

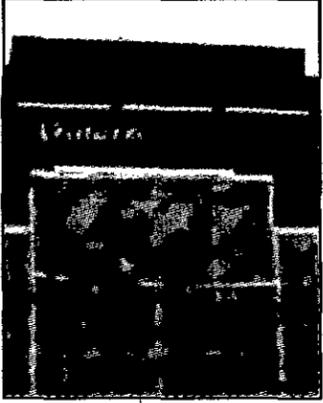
Area News

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Spotlight

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VOLUME LI NUMBER 3 75¢ JANUARY 17, 2007



Town Center II set to open

Panera Bread, PetSmart, Cingular Wireless, Staples and Marshall's are a few of the new businesses that will be opening up in the coming months along Route 9W in Glenmont.

See story on Page 3.



Take the stick

Kids can break out of the mid-winter blues, munch French toast and sausage, sit in jets with open cockpits, and dream of taking flight at two special events this month at the Empire State Aero-sciences Museum (ESAM) in Glenville.

See story on Page 19.



Girls basketball

A dominant first quarter performance was all that the Bethlehem girls basketball team needed to defeat Burnt Hills-Ballston Lake Friday.

The Lady Eagles raced out to a 19-5 lead and never looked back in beating the Lady Spartans 54-40.

See story on Page 30.

Order of business

By ROB IRWIN
 irwinr@spotlightnews.com

With the recent increase in New York state's minimum wage, and the now Democratic-controlled U.S. House of Representatives quickly passing a federal minimum wage increase, the restaurant industry will be only one of many industries, along with retail and service, that may feel the impact. The increase still awaits approval by the Senate.

With any mandated wage increase, restaurants are asked to pay more to their minimum-wage workers, to their tipped workers, and, sometimes, to kitchen workers — such as cooks — who may already make more than the minimum.

Minimum wage increases often draw opposition from restaurant operators who say that the cost of covering those increases can negatively affect their bottom line. On the other hand, some economists and legislators argue that bumping up the minimum wage can raise the standard of living for low-wage workers and boost overall spending.

On Jan. 1, the minimum wage in New York rose from \$6.75 to \$7.15 an hour, the final jump in a process that

Order Page 31

New minimum wage law is food for thought



Keep the change

JESSICA HARDING
 hardingj@spotlightnews.com

Working for minimum wage can seem thankless at times, but some food-service jobs have hourly salaries that clock in far under the state minimum. When minimum wage in New York was increased to \$7.15 per hour at the beginning of the year, it was set at \$4.60 per hour for food servers. The idea is that tips make up the difference.

Restaurant patrons use tipping to account for the level of service they feel they have received. Better service equals a larger tip; poor service equals a small tip or none at all. And some tips seem to have no relation to the service at all.

So why do some people choose to work as waiters and waitresses and gamble on the fickle nature of restaurantgoers to make up their paychecks?

Change Page 31

Board fills Gordon's post

Of 10 candidates, Joann Dawson chosen for position

By JIM CUOZZO
 cuozzoj@spotlightnews.com

Joann Dawson, an Independence Party member, replaces Tim Gordon as the newest member of the Bethlehem Town Board. Her appointment was unanimous at the town's Wednesday, Jan. 10, organizational meeting.

"I am honored by Terri (Supervisor Theresa Egan) and the board's decision," said Dawson.

"People are looking for leadership, and I am here to provide that," said Dawson, who was endorsed by both the town of Bethlehem Democratic and Independence committees for the post.

Board member Kyle Kotary made the motion to nominate Dawson, which Dan Plummer seconded.

"She has the right temperament and will be an excellent addition to this board," said Plummer.

Kotary said he made up his mind that Dawson was right for the job after interviewing all the candidates.

"Joann is somebody who has

Board Page 14

News around the clock

Spotlight Newspapers revamps its Web site to offer an enhanced look at the news around you

By WILLIAM R. DEVOE
 devoew@spotlightnews.com

Some circumstances may keep even the most vigilant political watchdogs from attending their local meetings and events, but they need not worry — with the enhanced content of spotlightnews.com, a click of your mouse will take you

there.

For decades, Spotlight Newspapers has offered quality community news in its weekly newspapers. Now the award-winning news outlet has improved its Web site, www.spotlightnews.com, to bring you the sights and sounds of the news that shapes your world.

A new drop-down menu lets site visitors select photo galleries, video and sound bites from current news or archived

News Page 14



The GE Plastics plant in Selkirk. The plant may be up for sale this year according to published reports. The plant employs over 500 people and has been in operation in Selkirk for 40 years. See story on Page 5.

Jim Cuozzo/The Spotlight



Police Blotter

Bethlehem police arrest 3 for DWI in separate incidents

A Bethlehem man was charged with DWI by police after being stopped during a patrol roadblock on Jan. 4, due to an incident at CSX in Selkirk.

Thomas Deuel, 41, of 8 South Street, Bethlehem, was charged with DWI, drinking alcohol in a motor vehicle and driving with more than .08 percent blood alcohol content.

Police report that Deuel's vehicle was stopped on Bridge Street in Selkirk.

The officer on scene stated a strong odor of alcohol was detected. Police also reported an open

container of alcohol was placed next to the seat.

Deuel was issued a ticket to appear in Town Court at a later date.

• A Delmar man is being charged with Felony aggravated unlicensed operation after police stopped his vehicle on Hudson Avenue.

Christian Peplowski, 37, of 620 Kenwood Avenue, Apt. 2, Delmar, is also being charged with DWI and driving with more than .08 percent blood alcohol content.

Bethlehem police stopped Peplowski's vehicle on Jan.

7, after a routine police patrol. Police report Peplowski's vehicle crossed the double yellow line in the middle of the road.

When officers approached, they reported a strong odor of alcohol inside the vehicle. Peplowski was arraigned and his vehicle was towed from the scene. He will appear in Town Court in February to respond to the charges.

• Leslie Powell, 38, of 196 Route 28A, Valatie, was arrested by Bethlehem police and charged with DWI, speeding and driving with more than .08 percent

blood alcohol content.

Police report that Powell's vehicle was stopped on Sunday, Jan. 7, at 568 Delaware Ave., in Delmar after being clocked for speeding.

Reports indicate Powell allegedly was driving 51 mph in a 30 mph zone. Reports also indicate that Powell was allegedly intoxicated and failed field sobriety tests after being stopped.

He was issued a ticket to appear in Town Court later this month.

Selkirk man charged with credit card fraud

A 40-year-old Selkirk man is charged with grand larceny following a search warrant by Bethlehem police.

Vincent Pucciarelli of 23 Garden Circle Way, Selkirk, reportedly admitted to police that he used his ex-girlfriends credit card number.

Police report that they recovered numerous items that were purchased with the card. Pucciarelli was arrested and returned to court to be processed. He was sent to Albany County jail in lieu of \$7,500 bail.

His next court date is scheduled for Feb. 6.

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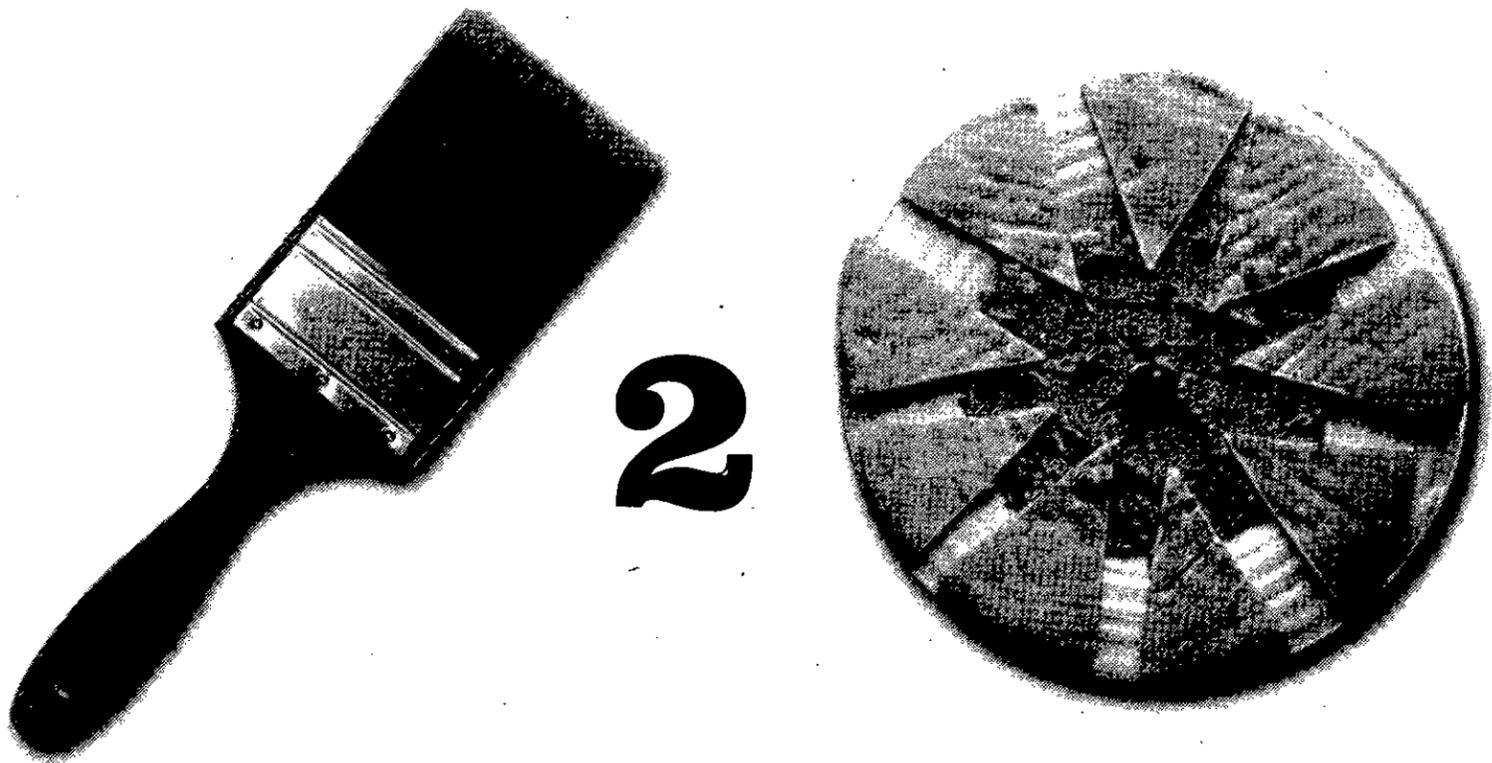
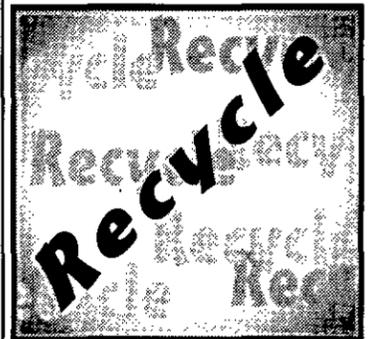
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Collier leaves planning board

By JIM CUOZZO
cuozzoj@spotlightnews.com

Brian Collier, outgoing member of the Bethlehem planning board, said it has been an honor to serve the community for the past seven years as a board member.

"I made a commitment to it and to stay involved in the issues as a member of the board," said Collier, who said he believes the town's fast growth is contributing to the hefty agendas board members now have.

Collier has served a full term and opted against asking to be reappointed.

"The town is very grateful for the time and efforts Brian has expended as a member of the planning board," said Supervisor Theresa Egan.

Egan spoke to Collier about his term, which expired at the end of the year, and she said an agreement was reached between both that a new member would be chosen to fill the post. John Smolinsky was appointed to the seat at the Jan. 10 town board meeting.

Egan said Collier did a good job of recognizing the importance of the town's overall vision.

"The trick about growth is, are we going to grow right or grow wrong?" Collier said.

New businesses like the Glenmont Wal-Mart are helping expand the tax base, said Collier.

"People don't have to commute all the time," he added.

Collier said he believes that the town's close proximity to the state Capital is one of the main reasons for continued growth.

"The pressure will be in dealing with the growth and managing it," Collier said.

Ensuring that all future projects fit in with the town character was one of Collier's strong attributes, said planning board chairman Parker Mathusa.

"He always came to the meetings well prepared with very strong questions for applicants," said Mathusa. "He served with distinction."

The town put forth a comprehensive plan identifying key areas for future improvement, including the Slingerlands hamlet and the proposed Vista Technology Park.

"The comprehensive plan was a step in the right direction," said Collier.

"Is it perfect? No," said Collier, adding that the previous administration was never able to accomplish the task.

Collier said some of the drawbacks to serving as a member of the planning board include the time commitment.



New retail development is set to open along Route 9W in Glenmont. Workers are seen putting finishing touches on the new Bethlehem Town Squire where Panera Breads, below, and several other stores are expected to be located this year.

Business is booming along Route 9W

By JIM CUOZZO
cuozzoj@spotlightnews.com

Panera Bread, PetSmart, Cingular Wireless, Staples and Marshall's are a few of the new businesses that will be opening up in the coming months along Route 9W in Glenmont.

"I am pleased to see the economic development, and the balance (struck) by the town of solid business development and quality of life," said board member Sam Messina.

Route 9W is already home to a Wal-Mart Supercenter, Lowe's, and a group of stores in the Town Squire shopping plaza.

An April grand opening is expected for PetSmart, according to company spokesman Bruce Richardson.

"The store will be 20,000 square feet with all of our products and services, including a grooming salon and pet training area," said Richardson.

The store will employ up to 40 full- and part-time staff members and will include an area for a pet adoption center.

"We will identify one or more local partners who can come in and avail themselves of our store," said Richardson.

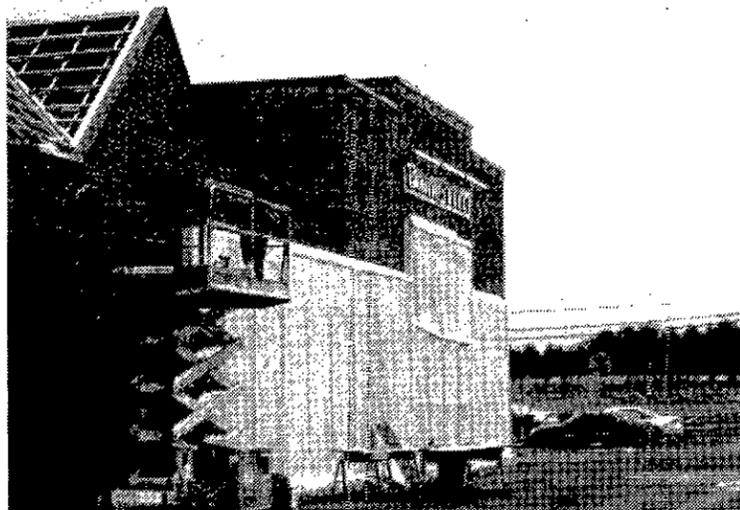
PetSmart Charity is the corporation's major nonprofit charity.

"Our overall stores adopt out about 1,000 pets a day," said Richardson.

The Glenmont PetSmart will be located in the Bethlehem Town Center, right next to Panera Bread, another new business, which will open Jan. 18.

"We are a bakery-cafe with a full cafe, offering soups, salads and sandwiches," said Erin Premo, upstate marketing coordinator.

This is the 1,035th new store since the company was founded in 1981 under the name St. Louis Bread. Up to 40 people will be employed at the Glenmont location.



Photos by Jim Cuozzo/Spotlight

A Marshall's clothing store scheduled to open in the Glenmont Plaza in spring is creating a lot of buzz around Bethlehem, according to Town Supervisor Theresa Egan.

"There is a lot of excitement surrounding both Panera Bread and Marshall's," said Egan.

Some residents have expressed skepticism that Marshall's would open because the plan has been in the works for so long. However, Egan said, she is assured the store will open soon.

"Yes they (Marshall's) are still coming," Egan said.

Amy Cafazzo, who represents media relations for Marshall's, said the Glenmont location will be opening in late spring.

The new retail development along 9W is exciting, said Egan, but she added that sustainable business development is the key to overall town growth.

"Our push is to really try to market the community to more sustainable economic development like office space and high-tech," said Egan.

Other possible new stores may be popping up behind the Petrol station on 9W.

"That corridor is the only commercial district in the entire

town, and retail is destined for that corridor," Egan said, referring to the Route 9W area.

Delaware Avenue is Bethlehem's historic shopping corridor, according to economic development director George Leveille, but Route 9W is the one area in town where "big box" retail is permitted.

"As for big box, they contribute to the town tax base and provide services," said Leveille, but he stressed that the main focus is on traditional hamlet shopping areas, such as the Delmar Four Corners.

"We want to create neighborhood business centers where people can access them more readily," said Leveille.

One of those neighborhood areas under study is in Slingerlands, where a few private developers are beginning to work with the town to create a hamlet design along Route 85.

"They are working to come up with an integrated plan of development, including mixed uses like housing built above storefronts," said Leveille.

The key component of the proposed Slingerlands hamlet is easier access by building a new road that will extend south from the existing Route 85 along Maher Road.

"The hamlet plan update will be presented for this area in February," said Leveille.

State audits Bethlehem school district

By JIM CUOZZO
cuozzoj@spotlightnews.com

Bethlehem Central School District is first on the list of schools in 2007 to be audited by the state.

"The audit began last week," said Jennifer Freeman, spokeswoman for the State Comptroller's office.

Richard Svenson, a school board member also on the district's new audit committee, told the public at the Wednesday, Jan. 3, school board meeting about the audit.

"There is a whole list of items they want to look at," said Svenson.

Those include several internal controls, specifically how the district manages its computerized financial systems.

"Some of the more common problems include no policy on how cell phones are used, or duties within a treasurer's office not segregated properly," Freeman said.

A typical state school audit lasts six months to one year, said Freeman, and includes a team of auditors interviewing district staff and officials on site.

After the fieldwork is complete, the team prepares its findings and delivers them to the district, which then has 30 days to respond to the report. The audit is then made public, and the school district has 90 days to respond regarding any corrective action that needs to be taken.

"Primarily, we have found that most school districts are pretty well run," said Freeman.

There are, however, the exceptions.

The office of State Comptroller recommended Voorheesville School District's recent audit be referred to the District Attorney's office after it was revealed in 2006 that the former superintendent and business administrator improperly authorized \$216,000 of payments to themselves, which they were not entitled to. These payments included failing to notify the board about taking pay for unused vacation time totaling \$40,000.

Other problem audits turned up at Roslyn and William Floyd Schools on Long Island. Four workers at William Floyd School pleaded guilty to stealing money from the district that saw more than \$7 million in misappropriations. Nearly \$11.2 million was found to have been used by friends and families of employees in the Roslyn school district for personal benefit in a 2005 state audit. In Troy, an audit of the school district revealed that the board did not properly approve payments made to a former administrator.

A total of 113 school districts were audited in 2006, and 180 more schools are expected to be audited in the new year.

"We look forward to the results of this performance audit and its recommendations," Svenson said. "So, we'll see what happens."

"The state approved the hiring of 89 new staff to complete the audit of all New York schools by March of 2010," said Freeman.

An annual report of school audit findings to the state Legislature is another requirement of tougher state standards.

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Shining *The Spotlight* on the World Wide Web

Editor's Note: From Robin's Nest will return next week.

Web. Web. Web.

That's all we seem to be talking about at Spotlight Newspapers these days — our Web site — spotlightnews.com.

Our business manager wants up-to-date entertainment listings; our director of new media wants in-house advertising for it; our sports editor wants a lead photo for his sports section; and it seems our vice president's favorite saying nowadays is, "Let's get it on the Web."

And you — our readers — have been talking, too. We're getting comments like:

Can I download a milestones form from your Web site? You guys have been doing a great job. I can't find a place to subscribe to your paper on your Web site.

As managing/online editor, I have to say I like the fact that people are talking.

We have done a lot of great work over the past six months to improve our Web site, and it's only going to get better.

Our Web site was first launched in 1997. It was sufficient for its time. It was updated once a week with the top news and sports stories from each of our communities. It had a few links for education and government resources, and a small classified section with no advertising. Its look was elementary, and it was



clumsy at best to navigate.

Today, spotlightnews.com boasts fresh news that matters to you daily, accompanied by advertising and classifieds that will help you get the best of what you are looking for. Its sleek new design makes it easy for online users to navigate and find what they need.

As part of the new fresh content, online readers will find a new lead story everyday, 24/7 breaking news updates and ever-changing photo galleries of faces and places in your community.

In addition to having online readers come to our site for the latest news, we want readers to become writers. At the end of every story on spotlightnews.com, there is a place for online readers to post comments. We want you, our readers, to have a say in what's going on within our communities. Whether you like or dislike the article, agree or disagree with the issue, or want to start a discussion, spotlightnews.com is your link to your community.

In the near future, online visitors will see even more enhancements.

Within the next few weeks, we will be introducing several new blogs to spotlightnews.com.

A blog, in the simplest term, is a Web log or online diary. Blogs started to take off in the mid-1990s and have exploded in popularity in the

past few years. A typical blog contains text, images and links to other blogs. Web logs often provide commentary on a particular subject, such as food, politics or local news. Some of the most popular blogs on the Web today are DailyKos, Boing Boing and the Drudge Report.

Our new blogs will be written by Spotlight Newspapers staff: yours truly, Managing/Online Editor Tim Mulligan; Senior Managing Editor Katherine McCarthy; Sports Editor Rob Jonas; and Advertising Director William Kellert.

Weekly Run, my blog, will offer readers a look inside Spotlight Newspapers: what's new, what's behind some of our decisions, and how can we make it better for you, our readers. Weekly Run will also provide you with small anecdotes from the trail of life. I like to run, and a lot of my ideas, and most likely blog entries, will come to me while I'm out on the road. So I hope you'll come along with me on my Weekly Run.

Katherine McCarthy, a very familiar name to many of you from her "Mom's the Word" column, returns with her new blog, "Having It All."

Here's Kathy's synopsis of her blog.

In September 2005, I swapped my comfortable part-time work as columnist and writer at Spotlight Newspapers for the full-time position of senior managing editor.

Why the switch? The kids were older; I would never like housework or decorating enough to spend more than the bare minimum amount of time on it; and the MacArthurs were clearly not going to award me the genius grant to write the masterpiece that would become a prominent oeuvre in the American literary canon.

And, I love the community news we put out every week, that there's a place to find out what the school board is up to; how newly enacted local laws will affect residents' cash flow; and what issues are big enough to incite people to write a letter to the editor.

New life phases bring new lessons, and working full-time means that the dust bunnies can become jackrabbits; kids get a little more free-range; and laundry still doesn't do itself.

In this blog, I'll share some of my thoughts about living in the modern world, and whether there's any truth to the myth that you can have it all.

I very much look forward to reading your new blog, Kathy.

Sports Editor Rob Jonas is moving to the digital world with "Sports Scraps."

Here are Rob's plans for his blog:

The blog is an extension of my "From the Sports Desk" column in Spotlight Newspapers.

The focus will be on Capital District sports, but occasionally there will be national or international items. Sports Scraps will be updated two to three times per week, so it will be more timely than the weekly column that appears in all the print editions.

If it's anything like your

print column, it should be a great one, Rob.

Some of you may be familiar with Bill Kellert's "Notes from the Advertising Desk" column that appears on a bi-weekly basis. Well, Bill is bringing that to spotlightnews.com, and here is what "From the Ad Desk" online will be all about:

If it has to do with marketing, sales, promotion or people working in the Capital District, you can hear about it here on "From the Ad Desk." We'll explore the comings and goings of the people in the business world, promotions, staff changes, and, in general, be the eyes and ears of the business community.

If you want to hear about marketing, sales challenges and how to overcome them, promotional

pros and cons, and a professionally biased opinion on them all, this is the place to stop.

"From the Ad Desk" on the Web? A nice idea.

In addition to the new blogs, within the next few months, spotlightnews.com will have enhanced video and audio links to stories and photos.

So keep talking, and we'll be sure to do the same.

