1096 F&M

Masonic Temple, 421 Kenwood Ave.

NEW SCOTLAND
STORY HOUR

Voorheesville Public Library, 51 School Road, 10 a.m. Information, 765-2791.

NIMBLEFINGERS/QUILTERS

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

VOORHEESVILLE PTA

Elementary school cafeteria, 7:30 p.m. Information, 765-3644.

Wed. 1/16
BETHLEHEM
BETHLEHEM LIONS CLUB

Days Inn, Route 9W, Glenmont, 7 p.m. Information, 439-4857.

ALZHEIMER'S SUPPORT GROUP

Northeast NY Alzheimer's Association meetings for families, caregivers, and friends; Delmar Presbyterian Church, 585 Delaware Ave., 7 p.m.

ZONING BOARD OF APPEALS

One public hearing scheduled. Bethlehem Town Hall, 445 Delaware Ave., Delmar, 7:30 p.m. Information, 439-4955.

BINGO

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

BOY SCOUT TROOP 58

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

BC SCHOOL BOARD

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

BETHLEHEM ELKS LODGE 2233

Route 144, Cedar Hill, 8 p.m. Information, 767-2886.

ORDER OF THE EASTERN STAR

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

NEW SCOTLAND
V'VILLE PLANNING COMMISSION

Village Hall, 29 Voorheesville Ave., 7:30 p.m. Information, 765-2692.

NEW SCOTLAND SENIORS

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

AA MEETING

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

Thurs. 1/17
BETHLEHEM
BETHLEHEM SENIOR CITIZENS

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

TAKE OFF POUNDS SENSIBLY

Weekly meeting at Delmar Reformed Church, 386 Delaware Ave., Delmar,

LEGAL NOTICE**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

1. The name of the limited liability company is 467 DELAWARE AVENUE, LLC.

2. The articles of organization of the limited liability company were filed on November 27, 2001 with the New York Secretary of State.

3. The office of the limited liability company is located in Albany County.

4. The Secretary of State was designated as agent of the limited liability company upon whom process against it may be served.

5. The Secretary of State shall mail a copy of process served to the limited liability company to 413 Kenwood Avenue, Delmar, New York 12054.

6. The latest date to dissolve is indefinite.

7. The purpose of the limited liability company is to conduct all lawful activity.

(January 9, 2002)

LEGAL NOTICE

Art Promotions LLC was filed with the SSNY on 12/04/01. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: 80 State Street, Albany, NY 12207-2543. The Registered Agent is Corporation Service Company at the same address. Purpose: any lawful purpose.

(January 9, 2002)

NOTICE OF PUBLICATION

BROADMEAD LLC was filed with SSNY on 11/26/2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose.

(January 9, 2002)

LEGAL NOTICE

BST VALUATION & LITIGATION ADVISORS, LLC

Notice of formation of BST Valuation & Litigation Advisors, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 12/4/01. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC is to provide valuation services, litigation services, law firm management, financial consulting services, due diligence services and engage in any lawful act or activity for which limited liability companies may be formed under the New York Limited Liability Company Law.

(January 9, 2002)

NOTICE OF FORMATION OF LLC

Articles of Organization for Capital District Oral and Maxillofacial Surgeons, LLC were filed with the Secretary of State of New York on November 21, 2001. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 11 Century Hill, Latham, New York 12110. Purpose: for any lawful activity for which limited liability companies may be formed under the law.

(January 9, 2002)

ARTICLES OF ORGANIZATION OF CAPITAL DISTRICT PROPERTIES, LLC

Under Section 203 of the Limited Liability Company Law Of the State of New York

1. The name of the Limited Liability Company is: CAPITAL DISTRICT PROPERTIES, LLC (the "Limited Liability Company").

2. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York.

3. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The Post Office address within or without this state to which the Secretary of State shall mail a

LEGAL NOTICE

copy of any process against the Limited Liability Company served upon him or her is: 35 Whitestone Way, Slingerlands, New York 12159.

4. The Limited Liability Company is to be managed by one or more of its members.

5. None of the members of the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obligations or liabilities of the Limited Liability Company.

6. The Limited Liability Company shall have all powers and purposes allowed it by law.

7. The effective date of formation of the LLC shall be the date of filing of these articles of organization by the New York State Department of State.

(January 9, 2002)

LEGAL NOTICE

Notice of Qualification of CapitalSource Finance LLC. Fictitious name in N.Y. State: CSF. Authority filed with Secy. of State of NY (SSNY) on 12/20/01. LLC formed in Delaware (DE) on 8/25/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the principal office of LLC: 1133 Connecticut Ave. NW, Ste. 310, Washington, D.C. 20036. Attn: Steve Museles, Arts. of Org. on file with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity.

(January 9, 2002)

LEGAL NOTICE

Notice of Qualification of CELLULAR ONE L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 11/8/01. LLC formed in Delaware (DE) on 6/14/01. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. on file with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.

(January 9, 2002)

LEGAL NOTICE

Notice of Qualification of Charter Communications LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/30/2001. LLC formed in Delaware (DE) on 11/22/1993. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the principal office of the LLC: 12405 Powerscourt Dr., St. Louis, MO 63131. Arts. of Org. on file with DE Secy. of State, Corp. Dept., Lookerman & Federal Sts., Dover, DE 19901. Purpose: any lawful activity.

