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Elsmere teachers
retire

○ See Page 3

Fair season

Lax grows
big time

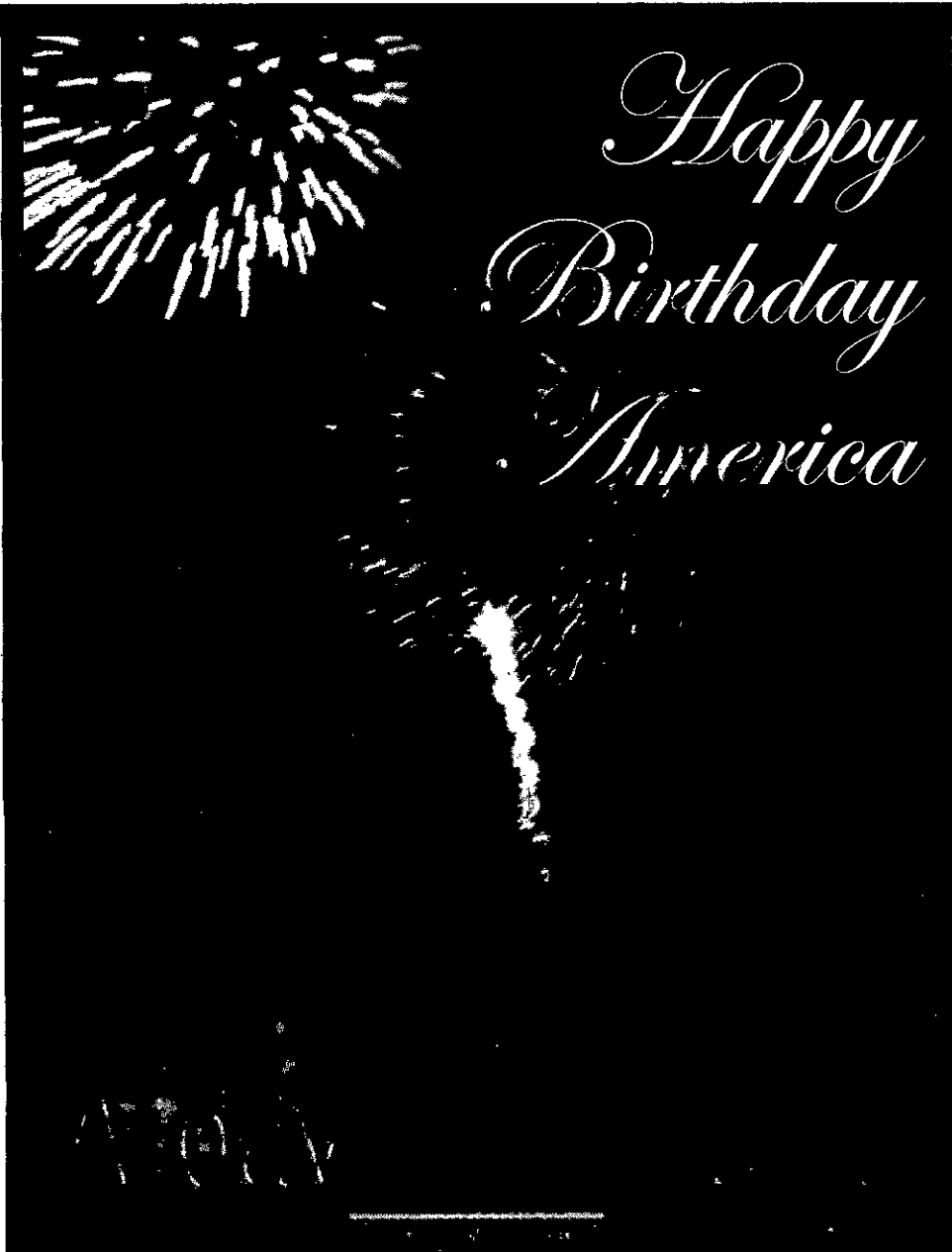
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The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLIX No. 27 75 cents

July 6, 2005



Happy
Birthday
America

Westervelt guilty at murder trial

Killer used a wood tomahawk in beating death of Elsmere Avenue man

By LIBBY SCHIRMER

Delmar's first murder in about 13 years has been successfully closed with a guilty verdict, after Erick Westervelt withstood a trial for second-degree murder for his hand in the death of 28-year-old Timothy Gray.

Despite a lack of physical or DNA evidence, the Albany County District Attorney's Office upended the defense's attempts to have the jury believe Westervelt's confession, which he made to Bethlehem Police, was made under duress. Police did obtain the murder weapon, which has been described as a wooden, souvenir-type tomahawk hatchet.

"We had pretty good evidence. He did confess," said Assistant District Attorney David Rossi, who tried the case for Albany County. "The defense tried to make a big deal out of the fact that there wasn't any DNA evidence. The defense called it an 11-hour interrogation, which it wasn't," Rossi said, adding that Westervelt had the chance to go home after a short interview before he was picked up again and given a second interview, in which he did

confess.

Westervelt, 23, faces 25 years to life in prison, when he is sentenced by Judge Joseph Teresi on Aug. 25.

Westervelt, a Gunderland resident, was a University at Albany senior, majoring in sociology, when he entered the back yard of Gray's 95A Elsmere Ave. residence and proceeded to strike Gray with the hatchet and punch and kick him while he was on the ground. Gray lay in the hospital on life support from Oct. 6, when he was found by a neighbor, until Oct. 10 when he succumbed to his injuries. Gray shared the 95A Elsmere Ave. apartment with his on-again-off-again girlfriend of six years, Jessica Domery, who he met while the

two were students at Plattsburgh State University.

There had been a number of confrontations between Gray and Westervelt before, beginning around the time Gray moved in with Domery in July 2004, leading Gray to consult a friend who was an Albany police officer about

David Rossi

his rights. Gray had told his friend Westervelt confronted him a number of times at bars.

Gray also later divulged to friends that Westervelt had made threatening and obscene phone calls to his parents' home in White Plains while Gray had been living there.

Westervelt had dated Domery during a period when she was apart from Gray.

□ GUILTY/page 25

Bethlehem Police earns fifth state accreditation

By LIBBY SCHIRMER

For the fifth time since 1990, the Bethlehem Police Department received word that it was in full compliance with the 130 standards for procedures established by the state Division of Criminal Justice Services and the Accreditation Council.

Having been the third department statewide to begin such a review, the department is now again one of the first to have gone through the process for a fifth time.

Three members of the accreditation board, with a combined policing experience of more than 74 years, visited the department for three days last week, poring over records and reviewing the policies of the department, from storage of evidence and records policies to

promotional and awards processes to how disciplinary measures are taken to how vehicle pursuits are conducted.

The department goes through the re-accreditation process every five years.

A report of the board's findings will be made part of an official record in September, Chief Louis Corsi said.

"It says that we work to a standard established by the state DCJS and state accreditation council," Corsi said of the accreditation. "When we do something, it's no different, it's the same standard,

□ POLICE/page 25



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THE SPOTLIGHTS.75

It was a typical day in the town of Bethlehem, Pa., on July 6, 2005.

The town was quiet, with only a few cars on the streets and a few people walking.

But in the town of Bethlehem, Pa., on July 6, 2005, a man named Erick Westervelt was in the town of Bethlehem, Pa., on July 6, 2005.

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Police, DOT take two dozen rigs off road

By LIBBY SCHIRMER

For two days in June, the Bethlehem Police Department, in conjunction with the state Department of Transportation, held road checks of heavy, commercial vehicles around town.

The unannounced checks are usually held three times a year for full days at a time, according to Bethlehem Police Chief Louis Corsi.

The checks continue to be held because they often result in a number of trucks taken off the road for a variety of reasons, mostly because of brake issues or loose cargo issues, Corsi said.

Sometimes the two organizations are assisted by State Police.

On Friday, June 3, the officials from the two organizations checked 13 vehicles, taking eight out of service.

Two operators were suspended, and one was arrested for unlawful possession of marijuana.

A total of 77 UTTs were issued, according to the Bethlehem Police Department.

On Tuesday, June 14, department officials checked 20 trucks, taking 13 out of service.

Five operators were suspended, and one was arrested for driving while intoxicated (DWI).

Drivers of commercial vehicles are held to a higher standard — .07 percent for BAC — than private drivers.

A total of 89 UTTs were issued on that day, according to the Bethlehem Police Department.

For both days, the town of Bethlehem collected \$1,300 in bail money.

When a driver of a commercial vehicle is found in violation, the rig is immediately taken off the road, Corsi said.

"A lot of them are up to standards. A lot of them are not. Some of them that are not in accordance are just so scary to look at," Corsi said. "These are heavy vehicles."

One nabbed on DWI charges

Bethlehem Police made one driving while intoxicated (DWI) arrest last week.

On June 26, in the area of 311 Route 9W, Martha L. Henao, 49, of 584 Route 9W in Glenmont was stopped by police officers.

Henao allegedly had a plastic cup half-full of an alcoholic

beverage in her car's cup holder.

Henao failed a battery of field sobriety tests in front of WalMart. She submitted to a chemical test after she was placed under arrest for DWI and was found to be positive for alcohol.

She is due back in Town Court on July 19.

Police union announces summer steak roast

The Bethlehem Police Officer's Union will be holding its 38th annual Steak Roast Wednesday July 20, from noon until 8 p.m. at Picard's Grove.

Food and refreshments will be available all day, including clams, sausage, hot dogs, chowder and beverages. The sit down steak dinner will be served at 6:15 p.m.

There will be a raffle drawing and many prizes given away.

Tickets cost \$40. The deadline is July 10.

To get to Picard's Grove, follow Route 85 to Route 85A. Bear left toward Route 307, which is Picard Road, and follow the signs.

For tickets, call 439-9973, ext. 223.

Views on Dental Health®

The Importance of Consent Forms



Virginia Plaisted, D.D.S.

When visiting the dentist, you should be faced with many forms for consent. These forms are provided by your dentist to allow you to feel comfortable and informed, to assure you an opportunity to ask questions before treatment.

The paperwork involved in educating patients may seem cumbersome, and the information included may seem intricate and involve every

possible negative scenario. Don't let these extreme scenarios concern you. It is important to realize that your dentist is providing you a wonderful service and allowing you to take an active role in your treatment.

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180 DELAWARE AVE., DELMAR



Three teachers retire from Elsmere Elementary

By KATHERINE MCCARTHY

A musician, a storyteller and a New York City-style sense of humor. Those are the most unique traits of three retiring Elsmere teachers. Their similarities are even greater - lessons learned from a combined 103 years of teaching.

"We all perform better when we're in a place where people love us," said Cathy Schaefer, the third grade teacher who's retiring after 34 years of teaching in the Delmar schools. "If you try to create a cozy, warm and safe environment, the kids are never afraid." "When children are respected and feel they're treated fairly, they'll take risks," said Shari Piper, also finishing a 34-year teaching career.

"Kids react positively to positive praise," said Carol Smith, who has taught first and second grade for 35 years. "Catch them being good and praise them, and the others will follow."

A home away from home

Cathy Schaefer had wanted to be a teacher since she was in third grade at Delmar's Hamagrael Elementary School and fell under the spell of her teacher, Grace Franze.

"I was in love with her and she was in love with me," Schaefer said. "She saw how much I loved to write and draw."

A few years ago, Schaefer said, she turned around in her classroom, and there was Franze with a box of Schaefer's old art projects.

"She said, 'I'm so proud of you,'" Schaefer said. "We don't say that enough to each other." Praising her students and offering them lots of arts education have been the mainstays of Schaefer's teaching career, which has always involved third graders, sometimes in combination with second graders or fourth graders.

"Our play this year was 'Of Mice and Mozart,'" Schaefer said, "and it was spectacular. Including the arts really adds something for the kids who shine in those areas. Kids don't get enough of the arts, especially poetry. They'll remember more about Mozart by doing the play."

"Cathy has always been so sensitive, and so responsive to children who've had problems and needed a gentle hand," said Dorothy Whitney, who retired as

Elsmere principal two years ago after leading the school for 18 years.

Schaefer said the middle grades have been perfect for her because the kids are still young, sweet and innocent, but are old enough to appreciate a sense of humor.

"I consider myself an organized person, and try to teach them that," she said. "My job is to prepare them for fourth grade when they'll work on their own more."

Schaefer said she and kids have changed over the years, and she gives technology a mixed review.

"Technology is great," she said, "but kids don't amuse themselves as well as they used to. Family life is so stressed that sometimes when you give the kids a chance to talk, they'll talk non-stop."

Schaefer also chafed a little at the amount of testing that takes place in education now.

"Testing is fine," she said, "but don't take away the field trips, Halloween, and talking about Christmas or Hanukkah. We need to integrate learning to make it real."

Schaefer teased up a little, thinking about the speech Smith had given at the end of her class play, "The Wizard of Oz." "We've got to get back to what's impor-

tant in life, finding the dream at the end of the rainbow," she said.

Schaefer is unequivocal about her career at Elsmere.

"I never would have lasted 34 years if I hadn't been here," she said. Schaefer started her teaching career at the Delmar Grade School after graduating from SUNY Oneonta. When Delmar closed, the teachers were assigned to other district schools, and Schaefer landed at Elsmere.

"They're my family," she said of her fellow teachers. "They've seen me through every crisis. This is my home away from home, and that's why I put that in the song."

Schaefer wrote the Elsmere school song that's sung at every assembly and in the classrooms regularly. Her words that describe Elsmere as "the place to be/home away from home, you see" will be part of her legacy, as will her advice to laugh and enjoy the kids.

"Every day is different," she said. "I was talking about Mother Theresa once and asked the kids if they knew who she was. 'Sure,' one boy said, 'she worked with the leprechauns.' I never knew I'd become so attached to my kids. I love them as my own."

A Brooklyn edge

Fifth-grade teacher Shari Piper also only ever wanted to be a teacher.

"My father's sister was a teacher, and I used to hang out in her classroom," Piper said. "It was automatic."

Piper grew up in Brooklyn and after graduating from Hunter College, a part of the City University of New York, started her teaching career in the New York City public schools. She taught first grade for about seven years, then remedial reading in third through sixth grade. After that, she taught fourth grade in the beginning years of a talented and gifted program at Public School 208.

When her husband, Neil, was transferred to the Capital District, Piper began as a substitute at Elsmere.

"The minute I came here, I said I wanted to work here," she said. "There's a warmth and collegiality that's tangible."

She took a replacement position teaching second grade, hitting the tenure track. When a fifth grade position opened up, it was hers. Eighteen years later, she's concluding a 34-year teaching career.

"I like the excitement for learning that children this age have," she said of the fifth and sometimes fourth graders she has taught. "They make connections that excite them."

Piper said she works to keep everything fresh.

"Every year you move things around," she said. "You add new books and materials and change how you teach it." Part of this, she said, comes from the different children.

"They don't fit a mold," she said.

Bethlehem's fifth-grade students spend the better part of a week at Nature's Classroom each year, and Piper and her colleagues have organized the Elsmere students' week off-campus learning about the great outdoors.

"It's neat to see the kids outside of school, in a camp sort of setting, learning about nature, and watching their social interaction," she said.

The biggest change Piper has seen in her teaching career comes from the difference in the way things are taught.

"When I started, there were homogenous classes and everyone was tracked," she said. "Early assessments aren't helpful. More frequent assessments avoid tracking kids. You need to continuously look at the child and see where they are."

Piper said her New York background may give her a more global perspective on the amount of assessment kids receive these days.

"It's there, and it's never gone from a teacher's mind," she said. "If you're teaching the curriculum, the kids should do fine on the tests."

Piper said it's important for teachers to constantly assess themselves.

"There are always difficult

□ RETIRE/page 11



Maura McNulty-Finn presents Bethlehem Central High School student Brittney Mancinelli with the community service award named for her late husband Lt. John F. Finn.

Local teen wins volunteerism award

By LIBBY SCHIRMER

Brittney Mancinelli spends her time trying to provide a little consistency in some otherwise chaotic lives.

Even her first official day of summer vacation was just like any other Thursday during the year, as she sacrificed three hours of a sunny summer day to help out at New Day Art, an alternative to the inner city streets for kids in Albany's South End.

Mancinelli, who just finished her freshman year at Bethlehem Central High School, began volunteering with her mother, Kim, three years ago at age 11 and kept coming back, according to New Day Supervisor Tracie Killar.

Killar said it's important that Mancinelli is a familiar face in the children's lives.

"The kids often get used to people not coming back. Some of the youth that volunteer are filling some sort of a community service requirement," said Killar, a Bethlehem resident. "Brittney makes time. It's something her mother has instilled in her, but it's a value that she just has too."

Killar recently penned a nomination letter that landed Mancinelli the John F. Finn Community Service Award as part of the Youth Recognition Awards Program, sponsored by Albany County Department for Youth, Children and Families. The ceremony was held June 15.

Though Mancinelli, one of the youngest of the core group of about 20 regular volunteers, has logged more than 300 hours of service at New Day, many of her teachers may not even know she volunteers there, according to Killar.

"Brittney does it quietly. She's not a braggart," Killar said, taking time from a hectic day at New Day. "She just quietly goes about her life."

But Mancinelli's friends know, as she's encouraged more than one of her friends to join her for a day of volunteerism, much like two teens would go to a movie.

Mancinelli helps out with dinner, washing dishes and cleaning up; she helps the kids put on plays, which, Killar said, takes a special kind of person; she's donated her old toys and

clothing to New Day's store; and she helps the kids with homework and general recreation off of the streets.

"When we do plays, it's an intense process. It's just chaos for four months when we do plays," Killar said. "The kids' characters could change every week. When you're working with the kids in the play, you have to be patient and kind and have a sense of humor. Brittney was thrown in. She might've been a witch one week and then the next week she was a munchkin. She ended up being the scarecrow."

Killar said Mancinelli hangs in there.

Last Christmas, Mancinelli and two of her friends dressed up as elves and handed out presents to the children.

"She's there to volunteer, except the children treat her as a friend, not a volunteer," Kim Mancinelli, Brittney's mother, said.

Kim Mancinelli said it was always important to her that she

"She wanted to help; she wanted to be a friend. She does that by being accepting of differences, by not being judgmental. It's a real gift that she has."

Tracie Killar

and Brittney volunteer. She found an article about the program, more than three years ago, and brought Brittney to a meeting. After Kim Mancinelli's schedule changed, she had less availability, but Brittney kept going down to the center.

Besides volunteering at New Day, Brittney is involved in all the things some might expect a 14-year-old girl to be, including dance, babysitting and school.

"It's hard (to keep a balance)," Brittney admitted. She said she feels loyal to New Day and expects to volunteer there for a long time.

Killar said greater than Brittney Mancinelli's time, is the enthusiastic attitude with which she approaches volunteering.

"She wanted to help; she wanted to be a friend," Killar said. "She does that by being accepting of differences, by not being judgmental. It's a real gift that she has."

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Time travelers enjoy view of bygone era

By KATHERINE MCCARTHY

More and more, our country looks the same wherever you go. You get off the Interstate system and go onto divided, four-lane roads, lined by the same businesses you saw at home: Staples, Target, Applebee's, Chili's, Wal-Mart.

Sometimes there's an ease to this, like knowing you can almost always rely on a particular chain for a certain level of quality and familiarity. How many of us, when traveling, eschew the local diner for the quick and cheap convenience of McDonald's? We know what we're getting, and an added bonus to the speed and price is the few minutes of sanity the Happy Meal toy buys parents who feel they will go mad if they have to listen to one more Raffi song in the car.

It's easy to forget, though, that we are a nation formed by immigrants who staked out their own particular turf and kept their cultures going even as their descendants merged into the ever-evolving mainstream culture. We see remnants of that in the words that we use — think soda, pop and tonic — and, in spite of the interchangeable food at some of our nation's eateries, there are still culinary hints that tell us about the people who settled different parts of the country.

Our first foray of the summer took us to the land of scrapple and shoo-fly pie, two dishes particular

COMMENTARY:

*Mom's
the
Word*



to the Pennsylvania Dutch Country in and around Lancaster, Pa. We met up with Chris' sisters, brother-in-law and nephew, who made the drive from D.C., and quickly learned that not all the hotel chains are as reputable as you might be led to believe. We were a little nonplussed at the lack of a wastebasket but presence of a chalky substance on the rug at our room at the Days Inn in Lancaster. I took full responsibility, since I had booked it through Expedia, drawn by the attractive price and figuring it was just one night and was bound to be clean.

Well, the pool was swimmable, even if there were no extra towels to be had poolside.

"Did you think you were at Canyon Ranch?" my financier sister-in-law asked. She lives in Ireland now, and I always want her to still like our country, so I felt really badly to have found such a stinky hotel for us. Her last hotel overnight had been during a business conference at Gleneagles in Scotland — currently on view as the meeting location for the G8 Summit.

The countryside around Lancaster was lovely and we were all intrigued by the Amish, who

live low-tech lives in a very high-tech world. I had initially proposed a bus tour to get the full story on these people who live like all Americans used to, but 15-year-old Christopher displayed a sensitivity that eased my conscience about some of his politically right-wing ideas.

"They're not animals in a zoo, Mom," he said. "I don't think we should get in a bus and gawk at them."

His brother nodded furious agreement, glad to have a politically correct reason to get out of one of the things he dreads most in the world: the organized tour.

Time and sensitivity left me deferring to the boys' opinions, although it reminded me of a comedian we'd heard in New York City once, who'd done a riff about how the Amish like to be respected and left alone.

"But, why," he'd concluded, producing a four-color brochure, "do they print maps of where they are?"

We settled for a self-drive automobile tour of this area settled not by the Dutch, but by Germans. (The German word for German, "Deutsch," got corrupted into the word "Dutch"). I was reminded once again that when I write our family's biography, I will have to call it "Nocturnal People in the Land of Nod." For by the time we get moving, lots of things are already closing up.

After arriving late in the afternoon and having a cooling swim in the non-toweled pool, it was 5:30 before we were all ready to head out. Never mind that there were still nearly four hours of daylight left and that the sun was making beautiful streaks of light through the haze the heat let hover around us. The bus tours were long since gone; the horse and buggy rides that let you travel like the Amish were long since over; the Kitchen Kettle Village (kind of a tourist trap, wrote a friend who lives outside of Lancaster and counts horses and buggies as part of her daily traffic pattern) was shuttered tight. Still, it was amusing to drive to places named Intercourse and Bird-in-Hand.

One sort of gift place still looked open, although a wizened

man in "plain" clothes and a broad-brimmed straw hat was setting orange traffic cones by the entrance. My incredibly thoughtful brother-in-law asked if we could still go in and look around and got an affirmative nod.

A boy in a blue shirt and suspended black trousers — but with bright blue braces on his teeth — nodded at us as he slid doors to the store partially shut.

While I hate the way we verify where we've been by what we purchase, I was delighted to buy a Ball jar of homemade sauerkraut and commiserate with Cormac that we'd only made strawberry jam recently and hadn't thought to pop in rhubarb like the Amish did.

Our 5-and-a-half-year-old nephew Tadhg found a small homemade doll that caught his fancy. His parents are currently reading *The Little House on the Prairie* books to him and the 4-inch, blue-skirted doll with the black apron and poke bonnet looked to him like the main character, Laura.

The hallmark of Pennsylvania Dutch dining is apparently quantity, and at The Amish Barn, we had to remind ourselves that a buffet isn't a challenge. Our view of green, rolling hills was enhanced by a gigantic billboard with a Bible verse. A request for wine with dinner taught us that we were in a dry county. So we comforted ourselves with shoo-fly pie (sort of a creamy molasses concoction) and vanilla pie.

Horses and buggies clopped by with great regularity outside, and we were glad to ogle from the discretion of a big room with picture windows.

"Have you ever eaten by kerosene light before?" Tadhg asked, delighted to carry his Little House knowledge to the dinner table, where an oil lamp added to the country atmosphere.

Most of our knowledge about the Amish comes from the movie "Witness," which was released 20 years ago and which the Convention and Visitors Bureau is capitalizing on by running a "Witness" tour. No sign of Harrison Ford in any of the buggies, though.

"With gas at \$2.25 a gallon, that looks smart," our brother-in-law observed, and we speculated on whether keeping a horse or an automobile is the pricier option these days.

Closing up a restaurant in the town of Intercourse might not carry the same cachet as being last out of a New York City nightspot, but when the waitresses in their green ruffled dresses strapped their JetVacs to their backs and began vacuuming the floor, we knew it was time to go.

We had been surprised that so many Amish farms, horses and buggies were so close to the main road; and businesses clearly run by electricity, but apparently urban and suburban sprawl go where they have to. As a result, some Amish have moved beyond Pennsylvania, to Ohio, Ontario, and parts of upstate New York.

Frommer's travel guide to Philadelphia and Amish country explained that Pennsylvania drew German immigrants to William Penn's "holy experiment" of religious tolerance and that the religions of the Pennsylvania Dutch are part of the Anabaptist strain of the Protestant Reformation. Anabaptists believe in the literal interpretation of the Bible. Menno Sims united the various Anabaptist groups in the 1500s, thus the name Mennonites, whose presence is still strong in southeastern Pennsylvania. Jacob Amman was a Mennonite bishop who found his religion too tolerant of lax sinners and established the Old Order Amish church.

Driving on side roads past Pennsylvania's Amish farms at sunset, girls in long cotton dresses and bonnets still sat at farm stands, and here and there, black-trousered boys scooted by on foot-propelled bike scooters. Power lines stood at the sides of the roads, but no wires went to the neat white houses and barns centered on fields of wheat and young corn. Old-fashioned windmills stood sentry over the land and the falling dusk was illuminated by millions of fireflies flashing their lights low to the ground.

For a little bit of time, it was good to see what life might have been like for the people who settled the land without electricity, telephones, Internet connections or automobiles. It's nice to be reminded that we came from many different places. In this week that marks our nation's 229th birthday, it's clear that we really are one, made up of many different kinds of people.

Got news or views?

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

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

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

The deadline for all editorial copy is noon on Friday.

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

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

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



WEEKLY WEATHER

Chief Meteorologist Mike Bono

Albany Almanac

Record high/low/year

	AVERAGE HIGH 82°	AVERAGE LOW 60°
Day	High/Year	Low/Year
Wednesday, July 6	97°/1886	47°/1962
Thursday, July 7	97°/1988	44°/1979
Friday, July 8	100°/1936	43°/1969
Saturday, July 9	103°/1936	41°/1963
Sunday, July 10	100°/1936	47°/1963
Monday, July 11	98°/1936	48°/1986
Tuesday, July 12	96°/1935	44°/1978

ANNUAL PRECIPITATION
17.31 inches as of Friday, July, 1st
1.62 inches below average

This week in weather

July 1936 had one of the greatest heat waves on record in the Northeast. The highs in Albany on the 8th, 9th and 10th were all above 100 degrees with 103° on the 9th, making it the only time Albany has reached the century mark on 3 consecutive days.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	5:24am	8:35pm
Thursday	5:25am	8:35pm
Friday	5:25am	8:35pm
Saturday	5:26am	8:34pm
Sunday	5:27am	8:34pm
Monday	5:28am	8:33pm
Tuesday	5:28am	8:33pm

Moon Phases

July 6	New	July 14	First
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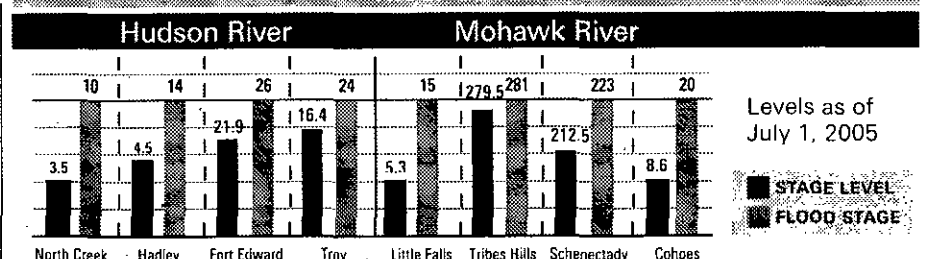
Planets	When	Where
Jupiter	Evening	Bright, SW
Venus	Dusk	Low, WNW
Mercury	Dusk	Low, WNW
Mars	Morning	ESE



TIME WARNER CABLE

Rivers & Recreation

River Levels



Water temp

Lake George	73°
Bolton Landing	72°
Sacandaga Lake	73°
Saratoga Lake	75°
Jersey Shore	68°
Cape Cod	66°

Tides at Albany

Day	High	Low
Wednesday	5:38am, 6:08pm	-----, 12:27pm
Thursday	6:18am, 6:49pm	12:24am, 1:10pm
Friday	6:56am, 7:28pm	1:08am, 1:53pm
Saturday	7:32am, 8:07pm	1:51am, 2:34pm
Sunday	8:08am, 8:48pm	2:35am, 3:15pm
Monday	9:24am, 10:16pm	4:10am, 4:41pm



Growing pains

"The worst part of my job is the commute. I hate the feeling of traveling boxed in by trucks and stuck in long lines at exits."

When roads can hold no more

By MARTY BANNAN

Every year it takes a little longer to drive from point A to point B. Traffic at intersections grows longer and longer as motorists sit disgusted. Compounding the gridlock are roadwork sites where overcrowded lanes either merge into one or stop completely as traffic crews hold up flags and hand held stop signs. Then there are accidents that stop highways, completely leaving motorists stranded in their cars with no way of knowing when they will reach their destination.

Some fear the day may come when tire tread outpaces asphalt, grinding highways — and the economy for that matter — to a halt.

"The worst part of my job is the commute," said Michael Lundgren of Clifton Park. "I hate the feeling of traveling boxed in by trucks and stuck in long lines at exits."

According to experts, drastic increases in traffic congestion reflect more on where people live than simply on population growth.

"We depend more on driving to get around," said Rocky Ferraro, executive director for the Capital District Regional Planning Commission. "We don't develop to the same density as in the past. Not long ago, people walked to the grocery store. In many new communities walking and mass transit are not an option because large scale development is devoted to only one type of use."

According to Ferraro, satellite imagery of four local counties, Albany, Schenectady, Rensselaer and Saratoga, taken from 1986 to '97 reveals a 15.8 percent increase in land consumption. This means undeveloped land converted to some type of use.

During this period, 15,000 acres were developed as local population grew by 4.1 percent, he said. Land consumption is

□ ROADS/page 17

Population trends draw more traffic

By JAMIE D. GILKEY and STEPHANIE LUBIS

It has been said that the grass is always greener on the other side.

When it comes to the Capital District, the pursuit of the good life and greener grass is often synonymous with moving to the suburbs. The shift in population has been so pronounced in the past four decades that experts say it's a driving force behind everything from traffic congestion to an eroding urban tax base in the region's cities.

While the migration to the suburbs has shown signs of slowing some in recent

years, the impact on traffic congestion is already so severe that the Capital District Transportation Authority, the area's publicly funded bus operator, is calling two suburban intersections the toughest bottlenecks along Route 5.

The Schenectady, Colonie and Albany life line, Route 5 has been the focus of infrastructure and transit redesign efforts to assure a smooth and quicker commute through the heavily traveled thoroughfare.

CDTA's ongoing Bus Rapid Transit design study is a multi-million dollar project to link the three growing communities to faster and more reliable transportation

□ TRENDS/page 17

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Matters of Opinion

Stormy weather

Mother Nature is taking its toll on a number of localities this year including most suburban towns in our coverage area. Heavy rains and severe thunderstorms have caused flooding, washouts and power outages throughout the region, and because it's summer, we can expect more of the same throughout the season.

One stretch of the Northway was recently completely washed out, forcing travelers and commuters to detour on roads that were not designed to carry such heavy traffic. And even some of those roads were closed because of fallen trees and branches.

What this means, for one thing, is that we need to pay attention to the weather forecasters — even though many of us enjoy bashing them when their reports aren't right on the money.

So next time there's a severe storm warning, follow some common sense practices to stay safe and dry.

If at all possible, stay inside until the storm passes by. Otherwise you could easily get stuck in traffic or waylaid by flooding. It's also important to keep the roads clear so emergency vehicles can get through.

In electrical storms, it's a good idea to turn off TVs and computers and to have surge protectors on major appliances.

Keep all animals inside during a storm. Many are frightened by the noise and tend to head for cover until the din is over. Others who are undaunted by storms still should be kept inside and out of harm's way.

And never venture outside after a storm if wires are down. These wires are live and life threatening. Stay cool and patient. Chances are during storms of this nature, Niagara Mohawk is trying to cover hundreds of situations as best it can. Once you report your problem to NiMo, stay off the line so that others can get through to the power company with their own trouble reports.

If you're traveling, check the Internet to see what the weather will be like on the way to and at your destination. Traveling on unfamiliar roads during a serious storm is frightening at best and potentially dangerous because of poor visibility and slick roads.

Sometimes it's best to just pull over and wait it out. A harrowing drive is the last thing you need to start off your vacation. It's also a good idea to have your vehicle checked before leaving town.

Stay safe, stay dry and enjoy the best parts of the season.

Editorial

Beware of financial pitfalls

By PETER A. MORTKA

The writer is a financial representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company.

If you're willing to spend more for things bought on credit or find yourself "winging it" to track your spending, you're not alone. It seems everyone makes irrational financial decisions — even those with higher incomes and advanced degrees.

A September 2003 study conducted by Synovate for the Northwestern Mutual Financial Network suggests several "blind spots" regularly handicap financial decision-makers from all educations and backgrounds. The research, which included a representative sampling of doctors, lawyers and certified public accountants, identified the following misbehaviors:

- Loss aversion — it hurts more to lose money than it feels good to gain.
- Framing — how an issue is presented can affect financial decisions.
- Mental accounting — though all money "spends" the same, people treat money differently depending on how they got it.

Point of View

These "blind spots" are actually three theories in the relatively new science of Behavioral Economics, which explains how and why people make illogical financial decisions.

Losses loom larger than gains

People tend to be "loss averse" because the pain we feel from losing \$100 is much greater than the pleasure we feel from gaining \$100. For example, when asked to choose between a 100 percent chance of gaining \$240 versus a 25 percent chance to gain \$1,000, coupled with a 75 percent chance to gain nothing, more than three-fourths of survey respondents chose the sure gain.

However, when given the choice of a sure loss of \$240 versus a 25 percent chance to lose \$1,000, coupled with a 75 percent chance to lose nothing, more than two-thirds of this group opted for the chance to lose nothing. "Loss aversion" is what tempts people to pull out of the stock market when prices fall.

It's all in how you ask it

Framing depends on your reference point and determines what is most likely to influence you. Survey respondents were asked the same question in two

ways to determine if they were susceptible to framing. While roughly half said they could not comfortably *save 20 percent* of their household's income, 7 in 10 said they could comfortably *live on 80 percent* of their income. Clearly, decisions are influenced by how the choices are "framed," or presented and by a person's point of reference. All dollars are created equal.

"Mental Accounting" is a common money mishap because people tend to categorize spending into different accounts. Often the same amount of money is regarded differently depending on our mental view of the situation.

For example, in the survey, two thirds of the respondents *would* drive 20 minutes to save \$8 on an alarm clock, but almost 75 percent *would not* drive the same distance to save \$8 on a new TV. Mental accounting is what compels people to spend more when they use credit cards than when they use cash, even though all money "spends" the same.

Most people don't realize their behavior is getting in the way of their financial goals. The best advice for overcoming financial misbehaviors is to learn about your potential "blind spots" and talk with a qualified financial professional to help you understand and improve your financial decision making skills.

Bottle recycling should be expanded

Editor, The Spotlight:

I read something rather disturbing in Spotlight Newspapers recently.