Together, we can make spotlightnews.com and Spotlight Newspapers the best place to find news in your community.

Send a comment to Managing/Online Editor Tim Mulligan at mulligant@spotlightnews.com.



McCarthy



Kellert



Jonas

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Christopher Porco charged with killing father Peter Porco and

le East Chris Hanlin, exclusively posted

WEEKLY WEATHER

Chief Meteorologist Mike Bono

TIME WARNER CABLE

Albany Almanac

Record high/low/year

Day	AVERAGE HIGH 31°	AVERAGE LOW 13°
	High/Year	Low/Year
Wednesday, January 17	62°/1889	23°/1971
Thursday, January 18	59°/1973	19°/1957
Friday, January 19	62°/1929	28°/1971
Saturday, January 20	53°/2006	22°/1970
Sunday, January 21	61°/2006	18°/1994
Monday, January 22	62°/1906	20°/1984
Tuesday, January 23	64°/1906	20°/1970

SEASONAL SNOWFALL TO DATE
0.7 inches as of Friday, January 12th
19 inches below average

This week in weather
January 21, 1994 All-time record lows were reached at 4 major cities in Pennsylvania, the lowest being -22° at Harrisburg. For the second day in a row, Maine and New Hampshire reported lows colder than 40 below zero. Albany was only 18 below zero.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	7:22am	4:49pm
Thursday	7:21am	4:50pm
Friday	7:21am	4:51pm
Saturday	7:20am	4:53pm
Sunday	7:19am	4:54pm
Monday	7:19am	4:55pm
Tuesday	7:18am	4:56pm

Moon Phases
January 18th New January 25th First

Planets	When	Where
Jupiter	Dawn	SE
Mars	Dawn	V Low SE
Saturn	Evening	East
Venus	Dusk	Low WSW

Area Ski Conditions

Resort	Base Depth	Lifts	Trails
Gore Mtn	8" - 28"	5	18
Killington	18" - 22"	15	83
Bromley	8" - 20"	4	10
Okemo	8" - 24"	12	65
West	8" - 24"	3	3
Hunter	0" - 30"	3	19
Whiteface	11" - 19"	8	26
Jiminy Peak	12" - 36"	3	19

Factoid
On Saturday, January 6th, the temperature in Albany soared to 71 degrees, breaking the old record for the date by 11 degrees. It also tied the all-time January record of 71, set back in 1932.

Ski Report

Tides at Albany

Day	High	Low
Wednesday	3:17am, 3:48pm	9:51am, 10:37pm
Thursday	4:04am, 4:31pm	10:37am, 11:22pm
Friday	4:49am, 5:14pm	11:22am, -----
Saturday	5:33am, 5:55pm	12:05am, 12:08pm
Sunday	6:17am, 6:38pm	12:48am, 12:56pm
Monday	7:04am, 7:22pm	1:31am, 1:46pm
Tuesday	7:54am, 8:11pm	2:17am, 2:41pm

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Reports indicate Selkirk GE plant up for sale

By JIM CUOZZO
cuozzoj@spotlightnews.com

Local officials do not foresee any negative impact regarding speculation of a possible sale of GE Plastics in Selkirk.

Published reports from Jan. 9 from news sources including Reuters and the *Wall Street Journal*, indicated GE is in the early stage of discussing options for its plastic business, which could lead to a possible sale of the unit.

"I have not heard personally from GE," said town Supervisor Theresa Egan at the Wednesday, Jan. 10, meeting of the town board.

"I have no indication they are packing up or moving," Egan added.

More than 500 people currently are employed at the GE Selkirk plant.

Some potential buyers, according to financial analysts, include Dow Chemicals, DuPont and several international buyers. *The Albany Business Review* reported that Apollo Management, recent buyers of the GE silicone plant in Waterford, and a private equity bidder also have expressed an interest in the Selkirk plant.

"I am presuming someone will buy it and keep it profitable," said



The GE Plastics plant in Selkirk may be up for sale this year according to published reports. The plant employs more than 500 people and has been in operation in Selkirk for 40 years.

Jim Cuzzo/Spotlight

Congressman Michael McNulty, D-Green Island.

McNulty said the Waterford employees were able to retain their jobs when the silicone division was sold.

GE Plastics is a global supplier of plastic resins used in automotive, healthcare,

consumer electronics and other applications, according to a company fact sheet.

Egan said GE has been a "great town neighbor."

"They really reach out to the

community," Egan added.

Amy Mengel, spokeswoman for GE's plastic division, said company policy is to not comment on rumors regarding its business.

"There is no significant plant closure expected at this time," said Mengel.

Town economic development director George Leveille said GE does not receive any Industrial Development Agency incentives or tax breaks at the Selkirk plant, and he has not heard anything more than the recent news reports.

"I would expect we would be formally notified if there was something imminent happening at that location," Leveille said.

GE Plastics in Selkirk recently celebrated its 40th anniversary of operation in Selkirk. Jack Welch, former chief executive officer of GE, was the first manager of the Selkirk plant in the mid-'60s.

Egan said there have been relatively few accidents at the plant.

"They are very safe, and they take their safety very seriously," Egan said.

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Matters of Opinion *in the* Spotlight

Think globally, act locally

This week's storm may return our equilibrium. January had been so mild up till now, that it was throwing everybody off. Instead of rejoicing at not having to shovel and at the balmy temperatures, many of us have been shaking our heads and invoking the evil spectre of global warming.

Hardier souls make the most of milder weather, keeping their bicycles moving when usually the two wheelers would be hanging by a hook in the garage. Dog walkers are delighted at not having to parade their four-pawed pals through ice and snow; and joggers are pounding the pavement without getting upset at neighbors who usually let ice accumulate on the walk.

Economically, this winter is on track to be a wash-out for people who depend on cold and snow to make a living: ski resorts, snowblower manufacturers, skating rinks, the kid down the street with a shovel. For a lot of us, though, it's a chance to save money, as we don't have to blast our furnaces or warm the car up for a long time each morning.

It's also a chance to save resources and begin to move away from the paralyzing grip of Middle Eastern oil. Maybe we could all use the time saved in not having to shovel to take a few minutes and learn about alternative fuels. Google wind power; is your utility offering it? Are there alternative fuel-buying consortiums making wind and solar power available to your home?

The New York Energy and Research Development Authority (www.nyserda.org) offers a number of programs and financial incentives to improve energy efficiency in your home or business. If you're looking at home improvements or additions, today's insulating products and heat delivery systems might be the way to go. If you've got an old house, perhaps this winter of fuel savings is a good time to consider those new windows that will reduce drafts.

And if global warming really has you nervous, think about the vehicle you drive, and how often you drive it. Keep its tires inflated and the car in good shape, and you'll burn less gas. If it's time for a new car, take a look at a hybrid. It's up to us to keep the pressure on Detroit to manufacture cars that save the environment and fuel the American economy instead of foreign ones.

And maybe there are times we could walk instead of drive. In addition to saving money and the environment, we might just run into friends and neighbors out for a walk in the relatively mild weather.

Or, if winter weather sticks around, we can complain about the dangers of snow and ice.

Editorial

Enlightenment on the dark continent

By NANCY HEINZEN

The writer is a founder of Bethlehem Tomorrow and a Delmar resident.

Knowing that I have a fondness for small group discussions about tough subjects, my sister recently invited me to sit in as an observer of her work with a group of Africans developing scenarios about the future of East Africa. This workshop took place in Nairobi, Kenya, and the scenario building team included representatives from Uganda, Tanzania and Kenya. In general the participants were young professionals in their 30s on the cusp of moving into significant leadership positions. When I accepted the invitation, I envisioned a passive role for myself, observing firsthand the group process and taking note of the various techniques used to help others imagine the future. Having gone through several visioning exercises related to Bethlehem's comprehensive planning process, I was interested in this alternative approach to "visioning."

Although I'm a big fan of giraffes and thus a likely candidate for a safari, I was drawn to Africa largely to participate in the workshops and observe the impact of globalization on developing countries. Having read many of Tom Friedman's books, I wanted to see how this new world was unfolding, and take a look at the United States and my small town from the perspective of another country. I've also felt that a consequence of our post-9/11 anxiety is an increasingly easy ability to demonize foreigners and overlook the very human drives that compel young men and women from very poor countries to take drastic actions. Something was going on, "out there," removed from the American perspective which needed to be explored, and a trip to Africa seemed like a good place to start.

As a veteran of the group process, I should have anticipated my short-lived tenure as a workshop observer. A key element of the scenario building process is establishing a "picture of now" which resonates with the group as a whole. This is based on factual information,

Point of View

conversations with experts — in our case two retired ambassadors and a leading journalist — and the personal observations of workshop participants. As I became more familiar with the background material, my polite interest in Africa dissolved into a keenly felt sense of sorrow for the very complex problems facing everyone sitting at my table. I found myself eager to share my own observations, realizing quickly that the African "picture of now" is in fact influenced by policies and decisions made by my own government and that my own American perspective was in fact relevant. A few words and images stand out from these group discussions.

A fashion designer from Kampala, Uganda, sadly mentioned that everyone in her country wore secondhand clothing and she dreamed of the day when Africans would buy and wear African clothing. Having toured Nairobi, her comment rang true, and brought to mind my own bag of used clothes indifferently dropped off at the Salvation Army. At the end of my visit, these images came full circle when a vendor approached me wearing a T-shirt with the Empire State Plaza printed on the front.

I was also fascinated and somewhat amused by the concept of walkability, which is often a stated goal of land use plans here in the Capital District. Planners and developers devote considerable resources to tricking the American people into walking rather than driving, yet in Nairobi the daily volume of pedestrian traffic streaming next to major roads was impressive. There were no sidewalks or fancy street lights, just people walking long distances back and forth to their homes.

After reaching some consensus on the "Picture of Now," the workshop moved to imagining the future. In discussing what could happen, our group spent considerable time analyzing the obstacles to change. I volunteered information about how change occurs in the United States, not realizing that my own experience couldn't necessarily be duplicated in Africa. I talked about legislation, government agencies and public hearings with an institutional self-confidence that must have been amusing to others in my group. These institutions may exist in East Africa, but their current form and substance was embraced warily by our group, if at all. Normally critical of our democracy and often despairing of what doesn't get done, I found myself surprisingly impressed with what our government institutions do accomplish. Absent these capabilities, as seemed to be the case for East Africa, I wondered how a nation can begin to move forward when the underlying institutional capacity is limited and fragmented.

We talked about what seemed to be working well in East Africa. Two participants most familiar with village life consistently described communities where there was a shared sense of purpose, a willingness to help others and a

commitment to take care of what needed to get done.

I was looking for signs of cohesion anywhere within East African society, and the description of village life was heartening. Building on these observations, our group created a tentative scenario which involved a catastrophic event severe enough to dissolve existing institutions, thus allowing a village-based political system to emerge. We envisioned locally owned energy production, an economy tied to carbon emissions markets, and a greater political role for celebrities tuned into youth culture. These and other ideas meandered in and out of our scenario, and the final narrative has yet to be developed. Eventually the workshop came to a close and there emerged three very different preliminary scenarios, with ours the most optimistic.

Seeing the land

During our last five days, we took a tour, which included a visit to an African village and Lake Manyara National Park. I was eager to move out of the hotel and compare the workshop with my own observations.

This leg was exhausting and very stimulating. Issues mentioned in passing came to life and now were affecting my own sense of security. Unemployed young men lingered at the bus station, threatening me if I took a photograph. Security guards appeared out of nowhere if they noticed my sister lingering too long. Public transport moved massive numbers of people everyday, but the calm acceptance of a window on a bus falling off was revealing. Small farms had taken over previously undeveloped land and there was little, if any, vegetation to hold the soil in place. The flamingos at Lake Manyara had died off due to possible toxins. I seemed to be moving through the essence of those scenarios that painted the saddest, most troubling vision for East Africa.

A bout of food poisoning pushed me to the edge and the prospect of visiting the African village, the last event on our tour, struck me as both complicated and physically hard to manage. We would have to take a country bus and hike several hours and I didn't know if I could make it. I'm grateful, however, that my body and mind held out, because walking the well-trodden path was soothing and the Rift Valley scenery beautiful. The village was everything we had discussed in the workshop. The president of the village welcomed us, the farm was productive, the children healthy, the elders watchful of custom, and the parents danced and drummed with joyful abandon. I had this sense that maybe our scenario and the obvious cohesion witnessed at the village could in fact be an influential force in the years to come. That optimistic thought magically allowed me to envision ways to live out the imagined future of Africa, making it possible to tolerate the worst and hold out for the best.

This is the value of building scenarios, perhaps a tool we should consider for the Capital District.

THE Spotlight

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Your Opinion *in the* Spotlight

Rein in the beast

Editor, The Spotlight:

Fighting urban sprawl takes careful planning. Lucky for us in Delmar, we have taken the first steps to get an arm around the beast. The comprehensive plan and our initial rezoning stab have got it hobbled a bit. Our planning departments are doing good work to move toward smarter growth.

In the past five years, the beast devoured acres of our property, leaving us with a lopsided economic balance. Our school system struggles to deal with increasing enrollment. The school budget was defeated for the first time in 25 years last spring.

But we fought back and yielded the 9W corridor for commercial growth, which is providing a much-needed infusion of tax revenue. Do we love box stores? Not if they drive our family owned small businesses to closing their doors, or detract from the community life we cherish. But we are smarter than the beast.

The 9W corridor is a work in progress. We are learning as issues rear their ugly heads: traffic, community gateway, visual image changes, police force demands, small businesses struggling, shifting buying habits... the list goes on.

We can support our local business and save ourselves time and hassles. It might not cost you more to shop next door. We can insist on balanced fiscal growth. We can protect the environment and culture in our town. We can protect landowner options. We can plan and try out the plan, and review and modify the plan and keep on trying to grow green and smart.

Hindsight is 20/20. We need to use it to spot mistakes so we can live and learn.

I'm circulating a petition to put before the zoning board of appeals to consider amending the zoning for Delaware Avenue properties between Kenwood and Cherry avenues to allow more sustainable, fiscally beneficial, development and community friendly economic development. We have good people on our planning boards. If we give them architectural standards and the helm, I'm confident good things will happen. Stop by the sub shop at the Four Corners to see the petition proposal. Together we can corral that beast.

Cindy Hill
New Holland Group
Delmar

Let's start talking about Bethlehem's hidden jewel

Editor, The Spotlight:

The town of Bethlehem is blessed with a 10-mile waterfront that is only beginning to be realized. Few places within the town still hold the potential to have a meaningful impact on the already high quality of life offered by the town of Bethlehem. Finding the appropriate balance between development and public access will be an important element for the community as it seeks to enhance its quality of life in the 21st century. The community continues its growth in residential building permits and industrial development, an important indication of Bethlehem's

increasing desirability, and an issue that requires proper planning. The town is currently developing a framework to make sure that external residential pressures and economic realities do not spoil the community's character and quality of life. This process is not a matter of stopping growth, but rather an issue of managing it toward the community vision.

The preparation of a local waterfront revitalization plan (LWRP) emerged as a top recommendation of the town's comprehensive plan adopted in 2005. To assist the town in preparing the plan, a waterfront advisory committee (WAC) has

been organized. The WAC is an advisory body that provides advice and recommendations to the town and its consultant, Saratoga Associates.

community residents to participate in an open dialogue about the future development and land use along our 10-mile stretch

The WAC would like to invite

Jewel Page 8

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Your Opinion *in the* Spotlight

A new flag should be tapped of historic celebration

Editor, The Spotlight:

I'm glad to see discussion about the design of Bethlehem's town seal. Thanks go to former town board member Tim Gordon for raising the

issue.

Whether we decide to change the seal or not, it doesn't hurt to rethink these things from time to time.

As far as changing the seal, I'm

neutral so far, but I think the town of Bethlehem desperately needs a new flag.

Bethlehem's flag is really just the town seal in the middle of a plain blue flag.

Yes, a lot of flags are just a seal on a piece of cloth. A lot of states, including New York, do this. The problem is that they basically all look the same, and they're not instantly recognizable.

Imagine if the flag of the United States wasn't the Stars and Stripes, but was instead the U.S. seal on a plain blue flag. Pretty boring, right?

Hardly the thing to inspire us. You might even argue that history might be different if the U.S. flag were less striking and recognizable than our magnificent Stars and Stripes. Think, too, of the flags of Canada and Japan, with simple yet striking

designs that everybody recognizes instantly.

Not so the flag of Bethlehem. There may or may not be anything wrong with Bethlehem's seal. But a seal, like a signature, serves to signify authenticity and should therefore be complex. A flag, however, serves as a symbol and should therefore be simple. Seals and flags, like drinking and driving, shouldn't mix. In 1995, the town of New Milford, Conn., which is the same size as Bethlehem, designed and adopted a new town flag. It's a simple, handsome flag that looks like no other in the world. It's popular with residents and can be seen flying all over town, as well as on T-shirts, mugs, and so forth.

New Milford held a flag design contest, which drew 327 designs. They judged by a "Citizen Flag Jury," which did some flag design studying

before evaluating New Milford's entries. Flag experts, such as the Flag Research Center of Winchester, Mass., gave valuable advice and guidance.

The Lions Club sponsored the contest, providing invaluable publicity and financial support. Support also came from the chamber of commerce and leading local businesses. The Lions Club and chamber of commerce sold the flags and related items.

Nearly half the designs came from elementary and high school students. Once a month, the flag jury selected finalists from the best flag designs submitted that month. A monthly flier, showing the finalist flags was a hot item in town. Two local newspapers printed more than a dozen stories on the flag designs as the contest continued for six months.

The new flag was dedicated on July 4, 1995. Local residents lined up three musical groups to provide entertainment, and local teachers had even written a song for the flag, "The Green Wave Flag." All contest participants received recognition, and then the winning designer, assisted by the 6-year-old finalist, hoisted the new flag in front of town hall, local school children broke out into the new song, followed by deafening cheering and applause. So many flags and flag-related paraphernalia were sold during the ensuing months that the Lions Club was able to plow several thousand dollars in profit into various community programs. There are even plans for a "New Milford Flag Scholarship."

New Milford produced a 106-page booklet, *The Practical Guide to Creating a Successful Civic Flag*, which any community can use as a guide to creating their own flag. Almost a year ago, Bethlehem began preparations for a major celebration of the Henry Hudson quadricentennial in 2009. A new flag contest for our town could be an exciting part of these festivities, and unveiling Bethlehem's new flag in 2009 would be a memorable final event.

It's said that if an average school child with a few crayons can produce a recognizable image of a flag, it's a good design. How about it, Bethlehem?

Michael Trout
Selkirk

Jewel

(From Page 1)

of riverfront, including the development of a master plan for Henry Hudson Park. The public workshop will be held on Tuesday, Jan. 23 from 7 to 9:30 p.m. in the town hall auditorium. The workshop will provide community residents the opportunity to discuss and prioritize the ideas under consideration as well as offer their own ideas for the LWRP.

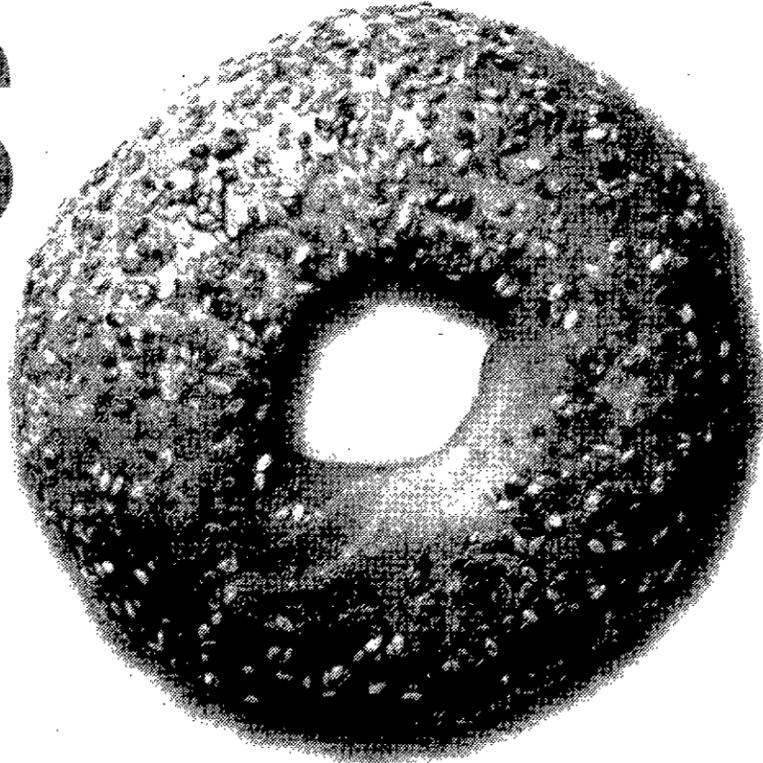
Some of the ideas that will be discussed are expanding access to the waterfront, securing open space to establish a trail system, highlighting Bethlehem's historical sites, making suggestions for the Henry Hudson Park boat launch and park master plan. Please join us in our effort to tap into Bethlehem's hidden jewel, our riverfront.

David DeCancio
Waterfront Advisory Committee
Selkirk

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Finance *in the* Spotlight

Tips To Help You Start Saving NOW

By Michael R. Orsino
President, Capital Region
KeyBank N.A.

Without even knowing you, let me see if I can describe the situation you're in. You're starting off 2007 with great intentions. You want to save for retirement, or for college, or maybe you'd just feel a whole lot safer knowing that you have a bit of a financial cushion, in case of some unexpected emergency or job loss. Despite these good intentions, you're not saving as much as you'd like. Or maybe you're not saving anything at all.

It seems too hard, you tell yourself — impossible even. The

whole idea of "spare" cash doesn't fit in your vocabulary because your money is spent before you cash your check.

If this is you, take heart. You're not alone. When we asked people about their savings habits, most of them told us they find it difficult and don't do as good a job as they would like to do.

So how do you break the cycle of never having enough money to set aside? Or maybe a better question is can you break the cycle?

I strongly believe you can. And I don't think it has to be difficult. Regardless of your income or budget, most people — even you — can learn how to save more money.

The first and most important

barrier to overcome is to stop thinking of saving as drudgery. Most people associate savings with some degree of pain. But there's a positive side to saving money (beyond the actual amount of cash you can set aside).

Simply put, saving money gives you more control and freedom over your life. You can't hang a price tag on how it feels to know that you're going to be okay when you retire, or that your kids will receive the education they need, or that you'll be able to weather a job layoff, or put new brakes on the car when they go, or replace a refrigerator when it leaves a big pool of water on your kitchen floor. Saving money, dare I say, could lower your stress and lead to a

healthier and more peaceful life. It's potentially that powerful, and I think it's important to acknowledge and appreciate the emotional as well as financial benefits saving can bring you.

It's also important to have a plan that isn't overwhelming. With that in mind, let me offer some very simple, easy-to-follow tips for making saving more money a resolution you can stick to.

Automate it. Many employers will allow you to directly deposit a specified amount of your paycheck into a savings account. This has two advantages. It allows you to pay yourself first, and you don't have to think about it. The savings happens without you having to lift a finger.

Define it. Give your savings goals specific dollar amounts and time frames. And break your overall savings goals down into manageable chunks. Let's say you've set a goal of saving money for a vacation, so you don't have to take on debt to pay for it. It's much easier to work toward saving about \$35 a week than to tell yourself — I need to find an extra \$2,000.00 in my budget this year. Doing it in small steps also lets you track your progress and gives you a sense of satisfaction as you achieve your weekly and monthly goals.

Make it real. I recommend writing down your savings goals. It can be on a piece of paper stuck to your refrigerator or next to your alarm clock, on a calendar, in your electronic organizer, on your computer desktop — whatever works for you. It's just easier to stick to goals if they're constantly in front of you. If you're thinking you'll just remember — well, think about how well that strategy has worked for you so far.

Make small changes, but make them consistently. The secret to saving large amounts of money is to save small amounts of money on a regular basis over time. Some fortunate few will receive a large, unexpected windfall this year. Most of the rest of us won't be so lucky. But we don't need luck to achieve our goals — just a little purpose, discipline, and persistence.