(January 9, 2002)

NOTICE OF PUBLICATION

CLAYBROOK LLC was filed with SSNY on 11/26/2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose.

(January 9, 2002)

NOTICE OF PUBLICATION

De Angelis Enterprises, L.L.C. ("LLC") was filed with the Sec. of State of NY ("SSNY") on 10/24/01. Office location: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process to: De Angelis Enterprises, L.L.C., c/o Richard M. White, Esq., 18 Corporate Woods Blvd., Albany, New York 12211. Purpose: Any lawful business purpose.

(January 9, 2002)

ARTICLES OF ORGANIZATION OF EMAK HOLDING LLC

Under Section 203 of the Limited Liability Company Law

LEGAL NOTICE

FIRST: The name of the limited liability company is: EMAK HOLDING LLC.

SECOND: The county within the state in which the office of the limited liability company is to be located is Albany.

THIRD: The secretary of state is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the secretary of state shall mail a copy of any process against the limited liability company served upon him or her is: 23A Walker Way, Albany, New York 12205

FOURTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State.

FIFTH: The limited liability company is to be managed by 1 or more members.

IN WITNESS WHEREOF, this certificate has been subscribed to this 28th day of December, 2001, by the undersigned who affirms that the statements made herein are true under the penalties of perjury.

S/ Jesse Vandergrift, Attorney in Fact

(January 9, 2002)

NOTICE OF APPLICATION FOR AUTHORITY OF LLC

Fillpoint, LLC, a limited liability company organized under the laws of Delaware whose Certificate of Formation was filed on April 20, 2001 with the Delaware Secretary of State whose address is 615 south DuPont Highway, in the City of Dover, County of Kent, 19901, filed an Application for Authority to do Business in New York State with the New York State Secretary of State on December 11, 2001. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to c/o Glenn Rockwood, 51 Maplewood Avenue, Albany, New York 12205. The address of its Delaware office is 615 South DuPont Highway, Dover, 19901. Its business is to engage in any lawful activity for which limited liability companies may be organized under the Delaware Limited Liability Company Act.

(January 9, 2002)

NOTICE OF FORMATION OF LLC

First Street Troy Associates LLC, filed Articles of Organization with the New York Secretary of State on November 23, 2001. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to First Street Troy Associates LLC, 75 State Street, Albany, New York 12201-0459. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act.

(January 9, 2002)

LEGAL NOTICE

FLEETALK MANAGEMENT SERVICES LIMITED PARTNERSHIP, a limited partnership formed on June 27, 2001 in the State of Texas, filed for authority to do business in the State of New York with the Secretary of State of New York on October 4, 2001. The county, within New York, in which the office of the limited partnership is located is Albany County. The Secretary of State of New York is designated as agent of the limited partnership upon whom process against it may be served. The address to which the Secretary of State of New York shall mail a copy of any process against the limited partnership is: 701 N. Green Valley Parkway, Suite 200, Henderson, Nevada 89074. The address of the registered office required to be maintained in accordance with section 1.06 of the Texas Revised Limited Partnership Act is: 8350 Meadow Road, Suite 281, Dallas, Texas 75231. The name and address of the authorized officer in Texas where a copy of the Certificate of Limited Partnership is filed is: The Secretary of State of the State of Texas, James Earl Rudder, State Office Building, 1019 Brazos, Austin, Texas 78701. The name and address of the sole General Partner is available from the Secretary of State of New York. The character of the business of the limited partnership is the provision

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of two-way radio transmission services.

(January 9, 2002)

NOTICE OF PUBLICATION

GLENDOWN LLC was filed with SSNY on 11/26/2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose.

(January 9, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: GREAT OAKS 200, L.L.C. Application for Authority was filed with the Secretary of State of New York (SSNY) on 11/29/01. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 115 Great Oaks Office Park, Albany, New York 12203. Purpose: For any lawful purpose.

(January 9, 2002)

NOTICE OF FORMATION OF LLC

Greene Imaging, LLC, filed Articles of Organization with the New York Secretary of State on December 19, 2001. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to Greene Imaging, LLC, c/o Vincent L. Valenza, 75 State Street, Albany, NY 12207. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act.

(January 9, 2002)

LEGAL NOTICE

HEALTHCARE BUSINESS ADVISORS, LLC

Notice of formation of Healthcare Business Advisors, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 12/4/01. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC is to provide consulting and billing services for health care professionals and engage in any lawful act of activity for which limited liability companies may be formed under the New York Limited Liability Company Law.

(January 9, 2002)

LEGAL NOTICE

Hilb, Rogal and Hamilton Insurance Agency of Massachusetts, LLC.

LLC was filed with the SSNY on 12/17/2001. Office: Albany County: SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Ronald S. Zaiger, 1 Industrial Avenue, Suite 1100, Lowell, MA 01851. Purpose: Any lawful purpose.

(January 9, 2002)

LEGAL NOTICE

Notice of Qualification of HMT Lessee LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/10/01. LLC formed in Delaware (DE) on 11/9/00. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o The Prentice-Hall Corporation System, Inc., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 10400 Fernwood Rd., Dept. 72/923, Bethesda, MD 20817. Arts. of Org. on file with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity.

(January 9, 2002)

NOTICE OF PUBLICATION

I.P.G. MARKETING LLC was filed

LEGAL NOTICE

with SSNY on 11/30/2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: any lawful purpose.