A letter written by Michael Vacek encouraged citizens to support bills that would lower recycling in New York state. Claiming that expanding the bottle deposit law would only make our grocery stores dirtier, he pushed for curbside recycling for beverage containers that would make us "just like 40 other states" and "bring recycling in New York into the 21st century."

If curbside recycling is of the 21st century, how is it that

Denmark, the most environmentally advanced country in the world, still has a very extensive and high bottle deposit? While spending time there this spring, I noticed how few bottle and cans were on the ground or in the trash. The few I did see were quickly picked up by someone.

With a deposit of at least 25 cents for a container (some are over 60 cents), Danes are not going to throw their bottles and cans away! Carlsberg, a Danish beer company, actually acclaims that 99 percent of its bottles are returned.

Similarly, beverage container deposits are necessary in the U.S. while curbside recycling would only drag us backward in time. Vacek failed to mention that states with a bottle bill recover 71.6 percent of beverage containers, while curbside states recover a mere 27.9 percent. The difference is a staggering 43.7 percent.

Vacek also claims consumers do not need to be "financially penalized to recycle." Consumers are not "penalized" at all considering that they get their money back upon return. They do, however, need this encouragement to recycle, which is evident in the above statistics.

Does Vacek think New York consumers would be all that different than those in the 40 curbside states? I would like to think so, but realistically, it would not be the case.

While attending school at the University of Richmond, I saw how lazy people could be without financial incentive to recycle.

As president of the Sierra Club, I worked with university facilities to make sure recycling bins were

next to nearly every trash can on campus. Yet, I still saw students dump recyclable materials in the trash when the recycling bin was less than a foot away.

Our club performed trash audits along with the Environmental Studies Program and found that only approximately 23 percent of recyclable beverage containers were recycled in the 2003-04 school year. Needless to say, Virginia does not have a bottle deposit law.

Bill A1330 and S1763 increase beverage deposit and expand the containers covered. Last year, the state beverage redemption rate was 72 percent. While it is clearly much higher than curbside states, it was actually down by 2.8 percent from the previous year as a nickel is no longer the incentive it was when the law was first enacted in 1982.

These bills also redirect the millions of dollars of unclaimed deposits. Currently, these consumer dollars are retained by the beverage industry. Under the above bills, the money would go into the environmental protection fund, an alcohol abuse services fund and into the general fund.

I am unsure whose interests Vacek, president of the New York State Beer Wholesalers Association, is looking after, but it is clearly not those of the consumer or the environment.

I encourage everyone to call their legislators and tell them to support bills A1330 and S1763. With your encouragement, we can actually bring recycling in New York into the 21st century.

Christy Balluff
Slingerlands

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Your Opinion Matters

BC grads contribute to peace and justice

Editor, The Spotlight:

High school graduation is upon us, a time not only to celebrate our youth, but to reflect upon the condition of the world into which we are sending them.

It is a time as well to ask: What do we wish Bethlehem's children to contribute to the world?

Bethlehem Neighbors for Peace (BNP) hopes to encourage young people to commit some portion of their busy lives to promoting peace and social justice.

BNP is a group of more than 500 community members from all walks of life, who practice different religious traditions and participate in different political parties, but who share a common commitment to the peaceful resolution of conflict at the global and community levels.

For two consecutive years, the group has sponsored the Youth Peace Award, to be given to a high school graduating senior. In giving the \$500 award, we acknowledge that the pursuit of peace takes hope and hard work. Peace takes perseverance and personal sacrifice. And peace takes courage.

It was my great honor to present the second Bethlehem Neighbors for Peace Youth Peace Award to a student who has demonstrated all these qualities throughout her high school career, Annie Longley. An Honorable Mention was awarded to Petra Marar.

These devoted young women served as president and vice-president respectively of Students for Peace and Survival, co-organizing forums to educate their peers and the larger community about such issues as the Iraq war and military recruitment, lobbying for a sweat-free school policy and participating in various anti-war demonstrations.

Both students were deeply involved in organizing voter registration drives, school-based activities to promote the rights of gays and lesbians, and a variety of worthy projects in the community.

Marar, for example, was a volunteer with both Habitat for Humanity and New Day Art, a safe place for children in Albany to go after school.

Longley has been a peer educator for Teens Offering Understanding and Compassion for HIV (TOUCH), an AIDS walk leader, a volunteer at Bethlehem Food Pantry, and a member of the Teen Advisory Board and Leadership Program for TOUCH. Most important, Longley and Marar have committed themselves to use their skills and experience toward creating a more peaceful future.

For the sake of all of us, we wish them well.

Gail Landsman
Slingerlands

It's best to keep pets at home

Editor, The Spotlight:

Now that hot summer temperatures have arrived, The Humane Society of the United States want to remind you that when the weather is hot, your pets are better off at home.

It's certainly important to spend time with your pet, but on hot summer days, home is the place to be.

Summer is the season for flea markets, outdoor concerts, fireworks and picnics, but your pet may not always be welcome at these events.

Owners may be tempted to leave their pets in the car, but this scenario can quickly turn deadly. On a warm day, the interior of a parked car can reach 100 degrees in a matter of minutes, even with the windows partially open!

Even a quick stop at the grocery store can have dire consequences.

If you do spot an animal in a parked car, you should notify the local police as soon as possible. You don't need to wait until the animal shows symptoms of heatstroke, but if this does occur, you may want to follow with first aid.

Signs of heatstroke include heavy panting, glazed eyes, a rapid pulse, unsteadiness, staggering, vomiting or a deep red or purple tongue.

You must lower the animal's temperature immediately.

Move your pet into the shade and apply cool (not cold) water all over her body to gradually lower

her body temperature. Apply ice packs or cold towels to your pet's head, neck and chest only. The Humane Society offers fliers to warn other motorists about the danger of leaving pets in hot cars.

To obtain a supply, send a self-addressed business-size envelope to the HSUS "Hot Car," 270 Route 206, Flanders, N.J. 07836.

The Humane Society urges you to make this summer a happy, safe and healthy season for you and your pets.

Nina Austenberg

The Humane Society of the
United States
President

Got sports news?

Spotlight Newspapers welcomes articles on community sports events and updates on athletes in college.

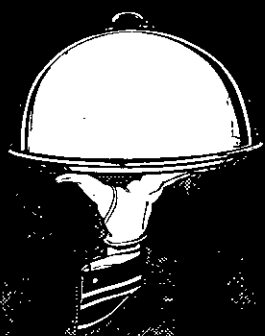
Fax information to 439-0609 or e-mail Sports Editor Rob Jonas at jonasr@spotlightnews.com.

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

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Heat does not change Old Songs anniversary

By MARY LANNON

It was hot as Old Songs celebrated the 25th Anniversary of its festival this past weekend.

"When the dancers are careful, you know it's hot," said Valerie Walton, a regular for the last 25 years. "One other time it was hot," she added.

Most of the time, it rains, added Ann Duncan another regular festival-goer. The last 22 of 25 years or something like that, the festival has gotten precipitation, most often thunderstorms, she said,

No one has needed medical attention, said Elaine Cowles who manned the information booth along side Duncan and Walton. The festival had been very pro-

active in pushing free water and sunscreen to those attending. A couple of people may have felt faint, but the first aid tent was able to handle them.

The unusual weather did not stop the dance or the music or the kinds of conversations that can be held under a tent with a bunch of musicians jamming.

Rachel Bell of Shinglehouse, Penn., attending her first festival and playing a piano accordion asked about the instrument that her benchmate Ellie Knickman had.

"It sounds like a tenor banjo," Bell said.

Knickman explained that the instrument a long stick of wood with several strings across it and tuning pegs on its neck should

really be called a traveling guitar. She picked up at a music store in Philadelphia at a bargain price. She came to the festival with her husband and two children and the small traveling guitar was just the right size to bring, she added.

"It's not too loud and that's good because I'm not that good," Knickman said.

The two chatted between jamming sessions at the "street corner" late Sunday afternoon. David Kaynor of Montague Center, Mass., was the unofficial leader of the group. He's also been a semi-regular at the festival over the last 25 years. The festival's great, he said, because you see a lot of the same people from years ago.

"The ones who dance look great," he said.

As for the musicians, he joked, "they look OK. The ones who sing and dance, they look really good."



Two musicians play at the Old Songs Festival recently.

Local teen may be face of medicine's future

A Voorheesville resident has enrolled in the National Youth Leadership Forum on Medicine (NYLF/MED), which is taking place in Philadelphia, Penn. from July 3 to 12.

Lauren Bennett will join 350 other high school students from around the country who

demonstrate academic excellence, leadership potential and an interest in a career in medicine.

Throughout the 10-day forum, NYLF/MED will introduce Bennett to a variety of concepts in public health, research and general practice and will include site visits to medical facilities and clinics. Students will engage in a simulation using problem-based learning, an educational method in which students will be presented a fictional patient's case history and must diagnose and develop a treatment plan for the patient.

Students will shadow key personnel, giving the students an opportunity to gain behind-the-scenes perspectives on a medical career.

Bennett will visit cutting-edge medical schools and clinical facilities, as well as hear from and interact with leaders within the medical field.

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Go Minis add portable storage options for local homes, businesses

A local moving and storage company has added to its services in order to better provide those moving home, to another home, from college and back, easier.

Schaap Moving Systems of Albany has added Go Mini's, portable storage units that can be used for home or business, to safely and economically store possessions on site or at the company's secure location in Albany.

Fred Cole, Sr. who is in charge of the operation at Schapp is guaranteeing the units' success in the area.

"Go Minis are portable self storage units. They are small metal buildings just like a self storage you see driving down the road," said Cole.

The unit is entirely portable and comes in three different sizes, he said. They are all 8 feet by 8 feet, but vary in differing lengths of 12, 16 and 20 feet. Essentially the units take up the size of a parking space.

However, the bigger unit, if packed tightly can fit the contents of eight rooms in a house, he said. With a few of the units on site people can move the entire contents of their home anywhere up to a 50-mile radius out of Albany, he said.

Unlike affixed storage units, the Go Mini can stay on location as the move is completed. Each unit is rented for at least a month. People waiting to move into a home, or awaiting their new homes' completion can store a large portion of their belongings on that site in order to free up or complete the sale of their new home.

"People would have to rent a truck, rent a self storage unit and cart their belongings to that unit," said Cole. The process takes up

time and resources.

Schaap delivers and picks up each Go-Mini from the location.

"They are great for people remodeling their homes," said Co.e.

Materials and supplies can be stored outside the home as work commences. The feature has also proven helpful for a number of contractors, he added.

Each Go Mini has a translucent ceiling to let light in for easy access to stored belongings. Also, each unit is vented to allow airflow to prohibit mold or mildew build up inside. And like other storage units the units can be locked using a pad lock, anyone trying to get in would need some heavy-duty equipment to do so, said Cole.

Eventually it is the goal of the

company, and Go-Mini, now operating out of 98 dealerships in 48 states, to establish a system much like U-Haul. People renting Go Minis can have them delivered to a location, load them, and have them sent to destinations across the country.

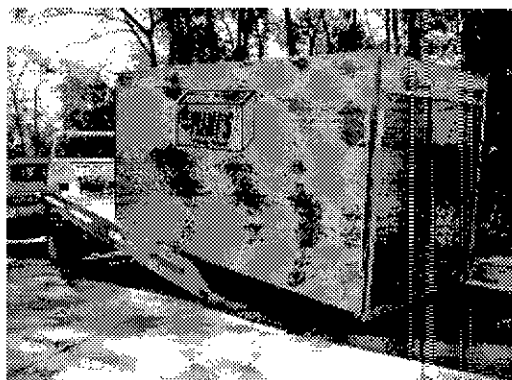
Other dealers would then be responsible for the unit.

For now, Go Minis from Schaap service Albany, Saratoga,

Rensselaer, Columbia, Green and Schoharie counties. Schaap has also acquired the exclusive dealership for the units out of its Fort Myers, Fla., operation.

Rental fees are \$69 for pick up and delivery of the unit and an additional \$109 for the 12-foot unit, \$129 for the 16-footer and \$149 for a 20-foot unit.

To inquire about the Go-Mini, or rent one, call Schaap at 459-2221.



Go Minis, like this one, should provide easy storage solutions for people who need them.

It is the renter's decision if they would like to have the unit stored at the company's fenced-in area, or leave the unit on their own property.

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Northeast Air Show prepares to take-off toward the skies over Glenville

By MARTY BANNAN

bannanm@spotlightnews.com

A day of barnstorming acrobatics, aviation history, thrills, fun and thunder, the Northeast Flight 2005 Air Show, returns to the Schenectady County Airport on Saturday, July 9, and Sunday, July 10.

Headlining this year's show will be the AeroShell Aerobatic Team, one of the country's most skilled civilian aerobatic teams with 20 years of experience, according to event Chairman Jeremy Martelle. The team consists of four pilots — Alan Henley, lead pilot; Mark Henley, right/left wing; Steve Gustafson, right/left wing; and Gene McNeely, right wing slot — who fly formation aerobatics including the bomb burst, vertical rejoin,

avalanche and "Switch Blade" as well as powerful loops and graceful rolls in World War II North American Advanced Trainer planes.

Also featured is the Misty Blues All Women Skydiving Team, the only all-female skydiving team in the world.

"For nearly 20 years, the team has performed all over the world, including stops in Indonesia, Malaysia, Canada, Mexico, Japan and Puerto Rico," Martelle said. He added that team members account for a combined 40,000 jumps and 35 world records.

"The women of Misty Blues come from across the country, and when they aren't skydiving, they're generally busy with their other jobs. Team members include a doctor, airline captain, airport manager, accounting

manager, business owner, engineer and a critical care nurse," Martelle said.

Gene Soucy and his wing-

shows and has flown in Pitts Special S-1S, Bellanca Decathlon, Piper Cubs, Cessna 150 and 300S airplanes.

Also scheduled are perform-

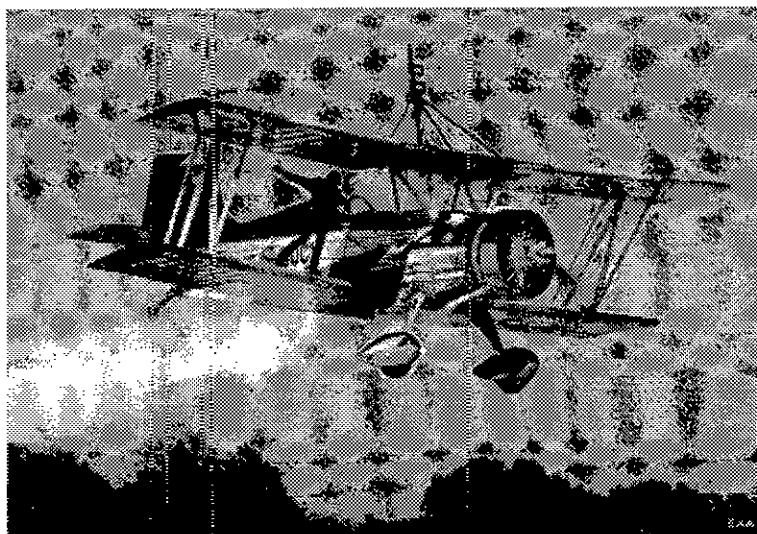
aviator, career airline captain and aviation stunt coordinator for Wings of Courage, starring Val Kilmer and Where the Buffalo Roam, starring Bill Murray.

The air show also will feature military aircraft for public viewing, as well as an aerial demonstration by Scotia and Glenville's own 109th Airlift Wing. Unfortunately, military combat aerial demonstrations, a fixture of the show for many years, won't be in the line-up because of world-wide demands on pilots and aircraft. "I'm sure we will see them back here again in the future," Martelle said.

Also on tap will be rides and games featuring radio control model aircraft and a comedy cub routine. All proceeds from the Northeast Air Show benefit the Northeast State Aerosciences Museum's (ESAM), exhibits and educational programs.

"We have been preparing for this since December," Martelle said.

Gates open at 9 a.m., pre-show events and exhibits begin at 10 a.m., and air show flight performances are held from 12 to 4 p.m. Tickets are \$15 for adults and \$7 for children ages 6-12 (children under 5 are free). Parking is available onsite for \$2 per vehicle. For information, contact the ESAM Air Show office at 377-1034. The Schenectady County Airport is located on Route 50 (Saratoga Road.) in Glenville. Due to heightened security, all bags are subject to search by security personnel. Coolers, backpacks and large bags will not be allowed inside the fence line (including the spectator, vendor and display areas) of the air show.



The flying lady wing-walker Teresa Stokes along with her partner pilot Gene Soucy will appear at this year's Flight 2005 Air Show Saturday July 9 at the Schenectady County Airport in Glenville.

walking partner, Teresa Stokes, will thrill the crowd with their daring aerobatic stunts. At the show, Soucy will perform his act with Stokes, who has been walking on the wings of Soucy's "Showcat" since 1988 and has been called the top stuntwoman-walker in the world.

Soucy, Martelle said, began his career in professional air show flying in 1968 with the Eagles Aerobatic Flight Team and since has appeared in every major air show in North America. He's performed in more than 3,000 air

ances by Rich's Incredible Pyrotechnics, featuring the air show pyrotechnic husband and wife team, Rich and Dee Gibson, who met while skydiving in Wisconsin; Neal Darnell's "Flash Fire" Jet Truck, a custom built pickup truck powered with a 12,000 horsepower Jet Turbine engine; and the Iron Eagle Aerobatic Team, featuring Billy Segalla and Bill Gordon flying two Super Christen Eagle I Aircrafts (one of only four single-seat Eagles flying in the country today). "These amazing planes can travel 600 miles (three hours) before refueling," Martelle said.

At the microphone this year, former airline pilot and performer Danny Clisham will be the voice of Northeast Flight 2005. Clisham is known for his work as an

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(From Page 3)

moments," she said. "They come because you want everything to work perfectly. Otherwise, you wouldn't care."

Piper, who's also been active in the Bethlehem teacher's union, said that keeping a sense of humor is key.

"Shari has a fantastic sense of humor that provides the other side of things," Elsmere first and second grade teacher Robin Reed said.

"Shari's a New Yorker," Whitney said. "She's always brought that kind of reality. She'd say her piece, and you'd know it came from her."

Piper and her husband are off on a trip to Vancouver and an Alaskan cruise.

"It's been a wonderful 18 years," she said. "There are wonderful people in this building and district. Elsmere should be proud of the working relationships of the school staff and its families."

Lucky

In her 35 years of teaching at Elsmere, Carol Smith has taught some of her students' students.

"It's great," she said. "I end up calling them by their parents' names."

Smith said she fell into teaching.

"There were three things a woman could be when I was going through school, a nurse, a secretary or a teacher," Smith said. "I faint at the sight of blood and I can't type. I thought about being an airline hostess, but I get motion sickness."

So teaching it was for the woman who brought the legend of Lucky the Leprechaun to Elsmere elementary.

"Carol has told the story so many times, but she's a great storyteller," said Reed, who works together with Smith. "Lucky got into her suitcase when she came

back from her honeymoon in Ireland with her husband. He jumped out, said thanks, and ran off. Only Carol can hold a room of 60 kids spellbound with the Lucky story."

Lucky is part of the magic that Smith treasures about the first- and second-grade children she's always taught.

"They want to believe in magic," she said. So, every year around St. Patrick's Day, Lucky leaves his green footprints, a little dust, and plays a few tricks.

"Kids believe they've seen him," Smith said. "We go on a Lucky hunt, and kids love the excitement that maybe there's a leprechaun out there."

Smith said that the kids have brought her magic, too, and she works to make their first grade year a great one.

"I learned when I was student teaching that the first-grade teacher sets the stage," she said. "Whatever the kid feels at the end of first grade has an effect on the rest of their education."

So Smith works to set a positive tone, while being structured, consistent and fair.

"There need to be consequences, too," she said.

"But if there's something wrong, it's the act, not the child. Never make fun of or attack anyone's character."

While Smith is comfortable with the need for accountability that comes from assessment, she also doesn't want to lose the total child.

"Children used to be allowed to be more creative," she said. "They could play and socialize. Kids have never played 'duck, duck, goose,' and don't know songs and nursery rhymes that we knew."

Smith incorporates play and humor into the curriculum.

"No matter their abilities or needs, kids are still kids," she said.

"Carol Smith is one of the most influential teachers in the school," Whitney said. "She's friendly, fun-loving and down-to-earth."

Smith has provided a perspective for the whole school to follow.

"We have a saying," Reed said, "ww.csd. What would Carol Smith do?"

"I'd be spinning my engines, getting nowhere," Whitney said, "and Carol would say it would all

work out. She also wouldn't let a child get overly dramatic if an error was made."

"After 35 years, Carol is still writing creative lessons," Reed said, citing the way she threw herself into this year's program of "four blocks," creating a word wall for the kids to see the five words they needed to know every week."

Smith and Bethlehem Central Middle School Principal Dave Ksanznack have been the opening speakers at the teachers' retirement dinner every year; something that Reed says leaves everyone in stitches.

"Kids see the humor and light that Carol brings to life, and it

makes them more at ease," Reed said. "Carol's kindness and compassion is huge. She's a person of faith, and she absolutely loves every child. She can tell you something good about each child."

A legacy

They may leave, but they surely won't be forgotten. "These three retiring teachers have made Elsmere the place it is today," said Kate Kloss, who has been Elsmere's principal for the past two years. "This is a warm and caring community. What they've spent their lives creating will live on. We have big shoes to fill, but because of their influence, that will continue."

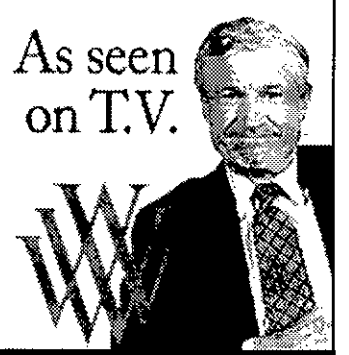
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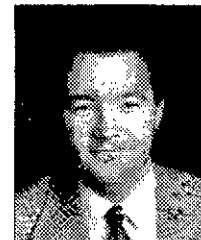
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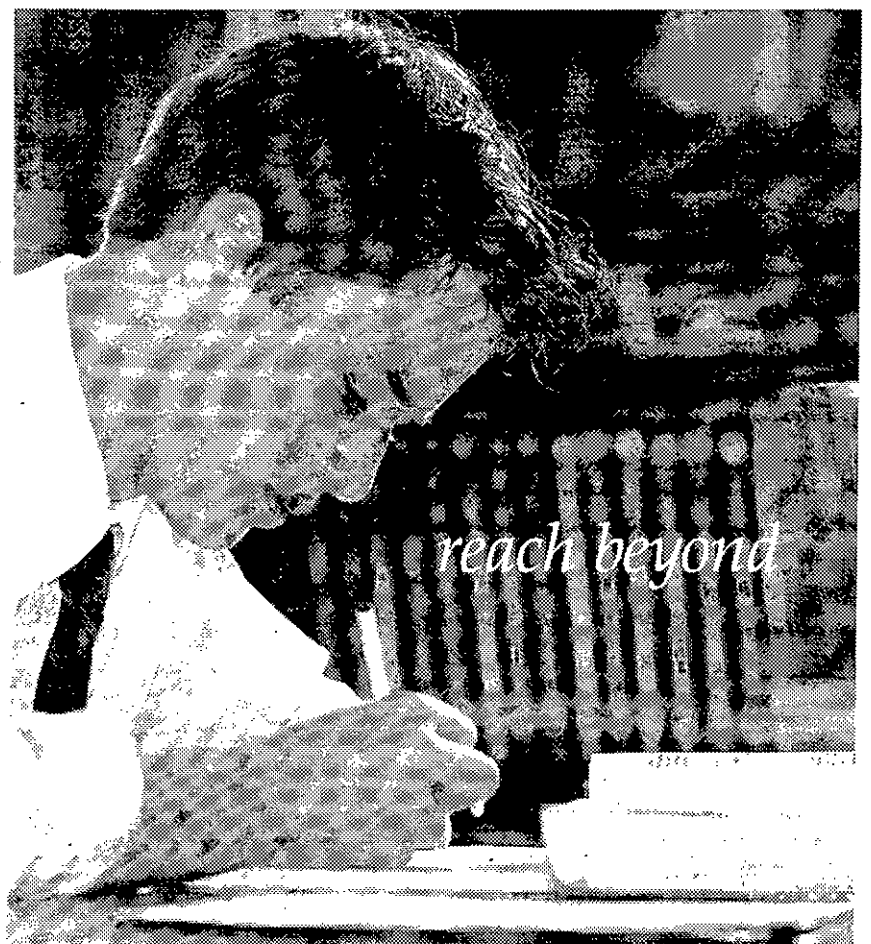
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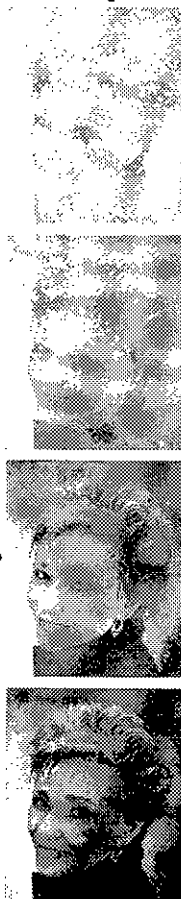


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The law allows capital gain exclusions whether you "buy up" to a more expensive home or "buy down" to a less expensive one. With the new 2003 legislation, any capital gain above the limit may be taxed at the new capital gains rates of 5% (for those in the lower income bracket) or 15% (for those in the higher income bracket) if you sold your home on or after 5/6/2003.

Consult your tax advisor about the implications for your personal circumstance.

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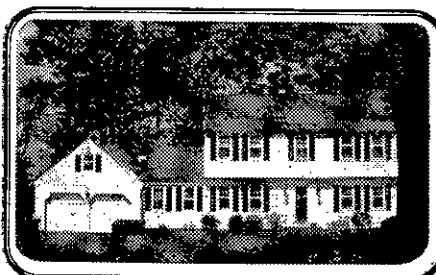
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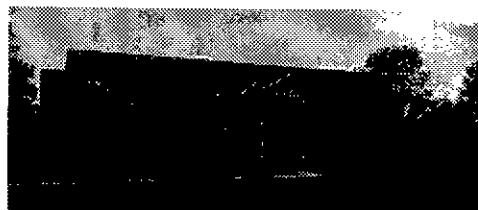
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Ann Manning



Young at heart



Mary DeVellis celebrated her 100th birthday on June 2 at a party with family and friends. A party was also held for her at Villa Mary Immaculate. DeVellis was born in Herrings, Jefferson County in 1905 and lived in Selkirk after she married James DeVellis. She retired from her job as a hairdresser at 90.

BC announces scholarship winners

The Russell Ellers Memorial Scholarship was awarded to Shane Connors.

Connors will receive \$1,000 toward his studies at Ithaca College. Connors played baseball and basketball with Ellers and was proud to be his friend.

Last year's recipients were Krina Collins and Thomas Caraco, who each received \$2,500 toward their college educations. Collins is studying at The College of Saint Rose. Caraco is attending the University at Albany.

Also this year, the Russell Ellers Memorial Scholarship awarded \$200 to Alexandra McCullough, a Bethlehem Central Middle School eighth-grader. She will attend a basketball summer camp, called "Shock Camp" at Union College.

The Will Raub September 11 Bethlehem Central Scholarship was awarded to Samantha Feinberg. Feinberg received \$400 toward her studies at Bentley College, where she will major in business administration. Caraco won that scholarship last year.

Calling all local actors to play audition

Auditions have been set for a new musical written by a local playwright.

Partial proceeds will be given to help Capital District families fighting cancer. "Beulah-by-the-Sea, a musical Western comedy, requires a full cast of children, teens, and adults. Auditions are being held on Monday, July 11 and Thursday, July 14 from 7 to 9 p.m. at the Berne Town Hall on Route 443 in Berne. Come prepared to sing "My Country 'tis of Thee" only.

For information, call Penny at 872-9455.

RCS Island to connect schools

By LIBBY SCHIRMER

Rather than traipse through a maze of idling buses, next-year, Ravena-Coeymans-Selkirk middle and high school students will move directly from bus to school and vice versa, thanks to a project approved by voters in 2004.

The project was originally a part of the capital improvement project, but, in the interest of

getting that project completed, was dropped and then sent again to voters in a referendum.

The \$1.3 million "island" project will connect the two secondary schools, providing a safer path for students to walk, said RCS Communications Coordinator Mike McCagg.

The contract was awarded to Callanan Industries, neighbors to the school, by the board of education at its June 27 meeting.

Work was expected to begin this week, with Callanan representatives telling the board they would work 12-hour days for six days a week to ensure the project's completion before the start of the 2005-06 school year.

"We're going for a Sept. 1 completion," McCagg said.

The project will also put a pedestrian walkway between the buildings, new sidewalks and an overlay over the parking lots.

The project will also address storm-water drainage issues.

The island project is one component of a larger \$2.9 million project approved by voters.

The second half of the project, additions to the bus garage, will begin as bidding is opened July 7.

RCS inducts students into Hall of Fame

Thirty members of the RCS Class of 2005 were inducted into the RCS Hall of Fame this month.

The inductees were recognized for successfully combining academics with extracurricular activities. Inductees include: Melissa Ball, Sean McGrath, Kerry Baxter, Joshua Meyer, Sheena Childs, Aric Mine, Jeffrey Correll, Alexander Orsi, Jenna Crandall, Cassie Ostrander, Meaghan

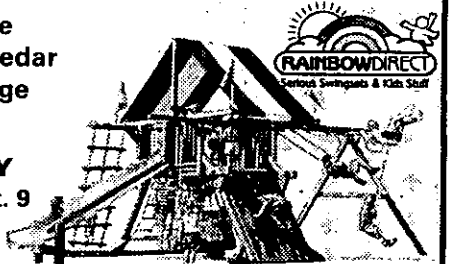
DePaula, Mandi Palmer, Allison Dibble, Laura Persico, Amanda Eissing, Vanessa Persico, Tiffany Fredericks, Sabrina Pry, Samuel Hafensteiner, Jenny Richter, Judith Henrikson, Daisha King, Molly Salovitz, Lauren Sebert and Jeffrey Latter.

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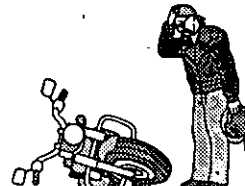
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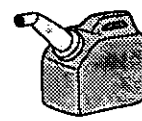
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Owner of proposed Saratoga Springs mansion would sit in lap of luxury

By DAMIAN PAGANO

It would be 5,000 square feet larger than the White House, 40,000 square feet larger than the late president Franklin Roosevelt's home at Hyde Park and 57,000 square feet above average, but a proposed Saratoga Springs mansion for Ayco chief executive John Breyo would look like a shed next to Biltmore—America's largest home.

Breyo wants to build a 60,000-square-foot mansion in Saratoga Springs. Biltmore, the former estate of industrial baron George W. Vanderbilt in Asheville, N.C., is almost triple that size and measures about 175,000 square feet.

"We get calls from time to time from people who want to know if a house in their city is comparable to Biltmore," said K.C. Cronin, public relations manager for the company that maintains the estate. "I don't think one has ever come close, but that doesn't mean somebody won't build one in the future."

Biltmore was a product of that kind of ambition. George Vanderbilt built it to outdo his brother Cornelius, whose circa-1893 "cottage," called Breakwater, in Newport, R.I., measured about 114,000 square feet. Breakwater was one of the first palaces in Newport, and it inspired some of America's wealthiest citizens to erect their own king-sized estates. And it inspired Americans to dream big. The average size of a house in this country has increased from about 1,900 square feet in the early 1980s to almost 3,000 square feet today. Local architects and contractors said they routinely design and build houses that are about 4,000 square feet, and several of them said it is not uncommon to see homes around here that are between 6,000 and 10,000 square feet. But Breyo's proposed Saratoga manse is in a class of its own—or at least in a class with few others. Microsoft chairman

Bill Gates' home on Lake Washington near Seattle, Wash. is about 66,000 square feet. Television producer Aaron Spelling's home near Los Angeles is about 56,000 square feet. The mansion at Yaddo measures 45,000 square feet.

"It's unusual for this area, and I'd say that it's definitely way above the norm," said Don Minnery, a residential architect with The Saratoga Associates firm. "It's huge."

Minnery said the largest house he has designed was about 20,000 square feet.

"When you hear 60,000 square feet, it's like you scratch your head and wonder, 'What are they

going to do with all that space?" he said.

Probably whatever they want. "There are certainly all kinds of things that could be done. Exploring the possibilities could be endless," said Richard Siden, an interior designer in Loudonville. "Options would be limited only by budget and the owners' tastes."

The house would likely include several guest rooms, a few large areas for entertainment, a state-of-the-art gym and a top-of-the-line home theater. Construction of the house could take a few years, and so could decorating the interior. Both projects could cost several million dollars.

"Whoever does it would probably give up their other work and make it their main priority for about two years," Siden said.

The mansion would probably also serve as a setting for Breyo's work-related entertainment functions. It would be "very much a business house," according to Minnery. The Ayco Company, which has headquarters in Saratoga, provides financial counseling for corporations and chief executives all over the world. It is a subsidiary of the Goldman Sachs group, which manages the financial affairs of some of the world's wealthiest people. Even if some in the very jet set visit Breyo in Saratoga,

they probably will not want to buy his house—if it ever goes on the market.

"There's a market for everything, but when you are talking about a house that large and so customized to one owner's tastes, you will find that there are only a handful of people who can afford to buy it," said Bill Alston, a realtor and manager of the Realty USA office in Bethlehem. "And when people can afford to spend that much money on a house, they want it designed their own way. They would probably look at (Breyo's house) and think, 'I'm going to have to re-do the whole thing.' So, it might be a hard sell."



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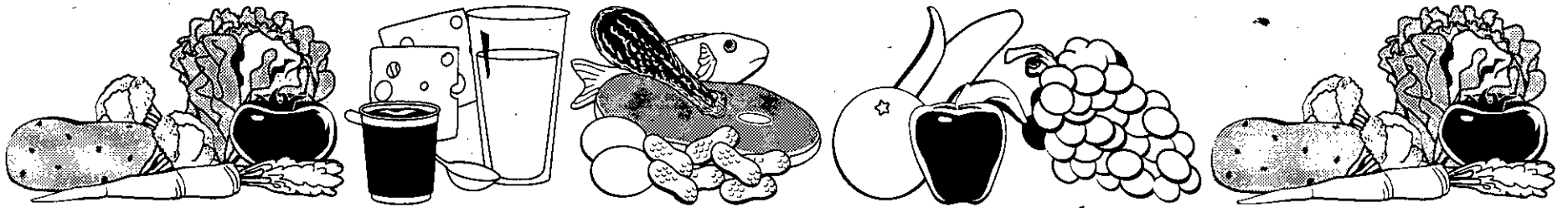
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Trends

(From Page 1)

"The intersections with Wolf Road and New Karner Road are two of our most difficult," said CDTA spokeswoman Kristina Younger.

Both intersections are in Colonie, the largest town in the region, but data from the federal Census Bureau shows that the fastest population growth is being seen farther north. There three communities forming a corridor along the Northway — Clifton Park, Malta and Wilton — have each seen populations increase by at least 400 percent between 1960 and 2000.

And there is no end in sight to the move up the Northway.

During the brief two-year stint between July 2000 and July 2002, the latest period for which complete information is available, the three towns added a total of 2,834 residents for an average growth of 5.5 percent, according to David Wardle, director of information services for the Capital District Regional Planning Commission.