For instance, if you were to save a mere \$25.00 a week for a year with a modest compounded interest of 1.25 percent, at the end of the year you would have \$1,325.00, which could be an extra mortgage payment, or car insurance for a year, or a big screen TV.

Think twenty-five bucks a week is unachievable? Try these ideas:

Review your telephone, cell phone, and cable or satellite TV contracts to see if you can switch to less costly plans or reduce or eliminate some of those bills.

Bring your lunch to work a couple of times a week instead of dining out. Rent a video instead of going out to the movies. Make coffee at home instead of opting to buy premium drive-thru coffee.

Can you car pool to work with a friend or spouse, or use public transportation?

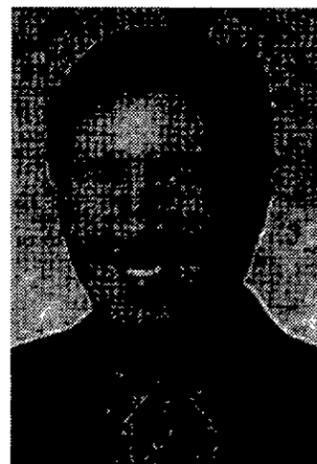
Use coupons when you go grocery shopping and cook a few more meals at home each month instead of going out to eat.

Your automobile is a huge expense. Buying used versus new can save you a lot. So can shopping around for the best loan and insurance rates. And when you do make a purchase, you may want to look for models that get better gas mileage and that don't have exorbitant sticker prices.

There are hundreds of little ways you can save money each week and with each purchase that won't leave you feeling as if you're depriving yourself of living a good life. It all comes down to choices — and the best question you can ask yourself before making any purchase (to make sure it's a wise one) is "do I need this, or do I want it?" It's okay to want things. And it's okay, on occasion, to buy those things. The trouble begins when the "I wants" outnumber and overshadow the "I needs."

This year, we celebrate Ben Franklin's 300th birthday. Among his most famous quotes was "a penny saved is a penny earned." That couldn't be truer, and it couldn't be more apropos for those of us living today. It's also good to remember that saving doesn't have to be intimidating, difficult, or boring. In fact, your ability to make sensible financial decisions will broaden your choices and give you increased freedom and buying and borrowing power. There are too many good reasons to save and not enough valid excuses to procrastinate. So take steps today to ensure that your fiscal future is secure.

About the author: Michael R. Orsino is president of KeyBank's Capital Region. He is based at 66 South Pearl Street in Albany and may be reached at 257-8643 or Michael_R_Orsino@keybank.com.



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Lutheran Church brings back tradition of honoring heroes

By JIM CUOZZO
cuozzoj@spotlightnews.com

Bethlehem Lutheran Church is re-establishing an event from years past honoring local heroes. The church's Community Recognition will be 4 p.m. Sunday, Jan. 28, at the sanctuary on 85 Elm Ave.

The event will honor current and retired members of the town police, fire, ambulance, EMT and other emergency response units.

"Thirty years ago, this congregation held one of these events, and it seemed good to us to pick it up again," said the Rev. Mark Mueller.

Mueller, who also serves as chaplain for the Bethlehem police and ambulance service, said his strong connection with many of these organizations is another reason the ceremony is being re-established.

"This service is to say, 'Thank you,' and honor these civic servants," Mueller added.

Many local political and civic officials have also been invited to attend the service, which will include a reception to follow in the church's Fellowship Hall.

"We would very much like the entire community to attend," said Mueller.

Special music from the church

choir, handbell choir and children's choir will be featured during the service.

"I think any time we can recognize the volunteers and the people who serve this community in this capacity, it's a good thing for everyone involved," said Bethlehem Police Chief Lou

Corsi.

In 2006, Anthony Arduini and John Cox, two veteran members of the police department, died.

Supervisor Theresa Egan is expected to attend the service along with other officials.

"Invitations have been sent to all local politicians, and our target

is to have all emergency service agencies that serve the town of Bethlehem to be invited," said Mueller.

For information, contact Bethlehem Lutheran Church at 439-4328 or go to the church's Web site at www.blutheran.org.

NYSTI's arts school scheduled to begin

On Saturday, Jan. 20, from 10 a.m. until noon, the New York State Theatre Institute will hold an open house to showcase the Theater Arts School for Young People, which begins on Saturday, Jan. 27.

When the theater arts school starts, it will offer classes for the following age groups:

- Creative Dramatics for ages 3 to 7. A one-hour class held Saturdays at 9, 10, or 11 a.m.,

designed to channel the very young student's imagination in constructive, interactive activities that emphasize self-expression. Tuition is \$150 per session.

- Theatre Skills Workshop for ages 8 to 12 is a three-hour workshop that meets Saturdays from 9 a.m. until noon. It consists of three classes in acting, movement and voice. The workshops focus on improving the performer's body, mind and voice through

theater games, improvisation, and character development. Tuition is \$300 per semester.

- Performance Skills Workshop groups students by age and experience, and focuses on preparation of scripted materials, vocal selections and choreography. These three-hour workshops, from 1 to 4 p.m., culminate in an informal staged presentation. They are geared for ages 13-18. Tuition is \$300 per semester.

- The Production Workshop is for experienced theater arts school student only. This two-semester workshop is a four-weekly program of acting, movement and voice. The focus of the production workshop is the creation and development of a stage production in the spring. Tuition is \$600 per year.

NYSTI is located at 37 1st St. in Troy. For information, call 274-3295, or visit the Web site, www.nysti.org.

Egan to speak at society meeting

Town Supervisor Theresa Egan will address the Bethlehem Historical Association on Thursday, Jan. 18, at 2 p.m. She will offer a "state of the town of Bethlehem" address. This is a discussion of the past year, and a preview of the coming year.

This free program is open to all who wish to attend. The museum is located at the old Cedar Hill School House, 1003 River Road, Selkirk. For information, call 439-3802.

BCHS Class of '77 plans reunion

Bethlehem Central High School Class of '77 is seeking volunteers to help plan a reunion. An organizational meeting is set for Thursday, Jan. 18, at 2 p.m. in Delmar.

For information, call 439-5603. Graduates of 1977 should send their e-mail contact information to bchs77@gmail.com.

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“Verizon’s fiber service blew them all away.”

*PC Magazine, August 22, 2006**

When it comes to speed, Verizon FiOS Internet tested faster than Optimum Online, Cox, Comcast and a whole lot more.

Recently, 10,000 readers of *PC Magazine* took their Internet service providers on a speed test. And the results were clear: “At an average of 271 kilobits per second, fiber was 35 percent faster than cable....”

Internet service powerful enough to do it all. FiOS Internet lets you easily stream clips on YouTube™. Quickly post photos to online albums and purchase MP3s. And, because our network goes all the way to your home, you can be sure you’re getting 100% fiber-optic power all the time.

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Thacher Nature Center schedules winter programs

IN BRIEF

Thacher Park and the Thacher Nature Center are pleased to announce that snowshoe rentals are available at both locations.

Come and explore Thacher Park and the Nature Center on a guided snowshoe walk. The fee for the guided walks is \$1 per person, but the park waives the fee for those who rent snowshoes at Thacher Park or the Nature Center.

Snowshoe rental rates are \$5 per pair if rented for up to four hours. Snowshoes may be rented on a first-come, first-served basis or may be reserved ahead of time. Several snowshoe sizes are available for both children and adults. Come and enjoy winter's landscape on your own, or sign up for a guided snowshoe walk. Guided snowshoe walks will be ongoing throughout the winter.

The schedule for the snowshoe walks is as follows:

- Thacher Nature Center, Sunday Jan. 28, 10 a.m. until noon.

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



- Thacher Nature Center: full moon hike or snowshoe walk, Saturday, Feb. 3, 5:30 and 7:30 p.m.

- Thacher Park. Saturdays, Feb. 10, 17 and 24, 10 a.m. until noon.

All snowshoe walks are snow and weather dependent. Please contact Thacher Park at 872-1237 or the Thacher Nature Center at 872-0800 to inquire about walks or rentals and meeting places for the walks.

Depending on the conditions, outdoor hikes may be substituted for snowshoe walks. For additional information, please visit the park's Web site at www.nysparks.com.

'Cozy in the Cold' program at Thacher Nature Center

"Cozy in the Cold" will be held on Wednesday, Jan. 17, at 11 a.m. Bring your toddlers for fun, imaginary play about animals in winter. We'll pretend with puppets, create cozy shelters and make ice cream for a frosty treat. For information or to register, call 872-0800.

Concert set at elementary school

The winter concert at the Voorheesville Elementary School will be held on Wednesday, Jan. 24, at 7 p.m. at the elementary school. The program is free and all are welcome to attend this event.

Library to host astronomy adventure

The Voorheesville Public Library will be hosting an astronomy adventure on Wednesday, Jan. 24, at 7 p.m. Come

and explore the night with experts from the Dudley Observatory. Dress warm and hot chocolate will be served. No sign-ups will be necessary.

Spanish quartet to play Saturday, Jan. 20

The Spanish Quartet La Musgana will perform on Saturday, Jan. 20, at 8 p.m. at Old Songs, Inc. on 37 South Main St. in Voorheesville. Tickets are \$17 and may be reserved by calling Old Songs at 765-2815.

PTA will meet on Thursday, Jan. 18

The next PTA meeting of the Voorheesville Central School District will be held at the elementary school on Thursday, Jan. 18, in the library at 7 p.m. All are invited to attend.

Middle school teen night planned for Friday, Jan. 19

The next middle school teen night is being planned for Friday, Jan. 19, from 7 until 10 p.m. It will be held in the middle school gym/commons area.

Church offers Thursday gathering

The Slingerlands Community United Methodist Church, 1499 New Scotland Road, Slingerlands, is offering an additional and new contemporary worship service. "A Gathering" takes place every Thursday evening from 6:30 until 7 p.m. Lay persons of the church will offer a service of spirituality, which will include meditation, discussions, Christian teachings, music and song.

Informality will be the theme and folks are encouraged to dress casually, and to suggest subjects for discussion.

This new program is being introduced to offer an alternative time and approach to the conventional Sunday morning worship.

Children are most welcome at the Gathering, and child care will also be provided.

Auditions at eba

On Sunday, Jan. 27, Behind the Closed Door Productions will hold auditions for a slice of life film series and an on-camera workshop for cameras. Auditions will be at eba Theater, 351 Hudson Ave., Albany, from 2 to 4 p.m. For information, e-mail acting4reelpeople@yahoo.com

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Bethlehem IntraClub Soccer Registration for Spring 2007 Season

Coaches Registration:

Tuesday, January 16, 2007, Bethlehem Town Hall
7p.m. - 9p.m. *Coaches may also register their children*

General Registration:

Sunday, January 21, 2007, Bethlehem Town Hall,
7p.m. - 9p.m.
Saturday, January 27, 2007, Bethlehem Town Hall,
9a.m.-11a.m.

Cost:

\$65/child if registered in person
\$85/child if received after January 27, 2007 or received by mail

Eligibility:

Children residing within the Town of Bethlehem or within the Bethlehem School District may participate at the appropriate age level. To be eligible, children must have been born prior to December 1, 2002

For more info, please visit or website www.bsc-online.org



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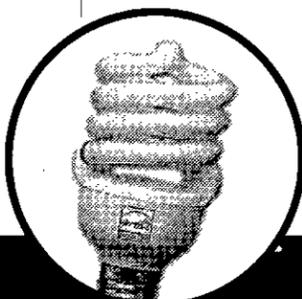
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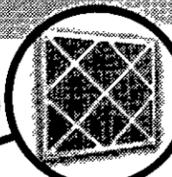
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News

(From Page 1)

favorites. The site also boasts a 24/7 local updates section for breaking stories and, if that weren't enough, a partnership with Capital News 9 allows spotlightnews.com visitors access to the television station's news stories as well.

Dan Lovell, director of new media at Eagle Media, the company that owns Spotlight Newspapers, designs and updates all of the company's Web sites. It has been his goal since he came to the company as a managing editor to bring the readers of Eagle's products the most interactive news experience possible.

"With the updated Web site, you have the ability to see constantly updated news. We're not going to wait until next week to publish a big story. We can bring it to our readers as soon as the story breaks," he said. "With photo galleries, audio and video, we can use the Web to enhance what they see in the newspaper."

Lovell said that, in addition to reading the reporters' representation of what has occurred at a particular event, spotlightnews.com can bring the reader even closer to the story by providing a first-hand account by way of audio samples.

"A quote is one thing, but to be able to click on a link and hear an official or politician actually say it is another," Lovell said.

Spotlight Newspaper's Tim Mulligan said he shares Lovell's enthusiasm for Web-based journalism.

A graduate of SUNY Plattsburgh, Mulligan began his journalism career at the *Malone Telegram* as a reporter and then

moved to the *Press Republican* in Plattsburgh as a copy editor and page designer for six years. He then worked for the *Utica Observer Dispatch* on the features desk for a year and a half before joining Spotlight Newspapers in October 2005 as the managing editor.

These days, Mulligan hangs a new shingle in the Delmar office: online editor.

"As managing editor, I work with the senior managing editor

"We got a tremendous response from our Porco coverage," said Mulligan, noting that spotlightnews.com was updated twice daily during the trial coverage. "That was sort of the model that we wanted to go for in making the Web site bigger and better."

Instant feedback is another benefit of the revamped Web site. Mulligan said that instead of writing a letter to the editor about a particular story and having to wait two weeks to see it published, readers can take part in an online "dialogue" of sorts by posting comments at the end of the story or in one of the blogs.

"This is an excellent way to enhance the content of our newspapers, and a great way to serve the readers in our communities," said Katherine McCarthy, senior managing editor of Spotlight Newspapers. "And Tim is the right man to head this up." Both Mulligan and Lovell agree that enhanced media is the future of journalism, but said it doesn't mean that it's ringing the death knell of the community newspaper.

"I think they work hand in hand," said Lovell. "They complement each other. People may use the newspaper article as gateway to the Web site, but I don't think that it will ever become a replacement for an actual newspaper you can hold in your hand."

Mulligan agrees. "People still want a product in their hands," he said, but added the Web's competition may lead to a decrease in daily and weekly newspapers if they don't find their niche. "With us it's community news. I think some of the larger newspapers don't have the ability to cover news like we do in a lot of the communities, and with that, I think our print edition is going to stay around. The Web site will help us enhance that and, in tandem, help us produce a stronger news product."

"A quote is one thing, but to be able to click on a link and hear an official or politician actually say it is another."

Dan Lovell

to help reporters develop stories, oversee production and make sure the paper goes out on time," said Mulligan. "With the online content, it's not that different. But now when I work with the reporters, I emphasize the need for photo galleries and news updates. I hope to take more photos, and have an increased presence in our communities with photos, and increase the community feel of spotlightnews.com."

Mulligan said another feature of the enhanced spotlightnews.com will be the addition of blogs (see related story, page 4).

"Right now, I expect to have four bloggers from inside Spotlight Newspapers," said Mulligan.

He said visitors would be able to enjoy — and contribute to — a sports blog, a news blog, a features blog and a blog geared toward business.

He said the Web site's new local news updates section will allow reporters "to flesh their stories out a bit further and look deeper into an issue."

This was best exemplified when Spotlight's Jim Cuzzo covered the Christopher Porco murder trial in Orange County, said Mulligan.



Joann Dawson, Bethlehem's new town board member signs the oath of office following her appointment at the Jan. 10, meeting of the town board. On her left is her husband, Charles Dawson Jr. Standing to her right is Town Clerk Kathleen Newkirk. *Jim Cuzzo/The Spotlight*

Board

(From Page 1)

been involved in the community, has attended board meetings for years and has made herself available to serve in several capacities," said Kozary.

Dawson has an undergraduate degree from SUNY Binghamton in nursing and earned a graduate degree in public service/health administration from Russell Sage College.

Egan thanked the 10 candidates who applied for the position and said Dawson's vision for the town is consistent with the board's.

"This person has made it clear she is in favor of continuing our government reform efforts," Egan said.

Dawson's appointment became necessary when Gordon won the State Assembly seat in the 108th District in the November election. Gordon's last day as a member of the board was Dec. 31.

Dawson's appointment is good for the remainder of the year. The seat will be up for election in November.

Dawson said she is ready to learn the issues and hear the public's concerns.

"I plan on running in November, and hope to earn the voters' support in the fall," Dawson said.

Dawson's husband, Charles Dawson Jr. is a Democratic member of the county Legis-

lature. He and fellow legislator Jack Cunningham, D-Delmar, attended Joann Dawson's swearing-in ceremony after the meeting.

"I am very happy for Joann," said Charles Dawson Jr. "The town board will be fortunate to have her service."

Despite busy political schedules, Charles Dawson said politics is not likely to be the topic of discussion at the dinner table.

"We will most likely be at our own meetings most nights of the week," he said.

Other appointments made at the meeting included naming John Smolinsky as Brian Collier's replacement on the town planning board. James Potter was reappointed as town attorney at a salary of \$49,746. Also reappointed were Comptroller Judith Kehoe; Public Works Commissioner Oliver Holmes; Economic Development Director George Leveille and Deputy Director of Economic Development Mike Morelli. Raymond Houghton was reappointed as town historian, Michael Hodom will continue as chairman of the zoning board of appeals, and Parker Mathusa will keep his chairmanship of the planning board for 2007. Michael Hennessey was appointed as a new member to the zoning board.

The *Spotlight* was designated the official newspaper of the town, and regular town meetings will continue to be held on the second and fourth Wednesdays at 5:30 p.m. at town hall.

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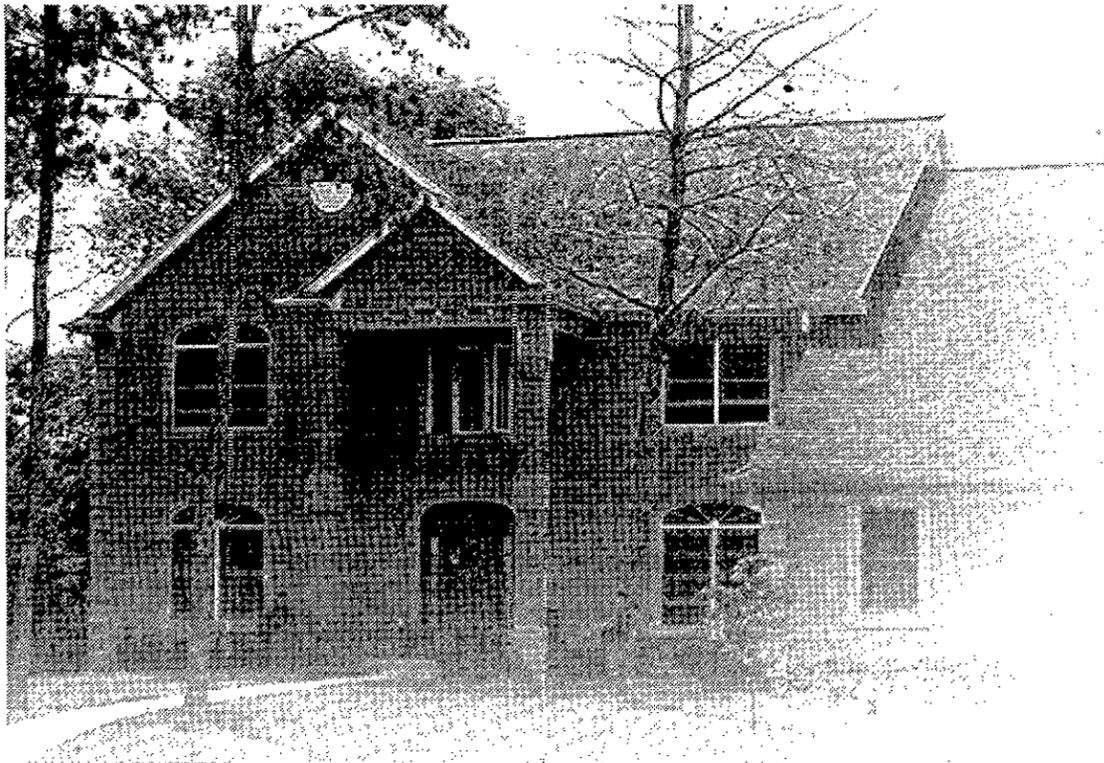
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Winter story time registration set

Registration for the library's winter story time sessions will take place at the end of this month. Each age group has been assigned a registration day. Register by phone only. No voice mail or e-mail registrations, please.

Bethlehem residents

Bethlehem Central School District residents can register by calling 439-9314, ext. 3021, according to the following schedule:

- For toddler story times, call Tuesday, Jan. 30, 9 a.m. until 5 p.m. For preschool story times, call Wednesday, Jan. 31, 9 a.m. until 5 p.m.

- For pre-K and family story times, call Thursday Feb. 1, 9 a.m. until 5 p.m.



Nonresidents

Nonresidents may register for any level by phone or in person on Friday, Feb. 2 and thereafter, during library hours; call 439-9314, ext. 4. Residents may also register in this manner.

Session schedule

Story times will run from Monday, Feb. 5, through Thursday, April 26. When Bethlehem schools are closed or delayed, story times are cancelled. Story times will not be held during school vacation week April 9-13. Sign up for one time slot per child:

- Toddler (age 2 with adult): Tuesdays at 9:30 a.m.; Wednesdays at 9:30 and 11 a.m.

- Preschool (age 3 to 4 with no adult): Mondays at 10:15 a.m.; Tuesdays at 1:30 p.m.; Wednesdays at 10:15 a.m.

- Pre K to K (age 4 to 6 with no adult): Tuesdays at 10:15 a.m.; Thursdays at 1:30 p.m.

- Family (age 2 to 6 with family): Tuesdays at 7 p.m.; Thursdays at 10:15 a.m. at Glenmont Community Church.

For information, call Children's Place at 439-9314.

Upcoming programs for middle school students

Time Stops for No Mouse by Michael Hoeye is the topic of the mother-daughter book talk Monday, Jan. 22, at 7 p.m. Girls in grade 5 to 8 and their moms make up the group; new members are always welcome. Next Thursday, Jan. 25 at 7 p.m., the library's Teen Council meeting features a special presentation, "Self-Publishing for Teens." Learn the hows, whats, and whys of publishing your work using resources found online. The program follows a brief council meeting. All middle schoolers are welcome to drop in. Find out what Teen Council is all about!

-Louise Grieco

Come spend an evening under the stars

As you scurry toward the warmth of your home on these chilly evenings, take a moment to look up. Can you find the Big Dipper on the northern horizon, or the bright stars of Orion rising in the east? On Wednesday, Jan. 24 at 7 p.m., the Dudley Observatory's Rising Star interns will be at the library with their telescopes to show you galaxies, star clusters, and nebulae, and introduce you to the pleasures of stargazing.

The Dudley Observatory is the oldest independent organization in the country supporting education and research in astronomy. Moms and dads, teens and teachers, grade-schoolers and grandparents, everyone should enjoy this experience. To make sure you have a good time - wear warm clothing! The Library Friends will be on hand to warm up your insides with hot cocoa.

Quilt discussion and demo

The public is invited when fabric artist Kris Gregson Moss visits the library to present a quilting "trunk show" on Sunday, Jan. 21 from 2 to 4 p.m.

Adult book discussions

Cry, the Beloved Country by Alan Paton and *A Dry White Season* by Andre Brink will be discussed on Wednesday, Feb. 7



at 7 p.m. In these two classics of South African literature, a murder leads the protagonists to examine their society and question the policy of apartheid, which dictates the roles of blacks and whites, and explore the toll that apartheid took on the oppressors and the oppressed. Sign up is necessary.

Lap sit story time

Sign up with your infant (under age 2) for Thursday, Feb. 1 at 10:15 a.m.

Keep it coming

All of our baskets have been filled once and are now empty again, awaiting more donations for the New Scotland Food Pantry. The food drive will continue here throughout the month.