(January 9, 2002)

LEGAL NOTICE

Notice of Qualification of Ingomar Limited Partnership. Authority filed with Secy. of State of N.Y. (SSNY) on 12/26/2001. LP formed in Nevada (NV) on 7/26/1996. NY office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail copy of process to: The Prentice-Hall Corporation System, Inc., 80 State St., Albany, NY 12207-2543, the registered agent upon whom process may be served. Principal off of LP: 323 Fifth St., Eureka, CA 95501. Name/address of each general partner available from SSNY. Cert. of LP on file with NV Secy. of State, 101 North Carlson St., Ste. 103, Carson City, NV 89701. Purpose: any lawful activity.

(January 9, 2002)

LEGAL NOTICE

J. CONTI VENTURES, LLC, Certificate of Limited Liability Company filed with NYS Secretary of State on October 3, 2001. Principal office located in Albany County. NYS Secretary of State designated as agent of the limited liability company upon whom process against it may be served. Secretary of State shall mail copies of any process against it to: J. Conti Ventures, LLC, c/o Jacqueline R. Conti, 1182 River Road, Selkirk, NY 12158. The purpose of the limited liability company is to engage in any lawful act or activity. The limited liability company is to be managed by one or more of its members.

(January 9, 2002)

LEGAL NOTICE

Notice of formation of L & I REALTY, LLC a NYS limited liability company (LLC). Formation filed with SSNY on 12/20/2001. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: 1817 Kings Hwy., Brooklyn, NY 11229. Purpose: All lawful purposes.

(January 9, 2002)

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY

Pursuant to Section 203 of the New York Limited Liability Law

1. The name of the Limited Liability Company is LAS ALBANY REDEVELOPMENT COMPANY, LLC.

2. The Articles of Organization were filed with the Secretary of State on December 21, 2001.

3. The office of the Limited Liability Company is to be located in Albany County.

4. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: LAS Albany Redevelopment Company, LLC, 85 Watervliet Avenue, Albany, New York 12206

5. The limited liability company is formed to engage in any lawful act or activity for which limited liability companies may be formed under the laws of the State of New York.

(January 9, 2002)

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY

Pursuant to Section 203 of the New York Limited Liability Law

1. The name of the Limited Liability Company is LAS REDEVELOPMENT COMPANY, LLC.

2. The Articles of Organization were filed with the Secretary of State on December 21, 2001.

3. The office of the Limited Liability Company is to be located in Albany County.

4. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without New York to which the

LEGAL NOTICE

Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: LAS Redevelopment company, LLC, 85 Watervliet Avenue, Albany, New York 12206

5. The limited liability company is formed to engage in any lawful act or activity for which limited liability companies may be formed under the laws of the State of New York.

(January 9, 2002)

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY

Pursuant to Section 203 of the New York Limited Liability Law

1. The name of the Limited Liability Company is LAS WATERVLIET REDEVELOPMENT COMPANY, LLC.

2. The Articles of Organization were filed with the Secretary of State on December 21, 2001.

3. The office of the Limited Liability Company is to be located in Albany County.

4. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: LAS Watervliet Redevelopment company, LLC, 85 Watervliet Avenue, Albany, New York 12206

5. The limited liability company is formed to engage in any lawful act or activity for which limited liability companies may be formed under the laws of the State of New York.

(January 9, 2002)

NOTICE OF PUBLICATION

LATCHMERE LLC was filed with SSNY on 11/27/2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporation Services Inc. at the same address. Purpose: any lawful purpose.

(January 9, 2002)

NOTICE OF PUBLICATION

LOCKFIELD LLC was filed with SSNY on 11/27/2001. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: The LLC, 46 State Street, 3rd Flr, Albany, NY 12207. The registered agent is: USA Corporation Services Inc. at the same address. Purpose: any lawful purpose.

(January 9, 2002)

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is MEDICAL PEER REVIEW SERVICES, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 3, 2001. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 401 Jessamine Lane, Schenectady, New York 12303.

(January 9, 2002)

LEGAL NOTICE

Notice of Qualification of MYCLEARING.COM, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/27/01. LLC formed in Delaware (DE) on 7/24/01. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 70 South Lake Ave., Suite 700, Pasadena, CA 91101. Arts. of Org. on file with DE Secy. of State, Lookerman & Federal Sts., Dover, DE 19901. Purpose: any lawful activity.

(January 9, 2002)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Qualification of ORIGEN FINANCIAL, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 8/9/01. LLC formed in Delaware (DE) on 6/15/01. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: Corporation Trust Co., 1209 Orange St., Wilmington, DE 19801. Arts. of Org. on file with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. (January 9, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: ROSENBLUM EQUITIES, L.L.C. Application for Authority was filed with the Secretary of State of New York (SSNY) on 11/29/01. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 115 Great Oaks Office Park, Albany, New York 12203. Purpose: For any lawful purpose. (January 9, 2002)

NOTICE CONTAINING SUBSTANCE OF ARTICLES OF ORGANIZATION FOR A PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY

Under Section 1203 of the Limited Liability Company Law
1. The name of the professional service limited liability company ("PLLC") is: S. Michael Fuhrman, D.O., LLC.
2. The date of the filing of the Articles of Organization with the Secretary of State of the State of New York is: December 12, 2001.
3. The office of the PLLC is to be located in Albany County.
4. The Secretary of State of the State of New York has been designated as agent of the PLLC upon whom process against it may be served. The post office address to which the Secretary of State of the State of New York shall mail a copy of any process against it served upon him or her is: 363 Delaware Avenue, Delmar, New York 12054.
5. The purpose of the business of the PLLC is to engage in the practice of medicine and any other lawful purpose. (January 9, 2002)