That growth was five times faster than the region-wide average of 1.1 percent and took place while the Capital District's three largest cities — Albany, Schenectady, and Troy — lost an estimated total of 1,025 people.

According to Colonie officials, the town sees the construction of 200 homes per year. A schedule of 25 developments, boasting thousands of residential lots slated or under way, is pressuring local school districts. Recently, Colonie extended its moratorium on the fastest growing portion of the town for another six months. Both residential and commercial development remains inhibited but previously approved projects continue to move forward despite the moratorium.

While Colonie is growing, Northway corridor communities lead the way.

"The trend of cities losing population and people moving to suburban communities in places like Saratoga County is continuing but the rate of change is starting to slow," said Wardle.

With thousands of families moving to bedroom communities along the Northway, the daily volume of commuter traffic on local roads and interstates has increased dramatically during the past 40 years. For example, in 1960 there was an average of just 2,730 commuters making the daily trek from homes in Saratoga County to jobs in Albany County. That number ballooned to 24,396 in 1990, a nearly 10-fold increase.

While Schenectady County is not as big a draw for commuters, the population shift to the

Northway corridor has also impacted the volume traveling to the Electric City and nearby communities. The number of workers making the trip between places like Clifton Park or Malta in the north and Schenectady in the west was just 3,605 back in 1960, according to the CDRPC. That more than doubled to 9,168 by 1990.

One of the key reasons for the explosive growth in the northern part of the Capital District is money.

"If you want to build houses on the cheap, Saratoga County is the place to go," Wardle said. "With the soil conditions that exist in places like Clifton Park, it isn't necessary to have things public sewer systems. You can just use septic tanks."

"That saves a lot of money when it comes to new construction and it makes it a lot easier for builders to put in new housing," said Wardle.

Building permit data for 2004 bears that out. Despite a slight slowdown of new home construction, Saratoga County still garnered 51 percent of the \$541.3 million in residential building permits issued in the region last year.

One town experiencing a slight slowdown is Clifton Park, one of the most populous municipalities in Saratoga County. One reason is a moratorium that was first imposed on the westside of town two years ago. According to the Clifton Park Planning Office, developers are now looking to the eastside of town for development opportunities.

Clifton Park's boom years were mostly in the late 1980s. More recently, Halfmoon has emerged as one of the real estate market's hotspots.

"We've had our moratoriums, and we've completed our master plan," said Steve Watts, chairman of Halfmoon's planning board and the building and development administrator for the town. "It's an attractive community for business and residential development."

Watts said the town's extended water and sewer lines have made most areas development-ready, and Halfmoon encourages growth.

"There is a great need for growth, because people want to move to Saratoga County," said Watts.

Traffic has increased in Halfmoon, and one dilemma is that many of the streets are not town roads. If the town does not own the road, then it is not responsible for maintaining it or making improvements. However, Watts said many of the businesses that move into Halfmoon are required to pay for traffic devices

to mitigate problems with traffic the business may cause.

"There are certain people who feel that traffic is getting worse, but if we want growth, then we have to deal with traffic problems," said Watts.

In Malta, there has also been an increase in residential development in the last few years.

"Malta is becoming one of the fastest growing communities,

Roads

(From Page 1)

growing at a much faster rate than population. Projections, in fact, show that the same four counties will grow from a population of 794,293 based on the 2000 census to 884,831 in 2040, a figure Ferraro calls modest.

Translate this to traffic and you get motorists driving 15.5 million miles per day on state, U.S. and interstate highways, not counting local and county routes, according to the state Department of Transportation. Of these, local interstate routes handle 9.7 million of them alone, a 4 percent annual increase.

Vehicles in the eight county region travel 21 million miles per day on state maintained roads. This translates into about a 2-3 percent annual growth rate.

In addition, national statistics from 1950 to 2002 shows the ratio of auto registration to population climb from one car for every 3.1 persons to one for every 1.2 persons.

These figures not only numerically illustrate what drivers endure first hand, but also explain why road construction and resulting tie ups are increasing dramatically.

"Given data regarding the increased use of the Interstate system over the past few years, we've done and continue to do extensive work on the area's Interstates," said Peter Van Keuren, public information coordinator for NYSDOT Region One which serves eight counties: Albany, Essex, Greene, Rensselaer, Saratoga, Schenectady, Warren and Washington. "Within the past 6-7 years, we have improved the Northway at several locations and have completed a major rehabilitation of I-787 and continue to improve I-90 with construction lasting until next year."

Van Keuren added that the number of contracts that go out to bid each year in Region One average about \$90-100 million.

"Of course, this is construction work; we also maintain the Interstate and all state highway systems on a daily basis with jobs like pothole and guardrail repairs, sweeping, litter pickup, drainage cleaning and bridge washing. Over the next few years, we expect to take on projects that also support the Interstate system, including projects like the Route 67 Bridge at Northway Exit 12, the Northway Exit 6 project (Route 7) and a Northway Exit 3 project that is in the preliminary design phase," he said.

How is this tied to increased traffic? Simple. More traffic, especially heavy vehicles including trucks, buses and sports utility vehicles, means more wear and tear on roads.

which may or may not have to do with the Luther Forest Technology Campus," said Heather Malozzi, Malta's building and planning director. Growth in Malta over the last 20 years has been staggered, with a boom period in the 1980s, resulting from construction of the Luther Forest housing development. Malta experienced a lull from 1990 to 2000, but Malozzi said its

picking up again.

With the proposed Luther Forest Technology Campus, planners are trying to get ahead of the curve by taking steps to mitigate possible traffic problems before they arise. One step they are taking includes construction of a roundabout at Route 67 and Route 9, and the Round Lake Bypass, which will help ease traffic going into the LFTC site.

"It's growth in surrounding towns that adds to highway congestion," said Glenville Highway Superintendent Andimo Cappolo. "The roads are taking a beating as they carry more weight."

Cappolo added that more heavy trucks flow through communities to supply large housing and commercial construction. Along the way they make short cuts using roads restricted to lighter vehicles.

"We post local roads for a 4-ton limit," he said. "They sneak through, however, and we hear complaints from residents. Also, most of them are not wide enough to take these routes. The only way to stop them is to post police."

Wear and tear from heavy vehicles is common also to highways.

"Trucks weighing 35-40 tons carry goods to communities and the roads take a beating," Cappolo said.

Two indicators of trouble are alligator cracks and the "W" effect.

"In the summer the road gets hot and pavements soften," said Steve Lichorat, a construction team leader with the Schenectady County Highway Department. "When a highway has taken enough punishment, alligator cracks emerge. As they expand they lead to potholes. Before you know it, the road falls apart and is dangerous to drive on, thus another roadwork site."

"W" effects, Lichorat said, are particularly dangerous. They occur over time as heavy vehicles stopped at traffic lights slowly make indentations in the pavement, forming the shape of a "W."

Cars with smaller wheelbases driving through these become towed to their left or right, depending on how they hit it, Lichorat said. On slick roads, "W" effects cause cars to hydroplane. Lichorat cautions motorists to pay close attention to some "Ws" on Route 7 in Schenectady.

Not all premature highway deterioration stems from traffic, Lichorat said. Excess water drainage from increasing development overwhelms highway drainage ditches and culverts, saturating the road sub base.

In time, this softens the pavement, leading to alligator cracks, potholes and another major roadwork site.

Clear cutting land also adversely impacts the water table, leaving no place for the water to go but under the road.

In the end, drivers wait more and pay more in taxes.

"It's a constant battle for highway engineers and construction crews," Lichorat said, suggesting that a possible solution would be for industry to develop more durable road surfacing materials.

Not a bad idea, as experts

forecast more trucks rolling on our nations highways.

"Our projection is more freight will be delivered by truck over the next 15 to 20 years," said William Joyce, president of The New York State Motor Truck Association. "These days we are getting more things delivered just in time because nobody inventories anymore. Trucking is the most time-effective way to move goods."

Joyce added that 75 percent of communities in New York are served exclusively by trucks. Even in places served by rail, trucks make the final delivery.

Attempts to ease the flow include carrying tractor-trailer boxes on railroad flat cars for long hauls.

Building more roads, adding lanes and newer traffic regulations appears to many as the obvious solution, but some experts disagree saying it is no longer an option.

"In the early days, long-term traffic planning meant lines on a map. Today that's not so as we cannot build our way out of the growing congestion," said David Jukins, principal engineer for the Capital District Transportation Committee.

"Aside from strategic linkages between major routes, we are no longer building major roads in the Capital District," Jukins said. "Instead, we provide traffic simulation models to estimate impact and determine where traffic will go to avoid tie-ups."

Jukins said this worked during major roadwork on Alternate Route 7 a couple of years ago. "Traffic may be rough to begin with but we eventually reach equilibrium even if things aren't always perfect."

Jukins added that advanced information, correctly given by the media and other channels, enables motorist to choose alternate routes, times and expectations of arrival at their destinations.

A good way to get information regarding trouble areas is by contacting AAA.

"We look for the best alternative routes to help our members avoid bottle necks," said Francine Dailey, vice president of Northway AAA. "Transportation authorities advise us where construction sites, accidents and congestion occur and we plan trip routes to avoid these areas."

Presently, Dailey added, this summer's I-90 construction is the only major local AAA traveler advisory.

Still others say we need more roads.

"At some point you have to build new infrastructure and add capacity," Joyce said. "Population growth and sprawling development requires that we add lanes and highways where it makes sense."



Five Rivers plans special hike along North Loop Trail

A hike on the North Loop Trail will be held Wednesday, July 6, at 9 a.m. at the Five Rivers Department of Environmental Education Center in Delmar.

The North Loop is the longest trail at Five Rivers and is one that is enjoyed by cross-country skiers and snowshoers in the winter. This trip is to see the marvels of this trail during the summer.

The trail is the only area at the center where you can see black or oak and chestnut oak trees.

This program is free.

Participants should dress for the outdoors.

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Thacher has walks

Weekly walks in the woods are scheduled every Thursday morning in July and August at Thacher Park. The walks will begin at 9:30 a.m. and last until approximately 11 a.m.

Each week a different trail will be explored. The length of the walks will vary, but the average walk will be between 1.5 and 2.5 miles. All of the walks are easy to moderate.

For information on the different walks, call 872-1237.

Art class offered

Summer park art classes at Thacher Park will begin in July.

The first class of the summer is Paper Petroglyphs and participants will learn how to create their own "cave art" using paper, charcoal and pastels.

The program will meet July 12 at 9:30 a.m. at the Hop Field shelter in Thacher Park.

Participants should come prepared for a short hike and

dress in casual clothing for working with charcoal.

Class is suitable for ages 9 and up. The fee is \$3.

Pre-registration is suggested.

For information or to register, call 872-1237.

Summer events scheduled

The Town of New Scotland Recreation Committee has announced a second Albany Aqua Ducks Tour July 20 from 2 to 4 p.m.

Children must be accompanied by an adult.

The cost is \$15 per person. Pick up and drop off is at the New Scotland Town Hall.

The Town also will offer a drawing and painting class at the Voorheesville Elementary School in the small gym from July 11 to 15. The class runs from 9 a.m. to noon.

This class is for children entering grades 5 and up. Class size is limited to 15.

The fee is \$45 with a materials fee of \$15 that will be collected on the first day of class.

Participants should dress for a mess.

Library offers programs

The 2005 Summer Reading program will hold its summer kickoff Wednesday, July 6, with the Ellen Sinopoli Dance Company - "Harry Potter World in Creative Movement" - at 7 p.m. at the Voorheesville Public Library.

The Ellen Sinopoli Dance Company will present a workshop that is designed to nurture the

creative potential of all participants.

The books will come alive as participants discover the way to jump inside a moving picture, wave a magic wand to see what happens and dance with a talkative shadow.

Monday, July 11, children in grades 1 through 3 are invited to go on a creature hunt with George Steele. He'll be bringing pond water to search for living creatures from damselflies to tadpoles.

Monday nights, beginning July 11, at 7 p.m. will be teen night at the library with different activities for grades 6 and up. For information on these events, call the library at 765-2791.

Grade school children can meet for stories in park Thursdays, July 7 through Aug. 4, at 11 a.m. Mrs. Laiosa will join the village arts and crafts program for a half-hour of storytelling. This program is not for preschool children.

Preschoolers will have regular storytimes during the summer on Tuesdays at 10:15 a.m. July 12 through Aug. 9.

There is no registration necessary but please arrive on time.

Movie, concert planned

The town of New Scotland will have a movie night Friday, July 8, at Wallace Park. The movie "The Pacifier," rated PG, will be shown.

Please bring blankets, chairs and snacks. Movies begin at dusk/darkness.

The first of the summer concerts, sponsored by the town of New Scotland will be held Wednesday, July 13, at the village gazebo at 7 p.m.

Sally Mac, a four-piece harmony drive acoustic rock

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band, will perform.

The rain site will be the Methodist Church.

Town plans programs

The Town of New Scotland will hold a summer park program at Wallace Park on Swift Road from July 6 through Aug. 17, Mondays and Wednesdays, from 9 a.m. to noon.

Supervised crafts, games, music, playground activities, sports and much more will be offered. Children ages 6 to 11 are

invited to attend. Snacks are included. The fee is \$45. To register, call 475-0385.

There also will be a Tiny Tots Cooperative Program beginning July 5 and running through Aug. 18 for ages 3 to 5 at Wallace Park.

This program runs from 9:30 to 11 a.m. and will include arts and crafts, storytelling, music, nature discovery and much more.

All children must be accompanied by a parent or caregiver. You must also register for this program. The fee is \$30.

Hair of the Dog to play at Elm Ave. Park

The Bethlehem Parks and Recreation Department invites area residents to listen to Hair of the Dog while they take a late-night dip in the pool at Elm Avenue Town Park.

The late-night swim will be held Friday, July 8, from 8 until 10:30 p.m.

Live entertainment will be poolside and the snack bar will be open. No bottles or alcoholic drinks are allowed.

Pool admission is free, however, non-residents are expected to pay a \$2 parking fee.

The rain location will be at the Elm Avenue Park large pavilion.

Music by local artist for sale locally

Valerie Webb, the local teen artist who just released her first CD, "Chords and Chaos," has announced where residents can buy a copy for themselves.

The CD is available for purchase at A Perfect Blend at Four Corners in Delmar; Finishing Touch Hair and Body Salon at 266 Delaware Ave. in Delmar; and in the local artists' section under V at Borders Books and Music on Wolf Road in Colonie.

Also, tune into local radio station 103.5/103.9 The Edge, at

11:25 p.m. on Sunday, July 31, to listen in as Webb is interviewed and tracks from her CD are played.

BC class sets reunion

The Bethlehem Central High School Class of 1985 will be holding its 20th reunion at the Normanside Country Club on Saturday, Aug. 13. Please forward current mailing addresses and e-mail addresses of any graduates to Joan Peyrebrune Walters at jwalters@nycap.rr.com or call 439-9322.

Two BC grads honored by university

Two area residents who are undergraduates at St. Lawrence University in Canton, were presented with awards at the recently held Moving Up Day ceremonies.

Shannon E. Boynton, of Salem Road in Delmar, was presented with the Inger Jo Hanson Memorial Citizenship Award. William D. Courtney, of Coventry Road in Glenmont, received the Bradley R. Evers '94 Outstanding First-Year Student Award and the First Year Cup Trophy.

Boynton, a Bethlehem Central High School graduate, is a junior at St. Lawrence majoring in biology. Boynton has participated on campus as a resident assistant and in ultimate Frisbee.

The Inger Jo Hanson award is presented to a woman member of the junior class who best exemplifies the qualities of good citizenship at St. Lawrence.

Courtney, a freshman, also graduated from BC.

The First-Year Student award is presented to a first-year student

who best exemplifies the qualities of good citizenship at St. Lawrence. The trophy is presented to the college that gained the most points attending cup events during the year.

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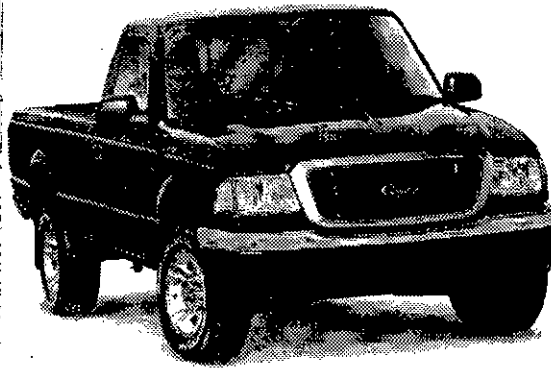
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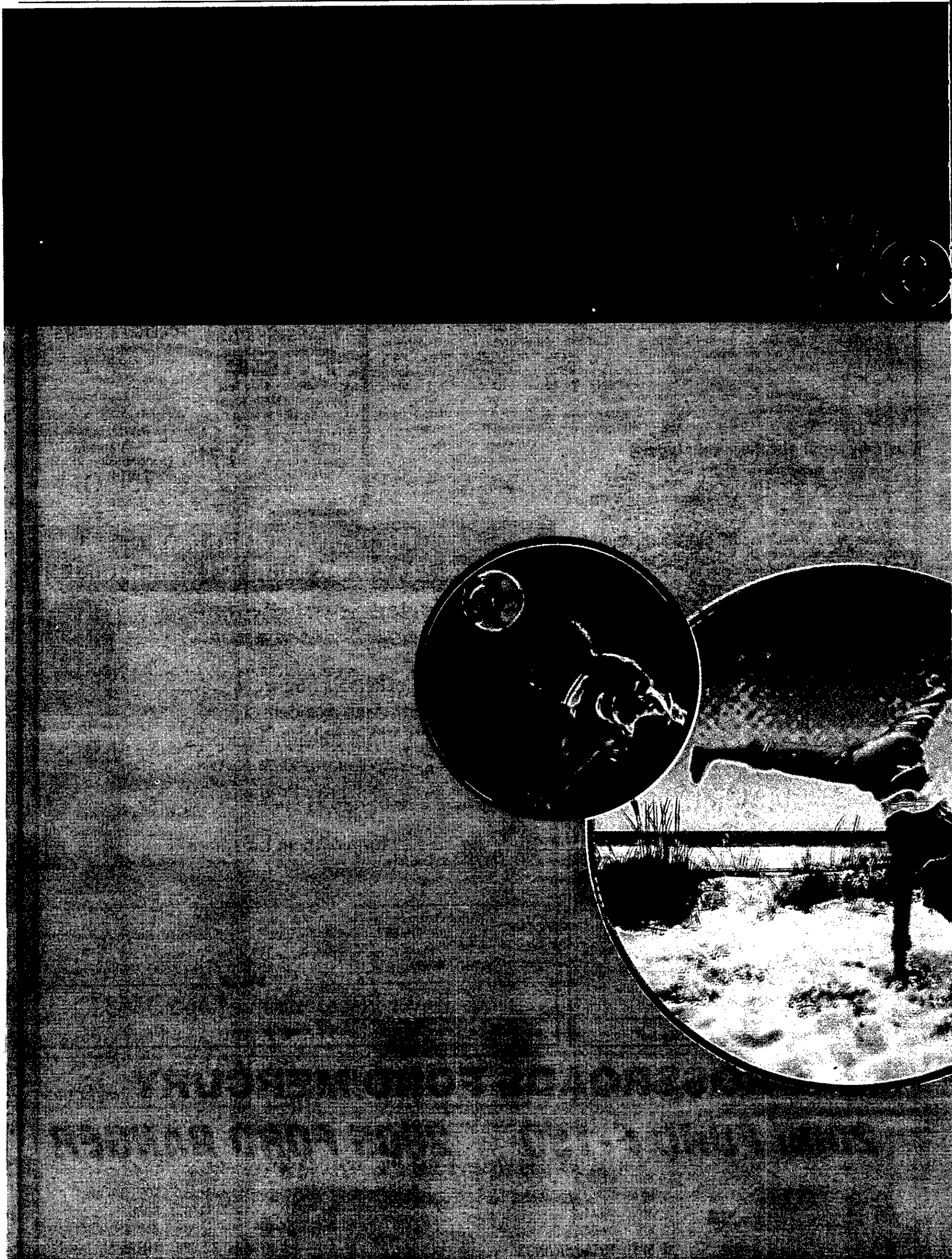
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Knowledge Network

July / August 2005

FREE Take One



Racing Saratoga Style

Mastering Texas Hold'em

Treasure Hunting with GPS

Real Estate Sales Licensing

Drive Down Your Insurance

Media Zero to Media Hero

Living Off the Stock Market

Learn @ Home
with our new
ONLINE ED

see page 13 for details

The Capital Region's Network for Learning!



Got Ghosts?

Location: Colonie

This course will explore the fascinating subject of ghosts among the living. Intriguing photos and Electronic Voice Phenomena (EVP) obtained by the instructor, as well as from other ghost investigators, will be presented. Do

you have a ghost? Learn how to tell and how to collect evidence! Tips on what tools to use and how to conduct your own investigations will be provided.

Topics: instructor's experiences on investigations across the country • how, where and when to conduct a ghost hunt • tools used in ghost hunting • voices of the dead; Electronic Voice Phenomena (EVP) • how to collect and analyze EVP • evaluating photographic evidence: When is a "ghost" not a ghost • discussion of reputed "remedies" for hauntings

Instructor: Dr. David Moore has studied the paranormal for decades, traveling to and staying at many haunted places across the nation. He conducts local ghost investigations as a member of the Albany Ghost Investigators

Course fee: \$45 **Members:** \$35

One time only: #6814 Thur Sept 9, 16 6:30-8:30pm



Power Vocabulary Workshop

Location: Colonie

Get ready to reap the benefits of a powerful vocabulary! According to the New York Times, your chances for success are directly related to the size of your vocabulary. And as a bonus, when you increase your vocabulary you empower yourself to communicate more

clearly and effectively. For more engaging, persuasive communication, you need to make a habit of expanding your vocabulary. In this session, discover how to master language through core meanings and essential definitions. Gain a historical perspective of English and learn about various types of words and the small pieces of language used to transmit thoughts and ideas. You'll be encouraged to assess your current vocabulary and obtain the best methods for building on it.

Instructor: Don Woodruff

Course fee: \$45 **Members:** \$35 **Materials:** \$15

One time only: #6826 Fri Sept 9 6:30-9:30pm

Sign up for this class and bring a friend for FREE!

What is the Knowledge Network?

The Knowledge Network, a 24 year-old independent company, provides exciting, low-cost learning opportunities to adults. We are the Capital Regions leader in adult education, offering the chance to learn in an informal and enjoyable setting.



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Thoroughbred Racing Saratoga Style

Location: Colonie

Enjoy the track? Want to learn more? This is a seminar that will focus on introducing you to thoroughbred racing - and specifically to racing in Saratoga. Our goal is to demystify the game of Thoroughbred Horse Racing and make it understandable, and more enjoyable, for the casual fan. As racing season approaches, we would like to encourage you to learn more about what Saratoga has to offer.

Topics: brief history of the Saratoga Meet, and what makes it so special • terms and concepts that will help you understand the sport • basic handicapping skills and wagering options

Instructor: Neal Benoit grew up in Saratoga region and has been an avid horse racing fan for over 25 years. He is a regular at the Saratoga track and has traveled to other racing capitals in Kentucky and Florida. Neal is also an award-winning member of Toastmasters.

Course fee: \$30 **Members:** \$25

One time only: #6535 Thur July 14 6:30-9:30pm



Raise Your I.Q. with the Kangaroo!

Become a Power Learner and Unlock Your Potential

Location: Colonie

In today's world, who wouldn't benefit from the ability to read, listen, and learn more quickly? If you'd like to read with greater focus, strengthen your knowledge base, absorb information more quickly, understand better, and retain more, participate in this supercharged learning experience. Discover a practical reading and learning method that can enhance your ability to comprehend more quickly and to stay focused and alert. Learn about the hidden barrier to learning that puts the brakes on your ability to read and understand information. You will master The Kangaroo Method - a tool that enables you to read without mentally "tuning out" getting tired or bored, or forgetting what you've read. In addition, you'll learn to create interest in "boring" subjects, discover how to get what you want from books and documents, and tap in to the part of your brain that never forgets.

Instructor: Don Woodruff, developer of the Kangaroo Method. Mr. Woodruff is the director of the Professional Vocabulary Institute and an adjunct faculty member of the University of Texas.

Course fee: \$45 **Members:** \$35 **Materials:** \$16

One time only: #6827 Sat Sept 10 9am-Noon

Sign up for this class and bring a friend for FREE!

Master the 40 Words Successful People Use

Location: Colonie

Only 40 words could be holding you back! Gain more control in your personal and professional life, develop instant credibility and high regard among peers, write more clearly and persuasively, ace job interviews, and improve academic and test scores. Studies have shown that a strong command of the English language is directly linked to academic and career success. In just over three-hours, learn to use the 40 words that will make the difference!

Instructor: Don Woodruff, director of the Professional Vocabulary Institute and an adjunct faculty member of the University of Texas.

Course fee: \$35 **Members:** \$25 **Materials:** \$20

One time only: #6828 Fri Sept 9 2-5pm

Media Zero to Media Hero

how to get your 15 minutes (or more) of fame

Location: Colonie

With dozens, hundreds or even thousands of competitors around the world, how do you make yourself known amid all the noise and confusion? You may or may not have a budget for marketing and promotion but you want to get the most bang for your buck. That's where media relations comes in. Publicity is a far more powerful tool than advertising and a successful campaign lends credibility to you and your company. Are you tired of wasting your time sending out information to the media that no one responds to? Stop struggling to figure out how to get the media interested in writing about you and your expertise. In this high-energy, content-rich workshop, you'll learn the secrets of getting the kind of publicity that helps shape your company's image and increases your credibility within your community.

Topics: write press releases that attract a reporter's attention • get in a reporter's little black book of experts • develop a 300-word powerhouse that catches the attention of thousands • piggyback onto national stories • create an online media room that attracts reporters • be prepared when the reporter calls you

Instructor: Shannon Cherry president of a local communications company, and co-author of the book, "Become Your Own Great and Powerful: A Woman's Guide to Living Your Real, Big Life". As a former TV and newspaper journalist, she works with small business owners and entrepreneurs to help them be heard. Her clients have appeared on the pages of USA Today, the New York Times, Entrepreneur, First for Women, Popular Photography, and Parenting and have been featured on the Today Show, CNN, The History Channel, Good Morning America, and Oprah.

Course fee: \$30 **Members:** \$20

Upcoming Class Schedules:

#6770 Wed Aug 31 7-9pm

#6771 Tues Oct 4 7-9pm



Shannon Cherry

How to Write a Book in 3 weeks or Less

Location: Colonie

Forget "old school" methods of writing that have you slaving for years. Best-selling author Ginie Sayles will explain how prolific writers glide from one book into another.

Topics: learn a simple writing method that will virtually write the book for you • learn how to psyche yourself up to get started • how to overcome excuses and procrastination • technique can be used for fiction and non-fiction • how to complete your writing project in as little as three weeks

Instructor: Ginie Sayles, a best-selling author for major publishers including Avon and Berkeley Books, has three non-fiction books on the market. She has appeared on 48 Hours with Dan Rather, the front page of The Wall St. Journal, Cosmo and talk shows: Jenny Jones, Sally Jesse, Montel, and Oprah.

Course fee: \$45 **Members:** \$40 **Materials:** \$10

One time only: #6514 Thur Oct 13 7-10pm



Ginie Sayles

NYS DMV-Approved Defensive Driving

Point & Insurance Reduction 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. 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.

Up to 4 points reduced from your DMV 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.

Instructor: David Gill is a certified Defensive Driving and Point Insurance Reduction Program Instructor and is approved to conduct the ACCIDENT PREVENTION WORKSHOPS (APW) through the Empire Safety Council of New York.

Course fee: \$35

Upcoming Class Schedules:

- #6501 Sat July 16 9:30am-3:30pm
- #6502 Sat July 30 9:30am-3:30pm
- #6503 Sat Aug 13 9:30am-3:30pm
- #6504 Sat Aug 27 9:30am-3:30pm
- #6505 Sat Sept 10 9:30am-3:30pm
- #6506 Sat Sept 24 9:30am-3:30pm
- #6507 Sat Oct 8 9:30am-3:30pm

Only
\$35

Texas Hold 'em!

Location: Colonie

Currently one of the fastest growing card games across the country. Do you know enough to be dangerous sometimes at Texas Hold'em, but can't seem to get over that hump? Or have you played, and wondered why you lose even though you thought you understood the game?

Some people blame losses on just their bad luck or someone else's good luck, but there is more to winning or losing than how the cards are dealt. Learn to play for fun & recreation or competition. Jason will teach you basic and advanced Hold 'em strategies.

Topics: how the pro's read other players hands • learn about pot odds vs. card odds, position, tight and loose play, bluffing and semi bluffing • see how important money management is so that you can keep the money you win • also included in this class is an in depth look at how card cheats can take advantage of your card game • class time includes lecture and practice

Instructor: Jason Ladanye has been playing and studying Hold 'em for over 18 years. His card skills have taken him around the world lecturing, performing card magic, and demonstrating crooked gambling techniques used by cheats today. Within the first five minutes of the course, you will learn that Jason is an expert at his craft, a dedicated teacher, and someone you should never play cards with!

Course fee: \$25 Members: \$20

Upcoming Class Schedules:

- #6754 Tues Sept 20 7-8:30pm
- #6755 Thur Nov 3 7-8:30pm



Jason Ladanye

NEW

Geocaching

treasure hunting with GPS

Location: Schenectady Central Park

Whether you are experienced in the outdoors or new to hiking and exploring, this course will teach you how to use a Global Positioning Unit (GPS) in one of the country's fastest growing outdoor activities-geocaching. The perfect activity for outdoor enthusiasts or families looking for adventure, geocaching involves using a GPS unit to receive satellite signals, directing you to a hidden treasure-a waterproof box with trinkets and a logbook. The terrain is easy and participants should expect to walk 2-3 miles throughout the morning.

Topics: how to use a GPS unit • finding geocaches in different types of terrain • how to find geocaching resources and begin searching on your own • using maps and aerial photos with a GPS unit • outdoor safety and ethics

Instructor: Rebecca Sanborn has over eight years of wilderness leadership experience, including time as a board member of the Williams Outing Club and Director of the freshman outdoor orientation program. She has worked as an educator and trip leader for three years for the NYS DEC Environmental Camp system.

Course fee: \$45 Members: \$35 Materials: \$3

One Time Only: #6752 Sat Aug 20 9:30am-12:30pm

NEW



You and the Pet You Love

working 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. 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 in class.

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

Course fee: \$35 Members: \$25 Materials: \$2

Upcoming Class Schedules:

- #6599 Wed Sept 21 6:30-8:30pm

Mah Jongg

Location: Colonie

Come join us and learn the exciting game of Mah Jongg. The game originated in China dating back to Confucius. When was Mah Jongg introduced in the USA in 1920, the American public quickly embraced the game, as did Europe. For 66 years, the National Mah Jongg League has standardized the game so that all Mah Jongg players would play the same hands and rules. Each year the league changes the hands and rules to add more excitement to the game. By the end of the second session you will mastered the elements of the game.

Instructor: Phyllis K. Levy has been playing and teaching Mah Jongg for over 40 years.

Course fee: \$30 Members: \$25 Materials: \$5

One time only: #6769 Thur Aug 11,18 6:30-9:30 pm

NEW

Making Your Living Off The Stock Market Pt. 1

Location: Colonie

Our education system tells us how to work for a living; it doesn't teach us how to make money work for us. This workshop will. Whether you want to work independently, supplement your current income, plan for an early retirement or pay for college, you will discover how you can make a full-or part-time living from the stock market with this prudent and practical approach. These strategies work whether you have \$1,000 or \$500,000 to invest in the stock market.

Topics: a "working model" integrating: psychology behind success and failure in the markets • creating your personal stock market business plan • simplified Technical Analysis techniques • the three basic investment styles used in the stock market • macro concepts that drive the market • understanding Stock Selection Technique 1 - Value Buying

Instructor: Tom Linzmeier

Course fee: \$55 Members: \$45

One time only: #6498 Sat Sept 24 9am-Noon

Making Your Living Off The Stock Market Pt. 2

Location: Colonie

This class builds on the skills taught in Part One.

Topics: stock selection technique 2 - Technical Stock Selection • risk management techniques that can protect your money • when and how to stop losses • Tom's strategy for turning \$5000 into \$1 million • when and how to take your profits and losses • trading styles of the top traders/investors • a Q & A session on what's working and what's not

Instructor: Tom Linzmeier

Course fee: \$55 Members: \$45

One time only: #6499 Sat Sept 24 1-4pm

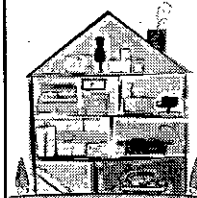


Tom Linzmeier is founder and investment strategist for Livingoffthemarket.com, an investment newsletter, as well as the managing director of a private investment partnership. A stockbroker for over 20 years, Tom was a former Vice President of Sales for the NYSE firm of Robert W. Baird & Co. He is co-author of *Making Your Living From The Stock Market*.

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Signup for both

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Frontier Days

Location: Troy

Let's take a trip back to Frontier days, learning about age-old skills like beading, basketmaking, storytelling and more! For one whole week, you'll see what it was like to live during the times when Native Americans and early settlers first came together, as you create a longhouse, look at the kinds of clothing those early people wore, make hats from the period, and learn the ways of those long-gone days.



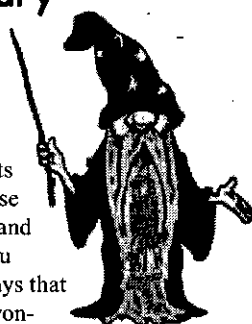
Course fee: \$250 **Studio fee:** \$25

#6612 Mon-Fri July 18,19,20,21,22

A World of Wizardry

Location: Troy

There's a different sort of magic in the air at the Wizard's Shop this week. And only your sorcery skills can help break a mysterious spell that's come over The Arts Center. Not to fear, though, because the magic wands, sorcerer's hats, and other wonders of wizardry that you will create are just a few of the ways that you'll save the day, using all the wondrous things you learn about the magical arts of painting, sculpture, working with clay and more!



Course fee: \$250 **Studio fee:** \$25

#6815 Mon-Fri Aug 15,16,17,18,19

Vacation Art Camps for Kids (ages 6-11)

All camps run from 9 am to 4 pm

presented in association with the Arts Center of the Capital Region

How Did They Do That?!

Location: Troy

Why does oil float on water? How does a roller coaster work? Why is clay so easy to form into different shapes? How do your eyes and brain play tricks on you? Sound too scientific for art camp? Well, guess again! Both scientists and artists use their minds and imagination to invent, solve problems and come up with something that's never been before. This week you will create some incredible works of art while finding answers to the questions asked above. So, get ready to stretch your imagination and make some fabulous discoveries. You won't believe how fun and creative science can be, as you explore Optical Illusions and Puzzles, Chain Reactions, Silhouette Drawing, Marbleized Paper Books, Clay Creations, and Sleight of Hand Tricks, and much more.

Course fee: \$250 **Studio fee:** \$25

#6818 Mon-Fri Aug 22,23,24,25,26

Get Ready for Takeoff!

Location: Troy

Want to build your own flying machine out of papier mache? Sculpt model airplanes from clay? Well, you will do that and much, much more in this fun-filled week exploring the fabulous world of flight in all its forms. Try out your wings in creative activities taking in everything from Leonardo da Vinci's early flying machines to birds, balloons, blimps and airplanes. Along the way, you'll also let your imagination take flight when you create winged costumes for theater games and a whole lot more!