Tax forms

Yes, we have them. Look to your right as you enter the front door and you will find a whole corner devoted to tax preparation. If you don't see what you need, ask the reference librarian.

Writers group

Every other Thursday night poets meet on Thursday, Jan. 25 at 7 p.m.

-Barbara Vink



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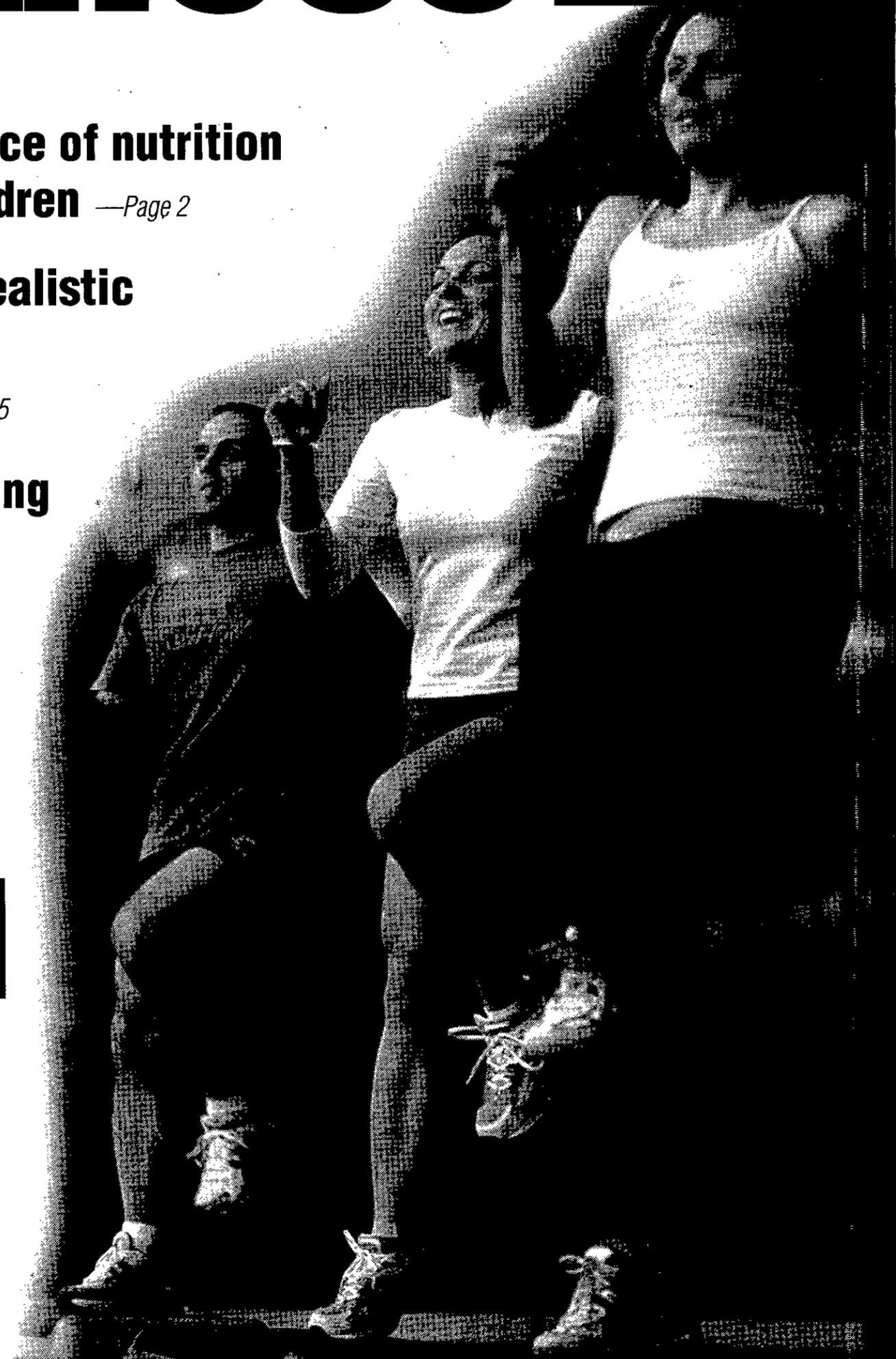
A publication of

The Capital District's Quality Weeklies
Spotlight
NEWSPAPERS

Inside:

- **The importance of nutrition in young children** —Page 2
- **Choosing a realistic exercise program** —Page 5
- **Ancient healing art gains followers** —Page 8

January 17, 2007



www.spotlightnews.com

Keep feeding your baby healthy food

This year, the nation welcomed the birth of the 300 millionth American, 39 years after we reached the 200 millionth milestone.

Today's world is very different than the U.S. of 1967 when the 200 millionth birth occurred. Between then and now, the size of our average household went down while the number of wom-

en working outside the home when up. In 1967, the average household size was 3.3 people compared to 2.6 people today. Back then, 41 percent of women worked outside the home compared to 59 percent in 2006. Preferences have changed along with the times. For example, in 1967, the most popular baby names were Michael and Lisa. Today, Jacob and Emily top the list.

The American diet has changed, too. Surprisingly, French fries are the most commonly consumed vegetable today for toddlers between 15 and 24 months, and the serving size is twice the size of any other cooked vegetable, according to the "Feeding Infants and Toddlers Study" (FITS), sponsored by Gerber Products Company. Furthermore, the groundbreaking study showed that nearly 25 percent of toddlers between 19 and 24 months

old are not eating a single fruit or vegetable in a day!

Starting sound nutrition practices is very important, as the number of overweight children

pany, offers this advice: "Parents should try feeding their babies different healthy food varieties at an early age to help increase their likelihood of trying new foods later in life. For instance, we know that babies may need 10 to 15 tries before accepting a new food. Research also shows that providing children under the age of two with a wide array of fruits and vegetables may help establish healthy eating behaviors that may help them avoid obesity."

Reidy also cautions parents that the "clean your plate" philosophy is outdated, and parents should instead focus on their baby's hunger and

fullness cues. She said, "Babies are born with the natural ability to know when they are full. Sometimes well-intentioned parents inadvertently overfeed their babies, which can contribute to a child losing the ability to naturally know when they are full."



ages 6 to 18 has nearly quadrupled since the late 1960s. Physicians and nutritionists agree that it's imperative that we help our children learn healthy eating habits at an early age.

Dr. Kathleen Reidy, vice president of nutrition and regulatory affairs at Gerber Products Com-

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Lose weight with dairy in the New Year

By KATIE SMITH
It is now 2007, which means it is also time to act upon those New Years' resolutions. After indulging ourselves during the holiday season, I am sure many of us are looking to shed a few extra pounds in 2007. My name is Katie Smith, and I am the Saratoga County

Dairy Princess. When trying to lose weight in the New Year, be sure to incorporate dairy products into your diet. Recent studies have shown that including three or more servings of low-fat dairy products into your daily diet helps you lose more weight

than consuming a diet devoid of dairy products. I have included a delicious smoothie recipe that is a favorite of mine and will be a delicious treat that also fits into your new healthy lifestyle for 2007.

Caribbean Milk Cooler

- 2 cups fat free milk
- 2 cups unsweetened pineapple juice
- 1 tablespoon vanilla extract
- 2 tablespoons shredded coconut
- 2 tablespoons sugar
- 1 cup ice

In a blender, combine all ingredients and blend on high speed until frothy. Yields four 8-ounce servings.

Nutrition Facts Per Serving:

170 calories, 5 g. protein, 29 g. carbohydrates, 0g. fat



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Stretch to stay in, not out of, shape

We all know that stretching does a body good. In addition to keeping your body limber, it offers a host of benefits that not only help improve your performance in fitness, athletics and group exercise classes, but also reduces muscle soreness, tension, risk of injury and contribute to overall good health.

Incorporating flexibility training into your fitness plan doesn't

take a lot of time, and the benefits are immeasurable. The safest type of stretch for flexibility training is a slow, sustained stretch. Always stretch slowly, to the point where

you feel mild discomfort. To experience maximum benefits, hold each stretch for 30-60 seconds and breathe deeply through your nose. Avoid bouncing, which can



lead to injury.

Specific stretches

• Hamstrings

1. Place one foot on a stationary bike between the handlebars and the seat and find a position where your balance on your supporting leg is stable.

2. Slightly bend your supporting leg.

3. Square your hips so both hip bones "face" forward.

4. As you exhale, bend forward from your hips and bring your straight torso toward your straight leg.

5. Relax and breathe as you stretch. Switch legs after 30-60 seconds.

• Quads

1. Hold onto a stationary bike with one hand, using the bike for balance.

2. Grasp the top of your foot or ankle with your free hand and bring your heel as close to the buttocks as possible.

3. As you exhale, pull your abdominals in and tuck your hips underneath you.

4. Hold the stretch and breathe. Switch legs after 30 to 60 seconds.

• Calves

1. Standing directly behind the stationary bike, place the sole of one foot against the bottom of the frame, heel down.

2. Stand erect and lean slightly into the bike until you feel a stretch in your calf muscles.

3. Hold the stretch and breathe. Switch legs after 30-60 seconds.

• Hip Flexors

1. Assume a lunge position.

2. Place back knee on a towel.

3. Make sure front knee is directly over the foot and ankle.

4. Hands may be placed comfortably on the front thigh.

5. Abdominals are in and hips tucked under.

6. Hold the stretch and breathe. Switch legs after 30 to 60 seconds.

• Lower Back

1. Start in an all-fours position with your knees hip width apart, and hands shoulder width apart.

2. Align your hands under your shoulders and your knees under your hips.

3. Point your fingers forward, being careful not to lock or hyperextend your elbows.

4. Gently round your back and lengthen your spine and shoulders.

5. Allow your chin to drop slightly lower than a neutral position.

6. Feel the stretch throughout the curve of your spine.

7. Hold the stretch and breathe for 30 seconds.

• Glutes

1. Stand facing a stationary bike about 2 to 3 feet away and place a hand on handlebar for stability.

2. Stand on one leg and rest

the other foot above the knee of your standing leg.

3. Flex the knee of your standing leg and allow your hips to sink back.

4. Feel the stretch in the glutes area of the crossed leg.

5. Hold the stretch and breathe for 30-60 seconds.

• Iliotibial band

1. Stand facing a stationary bike about 2 to 3 feet away and place a hand on the bike for stability.

2. Stand on the outside leg (farthest from the bike) and cross the other foot in front of your ankle.

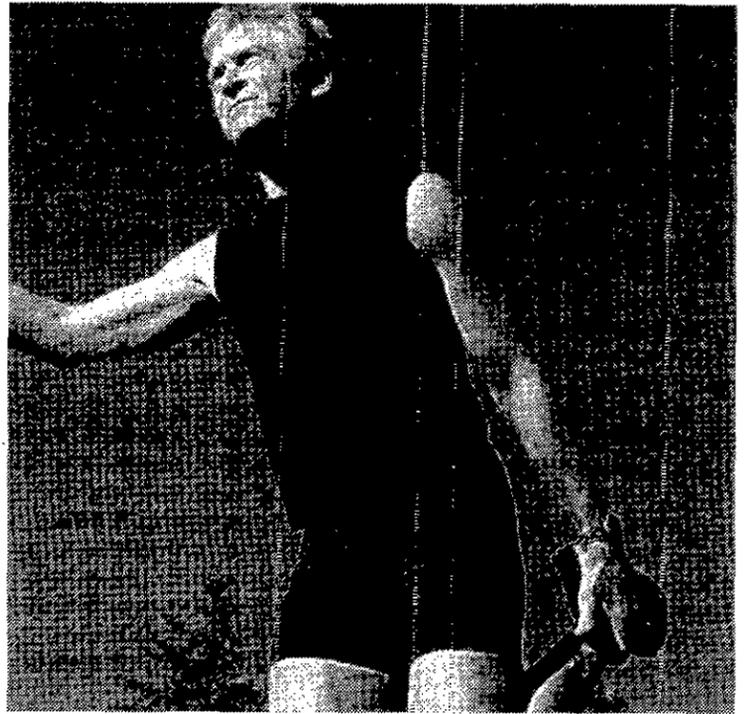
3. Support most of your weight on the outside leg.

4. Push hip of supporting leg to the side and allow the other hip to drop slightly.

5. Stretch should be felt along the length of the iliotibial band of supporting leg.

6. Hold the stretch and breathe for 30-60 seconds.

Be sure and ask your fitness coach and group exercise instructor to show you these stretches and more. The Sidney Albert Albany Jewish Community Center offers 39 group exercise classes per week. For information and helpful tips, call 438-6651 ext. 123 or visit the Web site, www.saaajc.org.



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I did it: so can you

My name is Jane Balander, and I am 39 years old from Guilderland. In January 2006, I decided to run the New York City Marathon. I have always been very active in many sports and thought that running the marathon would be a real challenge. As soon as I found out that I was accepted in the marathon, I had to come up with a training schedule to help fulfill my endeavor. Most marathon training guides say the best way to train is to cross train, including cycling and strength training. The cycling part was easy, the strength training would be a challenge because I didn't know too much about the proper way to use weights without possibly injuring myself.

I found out about Dave Jones Fitness Studio and decided to

give it a try. I have been going to Dave since May 2006 and continue to go three times a week. Because of the weight training with Dave, I finished the marathon on Nov. 5 with no injuries and a very quick recovery time. My marathon time was 4:16:42.

Since I started strength training, it has helped in my other sports (golfing, tennis, cycling and running) as well. I can't say enough about how Dave Jones Fitness Studio helped me integrate the proper weight training techniques into my workout routine.

The next of what I plan to be a lot more marathons in the Marine Corps Marathon in Washington, D.C.

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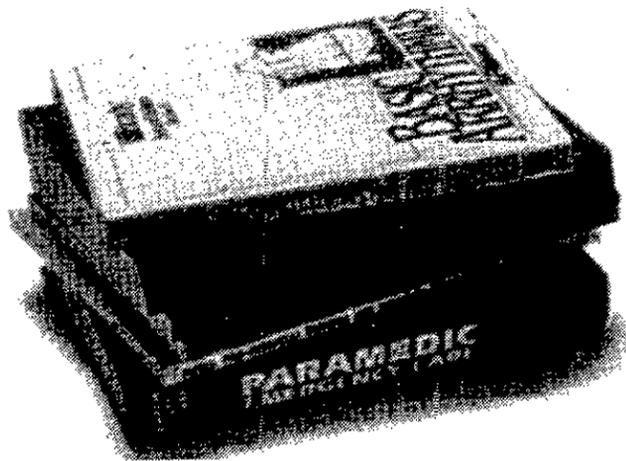
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The diet for a whole new you

It appears that the low-carb diet craze seems to be going out of style. This should not come as much of a surprise, since so many diets have come and gone over the years.

While these gustatory trends have shifted, one thing has remained certain: Diet and exercise are the two essential factors in losing weight, being healthier and living longer, fuller lives. There are no fads that can replace a sensible diet and a reasonable amount of exercise. In order to really change your diet, you have to realize that your approach to food must undergo

persistent changes.

According to the U.S. government, a healthy diet should focus heavily on fruits, vegetables and whole grains, while incorporating small amounts of lean meat, beans, eggs and nuts. A healthy diet should also be low in salt, sugar, cholesterol and fats, particularly saturated and trans fats. It is important to eat a lot of fruits and vegetables because they contain complex carbohydrates and fiber, and are low in fat and cholesterol. It is also important to eat a variety of colors of fruit, like red bell peppers, orange cantaloupe and leafy greens, in order to get the necessary bal-

ance of vitamins and minerals.

There are a few other important earmarks for your diet. Protein is an essential element. The challenge is that most protein comes from animal products that contain cholesterol and saturated fats. In order to get the necessary protein, choose lean sources like pork, white meat, chicken and fish. Most experts recommend that you get your vitamins from the food that you eat. Fresh fruits and vegetables can be an excellent source of these vitamins and minerals, but it can benefit your overall health and well-being to take a daily

multi-vitamin.

The unhealthiest things you can eat are trans fats. These are most often found in fast food and prepackaged food that uses hydrogenated oils. The simple fact is that trans fats make things taste good. Baked goods bought at the market are particularly high in trans fat and saturated fat. There is currently no requirement that trans fats be listed on the nutrition facts of labels, so they can be particularly tricky to avoid. Use pure vegetable oils in your home cooking and eat out at restaurants that avoid using trans fats.

These dietary changes don't mean that you have to suffer at every meal. It only takes a simple substitution at one meal to get you started. Choose an apple for a snack instead of a store-bought cake. Bake your potatoes instead of frying them. There is nothing wrong with the occasional cheeseburger, fries and soda, but it has to be part of a balanced diet. However, if you are interested in creating a whole new you for the New Year, some shifts in the way you shop, cook and eat may be essential.



The McKenzie Method treats back and neck pain

By **DAVE STECK**,
PT, MA, Cert. MDT

The writer is a physical therapist at St. Peter's Rehabilitation Services.

People may think that back or neck pain is just part of life, especially after hitting a certain age, but this is simply not true.

Studies show that visits to

health care providers for neck and back pain occur as regularly as for the common cold.

There are many opinions about how to get rid of neck or back pain. Evidence shows that passive treatments like heat, ice, and massage give only temporary relief. Exercise and education are proven to work best, but is specific for each person, because there are many different causes to back or neck pain.

The McKenzie Method is one option for the treatment and prevention of neck or back pain. The principles of the McKenzie Method involve understanding that the spine has normal curves. When the curves become flat or accentuated - due to disease, injury or postural habit - a person can experience pain and loss of movement.

One of the goals of the McKenzie Method is to restore the normal curves of the spine. Additionally, the method focuses on patient education. Patients learn what causes their pain and strategies to manage their own care. Patients gain knowledge on how to minimize the risk of

recurrence and to rapidly deal with recurrence if it occurs. Patients are empowered to help care for themselves.

The McKenzie Method is offered by St. Peter's Rehabilitation Services.



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St. Peter's Outpatient Rehabilitation Center is located on the St. Peter's hospital campus at 319 S. Manning Blvd., Suite 301, 525-1372.

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By **CRYSTAL COBERT**

The writer is a certified laser specialist at Slingerlands Family Medicine.

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Dr. Lisa Bevilacqua and Crystal Cobert have recently completed additional training and have become certified laser specialists, credentialed through the Rocky Mountain Laser Institute in Colorado.

For additional information, contact Crystal Cobert at Slingerlands Family Medicine at 429-2909 to schedule your free consultation.

Eight is enough - eight easy steps to build stronger kids

Dropping the kids off at school, helping them with their math homework or having dinner ready on time are just a few of the everyday tasks that parents perform, and those are the easy ones. "Easy" is rarely used to describe parenting, and for many parents, finding simple, yet effective ways to help their children make positive, responsible choices - including the choice to avoid alcohol use and other risky behaviors - takes a lot of patience and creativity. The good news for parents - there are many real, everyday actions they can take to impact their children's decisions.

To help parents and communities bring positive experiences and qualities into the lives of children and youth, Search Institute, an independent non-profit organization that provides leadership, knowledge and resources to promote healthy children and communities, has simplified the 40 Developmental Assets - tangible, common sense, experiences and qualities essential to raising successful young people, into eight easy categories to build stronger kids and help them to unlock their potential and thrive.

"Our research shows the more Developmental Assets young people experience, the more likely they are to engage in positive or thriving behaviors, such as succeeding in school, helping others, maintaining good health and avoiding high-risk behaviors, including underage drinking, violence and illegal drug use," says Dr. Peter L. Benson, president and CEO of Search Institute.

Search Institute offers eight easy ways parents or any adult with children in their lives can help to build Developmental Assets - one for each category of assets.

1. **SUPPORT** young people with your caring and attention - Children thrive when they receive encouragement, support, and love from parents and other family members.

2. **EMPOWER** them to use their abilities to help others - Adolescents should be encouraged to be active contributors inside and outside the home, taking on



appropriate responsibilities for themselves, their families, their communities and the organizations to which they belong.

3. Set reasonable **BOUNDARIES AND** have high **EXPECTATIONS** - Children need to know what's expected of them at home, at school, and other places they spend time. They also need clear rules and consequences for what they should and shouldn't do.

4. Help them find activities that make **CONSTRUCTIVE USE OF** their **TIME** - Shared and individual hobbies, spiritual activities, volunteer work, youth programs, and quality time at home also play a role in your child's healthy development.

5. Spark their **COMMITMENT TO LEARNING** - Nurturing a lifelong commitment to learning begins with the belief that all young people can learn - and that all young people have something they can teach others, even adults.

6. Guide them toward a life based on **POSITIVE VALUES** - By talking with your children about what's really important

to your family (such as honesty and responsibility), you help your children develop an internal "compass" that guides their choices.

7. Help them develop **SOCIAL COMPETENCIES** and life skills - Every child needs to learn how to build relationships, make decisions, resolve disagreements, cope with challenges, and get along with many different kinds of people.

8. Celebrate their uniqueness and affirm their **POSITIVE IDENTITY** - A strong sense of their own power, purpose, worth, and promise helps young people make wise decisions.

Search Institute has partnered with Coors Brewing Company to establish MVParents.com, the first Developmental Assets-based Web site that speaks directly to parents. The site provides parents with the asset-building tools they need to address situations their children may face, such as not drinking alcohol. Parents can learn more and sign up for weekly e-mail affirmations and tips from the experts at Search Institute at MVParents.com.

Choose a realistic exercise program

You've seen the ads on television featuring various weight loss programs. While some focus more on diet and offer specific meals, others focus more on exercise and offer specific workouts. There are even some plans that promise to change the way the body processes food and stores fat. What is the best way to lose weight? Which program is going to work for you? How do you navigate the myriad programs that have blossomed in the last few years?

The only proven way to reduce weight over time is to eat a balanced, low-calorie diet and get regular exercise. When considering weight loss programs, think about which of these is emphasized the most. Are you going to be running six hours per day? Are you only going to be eating corn and rice? The specifics of each program, and how they interact with your interests, are very important to maintaining the program. If you aren't excited about your program, it will be more difficult for you to maintain it and could lead you to gain back any weight you lose.

The staff of your weight loss program is equally crucial to your success. Any reputable weight loss program should have counselors, dieticians, nurses and physiologists with credentials who can help you figure out exactly what you need. They can help you maintain a positive mental attitude and stay motivated, important factors in changing your relationship to food and exercise. Many people in a weight loss program slip back into bad

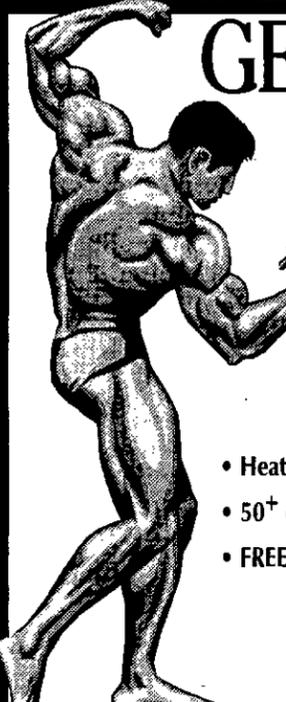
habits at some point. These trained professionals can help you deal with the emotions of failure without letting you slip back into those habits for good.

Consulting with your physician can be a great way to get insight into the program that interests you. They can discuss how beneficial the program is, and point out any flaws that may exist. They can also present any concerns they may have about your health as you move forward with losing



weight. Before starting any weight loss program, it is best to consult with your physician and make certain that the program will not put your health at risk in any way. You should also remember that pain is the body's way of telling us that something is wrong, so if your program hurts you in any way, you should stop it immediately and consult your physician right way.

When looking for a weight loss program, the best thing is to follow the old adage, if it seems too good to be true, it probably is. Programs that do not offer a sustainable change will probably lead to weight loss and weight gain. This type of yo-yo effect can be very dangerous to your health. Trust your instincts and listen to your body, and you will be successful over the long term.



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Giving to others is good for you

Nearly half of all Americans start the year off with a list of New Year's resolutions that take everything from their health to their wealth into account. According to a recent government survey, the three top resolutions were: losing weight, paying off debt and finding a better job. But there's another resolution inching its way to the top of America's annual "to do" list: volunteering to help others.