NOTICE OF FORMATION OF LLC

Notice of formation of limited liability company (LLC). Name: SIGNAL HILL PROPERTIES, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on November 19, 2001. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: Signal Hill Properties, LLC, address 32 Brookwood Drive, Latham, NY 12110. Purpose: to engage in any lawful business of every kind and character for which LLCs may be organized under the New York LLC Law, or any successor statute. (January 9, 2002)

NOTICE OF FORMATION OF LLC

Sky Box Café, LLC, filed Articles of Organization with the New York Secretary of State on November 21, 2001. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to Sky Box Café, LLC, 900 Delaware Avenue, Bethlehem, New York, 12054. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. (January 9, 2002)

ARTICLES OF ORGANIZATION OF STOCKBRIDGE CAPITAL, LLC

Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is "Stockbridge Capital, LLC."
SECOND: The county within the State in which the office of the limited liability company is located is Albany County.

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ited liability company is located is Albany County.
THIRD: The latest date on which the limited liability company is to dissolve is November 1, 2065.
FOURTH: The Secretary of State is designated as agent of the limited liability company upon which process against it may be served. The post office address within or without the State of New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: Stockbridge Capital, LLC., 1698 Central Avenue, Albany, NY 12205.
FIFTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State.
SIXTH: The limited liability company is to be managed by one or more of its members.
IN WITNESS WHEREOF, these Articles of Organization have been subscribed to this 4th day of December, 2001 by the undersigned who affirms that the statements made herein are true under the penalties of perjury.
Frank A. Tate, Jr., Attorney in fact for the Organizer (January 9, 2002)

ARTICLES OF ORGANIZATION OF THE ENCLAVE AT MALTA, LLC

Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is "Stockbridge Financial, LLC."
SECOND: The county within the State in which the office of the limited liability company is located is Albany County.
THIRD: The latest date on which the limited liability company is to dissolve is November 1, 2065.
FOURTH: The Secretary of State is designated as agent of the limited liability company upon which process against it may be served. The post office address within or without the State of New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: Stockbridge Financial, LLC., 1698 Central Avenue, Albany, NY 12205.
FIFTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State.
SIXTH: The limited liability company is to be managed by one or more of its members.
IN WITNESS WHEREOF, these Articles of Organization have been subscribed to this 4th day of December, 2001 by the undersigned who affirms that the statements made herein are true under the penalties of perjury.
S/ Victor Gush, Manager (January 9, 2002)

NOTICE OF FORMATION OF LLC

Articles of Organization for STRATEGIC PENSION SERVICES, LLC were filed with the Secretary of State of New York on November 13, 2001. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 33 Century Hill Drive, Latham, New York 12110. Purpose: for any lawful activity for which limited liability companies may be formed under the law. (January 9, 2002)

NOTICE OF FORMATION OF LLC

Articles of Organization for STRATEGIC RESOLUTIONS, LLC were filed with the Secretary of State of New York on November 13, 2001. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 33 Century Hill Drive, Latham, New York 12110. Purpose: for any lawful activity for which limited liability companies may be formed under the law. (January 9, 2002)

ARTICLES OF ORGANIZATION OF THE ENCLAVE AT MALTA, LLC

Under Section 203 of the Limited Liability Company Law
FIRST: The name of the limited liability company is "The Enclave at Malta, LLC."
SECOND: The county within the State in which the office of the limited liability company is located is Albany County.

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ited company is located is Albany County.
THIRD: The latest date on which the limited liability company is to dissolve is November 1, 2065.
FOURTH: The Secretary of State is designated as agent of the limited liability company upon which process against it may be served. The post office address within or without the State of New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: The Enclave at Malta, LLC., 1698 Central Avenue, Albany, NY 12205.
FIFTH: The effective date of the Articles of Organization shall be the date of filing with the Secretary of State.
SIXTH: The limited liability company is to be managed by one or more of its members.
IN WITNESS WHEREOF, these Articles of Organization have been subscribed to this 4th day of December, 2001 by the undersigned who affirms that the statements made herein are true under the penalties of perjury.
S/ Victor Gush, Manager (January 9, 2002)

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, January 16, 2002, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Thomas Conway, 57 Ramsey Place, Albany, New York 12208 for Area Variance under Article X, Highway Frontage and Access, Section 128-38, Abutment of lot on highway or street, Section 128-39, Residential lots to abut accepted highway or street, Section 128-41, Driveway placement on residential lots, of the Code of the Town of Bethlehem to provide access for a single-family home at premises at the end of Queen Anne Drive, Slingerlands, New York 12159.
Michael C. Hodom
Chairman
Board of Appeals (January 9, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of TNT Realty, LLC ("LLC") filed with the

LEGAL NOTICE

Secretary of State of New York ("SSNY") on December 13, 2001, effective upon the date of filing. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC c/o 89 Consaul Road, Albany, New York 12205. The purpose for which the LLC is formed is to engage in the conduct of a real estate acquisition, development and management business and for any lawful act or activity in furtherance thereof, in connection therewith, or incidental thereto, for which limited liability companies may be formed under the Limited Liability Law of the State of New York. (January 9, 2002)