Course fee: \$250 **Studio fee:** \$25

#6613 Mon-Fri July 25,26,27,28,29



Games Galore

Location: Troy

Everyone has a favorite game they love to play.

Whether yours is chess,

Monopoly, Twister or Clue,

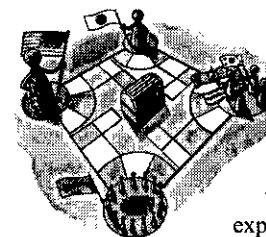
this is the week for you to

explore games galore! You will

design your own board game, sculpt the pieces and make up the rules. We'll create puzzles, word games, riddles and codes! Then we use the things you like most about your favorite game and create a life-size game that we will play with friends and family at the end of the week. So bring your favorite game on Monday and let's play!

Course fee: \$250 **Studio fee:** \$25

#6630 Mon-Fri Aug 8,9,10,11,12



Summer Studio for Teens (ages 12-15)

All camps run from 9 am to 4 pm

presented in association with the Arts Center of the Capital Region

Trading Spaces

Location: Troy

Are you ready to design your own apartment and a place to call your own? Better still, are you ready to meet the challenge to redesign someone else's space? This is a week to plan your floor plan, your wildest place to be you, but in someone else's space! The art of furniture design will be covered from head to toe. You'll brainstorm, sketch, render, and create special spaces and color schemes. Faux painting techniques, furniture design, stenciling and other tricks of the trade are just some of the techniques you'll learn in this week filled with creative fun.

Course fee: \$290 **Materials:** \$25

#6616 Mon-Fri Aug 1,2,3,4,5



Superhero Illustration

Location: Troy

Learn about the fascinating world of Superhero Illustration and spend a fun-filled week learning how to bring your own characters to life! You will make larger than life models, clay figures, flip books and much more, as you learn the techniques artists use to show angles, planes, and body measurements to portray strength, motion and physical agility. Then you will make the characters move through space as we look at how animated films are made, checking out some cool videos. And, of course, you'll create magnificent illustrations to share with each other and take home. We'll mat our favorite artwork, too!

Course fee: \$290 **Materials:** \$25

#6618 Mon-Fri Aug 29,30,31, Sept 1,2

Metalworking

Location: Troy

Students will learn the traditional metal working skills as well as experience the newest way of working with metal, pure silver Precious Metal Clay. Jewelry studio tools will be used to cut, pierce, form, file, join and finish metals. Creativity will be encouraged as students develop their own designs and learn how to work safely. Projects to be completed will include key chains or backpack tags, pendants, rings and student choice pieces. We'll visit local resources in Troy and see inspirational art and books. There will be a gallery experience at the end of the camp where you'll display your pieces and present them to your families and friends.

Course fee: \$290 **Studio fee:** \$25

#6816 Mon-Fri Aug 22,23,24,25,26

RockFest 2005!

Location: Troy

Have you ever wondered what it's really like to be in a rock band and what being a rock musician is all about? Well, here's your chance to meet professional rock musicians who've agreed to share their experiences, learning inside industry secrets! They'll show you what you need to do in order to get started forming your own band and learn the business of the music world! How do you record a CD? How do you know what's legal to record and download from the internet? How do you market your band and set up tours? What's a studio experience like? We'll visit local resources in Troy, see inspiring videos, hear some excellent music and make some of our own!

Course fee: \$310 **Materials:** \$25

#6617 Mon-Fri Aug 15,16,17,18,19

Printmaking

Location: Troy

The printmaker's craft has been a cornerstone of artmaking for centuries and it's just as lively and full of possibility today as it ever was! So, here's your chance to become a part of the tradition, as you immerse yourself in a studio experience like no other! Learn about the wide range of techniques used to make, study the prints we see all around us — from pop culture to fine art and create prints of your own when you unlock the methods of transferring images from the plate to the paper. Drawing and painting experience is not necessary to produce uniquely beautiful prints.

Course fee: \$290 **Studio fee:** \$25

#6817 Mon-Fri Aug 8,9,10,11,12

Stained Glass Workshop

Location: Scotia

Create your own multi-colored, 8x10 hanging stained glass panel in this four-week, hands-on class. Your instructor, whose forte is custom windows, 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 - grozier/breakers, glass cutter, soldering iron, solder, glass and finishing products - all our available at class.

Instructor: Steve Kodesch, owner of a local stained glass shop, has been working in stained glass for over six years. He creates one-of-a-kind commissioned works and Tiffany reproduction lampshades.

Course fee: \$85 **Members:** \$75

Materials fee: \$15-30 for glass

One time only:

#6798 Tues Sept 20,27,Oct 4,11 6:30-8:30pm

Scrapbooking & Photo Albums

the hottest new trends and methods

Location: Colonie

Everybody has old albums and boxes filled with vacation, holiday and family photos. Learn a variety of ways to sort, organize and store your photos and memorabilia safely. Preserve the most valuable, in ways that will protect and enhance their quality. Turn those mixed up photos, into works of art and love, which you and your family will enjoy for generations to come! Learn different ways to show off your photos beautifully and safely without spending a fortune. Its time to take action, with this hands on workshop, to create family heirlooms with the latest techniques

Topics: preservation • lay out • color • embellishing your albums • proper supplies and resources • creating specialty albums such as: family vacations, special events, family pets, family cookbooks • safe storage techniques for stamps, coins and other collections

Instructor: Diane Campion, see *Hovel to Haven* (pg 11)

Course fee: \$20 **Members:** \$15 **Materials:** \$3

One time only: #6540 Thur Sept 15 6:00-9:00pm

Floral Design

Location: Colonie

Floral arrangements come in a wide variety of shapes and sizes. The objective of this course is to gain a comprehensive understanding of floral design by identifying types and styles. Our study will include a survey of flower and plant species, an examination of fundamental color and design concepts, and the identification of arrangement styles. Professional grade floral tools, along with instruction on their proper use, will be provided. Each week you will be guided through the creation of a striking and original arrangement which you will bring home to share with your family and friends.

Instructor: George Pisegna has a background in architecture and design, coupled with a passion for gardening and cooking, that delivers a well-rounded entertainment experience. Justin Hoin studied Art History and architectural preservation and brings a unique approach to design. Jointly they form a creative, exciting, and motivating duo.

Course fee: \$70 **Members:** \$60 **Materials:** \$120

Upcoming Class Schedules:

#6785 Tues Aug 2,9,16,23 6:30-8:30pm

#6786 Wed Oct 5,12,19,26 6:30-8:30pm



Router Workshop

Location: Troy

Enhance your woodworking project with the ultimate finishing tool - the router. Routers can be used to produce decorative mouldings, raised or engraved signs, wood frames, and structural joints like dovetails and mortise and tenons. You will learn the basic techniques beginning with safety, as well as advanced methods of work that will enable you to choose and use a router. You may bring your own router, but it is not required.

Instructor: George Rutledge

Course fee: \$95 **Studio fee:** \$7

One time only: #6803 Sat July 30 9:30am-3:30pm



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.

Instructor: Mercedes Rodgers (Day), Doug Klein (Evening)

Course fee: \$195 **Studio fee:** \$55

Upcoming Class Schedules:

#6819 Tues July 12,19,26, Aug 2,9,16 6:30-9:30pm

#6820 Wed July 20,27, Aug 3,10,17,24 10am-1pm

Autumn Watercolors

Location: Washington Park

Learn how to paint the beauty of Autumn with Watercolor! Brush technique instruction will include Flat and Graded Washes, Wet-In-Wet, Drybrush, Creating Whites, and secrets to fixing mistakes! Use of Cold and Hot Pressed Textured and Smooth Papers, Paints and Preparations. Class discussion of perspective, expression and painting styles. Still life subjects provided for studio instruction. All necessary materials provided for in-studio class use.

Instructor: Frenchy Loeb, see *Beaded Jewelry* (left)

Course fee: \$45 **Members:** \$40 **Materials:** \$20

One time only: #6757 Sat Oct 8 Noon-3pm



Digital Camera Essentials

Location: Colonie

Digital cameras have revolutionized today's photography. The amazing power and versatility of the digital camera is only a button and menu away: however, sometimes they seem more complicated than a traditional film system. Practice taking pictures in class, using your own camera. A demonstration will be given to discover how easy it is to download images to a computer, adjust them and output them to your printer or the Internet. This is our beginner's class; we will be covering the basic features of digital cameras in a generic format.

Topics: improving the quality of your digital pictures by mastering a few simple camera adjustments • changing image resolutions • controlling your flash • adjusting color balance • programming modes editing and playback features

Instructor: Curt Miller see *35mm Camera* (below)

Course fee: \$45 **Members:** \$35

One time only: #6593 Thur Sept 8 6:30-9:30pm

How 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 & 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: \$45 **Members:** \$35

One time only: #6522 Thur Sept 22 6:30-9:30pm

Take Two & Save!

Sign up for 35mm Camera &
Make Great Photographs for only
\$75 (Members \$65)

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 get the most benefits from this class.

Topics: lighting • electronic flash • lenses • slide presentation looking at the work of several famous photographers

Instructor: Curt Miller see *35mm Camera* (above)

Course fee: \$45 **Members:** \$35

One time only: #6592 Thur Oct 6 6:30-9:30pm



Frenchy Loeb

Beaded Jewelry

Location: Colonie

Learn to design and create your own beaded jewelry! From the basics to the advanced, various methods of bead stringing and design are covered in this one-night course, enabling you to create your own beaded jewelry.

Working with flexible wire, crimps, clasps, and a large selection of beads,

hands-on instruction is provided to get you from start to finish. Take home your own beaded jewelry creation at the end of this class, and the knowledge to work on your own!

Topics: discussion and demonstration of bead stringing materials - flexible and stiff wires, gauges, needles and threads, hemp and macramé • clasps & earrings • tools & their uses • types of beads, styles of beadwork • finding your own personal design creativity

Instructor: Frenchy Loeb, formerly of family-owned Adels-Loeb Jewelers, has been an artist of multi-media her whole life. She is most known for her colorful watercolor paintings of Caribbean island scenes. Ms. Loeb has taken on beaded jewelry as her latest venue to express her artistic nature.

Course fee: \$45 **Members:** \$35 **Materials:** \$10

Upcoming Class Schedules:

#6543 Wed Aug 3 6:30-9:30pm

#6758 Tues Sept 20 6:30-9:30pm

#6759 Wed Oct 19 6:30-9:30pm



For the latest in arts & crafts classes visit our website at

www.knowledgenetwork.org

Tell A Family's Story From a Photograph

Location: Colonie

You cannot stop time, but you can relive it through pictures that tell your family's story. Using your own photo, you will be transported through time, Photo Mapping the events, location, period, and possible reasons for the picture. The family photo and the newly acquired genealogy knowledge can be combined to craft a family story. Come and solve the mysteries and stories behind the past lives of loved ones in a forgotten time.

Topics: explanation of how to get started using a photo for a family story • changing the process of evaluating the photo for "Photo Mapping" • locating the required archival material • tools of the trade and what to do with them • hands on creation and exercises

Instructor: Kathleen M Gill MA MSW has been a professional storyteller for over 15 years. Ms Gill while researching family papers for the publication of her book developed an entry-level method of learning genealogy from a family photo.

Course fee: \$30 **Members:** \$25 **Materials:** \$2

One Time Only: #6670 Wed Sept 7 7-9pm

Conversational French

Location: Colonie

This program offers a congenial atmosphere in which to learn the basics of French, so you can introduce yourself, use polite expressions, obtain directions, describe food and shop. Participate in role-play exercises with emphasis on conversation. There will also be some instruction in grammar and writing. Classes are designed for students planning business or pleasure trips as well as those who just want to learn the French language.

Instructor: Heather Duncan-Whiteman

Course fee: \$110 **Couples:** \$199

One time only:

#6824 Tues Oct 18,25, Nov 1,8,15,22 6-7:30pm



Conquer Your Fear of Public Speaking

Location: Colonie

Face it, we all have some apprehension when it comes to public speaking. This class will briefly present the cause of stage fright using a psychological framework. The balance of the class will pinpoint common manifestations of stage fright (e.g. fear of audience not liking you, fear of your voice sounding shaky, fear of feeling short of breath, fear of boring your audience, etc.).

Topics: 17 practical strategies to manage the effects of these fears, resulting in being more polished, confident, public speakers • come away with a new perspective about the word P.H.O.B.I.A.

Instructor: Dale Klein, MA, is a corporate communication specialist, professional speaker and author. She has 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 in the workplace.

Course fee: \$35 **Members:** \$25

One time only: #6775 Thur Sept 29 6:30-8:30pm

Speed Spanish

Location: Online

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

Instructor: Dan Mikels is a college instructor who has been teaching Spanish for more than 20 years. He holds a Master's degree and has authored and coauthored more than 20 educational products, including *Speed Spanish*, *Fast French*, and a variety of reading programs.

Course fee: \$79



Online Ed

How To Read People

with William J. Morrisette
forensic psychophysiological and
former CIA agent

Location: Colonie

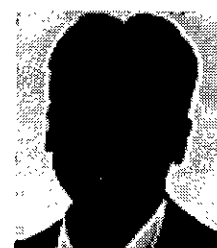
How can you truly know a person you have only met once? It's easy if you take the time to read the hidden messages they are sending. This seminar will show you how! Over 90% of human communication is nonverbal. This seminar is excellent for professional interviewers, law enforcement officers and students, 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 psychophysiological in Washington, DC, and as the Deputy Chief of a CIA field office in L.A. Mr. Morrisette's specialty is behavior analysis and he currently offers training to human resource professionals throughout New England.

Course fee: \$45 **Members:** \$35 **Materials:** \$10

One time only: #6629 Wed Sept 21 6-9pm



William Morrisette

Ten Steps to Stronger Writing

Location: Colonie

Some writers use only periods and commas in their writing because colons, semicolons, and dashes seem too complicated. Writers in this course will practice using these punctuation marks and will also look at other ways to make their writing more direct, more clear, and more effective.

Topics: punctuation (commas, colons, semicolons, and dashes) • point of view • active voice versus passive voice • word choice (especially verbs and adjectives) • similes and metaphors • sensory details • allusions • showing rather than telling.

Instructor: Jim LaBate, MA English, works as the Writing Specialist in The Learning Assistance Center at Hudson Valley Community College. He has over 20 years of teaching experience and has written two novellas and one full-length play along with many other shorter works.

Course fee: \$45 **Members:** \$35 **Materials:** \$15

One time only: #6542 Mon Aug 15 6:30-9:30pm

Paper & Piles to Organized Files

Location: Colonie

Swamped with mail, magazines, catalogs, clippings, school or work documents and other paper clutter? Missing deadlines, payment dates or obligations? This class will explore simple and effective solutions to get paper under control based on what works for you personally. The general nature of this course makes it effective for both home and work paper.

Topics: setting up a system to deal with mail • controlling the "flow" of paper though your home • creating basic follow-up and filing systems • organizing your finances to save \$ • what to keep and what to "trash" • timesaving strategies for storage • setting up an office for personal or business use

Instructor: Diane Campion, see *Hovel Today* (pg 11)

Course fee: \$35 **Members:** \$25

Upcoming Class Schedules:

#6541 Wed Aug 24 6:30-8:30pm

#6791 Tues Oct 25 6:30-8:30pm

The Ghosts of Halloween

a Knowledge Network Special Event featuring Robert Moss

Location: Albany Institute of History and Art

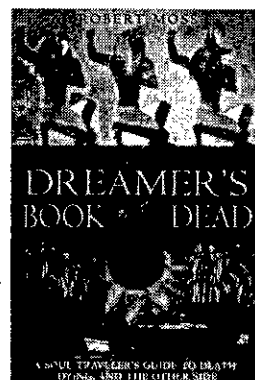
It is the most magical, crazy, shivery night of the year. It is a night when the doors between the worlds swing open, when the dead walk among the living and the living move among the dead. The last night of October is the start of Samhain, the great Celtic festival when the dead walk among the living, the fires are extinguished and rekindled, the god and the goddess come together in sacred union, and as the year turns from light to dark, the seeded earth prepares to give birth-again. It's a time to honor the friendly dead, and the lordly ones of the Sidhe, and to propitiate the restless dead and remember to send them off and to set or re-set very clear boundaries between the living and the hungry ghosts. It's a time to look into the future, if you dare, because linear time is stopped when the hollow hills are opened.

The best Halloween stories - apart from our own - come from Ireland. Robert will retell some of his favorites, thrilling and twitchy tales that bring us awake. We will also share ghost stories from our own lives, and we will explore how the dead come calling in our dreams. We will discover what our ancestors knew: that contact with the departed is entirely natural, especially in dreams, for three reasons: because they never left, because they come visiting, and because in our dreams we travel into the realms where they are at home. In addition, we will remember that failing to honor our ancestors and trying to shut out the signs of a deeper world are not the ways to set healthy boundaries between the living and the dead.

Instructor: Robert Moss survived three near-death experiences in childhood in his native Australia and has been dreaming with the departed all of his life. He is the creator of Active Dreaming, an original synthesis of dreamwork and shamanic techniques for empowerment and healing. A former university professor of ancient history at the Australian National University, he is a bestselling novelist, a shamanic counselor, and the author of *Conscious Dreaming*, *Dreamgates*, *Dreamways of the Iroquois* and *The Dreamer's Book of the Dead* (Inner Traditions, October 2005). He lives in upstate New York.

Course fee: \$40 **Members:** \$30

One Time Only: #6787 Wed Oct 26 7-9 pm



Explore the Tarot

Location: Colonie

Come explore the fascinating world of the Tarot. The tarot is a deck of 78 picture cards that has been used for centuries to reveal hidden truths. You do not have to have "psychic powers" to use the tarot successfully. All you need is the willingness to honor and develop your natural intuitive abilities. The tarot can help you understand yourself better and tap into your inner resources more confidently.

Topics: you will receive an overview of the major Arcana • various Tarot decks will be examined to discover the many interpretations of characters and symbols • a short history of the Tarot • open discussion of Tarot • what the images mean to you, and what you see in the cards

Instructor: Prudence J. M. Theriault - Certified Tarot Master Master/Instructor, member of the American Tarot Association; Certified Hypnotherapist, member of the National Guild of Hypnotists. She has also been doing readings for 8 years including four years at Caynon Ranch in Lenox, MA.

Course fee: \$35 **Members:** \$25

One time only: #6772 Tues Oct 4 6:30-8:30pm

Past Life Regression

Location: Albany

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 of 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, professional psychic, has lectured throughout the US, Canada, England, and Iceland.

Course fee: \$45 **Members:** \$35

Upcoming Class Schedules:

#6518 Wed Aug 10 7-10pm

#6764 Tues Oct 4 7-10pm

Hawaiian Shamanism

Location: Colonie

Huna Kalani, or Hawaiian Shamanism, often refers to the philosophy, healing methods and other skills used by mystics and healers. The old Hawaiians developed their healing techniques and esoteric rituals for health and harmony. Learn how to awaken that balance through journeys, meditations, healing methods, and philosophy.

Topics: Huna philosophy • guardian spirits - connect to Family Spirits • power of breath and manifestation • bring spirit back to wholeness • work with the forces of nature • symbolically explore the levels of consciousness • create your personal sanctum

Instructor: M.E. Harding, Huna practitioner, healer and spiritual consultant is in private practice in Saratoga Springs. She has produced over 40 CD's and authored several teaching manuals and booklets. She was also the producer and host of Infinite Potential - a TV show in Chicago for many years.

Course fee: \$35 **Members:** \$25

Upcoming Class Schedules:

#6778 Thur Aug 25 6:30-9:30pm

#6779 Fri Oct 21 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 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 • psycho-kinesis: 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: \$35 **Members:** \$25

Upcoming Class Schedules:

#6519 Tues July 12 7-9pm

#6765 Wed Sept 14 7-9pm

Travel With Spirit

discover your personal guides

Location: Colonie

All Shamanistic cultures believe a guidance system resides within nature. In this class you will discover your Spirit Guide, your Totem, or animal helper, a Master Guide, healers and other sacred messengers. Messages are all around you. Learn to discover these connections. Enjoyed by anyone who desires an alternative approach toward spirit connection and self-awareness.

Topics: questions you want answered • best ways to work with guides • a code of spiritual ethics • group meditations & recognition of group energies • learn to surrender and trust • messages from guides • meet your totem • spirit paintings • sand reads • meet spirit guide • honoring and respect • journeys to meet a master teacher • journey on behalf of another • your daily practice • a sacred space • altering circumstances

Instructor: M.E. Harding, see Hawaiian Shamanism.....

Course fee: \$35 **Members:** \$25

Upcoming Class Schedule:

#6780 Thur Sept 1 6:30-9:30pm

#6781 Wed Oct 26 6:30-9:30pm

Buddhism

Embracing Everyday Life

Location: Colonie

How and why does a religion that has lasted for more than 2,500 years still claim over 300 million followers? To many, Buddhism goes beyond religion and is more a way of life. Buddhists believe that Buddhism can offer a purpose to life, a code of practice and lead to true happiness and contentment. Find out why these ancient teachings are becoming more popular in many western countries. Learn an understanding of the many aspects and teachings of Buddha, on the road to enlightenment.

Topics: historical origin of Buddhism • development and spread of Buddhism throughout Asia • Buddhism Zen meditation • living Buddhism in everyday life as a path to deeper understanding of ourselves and the environment

Instructor: Tenshin Chris Gilhooly, CSW-R, is a psychotherapist and ordained Buddhist monk in the tradition of Zen Buddhism. He has served as meditation leader and head monk for the Clear Mountain Zen Center.

Course fee: \$45 **Members:** \$35

One time only: #6603 Wed Sept 28 6:30-9:30pm

De-Mystifying the Chakras

Location: Colonie

Chakras are major energy centers that allow flow of life energy throughout the body's energy system. In traditional yoga philosophy, the chakras are subtle force centers that vitalize and control the physical body. The Sanskrit word chakra means "wheel", indicating that these force centers are wheels of energy.

Topics: exploring attributes of the chakras & what aspects of consciousness they correlate to • how the chakras interact with the physical body • affirmations and activities to activate and support each center • a chakra balancing exercise that invites harmony and balance to the body/mind/spirit.

Instructor: Donna Lochner, MS Ed, NCC, has been a counselor/psychotherapist in private practice for over 12 years. She helps people manage a wide range of life issues and concerns to enhance life satisfaction, personal development and emotional health.

Course fee: \$30 **Members:** \$25

One time only: #6719 Tues Sept 13 7-9pm



Donna Lochner

Witchcraft!

Location: Colonie

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. Learn about how Witches practice their Craft and how the religion of Wicca factors into the contemporary Witch's experience.

Topics: How does one become a Witch? • What is Witchcraft? Which Witch is which? • Do Witches have holidays? • Why is the moon so important? • Who is the Goddess? • What is Magick? • What is a spell? • If being a Witch is all right, why do some people prefer to keep it a secret? • Where can I find information about, and meet other Witches and Wiccans?

Instructor: Carolyn Maroney is a practicing Witch, and holds a Master of Science in Educational Psychology

Course fee: \$35 **Members:** \$25 **Materials:** \$5

One time only: #6795 Sat Oct 29 6:30-9:30pm

Ghosts & Hauntings

Location: Colonie

If you question the existence of ghosts or haunted houses, prepare yourself to be amazed at what you'll see and hear during this two-part series with renowned psychic Ann Fisher. In the first evening, learn about the different types of ghosts including those right here in the Capital District. View slides of haunted places Ann has visited in England, Canada, Iceland and the U.S. Learn how to record ghost activity and how to protect yourself from them. On the second night, we'll attempt to experience the real thing: join Ann and your classmates on a field trip to Ten Broeck Mansion, the 1798 home of Revolutionary War General Abraham Ten Broeck for a séance.

Space is extremely limited. Register today!

Note: Students are responsible for their own transportation to the field trip location. There will be a \$3 fee collected to contribute to the Ten Broeck Mansion.

Instructor: Ann Fisher, see *Past Life Regression* (left)

Course fee: \$45 **Members:** \$35 **Materials:** \$3

Upcoming Class Schedules:

#6766 Tues Oct 18, 25 7-9pm

#6767 Thur Oct 20 & Wed Oct 26 7-9pm



Fall Discovery Hike

experience the forest at its peak

Location: Petersburg Pass, Petersburg, NY

Fall is one of the best times to get out and explore the trails and mountains of New York and New England. Hiking trips can be

even better if you have an awareness of the natural history of the area - trees, flowers, wildlife, geology, and ecology - and how to safely and comfortably spend the day in the outdoors. This course will teach basic outdoor skills and some beginning natural history, while hiking the scenic Taconic Crest Trail. The terrain is moderately difficult and participants should expect to cover approximately 5 miles.

Topics: how to use field guides and identify species in the wild • common sights and species in New England forests • how to dress and what to pack for a day in the woods • emergency survival, first aid, and navigation techniques • safe and comfortable travel in the woods • "Leave No Trace" wilderness ethics

Instructor: Rebecca Sanborn, has over eight years of wilderness leadership experience. She has worked as an educator and trip leader for three years for the NYS DEC Environmental Camp system. Rebecca has led multi-day trips (winter and summer) in the Adirondacks, White Mountains of NH, Green Mountains, and Berkshires.

Course fee: \$45 **Members:** \$35 **Materials:** \$3

One time only: #6753 Sat Oct 8 9am-Noon

Fly an Airplane

Location: Schenectady Airport

Experience the thrill and challenge of piloting an airplane while enjoying breathtaking views of the Capital District.

Topics: 1/2 hour orientation to the Cessna 152 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

Instructor: Richard Kaylor, veteran pilot and instructor, directs a team of FAA-certified instructors.

Course fee: \$95 **Members:** \$85

Upcoming Class Schedules:

#6606 Sat July 16 9:30am-12:30pm*

#6671 Sat Aug 13 9:30am-12:30pm*

#6672 Sat Sept 17 9:30am-12:30pm*

*class time dependent on number of students enrolled.



Move to Live!

Location: Albany

Kick-start your healthy lifestyle with this unique program that emphasizes physical activity, healthy eating habits, and weekly

group support to encourage weight loss. For four consecutive Wednesdays you'll meet with a fitness expert from Plaza Fitness who will motivate you and your group toward long term weight loss! Together you will share the everyday challenges and the long term satisfaction of reaching your healthy lifestyle goals!

Instructor: Korey McCoy holds a M.S. in Kinesiology, B.S. in Exercise Science, is a certified Health/Fitness Instructor.

Course fee: \$59

Upcoming Class Schedules:

#6577 Wed Aug 3,10,17,24 7:15-8:15pm

Experience a Soaring Flight

Location: Saratoga Springs

Come join us for the opportunity to experience the thrill of soaring flight! First you will have a one-hour ground school class consisting of basic sailplane aerodynamics, sailplane familiarization and nomenclature, preflight and ground handling operations, and aero-tow procedures. The student pilot will then get to assist the instructor in pre-flying the sailplane, then aero-tow to 2000 feet. Once released, you will get to experience the joy of motorless flight by actually flying a Blanik sailplane!

Instructor: Thomas MacJarrett, FAA Certified flight Instructor-Glider, FAA Certified Advanced Ground Instructor, NAFL, Master Flight instructor.

Course fee: \$75 **Members:** \$65

Enrollment includes a 30-day membership in the Adirondack Soaring Club

Upcoming Class Schedules:

#6433 Sat July 30 10am-1pm

#6434 Sat Sept 10 10am-1pm

#6435 Sat Oct 1 10am-1pm

#6436 Sat Nov 5 10am-1pm



Bike Maintenance

Location: Albany

If you own a bike and like to ride, save yourself future time and aggravation by understanding how to maintain and perform repairs on your cycle yourself. Learn the basic procedures that keep your bike in tip-top shape, ranging from emergency road repairs to money saving maintenance. Space and time constraints do not permit students to work on their own bikes but you'll get hands-on experience with bikes on the premises.

Topics: proper seat and handle bar position • changing a flat tire • brake adjustments and cables • derailleurs and cables • cleaning and lubricating the chain • general lubrication • the appropriate adjustments of wheels, handlebars, brakes, seat, pedals, bottom bracket • tools you need

Instructor: Eric Whalen and Mike Allard have over 20 years of combined experience. Eric, Mike, or a qualified staff person will instruct your class.

Course Fee: \$35 **Members:** \$30

Upcoming Class Schedules:

#6521 Thur July 21 6:30-9pm

#6673 Thur Aug 18 6:30-9pm

#6674 Thur Sept 15 6:30-9pm

Nia

Location: Albany

Nia is an expressive workout and lifestyle practice that uses the Body's Way to achieve physical, mental, emotional, spiritual fitness and well-being. It is a fitness fusion program that combines movement elements from Yoga, Tai Chi, Tae Kwon Do, dance and body awareness programs that creates a unique and fun way of getting fit. Benefits include increased flexibility, agility, mobility, strength and stability. Accessible for all levels.

Instructor: Casey Bernstein RN, Nia Black Belt, Nia teacher trainer. Director of The Center for Nia and Yoga

Course fee: \$65

#6195 - Mix and Match any five 75 minute sessions

Mon 5:45-7pm • Wed 5:45-7pm • Fri 9:15-10:30am

White Water Rafting

Location: North Creek, NY (1¼ hours from Albany)

Join us for an exciting ride down the Hudson River

Gorge — voted one of the ten best rivers in America. The trip takes you 17 miles from Indian Lake to North Creek through some of the most beautiful wilderness

in the world. It starts on the dam-controlled Indian River, which drops 170 vertical feet in 3.5 miles before reaching the confluence of the Hudson. The next 13 miles on the Hudson are continuous Class III and IV whitewater. Age minimum is 12 - children must be able to swim. This is the experience of a lifetime.

Guides: our rafting company — now in its 28th season — provides licensed Adirondack guides and veteran white-water pros who will guide you safely on this exciting trip.

Summer Rafting

Swim in the river and bask in the summer sun!

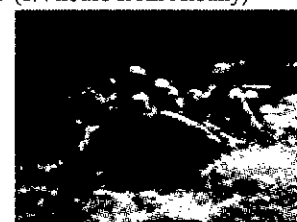
\$75 per person

June 15 - September 6

Tues, Thurs, Sat, or Sun

Rafters Check-In at 9am

Necessary Gear & River Snack Included



FELDENKRAIS®

awareness through movement

Location: Colonie

Would you like to regain some of the ease and flexibility of movement that you had as a child? Fluidity of movement is the solution for stiffness. When you have ribs that don't bend, shoulders that are tight and a back that is stiff it, is often an indication that you are overusing some joints and muscles while not using others. The Feldenkrais Method® is about how you walk, hold your coffee cup, drive your car, talk and sit to mention just a few of the habits that we have developed. Habits can be useful, they can also be limiting. See the possibilities of movement that can come to life for you. We all know that you can't even move your little finger without direct orders from your brain, but you can learn to move smarter, not harder. **Topics:** gentle exercises that will ease chronic pain, improve flexibility and balance • movement using all of your body parts, to bring a sense of well-being to every aspect of your life

Instructor: Dyana Wells Guild Certified Practitioner of the Feldenkrais Method®.

Course fee: \$35 **Members:** \$25

One time only: #6598 Wed Sept 7 6:30-8:30pm

Women's Self-Defense

Location: Colonie

Learn practical methods of self-defense using the principles of Bruce Lee's Jeet Kune Do. Descended from Wing Chun Gung Fu, a Chinese art developed by a woman for women in the 16th century, Jeet Kune Do allows practitioners to overcome the disadvantages of size and power through speed, directness and simplicity of motion.

Topics: violence prevention and safety awareness • basic striking techniques • worst-case scenarios training • a brief history of Wing Chun and Jeet Kune Do

Instructor: George Ilyadis see *Jeet Kune Do* (pg 9)

Course fee: \$50

Upcoming Class Schedules:

#6833 Sat Aug 13 9:30am-1pm

#6834 Sat Sept 10 9:30am-1pm



Your Personal Fitness Plan

Location: Guilderland

Treat yourself to a one-on-one fitness assessment with a personal trainer, devoted

exclusively to you. Learning and living the basics of a fit and health lifestyle, based on American College of Sports Medicine recommendations, can also help with weight control and stress management. 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 we receive your registration, you will be called to set-up a mutually convenient date/time; your written assessment and follow-up review will give you the information you need to get started or refine your workout plan.

Topics: 30-minute fitness assessment and 60-minute personal fitness session • cardio-vascular, flexibility, and resistance training recommendations • examining your goals, body type, equipment availability, and preferences to design a plan to suit your needs

Instructors: Korey McCoy holds a M.S. in Kinesiology, B.S. in Exercise Science, is a certified Health/Fitness Instructor.

Course fee: \$55 **Members:** \$45

#3117 90-minute assessment, followed up with a customized, written exercise and nutritional plan.

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 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

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:** \$85

Choose a start date (4 total lessons):

#6589 Tues July 7 6-7:30pm

#6773 Tues Aug 5 6-7:30pm

#6774 Tues Sept 6 6-7:30pm



Tennis

Location: Albany

Beginners will learn the fundamentals: forehand, backhand, serve, volley, grips, positioning, footwork, scoring and rules. Experienced players will learn basic strategy for singles and doubles. Old strokes will be refined and new advanced strokes

will be added. The course fee includes instruction, racquets and balls. Classes are limited to four students per instructor for personalized training.

Instructor: William Yaiser, tennis pro, has been teaching racquet sports throughout the Capital District for over 20 years.

Course fee: \$65 **Members:** \$55

Couples: \$110 **Member Couples:** \$100

#6546 Sat July 30, Aug 6,13,20 10-11am (Beginners)

#6547 Sat July 30, Aug 6,13,20 11am-Noon (Advanced)

Learn to Play Golf!

Location: Western Turnpike Golf Course, Guilderland

Our popular outdoor class held at an area golf course gets to the heart of the matter of golf - swinging the club and hitting the ball. This class is for beginners as well as for golfers with established handicaps.

Topics: four fundamentals for hitting the golf ball accurately: grip, stance, alignment and swing • which clubs to use: woods, irons or putters • hands-on instruction • golf terms • rules of the game • course etiquette

Notes: clubs will be available for those who do not have them • **each student must rent a bucket of balls • in case of rain, your class will be extended by one week.**

Instructor: Tim Podeswa, Golf Professional, has been teaching our classes in Guilderland for eighteen years.

Course Fee: \$99 **Members:** \$89

Materials Fee: \$5 per night for a bucket of practice balls

Upcoming Class Schedules:

#6552 Tues July 12,19,26, Aug 2 5-6pm

#6553 Wed July 13,20,27, Aug 3 6-7pm

#6554 Thur July 14,21,28, Aug 4 7-8pm

#6825 Wed Aug 10,17,24,31 6-7pm



Intro to Jeet Kune Do

Location: Clifton Park

Meaning "way of the intercepting fist," Jeet Kune Do is the fighting method developed by the late Bruce Lee and represents his lifelong study of human biomechanics to utilize the body efficiently and effectively in martial combat. Jeet Kune Do is an eclectic art that draws its principles from several areas of study, including Wing Chun, Western fencing and boxing. The art's system of skills-training and personal development creates second-nature reactions to any attack an opponent may present and provides the ability to (counter) strike from every angle or any distance, producing explosive results in a real-world altercation.

Topics: a comparative analysis of martial arts • structure and stance • foot work and mobility • the biomechanics of explosive striking power • rhythm and cadence

Instructor: George Ilyadis has been trained and certified by renowned expert and original student of Bruce Lee, Jerry Poteet. Studying and teaching Jeet Kune Do has been George's primary vocation since 1991.