Michigan psychologist Jim Longhurst says the big surprise isn't that people want to help others. It's the surprising scientific evidence showing that when you do reach out and help someone else, it does as much for your own health and well-being as it does for those you're helping.

"That warm glow you get when you do a good deed is real," says Longhurst, citing studies that indicate a significant increase of activity in the "reward center" of the human brain when a person is performing or involved in a charitable

act. "People are born into the world with brains that are tuned for such things as generosity, altruism, and empathy for others," he says. "Our species does not have survived these past thousands of years without these very characteristics."

As head clinical psycholo-



gist for a nationally recognized organization for struggling and at-risk teens, Longhurst has a special interest in the topic. He attributes much of Starr Commonwealth's remarkable 85 percent success rate to the treatment program's "service learning" component.

"It touches something deep and fundamental inside when you see that you have really

helped someone," says Longhurst.

That's particularly true for kids who have been in and out of trouble for most of their lives.

"When a child who has always been labeled a 'problem' suddenly finds himself a 'solution,' the results can be powerful," says Longhurst.

After a devastating tornado hit near Starr's Van Wert, Ohio, campus last year, a group of Starr Commonwealth students showed up at a neighboring farm to help the family clear away the mountain of debris on their property.

"These kids, some of them tough urban kids who've never seen real grass or trees, worked like crazy, shoulder to shoulder with their neighbors," says the Starr treatment team professional who accompanied the teens. "They could see they were really making a difference and were totally blown away by how grateful the community was."



Winter survival tips

Winter conjures up picturesque images of pure white snow, hot cocoa and comfort foods. But during these short days, the winds get colder and your pants get tighter, and your love of all things winter may be waning. Here are a few tips to elevate the mind, body and spirit.

Relax and unwind

Your wellness is directly related to your personal state of mind. In fact, studies show that stress can cause you to get sick or feel run down. And the winter months are known for seasonal stressors, including everything from crowded malls to icy roads and slow traffic.

So make a resolution to maintain your mental health by taking time each day to relax and unwind. Remedies can be as simple as enjoying the aroma of a candle, or relaxing in a hot bubble bath to awaken and energize your senses. Lighting a fire and curling up with a good book can be an excellent way to escape from your daily routine, or just taking a few minutes to enjoy your favorite newspaper or magazine at bedtime can help you settle down before drifting off to sleep.

Stay hydrated

While we know the importance of getting plenty of water when it's warm outside or when exercising, many don't realize that our bodies still need eight glasses a day during the winter months. In fact, our bodies lose as much water in the winter due to the dry air and warm, enclosed

rooms. While dry skin and headaches from dehydration during the winter, common cold symptoms, such as sinus problems or post-nasal drip, can also be attributed to not getting enough water.

Get moving

With blistering winds and deep snow on your favorite running path, outdoor exercise may seem like a daunting task. But that shouldn't deter you from staying active. Instead, make a winter wellness resolution to add indoor exercise to your day. That doesn't mean you have to join a gym or purchase expensive home equipment - just be sure to keep moving. Rather than popping in a movie, try one of the many exercise videos available at www.amazon.com to boost your cardio and your spirits. Or if you don't want to miss your favorite shows, be sure to stretch or do sit-ups while watching TV. Finally, instead of taking the quickest route, try walking from the back of the parking lot into the store or choose the stairs rather than the elevator. Every bit of movement burns a few of those holiday calories and helps to keep your heart pumping and your metabolism moving.

Find fun with friends or philanthropy

They say that wealth is determined not by the amount of money in your pocket, but by the number of friends in your life. So, although it may get dark before you get home from work, resist the urge to hibernate and get out for some fun. Take advantage of seasonal activities like ice skating and sledding, or even making snow angels with kids. To stay connected to out-of-town friends and family you can purchase fun postcards or stationery and stamps to send off a quick note. Finally, plan new activities with your friends, such as volunteering at a local food bank or nursing home or taking a group cooking class. Spending quality time with friends and family can be one of the most rewarding ways to achieve all-around wellness while lifting someone else's spirits too.

By following these simple steps, you can resolve to make the most of the winter.

Get physical to lose weight

Do you hate exercise? Does the thought of working out on a regular basis turn your stomach? Are you resistant to even the most persuasive arguments to get off the couch and get moving? You are not alone. Many Americans describe themselves as people who hate exercise. We all know that exercise should be an essential part of our daily routine and that it is good for us, but, like eating broccoli when we were children, we just can't bring ourselves to do it. Here are some tips for you if you want to get more active but hate the thought of working out

regularly.

Incorporate more physical activity into your daily routine. You don't have to run a mile or lift a heavy stack of weights to get in some physical activity. You can park your car a little farther from work and walk in. You can take the stairs instead of the elevator to keep that metabolism moving forward. You can go out dancing or play tag with your kids. You can even vacuum the house or do the dishes as fast as possible to burn extra calories.

Engage in physical activities that you enjoy. Do like to play softball? Soccer? Basketball? Join a local team. Do you love

beautiful mountains and trees? Get out there and go for a hike. You will be more likely to engage in these activities again if you do them for pleasure rather than as a form of exercise.

Exercise with others. Some people detest exercise because it seems so isolating. Who wants to walk a local track for an hour by themselves? When done with someone else, exercising can be a very social activity. Walking, running or biking with a friend can be a great way to catch up on the local gossip or share what is going on in your life.

These are just some of the things you can try to increase the amount of physical activity in your life. If none of these appeals to you and you truly hate exercise, it may be time to consider the real reasons for your hatred. Many people hate exercise because they only engage in it when they are on a diet. This double whammy can definitely cloud your view of exercise. You may want to consult a professional to help you determine what the best course of action is for you and for your health. Remember that exercise in and of itself can be a rewarding experience and it doesn't need to be tied to any form of weight loss.

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Jog away those extra pounds

Do you associate jogging with bad track-suits from the 1970s and dread putting on those running shoes? Well, the truth is that jogging can be a beneficial exercise for anyone. It is one of the most intense activities that you can engage in and experience results in a short period of time. You don't need any special equipment to jog and you can start it at any time of the year without outside assistance.



Jogging can put a lot of stress on your body, particularly on your joints. You might want to start your regimen with some disciplined walking. After increasing the pace for a few weeks, you can start jogging. Should you experience pain or stress, stop immediately and consult a doctor. If you are still interested in jogging, elliptical machines or stair climbers at your local gym can give you a similar effect.

You don't have to jog five or 10 miles a day to get a lot of benefit from the program. Twenty minutes of jogging, at whatever the pace, will provide benefits. Your metabolism will continue running at least 20 minutes after you stop, so you will be receiving double the benefit.

As noted earlier, jogging re-

quires no special equipment or gear, but a good pair of running shoes and comfortable clothing for your local weather conditions is a must. If you are planning on jogging at night, investing in shirts, hats and pants with reflective material can increase your safety.

As with any exercise program, it is important to set realistic goals for yourself. A great goal for beginners is to participate in your local 5K or 10K run. Many of these are established in local communities and held to benefit charitable or medical organizations. They can be a great way to connect with a larger running community and reward yourself with a fun and exciting activity that will encourage healthy living.

You should also establish a regular time to jog. You could start out jogging once a week to start with, say Thursday after work. Once you accomplish this small goal, you can continue to develop your discipline and work on creating a successful routine. Don't go overboard, though, and try to jog an hour every day for a month. It won't be good for your body or your mind since it is such a challenging goal, even for professional athletes.

Jogging isn't just for the super thin or the cross trainer working on the marathon. It is an activity that is accessible to everyone. All you have to do is step out your front door and take off. With the wind in your hair and the fresh air in your lungs, you'll never look back.

Ancient healing art gains followers

Whole fields of medicine have been developed to help us deal with our pain. Acupuncture is one such field that was developed by the Chinese and has been in widespread practice for the last 2,000 years. It emphasizes relationships in the body and focuses on cycles and processes.

Although it has not been widely accepted in the West, it has gained a foothold, particularly on the West Coast, in the last several decades. Many people today use acupuncture in concert with Western medicine. It can be a useful tool and may provide an alternative to the high cost of health care.

Acupuncture involves the insertion of small needles into the body at key points to create, shift or change the energy flow in the body.

The fundamental concept of Asian medicine is "Qi," pronounced "chee." Qi is the energy of the body that flows in cycles along meridians in the body. This life energy can be influenced by many factors and get out of balance. It is believed that illnesses arise when the Qi gets out of balance or when the flow is interrupted.

The mind and the body are related in Chinese medicine rather than being separated in Western science. While this may seem very different from what you are accustomed to, many modern Western beliefs about electrical transmission in the body would be familiar to traditional practitioners of Chinese medicine.

Often three to 10 needles are used for the simplest procedures in acupuncture. Because the needles are inserted quickly, most patients feel little to no pain and are usually left to relax from anywhere from 10 to 45 minutes afterwards.

While at first, this may seem like a medieval way to torture people, anecdotal and scientific evidence demonstrates it has been known to reduce pain and stress. Acupuncture is often used to help with mental disorders like depression and is just as valuable of a preventative form of health care as it is in treating actual diseases.

A first session with an acupuncturist will be significantly different than a first session with a doctor. Many acupuncturists won't even begin treatment during the first visit. Instead, they may ask a series of questions to learn about your body and the



processes that you might need to undergo.

Because the foundational belief is that all things are related, the acupuncturist might look at your tongue to help with a foot ailment or check out your lower back to help with a headache. Your mental state is just as important as your physical state, so don't be surprised if you are questioned about your feelings and attitudes.

With the widespread acceptance of acupuncture as a valid treatment, more and more treatment centers are opening across the country to provide it and more and more health plans are beginning to cover the expenses of it. Check with your primary care provider if you are interested in this ancient healing art from China.

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Obituaries *in the* Spotlight

Lelia 'Dixie' Hawkins

Lelia 'Dixie' F. Charles Hawkins passed away peacefully on Dec. 28. Dixie was born Sept. 1, 1914, in Winston Salem, N.C. to the late Branson and Sarah Charles. She was married to John R. Hawkins from Oct. 29, 1938 until his death on April 22, 2005. They were married in the Little Church Around the Corner in New York City. They lived in Menands for a while until moving to Delmar in 1952. Dixie worked for the former State Bank of Albany, John G. Myers Co. and the Playtime Nursery School in Delmar. She was a devoted wife and mother. Dixie enjoyed canning the Hawkins garden vegetables, crocheting beautiful afghans and traveling to North Carolina and Florida on family vacations. She was a member of the First United Methodist Church in Delmar for over 50 years. She did much volunteer work including delivering the "Tri Village Directory" to residents. She was predeceased by her nine siblings, Ezra, Jacob, Marvin, Carl, Ethel, Martha, Clarence, John and Robert. She is survived by her two loving children, Richard Hawkins of Syracuse and Charlene Strong and her husband, Robert, of Delmar; adoring grandchildren, Jenna and Jonathan Hawkins; many nieces and nephews. The family would like to thank the people on the C-5 wing at Albany Medical Center for giving Dixie such compassionate and gentle care. Their kindness is heartfelt. Services have been entrusted to the Durant Funeral Home, Albany. Those wanting to remember Dixie in a special way may make contributions to the Delmar Rescue Squad, 145 Adams St., Delmar, NY 12054

Dorothy O. Kleinke

Dorothy O. Kleinke, 92, of Delmar, died Friday, Jan. 5, at Good Samaritan Health Care Center in Delmar.

Born in Delmar, she was the widow of Henry L. Kleinke. She worked as a catalog clerk for the catalog division of Montgomery Ward until she joined her husband at the Naval Air Station in Norfolk, Va. She returned home after the war and helped her husband at his auto repair shop.

She then worked for the Bethlehem Central School District for 17 years in the food service department, retiring in 1971. Dorothy and her late husband had no children of their own but were well known as aunt and uncle to many, especially to several Fresh Air children they hosted in their home for many summers. She was a life member of Ladies Auxiliary of the Delmar Volunteer Fire Department, the Ladies Auxiliary of the Hudson Valley Firemen's Association, the Ladies Auxiliary of the Hudson Mohawk Volunteer Firemen's Association and a charter member of the Albany County Ladies Auxiliary. She was a 25 year member of the Ladies Auxiliary of the Firemen's Association of the State of New York. She was also

a member of the First United Methodist Church in Delmar for 77 years.

Survivors include her sister-in-law, Billie Wright of Texas; a brother-in-law, Edward Kleinke III of Esperance.

Services were from the Applebee Funeral Home, Delmar. Contributions may be made to First United Methodist Church Building Fund, 428 Kenwood Ave., Delmar, the Delmar Rescue Squad, 145 Adams Place, Delmar, or the Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar.

B. Robert Joel Jr.

B. Robert Joel Jr., 83, of Voorheesville, died Jan. 3, at the

Eddie Memorial Geriatric Center after a long illness.

Born in Long Island, he served in the Navy during World War II and finished college at Gettysburg College. He was president of B.R. Joel Realty and Insurance. He was a member of St. Peter's Episcopal Church and a former member of the Ft. Orange Club and the Albany Country Club. He was a longtime member of the board of the former Child's Hospital. He also served on the New York State 3rd Judicial District Committee on Professional Standards.

Survivors include his wife, Jean Gale Joel; two sons, Robert Joel, and John Joel, a daughter; Jean White MD, a sister; Rene Gatehouse, and five

grandchildren.

Services were private and under the direction of the Durant Funeral Home in Glenmont.

Irene Pittz

Irene M. Pittz, 83, of Glenmont, died Tuesday, Jan. 3, at Good Samaritan Lutheran Nursing Home.

Born in Albany, she was a lifelong Capital District resident. She was an excellent cook and especially enjoyed cooking for her family. She enjoyed reading and will always be remembered as

having a "green thumb" for her vegetable and flower gardening. She was the widow of Vincent J. Pittz.

Survivors include two sons, John V. Pittz, and Wayne K. Pittz, a brother, Richard Meyer; and four grandchildren.

Services were from the New Comer-Cannon Family Funeral Home, Colonie. Contributions may be made to Good Samaritan Lutheran Nursing Home, Activities Fund, 125 Rockefeller Road., Delmar 12054.

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Obituaries

Faye Sherwood Sawyer

Faye Sherwood Sawyer, 81, of Silver Ranch, Jaffrey, died while visiting for the holidays at the home of her daughter Ellen, in Jaffrey, on Saturday, Jan. 6.

She was the widow of Alfred P. Sawyer.

Born in 1925 in Pepperell, Mass., she was a graduate of Pepperell High School. She had been a resident of Jaffrey since 1943 when she married and moved to Silver Ranch. She remained active, managing her own home and continuing her involvement with family, business, and community.

Family and young people were her special interests. She raised five children, and made a home for numerous foreign students, extended family, and Silver Ranch employees over many years. She was admired for her cooking. She co-managed The Stand at Silver Ranch with its scores of young workers; hosted sleigh ride parties and made doughnuts for cold guests coming in from their rides. She taught 4-H and Sunday school and was an active participant in The United Church of Jaffrey for many years. She was also a correspondent for the Monadnock Ledger and the Penny Saver in the early years.

Survivors include two sons, Harvey Sawyer and Lee Alfred Sawyer of Jaffrey, three daughters, Lois Caulfield of Delmar; Ellen Hedman, and Jane Sawyer, of Jaffrey; five sisters, Barbara Busler and Francys Davis, both of Pepperell, Mass; Nancy Huggins and Carolyn Stugard, both of Charleston, SC;

and Claire Place of Milford, NH; 12 grandchildren; and 11 great grandchildren.

Services are from the Cournoyer Funeral Home and Cremation Center, Jaffrey, N.H.

Contributions may be made to The United Church of Jaffrey; Jaffrey-Rindge Ambulance Service; Jaffrey Fire Department; or Jaffrey Historical Society.

Henry Simon

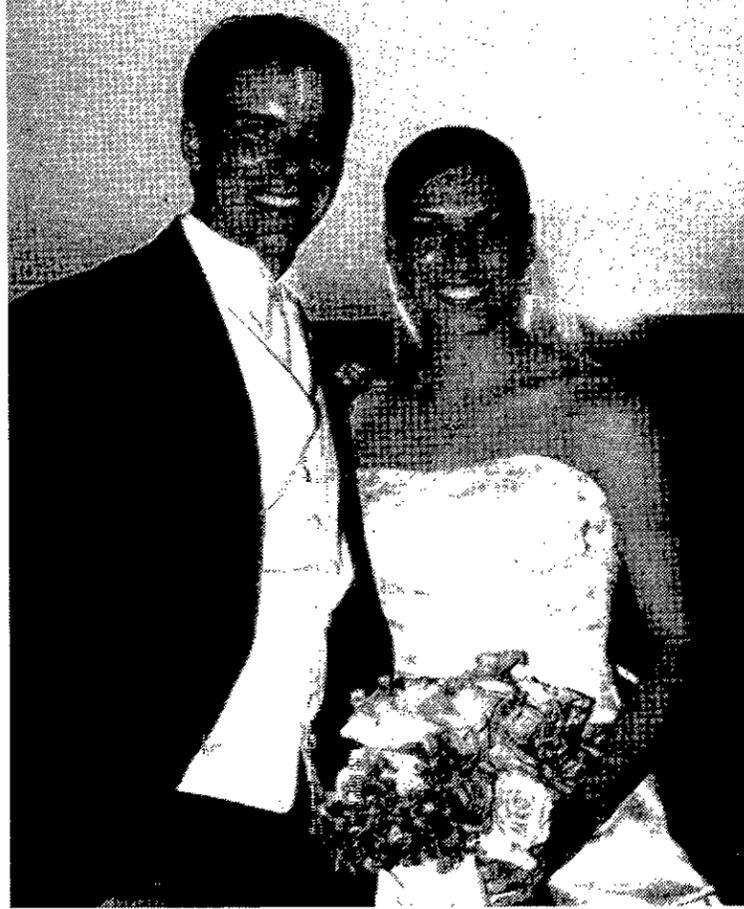
Henry Simon, 50, of Altamont, died Wednesday, Jan. 3, at New England Medical Center in Boston.

Born in Queens, he was a 1977 graduate of the State University of NY at Albany. He was employed as a computer programmer for the Capital District Physicians Health Plan. He was a member of Congregation Gates of Heaven and a former member of the Schalmont Central School District board of education. He coached youth soccer in Rotterdam, and was an avid skier, hiker and traveler. He was a member of the BMW club.

Survivors include his wife Patricia Fette Simon; two daughters, Sarah and Alyssa Simon, both of Altamont, a sister; Irene Blanco of Long Island.

Services were from the Levine Memorial Chapel, Albany. Contributions may be made to the Center for Donation and Transplant at 218 Great Oaks Boulevard, Albany, 12203.

Milestones *in the* Spotlight



Thomas and Melissa Feller

DiPerri, Feller wed

Melissa DiPerri, daughter of James and Paula DiPerri of Sterling, Mass., and Thomas Feller, son of Joseph Feller of Boonville and Deborah Feller of Delray Beach, Fla., were married Aug. 5.

The ceremony was performed by Cynthia McNeil, justice of the peace, at Tower Hill Botanic Garden in Boylston, Mass., where a reception followed.

The maid of honor was Megan DiPerri, sister of the bride. Bridesmaids were Katie Feller, Kobrin.

The best man was Sean Koblin.

Groomsmen were Mario DiPerri, brother of the bride, and Adam Fabiano.

The bride is a graduate of Towson University and MGH Institute of Health Professions. She is a speech-language pathologist/reading specialist for Winthrop Public Schools in Winthrop, Mass.

The groom is a graduate of Bethlehem Central High School and Towson University. He is an ABA therapist for Marlborough Public Schools in Marlborough, Mass.

After a honeymoon to Europe, the couple resides in Sterling, Mass.



Kelly Lynne Boyea and Jacob Scott Seamster

Boyea, Seamster engaged

Kelly Lynne Boyea, daughter of Robert J. Boyea of Warrensburg and Diane Walion of Delmar, and Jacob Scott Seamster, son of Scott and Dianne Davis of Decatur, Ga., are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and SUNY Geneseo.

She is a consultant teacher intern at Carroll Hill Elementary in Troy.

The future groom is a graduate of Cathedral Academy and served in the Army. He is employed with Northeast Fire Protections Systems, Inc.

The couple plans a summer 2008 wedding.



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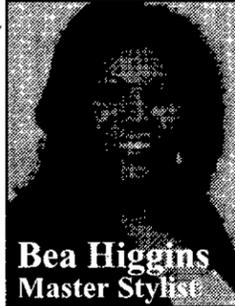
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Entertainment *in the* Spotlight

By CARI SCRIBNER
scribner@spotlightnews.com

Kids can break out of the mid-winter blues, munch French toast and sausage, sit in jets with open cockpits, and dream of taking flight at two special events this month at the Empire State Aerosciences Museum (ESAM) in Glenville.

The first event, a pancake breakfast and presentation on fighter planes, takes place from 8 to 10:30 a.m. Saturday, Jan. 20. The tasty breakfast menu features pancakes or French toast, sausage, eggs, applesauce, juice and coffee, and is open to all members of the family. After breakfast, kids and adults alike can watch a presentation called "Kings of the Sky! The Evolution of Fighter Planes Over the Years."

"We call this a multi-media presentation," said ESAM Education Director Bill Mahon. "It's a PowerPoint show, and we use models to show the changes in fighter planes from World War I to the present times. We tailor it to the specific audiences, and have shown it to everyone from college kids to 4-H children and their parents."

Kevin Millington, the museum's president and an expert on planes, will present the program. The price of the breakfast event is \$5 for adults and \$2 for children ages 5 to 8.

On Saturday, Jan. 27 from 11 a.m. to 3 p.m., the museum invites families to "Cabin Fever Day with the Kids."

"This is a way for all family members to get out of the house and do something different," said Mahon.

Included with the museum admission will be a children's film at 1 p.m., and the chance to crawl inside two jets — the A-4 Skyhawk and a British Gnat. Kids can do a hands-on project to introduce them to aviation and rocketry by making their own stick rocket and then launching it outdoors with rubber band catapults. The educational program "Kings of the Sky! The Evolution of Fighter Planes Over the Years" will also be presented. Parents can also feed their kids' hungry bellies with refreshments on sale throughout the day.

At both events, brave kids and adults who aren't prone to motion sickness can climb inside the Simulated Reality Vehicle (SRV) for a wild ride. Passengers take a bumpy adventure that replicates a flight with a barn stormer.

"The barn stormers were the early stunt flyers in bi-planes," said Mahon. "They literally flew through barns. Our simulation takes riders through caves and tunnels, and over volcanoes."

The seats move up, down, and back and forth in tandem with the images presented on the screen. The SRV ride comes with an additional ticket purchase of \$5 for adults and \$4 for kids under age 16.

The museum operates from 9 a.m. to 4 p.m. Admission is \$6 for adults, \$5 for seniors, \$2 for kids



KINGS OF THE SKY

Aerosciences Museum shows families evolution of fighter planes

age 6 to 16, and children under 6 are free.

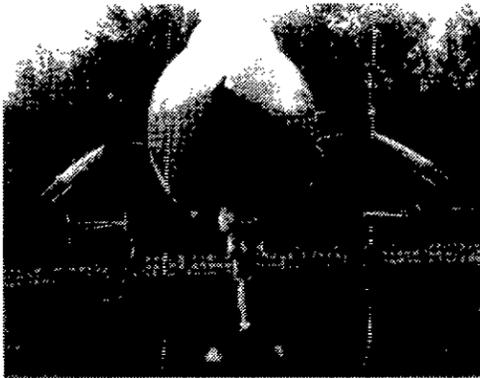
The Empire State Aerosciences Museum is a nonprofit corporation, chartered by the state Department of Education. The museum occupies nine buildings and 27 acres of land on the

1946. The museum's collection of aircraft includes: F-14A Tomcat, A-6E Intruder, A-4F Skyhawk II, F-4D Phantom II, F-101F "Voodoo," F-105G Thunderchief "Wild Weasel," Huey helicopter, Russian MiG-17F and MiG-21, A-10 "Warhog," A-7E Corsair II and F-84F Thunderstreak.