NOTICE OF FORMATION OF REGISTERED LLP

Tribble & Von Ahn, CPAs, LLP, filed a Certificate of Registration with the New York Secretary of State on August 9, 2001. Its principal office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served. A copy of any such process shall be mailed to P.O. Box 687, Fonda, New York 12068. Its business is to engage in the practice of certified public accountancy and any other lawful activity for which limited liability partnerships may be organized under Section 121-1500(a) of the New York Partnership Law. (January 9, 2002)

LEGAL NOTICE

Notice of Qualification of Wal-Mart Stores East, LP. Authority filed with Secy. of State of N.Y. (SSNY) on 12/13/01. LP formed in Delaware (DE) on 11/9/01. NY office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LP: 702 SW 8th St., Bentonville, AR 72716-0555. Name/address of each general partner available from SSNY. Cert. of LP on file with DE Secy. of State, Div. of Corps., 401 Federal St., Suite 4, Dover, DE 19901. Purpose: retail sales. (January 9, 2002)

LEGAL NOTICE**PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY**

FIRST: The name of the Limited Liability Company is WCC PROPERTIES, LLC (hereinafter referred to as the "Company").
SECOND: The Articles of Organization of the Company were filed with the Secretary of State on December 11, 2001.
THIRD: The county within New York State in which the office of the Company is to be located is Albany.
FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is: WCC PROPERTIES, LLC, 135 Paine Street, Green Island, New York 12183.
FIFTH: The latest date on which the Company is to dissolve is December 31, 2050, unless said period is further extended by amendment of this Agreement or sooner terminated in accordance with this Agreement.
SIXTH: The purpose of the business of the Company is any lawful activity pursuant to Section 203 of the New York Limited Liability Company Law. (January 9, 2002)

NOTICE OF FORMATION OF WEST AMERICAN RUBBER COMPANY, LLC

The name of the LLC: WEST AMERICAN RUBBER COMPANY, LLC. App. for Auth. Filed with Sec. of State 11/07/01. Juried. And date of org: CALIFORNIA 10/24/01. NY State office loc: Albany County. Sec. of State of NY designated as agent of LLC upon whom process may be served. Sec. of State shall mail copy of process to: 750 North Main Street, Orange, CA 92868. Address required to be maintained in home jurisdiction: 750 North Main Street, Orange, CA 92868. Copy of cert. of org. is filed with: California Secretary of State, 1500 11th Street, Sacramento, CA 95814. The character & purpose of the LLC is to transact any lawful business. (January 9, 2002)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**LEGAL NOTICE**

The name of the limited liability company is Wilderhomes, LLC. The Articles of Organization were filed on November 16, 2001 with the NYS Department of State. The County within this State in which the office of the professional service limited liability company is to be located is Albany County. The Secretary of State is designated as agent of the professional service limited liability company upon whom process against it may be served. The post office address within or without this State to which the Secretary of State will mail a copy of any process against the professional service limited liability company served upon him or her is 16 Carstead Drive, Slingerlands, New York 12159. (January 9, 2002)

LEGAL NOTICE

Notice of Qualification of WNYT-TV, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/28/01. LLC formed in Delaware (DE) on 11/21/01. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Principal office of LLC: 15 North Pearl St., Albany, NY 12204. Cert. of Form. on file with DE Secy. of State, Div. of Corp., Federal & Duke of York Sts., Dover, DE 19901. Purpose: all lawful purposes. (January 9, 2002)

LEGAL NOTICE

Notice of Qualification of Xerox Lease Equipment LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/29/01. LLC formed in Delaware (DE) on 9/28/01. NY office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 800 Long Ridge Rd., Mail Stop 2-4-B9, Stamford, CT 06904. Arts. of Org. on file with DE Secy. of State, P.O. 898, Dover, DE 19901. Purpose: any lawful activity. (January 9, 2002)