Course fee: \$45 **Members:** \$35

Upcoming Class Schedules:

#6831 Sat July 30 9:30am-12:30pm

#6832 Sat Sept 17 9:30am-12:30pm

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3 Minute Tai-Chi

Location: Colonie

The benefits of Tai-Chi, Yoga, Meditation, and the Martial Arts are well known, but difficult to attain, until now. 3Minute Tai-Chi provides a holistic approach to improving your mind, body, and emotions. In the simple and easy 3Minute modules, you will gain all of the benefits of these complex systems, without any of the mystery or years of practice. By the end of this short program, you will have a three minute routine that will improve flexibility, sharpen mental abilities, and allow you to feel your life force as the ancient masters learned how to.

Topics: a simple 3-Minute program that can be done anytime, anywhere • Visualization • autogenics • flexibility • balance • breathing • energy • form/formlessness • meaningful movement

Instructor: Matthew Papa, M.A. and B.S. in Physical Education, is a certified Health/Fitness Instructor, and has over 20 years experience in the Martial Arts.

Course fee: \$35 **Members:** \$30 **Materials:** \$3

Upcoming Class Schedules:

#6762 Thur Aug 25 7-9pm

#6763 Thur Oct 20 7-9pm



Sunrise Row on the Mohawk

Location: Rexford

Rowing, also known as sculling, engages all the muscle groups, yet doesn't cause excess wear and tear to the joints or muscles. If you are used to moderate physical activity and can swim, you can enjoy the early morning tranquility of the Mohawk River as you get some wonderful exercise. Students with boats should bring them; those without boats will pay a \$10 boat-use fee. We start early in calm water to beat the motorboats. Classes are limited to four, so register now!

Topics: how sliding-seat boats work • how to handle and care for them on land • on-land instruction in a dry-land rowing machine • rowing in the water with one and two person shells

Instructor: Bud Halsey has been teaching rowing for over 23 years.

Course fee: \$45 **Members:** \$35

Boat fee: \$10 (paid at class)

Upcoming Class Schedules:

#6489 Sat July 9 7-9am

#6490 Sat Aug 6 7-9am

Bennington Bike Trip

Location: Bennington, VT

Here is an invigorating way to spend a beautiful summer day and at the same time learn some fascinating local history! Meet at the Bennington Battle Monument, where the colonist's protected supplies were stored. Bicycle from the monument, though three historic covered bridges. The pace will be just right to enjoy beautiful and scenic Bennington, VT. Arrive at an exquisitely furnished Victorian mansion and take an optional guided tour. Culminate the ride back at the Bennington Monument with an optional elevator ride to overlook a spectacular tri-state, panoramic view.

Trip details: total distance cycled 16 miles • terrain, somewhat hilly • rain or shine

Instructor: Kyle Jenks

Course fee: \$35 **Members:** \$30 **Materials:** \$2

One time only: #6398 Sat July 16 10am-3pm



Latin Dance Classes

Whether you dance in local clubs, NYC or even South America, these are the dances to know. No partner is necessary for these classes. Just come ready to have some fun!

Course fee: \$45 **Couples:** \$85



Latin Club

Featuring the most popular dance steps of the latin club scene: Salsa, Merengue & Cumbia

Instructor: Jerry Durovic teaches club style and all levels of Latin dance.

#6560 Thur July 7,14,21,28 8-9pm

#6679 Fri Aug 5,12,19,26 7-8pm

#6680 Fri Sept 9,16,23,30 8-9pm

Spicy Latin Sampler

Latin dance that sizzles: Rumba, Mambo, Cha-Cha, Sambo

Instructor: Susan Andrews is a competition dancer.

#6569 Mon July 11,18,25, Aug 1 6-7pm

#6694 Tues Sept 6,13,20,27 8-9pm

Belly Dancing

Location: Albany

Learn how to move your body, wrapped in chiffon and jewels. Toss your head in defiance, ripple your arms in snake like movements, roll and strengthen your belly muscles, shimmy your hips, and seduce the world with Middle Eastern Belly Dancing.

Topics: Warm ups • isolations and combinations • dancing moves • the cool down

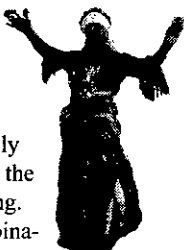
Instructor: Suzanne Ranecourt has been dancing for 15 years. She has trained in both Cabaret and Folklore Gypsy styles, as well as training with internationally known dancer and choreographer Richard Gonzales. Her spirited dance and teaching styles are both earthy and joyous.

Course fee: \$45

Upcoming Class Schedules:

#6681 Wed Aug 3,10,17,24 7-8pm

#6682 Wed Sept 7,14,21,28 8-9pm



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 spin-whips

Instructor: Corliss Bull, Michael Muller or Susan Andrews will conduct this class

Course fee: \$45 **Couples:** \$85

Upcoming Class Schedules:

#6558 Mon July 11,18,25, Aug 1 8-9pm

#6677 Tues Aug 2,9,16,23 7-8pm

#6678 Thur Sept 1,8,15,22 8-9pm

Hip Hop

Location: Albany

It's more than just dance. Hip Hop is an expression of feeling, let it consume you!

Topics: lunges • hops • spins • syncopated steps • balance • rhythm • timing

Instructor: Christine Douglas has studied both Jazz and Hip Hop at the Flynn School of Dance. Cori Irwin studied Hip Hop at the Manhattan Studio and has been a student of dance since the age of five.

Course fee: \$45

Upcoming Class Schedules:

#6564 Mon July 11,18,25, Aug 1 8-9pm

#6683 Thur Aug 4,11,18,25 7-8pm

#6684 Tues Sept 6,13,20,27 6-7pm

Country Sampler

Location: Albany

Learn the basics of Country 2-Step, Country Waltz, Country Cha Cha, and West Coast Swing.

Instructor: Tom Hourigan has been dancing and competing for eight years.

Course fee: \$45 **Couples:** \$85

Upcoming Class Schedules:

#6685 Tues Sept 6,13,20,27 7-8pm



Learn to Dance

Intro to Ballroom Dancing

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 • Waltz • Rumba • lessons are taught in an easy and relaxing manner • polish your skills, expand your repertoire and perfect your style as you practice.

Instructors: Corliss Bull has been teaching for over 13 years. Michael Muller is an accomplished dancer and teacher since 1980. Erick Singleman, has been teaching for 10 years. Susan Andrews is a competition dancer.

Course fee: \$45 **Couples:** \$85

Upcoming Class Schedules:

#6675 Thur Aug 4,11,18,25 7-8pm

#6676 Mon Sept 12,19,26, Oct 3 6-7pm



Exotic Dancing for the Everyday Woman

Location: Albany

Exotic dancing is much more than just dancing sexy. It is a journey to self-empowerment and self-explorations. It is finding your own inner-beauty and grace, then transforming it into sensual movement. Through Exotic Dancing, you will learn how to empower yourself, boost your confidence and self-esteem, overcome your fears of self-expression, and enhance your relationship. This class is for women of all ages and sizes.

Instructor: Grace (Mondays) has been a full-time professional exotic dancer for the past six years. Nicole (Thursdays) has been dancing for eight years and was a Miss Exotic USA runner-up.

Course fee: \$45

Upcoming Class Schedules:

#6686 Mon Aug 1,8,15,22 7-8pm

#6687 Thur Aug 4,11,18,25 8-9pm

#6688 Thur Sept 1,8,15,22 7-8pm

#6689 Mon Sept 12,19,26, Oct 3 8-9pm

Private Music Lessons

Whether you are a beginner or have taken music lessons before and wish to continue, we have private lessons available!

Guitar Lessons

Learn basic theory and engage in lessons drawn from a progressive traditional and contemporary repertoire, including folk and blues.

Instructor: Cathy Winter is a songwriter and guitarist who tours nationally and records for Flying Fish records.

Course fee: \$85 **Members:** \$75 **Materials fee:** \$5

Schedule: #1407-four 45-minute sessions

Song Writing

This is a private lesson for anyone who has ever wanted to create music. No previous songwriting experience needed. We will take it from a simple written tune, to a fully produced song that you can have forever. Learn the various styles of songwriting and putting your work to music!

Instructor: Don Warren, has been playing guitar and writing songs for over 25 years. He has recorded with The Bob Warren Band, members of the WWF and more. Soulful, Expressive, Understanding, Compassionate, these are some of the words used to describe Don Warren and his songwriting.

Course fee: \$60 **Members:** \$50 **Materials:** \$5

Schedule: #5347-three 30-minute private sessions

Singing Lessons

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.

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: \$85 **Members:** \$75

Schedule: #1408-three 45-minute sessions

Electric Guitar & Bass Lessons

Learn to play the songs of your favorite musicians or become proficient in Rock, Blues, Metal, Progressive, Alternative, Jam-Band etc. Let Don help you discover your most natural way of learning. Be empowered to reach your desired goals in very little time. Don will show you how to fulfill your musical desires, from casual strumming to high level performing.

Instructor: Don Warren

Course fee: \$60 **Members:** \$50 **Materials:** \$5

Schedule: #5349-three 30-minute private sessions

Piano Instantly

for people with no spare time

Location: Colonie

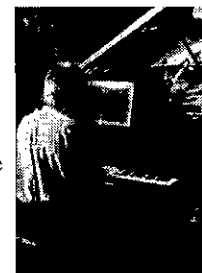
Discover why thousands of students from total beginners to those with years of experience and lessons have learned to play the piano in just one class. Traditional instructors teach hours and hours of note reading and exercises, but professionals who play contemporary music use chords.

Topics: learn 72 chords and 156 hand positions • how to read music from a lead sheet and fake books • play popular songs in any key • learn about special tools that will make you sound like a pro • then master the class by using your cassette tape and study guide • also this will prepare you for taking other "Piano Magic" classes • if you can read the notes C, D, E, F, G, A, B you already know enough to enroll.

Instructor: Todd Walker has taught music to more than 10,000 students and has performed as a pianist and actor in off-Broadway shows in N.Y.C. He is a graduate of four different programs from The Grove School of Music.

Course fee: \$45 **Members:** \$35 **Materials:** \$25

One time only: #6792 Thur Oct 6 6:30-9:30pm





Bob Belive

Keeping It Off

A guide to lifetime weight loss

Location: Colonie

Losing 100-pounds may be a major accomplishment to most people, but often "Keeping It Off" proves to be a greater challenge than losing the weight in the first place? Having done both, Bob Belive explains the techniques he used in successfully

keeping 100-pounds off for over six years. Bob shatters the myths behind the gimmicks, diets, drugs, and trendy approaches that ultimately fail. This is an inside look at the process from real life experience, no medical jargon or statistical formulas. Bob tells you what makes him successful, day in and day out, and even throws in some recipes of what he eats on a daily basis. Bob's class is a MUST for anyone who wants to succeed with losing weight and "Keeping It Off".

Topics: before and after • understanding habits • what can I eat • understanding change • keeping it off • will I ever be cured • staying focused • going it alone

Instructor: Bob Belive has lost 100-pounds and kept it off for over six years. No special diets or gimmicks. His success story has been featured by every local news program, Prevention Magazine, Good Housekeeping, the Schenectady Daily Gazette and the Albany Times-Union. He has also been recognized by the FTC as an advocate against Deceptive Weight Loss advertising.

Course fee: \$35 **Members:** \$30

One time only: #6799 Wed Aug 24 7-9pm

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, 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, "The Massage Guy", is a NYS licensed massage therapist in practice in and around the Capital District.

Course fee: \$35 **Members:** \$25

Couples: \$55 **Mbr Cpl:** \$45

Upcoming Class Schedules:

#6443 Tues Aug 9 7-9pm

#6794 Tues Oct 11 7-9pm



Hovel Today, Haven Tomorrow

Organizing Your Home

Location: Colonie

Overwhelmed by the accumulated "stuff" in your house and by unfinished projects? Don't know where to start? Clutter preventing you from finding what you need? Unable to get through the attic, basement or garage? Now is the time to organize! Get the ideas and inspiration from an expert, to free up your time, finish projects and organize your home environment, and get that much needed piece of mind. This class will look at your excuses and give you the options to get you on your way to an organized life.

Topics: tackling clutter • learning to focus and finish projects • storing things so you can find them • dealing with problem areas without getting overwhelmed • finding ways to save time and aggravation • room by room storage solutions

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: \$35 **Members:** \$25

Upcoming Class Schedules:

#6539 Thur Aug 11 6:30-8:30pm

#6790 Wed Oct 5 6:30-8:30pm

Creating a Healthier Home

Location: Online

Many experts point to indoor air quality as a contributing negative health factor.

In order to increase energy efficiency, we have effectively reduced ventilation. At the same time, we have increased the quantity and types of chemicals we use to construct, furnish, decorate, and maintain our homes. This course is filled with practical tips you can put to immediate use to begin improving the quality of the air in your home. Creating a healthier home is often as simple as changing your mindset. This course will have you thinking quite differently about the products you bring into your home and yard.

Instructor: Kim Markesich is a freelance writer specializing in health and science topics. She has written for various publications including *Green Profit* and *Family Motor Coaching* magazines, and was a health and science correspondent for a local daily. Her ten years of research in the healthy home industry led to the construction of two healthy homes, the second where she now resides with her family.

Course fee: \$79



Online Ed



ABCs of Wine Tasting

Location: Colonie

Sit back and enjoy this great evening out while you savor wonderful wines from around the world. Includes wine and a selection of cheese, crackers and grapes.

Topics: how to buy a great wine, of any style at a reasonable price • the secrets of wine style to handle your self in any situation • the regional personalities of select wines from around the world • explore the things you love about wine, and how and where to find out more.

Instructor: Bill Johnston has trained at the Culinary Institute of America, where he finished his certification level as a member of the Court of Master Sommeliers, Napa California. Bill has spent over seven years in the wine business, both in the wholesale trade and at the retail level.

Course fee: \$45 **Members:** \$35

Couples: \$75 **Member Couples:** \$65

One time only: #6761 Sat Sept 17 5-7pm

Complete Makeovers for Women

Location: Colonie

This class is a subtle adaptation of the hit TV show "Extreme Makeover" without the surgery. Your look will be transformed during this personalized class. If you have been stuck in a rut, depressed, looking for a change, going to a special event, need a boost of confidence, newly separated or divorced, need some honest critiquing

Marlene Brustle

of your hair or make-up, this is the class for you.

Topics: a detailed questionnaire begins the process to help you attain your new look • make-up consultation • list of tried and true professionals • trade secrets and enhancements to looking beautiful • hair coloring and waxing

Instructor: Marlene Brustle, personal image consultant, and her team of make up artists.

Course fee: \$50 **Members:** \$40

Upcoming Class Schedules:

#6459 Fri Aug 12 6-8:30pm

#6796 Fri Oct 7 6-8:30pm

#6797 Sun Nov 6 1-3:30pm



Color Yourself Smart

Location: Colonie

Learn how to look younger, healthier and thinner, by wearing your correct colors! Bright, beautiful colors surround us everywhere and their effect on our appearance is amazing. Find out how the seasonal color theory works and discover the best colors for you. You will be professionally color analyzed and receive your set of fabric swatches. Wearing the right colors can help you look ten pounds thinner, and ten years younger!

Topics: color analysis • body types • fashion personalities • core wardrobe dressing

Instructor: Barbara Light has received extensive training in color analysis, skin care, body types, fashion personalities and make up. She is a local image consultant.

Course fee: \$35 **Members:** \$25 **Materials:** \$10

One time only: #6793 Tues Oct 11 7-9pm

Goodbye to Shy

Location: Online

The ability to interact with others impacts everything we do, from selecting a mate to advancing in our careers. If you believe that your shyness is keeping you from achieving the goals you want in life, then this is the course for you. You will learn how to appreciate the positives of being shy as well as learn how to change the negative behaviors you want to change. By the time you finish this course, you'll be able to increase your self-confidence while reducing physical symptoms of anxiety. You'll be able to initiate both casual and deep conversations, and you'll know how to relate effectively in romantic situations. Full of encouragement and practical strategies, this course will be your guide to achieving the confidence you need to fulfill your personal and professional goals.

Instructor: Kimberly Floyd is a RN, a technical writer, and an instructor. She has developed classroom and Web-based training for the medical, banking, education, and telecommunications industries. Her goal is to help others gain the skills needed to overcome stress or anxiety, recognize their unique gifts, and face each day with renewed optimism and grace.

Course fee: \$79



Online Ed



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You're on the Air!

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 suc-

cessful 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 • differences between commercials and narration • agents, unions, and fees • how to package and market yourself • the all important demo tape • skills necessary to become a success

Instructor: Daniel 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: \$45 **Members:** \$35

Upcoming Class Schedules:

#6353 Fri July 15 7-9pm

#6516 Sat Nov 19 1-3pm

How to Set-Up a Home-Based Medical Billing Business

Location: Guilderland

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. Learn how much you can expect to invest, marketing techniques, how to write proposals and contracts, and more.

Topics: setting up and legalizing the business • start up investments, both time and money • writing proposals and contracts • marketing ideas • resources to assist you with your business • free training information

Instructor: Wendy Harris is a certified biller/coder who has been working in the medical field for more than 20 years. She is the owner and executive director of an association for medical billers located in Albany.

Course fee: \$55 **Members:** \$45 **Workbook fee:** \$15

Upcoming Class Schedules:

#6405 Thur July 14 6:30-9:30pm

#6830 Thur Sept 22 6:30-9:30pm

Small 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: \$55 **Members:** \$45

One time only: #6625 Tues Sept 20 6:30-9:30pm

Small Business Start-Up & Survival Seminar

Location: Colonie

Interested in owning your own business, but not sure how or where to begin? Learn the basics from experts with proven experience. A variety of speakers will cover the topics needed for business success. Hear how to stay in business in addition to starting one. Small group setting will allow for discussion and questions. Participants will leave the seminar with a wealth of information and resources. Follow-up opportunities will also be available.

Topics: business plan development • legal structure of a business • a bankers perspective on obtaining financing • tax considerations • business regulations • recordkeeping • business promotion • personal factors • resources • additional assistance

Instructors: Sponsored by Cornell University Cooperative Extension of Albany County, the Small Business Development Center University at Albany, TD Banknorth, & the US SBA. Professionals and business providers from the community that have years of teaching experience and assisted thousands of individuals successfully start and stay in business.

Course fee: \$50 **Members:** \$40

Upcoming Class Schedules:

#6805 Fri Sept 30 9:30am-3:30pm

#6806 Thur Nov 3 9:30am-3:30pm

Getting Started as an Actor

Location: Colonie

Acting opportunities abound in the Capital District, a popular setting for many major motion pictures -- The Horse Whisperer, Ironweed, Scent of a Woman, The Age of Innocence. There are also dozens of opportunities to act on stage or in commercials. If this is one of your dreams, take this class to learn how to ferret out auditions, build a resume, market yourself, and find out what to do if you don't get cast.

Topics: opportunities in stage, film, commercials, industrials, voiceovers, radio and theater • the lowdown on finding acting auditions • getting paid • acting unions • establishing a presence in NYC without moving • typing yourself

Instructor: Frank Dohrau became involved in acting 30 years ago with a local theater troupe. Since that time he has studied extensively with Keith Eagle and has acted in commercials and several local productions. He was also an extra in Martin Scorsese's Age of Innocence.

Note: Ages 10-15 may attend if accompanied by an adult; No children under 10 will be admitted)

Course Fee: \$45 **Members:** \$35

Parent & Child (10-15): \$55

One time only: #6483 Mon Oct 3 6:30-9:30pm

Project Management @ e-Speed

Location: Online

With accelerated schedules driving many technology projects today, the smart project manager must rapidly retool their skill set. This course offers a breakthrough model for dealing with the realities of managing projects at supersonic speeds. Learn to meet and win the challenges of truncated timelines, short-staffed project teams, skimpy budgets and crippling risks.

Instructor: Tom Myers is a certified project manager who has been active in managing information technology projects for more than twenty years.

Course fee: \$79

Grant Writing Success for Non-Profits

Location: Colonie

Grant writing, both a science and an art, requires a creative vision to paint a persuasive portrait of an organization's mission, goals, and objectives. This course will introduce you to the process and improve your understanding of the entire grant writing concept, from planning through writing. Register today, bring a pen and paper, roll up your shirtsleeves and learn how to write a winning proposal. The materials fee is for a 40-page workbook and associated materials.

Topics: the grant writing frame of mind • proposal development • resources and grant sources • grant writing and development system • writing goals and objectives

Instructor: Jack Smith, a sought after grant writing consultant, has over 25 years experience in the field working with over 40 different agencies. He has a Master of Public Administration degree from the University of Maine and is a former Executive/Development director of a non-profit agency.

Course fee: \$129 **Members:** \$119

Materials fee: \$10 for workbook and materials

One time only: #6608 Thur Sept 15 9am-4:30pm

Patents, Trademarks, Copyrights

Location: Colonie

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 • copyrightable 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: \$55 **Members:** \$45

One time only: #6756 Wed Sept 28 6-9pm

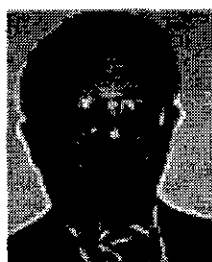
Professional Sales Skills

Location: Online

Today, there are no shortages of opportunities for skilled salespeople. In good times or bad, companies never stop looking for sales representatives that can help them meet their financial goals. If you've always dreamed of becoming successful in sales, this course is exactly what you need. You'll learn how to turn prospects into buyers, how to provide proper customer service, how to develop a sales plan, and more!

Instructors: With a Master of Science degree in Training and Learning Technology, and extensive experience as a Human Resources Manager, Dave Paquin has been training, coaching and managing sales personnel for more than ten years. Gary Paquin is a sales veteran with thirty years of sales experience at IBM, Computer Associates, Software AG, and Applied Data Research.

Course fee: \$79



Nick Tulve

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 • post class support with instructor via fax and e-mail • NYS notary exam is held every Wednesday in Albany.

Instructor: Nick Tulve, Board Chairman of the American Society of Notaries, is a highly regarded notary instructor and an active, practicing mobile notary, specializing in complex loan document transactions.

Course fee: \$75 **Members:** \$65 **Materials:** \$10

One time only: #6724 Wed Sept 14 9am-12:30pm

Winning Strategies for the Courtroom

Location: Online

Learn what it takes to win in civil court from an experienced attorney who has tried and won hundreds of cases. Master the techniques that will take you from the initial client interview through the discovery of evidence to the preparation of a winning strategy for the courtroom. Then take the steps necessary to actually try and win the case at both the lower court and appeals court levels. You'll learn how the system really works, and find out how to avoid the common mistakes that often lead to defeat. You'll learn the fine points of cross-examining witnesses and preparing legal arguments, as well as how to prepare legal briefs and memorandums. This is your opportunity to enter the challenging world of the trial lawyer—it's nothing like what you may have seen on television or in the movies!

Instructor: Michael Connelly is a former practicing attorney who has tried and won hundreds of cases in both state and federal courts, winning several landmark decisions during his years of practice. Connelly retired from active practice in 2000 and is now a published author, freelance writer, and teacher.

Course fee: \$79



Online Ed

What is Online Ed?

Knowledge Network has recently added online programs available from our website. Throughout this catalog you will see the "Online Ed" logo to indicate programs available online. We offer hundreds of exciting and interesting, instructor-facilitated classes that can be taken from the convenience of your own home or office.

Relax, explore, and expand your knowledge!

Visit www.knowledgenetwork.org today and click on the Online Ed menu item to browse the new course listings.



Online Ed

Civilized 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.

Course fee: \$45 **Members:** \$35

Couples: \$55 **Member Couples:** \$45

Upcoming Class Schedules:

#6495 Thur July 28 6-9pm

#6496 Thur Aug 25 6-9pm

Paying For College

without going broke

Location: Colonie

Many students do not get financial aid simply because they fail to apply. There is so much confusion, misunderstanding, and misinformation surrounding the financial aid process that some families don't even complete the form or apply for financial aid. If you know how the system works, you may very well be able to increase the aid you receive by many thousands of dollars. In today's competitive environment, a college education has become a necessity. Paying for college has become much more difficult but it doesn't have to be.

Topics: financial aid basics • applying for aid • Coverdale Savings Accounts • Qualified Tuition Plans and the 529 Plans • IRA's • retirement accounts • custodial accounts • education tax strategies • grandparent strategies • planning for the affluent

Instructor: Larry Congdon CCPS is a Certified College Planning Specialist. His practice is specialized in the area of college planning and funding.

Course fee: \$20 **Members:** \$15

One time only: #6550 Wed Sept 14 7-9pm

Personal Investment Training

Location: Colonie

Whether you want to be a millionaire, build your retirement nest egg, or simply improve your financial health for peace of mind, self-directed stock market investing may be for you. The truth is traditional education teaches us how to work for a living, not how to build wealth. With the 'right kind' of education, guidance, and support system, self-directed stock market investing may not only be the right choice for you, but the best choice for you.

Topics: why self-directed stock market investing should be part of everyone's wealth building plan • how technology has leveled the playing field for the individual investor • basics of making money in an up, down, or sideways market • Personal investment trainer versus financial planner/advisor (and why one has an agenda at odds with your own) • Getting started with personal investment training

Instructor: Brett A. Stone, Ph.D., CPA has been teaching business students for 15 years, and is an active stock market trader and investor.

Course fee: \$30 **Members:** \$20

Upcoming Class Schedules:

#6698 Wed Aug 31 7-9pm

#6699 Thur Oct 13 7-9pm



The Basics of Investing

Stocks, Bonds & Mutual Funds

Location: Colonie

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 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 23 years investment advisory experience. He is Associate Vice President of the local branch of a major Wall Street trading house.

Course fee: \$35 **Members:** \$25

Couples: \$55 **Member Couples:** \$45

Upcoming Class Schedules:

#6549 Tues Aug 30 6:30-9:30pm

#6789 Tues Nov 2 6:30-9:30pm

20 Ways to Make Money Without Going to Work!

Location: Colonie

This course is PACKED with solid, practical information you can use and profit from now! This is not a financial planning course; not a get out of debt program; and no investments or financial products are sold. It is for you if you want to learn how to make some or all of your income to continue long after you stop working. Be there!

Topics: uncover over 20 ways that you can use to generate a customized stream of residual income • what financial planners won't tell you • the Ten Common Sense Laws of Cash Flow • tax liens & foreclosures • digital/electronic publishing, internet funnels, auto-responders, opt in marketing • how to evaluate the merits of a home based business and so much more!

Instructor: James W. Farnham, MS, MBA, has toured the U.S. and Canada as a professional speaker and author, and he has over twenty years experience in insurance and financial services. Jim also self-published two books, *Make Money Without Going to Work! (And Still Keep Your Day Job, If You Want!)* and *Network and Grow Rich!*

Course fee: \$15

One time only: #6400 Tues July 12 6:30-9:30pm

Introduction to Criminal Law

Location: Online

If you like *Law and Order* and *CSI*, you'll love this in-depth exploration of criminal law. Step inside the world of prosecutors and defense attorneys and learn the criminal justice system from the inside out. The instructor--a former major-felony prosecutor who has appeared on Court TV--takes you behind the scenes into the real world of murder investigations and other crimes and shows you step-by-step how prosecutors, police officers, and defense attorneys prepare their cases.

Instructor: Neal Bevans is a former Assistant District Attorney. A veteran of over 150 trials, Bevans has tried every major felony from rape, murder, and narcotics to armed robbery. He is also a contributing columnist to Legal Assistant Today magazine.

Course fee: \$79



Online Ed



Real Estate Salesperson Licensing

Location: Colonie

Real Estate offers one of the fastest growing career opportunities in the Capital Region, and this area has one of the healthiest real estate markets in the entire nation. Now is a great time to get started on the road to wealth, financial independence, and a secure future. This 45-hour NYS Department of State approved course is required to become licensed to sell real estate in NYS. Requirements for obtaining the license include successful completion of the course (90% attendance and pass the school exam), pass the NYS Dept of State exam and be sponsored by a broker. This course is also available to the general public, if you don't want to obtain a license but would like to understand "what the real estate person learns".

Topics: law of agency • estates • liens • easements • deeds • leases • contracts • closing costs • real estate finance • land use regulations • valuation • environmental issues • construction • Fair Housing regulations • license law • real estate math

Course fee: \$199 **Members:** \$189 **Text*:** \$35

**NYS Real Estate for Salespersons, 3rd Edition
by Marcia Darvin Spada*

Upcoming Class Schedules (9:00am-5:30pm):

#6529 July 20,21,22,25,26,27
#6512 July 23,30, Aug 6,13,20,27 (Saturdays)
#6530 Aug 24,25,26,29,30,31
#6531 Sept 21,22,23,26,27,28
#6513 Oct 1,8,15,22,29, Nov 5 (Saturdays)

Interior Design

Location: Colonie

Learn how to create a beautiful home using the key principles of design. Through class discussion and hands-on work, become familiar with color theory, and discover secrets for solving space problems. Create a personal lifestyle by taking the language of design and blending it with creativity.

Topics: design principles and styles • period styles • selecting furnishings, fabrics, art, flooring • color theory and coordination • space planning • room function and organization • color coordination • lighting

Instructors: George Pisegna has a background in architecture and design, coupled with a passion for gardening and cooking, that delivers a well-rounded entertainment experience. Justin Hoin studied Art History and architectural preservation and brings a unique approach to design. Jointly they form a creative, exciting, and motivating duo.

Course fee: \$45 **Members:** \$35

Upcoming Class Schedules

#6783 Wed July 20 6:30-9:30pm
#6784 Tues Aug 30 6:30-9:30pm

Join Our Team!



The Knowledge Network is actively recruiting Real Estate professionals to join our staff of instructors.

For information,
please call David Gill
at 452.2675

Be a Successful Landlord

Location: Colonie

Being a landlord can be a rewarding experience. It can also be a difficult one if you don't have the knowledge and understanding of what the process entails. Whether you're a full-time landlord or just getting ready to purchase your first rental property, this seminar can help you improve your properties value, increase your cash flow and decrease your expenses, while helping you to understand your rights and obligations under the law.

Topics: pros & cons of being a landlord • analyzing any property financially in 20 minutes or less • establishing top market rental rates • power advertising • attracting good tenants • the Fair Housing Act • rental applications • quickly identifying problem residents BEFORE they move in • how to avoid the most costly landlord mistakes • checking credit without violating fair credit laws • preparing a lease or rental agreement • lead paint disclosure information • what to do before a tenant moves in • landlord responsibilities and tenant rights • rent collections • tenant issues • evictions • building maintenance and repairs

Instructor: Giacomo Sinisgalli is the Founder of Landlord Forms.Com and the President of New York International Real Estate Corp, a real estate investment brokerage that has bought, sold and managed over 1,500 apartments and more than \$75 million dollars of income producing real estate.

Course fee: \$55 **Members:** \$45

Materials: \$3 for sample documents and materials

One time only: #6829 Tues Sept 27 6-9pm

Online Continuing Education

The Knowledge Network provides online classes in Real Estate topics that have been approved for continuing education by the NYS Department of State. Just log on to www.knowledgenetwork.org to signup today.

Commercial Finance/Investment Analysis - 7.5hrs
Commercial Leases - 7.5hrs
Commercial Sales and Exchanges - 7.5hrs
Methods of Residential Finance - 7.5hrs
Pricing Property to Sell - 7.5hrs
ADA and Fair Housing - 3.75hrs
Intro to Real Estate Ethics - 3.75hrs
Maximize Your Buyer's Borrowing Power - 3.75hrs
Principles of Commercial Real Estate - 3.75hrs
Tax Free Exchanges - 3.75hrs
Asset Management - 3hrs
Basic Residential Real Estate Financing - 3 hrs
Environmental Hazards - 3hrs
Skills for Professional Success - 8hrs
Pricing to Financing Properties - 6 hrs

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(518) 459-9958

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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 is a Principal Broker of Chandler & Vecchio Real Estate, and has over 25 years experience in the real estate business. Gary Lefkowitz is an attorney in the firm of Schiller & Knapp, LLC.

Course fee: \$45 **Members:** \$35

Couples fee: \$55 **Member Couples:** \$45

Upcoming Class Schedules:

#6533 Wed July 13 6:30-9:30pm
#6776 Wed Sept 28 6:30-9:30pm

How to Sell Your House

Location: Colonie

Thinking of selling your house? Take this class and learn the in's 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 even be aware exist.

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, see *Buy a House* (above)

Course fee: \$45 **Members:** \$35

Couples fee: \$55 **Member Couples:** \$45

Materials: \$3, for contracts and various documents

Upcoming Class Schedules:

#6534 Wed Aug 15 6:30-9:30pm
#6777 Wed Oct 12 6:30-9:30pm

Insider's Guide to Timeshares

Location: Colonie

Dreaming of a vacation home or a dream vacation every year? Discover how you can enjoy years of fabulous vacations without the hassles of owning a second home. Learn the facts and secrets you need to make an intelligent purchase. We take the mysteries out of timeshare ownership and show you how to save 50-70% through the timeshare re-sale market. Sit back and make your dreams come true.

Topics: what is a timeshare • what is a re-sale • evaluating the right combination of price, resort and location • how timeshare are used • costs • where to buy • how to buy
Instructor: Judith Knuijt, a timeshare owner since 1995, is passionate about the many benefits of timeshare ownership through re-sale. She is a knowledgeable consultant on timeshare re-sale.

Course fee: \$45 **Members:** \$35

Couples fee: \$55 **Member Couples:** \$45

Optional materials fee: \$5

One time only: #6548 Wed Sept 14 6:30-9:30pm

VISIT OUR WEBSITE 
www.knowledgenetwork.org



Maureen Cody

eBay® from Buyer to Seller

Location: Colonie

Everyone has something to sell - from homemade knick-knacks to antiques and collectibles, to million dollar real estate holdings. Not sure if you want to buy or sell on eBay? These classes will dispel

fears and clarify assumptions of conducting business on-line; in particular using eBay. Find out the keys to safely shopping and successfully selling your products on e-Bay in this informative seminar designed by a professional eBay Education Specialist.

Part I Topics: why eBay has become the most successful company in history • what makes eBay and PayPal easy, safe, and secure • how to navigate on the eBay site • how to register as a user on eBay • common mistakes people make and how to ensure your safety while on-line • live on-line demonstrations

Part II Topics: register as a buyer and seller • set up a PayPal account • pricing strategies • listing formats • research techniques • creating and editing listings • photography tips • monitoring listings • completing the sale • utilizing My eBay • calculate profits • how to get paid

Instructor: Maureen Cody is a certified eBay Education Specialist, and is the owner of M.S. Solutions, which provides customized on-site computer technology training. It is her love and talent for teaching that enables her to succeed as an effective trainer.