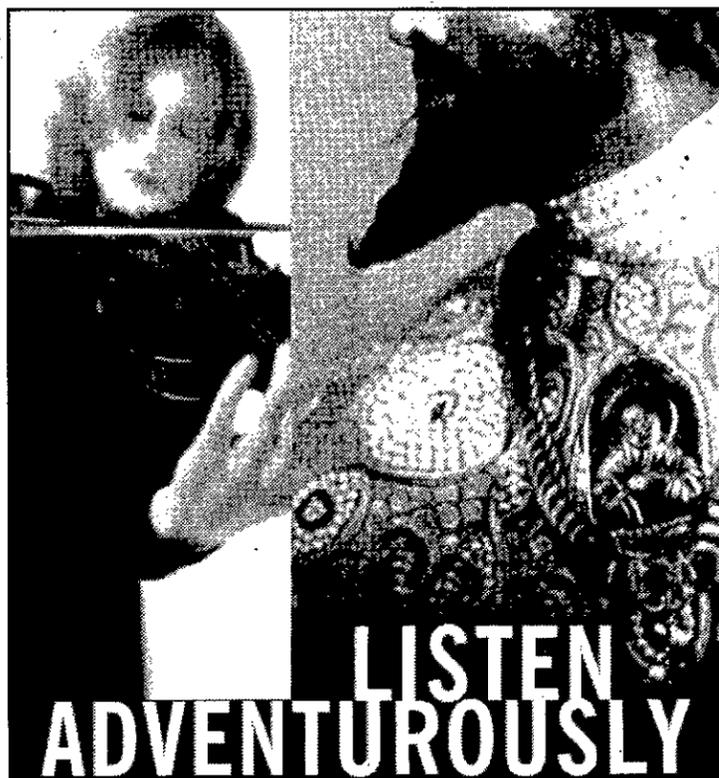
The main galleries contain some of the more fragile aircraft, detailed models, dioramas, historical artifacts, memorabilia, and photographic displays. A sampling of the exhibits are the DePischoff "flying motorcycle," the Amelia Earhart exhibit, and a 32-foot scale model of the Japanese aircraft carrier "Akagi." The museum's hands-on exhibits include a

mock-up of a 1910 Von Pomer airplane, electronic "spotter" aircraft identification, and the Simulated Reality Vehicle. The Restoration Center houses aircraft in various stages of restoration.

ESAM is located at 250 Rudy Chase Drive in Glenville. For information, call 377-2191 or log onto www.esam.org.



western perimeter of the Schenectady County Airport, where Charles Lindbergh landed in 1927. During the 1930s, it was an aircraft manufacturing site and became a military training area and an AAF base during World War II. Aircraft research and development conducted there was so important that the first jet airmail started from the site in



LISTEN ADVENTUROUSLY

A NIGHT IN OLD RUSSIA

Albany Pro Musica joins the Orchestra for an evening of glorious music from 19th century Russia.

With Albany Pro Musica, David Griggs-Janower, Artistic Director
TCHAIKOVSKY: *Symphony No. 4*
BORODIN: *Polovetsian Dances*
MUSSORGSKY: *Coronation Scene from Boris Godunov*
TCHAIKOVSKY: *1812 Overture*

January

20 Palace Theatre
7:30 PM

465-4663
AlbanySymphony.com
Ticketmaster.com

ALBANY SYMPHONY

OMNI MetLife Foundation Hudson Valley wrht

Enjoy an Adventurous Night out with Dinner Menu Specials at:

Albany Pump Station	\$22.50 pp	447-9000
Yono's	\$35.00 pp	436-7747
dp American Brasserie	\$25.00 pp	436-7747
Real Seafood Co.	\$24.00 pp	458-2068

5:30 PM seating ~ Reservations required

Regional Premiere • 2003 Tony Award Winner

Take Me Out
Directed by Kirk Jackson

Capital Repertory Theatre

January 19-
February 17, 2007

Written By
Richard Greenberg

Group Rates Available

Got Tickets?
518.445.SHOW
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111 N. Pearl St., Albany
Order online at
www.capitalrep.org

Baseball, locker rooms, prejudice and celebrity!
The 2003 Tony award-winner throws a curveball at America's favorite pastime.
Contains adult subject matter and complete male nudity.

Arts & Entertainment

Theater

HIGH SCHOOL MUSICAL

Disney Channel movie becomes a play, presented by Cohoes Music Hall, 58 Remsen St., Cohoes, Jan. 19-28, \$10-\$15. Information, 237-5858.

WITNESS FOR THE PROSECUTION

Agatha Christie's courtroom drama, presented by Curtain Call Theater, 210 Old Loudon Road, Latham, Jan. 19-Feb. 24. Information, 877-7529.

Music

ART GARFUNKEL

One half of legendary folk duo Simon and Garfunkel, Jan. 21, 7 p.m., Proctor's Theatre, State Street, Schenectady, \$19.75-

\$59.75. Information, 346-6204.

BANG ON A CAN ALL-STARS

Don Bynon leads eclectic band, Jan. 26, 8 p.m., The Egg, Empire State Plaza, Albany, \$24. Information, 473-1845.

SWEET HONEY IN THE ROCK

Female a cappella group, Jan. 26, 8 p.m., Troy Savings Bank Music Hall, Troy, \$25-\$33. Information, 273-0038.

KIM AND REGGIE HARRIS

Folk duo celebrates the release of their new CD, Jan. 27, 8 p.m., WAMC Performing Arts Studio, Central Avenue, Albany, \$22. Information, 465-5233, ext. 4.

JACKY TERRASSON TRIO

Piano player leads jazz group, Jan. 28, 7 p.m., The Egg, Empire State Plaza, Albany, \$24. Information, 473-1845.

FREEDY JOHNSTON

Singer-songwriter, Feb. 2, 8 p.m., Caffe Lena, Phila Street, Saratoga Springs, \$14-\$15. Information, 583-0022.

JOHN PIZZARELLI & HIS BIG BAND

Jazz guitarist and singer, Feb. 2, 8 p.m., The Egg, Empire State Plaza, Albany, \$35-\$45. Information, 473-1845.

ERNIE WILLIAMS

Albany's blues king celebrates his birthday, Feb. 3, 8 p.m., WAMC Performing Arts Studio, Central Avenue, Albany, \$18. Information, 465-5233, ext. 4.

Comedy

LAUGHTER ARTS FESTIVAL

Featuring Greg Giraldo, Mike Birbiglia, Josh Blue and more, Jan. 27, 8 p.m.,

Proctor's Theatre, State Street, Schenectady, \$19.75-\$29.75. Information, 346-6204.

CAMILLE WEST

Performing a blend of comedy and music, Jan. 27, 8 p.m., Caffe Lena, Phila Street, Saratoga Springs, \$12-\$15. Information, 583-0022.

Visual Arts

NEW YORK STATE MUSEUM

"Represent: Selections from the Studio Museum in Harlem," through Feb. 25; plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF ART

"Snow Scenes," works by Walter Launt Palmer, through Feb. 25; "The Autobiography of Bill Sullivan," a retrospective collection, through July 30, 2007; plus exhibits on Hudson River School painting, American sculpture and the history of Albany, 125 Washington Ave. Information, 463-4478.

SCHENECTADY MUSEUM

Prints of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

ALBANY AIRPORT GALLERY

"Natural Selection," an exhibition presented by the Pember Museum of Natural History, through April 15, plus site-specific installations by Larry Kagan and Cara Nigro, as well as installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

ALBANY CENTER GALLERIES

Members exhibition, through Feb. 3, Albany Public Library main branch, 161 Washington Ave., Albany. Information, 462-4775.

LOCAL COLOR ART GALLERY

"Winter Sun," featuring works by Colonie Art League members, through Jan. 31, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

EXPOSED

"Four Kings," images by Martin Benjamin, Gary Gold, Mark McCarty and Bill Murphy; "Cowgirls," images by Ronrie Farley, through Feb. 27, Main Square, 318 Delaware Ave., Delmar. Information, 475-1853.

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

"Ballground for Freedom: New York during the Revolutionary War," and "Lost Ladies: Women of the Civil War," 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.

SARATOGA VISITORS CENTER

Works by Faith Weldon, through Jan. 31, 297 Broadway, Saratoga Springs. Information, 587-3241.

THE HYDE COLLECTION

"Seeing David Smith: Photographs by Dan Budnik," through Feb. 25, 161 Warren St., Glens Falls. Information, 792-1761.

Call for Artists

CURTAIN CALL THEATRE

Auditions for Hugh Leonard's Irish drama "Da" Jan. 22, 7 p.m., 210 Old Loudon Road, Latham. Play calls for six men and three women in their 20s through their 60s. All parts call for Irish accents. Information, 877-7529.

CIRCLE THEATRE PLAYERS

Auditions for "Mad Woman of Chailot," Jan. 28, 4 p.m., and Jan. 30, 7 p.m., with callbacks on Feb. 1, 7 p.m., Sand Lake Center for the Arts, 2880 Route 43, Averill Park. Play calls for four women age 60 and older, six men age 18 to over 40 and four women age 9 to over 40. Information, 674-2007.

HARLEQUIN PLAYERS/VILLAGE STAGE

Auditions for Larry Shue's "The Nerd," Jan. 22 and 23 with callbacks on Jan. 24 if necessary, Hilton Center Dance Studio, 40 North Russell Road, Albany. Play calls for three men age 30-40, one man age 35-36, one woman age 25-35, one woman age 35-65 and one boy age 8-10. Information, 330-4279 or 356-5523.

THEATER VOICES

Auditions for staged reading of Edward Albee's "A Delicate Balance," Jan. 28 and 29, 7 p.m., Steamer 10 Theatre, 500 Western Ave., Albany. Production calls for two women in their mid 40s to late 50s and one woman in her 30s. Information, 439-6404.

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 CENTRIAL 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.

FRIENDSHIP SINGERS

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

Super Crossword

AFFIRMATIVE ACTION

ACROSS

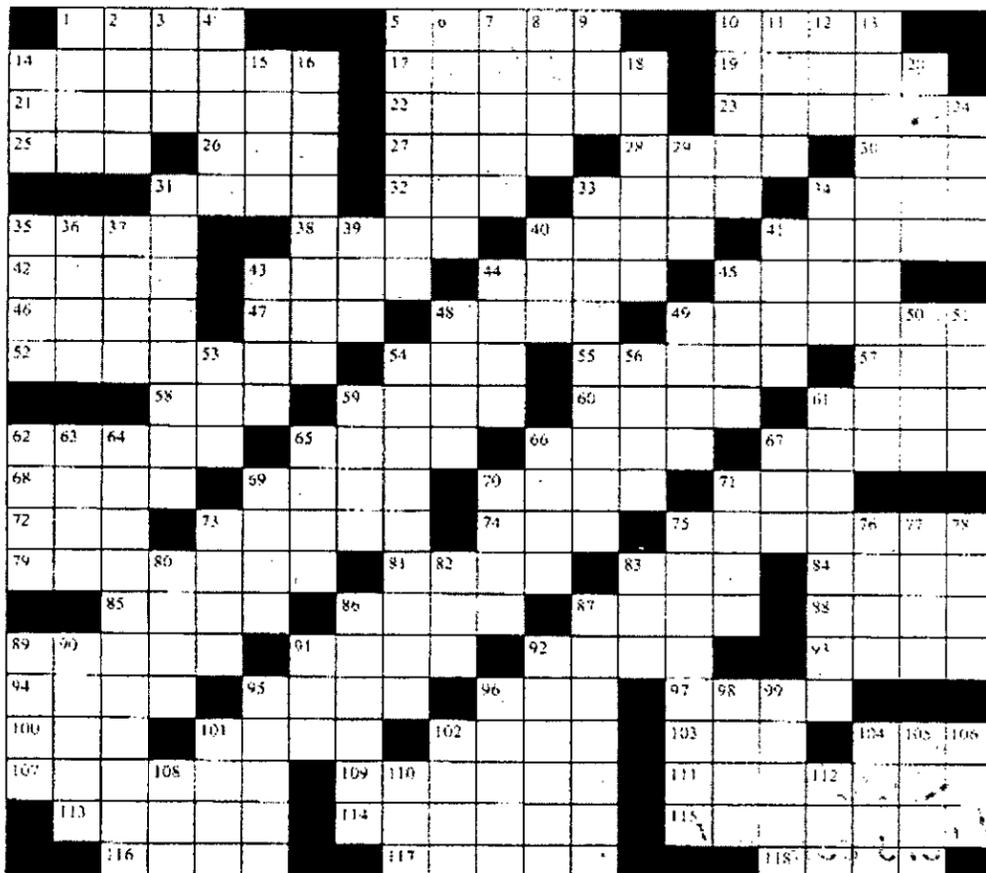
- 1 Lassie's hats
- 5 Gold leaf applications
- 10 Cleansing
- 14 Side by side
- 17 Tribal people
- 19 To no
- 21 Bigmouth
- 22 Sick
- 23 Gambler's "Yes"
- 25 Miss no longer: abbr.
- 26 Paleozoic
- 27 Children
- 28 Place of temptation
- 30 Period before
- 31 Minister's "Yes"
- 32 13th letters
- 33 Measurement
- 34 City ESE of Minsk
- 35 Young animal
- 38 Graf
- 40 Quite
- 41 Board
- 42 Vigoda & Fortas
- 43 Switch positions
- 44 Letter sealer?
- 45 Mideast staple
- 46 Colombian dollar
- 47 Ending period: abbr.
- 48 Prefix for bike or series
- 49 Conservative's "Yes"
- 52 Novice
- 54 Cellmate
- 55 People, places and things
- 57 Martinique, for one
- 58 Undergrad degs.
- 59 Burden
- 60 Robert or Elizabeth
- 61 Lays a lawn
- 62 Goose genus
- 65 Clumsy one
- 66 Nota
- 67 Sphenoids and hyoids
- 68 Decant
- 69 Word in an orbit, often
- 70 Region
- 71 Promissory note
- 72 Oneself: Fr.
- 73 Actress Lisa
- 74 1 of Blynken's companions
- 75 Rial spender

- 79 Inspire with zeal
- 81 Bills
- 83 Sault Marie
- 84 62 Down feature
- 85 Talk back
- 86 Weather forecast
- 87 Applause's opposite
- 88 Retarded
- 89 Relinquish an office
- 91 Recipe direction
- 92 Mrs. Dithers of "Blondie"
- 93 Hot spot
- 94 For a second time
- 95 Brusque
- 96 Mr. Donaldson
- 97 Unlit
- 100 Group praised by Churchill: abbr.
- 101 British title
- 102 Japanese prime minister (1941-44)
- 103 Self-esteem
- 104 "No ands..."
- 107 Farewells
- 109 Actress Stone

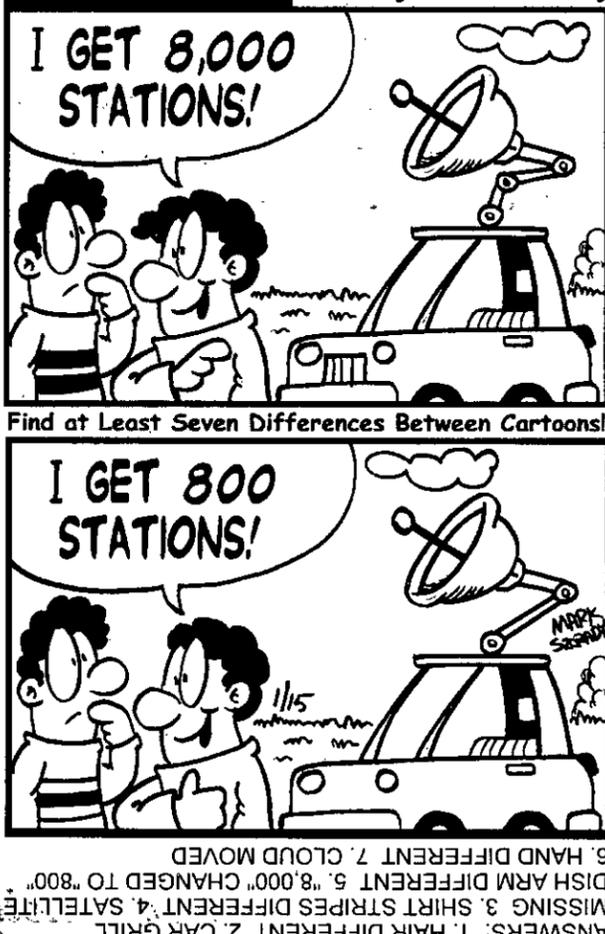
- 111 Part of speech
 - 113 Do a legislator's job
 - 114 Ms. Booth's "Yes"
 - 115 Words of warning
 - 116 Nice seasons
 - 117 Sultan's ladies
 - 118 Monsieur Descartes
- ### DOWN
- 1 Ski lift
 - 2 Creative works
 - 3 Opera house
 - 4 Capital city
 - 5 Vandykes
 - 6 Ballplayer's "Yes"
 - 7 Praises
 - 8 "What Child Is?"
 - 9 Scand. airline
 - 10 Cosmetics brand
 - 12 Letter for Plato
 - 13 Prolonged sleep
 - 14 Dispenser: abbr.
 - 15 Parched
 - 16 Move
 - 18 Clippers

- 20 Embankment
- 24 Report
- 29 Wipe
- 31 Sponge
- 33 Landowner's "Yes"
- 34 Swam
- 35 Drinks like Rover
- 36 Harbor a fugitive
- 37 City in Arizona
- 39 Enlightened one: abbr.
- 40 Burgundy or Chablis
- 41 Sows
- 43 Certain poems
- 44 Benevolent
- 45 Maine's state tree
- 48 Fortress protection
- 49 Draw lines on
- 50 Merry England
- 51 Monster's lake
- 53 Paver's substance
- 54 CPA's "Yes"
- 56 Mrs. Charlie Chaplin
- 59 Leaping
- 61 Sooner's "Yes"
- 62 Cathedral section
- 63 1 of 2 twelves

- 64 Tailor's "Yes"
- 65 Single
- 66 Abbr. in a co. title
- 67 Reptile
- 69 Ager and firer
- 70 Airfare
- 71 Infuriates
- 73 Sculpture
- 75 Salesman's "Yes"
- 76 City in Kansas
- 77 Biblical book
- 78 Amphibia
- 80 Head covering
- 82 Conjunction
- 83 Masculine title
- 86 Tension
- 87 Ewe, to you
- 89 Girl's name
- 90 Circumvent
- 91 Adder's finding
- 92 Wheedle
- 95 Flings
- 96 More painful
- 98 Of fields: pref.
- 99 Engine part
- 101 "Il"; Mussolini
- 102 Novel setting
- 104 Religious image
- 105 Shimmy
- 106 Establish
- 108 Gobble
- 110 "What?"
- 112 DDE



DOUBLE TAKE By Mark Szorady



Calendar of Events *in the* Spotlight

Wednesday, Jan. 17

BETHLEHEM

DELMAR ROTARY

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

PLAYGROUP MEETING

First United Methodist Church playgroups will meet from 10:30 to noon in the nursery. Playgroup provides opportunity for child caretakers and pre-nursery school age children to socialize in a relaxed atmosphere. Information, call 439-9976, ext. 228.

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.

YOUTH EMPLOYMENT SERVICES

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

BETHLEHEM LIONS CLUB (NOT IN JULY OR AUGUST)

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

ALZHEIMER'S SUPPORT GROUP

Northeast NY Alzheimer's Association meetings for families, caregivers, and friends; Delmar Presbyterian Church, 585 Delaware Ave., 7 p.m.

SOLID ROCK CHURCH

1 Kenwood Ave., evening prayer and Bible study, 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.

ZONING BOARD OF APPEALS

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

EVENINGS ON THE GREEN (JULY)

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.

BOY SCOUT TROOP 58 (WHEN SCHOOL IS IN SESSION)

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

BC SCHOOL BOARD

district office, 90 Adams Place, 7 p.m. Information, 439-7098.

BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 8 p.m. Information, 767-2886.

HEALING TESTIMONY MEETING

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

NEW SCOTLAND

FAITH TEMPLE

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

PRAYER MEETING

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

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. 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.

Thursday, Jan. 18

SLINGERLANDS

Bethlehem Children's School, 12 Fisher Blvd., Slingerlands will hold an open house program for full day K-8 school, Thursday evening, Jan. 18, from 6 p.m. - 7:30 p.m. Children are welcome to attend.

VOORHEESVILLE

VOORHEESVILLE PUBLIC LIBRARY

Lifeline Prose Writers meet at 7 p.m. at Voorheesville Public Library.

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

FREE HEALTH LECTURES

Dr. Ron Stram and staff offer free health lectures every third Thursday of each month. All events at the Center for Integrative Health and Healing, 7:30 p.m. Registration recommended. Information and topics, call 689-2244 or visit www.cihh.net

BETHLEHEM ART ASSOCIATION

Delmar Presbyterian Church, 585 Delaware Ave., 7:30 p.m., information, 439-3948.

ADULT BIBLE STUDY

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

BETHLEHEM LUTHERAN (SEPTEMBER THRU MAY)

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

AA MEETINGS

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

NEW SCOTLAND

THE CLOTHING CLOSET

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

SLINGERLANDS

SLINGERLANDS COMMUNITY UNITED METHODIST CHURCH

Slingerlands Community United Methodist Church, 1499 New Scotland Road, Slingerlands offers a contemporary worship service, "A Gathering" every Thurs-

day from 6:30 until 7 p.m. Children are most welcome at the Gathering, and child care will be provided.

NEW SCOTLAND KIWANIS CLUB

New Scotland Presbyterian Church, Route 85, 7 p.m.

Friday, Jan. 19

BETHLEHEM

CHILDREN'S WRITING WORKSHOP (JULY AND AUGUST)

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.

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.

Saturday, Jan. 20

BETHLEHEM

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m.

Sunday, Jan. 21

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.

8:30 p.m.

NEW SCOTLAND

QUARTET REHEARSAL

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

Tuesday, Jan. 23

BETHLEHEM

FARMERS MARKET (SPRING, SUMMER, FALL)

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., 10 a.m. to 6 p.m. Gently used brand name clothing and accessories at very low prices.

CHURCH LUNCH (JUNE, JULY, AUGUST)

Sponsored by the South Bethlehem United Methodist Church, Willowbrook Avenue, weekly on Tuesdays, 11:30 a.m. to 1 p.m. Information, 767-9953.

PRAYER MEETING

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

BINGO

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

NEW SCOTLAND

PRESCHOOL STORY TIME

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

NIMBLEFINGERS/QUILTERS (SEPTEMBER-JUNE ONLY)

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

ZONING BOARD OF APPEALS

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

V'VILLE VILLAGE BOARD

Village Hall, 29 Voorheesville Ave., 7 p.m. (6 p.m. workshop meeting). Information, 765-2692.

Wednesday, Jan. 24

VOORHEESVILLE

VOORHEESVILLE PUBLIC LIBRARY

The Winter Sky Astronomy Program presented for all ages by the Dudley Observatory at Voorheesville Public Library at 7 p.m.

BETHLEHEM

DELMAR ROTARY

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

PLAYGROUP MEETING

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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.

ZONING BOARD OF APPEALS

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

BINGO

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

BOY SCOUT TROOP 58

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

BC SCHOOL BOARD

district office, 90 Adams Place, 7 p.m. Information, 439-7098.

BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 8 p.m. Information, 767-2886.

HEALING TESTIMONY MEETING

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

NEW SCOTLAND

FAITH TEMPLE

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

PRAYER MEETING

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

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. 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.