Supplements

Spotlight Newspapers — supplements for 2002

JANUARY**> BRIDES AND GROOMS**

Issue Date: Jan. 9 • Ad Deadline: Dec. 28

> HEALTH, DIET AND FITNESS

Issue Date: Jan. 23 • Ad Deadline: Jan 9

FEBRUARY**> UPDATE I — BUSINESS & FINANCE**

Issue Date: Feb. 13 • Ad Deadline: Jan 30

> UPDATE II — SERVICES

Issue Date: Feb. 20 • Ad Deadline: Feb. 6

MARCH**> SPRING HOME IMPROVEMENT**

Issue Date: March 6 • Ad Deadline: Feb. 20

> HEALTH CARE

Issue Date: March 20 • Ad Deadline: March 6

APRIL**> HOME AND GARDEN**

Issue Date: April 3 • Ad Deadline: March 20

> SPRING AUTOMOTIVE

Issue Date: April 17 • Ad Deadline: April 8

MAY**> SENIOR LIVING**

Issue Date: May 1 • Ad Deadline: April 17

> WELCOME SUMMER

Issue Date: May 22 • Ad Deadline: May 8

JUNE**> HOME IMPROVEMENT**

Issue Date: June 5 • Ad Deadline: May 22

> CLASS OF 2002

Issue Date: June 26 • Ad Deadline: June 12

JULY**> SENIOR LIFESTYLES**

Issue Date: July 10 • Ad Deadline: June 28

> SUMMER AUTOMOTIVE

Issue Date: July 24 • Ad Deadline: July 12

AUGUST**> BACK TO SCHOOL**

Issue Date: Aug. 14 • Ad Deadline: July 31

> HEALTH CARE

Issue Date: Aug. 28 • Ad Deadline: Aug. 14

SEPTEMBER**> COMMUNITY SERVICES**

Issue Date: Sept. 11 • Ad Deadline: Aug. 28

> HOME DECORATING & REMODELING

Issue Date: Sept. 25 • Ad Deadline: Sept. 11

OCTOBER**> WEDDING GUIDE**

Issue Date: Oct. 9 • Ad Deadline: Sept. 25

> FALL AUTOMOTIVE

Issue Date: Oct. 23 • Ad Deadline: Oct. 11

NOVEMBER**> HOLIDAY PARTY GUIDE**

Issue Date: Nov. 6 • Ad Deadline: Oct. 23

> HOLIDAY GIFT GUIDE

Issue Date: Nov. 27 • Ad Deadline: Nov. 18

DECEMBER**> HOLIDAY GIFT GUIDE II**

Issue Date: Dec. 11 • Ad Deadline: Dec. 4

> LAST MINUTE GIFT GUIDE/NEW YEAR'S

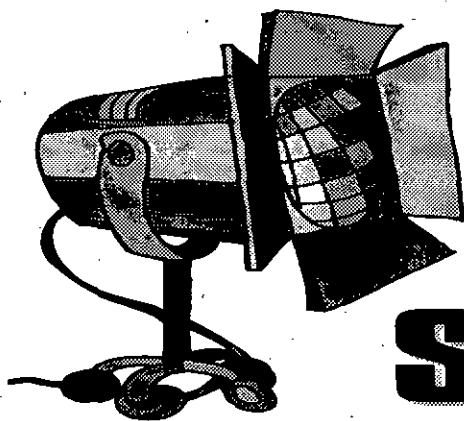
Issue Date: Dec. 18 • Ad Deadline: Dec. 11

At Your SERVICE

a guide to services for your home

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RECYCLE RECYCLE RECYCLE	HOME IMPROVEMENT Home Structures, Etc.	MISTER FIX-ALL All Types of Repairs Specializing in the Bethlehem Area Senior Citizens Discounts Dependable & Reasonable 30 Years Experience - Free Estimates 439-9589	WM H. ROTHER PAINTING INTERIOR - EXTERIOR Fine Quality Workmanship INSURED • REFERENCES • FREE ESTIMATES 381-6618 364-2007	MURRAY PAINTING  Free Estimates Interior & Exterior Residential • Commercial • Industrial If you count on quality count on us 439-4466 All Calls Returned • Fully Insured	SNOWPLOWING SALTING & SANDING 24 Hour Service Contract or Per Plow 439-5855 Ask for Paul
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D.P. ESTEY CONSTRUCTION & REMODELING All types of Interior & Exterior Carpentry, Home Improvements & General Contracting Insured-Professional Reasonable-Experienced Don Estey (518) 465-7642 Glenmont	HOUSECLEANING Mom's Cleaning Service Cleaning Professionals	BILL STANNARD CONTRACTORS RD. 1 Delmar, N.Y. 12054 Masonry and Carpentry New and Repairs Concrete • Block • Brick • Stone Roofing • Decks • Garages etc. LANDSCAPING KODIAK LANDSCAPING • Landscape Design/Installation • Drainage • Pruning • Landscape Photo Imaging • Seasonal Clean-ups • Re-edge/Remulch • Lawn Fertilizing • Tree/Shrub Fertilizing • Landscape Renovation 349-0162 Fully Insured E-Mail: Kodiaklandscape@aol.com	Picture your Business ad HERE! It can HAPPEN! Call 439-4940	Z. IPEK & SONS, INC. All Phases of Roofing Free Estimates • Fully Insured  "Your Residential Roofing Specialist" "Family Owned & Operated" Hadi (518) 482-5421 Hayzi	HASLAM TREE SERVICE Complete Tree Removal Call Now for Winter Rates FREE Estimates • Jim Haslam Fully Insured Owner 439-9702
ELECTRICIAN La Rock's Electric • Residential • Insured • Commercial • Bonded • Licensed Electrician NO JOB TOO SMALL CALL 475-0238	> Housecleaning > Move-In > Move-Outs > Apartment Complexes > Commercial & Residential > Floor Refinishing > Carpet Cleaning Insured & Bonded 439-MOMS (6667)	FREE Estimates Insured BILL STANNARD CONTRACTORS RD. 1 Delmar, N.Y. 12054 Masonry and Carpentry New and Repairs Concrete • Block • Brick • Stone Roofing • Decks • Garages etc. LANDSCAPING KODIAK LANDSCAPING • Landscape Design/Installation • Drainage • Pruning • Landscape Photo Imaging • Seasonal Clean-ups • Re-edge/Remulch • Lawn Fertilizing • Tree/Shrub Fertilizing • Landscape Renovation 349-0162 Fully Insured E-Mail: Kodiaklandscape@aol.com	Picture your Business ad HERE! It can HAPPEN! Call 439-4940	SALMURA WEB DESIGN Our Top Notch Graphic Design Team Can Get You On The Web!  For More Info: Email Us At: salmura@hotmail.com	R. Peters & Sons Electrical Inc. • Licensed Residential/Commercial Service • New Construction • 30 Years Experience In Bethlehem, Colonie & Guilderland CALL 439-1246

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Spotlight on EMPLOYMENT

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If you can work independently and strive to succeed,
CALL TODAY:

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EOE

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CLEANERS-EVENINGS: Environmental Service Systems, Inc. has part-time positions in the Guilderland area. Please call 438-8059 or (800) 805-6599 or stop by our office at 85 Watervliet Ave., Albany, NY. EOE.