Course fee: \$35 Members: \$30

Part I: #6527 Thur Sept 8 6:30-8:30pm

Part II: #6782 Mon Sept 19 6:30-9:30pm

Take both Part I & II and save \$10

Quickbooks - Level 1

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6738 Fri Sept 23 8:30am-4:30pm

#6739 Thur Jan 5 8:30am-4:30pm

Quickbooks - Level 2

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6741 Fri Aug 19 8:30am-4:30pm

#6742 Tues Nov 15 8:30am-4:30pm

MS Windows XP - Level 1

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6807 Wed Aug 24 8:30am-4:30pm

#6808 Tues Sept 20 8:30am-4:30pm

#6809 Tues Nov 8 8:30am-4:30pm

#6810 Mon Dec 19 8:30am-4:30pm

MS Excel - Level 1

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6712 Mon July 11 8:30am-4:30pm

#6713 Mon Aug 8 8:30am-4:30pm

#6714 Tues Sept 6 8:30am-4:30pm

#6715 Mon Sept 12 8:30am-4:30pm

#6716 Tues Oct 11 8:30am-4:30pm

#6717 Wed Nov 16 8:30am-4:30pm

MS Excel - Level 2

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6821 Tues Sept 13 8:30am-4:30pm

#6822 Mon Nov 14 8:30am-4:30pm

MS Word - Level 1

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6701 Wed July 13 8:30am-4:30pm

#6702 Mon Aug 1 8:30am-4:30pm

#6704 Wed Sept 7 8:30am-4:30pm

#6705 Mon Oct 3 8:30am-4:30pm

MS Access - Level 1

Location: Colonie

Course fee: \$399 Members: \$389

Upcoming Class Schedules:

#6635 Thur & Fri Aug 4,5 8:30am-4:30pm

#6636 Thur & Fri Oct 13,14 8:30am-4:30pm

MS Access - Level 2

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6638 Wed July 27 8:30am-4:30pm

#6639 Fri Sept 9 8:30am-4:30pm

#6640 Thur Oct 27 8:30am-4:30pm

Adobe InDesign CS - Level 1

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6657 Mon July 18 8:30am-4:30pm

#6658 Fri Nov 18 8:30am-4:30pm

Adobe InDesign CS - Level 2

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6659 Tues July 26 8:30am-4:30pm

#6660 Fri Dec 9 8:30am-4:30pm

HTML 4 - Level 1

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6696 Fri July 22 8:30am-4:30pm

#6731 Fri Sept 9 8:30am-4:30pm

#6732 Fri Nov 11 8:30am-4:30pm

HTML 4 - Level 2

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6734 Thur Aug 11 8:30am-4:30pm

#6735 Fri Oct 14 8:30am-4:30pm

#6736 Mon Dec 12 8:30am-4:30pm

Adobe Pagemaker - Level 1

Location: Colonie

Course fee: \$399 Members: \$389

Upcoming Class Schedules:

#6661 Thur & Fri Aug 4,5 8:30am-4:30pm

#6662 Wed & Thur Nov 2,3 8:30am-4:30pm

Adobe Pagemaker - Level 2

Location: Colonie

Course fee: \$199 Members: \$189

Upcoming Class Schedules:

#6664 Fri Oct 7 8:30am-4:30pm

#6665 Tues Nov 29 8:30am-4:30pm

Adobe Photoshop 7 - Level 1

Location: Colonie

Course fee: \$399 Members: \$389

Upcoming Class Schedules:

#6748 Thur & Fri Aug 4,5 8:30am-4:30pm

#6749 Thur & Fri Dec 1,2 8:30am-4:30pm

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Need More Information?

Course outlines and additional computer course offerings are available online at www.knowledgenetwork.org or by calling the Knowledge Network at 518.452.2675



Registration Information

How to Register



By Telephone: Call 518.452.2675 to register with a credit card. Visa, Mastercard, Discover, or American Express accepted.



By U.S. Mail: Send completed registration form with payment to: Knowledge Network 1510 Central Avenue, Albany NY 12205



Register in Person: at our business office, 1510 Central Ave, Colonie (see map below) Office hours are Mon-Fri from 9am-6pm.



Register Online: Visit our website at www.knowledgenetwork.org to register for classes, with a credit card, 24 hours a day.



By Fax: Fax your completed registration form to 518.452.2872. Be sure to include your credit card information.

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 2 BUSINESS DAYS PRIOR TO CLASS. When a student withdraws, a refund WILL NOT be granted. Instead a course credit, in the amount of the course fee (less a \$10 cancellation fee), will be issued. This credit may be used towards Knowledge Network classes for six months. Should the Knowledge Network cancel a class, a full refund will be issued unless the course was paid with a course credit. If a course credit was used, the credit will be re-issued and extended for another six months.

Cancellation / Transfer Fee: a \$10 cancellation fee is imposed whenever a non-member cancels out of a scheduled class date. This includes transfers to a different class or class date. This fee does not apply to members of the Knowledge Network.

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 452-2675 if you are unavailable. If you cannot attend the re-scheduled date, we'll issue a course credit good towards future Knowledge Network classes.

A \$20 service charge will be charged for all returned checks.

Knowledge Network Registration

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

Fax _____ e-mail _____

Please include all contact information so we can notify you in the event a class is changed or cancelled.

Class #	Course Title	Date(s)	Course Fee
Membership (optional) <input type="checkbox"/> Individual \$34 <input type="checkbox"/> Family \$54*			
Total			

Payment Type: ☐ Check ☐ Mastercard - Visa - American Express - Discover

Credit Card # _____ Expires _____ / _____

Signature _____

Send this form to: Knowledge Network 1510 Central Avenue Albany NY 12205

7-8/05

Membership Benefits

Membership - Join to save!

Most classes list lower Member fees for our club members. The \$10 cancellation/transfer fee is waived. Membership covers a 12 month period beginning the month you join. Individual membership is \$34; a \$54 Family Membership covers all adults living at the same address.

Looking for Teachers Share Your Knowledge

Present a class! Please submit your course idea in writing. Include some basic information about your topic and your expertise. We are looking for instructors to teach: Scuba, Languages (Spanish, Italian), Cooking, Caving, Kayaking, Sign Language, Mountain Biking, Movie Making, Digital Photography, Overcoming Phobias, Childrens' Book Authors, Rollerblading, Sailing, Defensive Driving, Real Estate

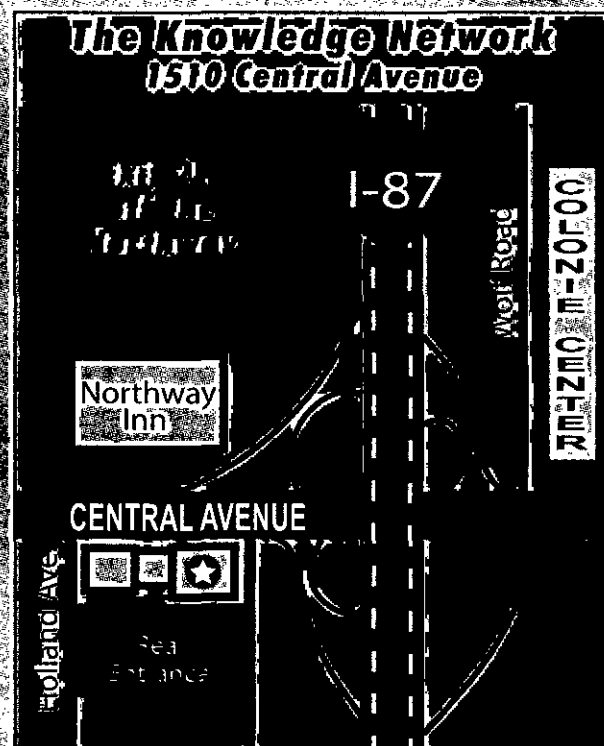
Send your proposal to:
Knowledge Network Program Director
1510 Central Avenue Albany NY 12205-5046
E-mail to: courseproposal@knowledgenetwork.org
Come on, show us what you know.

Directions:

Take I-87 (Northway) to Exit 2W (Central Ave). Approximately one block west of the Northway, turn left onto Holland Ave. (You will see Annette Bridals on the corner). Turn left into the first parking lot. 1510 is the third building on the left. Enter through the rear doors. The Knowledge Network is on the left as soon as you enter the building.

(Note: When coming off I-87 from the North, you need to move to your left immediately off the ramp, in order to make the turn onto Holland Avenue)

Many classes are NOT HELD at Knowledge Network but elsewhere throughout the Capital District. Directions are provided upon registration.



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Monthly Price	\$44.95

MSE Premium with Virus Guard, Firewall, Parental Controls, Pop-up Blocker and Spam Protection	Yes
Home Networking	Yes
Free Networking Router	Yes
Free Installation	Yes
Activation Fee	None

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We never stop working for you.

Swing Docs kick off Evenings on the Green concert series

This summer's Evenings on the Green concert series gets started tonight with a performance by The Swing Docs. Big band music is the specialty of this popular Capital District ensemble.

Originally made up of medical professionals from Albany Medical Center, the group has been joined through the years by other area musicians keen on playing big-band swing.



The Swing Docs' many performance venues include the Albany and Saratoga First Nights, Feestelijk Bethlehem, Music on Mainstreet in Canajoharie, Albany Symphony benefits, Troy Music Hall, Canfield Casino and

Troy Arts Center.

Evenings on the Green performances take place on the library grounds every Wednesday in July at 7:30 p.m. The event will be held in the library's community room if it rains.

So bring a lawn chair or blanket and plan on a delightful summer evening. As always, we ask families to supervise their children, in the interests of their safety and the enjoyment of the audience.

The balance of the concert schedule includes:

July 13 — Rhett Tyler: Blues guitar.

July 20 — The Lustre Kings: Rockabilly.

July 27 — Dyer Switch: Bluegrass.

For information, call 439-9314.

Books before bed

Put on your PJs and come to "Books Before Bed" at Bethlehem Public Library Monday evenings beginning Monday, July 11, at 7 p.m.

Storyteller Joni Goldberg will keep drowsy eyes open with a half-hour of storytime fun for children ages 2 through 6 and their families. Teddy bears are welcome!

No registration is necessary for this Monday evening series that continues through Aug. 8.

Children's writing workshop

The first meeting of our 14th annual Children's Writing Workshop is scheduled for Friday, July 8, from 9:30 to 11:30

a.m.

Youngsters entering grades 3 and up can sign up during library hours. Participants write, illustrate and bind their own books.

Sessions feature talks by guest authors.

Children must commit to four of the five sessions.

Adult volunteers are welcome. For information, call 439-9314.

Louise Grieco

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Local student named to Who's Who list

Jill Parsons has been selected for Who's Who Among Students in American Universities and Colleges for the 2004-05 academic year. Jill is a member of the Class of 2005 at Wells College, located in the Finger Lakes region of central New York. She is the daughter of Skip and Linda Parsons of Feura Bush.

Each year, Who's Who bestows this honor on outstanding campus leaders for their scholastic and community

achievements. Wells College joins more than 2,300 institutions nationwide in nominating students to Who's Who Among Students in American Universities and Colleges, which rewards and recognizes individual academic excellence on a national level. With the support of prominent educational institutions in all sections of the country, this program is today a true reflection of the caliber of the American college student.

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ASK ABOUT MONTHLY CULLIGAN SERVICE

Uglydolls are a thing of beauty at Voorheesville Library

What's an Uglydoll? You and I may not know, but kids do, and those in grades 4 and above have an opportunity to be making them at the Voorheesville Public Library July 14 and 21.

Soft and huggable, quirky and colorful, these characters have taken the country by storm.

Learn about the craze, choose fabric and design your own doll.

There will be helpers to do the machine sewing.

Registration is necessary for this workshop.

Geared for teens

If you are a teen feeling grumpy about the prospect of a long slow summer, maybe the library and its staff can put some highlights in it.

There will be an event happening at the library every Monday night at 7 p.m. especially for teens, including a concert by Yellow 5, an aspiring local band.

On the first night, July 11,

Voorheesville Public Library



teens can bring their old, tired, boring CDs, DVDs and games and swap them for someone else's old, tired and boring stuff (but new to you.).

Refreshments, chat and door prizes are on the agenda.

Also for teens, don't forget that the library has copies of all the titles that are required summer reading for the school district.

Grand beginning

The 2005 Summer Reading Program kicks off tonight, Wednesday, July 6, at 7 p.m. with the Ellen Sinopoli Dance Company teaching artists presenting a workshop called "Harry Potter's World in Creative Movement."

All ages are included.

Regular Summer Reading programming begins Monday,

July 11, at 2 p.m. when grades 1 through 3 embark on a "living creature hunt" with naturalist George Steele. Grades 4 through 6 will be "Making Waves" Wednesday, July 13, at 2 p.m. with the Schenectady Museum.

Call the library or register online.

Really cooking

The Cook's Club for Families Project begins July 12 at 7 p.m. The project is designed to present science, math and literacy integrated into a fun program that includes good eating.

It is open to children in grades 1 and older. Registration is necessary.

The project is a partnership between the library and the Voorheesville Elementary School supported by Federal Library Services and Technology Act funds.

News and notes

• Youth Services Librarian Joyce Laiosa will be in the village park every Thursday at 11 a.m. through Aug. 4 for storytelling with the village program participants.

Storytimes for preschoolers will be held at the library on Tuesdays at 10:15 a.m. through Aug. 9.

• Adult book discussion meets July 13 at 7 p.m. to discuss *This is Not Civilization*, by Robert Rosenberg. There is no August

book discussion.

• In the hall gallery, visitors can view oil paintings by Delmar artist/sculptor Lee Grefalda.

• Mrs. Laiosa has commandeered the display case for the summer to display prizes and creations from the reading club program.

• Visit the library's Web site at www.voorheesvillelibrary.org for program information.

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RIT honors local resident for work

A Delmar resident was recently inducted into Rochester Institute of Technology's Alpha Sigma Lambda Honorary Society.

Sumeet Gupta, son of Manisha and Surinder Gupta of 34 Summit Road, was honored along with 21 other students and their mentors at a dinner in April at RIT President Albert Simone's house.

Gupta, a graduate of

Bethlehem Central High School, is a fifth-year mechanical engineering student in RIT's Kate Gleason College of Engineering.

The Alpha Sigma Lambda Honorary Society inducts new members every year based on the scholarship, active participation and contribution in activities and leadership in academic and co-curricular activities.

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OIL DEALERS PITCH IN

- HEAP Help Provides Relief for Low-Income Consumers -

Over the past couple of years, energy prices have soared to an all-time high. Many of us are still paying off the cost of heating our homes this past winter, and the experts tell us not to look for lower fuel prices anytime soon.

For many of us in New York State, higher heating bills means eating out a little less often, or perhaps foregoing that upgraded computer system we've had our eye on. For others — including many elderly and disabled people on fixed incomes who are already making tough choices with their limited resources every day — higher fuel costs can spell disaster. We've all read the news stories about people who have had to choose between food, medicine, and heat.

Over the past 25 years, the federal government has provided Low-Income Home Energy Assistance Program (HEAP) grants to states that have demonstrated need for the help. New York receives more HEAP funding than any other state. In fact, last year alone, New York received and distributed over \$278 million in HEAP funding, more than twice that of any other state in the country.

In New York State, HEAP is the largest program targeted at making energy more affordable for the households most in need. A portion of HEAP funds is used to provide weatherization services to increase the energy efficiency of recipients' homes. The majority of HEAP funds are issued as cash benefits to the supplier of the HEAP households' primary source of heat, whether it is natural gas, electricity, heating oil, propane, wood, or coal.

The State has taken steps to leverage HEAP dollars with natural gas and electric utility companies by requiring a certain number of days of prospective service for a HEAP grant. Additionally, the New York State Public Service Commission regulates the rates charged by utility companies and requires them to offer low-income programs such as rate discounts and debt forgiveness programs.

New York State purchases nearly \$60 million of heating oil annually on behalf of HEAP households. In the past, there has been no negotiated discounted pricing nor has the State established a bid to provide lower cost fuel to eligible households. Therefore the HEAP dollars are charged full retail price.

But \$60 million is a lot of buying power. For this reason, the New York

State Office of Temporary and Disability Assistance (OTDA) and New York State Energy Research and Development Authority (NYSERDA) teamed up a couple of years ago to put in place a successful pilot program that helps improve the oil-buying power of HEAP dollars. With the cooperation of local Department of Social Services (DSS), the pilot program ran in five counties last year (Dutchess, Monroe, Onondaga, Orange, and Tioga) with nearly 100 oil dealers participating. It's estimated that the program extended the buying power of the HEAP dollars by approximately eight percent last year. This translated into about 23,000 more gallons of heating oil that were available for low-income customers when they needed it most.

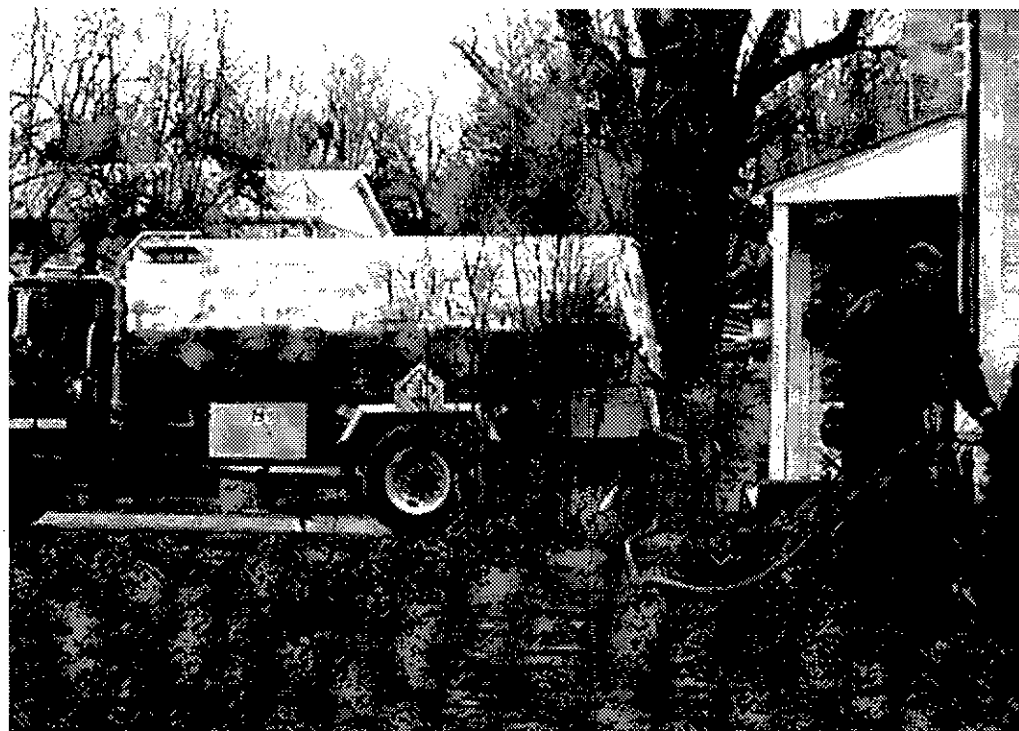
Based on the early success of the program, the effort will be expanded

statewide over the next three years. In the 2005-2006 heating season, a total of 20 counties will be included: Albany, Broome, Cayuga, Columbia, Dutchess, Greene, Madison, Monroe, Onondaga, Ontario, Orange, Oswego, Rensselaer, Schenectady, Schoharie, Seneca, Sullivan, Tioga, Ulster, and Wayne. By the 2007-2008 heating season, all counties throughout the State (including New York City) will be included.

Oil dealers that participate in the program agree to provide discounted prices to HEAP recipients receiving heating oil or kerosene paid for with their HEAP grant. In addition, some oil dealers offer a discounted price for fuel to HEAP recipients throughout the season. Participating oil dealers select one of two discount options that fit best with their business.

In addition, oil dealers that provide price protection plans for any of their HEAP customers are exempt from applying additional discounts. Price protection plans include pre-buy pricing, fixed-season pricing, or capped prices (also called ceiling prices). These pricing plans provide added protection for consumers throughout the heating season.

While a lot of people are involved with helping to put this program in place, the success of this program has been primarily driven by the exceptional cooperation of the State's heating oil dealers and the staff of the local DSS offices. They are the real heroes — helping to extend the buying power of those consumers who need it most...at a time when it is needed most.



DELIVERING VALUE

Heating oil dealers help to keep us warm in the winter. Thanks to the efforts of many of New York State's heating oil and kerosene dealers, **more low-income residents** — which includes many elderly and disabled people on fixed incomes — **are able to get the fuel they need to stay warm at discounted prices.**

otda

New York
Energy Smart
PUBLIC SERVICE COMMISSION — **NYSERDA**
George E. Pataki, Governor

Free

(From Page 1)

fireworks display that was scheduled to go off at 9 p.m., but she headed for cover when the rain fell.

"I took a chance," Sgambati said as she picked up her blanket and copy of the DaVinci Code. "They said on TV it was going to rain, but in case it didn't, I wanted to have a good spot for the show."

The fireworks display in Scotia was supposed to be one of the first Independence Day celebrations in the region this past weekend, but was delayed a day due to inclement weather.

"Oh well," Sgambati said. "I'll just have to get here early tomorrow."

A Holiday in the Sun

Day broke gently on Saturday, July 2, and Joel Profiero of

Ballston went to Saratoga Lake to check on his boat. It was moored at Brown's Beach and Profiero said he worried about it during the storm.

He was one of scores of people who emerged from their homes that day to pleasant weather and the promise of a holiday in the sun. For Profiero, the plan was to spend a day on the lake, watch the fireworks display, and sleep overnight in the bow of his new 25-foot Chaparral cabin cruiser.

The boat was fine and Profiero stood by it as he talked about its attributes. His friends Lisa DeLong of Mechanicville and Ann McGaughnea of Troy were dressed in bathing suits and sat at a table in the stern of the boat, which Profiero has yet to name. That day they drank a beer and thought about Independence Day.

"What does the Fourth of July mean to me? Most people say 'fireworks,' right?" McGaughnea said and thought about the first question. "I think it's about unity and patriotism and appreciating what we have in this country. You think about the guys in Iraq and you realize that they can't do something like this right now."

DeLong got up and grabbed a Corona.

"We're very lucky here," she said.

"We didn't mind"

The volunteers with the Arvin Hart Fire Company in the town of Stillwater said the storms that drenched the region July 1

weren't all that bad.

"We've seen much worse. One day last April, when we got those real bad storms, we had 21 calls in the space of about an hour," said Tom Rinaldi, a captain, commissioner and 35-year volunteer with the fire company. The company responds to about 200 calls for help every year.

One July 2, the volunteers were at Brown's Beach on Saratoga Lake to stand by during the fire works display. Rinaldi's son, also named Tom, said he came to the beach after helping out at a single car accident on Route 76. Rain from the previous night washed out a culvert and flooded the road. At about 10 a.m. a motorist drove into the floodwater and lost control of his car. He went off the road and rolled the car, but was not injured, volunteer Tom Rinaldi Jr. said.

His father said the company responded to seven storm-related calls during the previous night. Most came from people whose basements were flooded. Arvin Hart volunteers pumped them dry, free of charge.

"We didn't mind doing that at all," volunteer Mike Freiburger said. "We're here to help people."

A better place

Tasha Woods, the night cook at Casey's Tavern on McClellan Street in Schenectady, thought about the question and looked up from the sidewalk.

"What does July 4 mean to me?" she said. "I would have to

say, it's a day to honor our veterans and to remember the freedom that we have in this country. We are fortunate. A lot of people in the world don't have what we have here."

On July 2, Saturday night, Woods wore a t-shirt that commemorated the clash at Edmund Pettus Bridge in Selma, Alabama. On March 7, 1965, a crowd of about 600 people set out on a march to protest racial segregation and to demand equal voting rights. They planned to march from Selma to Montgomery, the Alabama state capital, but when they tried to cross the bridge, police attacked them with billy clubs and tear gas.

The incident triggered a public outcry and a wave of legal action that resulted in a ruling by Federal Judge Frank Johnson that upheld the American right to demonstrate, protest and, "to petition one's government for a redress of grievances."

Five months later, President Lyndon Johnson signed the Voting Rights Act of 1965, which did away with racially-restrictive voting laws and set up a federal voter registration program for African Americans in the rural south.

Woods' white shirt had a picture of armored police marching past an incapacitated protestor. Beneath it, the caption, "Never forget the struggle" was written in bold, black type.

Police

(From Page 1)

that the New York State Police, the sheriff's department, are being held to."

Corsi said that each municipal police department still has its own rules and regulations.

Even though the department was in full compliance, Corsi said the next process could be stymied a bit by the department building itself.

"The biggest hurdle, this time, was the building itself," Corsi said, noting some of the categories for the process involve the usage of rooms in the building. "You've got storage, how interviews are conducted. We're limited by space. We have been. It's a struggle, but we get through."

Space, and how it's used in Bethlehem, was a "point of attention" this process, Corsi said, and recognized by all three assessors.

Being accredited helps keep insurance liability costs steady, Corsi said.

Lt. Thomas Heffernan, Jr. is the department's accreditation manager.

When the department first applied for accreditation, it had to comply with about 160 different standards. Then, standards were merged and shuffled, making 144 the magic number in the years

before 2001. Then, in 2002, standards were again merged and shuffled, meaning the department had to meet 130 standards from 2002 on.

For this, the fourth time the department underwent a re-accreditation review, the department had to show it met both the 144 standards established for the years up to 2001 and then the 130 standards after 2001.

Both Heffernan and Corsi agreed that though the standards have changed a bit over the years, they have not weakened.

"The standard work hasn't changed. Just the folders merged," Corsi said.

The three assessors — Donald DeSmith, a chief deputy with the Ontario County Sheriff's Department; Diane Brand, a sergeant with the Clay Police Department; and Joseph Scioli, a retired captain from Amherst who now works as a private investigator — come from out of the area.

"They were here Tuesday, Wednesday, Thursday and worked very, very long hours," Heffernan said of the assessors. "Probably 10-hour days. They wrapped up Thursday morning, and we were left in complete compliance."

Guilty

(From Page 1)

According to friends of the couple, Westervelt couldn't accept the fact that Domery had broken up with him to give her relationship with Gray another shot.

The jury convicted Westervelt, who took the stand in his own defense, after about 15 hours of deliberation. During deliberation, the jury had asked to see again the video of Westervelt's confession. The jury also asked to hear testimony read back to them, Rossi said.

Efforts to reach Mark Sacco, Westervelt's attorney were unsuccessful.

Rossi said he's confident the conviction will hold up during any possible appeals processes.

Bethlehem Police Chief Louis Corsi said his department is pleased with the conviction.

"We take great pains in interviewing people. The jury looked at the tapes, they saw no coercion," Corsi said. "(Westervelt) came in voluntarily to take a polygraph test, which he failed miserably. He gave a full confession."

The jury saw a replica of the murder weapon during the trial. Because it was a duplicate, Corsi said, there was no DNA evidence on it.

The fact that Gray's death happened at the hands of a jilted lover, while two other high profile cases are in the Albany County Court System because of relationship breakups, led DA David Soares to release a statement regarding stormy relationships.

Paul Colbert is currently on trial for allegedly killing his 19-year-old girlfriend, Cassandra Kindlon, over a custody dispute of their child.

Jason Kutey, a Colonie resident, was recently indicted for allegedly holding his ex-girlfriend hostage at her Guelderland residence.

"(T)he emotional stress of the end of an intimate relationship is increasingly resulting in violence," Soares said in his statement, encouraging individuals to take every measure availed to them through the law system to protect themselves.

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Obituaries

Harry Allen Sr.

Harry L. Allen Sr., 81, of Delmar died Thursday, June 23, at St. Peter's Hospital in Albany.

Mr. Allen was born in Natick, Mass. He lived in Albany most of his life.

He was an Army veteran of World War II and was the

recipient of a Purple Heart and Bronze Star.

He worked as head machinist with the *Knickerbocker News-Times Union* for over 30 years, retiring in 1985.

Mr. Allen was a member of St. Stephens Episcopal Church in Delmar.

Survivors include his wife,

Lillian J. Woods Allen; a son, Harry L. Allen Jr. of Delmar; two daughters, Marie L. Triffeletti of Albany and Mildred L. Mariani of Malta; a sister, Helen Hale of Westmere; seven grandchildren; and six great-grandchildren.

Services were from Daniel Keenan Funeral Home in Albany.

Burial was in Bethlehem Cemetery in Delmar.

Contributions may be made to St. Stephens Episcopal Church Building Fund, Elsmere Ave. and Poplar Drive, Delmar 12054.

Robert Burns Sr.

Robert H. Burns Sr., 64, of Ravena died Sunday, June 26, at Albany Medical Center Hospital.

Mr. Burns was born in Catskill and lived all his life in Ravena.

He was a Navy veteran.

He worked for Marshall's Garage in Ravena, retiring in 1990.

He was an avid camper and a member of the Sippin Sams Camp

Club. He also as a communicant of St. Patrick's Church in Ravena.

Survivors include his wife, Cora Smith Burns of Ravena; two sons, David Burns of Ravena and Robert H. Burns Jr. of Niskayuna; a daughter, Connie Mortefolio of Ravena; three sisters, Mary Wolfe of South Carolina and Elizabeth Friday and Kathryn DiNapoli, both of Ravena; seven grandchildren; and a great-granddaughter.

Services were from St. Patrick's Church.

Contributions may be made to the American Diabetes Association, NYS Memorial Processing Center, P.O. Box 31160, Hartford, Conn. 06150-1160 or the Albany Medical Center, CPS Unit, 43 New Scotland Ave., Albany 12208.

Lorraine Danton

Lorraine Gilroy Danton of Delmar died Monday, June 27.

Mrs. Danton was born in County Sligo, Republic of Ireland.

Survivors include her mother, Margaret Gilroy of Delmar; her husband, Bernard Danton; a son, Benjamin Danton of Delmar; a daughter, Casey Danton of Delmar; three brothers, Peter Gilroy, Joseph Noel Gilroy and Martin J. Desmond Gilroy; and three sisters, Erin Lewis, Meg Rock and June Gilroy.

Services were from St. Catherine of Siena Church in Albany.

Contributions may be made to the American Cancer Society, 260 Osborne Road, Albany 12211 or the Hospice Inn at St. Peter's Hospital, 315 S. Manning Blvd., Albany 12208.

Helen Staats

Helen V. Staats of Ravena died Saturday, June 25.

Survivors include two sisters, Nancy, Pearl; a brother Roger; two daughters, Jennifer Staats and Jean Delbene; a son, Marvin J. Staats III; and 11 grandchildren.

Services were from Babcock Funeral Home in Ravena.

Burial was in Holy Spirit Lutheran Cemetery in Glenmont.

Contributions may be made to Senior Projects of Ravena, P.O. Box 142, Ravena 12143.




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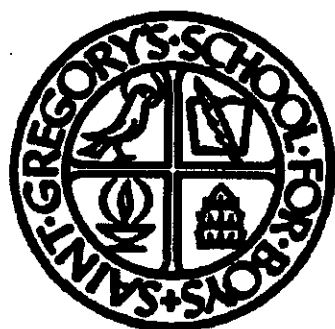
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Obituaries

Gladys Jussen

Gladys Jussen, 82, of Guilderland, died Tuesday, June 28.

Mrs. Jussen was born in Jersey City, N.J. She was a resident of the Albany and Guilderland area for 55 years.

She was a cosmetic buyer for Flah's of Albany for 30 years. More recently, she worked at Macy's for 10 years.

Survivors include a daughter, Carol Vecchione of Latham; a son, Glenn Jussen of Brooklyn; three grandchildren; and three great-grandchildren.

Services were from New Comer-Cannon Funeral Home in Colonie.

Burial was in Calvary Cemetery in Glenmont.

Contributions may be made to the American Cancer Society, 260 Osborne Road, Loudonville 12211.

Rita Griffin

Rita Joyce Griffin, 78, of Guilderland died Wednesday, June 29.

Mrs. Griffin was born in Binghamton.

She was a communicant of the Church of Christ the King in Guilderland. She also was a member of the Colonie Elks.

She was married to Ramen Griffin for 57 years.

Survivors include two

daughters, Raylene Wood of Poestenkill and Sandra Heiserman of Loudonville; a son, Gary Griffin of Knox; four grandchildren; and four great-grandchildren.

Services were from Reilly & Son Funeral Home in Colonie.

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

Marie Toritto

Marie Felicia Toritto, 96, died Monday, June 27, at Our Lady of Mercy Life Center in Guilderland.

Mrs. Toritto was born in Brooklyn. She lived most of her life in South Ozone Park in Queens before moving to Guilderland in 1994.

She was the widow of Frank Toritto.

Survivors include a son, James Toritto of Voorheesville; three grandchildren; and four great-grandchildren.

Services were from Our Lady of Mercy Life Center.

Burial was in St. John's Cloister in Middle Village.

Contributions may be made to Our Lady of Mercy Life Center Pastoral Care.

Thomas Miller

Thomas Gilbert Miller, 49, of Guilderland died Wednesday, June 29, at the Inn at St. Peter's

Hospice in Albany.

Mr. Miller was born in Albany. He graduated from Colonie Central High School.

He was co-owner of Tri-City Construction in Colonie with his wife Carmina.

He was a member of St. Paul the Apostle Church in Schenectady.

Survivors include his mother, Marie F. Sullivan Miller; his wife, Carmina Miller; three sons, Anthony Miller, Christopher Miller and Kevin Miller; three sisters, Linda Serritella of Colonie, Elaine Miller-Angerami of Guilderland and Maribeth Orcioli of Wynantskill; and three brothers, Gregory Miller of Ravena and Robert Miller and Scott Miller, both of Colonie.

Services were from New Comer-Cannon Funeral Home in Colonie and St. Paul the Apostle Church.

Contributions may be made to St. Peter's ALS Center, 315 S. Manning Blvd., Albany 12208.

Vivian Anderson

Vivian M. Anderson, 80, of Guilderland, died Wednesday, June 22.

Mrs. Anderson was born in Troy.

She was a communicant of St.

Madeleine Sophie Church in Guilderland.

Survivors include her husband, James Anderson; four daughters, Christine Anderson of Vermont, Janine Ralbovsky and Kara Johnson, both of Schenectady, and Laurene Manning of Texas; two sisters,

Germaine Dagostino and Jo-Ann Carlson, both of Schenectady; and seven grandchildren.

Services were from St. Madeleine Sophie Church.

Contributions may be made to City Mission of Schenectady, 425 Hamilton St., Schenectady 12304.

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Under 17 boys coached by Willie Sanchez
.....
Under 12 girls coached by Barry Balkwell
Under 14 girls coached by Dan Linderman
Under 15-17 girls coached by Johan Aarnio/RJ Bevers



Try-out Dates:
Wednesday, July 13, 20 • Sunday July 24
(Rain date, July 25)

Registration
6-6:30 p.m. • Try-outs 6:30-7:30 p.m.

Boys Tryout
Soccer Plex, Wemple Rd., Glenmont

Girls Tryout
Elm Ave. Park, behind tennis courts in back of park

QUESTIONS
MaryAnn Schubmehl 475-1368 or mams@nycap.rr.com

Youth Network

A BETHLEHEM NETWORKS PROJECT

Cyberbullying

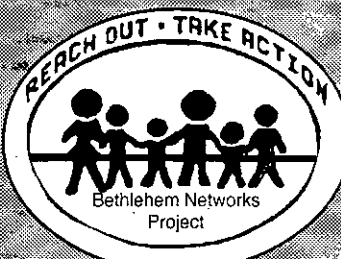
Summer is upon us, and many young people are spending time accessing the Internet especially from home. For many children, the Internet isn't simply a convenient way to research or a fun activity—it's a big part of their social life. E-mailing and chatting with friends are children's most common online activities after studying and playing games. But like many other social situations, some kids bully other kids online.

Cyberbullying is similar to other types of bullying, except it takes place online and through text messages sent to cell phones. Cyberbullies can be classmates, online acquaintances and even anonymous users, but most often they do know their victims.


Some ways that kids bully online include:

- Sending someone mean or threatening emails, instant messages, or text messages. • Excluding someone from an instant messenger buddy list or blocking their email for no reason.
- Creating Web sites to make fun of another person such as a classmate or teacher.
- Using Web sites to rate peers as prettiest, ugliest, etc.