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S	A	S	S	S	N	O	W	H	I	S	S	S
D	E	M	I	T	S	T	I	R	C	O	R	A
O	V	E	R	C	U	R	T	S	A	M	D	A
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DELMAR: 1BR Bat Four Corners, Private Parking, \$460, heat included. Day phone 439-6644, Evenings 368-1785

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Employment Classifieds

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All employment advertising in this newspaper is subject to section 296 of the human rights law which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, creed, national origin, disability, marital status, sex, age, or arrest conviction record, or an intention to make any such preference, limitation, or discrimination. Title 29, U.S. Code, Chap. 630, excludes the Federal Gov't from the age discrimination provi-

sions. This newspaper will not knowingly accept any advertising for employment which is in violation of the law. Our readers are informed that employment offerings advertised in this newspaper are available on an equal opportunity basis.

SITE MANAGER: Before & After School K-5th grade program in Bethlehem SD, M-F, 30 hr wk AA or BA in Child Dev., Elem. Ed., 1 yr. Supervisory experience & 2 yrs. Exp. w/children, Exc. Benefits-Health Ins., Paid Time Off, Tuition Reimbursements. Send Resume to School's Out, Inc., 239 Delaware Ave., Delmar, NY 12054 4 3 9 - 9 3 0 0 soi@schoolsoutinc.org

ACTIVITY LEADERS Before & After School gds. K-5th Program in Bethlehem, 7:15-9:15 am and/or 3:00-6:00pm, M-F, MWF, T, Th.

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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.

EXPERIENCED NAIL TECHNICIAN. Busy, Delmar salon, New Equipment, Booth Rental call Tuesday through Saturday 439-8171.

RECEPTIONIST/ CLERICAL Medical Office Part/Time, 12:30-4:30 Monday-Friday. Fax resume to 439-1592, or mail to PO Box 610, Slingerlands, NY 12159. call 4391564 for info.

RECEPTIONIST/LEGAL ADVERTISING COORDINATOR Are you a people person? If so, you might be exactly who we need! The Spotlight Newspapers are looking for

an experienced Receptionist/Legal Advertising Coordinator. You will be the first person our customers hear on the phone and see when they come to our offices. You should be bright, articulate, work well under pressure, have data entry experience as well as the ability to work a busy switch board, multitask and enjoy the rigors of the world of communications. Send resume, cover letter with salary history in confidence to: John Skrobela, Business Manager Spotlight Newspapers P.O.Box 100 Delmar, NY 12054. or fax to: 518-439-0609. No telephone calls please.

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LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of 550BSA III, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/27/06. Principal business location: 123 Prospect Street, Ridgewood, NJ 07451. Office location: Albany County, LLC formed in Delaware (DE) on 11/17/06. 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 Street, Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Cert. of Form. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-14887 (January 17, 2007)

LEGAL NOTICE

Notice of Publication EELES LLC Arts. of Org. was filed with SSNY on 07/09/04. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14037 (January 17, 2007)

LEGAL NOTICE

State Environmental Quality Review Act
 Notice of Completion of Draft EIS and Notice of SEQR Public Hearing Lead Agency: Town Board Date: December 27, 2006
 Town of Bethlehem Address: 445 Delaware Avenue Delmar, NY 12054
 This notice is issued pursuant to 6 NYCRR Part 617 of the implementing regulations pertaining to Article 8 (State Environmental Quality Review Act) of the Environmental Conservation Law.
 A Draft Environmental Impact Statement (Draft "EIS") has been completed and accepted for the proposed action described below. Comments on the Draft EIS are requested and will be accepted by the contact person until February 5, 2007. A public hearing on the Draft EIS will be held on January 24, 2007 at 6:15 p.m. at the Bethlehem Town Hall, 445 Delaware Avenue, Delmar, New York.
 Name of Action: Vista Technology Campus
 Route 140 (Captain Timothy J. Moshier Memorial Highway) and Route 85
 MEDD Application - MEDD No.1
 SEQRA Status: Type I
 Description of Action:
 The proposed action involves an application for Mixed Economic Development District Approval in the development parcel consisting of approximately 330 acres of land within the Town of Bethlehem currently zoned MEDD, and approximately 128 acres of land within the Town of New Scotland currently zoned Residential-2 (R-2), for a total project acreage of roughly 458 acres. Development will occur on approximately 150 acres of the site. The Project proposes to the development of approximately 1.4 million square feet of building space. The bulk of the building space will consist of research and technology office/development space. Secondary uses will include a hotel, medical office building, general office buildings, a bank and a mix of retail uses and restaurants.
 Location: LaGrange Road, at the intersection of NY Route 140 and NY Route 85, in the Town of Bethlehem, Albany County, New York.
 Potential Environmental Impacts: Traffic, slope stability, groundwater, grading, drainage, utilities, erosion and sedimentation, archaeological and historic resources, wildlife, wetlands, aesthetic and visual resources, community services, community and neigh-

LEGAL NOTICE

borhood character. A Copy of the Draft EIS may be obtained from: Contact Person: Jeffrey Lipnicki, AICP
 T o w n
 Planner
 Address:
 Department of Economic Development and Planning
 Bethlehem Town Hall
 4 4 5
 Delaware Avenue, Room 203

Delmar, NY 12054
 Telephone Number: (518) 439-4955, ext. 156

A Copy of the Draft EIS is on File for Public Inspection During Normal Business Hours at the Following Locations:

Bethlehem Public Library
 Dept. of Economic Development & Planning
 451 Delaware Avenue
 Bethlehem Town Hall
 Delmar, NY 12054
 445 Delaware Avenue
 Delmar, NY 12054
 Town Clerk's Office
 Bethlehem Town Hall
 Electronic Version

on the 445 Delaware Avenue
 T o w n o f Bethlehem Web Page
 Delmar, NY 12054
 The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who need assistance in order to participate should contact the Town Clerk's office at 439-4955, ext. 183. Advanced notice is requested.

BY ORDER OF THE TOWN BOARD
 TOWN OF BETHLEHEM
 Kathleen A. Newkirk, MMC, RMC
 TOWN CLERK
 Dated: December 27, 2006
 LC-15060
 (January 17, 2007)

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF PETRO LAKE PLACID, LLC The name of the limited liability company is PETRO LAKE PLACID, LLC. The Articles of Organization of said limited liability company were filed with the Secretary of State of New York (SSNY) on December 21, 2006. The County of the office of the LLC is Schenectady. The SSNY has been designated as agent of the LLC upon whom process against it may be served. The post office address which the SSNY shall mail a copy of any process against the LLC is 1470 Keyes Ave Schenectady, NY 12309 LC-15065 (January 17, 2007)

LEGAL NOTICE

Name: Advance Auto, LLC (LLC) Articles of organization filed with Dept. of state of NY on 9/13/06. Office location: Albany County. Principal business location 20 Corporate Woods Boulevard, Albany, NY 12211 Secretary of State of NY is designated as agent of LLC for service of process. SOS shall mail copy of process to 20 Corporate Woods Boulevard, Albany, NY 12211. Purpose: Any lawful act or activity. LCD-15071 (January 17, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF Limited Liability Company (LLC) 1. The name of the LLC is: BN Management Associates, LLC 2. The date of the filing of the Articles of Organization with the Secretary of State of New York (SSNY) is: December 14, 2006. 3. The office within New York State of the LLC is located in Schenectady County. 4. The SSNY is designated as agent of the LLC upon whom process against it may be served. The post office address to which the

LEGAL NOTICE

SSNY shall mail a copy of any process against the LLC served upon him or her is: 695 Rotterdam Industrial Park, Schenectady, NY 12306 5. The purpose of the business of the LLC is to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law of the State of New York LD-15076 (January 17, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Name: Davey Jones Real Estate II, LLC (LLC). Articles of organization filed with sec. of state of NY (SOS) on 11/30/06. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 386 Delaware Avenue, Albany, NY 12209. Purpose: Any lawful act or activity. LD-14875 (January 17, 2007)

LEGAL NOTICE

Notice of Publication MEDDOCK VENTURES LLC Arts. of Org. was filed with SSNY on 11/30/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14877 (January 17, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is PARADISE HA LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State, under Section 203 of the Limited Liability Law, on October 16, 2006. 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 Tri City Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LD-14881 (January 17, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is COLUMBIA 90 II, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State, under Section 203 of the Limited Liability Law, on June 6, 2006. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 302 Washington Avenue Extension, Albany, New York 12203. LD-14882 (January 17, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF O'CONNOR'S AUTO REPAIR, LLC (Pursuant to Section 206 of the Limited Liability Company Law) NOTICE IS HEREBY GIVEN that Articles of Organization for O'CONNOR'S AUTO REPAIR, LLC (the "Company") were filed with the Secretary of State of the State of New York on No-

LEGAL NOTICE

ember 17, 2006. The Company is formed to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law. The office of the Company is to be located in the County of Albany, New York. The Secretary of State has been designated as the agent of the Company upon whom process against the Company may be served and the address to which the Secretary of State shall mail a copy of the process in any action or proceeding against the Company which may be served upon him or her is c/o Michelle H. Wildgrube, Esq., Cioffi Slezak Wildgrube P.C., 2310 Nott Street East, Niskayuna, New York 12309. The Company shall be managed by one or more managers. No member of the Company solely by reason of being a member is an agent of the Company for the purpose of its business, and no member shall have the authority to act for the Company solely by virtue of being a member. The Articles of Organization of the Company were effective on November 17, 2006. LC-14890 (January 17, 2007)

LEGAL NOTICE

Notice of Publication CALEDONIA INTERNATIONAL LLC Arts. of Org. was filed with SSNY on 11/15/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14908 (January 17, 2007)

LEGAL NOTICE

Notice of Qualification of Liquidium GCP, LLC. Authority filed with Secy. of State of NY (SSNY) on 11/28/06. Office location: Albany County. LLC formed in Delaware (DE) on 10/19/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Delaney Corporate Services, 41 State St, Ste 405, Albany, NY 12207. Address required to be maintained in DE: 615 South Dupont Hwy, Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-14913 (January 17, 2007)

LEGAL NOTICE

Notice of Qualification of Liquidium GCP Lessee, LLC. Authority filed with Secy. of State of NY (SSNY) on 11/28/06. Office location: Albany County. LLC formed in Delaware (DE) on 11/20/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Delaney Corporate Services, 41 State St, Ste 405, Albany, NY 12207. Address required to be maintained in DE: 615 South Dupont Hwy, Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-14914 (January 17, 2007)

LEGAL NOTICE

Notice of Qualification of Liquidium GCP GOR, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/05/06. Office location: Albany County. LLC formed in Delaware (DE) on 11/20/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Delaney Corporate Services, 41 State St, Ste 405, Albany, NY 12207. Address required to be maintained in DE: 615 South Dupont Hwy, Dover, DE 19901. Arts. of

LEGAL NOTICE

Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-14915 (January 17, 2007)

LEGAL NOTICE

Notice of Qualification of Cole DK Amherst NY, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/05/06. Office location: Albany County. LLC formed in Delaware (DE) on 12/1/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave of the Americas, Ste 501, NY, NY 10001, also registered agent. Address required to be maintained in DE: 160 Greentree Dr., Ste 101, Dover, DE 19904. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-14916 (January 17, 2007)

LEGAL NOTICE

Notice of formation of LEON'S CONNECTIONS LLC a NYS LLC. Formation filed with SSNY on 11/28/06. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 2800 Coyle St., #717, Brooklyn, NY 11235. Purpose: any lawful purposes. LD-14917 (January 17, 2007)

LEGAL NOTICE

Notice of Formation of Bluebridge International LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/05/06. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 301 East 79th Street, Ste 24-H, New York, NY 10021. Purpose: any lawful activities. LD-14928 (January 17, 2007)

LEGAL NOTICE

Notice of Registration of REED & VELLA LLP, a registered limited liability partnership located in Albany County. The Certificate of Registration was filed with the Secretary of State of New York on November 21, 2006. The Secretary of State of New York has been designated as the agent of the LLP upon whom process against it may be served. The Secretary of State of New York shall forward a copy of any process served to 203 Delaware Avenue, Delmar, New York 12054. The purpose of the LLP is the practice of the profession of law. LD-14932 (January 17, 2007)

LEGAL NOTICE

Notice of Registration of REED & VELLA LLP, a registered limited liability partnership located in Albany County. The Certificate of Registration was filed with the Secretary of State of New York on November 21, 2006. The Secretary of State of New York has been designated as the agent of the LLP upon whom process against it may be served. The Secretary of State of New York shall forward a copy of any process served to 203 Delaware Avenue, Delmar, New York 12054. The purpose of the LLP is the practice of the profession of law. LD-14932 (January 17, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 109 STATE STREET, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/29/06. 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, 1 Rapp Road, Albany, New York 12203. Purpose: For any lawful purpose. LD-14933 (January 17, 2007)

LEGAL NOTICE

Notice of Formation of 1056 TFR Realty, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/08/06. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 1056 Troy-Schenectady Rd, Latham, NY 12110. Purpose: any law-

LEGAL NOTICE

ful activities LD-14934 (January 17, 2007)

LEGAL NOTICE

Notice of Formation of Victoria Project LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/28/06. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 301 East 79th St, New York, NY 10021. Purpose: any lawful activities. LD-14943 (January 17, 2007)

LEGAL NOTICE

"Notice of Formation of Limited Liability Company. Name: Heather Enterprises, LLC. Articles of Organization filed with the Department of State of New York on 10/4/2006. Office Location, Albany County. Secretary of State of New York State designated as agent of LLC upon whom process against it may be served. Secretary of State may mail a copy of any process to the LLC at 36 Willett Street; Albany, NY 12210. No reported Agent. Latest date of dissolution of LLC: None. Purpose: All legal purposes." LD-14956 (January 17, 2007)

LEGAL NOTICE

GABRIELSEN & NIEVES, LLC Arts. of Org. filed NY Sec. of State (SSNY) 11/9/06. Office in Albany Co. SSNY design. Agent of LLC upon whom process may be served. SSNY shall mail copy of process to 4 Normanskill Blvd., Delmar, NY 12054. Purpose: Any lawful purpose. LD-14956 (January 17, 2007)

LEGAL NOTICE

Notice of Publication SAMAS LLC Arts. of Org. was filed with SSNY on 12/13/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14966 (January 17, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: HANWOOD REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/10/06. 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, 120 Broadway, Albany, New York 12204. Purpose: For any lawful purpose. LD-14967 (January 17, 2007)

LEGAL NOTICE

Notice of Publication GRIZZLY LLC Arts. of Org. was filed with SSNY on 12/13/06. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14970 (January 17, 2007)

LEGAL NOTICE

Notice of Publication FEDECLAMA LLC Arts. of Org. was filed with SSNY on 12/12/06. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14982 (January 17, 2007)

LEGAL NOTICE

State Street- 3rd Floor Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14971 (January 17, 2007)

LEGAL NOTICE

Notice of Publication EMERALD INTERNATIONAL LLC Arts. of Org. was filed with SSNY on 1/28/03. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14976 (January 17, 2007)

LEGAL NOTICE

Notice of Publication PRINCIPLE TRADING LLC Arts. of Org. was filed with SSNY on 1/28/03. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14977 (January 17, 2007)

LEGAL NOTICE

Notice of Publication ASIA CARGO EXPRESS LLC Arts. of Org. was filed with SSNY on 12/19/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14979 (January 17, 2007)

LEGAL NOTICE

Notice of Publication ADIVOR LLC Arts. of Org. was filed with SSNY on 12/19/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14980 (January 17, 2007)

LEGAL NOTICE

Notice of Publication PRECOM LLC Arts. of Org. was filed with SSNY on 12/19/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14981 (January 17, 2007)

LEGAL NOTICE

Notice of Publication NEDEXCO LLC Arts. of Org. was filed with SSNY on 12/19/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-14982 (January 17, 2007)

LEGAL NOTICE

Notice of Qualification of Vendmore Systems, LLC. Authority filed with Secy. Of State of N.Y. (SSNY) on 11/

Sports *in the* Spotlight

Russo's late goal fuels BC's comeback victory

By ROB JONAS
jonasr@spotlightnews.com

The Bethlehem hockey team split two games against defending Section II champions last weekend.

The Eagles lost to Division I champion Shenendehowa 7-1 Friday, but bounced back to beat Division II champ Burnt Hills/Scotia-Glenville 4-3 Saturday at PSEG Power Arena in Bethlehem.

"Basically, we just didn't give up," said Bethlehem coach Richard Hughes. "The kids showed a lot of character again."

Tom Dolfi registered a hat trick to lead the Eagles, but it was Steve Russo's goal with 12 seconds left in the third period that gave Bethlehem its winning margin.

"That fourth goal came quick," said Hughes. "I took my eye off the game to talk to a player for a moment, and it happened. I didn't even see it."

Dolfi gave the Eagles a 2-0 lead on goals 2:20 seconds apart in the first period. The first tally came at the 4:19 mark off a pass from Matthew Bub, and the second came at 6:39 off a Nick Dugan assist.

Burnt Hills/Scotia-Glenville wasn't about to go away quietly, though. Matt Fitts scored with 3:36 left in the first period to get the Spartans within a goal. Then, Greg Dwyer and Tom Gaunay tallied in the second period to put Burnt Hills/Scotia-Glenville ahead 3-2.

"I knew we still had a long way to go, even at 2-0, because Burnt Hills is a good program," said Hughes.

John Rimmel prevented the game from getting away from Bethlehem. Rimmel stopped several shots in the second and third periods, despite heavy pressure from Burnt Hills/Scotia-Glenville.

"Rimmel came up big for us. Twice, he made big saves," said Hughes.

Dolfi completed his hat trick midway through the third period to tie the game at 3 before Russo's late heroics put the Eagles ahead.

Rimmel's effort against Burnt Hills/Scotia came one night after he and fellow goaltender T.J. Caswell were bombarded with shots by Shenendehowa. Caswell started the game and stopped 32 of the 37 shots he faced before being replaced by Rimmel late in the second period. Rimmel made 25 saves on 27 shots the rest of the way.

"I was trying to see if I could let (Caswell) weather the storm, but when they got that fifth goal, I decided to put Rimmel in," said Hughes.

Dolfi prevented Shen from getting the shutout when he scored late in the third period off a Dugan assist.

Bethlehem has a busy week

ahead of it. The Eagles host Niskayuna/Schenectady Wednesday and Monroe-Woodbury Friday before visiting Shaker/Colonie Saturday.

Lacrosse club schedules registration sessions

The Bethlehem Lacrosse Club is holding three registration sessions for its spring season.

Registration sessions take place Thursday, Jan. 18, Wednesday, Jan. 31, and Thursday, Feb. 15, from 7 to 8:30 p.m. at Bethlehem Town Hall on Delaware Avenue in Delmar. There will also be a mandatory coaches registration session Jan. 18.

The program is open to Bethlehem, Ravena-Coeymans-Selkirk and Voorheesville school district students. There are three boys divisions — third and fourth grade, fifth and sixth grade, and seventh and eighth grade.

The registration fee is \$125 per player, which includes membership in US Lacrosse.

For information, visit the club's Web site at www.bethlehemlacrosse.com.

Kelly leads nation in 3-point percentage

Bethlehem Central High School graduate Sue Kelly currently leads all NCAA Division III women's basketball players in three-point shooting percentage.

The Ithaca College senior made 60.6 percent of her three-pointers through Jan. 7.

Got sports news?

The Spotlight welcomes articles and photos of 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. Photos can be e-mailed or mailed to P.O. Box 100, Delmar 12054.

FURNITURE AUCTION

REGARDLESS OF WEATHER

Sat., Jan. 20, 2007, 9:30 a.m.

Inspection: 8:30 a.m.

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LEGAL NOTICE

Wednesday, January 31 at 7:00 p.m. A presentation will be given by Dean Patricia Salkin of the Albany Law School on defining and developing municipal land use laws. The public is invited to attend. Diane R. Deschenes

LEGAL NOTICE

New Scotland Town Clerk The Town of New Scotland is an equal opportunity provider and employer. LD-15097 (January 17, 2007)

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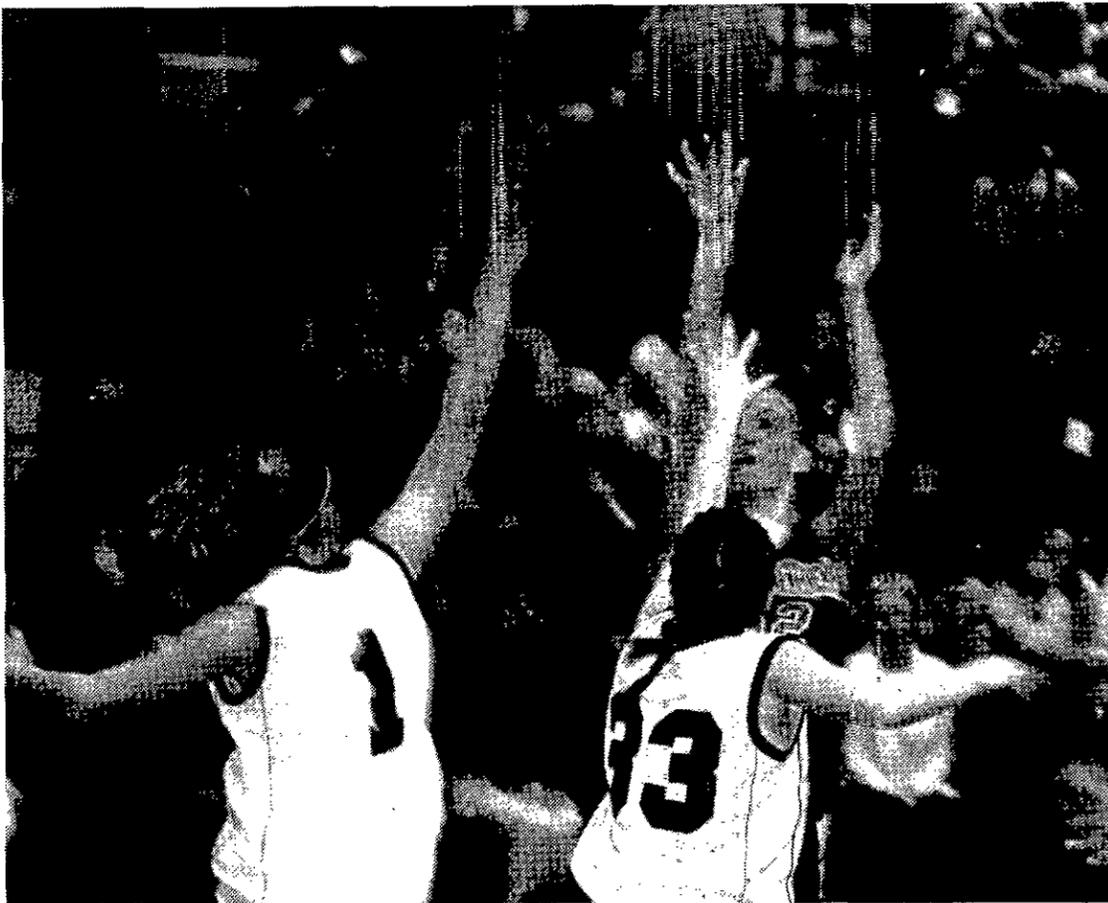
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Bethlehem's Alex McCullough shoots over two Burnt Hills-Ballston Lake defenders during Friday's 54-40 Suburban Council victory. *Rob Jonas/Spotlight*

Defense

(From Page 30)

"There's only been one game where we weren't in it. That was the Colonie game (Jan. 5)," said Nealon. "Other than that, we've been in every game."

Nealon said he expects a reversal of fortune during the second half of the league season.

"We will win the close ones," he said. "These girls may be young, but they're no longer inexperienced at the varsity level. They've been playing too long for that."

After hosting Saratoga Tues-

day, Bethlehem welcomes Columbia to Delmar Friday for a Gold Division game.

Blackbirds gain third league win

In Colonial Council action Friday, Voorheesville raised its league record to 3-5 with a 48-34 victory over Cobleskill-Richmondville, while Ravena-Coeymans-Selkirk suffered a 40-39 loss to Lansingburgh.

Voorheesville (3-9 overall) outscored Cobleskill 12-4 in the second quarter to establish control. The Blackbirds capped

the win with a 16-point fourth quarter.