DATA ENTRY CLERK for fast paced research firm. Must have excellent organizational skills and be detail oriented. Approx. 20 hours/week, flexible hours. Benefits available. Send resume to: PRA, 345 Delaware Ave., Del-

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HAIR STYLIST WANTED: Very busy salon in great location. Call Joanne at 434-4411.

High-Paying Postal Jobs! No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free,

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HUMAN SERVICES: Counselors-In this time of economic slowdown, Living Resources continues to grow strong. We have jobs conveniently located throughout the Capital Region that offer competitive wages, generous benefits and most important job security. Experience the joy a human services career can bring to you. For more information or for directions to our next open interviews please call 346-8888 ext. 8

LARGE, BEAUTIFUL COLONIE HAIR SALON (on Central Ave) is seeking FT/PT booth renters with clientele. First 4 weeks rent free. Also available, 9x10 room for massaging or skin care. Call Colleen at 456-1866.

NEW YEAR! NEW CAREER! Schwan's is offering the right people the perfect new career.

\$26,000 to start, with paid training. Excellent benefits package. Must be at least 21 years of age and have a good driving record. If you can work independently and strive to succeed, CALL TODAY: 1-800-336-7569. EOE.

NEW YEAR-NEW JOB-NEW OPPORTUNITIES! Catholic Charities Disabilities Services has employment opportunities to help you ring in the new year with a rewarding job, good pay and flexible afternoon hours. We offer unique work environments that are close to home throughout Albany and Schenectady county assisting individuals living with developmental disabilities. If you are a college student, retired, recent graduate, homemaker or someone needing extra money then don't wait to inquire how you use your knowledge of community resources and have fun at the same time. Call (518) 783-1111 to find out more. Candidates must have a valid driver's license and personal transportation. EOE.

CCDS, 15 Avis Drive, Latham, NY 12110.

OFFICE MANAGER, FULL-TIME - DELMAR: Looking for excellent customer service skills and friendly professional phone manner. Require detail oriented, dependable person who is good with numbers. Computer experience necessary. Quick Books a plus. Responsibilities include phones, customer service, order entry and billing along with other administrative duties. Business hours: M-F, 9am-5pm (other PT positions available). Good pay and working conditions, family friendly. Respond with salary requirement and resume to datsysupply@global2000.net or fax to 518-439-2795.

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STABLE/BARN ASSISTANTS WANTED: Do you love horses? If you love horses and want to work near them, this ad is for you! A top-notch Morgan trainer located in Greenville needs a full-time stable assistant to provide general care and grooming of horses in training and show horses. Prior experience a plus. 40 hour week, but you must be willing to work some weekends. Additional responsibilities will be added according to aptitude. Want a career in the equine industry? This position provides many learning opportunities. If you are dependable, have your own transportation, are proud of the work you do and aren't afraid to work hard, give us a call. Bellwether - Judy Nason Stables, 518-966-8871.

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Counselors - In this time of economic slowdown, *Living Resources* continues to grow strong. We have jobs conveniently located throughout the Capital Region that offer competitive wages, generous benefits and most important job security. Experience the joy of human services career can bring to you. For more information or for directions to our next open interviews call 346-8888 ext. 8.

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LAND WANTED: Serious buyers seeks hunting/ recreational acre-

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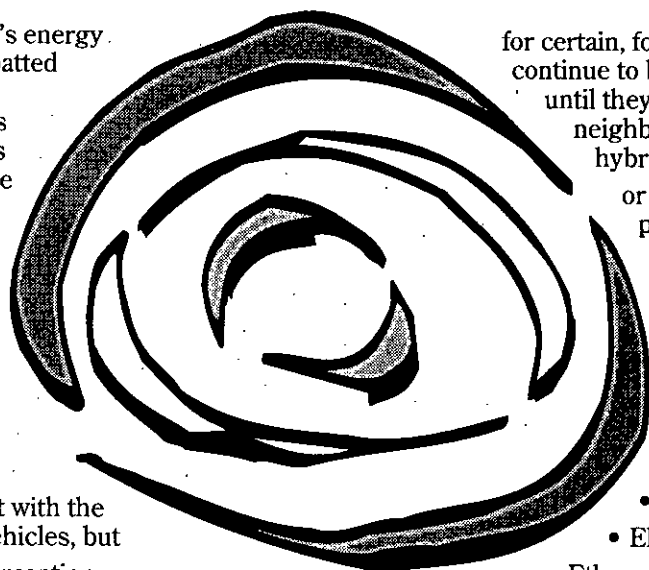
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Not if, but when for alternative fuels and hybrid vehicles

With America's energy policy being batted around like a political tennis ball, questions concerning the validity of alternative fueled and hybrid vehicles are becoming more prevalent. The problem, says the Car Care Council, is not with the fuels or the vehicles, but with public perception.

"Americans seem to have a stereotype of energy efficient vehicles that are not powered by fossil fuels," says Donna Wagner, president of the Council. "They think these cars have a top speed of 30 mph and an extension cords. That's not how it works in the new millennium."