Take time to discuss cyberbullying with your child and be aware of the experiences your child is having online.



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Muzios celebrate 50th anniversary



Florence and Richard Muzio

Florence (formerly Lovino) and Richard Muzio recently celebrated their 50th wedding anniversary with a party hosted by their family at the Boat House at New Baltimore.

The couple was married June 4, 1955, at St. Clare's Church in Colonie.

Florence formerly worked for GE in Schenectady and the town of Colonie. Richard was a former employee of GE in Schenectady, and the town of Colonie.

They are the parents of Sandra (Jack) Carona of Delmar, and Susan (Dominick) Coluccio of Albany. They are the grandparents of Anthony Carona and Jacqueline Carona.

Matson, Liddle engaged



Bill Liddle and Chrystal Matson

Chrystal Matson, daughter of Gerald and Lynda Killian of Victoria, Texas, and Bill Liddle, son of William and Marie Liddle of Delmar, are engaged to be married.

The bride-to-be is a graduate of Texas State University. She is a payroll coordinator for TrustCo

Bank in Albany.

The future groom is a graduate of Bethlehem Central High School. He is a consultant for Computer Services Corp. in Albany.

The couple plans a July 23, wedding.

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, TheSpotlight, P.O. Box 100, Delmar 12054. Letters can be faxed to 439-0609.

Church releases summer schedule

First United Methodist Church of Voorheesville has announced its summer schedule. Regular worship hours will continue through the summer on Sundays at 8:30 and 10 a.m., with nursery and Sunday school for preschool through grade 12.

An alternative Monday worship and study hour will be held from 7 to 8 p.m. throughout the summer in air-conditioned comfort. The exceptions to the Sunday schedule are as follows: Youth in grades six to 12 will join the congregation for Holy Communion on Aug. 7 and Sept. 4. Pastor Denise Stringer will be unable to conduct 8:30 a.m. worship on July 10, 17 and 24 during her three-week leave; On Sundays July 21, Aug. 7 and Aug. 14, 10 a.m. services will be held at New Scotland Presbyterian Church. On those same Sundays, the early services will be held at First United Methodist Church of Voorheesville, with Stringer preaching at both facilities.

George W. Frueh

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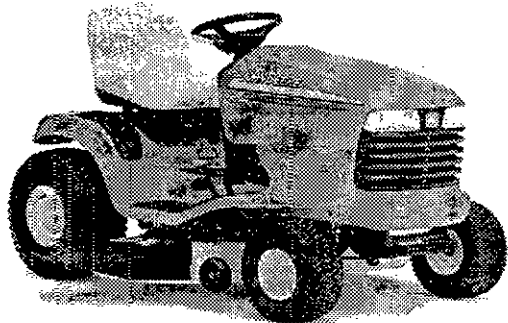
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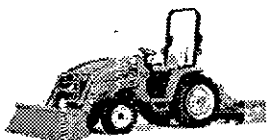
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ARTS and ENTERTAINMENT

Theater

VISITING MR. GREEN

Jeff Baron play presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through July 9, \$18. Information, 877-7529.

IKEN'S PRESERVE

Diana Amsterdam play presented by Hilton Center for the Performing Arts, 40 Russell Road, Albany, through July 10, \$12 adults, \$10 students. Information, 453-1048.

42ND STREET

Classic Broadway musical, Mac-Haydn Theatre, Route 203, Chatham, through July 17, \$24.50 adults, \$12 children. Information, 392-9292.

Local blues artist, July 6, 11:30 a.m., Ten Eyck Plaza, Albany, free. Information, 465-2143.

BACK 40

Capital Region country band, July 6, 7 p.m., Freedom Park, Schonewee Avenue, Scotia, free. Information, 370-0662.

SENSEMAYA

Local Latin jazz band, July 6, 7:30 p.m., Pruyne House, Old Niskayuna Road, Newtonville, \$2 members, \$5 non-members. Information, 783-1435.

THE SWING DOCS

Big band music, July 6, 7:30 p.m., Bethlehem Public Library, 451 Delaware Ave., Delmar, free. Information, 439-9314.

COLE BRODERICK QUARTET

Capital District-based jazz band, July 7, 7 p.m., Agnes MacDonald Music Haven stage, Central Park, Schenectady, free. Information, 382-5152, ext. 4.

Shemekia Copeland, July 9, noon to 10 p.m., Empire State Plaza, Albany, free. Information, 473-0559.

"COUNTRYFEST 2005"

Headlined by Montgomery Gentry and Trace Adkins, July 9, 11 a.m., Saratoga Gaming and Raceway Nelson Avenue, Saratoga Springs, \$28 to \$33. Information, 476-1000.

GOOD FOR THE SOUL

Rock/funk/soul band, July 10, 7 p.m., Clifton Common, Clifton Park, free. Information, 371-6667.

THE FAB FAUX

Beatles tribute band, July 10, 7:30 p.m., at The Egg, \$27.50. Information, 473-1845.

AGED IN THE HILLS

Local country band, July 12, 6:30 p.m., Cook Park, Colonie, free. Information, 869-7562.

TEN-27

Jazz band, July 13, 11:30 a.m., Ten Eyck

Plaza, Albany, free. Information, 465-2143.

SAM BUSH

Bluegrass artist, with roots rockers Donna the Buffalo opening, part of Alive at Five concert series, July 14, 5 p.m., Riverfront Park, Albany. Information, 434-2032.

THE PERSUASIONS

Doo-wop group, July 15, 7 p.m., Agnes MacDonald Music Haven stage, Central Park, Schenectady, free. Information, 382-5152, ext. 4.

JOHN PRINE

Classic singer/songwriter, July 15, 8 p.m., Palace Theatre, Albany, \$32 to \$39. Information, 465-3334.

LUCY KAPLANSKY

Singer-songwriter, July 20, 7 p.m., Agnes MacDonald Music Haven stage, Central Park, Schenectady, free. Information, 382-5152, ext. 4.

Dance

NEW YORK CITY BALLET

"A Midsummer Night's Dream" July 5; "Ballo della Regina," Barber Violin Concerto and "Glass Pieces" July 6; both shows start at 8:15 p.m., Saratoga Performing Arts Center, Saratoga Spa State Park. Information, 584-9330.

Visual Arts

NEW YORK STATE MUSEUM

"Extra-Ordinary: The Everyday Object in American Art," through July 10, "Ann Zane Shanks: Behind the Lens," through Feb. 26. Plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

THE CLARK

"Jacques-Louis David: Empire to Exile," through Sept. 5; "Little Women, Little Men: Folk Art Portraits of Children from the Fenimore Art Museum," through Oct. 15; "The Clark: Celebrating 50 Years of Art in Nature" and "50 Favorites," through May 16, 2006; and other ongoing exhibitions. Information, 413-458-0524.

ALBANY INSTITUTE OF ART

"Albany & Troy Arts and Crafts: 1907-1918," through Aug. 31. "Rembrandt & Titus, Artist and Son: Paintings by Thomas Locker," through Aug. 14. Plus exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

SCHENECTADY MUSEUM

"Dressing for the Racetrack," through Sept. 4, plus Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

ALBANY AIRPORT GALLERY

"Precious Little," a multi-artist exhibition, through Sept. 4, plus site-specific installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

ANGELO'S 677 PRIME

"Collection Series: Dahl Taylor Architectural and Maritime Paintings," through Sept. 17, 677 Broadway, Albany, 11:30 a.m. to 10 p.m. Monday through Saturday. Information, 427-7463.

THE HYDE COLLECTION

Rembrandt's "Portrait of Saskia van

Uylenburgh," the Wife of the Artist," through Aug. 31, "Painting Lake George, 1774-1900," through Sept. 11, plus ongoing exhibits, 161 Warren St., Glens Falls. Information, 792-1761.

NATIONAL MUSEUM OF DANCE

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

NEW YORK STATE MILITARY MUSEUM

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

SARATOGA AUTOMOBILE MUSEUM

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

Call for Artists

FIRST NIGHT ALBANY

Seeking artists for annual city-run New Year's Eve celebration. Artists should send audio compact disc, tape or video tape, a resume/biography, reviews, photographs and references to City of Albany Office of Special Events, Attn: Maura Gannon, City Hall-4th Floor, Eagle Street, Albany 12207. Deadline is Aug. 31.

DELMAR COMMUNITY ORCHESTRA

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

COLONIE TOWN BAND

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

COLONIE CENTENNIAL BRASS CHOIR

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

SUBURBAN SOUNDS COMMUNITY CHORUS

Openings in mixed chorus, rehearsals Sundays at 7 p.m. at Lynnwood Reformed Church, Route 146, Guilderland. Information, 861-8000.

HOCUS-FOCUS BY HENRY BOLTINOFF

FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Glasses are missing. 2. Buttons are missing. 3. Sleeve is shorter. 4. Box is missing. 5. Name is different. 6. Boomerang is missing.

THINGS WE PRESENT

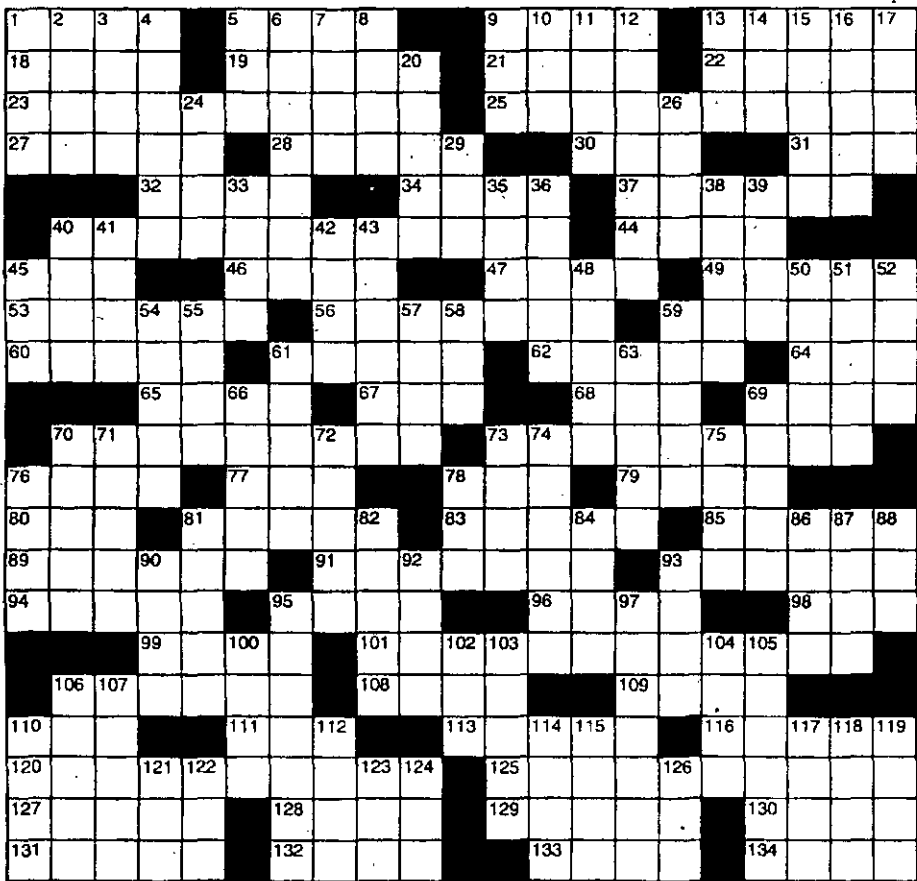
MAGIC MAZE

NWURPMJHECZXUSQ
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ESNCSAYOWVATMTD
TRLEPWRNLENNRR
KIGADFEEDCIESBA
ZXWUDISIRPMMETW
OMLLJEVIVUAUZFA
TROPHYMECGGGIIE
DBBAYANOFFERRGX
AWUTSQDPREPAPAO

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- | | | | |
|--------------|-----------|------------|--------|
| A bold front | An offer | Debutantes | Prizes |
| A gift | Arguments | Documents | Trophy |
| A paper | Arms | Ideas | Views |
| An image | Awards | Medals | |

The Super CROSSWORD



ACROSS

- 1 Kite or coot
5 Chihuahua snack
9 "Goodbye, Columbus" author
13 Egyptian Nobelist
18 Sore
19 Addis —
21 Merril melody
22 Menander's marketplace
23 6' actress
25 6' comedian
27 Cook clams
28 Trickle
30 Clean-air org.
31 Cartoon cry
32 Wool gatherer?
34 Not — many words
37 "Animal Farm" author
40 6' actor
44 Garfield's pal
45 Tie the knot
46 38 Down, for one
47 — impasse
49 Sour sort
53 Swallow up
56 Undergoes
59 Make a pile?
60 Pool person

DOWN

- 1 Supermarket supplies
2 "New Jack City" actor
3 Korean statesman
4 Go-getter
5 Lincoln son
6 Disconcerts
7 Speunker's spot
8 Tony's cousin

ACROSS

- 61 Puzzling problem
62 Scarlett's sweetheart
64 Actress Hagen
65 Potter's need
67 Browning's bedtime?
68 Diva Marton
69 Young or King
70 6' designer
73 6' author
76 Art deco figure
77 Marsh
78 Parenthesis shape
79 Melodious McEntire
80 Deli loaf
81 Robert of "The Citadel"
83 Feline, familiarly
85 Force
89 '66 Michael Caine movie
91 Supervise
93 Take for granted
94 Attack
95 They may get cold
96 Ring out
98 Fix a fight
99 And others
101 6' singer

DOWN

- 106 Paraguayan title
108 Mediocre
109 When pigs whistle, to Tennyson
110 Mongrel
111 Address abhor.
113 Actress Hedren
116 Gettysburg commander
120 6' trumpeter
125 6' anthropologist
127 Doll up
128 Ireland
129 County in 128 Across
130 Scorch
131 Pass on
132 Crowd-burst?
133 Part of a threat
134 Connecticut campus

ACROSS

- 9 Scott's "The — Quartet"
10 Mispickel, e.g.
11 Become winded
12 Queequeg's weapon
13 Mr. Mineo
14 Season firewood
15 Peg
16 Shakespearean sprite
17 Chore
20 Clear jelly
24 Love, to Livy
26 Grounds
29 — Cat (winter transport)
33 Relief initials?
35 Constellation component
36 Furry fisherman
38 Cowes' locale
39 First name in architecture
40 Fellow
41 Brink
42 Role for Liz
43 Has a hunch
45 Craven or Unseld

- 48 Peter of Peter and Gordon
50 It's down in the mouth
51 Copper or cobalt
52 Mastermind
54 Quitter's cry
55 Vegetate
57 "Disco Duck" singer
58 Keatsian crock
59 Barrel part
61 Tower
63 Each's partner
66 Head monk
69 See 70 Down
70 With 69 Down, "Heaven" singer
71 Stuff
72 Dumbstruck
73 "True —" ('69 film)
74 Arm-y types?
75 Wading bird
76 Therefore
78 Canine grp.
81 "Same here!"
82 Lock
84 "Lemon —" ('65 hit)
86 Immaculate
- 87 Kuwaiti kingpin
88 Turkey serving
90 "I've — had!"
92 Conductor
93 — vera
95 Roaring Twenties figure
97 Canvas shades
100 inland sea
102 Superlative suffix
103 Nullities
104 "Nautilus" captain
105 Formal
106 Kid stuff?
107 Comic Leon
110 Canterbury cleaner
112 Austin or Copley
114 Velvet feature
115 Bucket
117 On the briny
118 Distribute the deck
119 Rochester's missus
121 It may be
122 Whichever
123 Carnal site
124 Big bang letters
126 Adversary

Entertainment Spotlight

FAIR DAYS

By ANN MARIE FRENCH



Summer has arrived and what would it be without the Saratoga County Fair? Whether you make your way to Ballston Spa to see the demolition derby, hear some local bands, view the agricultural exhibits, or just to eat the sausage and green pepper sandwich that can't be duplicated at home, you are sure to enjoy yourself. Don't forget the kids, either, because it's a family event.

"We're hoping families understand the value," said Dick Rowland, general manager of the Saratoga County Fair. "People can spend \$7 or \$10 and get entertainment all day."

The fair opens Tuesday, July 12 and runs through Sunday, July 17 and is packed with a number of exciting events. Rowland said over \$100,000 was spent on entertainment alone this year, a substantial increase from years past.

New this year in the Family Center will be the Magic Trunk with Sylvia Markson. An Albany region native, Markson is a talented ventriloquist with a number of different sidekicks. Also in the Family Center will be the puppet theater of the Granpa Cratchet Show. Both acts perform several times daily throughout the week.

Children and parents will enjoy Kachunga and the Alligator. While serving as an educational mechanism, the show also entertains visitors with a skilled handler displaying the animal's remarkable speed, agility, and personality. Kids can get photos with some of the smaller alligators after the show.

Rowland said nationally known Brian Ruth, master of the chainsaw, will be on

hand doing four shows daily. Ruth transforms ordinary logs into works of art using only a chainsaw. Throughout the week Ruth will be carving bears, eagles, fish, scarecrows or anything else the public might request. The carvings will be set aside and auctioned off on Saturday evening at 7:30 p.m.

While these new additions to the fair lineup are exciting, many of the old favorites will be returning. JM Productions World's Largest Demolition Derby will take place opening night at 7:30 p.m. and again at 7 p.m. Sunday evening. Other crowd favorites

in the grandstand area will be NYTPA Tractor

Pull at 7 p.m. on Wednesday and the Professional Rodeo Cowboys Association Rodeo at 7:30 p.m. on Thursday.

Don't forget all the fair's exhibits. Animals featured include cattle, draft and saddle horses, goats, poultry, rabbits, sheep, and llamas. Demonstrations related to gardening, cooking, and home arts will be held daily. Pageants, talent shows, and spelling bees are a few of the other interesting events taking place. Additionally, educational exhibits and commercial vendors will be scattered throughout the fairgrounds.

"It is a record year for commercial vendors. We have 137," said Rowland, noting that visitors won't go hungry or lack for souvenirs.

"You could even buy a car here," he said, noting the presence of a car dealer.

Amusements of America will be operating the 35-ride midway again this year. For \$20, fairgoers can get a hand

stamp and ride all the rides all night. The one-price rides are available Tuesday through Friday between noon and midnight and Sunday from noon to 11 p.m. There is no hand stamp available for Saturday. Riders might note that this year the midway section is entirely paved.

Adults can check out the beer pavilion for a drink and some music. Although open as early as noon, bands don't start playing until 8 p.m. Tuesday through Friday bands will be on stage until midnight. Tuesday night North 40 Band performs. Wednesday night brings Captain Squeeze and the Zydeco Moshers. The Back 40 Band will perform both Thursday and Friday nights with the Boot Hill Band playing Saturday. On Sunday between 1 p.m. and 11 p.m. Froggy Radio presents the Country Shootout Band Contest.

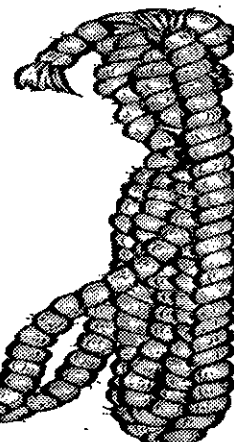
About 95,000 people are expected to turn out for the fair this year, said Rowland. Noting that prices were raised this year to \$10 for an adult day pass, Rowland said, "We are trying to keep it as affordable as possible. It is on par with other fairs and in some cases, lower."

"It's tough to pay full price for the fair," added Rowland, noting that general admission Tuesday through Thursday is \$7 with discounts offered by *The Schenectady Gazette*, *Times Union*, and Ballston Spa National Bank. Friday through Sunday admission is \$10. Every day, children 6 to 12-years old get in for \$3 and children under six are free. Wednesday is Senior Citizens Day and admission for seniors over 65 will be \$4 until 5 p.m. Parking is free.



Discount packages are available for all sorts of groups, with the best deal probably being the season's pass. For \$25, adults can obtain the season's pass that provides them entry into the fair all week long. Children pay just \$5 for their passes.

For information, visit the Web site at www.saratogacountyfair.org or call the Saratoga County Fair office at 885-9701.



The Spotlight CALENDAR

Wed. Jul. 6

BETHLEHEM

DELMAR ROTARY

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

MOTHERS OF PRESCHOOLERS (MOPS)

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

OPPORTUNITIES UNLIMITED

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

BETHLEHEM BUSINESS WOMEN

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

SOLID ROCK CHURCH

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

CHENREZIG PRACTICE AND MEDITATION

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

BETHLEHEM ELKS LODGE 2233

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

TESTIMONY MEETING

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

ZONING BOARD OF APPEALS

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

BINGO

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

BC SCHOOL BOARD

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

ORDER OF THE EASTERN STAR

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

NEW SCOTLAND

VPL SUMMER READING CLUB KICKOFF

At the Voorheesville Public Library, 51 School Road, with the Ellen Sinopoli Dance Company, for families, 7 p.m.

V'VILLE ZONING BOARD

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

NEW SCOTLAND SENIORS

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

PRAYER MEETING

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

FAITH TEMPLE

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

AA MEETING

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

Thurs. Jul. 7

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

YOUTH EMPLOYMENT SERVICES

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

AA MEETINGS

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

ADULT BIBLE STUDY

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

NEW SCOTLAND

STORIES IN THE VILLAGE PARK

At the Voorheesville Public Library, 51 School Road, with YS Librarian Joyce Laioa, 11 a.m.

THE CLOTHING CLOSET

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

Fri. Jul. 8

BETHLEHEM

CHILDREN'S WRITING WORKSHOP

Bethlehem Public Library, 451 Delaware Ave., 9:30 a.m. - 11:30 a.m., Information, 439-9341.

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. Jul. 9

BETHLEHEM

AA MEETING

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

Sun. Jul. 10

BETHLEHEM

WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm Ave., 439-3135.
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.
Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407.
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.
Delmar Reformed Church, 386 Delaware Ave., 439-9929.
Family of God Nazarene Church, Krumkill Road at Blessing Road, North Bethlehem, 453-9953.
First Church of Christ, Scientist, 555 Delaware Ave., 439-2512.
First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.
First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.
Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.
Gospel Fellowship, 10 Rockefeller Road, Delmar, 482-2132.
King's Chapel, 434 Route 9W, Glenmont, 426-9955.
KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 10 a.m. meditation, 11 a.m. tea, 11:30 a.m. study course, 374-1792.
Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.
Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.
Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.
South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.
St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.
St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265.
St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.
Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

SUMMER EXHIBIT

Childhood Treasures: Toys from the Past, Bethlehem Historical Association, 1003 River Road, 2 to 4 p.m.

NEW SCOTLAND

WORSHIP INFORMATION

All Nation's Baptist Church, 2558

Western Ave., Guilderland, 475-9086. ESL and Bible classes, 9 a.m.; Worship Services, 10 a.m.

Clarksville Community Church, Route 443, 768-2916.
Family Worship Center, 92 Lower Copeland Hill Road, Feura Bush, 768-2021.
Faith Temple, New Salem, 765-2870.
First United Methodist Church, 68 Maple Ave., Voorheesville, 765-2895.
Jerusalem Reformed Church, Route 32, Feura Bush, 439-0548.
Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.
Onesquehaw Reformed Church, Tarrytown Road, Feura Bush, 768-2133.
New Scotland Presbyterian Church, Route 85, 439-6454.
St. Matthew's Church, Mountain View Road, Voorheesville, 765-2805.
Unionville Reformed Church, Delaware Turnpike, 439-5001.
United Pentecostal Church, Route 85, New Salem, 765-4410.

Mon. Jul. 11

BETHLEHEM

FOOD STAMP ASSISTANCE PROGRAM

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

PEACE VIGIL

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

DELMAR KIWANIS

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

CLASS IN JEWISH MYSTICISM

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

INDOOR PISTOL SHOOTING

Albany County Pistol Club, Winpe 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

SUMMER READING CLUB

At Voorheesville Public Library, 51

School Road, for grades 1 through 3; sign up necessary, 2 p.m., 765-2791.

TEEN NIGHT

At Voorheesville Public Library, 51 School Road, CD swap night, 7 p.m., no sign up.

QUARTET REHEARSAL

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

Tues. Jul. 12

BETHLEHEM

TAKE OFF POUNDS SENSIBLY

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

FARMERS MARKET

Market and Chicken Barbeque, 2:30 p.m. to 6 p.m. rain or shine, First United Methodist Church, 428 Kenwood Ave.

TREASURE COVE THRIFT SHOP

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

CHURCH LUNCH

Sponsored by the South Bethlehem United Methodist Church, Willowbrook Avenue, weekly on Tuesdays, 11:30 a.m. to 1 p.m. Information, 767-9953.

YOUTH EMPLOYMENT SERVICES

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

PRAYER MEETING

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

ELSMERE FIRE COMMISSION

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

A.W. BECKER PTA

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

BINGO

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

SLINGERLANDS FIRE COMMISSION

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

NEW SCOTLAND

PRESCHOOL STORY TIME

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

NIMBLEFINGERS/QUILTERS

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

COOK'S CLUB

At Voorheesville Public Library, 51 School Road, for families, 7 p.m., registration required, 765-2791.

Wed. Jul. 13

BETHLEHEM

DELMAR ROTARY

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

MOTHERS OF PRESCHOOLERS (MOPS)

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

SOLID ROCK CHURCH

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

CHENREZIG PRACTICE AND MEDITATION

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

TOWN BOARD

Bethlehem Town Hall, 445 Delaware Ave., 5:30 p.m. Information, 439-4955.

BETHLEHEM TOASTMASTERS

The Clubhouse, Adams Station Apts., 1 Juniper Drive, Delmar, 7:30 p.m. Information, 439-0871.

EVENINGS ON THE GREEN

Bethlehem Public Library's Free Summer Concert Series, 7:30 p.m. Information, 439-9341.

BINGO

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

DELMAR FIRE COMMISSION

firehouse, Adams Place, 7:30 p.m. Information, 439-3851.

TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 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.

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FOR SALE**
Elegant pastel regency
style sofa table, 2 draw-
ers, repair to leg, \$200.
Large pine harvest table,
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some refinishing needed,
\$75. Call 872-9720 or
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Impressive antique
American (early-mid
1800's) chest of drawers,
excellent condition, good
patination, cherry, deep
drawers. Ideal "low-boy"
height. 48" (h) x 21" x 41".
\$1200. Call 872-9720 or
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GARAGE SALES
BIG YARD SALE: 89
Maple Ave., Selkirk. 7/8-
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tronics, household &
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BURNT HILLS, 4
RAMBLE LANE. Fri/Sat,
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ESTATE SALE
GLENMONT, 6 Journey
Lane off Beacon Rd., 7/8
& 7/9, 8-3. House con-
tents, Bassett (mission)
dining room set, 5 pc. oak
entertainment center, Liv-
ing & bedroom sets, Troy
Built snowblower. PJ &
PJ.

ESTATE SALE
DELMAR, 63 Union Ave.,
July 8-9, 9-5. Ulph. sofa,
chairs, dining table &
chairs, stickley mogh. cor-
ner cupboard, bedroom
furniture, bookcases, dis-
play cabinet, Lesterspinet
piano, TV, etc;

Antique furniture- dl table,
stands, jelly cupboard,
chests, 2 part desk, chairs,
curly maple bed, C. & I.
and nutting prints, picture
frames, sterling silver,
pressed, cut and other
glass, china, set castleton
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items, books, toys, trains,
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to move construction
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some mechanical
knowledge, drug free and
clean DMV. Good pay and
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Classified INFORMATION



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Deadline: Thursday at 4PM
for following week



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In Schenectady County

Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight

In Saratoga County

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

Class Info AD

Classified Rates

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

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

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

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

Order Form

Classified Category: _____

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City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

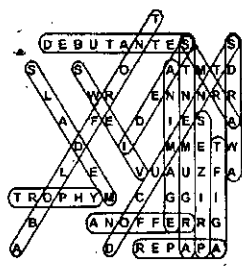
Amount Enclosed: _____ Number of Weeks: _____

MasterCard or Visa# _____

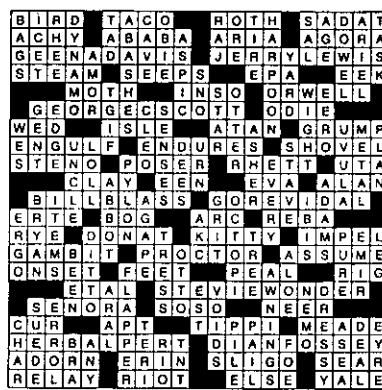
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Spotlight CLASSIFIEDS

PIANO TUNING & REPAIR

PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

SPECIAL EVENTS

ARE YOU HAVING A SPECIAL EVENT- Let Everybody know about it

in the Spotlight Newspapers. DEADLINE is Thursday by 4 PM. Call Juli 439-4940.

VENDOR SPACE AVAILABLE Tannersville Street Festival. Saturday, Sept. 17th. For information call: 518-589-5765 after 6pm.

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Effective MATH TUTORING for Middle & High

School students. Personalized help. 221-4836.

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ANTIQUE PAPER ITEMS Photographs, Stereoviews, Daguerreotypes. Anything Related To Sports, Autos, Motorcycles, Oceanliners, Travel, Politics. Scrapbooks, Photo Albums, Maps, Children's Books,

Post Cards. ETC. Tom Jarda- 356-0292.

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

DONATION OF USED BOOKS. Will pick up. Call 479-3959.

WANTED TO BUY PRE-1955 TELEPHONES, RADIOS, MICROPHONES, TELEVISION

SETS, Tube amplifiers, Cameras, Pocketlighters, pre-1960 Comic Books, Pre-1920 Crocks, Jugs, Firemen hats, Badges, Photos, Pre-1965 toy cars, trucks, boats, gasoline-powered toy cars, all plastic toys, Pre-1920 photographs, postcards, penny banks, Pre 1950 Fountain Pens, Teddy Bears, Dolls, World War

II/American or Nazi items, Civil War swords, pictures, etc.. Any condition, even broken or rusty. Call 745-8897.

YARD SALE

MULTI-FAMILY YARD SALE: Sat., 7/9, 9-3. Rain date- 7/10. Books, toys, collectibles, clothes, & more.

Employment CLASSIFIEDS

HELP WANTED

DOG CONTROL OFFICER-The Town of New Scotland is seeking two individuals for a part-time/on-call position as Dog Control Officer. If interested, please contact the Supervisor's office at 439-4889.

HELP NEEDED IMMEDIATELY to provide companionship for my elderly mother in my Delmar home. Assist with bathing, walking, toileting, food prep, light housekeeping, etc. \$10.50/hour. Benefits possible. Nights/weekends. Robin 439 5857(home), 473-7626 (work).

High-Paying Postal Jobs! No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

Home Cleaners, PT, Flexible hours. Honesty and reliability a must. At Home Cleaning Services. 225-9455.

Needed a dependable

construction laborer with all around skills must have drivers license. Good pay and benefits. Call (518) 478-0937

PT Receptionist, Delmar Office, 20 hrs. week hours flexible, \$7.25 hour plus sales commission opportunities

Pt/Ft sales person from home or office no experience necessary 475-0751

Driver-CONVENANT TRANSPORT. Regional Runs Available. Excellent Pay & Benefits. xp. Drivers, Teams, O/O, & Students Welcome. Refrigerated. Now Available.

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days. Full benefits, bonuses, weekly pay, paid orientation each week. EOE 3 mos exp req. Reach 37 cpm in 2-6 mos! CALL 1-877-452-5627 JB Hunt Transport

Friendly Home Parties featuring Ideal Gifts and New Karla's Kitchen catalog has openings for Party Plan Advisors. Earn CASH, TRIPS, RECOGNITION. FREE catalogs 1-800-488-4875 www.idealgifts.com

Awesome Job! 10 immediate openings for sharp girls/guys to travel US. Must be 18 or over. For interview call 800-401-

1574, ask for for Jessica or Leila.

SALES REPS, SALES MANAGERS \$4,000 per week is what our Top Sales People earn! Highly successful national co. expanding. Will train. Call Jay 1-800-685-8004

WORK WANTED

MAN, 44 wants job caring for elderly. Housework, cooking, laundry. Speaks Spanish/English. \$875, 24/7. Ask for Kathy: 439-6911, 756-1595.

COMPANION, Meals, Errands, Household chores, etc. Days, Evenings,

Weekends. References. 446-9193. Albany County preferred.

INDEPENDENT CAREGIVERS- Private Duty, Hospice, Long-term Insurance Accepted. 24 Hr Elder Care. Reasonable. Alice 573-6399. Linda 312-7404. Not an agency.

Single, prof. woman seeks extra work taking care of your home and/or pets while you are away on vacations, business; errands; for the homebound, etc. Loves animals, reliable, ref. on request. Call Carol at 439-0120 or 452-2382.

Real Estate CLASSIFIEDS

REAL ESTATE

AUCTION OF GREEN COUNTY TAX FORECLOSED PROPERTIES. Tuesday, July 12 @ 11AM Elk's Lodge #1341 in Catskill, NY AAR, Inc/HAR 800-243-0061 Complete FREE catalog: www.NYSAUCTIONS.com

Florida Land, Condos, Homes, Investment, Retirement. WWW.floridamartincounty.com 772-341-0771 Alice.Kent@ColdwellBanker.com

GEORGIA COAST- Large wooded access, marshfront & golf course homesites. Gated with tennis, kayaking, & canoeing. Limited availability- mid \$70's & up. Call today 1-877-266-7376

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REAL ESTATE FOR RENT

DELMAR- 2 BR apt. with garage. \$750+/month. Available immediately. Call 436-3938.

ALTAMONT, 2BR, DR, LR, E/kitchen w/skylite, CA, w/w carpet, country setting, No pets. References/ Security required. 861-6909.

CENTER SQUARE: 1 Block from Empire Plaza. 1BR, DR, large LR w/gas fireplace, eat-in Kitchen, closets, plenty of light, \$750+ utilities, 1 mo. security, 449-5478.

DELMAR DUPLEX: 2BR, laundry hook-up, garage, \$825+ utilities. No pets. Avail. 9/1, Security required. 588-9201.

DELMAR: 1BR w/den, w/w, laundry, off street parking, \$695+, NYIREC, 478-9175 ext. 5#

DELMAR: 2BR w/den, w/w, laundry, off street parking, \$795+, NYIREC, 478-9175 ext. 5#

SELKIRK: Newly decorated, quiet neighborhood. \$625+ Ideal for 1 or 2 adults. Security, lease, no pets. 767-3076.

Town of New Scotland/ Slingerlands. 1BR Apt., heated, \$550. No smoking/pets. Security deposit & references. 439-3667.

REAL ESTATE FOR SALE

5+ ACRE LOTS, New Scotland, Youmans Rd., Voorheesville schools, private drive, country setting, well/septic required. (518) 475-0987

TECH VALLEY HOMES: Check the unsatisfactory rating at the Better Business Bureau website. For info: antitechvalleyhomes@gmail.com

FORECLOSED GOVT HOMES \$0 or Low down! Tax repos and bankruptcies! HUD, VA, FHA Low or no down! No credit O.K.! For listings (800) 501-1777 ext...

COMMERCIAL FOR LEASE

DELAWARE PLAZA - DELMAR - Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

COMMERCIAL REAL ESTATE

BUILD TO SUIT - Up to 3,750 SF - Professional office - Exit 8 of I-87

Call CB Richard Ellis at 452-2700 x116

BUILD TO SUIT - Pad site up to 5,500 SF - Retail/Prof. Office - Heart of Milton

Geyser & Rowland Sts. Call CB Richard Ellis at 452-2700 x116

LAND

NORTH CAROLINA MTNS 4 acres on moun-

tain top, view, trees, waterfall and large public lake nearby \$49,500 owner 866-789-8535 www.nc77.com

LAND FOR SALE

Lake Altmar Access 3 acres- \$15,900. 46 Acres- Pond, Borders State Land- \$49,900 Lake Pleasant- 35 Acres, 400' Lake- \$69,900. 40 properties, financing available. 1-888-683-2626 www.land-first.com

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FRIENDS LAKE CAMP: Mins to private beach & dock. 20 mins. to Lake George. 3BR, 2BA, Sleeps 6, \$700 weekly. 494-3960.

MARTHA'S VINEYARD- East Chop: 8BR, 300 ft. to water, walk to shops, restaurants, etc. Private. 7/10-7/17. \$3900. 518-469-8030 (vm).

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Automotive CLASSIFIEDS

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1995 Grand AM, Auto, V6, AM/FM/Cassette, power windows/locks, cruise, good condition, blue, 92k, asking \$2,200. 785-8751.

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MOTORCYCLES

2004 Harley Davidson. 1200 Sportster, 700mi, extras + chrome, \$10,500. 439-7539.

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LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of 539156 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 1042, Clifton, NJ 07012 Purpose: any lawful activity. LCD-11641 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 500140 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 1042, Clifton, NJ 07012 Purpose: any lawful activity. LCD-11642 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 23109 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 1042, Clifton, NJ 07012 Purpose: any lawful activity. LCD-11643 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 567149 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 1042, Clifton, NJ 07012 Purpose: any lawful activity. LCD-11644 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 570156 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 1042, Clifton, NJ 07012 Purpose: any lawful activity. LCD-11645 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 46 Henry LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/28/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 15 Clark Street, Brooklyn, NY 11201 Purpose: any lawful activity. LCD-11646 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 31 Franklin Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/18/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 95 Delancey Street, New York, New York 10002 Purpose: any lawful activity. LCD-11647 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 514135 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 1042, Clifton, NJ 07012 Purpose: any lawful activity. LCD-11648

LEGAL NOTICE

(July 6, 2005)

LEGAL NOTICE

Notice of Formation of 511186 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 1042, Clifton, NJ 07012 Purpose: any lawful activity. LCD-11649 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 131 Nagle LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 1042, Clifton, NJ 07012 Purpose: any lawful activity. LCD-11650 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 736 Riverside LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 1042, Clifton, NJ 07012 Purpose: any lawful activity. LCD-11651 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Seaweed Partners LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/18/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 3 Moline Court, Kings Point, NY 11024 Purpose: any lawful activity. LCD-11652 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Bridgeview 7K LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/17/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 28 Concord Avenue, Larchmont, NY 10538 Purpose: any lawful activity. LCD-11653 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Bridgeview 10C LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/17/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 28 Concord Avenue, Larchmont, NY 10538 Purpose: any lawful activity. LCD-11654 (July 6, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization of Capital Area Properties, LLC (the "LLC") were filed with the Secretary of State of New York ("SSNY") on May 5, 2005, 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 Two Kenjack Terrace, Albany, New York, 12205. The purpose for which the LLC is formed is to engage in the conduct of a real estate acquisition, renovation, ownership and management business and for any lawful act or activity in furtherance thereof, in connection thereto, or incidental thereto, for

LEGAL NOTICE

which limited liability companies may be formed under the Limited Liability Law of the State of New York. LCD-11659 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Nirtal Gardens LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/20/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2362 Healy Avenue, Far Rockaway, NY 11691 Purpose: any lawful activity. LCD-11661 (July 6, 2005)

LEGAL NOTICE

"Gladeside Enterprises and Ventures LLC" was filed with the SSNY on 05/23/05. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Vanguard Corporate Services, Ltd., 307 Hamilton St., Albany, NY 12210 Purpose: any lawful purpose. LCD-11667 (July 6, 2005)

LEGAL NOTICE

"Cronside Group LLC" was filed with the SSNY on 05/18/05. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Vanguard Corporate Services, Ltd., 307 Hamilton St., Albany, NY 12210 Purpose: any lawful purpose. LCD-11668 (July 6, 2005)

LEGAL NOTICE

The Wine & Dine Group LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 05/12/2005. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: The LLC, 1 Sharon Court, Watervliet, NY 12189. Purpose: any lawful business purpose. LCD-11690 (July 6, 2005)

LEGAL NOTICE

AMERICAN INTEGRATED SECURITY CONSULTANTS, LLC Notice of formation of American Integrated Security Consultants, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 5/12/2005. 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 are to engage in any lawful purposes; to incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the LLC; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Members in their discretion may deem desirable. LCD-11694 (July 6, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is NISKAYUNA GARDEN APARTMENTS LLC. The Articles of Organization of the LLC were filed with the

LEGAL NOTICE

NY Secretary of State on May 26, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Dawn Homes, Inc., 20 Corporate Woods Boulevard, Albany, New York 12211. LCD-11718 (July 6, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is FIRST COLUMBIA CENTURY-22, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 6, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 261 North Hill Drive, Suite 101, Latham, New York 12110. LCD-11735 (July 6, 2005)

LEGAL NOTICE

The name of the LLC is Positive Development, LLC. The date of the filing of the articles of organization with the N.Y. Secretary of State is: 1/06/2003. The office of the LLC shall be in the County of Albany and State of NY. The NY Secretary of State is designated as the agent of the LLC upon whom process against it may be served. The post office address to which the Secretary of State shall mail a copy of any such process served upon him/her is: Positive Development LLC, 10 Erie Dr., Slingerlands, NY 12159. The LLC does not have a date of dissolution. The purpose of the LLC is to transact any lawful business. LCD-11749 (July 6, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: Neighborhood Health Insurance Agency, LLC, Articles of Organization were filed with the Secretary of State of New York (SSNY) on 6/06/05. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the The LLC at 1202 Troy Schenectady Road, Latham, New York 12110. The limited liability company is organized for the purposes of soliciting, negotiating, and/or selling accident and health insurance contracts and any other lawful purpose permitted by New York State Insurance Laws and Regulations. LJ-11756 (July 6, 2005)

LEGAL NOTICE

Equititle, LLC, a New Jersey limited liability company, using the fictitious name in New York of "Equititle Abstract" was formed on 10/10/02, filed an Application for Authority with the New York Department of State on 6/7/05. Secretary of State is designated as upon whom process against LLC may be served. A copy of any process served should be forwarded to Equititle, LLC, 1118 Campus Drive West, Morganville, NJ 07751. New York office location: Albany County. The principal office of Equititle, LLC is 1118 Campus Drive West, Morganville, NJ 07751. A copy of Equititle's Certificate of Formation may be obtained from the New Jersey Division of Revenue, 225

LEGAL NOTICE

State Street, 3rd floor, Trenton, NJ 08608. Purpose: title abstract company. LCD-11759 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Dunkin 36 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/9/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 3 Moline Court, Kings Point, NY 11024 Purpose: any lawful activity. LCD-11761 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Rapid Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/6/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: PO Box 773, Monsey, NY 10952 Purpose: any lawful activity. LCD-11762 (July 6, 2005)

LEGAL NOTICE

WINDSOR OF ALBANY, LLC, Notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on May 5, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 596 New Loudon Road, Latham, New York 12110. LCD-11774 (July 6, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is MRP CRESCENT VILLAGE ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 10, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205. LCD-11776 (July 6, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is CRESCENT VILLAGE ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 10, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205. LCD-11777 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 638 West 160 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/15/05 Office location: Albany County. SSNY is designated as agent of

LEGAL NOTICE

LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LCD-11778 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of MPO of NY, LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/9/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: NY Secretary of State, Division of Corporations and State Records, Albany, NY 12231-0001 Purpose: any lawful activity. LCD-11788 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Yosher LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/21/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1728 44th Street, Brooklyn, NY 11204 Purpose: any lawful activity. LCD-11804 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 1734-46th Street, LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/20/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1734-46th Street, Brooklyn, NY 11204 Purpose: any lawful activity. LCD-11805 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Land Title Associates Agency LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 4/15/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1979 Marcus Ave., Suite 210, Lake Success, NY 11042. Purpose: any lawful activity. LCD-11806 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Evan Two LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/7/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 16 Harriet Lane, Wesley Hills, NY 10977 Purpose: any lawful activity. LCD-11818 (July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Aon Premium Finance, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/10/05. Office location: Albany County. LLC formed in Delaware (DE) on 7/8/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity. LD-11635 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of 33-35 New Scotland Avenue LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/24/05. Office location: NY County. SSNY designated as agent of LLC upon whom process against it may be

LEGAL NOTICE

served. SSNY shall mail process to: c/o Feldman Weinstein LLP, 420 Lexington Avenue, NY, NY 10070, Attn: Peter B. Cohen. Purpose: any lawful activity. LD-11667 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of American Seals LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/18/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Purpose: any lawful activity. LD-11669 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Atrium Books LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/19/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 35 Mile Drive, Chester, NJ 07930. Purpose: any lawful activity. LD-11670 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of New York Information Consortium, LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/30/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 10540 South Ridgeview Road, Olathe, KS 66061. Purpose: all lawful purposes. LD-11671 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of Fouth America Rubber LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/18/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Purpose: any lawful activity. LD-11672 (July 6, 2005)

LEGAL NOTICE

Notice of Qualification of FMFC Lender Services LLC. Authority filed with Secy. of State of NY (SSNY) on 3/8/05. Office location: Albany County. LLC formed in Arizona (AZ) on 4/30/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. AZ address of LLC: 5255 E. Williams Circle, Ste. 3000, Tucson, AZ 85711. Arts. of Org. filed with AZ Corporation Commission, 1300 W. Washington, Phoenix, AZ 85007. Purpose: all lawful purposes LD-11673 (July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Greystone Development Company II, LP. Authority filed with Secy. of State of NY (SSNY) on 4/20/05. Office location: Albany County. LP formed in Delaware (DE) on 4/15/03. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail 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: 222 W. Las Colinas Blvd., Ste. 2100, Irving, TX 75039. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State,

LEGAL NOTICE

401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-11674
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Hilb Rogal & Hobbs of Ohio, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/11/2005. Office location: Albany County, LLC formed in Ohio (OH) on 9/22/1997. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. OH address of LLC: 2245 North Bank Drive, Columbus, OH 43220. Arts. of Org. filed with OH Secy. of State, 180 E. Broad St., 16th Fl., Columbus, OH 43215. Purpose: insurance brokerage services.
LD-11675
(July 6, 2005)

LEGAL NOTICE

Notice of Formation of Management Assistance & Support LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/4/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities.
LD-11676
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Washington TRU Solutions LLC. Authority filed with Secy. of State of NY (SSNY) on 3/14/05. Office location: Albany County. LLC formed in New Mexico (NM) on 5/17/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. NM address of LLC: CSC, 125 Lincoln Ave., Suite 223, Santa Fe, NM 87501. Arts. of Org. filed with NM Secy. of State, 1120 Paseo De Peralta, Santa Fe, NM 87501. Purpose: any lawful activity.
LD-11680
(July 6, 2005)

LEGAL NOTICE

Notice of Formation of WMT Staten Island Associates, L.L.C. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/17/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207. Purpose: any lawful activity.
LD-11681
(July 6, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 61 COLVIN REALTY ASSOCIATES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/04/05. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 61 Colvin Avenue, Albany, New York 12206. Purpose: For any lawful purpose.
LD-11691
(July 6, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FERRI-O'BRIEN REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/12/05. The latest date of dissolution is 12/31/2104. Office location: Albany County. SSNY has been

LEGAL NOTICE

designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 4B Northway Lane, Latham, New York 12110. Purpose: For any lawful purpose.
LD-11692
(July 6, 2005)

LEGAL NOTICE

AMERICAN INTEGRATED SECURITY CONSULTANTS, LLC. Notice of formation of American Integrated Security Consultants, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 5/12/2005. Office location: Albany County. The SSNY has been designated as agent of the LLC, c/o 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC are to engage in any lawful purposes; to incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the LLC; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Members in their discretion may deem desirable.
LD-11704
(July 6, 2005)

LEGAL NOTICE

Notice of Formation of M L CAPITAL GROUP LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/27/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services, Inc., registered agent upon whom process may be served. Purpose: all lawful activities.
LD-11715
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Inland Western Saratoga Springs Wilton, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 5/13/05. Office location: Albany County. LLC formed in Delaware (DE) on 4/15/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation Service, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Principal office of LLC: 2901 Butterfield Road, Oak Brook, IL 60523. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: to acquire, own, hold, administer, service, manage, sell and otherwise deal with property or any interest therein, either directly or indirectly.
LD-11722
(July 6, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF BENTON ENTERPRISES LLC. The name of the LLC is BENTON ENTERPRISES LLC. The date of filing of the Articles of Organization with the N.Y. Secretary of State is April 15, 2005. The office of the LLC shall be in the County of Albany and State of N.Y. The Secretary of State is designated as the agent of the LLC upon whom process against it may be served. The Secretary of State shall mail a copy of any process against the Company to the following post office address: 135 Church St., Saratoga Springs, N.Y. 12866. The character or purpose of the business of the LLC is to transact any lawful business.
LD-11725
(July 6, 2005)

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF DR HUMAN

LEGAL NOTICE

SOURCES, LLC
1. The name of the Limited Liability Company is: DR HUMAN RESOURCES, LLC.
2. The Articles of Organization of the Company were filed with the Secretary of State on May 26, 2005.
3. The County within New York State which the office of the Company is to be located is Albany.
4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon it is: 6 Wembley Court Albany, NY 12205
5. The registered agent of the limited liability company upon whom process against the liability company can be served is: DR Human Resources, LLC, 6 Wembley Court, Albany, NY 12205.
6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York.
LD-11726
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Pawling Land Co. LLC. Authority filed with Secy. of State of NY (SSNY) on 5/13/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/4/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Lockerman & Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-11729
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Cross Atlantic Investors LLC. Authority filed with Secy. of State of NY (SSNY) on 4/28/05. Office location: Albany County. LLC formed in Delaware (DE) on 4/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. The DE address of LLC. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-11745
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of STC Five LLC. Authority filed with Secy. of State of NY (SSNY) on 5/24/05. Office location: Albany County. LLC formed in Delaware (DE) on 4/14/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-11746
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Pearl Carroll & Associates LLC. Authority filed with Secy. of State of NY (SSNY) on 4/21/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/2/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation Service, 111 8th Ave., NY, NY 10011. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with

LEGAL NOTICE

DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-11747
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Ruby Fishkill Limited Partnership. Authority filed with Secy. of State of NY (SSNY) on 6/7/05. Office location: Albany County. LP formed in Delaware (DE) on 5/27/05. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LP: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-11752
(July 6, 2005)

LEGAL NOTICE

Notice of Formation of Watertown Investors, L.P. Certificate filed with Secy. of State of NY (SSNY) on 6/7/2005. Office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Name/address of each genl. ptr. available from SSNY. Term: until 6/6/2104. Purpose: any lawful activity.
LD-11753
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Vertical Claims Management, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/8/05. Office location: Albany County. LLC formed in Pennsylvania (PA) on 2/20/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011. PA address of LLC: 401 Liberty Ave., Three Gateway Center, 15 North, Pittsburgh, PA 15222. Arts. of Org. filed with PA Corp. Bureau, 206 North Office Bldg., PO Box 8722, Harrisburg, PA 17105. Purpose: all lawful purposes.
LD-11758
(July 6, 2005)

LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name of LLC: SILHOUETTE OPTICAL TRAINING CENTER, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on June 7, 2005. Office location: Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to Tuczinski, Cavalier, Burstein & Collura, P.C., 54 State Street, Suite 803, Albany, New York 12207.
LD-11760
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of IPA Advisory & Intermediary Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/7/2005. Office location: Albany County. LLC formed in Nevada (NV) on 3/24/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 1250 Barclay Blvd., Buffalo Grove, IL 60089. Arts. of Org. filed with NV Secy. of State, 101 N. Carson St., Suite 3, Carson City, NV 89701. Purpose: any lawful activity.

LEGAL NOTICE

LD-11786
(July 6, 2005)

LEGAL NOTICE

Notice of Formation of 131 EAGLE LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/13/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Castro & Remer, P.C., The Hill Bldg., Suite 100, 30 State St., Ossining, NY 10562. Purpose: any lawful activity.
LD-11787
(July 6, 2005)

LEGAL NOTICE

Notice of Formation of ARIZONA FITNESS, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/13/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Robshaw & Associates, 5672 Main St., Williamsville, NY 14221. Purpose: any lawful activity.
LD-11795
(July 6, 2005)

LEGAL NOTICE

Notice of Formation of Nesting Concepts, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/6/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services, registered agent upon whom process may be served. Purpose: all lawful activities.
LD-11796
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Mill Place Capital, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/7/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/26/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. Principal office of LLC: 963 15th Pl., Hermosa Beach, CA 90254. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-11797
(July 6, 2005)

LEGAL NOTICE

Notice of formation of a New York Limited Liability Company (LLC). The name of the LLC is A & N CONTRACTING, LLC, the Articles of Organization creating the LLC were filed in the Office of the Secretary of State of New York (SSNY) on May 23, 2005 and became effective on said date. The principal office of the LLC is in Albany County. The SSNY is designated as the agent of the LLC upon whom process against it may be served and the post office address to which the SSNY shall mail any copy of process against it is A & N CONTRACTING, LLC, c/o Michael Rapp, 142 Bushendorf Road, Ravena, New York 12143. The purpose of the LLC is to engage in the construction business and any other lawful activity.
LD-11803
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of Charter Communications Holding Company, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/9/2005. Office location: Albany County. LLC formed in Delaware (DE) on 5/25/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: 12405 Powerscourt Dr.,

LEGAL NOTICE

St. Louis, MO 63131. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-11810
(July 6, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC). Name: T. LEMME ASSOCIATES, LLC Articles of Organization filed with Secretary of State of New York (SSNY) on May 17, 2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: c/o The LLC, 95 Champlain Street, Albany, New York 12204. Purpose: Any lawful business purpose.
LD-11811
(July 6, 2005)

LEGAL NOTICE

Notice of Formation of Blue Lion (NY) LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Purpose: any lawful activity.
LD-11823
(July 6, 2005)

LEGAL NOTICE

Notice of Qualification of 1644 Stewart Avenue LLC. Authority filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County. LLC formed in Delaware (DE) on 6/20/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. Principal office of LLC: 15 Plymouth St., Apt. 1, Cambridge, MA 02141. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-11824
(July 6, 2005)

LEGAL NOTICE

Notice of Formation of STONE STREET REALTY, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207. Purpose: any lawful activity.
LD-11825
(July 6, 2005)

LEGAL NOTICE

Notice of organization of YAR, 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 YAR, LLC.
2. The Articles of Organization were filed with the Secretary of State on APRIL 28, 2005.
3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York.
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 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: 5 Sage Field Lane, Latham, NY 12110.
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.
LD-11833
(July 6, 2005)

LEGAL NOTICE

pany shall have all powers and purposes allowed it by law.
LD-11831
(July 6, 2005)

LEGAL NOTICE

Notice of organization of AM Offices. Under Section 203 of the Limited Liability Company Law of the State of New York 1. The name of the Limited Liability Company is AM Offices.
2. The Articles of Organization were filed with the Secretary of State on May 11, 2005.
3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York.
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 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: 28 Marne Street, Watervliet, NY 12189.
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.
LD-11832
(July 6, 2005)

LEGAL NOTICE

Notice of organization of DB Cohen Commercial Real Estate, 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 DB Cohen Commercial Real Estate, LLC.
2. The Articles of Organization were filed with the Secretary of State on June 16, 2005.
3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York.
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 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: 5 Sage Field Lane, Latham, NY 12110.
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.
LD-11833
(July 6, 2005)

LEGAL NOTICE

NOTICE OF INVITATION FOR BIDS
The BETHLEHEM CENTRAL SCHOOL DISTRICT ("DISTRICT"), Delmar New York is seeking bids from qualified firms to provide "Transportation Bus Parts" and "Re-Cap Tires and Repair Service" product(s) to the District. The District seeks to purchase excellent affordable quality product(s). A formal Invitation for Bids ("IFB") will be available JULY 15, 2005, at the Bethlehem Central Schools Transportation Department, 82 Van Dyke Road, Delmar, New York 12054. No Bid shall be considered unless the organization making the bid has first obtained a copy of the IFB. Specific requirements are provided in the IFB. The Bidder's qualifications, cost, and compliance with the requirements of the District will be used during the evaluation of the bidder selection. The response to this Invitation for Bid must be received no later than 11:00 A.M.

Sports

Changes abound for 2005 Saratoga meet

By ROB JONAS

Change — some subtle, some noticeable — is in the air at Saratoga Race Course this summer.

On the track, the 46 stakes

racers scheduled for the six-week season will bring in some of the top thoroughbreds in the nation. But the number of claiming races may go down as a result of an anticipated decrease in horses being shipped to the track.

"(Field size) is smaller than in years past," said New York Racing Association Racing Secretary Mike Lakow following Monday's press conference announcing the 2005 Saratoga racing season. "We have tried to address it. We have increased our purses to be competitive with (New Jersey's) Monmouth (Park)."

To compensate, Lakow said, Saratoga's daily schedule is likely to include some different types of races.

"What we are doing is running a lot of New York-bred races, which is good for the local trainers and breeders," he said. "But, what we want to do is give people a varied product. We have discussed the possibility of holding some turf sprint races."

If trainers ship fewer horses to Saratoga this summer, it will follow a national trend.

"I don't follow the smaller racetracks with the smaller purses, but I've talked with the

racing secretaries at Monmouth and Delaware (Park), and they've both seen decreases," Lakow said.

A possible cause for fewer claiming horses at Saratoga is the introduction of a security barn this season. Horses must reach one of the 110 secured stalls at least six hours before they are to race. Since claiming races begin each race day at Saratoga, a horse that is supposed to be at the starting gate at 1 p.m. must be in the security barn no later than 7 a.m.

"The security barn may be an issue for some shippers," Lakow said.

The security barn does protect the integrity of a race. Private bettors won't be able to visit a horse prior to a race, and any legal drugs the animal needs will be

administered by a NYRA official to prevent blood doping.

While the number of claiming races will be down, the stakes race schedule is as ambitious as ever. Starting July 27 with the Adirondack and concluding Sept. 5 with the Glens Falls Handicap, not a day on the 36-day racing

schedule goes by without at least one graded stakes race.

"I expect this year's Saratoga

program to be very strong," Lakow said. "The 2-year-old (division) at Belmont has been a little thin this spring, but the trainers said that they're just getting ready for Saratoga."

The day everyone at the track is gearing up for is Travers Day on Aug. 27. Besides the annual race for top 3-year-olds, the day will also include the King's Bishop, the Fourstardave and the Hopeful, which is the top stakes race for 2-year-olds during the meet. Preakness and Belmont Stakes winner Afleet Alex — which won the Hopeful last year — is among the top 3-year-olds considering a run at the Travers title.

If you're going to Travers Day, carry some extra cash with you. Ticket prices for grandstand and clubhouse seats will be higher (\$5 for grandstand, \$10 for clubhouse), but only on that day. Otherwise, tickets remain \$3 for grandstand and \$5 for clubhouse, and a season pass will cost \$35 for grandstand and \$75 for clubhouse — a significant decrease from the introductory prices of \$50 and \$100 last year.

"We are a company that is losing money. It is an expensive event to put on," said NYRA President and CEO Charlie Hayward of Travers Day. "We are increasing prices, but not in the dramatic fashion seen at Belmont."

Six giveaways are also on the schedule.

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(EST) AUGUST 2, 2005, in the Office of the BETHLEHEM Director of Office, 82 Van Dyke Road, Delmar 12054. The District reserves the right to reject any or all bids, in whole or in part, to waive any and all informalities, and to disregard all non-conforming, non-responsive, or con-

LEGAL NOTICE

ditional bids.
 LD-11835
 (July 6, 2005)

LEGAL NOTICE

PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY FIRST: The name of the limited liability company is B.A.

LEGAL NOTICE

12 Cornell Road, LLC (hereinafter referred to as the "Company"). SECOND: The Articles of Organization of the Company were filed with the Secretary of State on June 23, 2005. THIRD: The county within New York State in which the office of the Company is to be located is Albany. FOURTH: The Secretary of

LEGAL NOTICE

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: B.A.12 Cornell Road, LLC, 4 British American Boulevard, Latham, New York 12110. FIFTH: The latest date on which the Company is to dis-

LEGAL NOTICE

solve is December 31, 2005, 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.

LEGAL NOTICE

LD-11836
 (July 6, 2005)

LEGAL NOTICE

Notice of Formation of VALUE 17 LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County, SSNY designated as agent of

LEGAL NOTICE

LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11839 (July 6, 2005)

2005

(From Page 40)

10 powers, Section II moved its class AA title game to Pepsi Arena and drew approximately 7,000 people on a less-than-ideal night for drawing a huge crowd (a forecasted snowstorm didn't materialize until after the game was played).

4. A dream day for Burnt Hills-Ballston Lake High School. In one mid-November Saturday, the girls volleyball team rallied from a 2-1 deficit to defeat Hendrick Hudson for the state title, the boys cross country team ran away with the class A title (with Ken Little taking top individual honors) and Dani Stein won two individual events and anchored two winning Burnt Hills relay teams at the Section II girls swimming and diving meet.

That day was only part of a season-long list of achievements at BH-BL. The boys and girls basketball teams won Section II titles, with the girls team reaching the state finals. The baseball team petitioned its way into Sectionals and wound up taking the class A championship. The boys tennis team got to the Sectional finals before losing a close match to Scotia-Glenville. And Brittany Dexter set a new school record in the high jump on her way to a Sectional title.

5. Section II's continued dominance in girls cross country. Saratoga won both the state and Federation meets, but Shen stunned everybody at the Federation meet by edging Bethlehem for second place. Bethlehem still got to go to the Nike Team Nationals in Portland, Ore., where it finished 13th. As for Saratoga, it steamrolled the competition at Nike Team Nationals to claim its first "official" national title.

6. The Bethlehem girls lacrosse team reaches the state finals for the second time in four years. Unfortunately for the Lady Eagles, they fell short of their goal of a state title when Fayetteville-Manlius defeated them 16-7. Still, Bethlehem has cemented itself as a statewide girls lacrosse power. How long that lasts is up to teams

like Saratoga and Guilderland.

7. Lindsey Ferguson continuing to smash her own steeplechase records. The Saratoga junior lowered her national high school mark twice in the event (three times if you count her performance at the New York State High School Championships), and with teammate Hannah Davidson around to push her again in 2006, there's no telling how much faster Ferguson will go.

8. State wrestling titles for Austin Meys and Paul Florio. Meys, an eighth-grader at Shen, took the 103-pound division title with a 12-6 victory over North Rockland's Marc Zurlia. Florio, a Rotterdam resident that attends LaSalle Institute, received the 135-pound division title after a two-point penalty against North Rockland's C.J. Rodriguez turned a 7-6 loss into an 8-7 victory.

9. The Colonie Central girls bowling team smashing three state records on its way to claiming the championship. Propelled by senior Marissa Martinek, the Lady Raiders won the title at Latham's Bowlers Club with a score of 6,259 pins. Section II won the intersectional boys and girls titles, as well.

10. The Shaker boys 3,200-meter relay team setting a Section II record time of 7:38.19 at the Nike Outdoor Nationals. Syosset may have won the race, but Shaker can be proud of what it accomplished.

Honorable mentions: The Bethlehem girls tennis team ending Shaker's streak of Section II titles, the Voorheesville boys basketball team winning its first Sectional title since the early 1980s, the Ravena-Coeymans-Selkirk football team coming within one win of the state class A finals, Guilderland's Brian Rhodes-Devey claiming the individual class AA title at the Sectional cross country meet and following it up with a Sectional record in the 3,200-meter race during outdoor track and anyone else I forgot who won an individual or team title.

Age

(From Page 40)

lacrosse, hard-hitting) nature of lacrosse takes over.

"With all the action that takes place, when it's introduced to a young boy, he gets hooked," Schwan said. "Not to mean any disrespect to baseball or soccer or any other sport, but they don't have the contact and the action lacrosse has."

"Soccer has long dominated (youth sports) because everybody can kick the ball," Chatnik said. "But I think what's happening is that girls want to play, and with the wet weather around here in the spring, that affects softball and soccer. Lacrosse isn't affected by wet weather."

School districts are taking notice of the increased interest. Greenwich added a varsity boys lacrosse team this year that won the Section II, Class C title, and Burnt Hills-Ballston Lake High School has boys and girls lacrosse programs that are looking to move into the varsity level by 2007. Averill Park is also considering adding a boys lacrosse program to the girls lacrosse team it currently has.

As interest increases, so do the number of programs available to teach children lacrosse. Besides the town programs, summer camps are springing up all over the region. The Gladiator Camp, which was started four years ago for players in grades seven through 12, is adding a second session in South Glens Falls for players who primarily live in Saratoga, Warren and Washington counties. CBA is also offering a lacrosse camp this summer.

"We just want to give opportu-

nities not only to the kids south of Niskayuna, but also give kids to the north the opportunity to play lacrosse and grow," said Niskayuna varsity boys head coach Mike Vorgang, who co-founded the Gladiator Camp with Schwan.

The hope area high school coaches have is that by giving younger athletes more detailed instruction while keeping the sport fun will create more highly-skilled lacrosse players.

"Lacrosse is a fun practice sport," Schwan said. "Unlike football or soccer, which I think

gets repetitious, there's always something different to do with lacrosse."

"They're getting the coaching they need, and you can see their skills are so much better than ours were when we were their age," Stone said.

Lacrosse still has a distance to go to catch up with sports like soccer and basketball in terms of number of players and teams, but there's also plenty of room for it to grow.

"I think it's only going to keep getting bigger and bigger," Schwan said.

Hessberg wins women's title at Bruegger's Bagel Run

Slingerlands resident Anne Hessberg claimed the USATF Adirondack Women's 5-kilometer title at the 24th annual Bruegger's Bagel Run June 26 in Albany.

Hessberg, an Academy of Holy Names graduate, covered the road course in a time of 18:22 to defeat Rotterdam's Emily Bryans for the title. Bryans placed second

with a time of 18:31, and Lori Hewig of Saratoga Springs was third in a time of 19:03.

Albany's Jamie Rodriguez cruised to the men's title with a time of 15:19, 38 seconds ahead of Chuck Terry. Jim Maney of Slingerlands was the top local finisher with a ninth-place performance in a time of 17:52.

Booster club slates fund-raiser

The Bethlehem Central Booster Club for Swimming and Diving is selling car wash coupons at the town park pool July 8, 16 and 17.

The \$8 coupons are good for one wash at Glenmont Car Wash on Route 9W. The coupons have no expiration date.

Club members and members of the high school swimming and diving teams will sell the coupons

during the Hair of the Dog concert July 8 and at the town pool from 11 a.m. to 6 p.m. July 16 and 17.

Proceeds will benefit the scholastic swim teams' training program and equipment needs.

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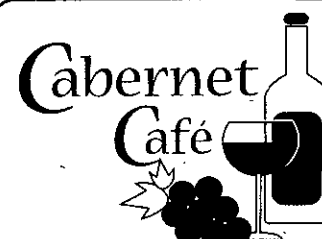
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2005: It was a very good year

From the sports desk...

By ROB JONAS

I don't usually do year-end lists because I inevitably leave someone or some team out, and I'll catch flack for it. But in celebration of an entertaining high school sports season, I'll give you the top 10 achievements.

1. The Niskayuna boys lacrosse team reaching the state finals. Even though they got picked apart by West Genesee 15-2, the fact that the Silver Warriors made it to the finals is the top accomplishment for any Section II team or individual this year simply because it had never been done before. The fact that they had essentially defeated Long Island champion West Islip by halftime of the state semifinals — in West Islip's backyard of Hofstra University, no less — was astonishing in its own right. Section II teams aren't supposed to even be able to hang with a Long Island team, and here was Niskayuna dominating one.

It may be a while before we see that happen again (Niskayuna graduates several players from the most dominant offense this region had to offer), but what a ride the Silver Warriors gave their fans.

2. The Shenendehowa girls soccer team winning the state class AA title minus one of its top players. With Ashley Moore attending a national team event, the Plainswomen used a strong defensive effort to edge Section V champion Greece Athena 1-0 in the finals. The offense didn't get many scoring chances — much like the team's 1-0 semifinal win over Long Island champion Massapequa one day earlier — but managed to get the bounce it needed when Deana Semenza knocked in a rebound with 10:28 left.

Shen should be in prime position for a repeat. The Plainswomen return several key players including Moore, who led the team with 26 goals and 11 assists.

3. The CBA-Schenectady basketball rivalry taking high school hoops to new heights. First, CBA moved its home game with Schenectady to Hudson Valley Community College and drew 3,500 people. Then, Schenectady moved its home game with the Brothers to Pepsi Arena and drew nearly 7,000 people.

Sensing a possible third matchup between the Big

2005/page 39

Sports

Coming of age

Lacrosse is catching on with area youth

By ROB JONAS

Lacrosse hasn't become as popular as soccer and baseball in the suburbs yet, but it's getting there.

The sport has grown in the Capital District by leaps and bounds over the last decade. Town programs in places like Niskayuna and Guilderland have more than doubled in size, and several area high schools have added — or will add — varsity teams.

"At Niskayuna, our youth program has gone from 60 kids to 150 in two years," said Niskayuna varsity boys assistant coach Chris DeLano. "You see fathers and sons playing catch in the front yard with lacrosse sticks instead of baseball gloves."

Christian Brothers Academy coach Tom Schwan cited the growth of the Capital District Youth Lacrosse League as another indicator of the sport's increased popularity.

"We started it six years ago, and it's gone from seven programs and 11 teams to 17 programs and 47 teams," Schwan said.

What's helped draw attention to lacrosse in the region is how well area high school teams have done in recent years. The Bethlehem girls team has reached the state semifinals each of the last four years and has been to the finals twice. On the boys' side, Shenendehowa reached the state semifinal round three consecutive years, and this past season, Niskayuna became the first Section II team to reach the state finals.

"To me, the biggest impact Niskayuna playing for the state championship will have is psychological," Schwan said. "Those kids and those programs that really believe that Long Island and central New York are miles ahead of where we are in terms of lacrosse ... they'll look at what we've done the past three years (at the Empire State Games) where we've beaten everybody but Central and Long Island, and they'll see what we've done in regionals. And they'll realize that we can play with these teams. So when they get to regionals, they'll feel a lot more confident."

"I think this area is one of the best (girls lacrosse) areas around," said Guilderland girls coach Gary Chatnik. "You've got five or six teams around here that

"You see fathers and sons playing catch in the front yard with lacrosse sticks instead of baseball gloves."

Chris DeLano

Stone, who was the starting goaltender for an undefeated Stonehill College team that won the NCAA Division II title. "We have a lot of players who can play at the collegiate level."

Getting a younger athlete's attention is one thing. Keeping it is another. That's where the fast-paced (and in the case of boys

AGE/page 39



Left: Chris Finn of Niskayuna plays with a tennis ball while the older lacrosse players are finishing a game during the final day of Gladiator Camp last Friday at Nott Road Recreation Fields in Guilderland. Bottom: Niskayuna's Marc LaBelle gathers in a loose ball during the Silver Warriors' regional final victory over Yorktown May 31. Photos by Rob Jonas