While Wagner admits that consumers will become more interested and better educated about these advances, she thinks that initially, car manufac-



for certain, folks will continue to be skeptical until they see their neighbor driving a hybrid vehicle

or a truck powered by hydrogen."

Other fuels that provide an alternative to fossil fuels include:

- Biodiesel
- Electric Fuel
- Ethanol
- Hydrogen
- Methanol
- Natural Gas (CNG/LNG)
- Propane (LPG)
- P-Series
- Solar Fuel

turers and consumers will be engaged in a game of Truth or Dare.

"The manufacturers are going to have to be very truthful about their product claims," she explains. "And the motorists who invest in

these products will have to dare to be among the first using the new technology.

Just as the cassette tape was better than the 8-track, one or more of these systems probably will become the norm. The big question is, "Which one?" One thing is

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GMC	Sierra	2000	34,070	SLE, 2WD	\$20,995	\$18,995
Dodge	Ram	1999	32,350	4x4, A/C	\$18,995	\$15,995
FORD	F150	1998	36,728	2WD, Ext. Cab	\$16,995	\$14,995
FORD	Explorer	1998	50,025	1 Owner, 4DR	\$16,900	\$14,995
GMC	Sierra SLE	1999	33,224	4x4, 1 Owner	\$21,500	\$19,995
Chevy	Silverado	1998	39,131	AWD, Extended Cab	\$20,995	\$18,995
GMC	Sonoma	1998	23,193	1 Owner, Extended Cab, 4WD	\$16,500	\$15,500
GMC	Sierra	1995	64,892	AWD	\$8,995	\$7,995
FORD	F150	1998	26,455	Auto., 2WD	\$10,500	\$9,500

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Water

(From Page 1)

board to formally declare a third-stage water emergency, depending on the results of water-level readings his department planned to conduct on Monday.

An emergency declaration would be triggered if the reservoir drops below 60 percent of its seasonal average storage. The most recent reading of the reservoir's level stood just slightly above the 60 percent seasonal mark — and at about 28 percent of its full capacity, a new record low in the two decades-plus that reservoir levels have been formally tracked at Vly Creek.

"We are on the verge of being in uncharted territory here," Secor said, anticipating this week's readings. "We're going to be close." An expected snowstorm this week, he said, was not likely to have much of an

impact: only sustained precipitation would reverse the decline.

"You hate to pray for a nor'easter," Secor said, "but this can all go away in a week to 10 days of wet weather."

Secor first alerted the board on Nov. 28 that the reservoir had dropped to just over 70 percent of its seasonal average. That triggered the alert — under which public notice is circulated and major industrial customers asked to reduce their water use.

Under the emergency plan, a warning — after dropping below 70 percent — means residential consumers will now be formally notified of the emergency and urged to conserve. Secor said he is preparing a list of recommended conservation measures that will be distributed along with January's residential water bills.

The town's largest industrial users will also be asked to prepare written plans for an 18 to 25 percent reduction in their water consumption and required to eliminate all non-essential use. Secor said he planned to write this week to the town's largest water customers, all in the Selkirk industrial corridor — GE, Selkirk Cogen, Owens-Corning, Air Products, BOC Gases, MG Industries and CSX — regarding water-reduction measures.

The warning stage now in force has only had a minor public impact so far — chiefly, closing the outdoor skating rink normally set up at Elm Avenue Park.

"We alerted the town parks department that they could not use water for skating," Secor said. "We have an indoor arena in town that we hope will pick up some of the slack."

Secor has also requested that the town's five fire companies minimize their use of water for training and pump-testing exercises.

"We recommend they go to Henry Hudson Park and pump it

out of the river if they need water," he said.

But such conservation measures put only a small dent in winter shortages, Secor said. The heaviest non-essential residential consumption occurs in the summer with lawn-watering and pool-filling, and "industry does not use much non-essential water," he said. "But we may have to impose some conservation measures here if we declare an emergency."

Should an emergency be declared, mandatory restrictions and penalties for excessive wafer use would take effect, as well as twice-weekly meter readings for industrial customers.

The unusually warm and late autumn, and near-record dry conditions, created the current shortage, Secor said. As a result of this season's unusually late frost, this winter's sole significant snowstorm so far, in early December, was completely soaked up by the unfrozen ground of the reservoir watershed, and had virtually no impact on current storage, he

said. Without significant snowfall, the typical January thaw that historically replenishes the reservoir will likely have no impact either.

A wet spring and healthy late-winter runoff are the likeliest solutions to the current shortage, he said. "There's only been three or four years when we didn't fill up the reservoir in the spring," he said — notably the drought years of '85, '95, and '99. Last year, he said, the reservoir, at 50 percent of capacity on March 1, reached 100 percent by mid-April.

The town board on Nov. 28 authorized additional supplemental purchases of water from the city of Albany, and negotiations with Guilderland to buy a portion of its 4 million gallon-a-day "take or pay" contract with the city of Watervliet. In the winter months, Guilderland has about half a million gallons of excess capacity under that contract that may be available for purchase, Secor said.

Bethlehem's purchases from Albany have doubled in December to 1.2 million gallons a day and will likely remain at that level for several months, Secor said. At present, no negotiations with Guilderland have been initiated.

"But by February, if we don't see something changed (in the current drought), we may need to revisit that issue with the board."

Secor said he has contacted town attorney Robert Alessi to draft the necessary resolutions for whatever board action may be called for.

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