Casey Beccera scored 15 points, and Kara Zimmerman added 11 points for Voorheesville. Chelsea Jordan's 12 points led Cobleskill (0-9, 2-11).

In Lansingburgh, R-C-S (2-8, 3-10) had a 24-16 halftime lead, only to see it slip away as the Knights (3-6, 4-8) scored 24 points in the second half.

Alyssa Fane led Lansingburgh's comeback with 15 points. Alivia Richter had 16 points for R-C-S.

Blackbirds coming together at right time

By ROB JONAS
jonasr@spotlightnews.com

Looks can be deceiving. Just ask the Voorheesville boys basketball team.

The Blackbirds got back to the .500 mark in the Colonial Council with Fridays 61-49 victory over Cobleskill-Richmondville, but they've been anything but a .500 team. Of their four league losses, two of them have been by one point, and both of those losses came at home against the top two teams, Watervliet and Cohoes.

"We've been in a lot of games," said Voorheesville coach Don Catellier. "I'm happy with where we are, but we could be better."

The Blackbirds (4-4 league, 5-7 overall) have been at their best

when players other than Justin Arico and Evan Christner have stepped up. Recently, sophomore guard Nick Kinisky has been contributing on offense, scoring 10 or more points in the last two games including a 17-point performance against Cobleskill.

"He's stepped in as a sophomore and is really contributing," said Catellier.

Catellier said forward Greg Carson has also stepped up his play, though not always at the offensive end. "Even though he's not consistently scoring, he's rebounding and playing defense well," said Catellier.

As more players step up, Catellier said he believes his team will make a run at the Colonial Council leaders.

Report

(From Page 30)

tans are back at the top of the Suburban Council standings with Shen, and they have enough talent to make a serious run at a Sectional team title. Head coach Steve Jones and his staff should be commended for keeping the program pointed in the right direction, even through the years when they were closer to the bottom of the league than the top.

Guilderland's victory over Saratoga last Tuesday may indicate a power shift in Section II girls gymnastics. Senior Dana Goodknight gives the Lady Dutch a strong all-around performer, but it's the 17 other gymnasts on the team that give Guilderland what it needs to compete with and beat traditional powers like Saratoga and Shen — points. If enough gymnasts earn scores of 8.5 on average in their individual events, it can put a team over the top. Seems simple, but Guilderland hasn't had a team with that type

of depth in several years. The Lady Dutch have that now.

It's the middle of January, and there hasn't been a cross country skiing meet because of the lack of snow. I'm sure this has happened before, but I can't remember when. Even when there's been little snow around Albany, there's usually some snow around Glens Falls and Northville, where most of the meets are held. The cross country skiers must be going nuts by now. At least, downhill skiers have been hitting the slopes.

Finally, a belated congratulations to Bethlehem bowler Jason Burger for rolling his fifth perfect game in his career. I've never come close to rolling a 200, so anyone who can roll 12 strikes in a row for a 300 deserves special recognition. And if anyone other high school bowler in this region has rolled a 300 — or even a 299 — this season, congratulations to you as well.

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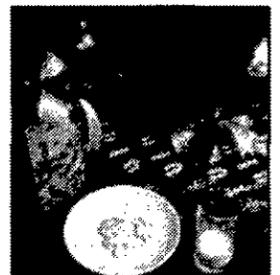
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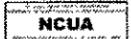


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High school varsity sports results for Jan. 8-14

Tuesday, Jan. 9

BOYS BASKETBALL

Schalmont 67, R-C-S 55

Schalmont leaders: Jack Macejka 15 points, Josh Catino 15 points

Guiderland 57,

Bethlehem 48

Bethlehem leaders: Joe Kane 16 points, Kevin Stempsey 14 points, John Drazan 12 points

GIRLS BASKETBALL

Schalmont 53, R-C-S 32

R-C-S leader: Jessica Byerwalters 14 points

Guiderland 39,

Bethlehem 38

Bethlehem leader: Leah Gillham 11 points

BOYS BOWLING

Bethlehem 27, Niskayuna 5

Bethlehem leader: Jason Burger 300 game, 752 series

GIRLS BOWLING

Bethlehem 27, Niskayuna 5

Bethlehem leader: Meghan McGurn 213 game, 593 series

BOYS SWIMMING

Guilderville 91.5,

Canajoharie 90.5

Guilderville individual winners: David Cerutti (200-yard freestyle, 100 butterfly), Vadim Yafayev (200 individual medley, 100 backstroke), Jonathan Wheeler (50 freestyle), Sean Molloy (diving)

WRESTLING

Bethlehem 55, Catskill 12

Bethlehem winners: Connor Hautau (112 pounds), Dan Blossom (119), Patrick Sharlow (125), Mike Rappazzo (130), James Maher (135), Pat Fontaine (145), Dan Barth (152), Keith Cole (160), Peter Bonventre (189), Kevin Kolbay (215)

Wednesday, Jan. 10

WRESTLING

Columbia 55, Bethlehem 25

Bethlehem winners: Pat Sharlow (125 pounds), Keith Cole (140), Pat Fontaine (145), Damian Privaterra (171), Kevin Kolbay (215)

Mount Anthony 44,

R-C-S 25

R-C-S winners: Wes Hotaling (130 pounds), Cody Legg (152), Nate Graham (171), Chris Massie (215), Donnie McBride (275)

Thursday, Jan. 11

GYMNASTICS

Saratoga 172.05,

Bethlehem 170.25

Top three all-around: Chandler Smith (BC) 35.4, Amy Selig (Sara) 35.35, Markas (Sara) 35.0

BOYS SWIMMING

Bethlehem 104,

Ballston Spa 76

Bethlehem individual winners: Nate Foley (200-yard freestyle), Boris Virnik (50 freestyle), Bruce Wemple (100 butterfly), Drew Acquaviva (100 freestyle, 100 backstroke)

Mohonasen/Schalmont 95,

Guilderville 80

Guilderville individual winners: David Cerutti (200-yard freestyle), Vadim Yafayev (200 individual medley, 100 breaststroke), Jonathan Wheeler (50 freestyle), Sean Molloy (diving)

Friday, Jan. 12

BOYS BASKETBALL

Voorheesville 61,

Cobleskill 49

Voorheesville leaders: Evan Christner 20 points, Nick Kinisky 17 points, Justin Arico 12 points

Lansingburgh 63, R-C-S 40

R-C-S leaders: Zach Deering 23 points, Geoff Deluca 11 points

GIRLS BASKETBALL

Lansingburgh 40, R-C-S 39

R-C-S leader: Alivia Richter 16 points

Voorheesville 48,

Cobleskill 34

Voorheesville leaders: Casey Beccera 15 points, Kara Zimmerman 11 points

Bethlehem 54,

Burnt Hills 40

Bethlehem leaders: Meg Olsen 14 points, Kiersten Swete 14 points, Alex McCullough 10 points

HOCKEY

Shen 7, Bethlehem 1

Bethlehem scoring: Tom Dolfi 1-0, Nick Dugan 0-1

Bethlehem saves: T.J. Caswell 32, John Rimmel 25

Saturday, Jan. 13

HOCKEY

Bethlehem 4,

Burnt Hills/Scotia 3

Bethlehem scoring: Tom Dolfi 3-0, Steve Russo 1-1, Matt Bub 0-1, Nick Dugan 0-1, Dan Royle 0-2, Tony Weeks 0-1

Bethlehem saves: John Rimmel 31

WRESTLING

Eastern States

Team scores: Islip 239.5, Shen 171.5, Wayne 151, Minisink Valley 149.5, Shoreham 138.5, Valley Central 133.5, Tioga 132, Timberlane (N.H.) 118, Webster-Thomas 118, Sayville 117, Westfield (Va.) 109, Long Beach 103, Mahopac 101.5, Bainbridge-Guilford-Afton 99.5, Massapequa 96, Monroe-Woodbury 95, MacArthur 94.5, LaSalle 92, Hayfield (Va.) 91.5, Penfield 90, Gouverneur 88.5, Danbury (Conn.) 84, Duanesburg 79.5, Peru 77, Colonie 75, Farmingdale 72.5, Kingston 71.5, Ludlow (Mass.) 61, R-C-S 61, Amsterdam 58.5, Port Jervis 56.5, Monsignor Farrell 56, Washingtonville 54.5, Newburgh Free Academy 53, Warwick Valley 52.5, Harpursville 51.5, Schenectady 51, Glens Falls 50.5, Carmel 49, Saugerties 48.5, Burlington (Mass.) 46, Cornwall 44.5, CBA 40, Pine Bush 38, Webster-Schroeder 38, Poly Prep 36, Nanuet 34, Monticello 22, Ketchum 21.5, Wallkill 17.5, East Ramapo 11, Loudonville Christian 8, Rondout Valley 7

R-C-S place finisher: Nate Graham (third place, 171 pounds)

Galway Tournament

Team scores: Brockport 254.5, Granville 185, Johnstown 137.5, Salem 118, Galway 93, Taconic (Mass.) 69, Voorheesville 66.5, Cohoes 62, Schoharie/Middleburgh 60, Broadalbin-Perth 44.5, Waterford 18, Shaker 8

Voorheesville place finishers: Colton Parrott (second place, 96 pounds), Charlie McGrail (second, 189), Alex Zvinovsky (third, 171), Taylor Treadgold (fourth, 112)



Bethlehem's Meg Olsen shoots over Burnt Hills-Ballston Lake's Emily Ostrom during Friday's Suburban Council game. *Rob Jonas/Spotlight*

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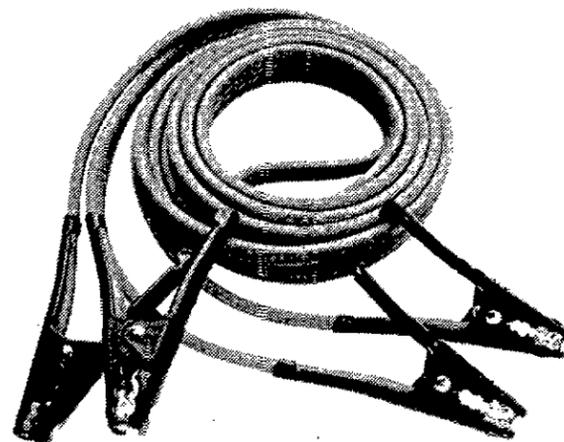
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Sports *in the* Spotlight

Varsity schedule

Wednesday, Jan. 17

BOYS BASKETBALL

Berkshire at R-C-S, 7:30 p.m.

BOYS BOWLING

Bethlehem at Saratoga, 4 p.m.
Ravena-Coeymans-Selkirk at Mechanicville, 4 p.m.

GIRLS BOWLING

Bethlehem at Saratoga, 4 p.m.
Ravena-Coeymans-Selkirk at Mechanicville, 4 p.m.

HOCKEY

Niskayuna/Schenectady at Bethlehem, 8:05 p.m.

WRESTLING

R-C-S at Cohoes, 6 p.m.
Voorheesville at Albany Academy, 6 p.m.
Shen at Bethlehem, 7:30 p.m.

Thursday, Jan. 18

GYMNASTICS

Guiderland at Bethlehem, 6 p.m.

WRESTLING

Lansingburgh at Ravena-Coeymans-Selkirk, 7 p.m.

Friday, Jan. 19

BOYS BASKETBALL

Bethlehem at Columbia, 7:30 p.m.

Ravena-Coeymans-Selkirk at Albany Academy, 7:30 p.m.
Voorheesville at Lansingburgh, 7:30 p.m.

GIRLS BASKETBALL

Columbia at Bethlehem, 7:30 p.m.

Holy Names at Ravena-Coeymans-Selkirk, 7:30 p.m.
Lansingburgh at Voorheesville, 7:30 p.m.

HOCKEY

Monroe-Woodbury at Bethlehem, 5:25 p.m.

Saturday, Jan. 20

BOYS BASKETBALL

Burnt Hills-Ballston Lake at Bethlehem, 6:30 p.m.

GYMNASTICS

Bethlehem at Shaker, 10 a.m.

HOCKEY

Bethlehem at Shaker/Colonie, 3:45 p.m.

INDOOR TRACK

Bethlehem at Yale Invitational, TBA

R-C-S at Averill Park meet, 9:30 a.m.

WRESTLING

R-C-S at North-South Duals, Columbia, 8 a.m.

Tuesday, Jan. 23

BOYS BASKETBALL

Cobleskill at Voorheesville, 5:30 p.m.

GIRLS BASKETBALL

Voorheesville at Cobleskill, 5:30 p.m.



Bethlehem's Meg Olsen drives past Burnt Hills-Ballston Lake's Katie Simpson during the first quarter of Friday's Suburban Council game.

Rob Jonas/Spotlight

Defense propels Lady Eagles

Bethlehem races out to 19-5 lead en route to win

By ROB JONAS
jonas@spotlightnews.com

A dominant first quarter performance was all that the Bethlehem girls basketball team needed to defeat Burnt Hills-Ballston Lake Friday.

The Lady Eagles raced out to a 19-5 lead and never looked back in beating the Lady Spartans 54-40.

"I was really pleased with how

we played," said Bethlehem coach Mark Nealon. "We played really good defense (in the first quarter), and we disrupted their offense a bit."

Bethlehem (4-4 league, 7-5 overall) set the tone early by forcing BH-BL into a 30-second shot clock violation on the Lady Spartans' first possession. The Lady Eagles either forced a shot clock violation or BH-BL to fire off a desperation shot with one second left three more times in the first quarter.

The defensive effort might have been wasted had Bethlehem not shot the ball well in the

opening quarter. Alex McCullough, Meg Olsen and Kiersten Swete all made key shots during the Lady Eagles' 19-point period.

"Our defense created some of our offense," said Nealon. "We had some open looks in transition, and for the first time in a long time, we made them."

BH-BL (2-6, 5-7) played Bethlehem evenly through the first three quarters, but the Lady Spartans never got the deficit below 10 points.

"Burnt Hills settled down and played well, and we took that opportunity to rotate everybody (on the bench) in," said Nealon.

"Some of our younger girls got significant playing time, and they all played well."

Olsen and Swete each scored 14 points, and McCullough contributed 10 points for Bethlehem. Georgina Farrow's 11 points paced BH-BL.

Bethlehem's victory over BH-BL helped the Lady Eagles recover from a 39-38 loss to Guiderland last Tuesday. Of Bethlehem's four league losses, three have come against traditional powers — Guiderland, Colonie and Shenendehowa.

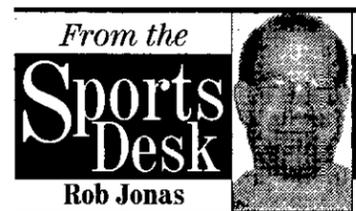
□ DEFENSE/page 28

Section II midseason report has arrived

Some observations on Section II at the midpoint of the winter sports season:

• It was a good idea that no one anointed the Mohonasen boys basketball team as Suburban Council champions after the Mighty Warriors won four of their first five league games. After consecutive losses to Averill Park, Shaker and Columbia, Mohonasen is in a tie with Averill Park for first place in the White Division.

Still, no one should knock the Mighty Warriors. They are now a competitive force in the Suburban Council (something they haven't been for several years), which makes them at least a sleeper pick for the Section II, Class A title. After all, the last two class A champs have come from the White Division — Burnt Hills-



Ballston Lake in 2005 and Averill Park last year.

• Before the season began, Shenendehowa girls basketball coach Ken Strube said he thought this year's Plainswomen had more depth than ever before and they could shut any opposing team down with their defensive skills.

Strube's players proved him right with Friday's 47-43 Suburban Council victory over Colonie. The defense threw Colonie's offense out of sync by double-team-

ing Logan Pintka and challenging every shot. And when crunch time came, Kelsey Allen — one of those unheralded Shen players — scored two big baskets to put her team up for good.

Colonie may still wind up winning the Section II title — it has too much talent not to at least reach the class AA finals. But Shen served notice that it will be challenging the Lady Raiders every step of the way.

• Loudonville Christian's boys basketball team is still undefeated in the Central Hudson Valley League, and its two losses have come against Schoharie — one of the better teams in the tough Western Athletic Conference. I'm not saying the Eagles are going to claim the school's second-ever Sectional title; but there aren't

many class D teams that a better starting five than David Suski, David VanDenHouten, Matt Smith, Bobby Camilleri and Kyle Gordon. Plus, Schoharie is a class C school.

• Shen might still have the best hockey team in Section II, but the gap is closing rapidly. Christian Brothers Academy tied the Plainsmen in their first meeting, and Shen has been challenged by Glens Falls, LaSalle and Queensbury. It will be interesting to see how long the Plainsmen's undefeated run through the Capital District High School Hockey League lasts, and equally interesting to see which team will end it.

• The rebuilding of the Burnt Hills-Ballston Lake wrestling team is now complete. The Spar-

□ REPORT/page 28

Order

(From Page 1)

incrementally raised the minimum over three years. For tipped workers, the minimum wage increased 25 cents to \$4.60 an hour, provided that the wage combined with tips is at least equivalent to \$7.15.

If passed, new federal legislation will bump the nation's minimum wage up to \$7.25 from \$5.15 over the next two years.

The question, then, is how minimum wage increases negatively affect the restaurant industry — one of the nation's largest employers of immigrants and young people.

According to Trudy Renwick, senior economist at the Latham office of the Fiscal Policy Institute, they don't.

"There really doesn't seem to be any evidence that the increase in the minimum wage has hurt the food service industry," said Renwick.

According to Renwick, in the same year as the 2005 minimum wage increase, New York's small businesses experienced 1.6 percent job growth. The food service industry did even better — increasing jobs by 2.7 percent.

Another study released by the

institute in March 2006 showed that small business and retail job growth was faster in states — such as New York — with a minimum wage above the federal level. Currently, 28 states have a minimum wage greater than that mandated by the federal government.

The report was in response to those who said the minimum wage would force businesses that largely employ low-wage workers to experience sharp cost increases resulting in reduced employment. The results of the report contradicted that argument.

But restaurant owners maintain that wage increases place a burden on their industry in a number of ways.

According to Rick Sampson, president and chief executive officer of the New York State Restaurant Association, when wage increases affect the restaurant industry's bottom line, the only solution is to raise menu prices and, ultimately, cut the hours made available to staff.

Sampson expressed objection not just to minimum wage hikes, but the beneficiaries of the increases.

"The only thing that's important to us is not only the minimum wage going up, but that the minimum wage is going to the

wrong people in the industry," said Sampson.

Sampson said that giving tipped-based earners — servers and bartenders — raises, doesn't make a whole lot of sense.

"Tipped employees are making 15, 18 and 20 dollars an hour in tips, and we're giving them a raise in their minimum wage?" said Sampson. "They're not working for the paychecks, they're working for the tips."

A waitress or waiter who works 40 hours a week, at the new minimum wage, would earn an additional \$184 a week in addition to their tips.

Additionally, in paying more to the waitstaff and raising the amount that their minimum-wage workers already make, restaurants face another problem from the wage increases.

Restaurant employees who already earn a wage greater than the minimum also feel they deserve an increase in pay rate when those they work with get one, said Sampson.

An October survey, in which 600 restaurant operators were polled, conducted by the National Restaurant Association, showed that consumers may end up paying higher prices in restaurants if minimum wages are raised, while employees could see their jobs eliminated or hours reduced.

The survey found that 41 percent of family dining and casual restaurant operators would cut jobs, and 40

percent of operators said they would postpone plans for hiring. Nearly nine out of 10 restaurants said they would raise menu prices.

"Restaurant budgets are similar to family budgets; they operate on a very slim margin," said Hudson Riehle, senior vice president of Research and Information Services for the National Restaurant Association, when the survey was released. "When they are hit with increased costs, they have to make painful

According to Renwick with the Fiscal Policy Institute, those low-paid workers, like the dishwashers and bussers, even with wage increases, still don't make enough — especially if they're supporting a family.

"The opposition likes to paint this picture that everyone making minimum wage is high school students or casual workers," said Renwick.

Even with the raise to \$7.15 an hour, those making minimum wage, and raising a family, work below the poverty line.

"We feel that this is a basic tenet — if you work full time, you should be able to support your family," said Renwick.

"We feel that this is a basic tenet — if you work full time, you should be able to support your family."

Trudy Renwick

decisions. Unfortunately, in the case of a minimum wage hike, everyone pays."

And, Sampson noted, when menu prices increase, so do the tips left behind, meaning that in addition to the hourly wage increase, waitstaff makes even more money and customers are left giving more, something that may have restaurantgoers think twice before heading out.

"The biggest competition we have is eating home," said Sampson.

Sampson said there is a way to remedy the problem: "The solution we have always looked for is to exempt tipped employees from minimum wage increases."

For example, Sampson said, for a restaurant with 30 servers on staff, each working 40 hours a week, and getting an increase of 25 cents per hour, that restaurant would be paying out \$300 extra a week. That money, he said, could be better used going to the often low-paid table bussers and dishwashers.

U.S. Sen. Hillary Clinton, D-N.Y., an original cosponsor of legislation introduced by U.S. Sen. Ted Kennedy, D-Mass., that would increase the federal minimum wage, said, "It is unacceptable that Americans working full time are living in poverty. Every day the minimum wage is not increased, it continues to lose value, and working families fall further behind."

The last time a full-time minimum wage worker lived near or above the poverty line was around 1970, said Renwick, adding that to get back to that level, minimum wage would need to increase to at least \$8.50 an hour over the next couple of years. One solution, said Renwick, is having legislation that would make the minimum wage increase automatically each year so "we don't have this fight every three years."

"We'd like to see a movement where we could at least get back to where we were around 1970," said Renwick.



Change

(From Page 1)

The answers are varied, but almost always include issues of flexibility.

Carole Dooley, 51, has been a waitress since she was 15. She now works at Gershon's Deli and Caterers on Union Street in Schenectady. She works days, usually from 9 a.m. to 3 p.m. six days a week.

Dooley started waitressing when she was in college and continued to work nights after she got married and had two children.

"It was the quickest money I could make while working at night," she said. Dooley took care of her children during the day while her husband worked, then went to work at night.

"You can make a living working three to four nights a week, but there are no benefits," Dooley said.

Dooley's two children are now 28 and 26, and she is still waitressing. She said money is a constant worry for her. She used to work a few night shifts on top of her day gig, but lifting heavy trays for so many years has damaged her arm so she can't pull double shifts anymore.

In addition to the damage to her arm, Dooley had back surgery for a herniated disc about 10 years ago. In spite of the physical injuries, Dooley said it's the mental strain of dealing with people that makes waitressing so tough.

"I get burnt out dealing with people all day. By Saturday evening I just can't muster up

another smile," she said.

Dooley said many people stereotype waitresses as people without degrees or who can't get other jobs, but it takes a special kind of person to handle the stress of serving.

"Many servers are going to law school or medical school. You have to be able to keep everything in order in your head," she said.

Brittany Sendzicki, 21, has been working as a server at Ruby Tuesday's in Niskayuna for nearly four years.

Like Dooley, she finds that waitressing allows her to work

"Last week I worked 23 hours and got a paycheck for \$24."

Brittany Sendzicki

around her classes and still bring home a comfortable income.

She studies business full-time at Schenectady County Community College, and said she can't beat the flexible schedule or the amount of money she makes in such a short time as a waitress.

"I can work half the hours and still bring home as much money as I would working at a desk all day," she said.

Sendzicki still lives with her parents, but has to pay for everything else with the money she makes at her job, including car payments and insurance, phone and credit card bills, food and gas.

"I arrange my school schedule so I can work two days and two nights — all day Friday and every

day on the weekends," she said.

The money Sendzicki makes is almost entirely based on tips.

"Last week I worked 23 hours and got a pay check for \$24," she said.

Because of this, Sendzicki said it's hard to plan financially because she never knows how much she'll bring home in a given week.

Sendzicki said she plans to keep her job until she finishes school.

"It's the perfect job for a college student, but I would never make a career out of it because it's too exhausting. You never have a minute for yourself," she said.

Dooley advises younger servers to not make a career out of it.

"It's nice for something on the side, but it's not a career. It's way too much work for not enough money," she said.

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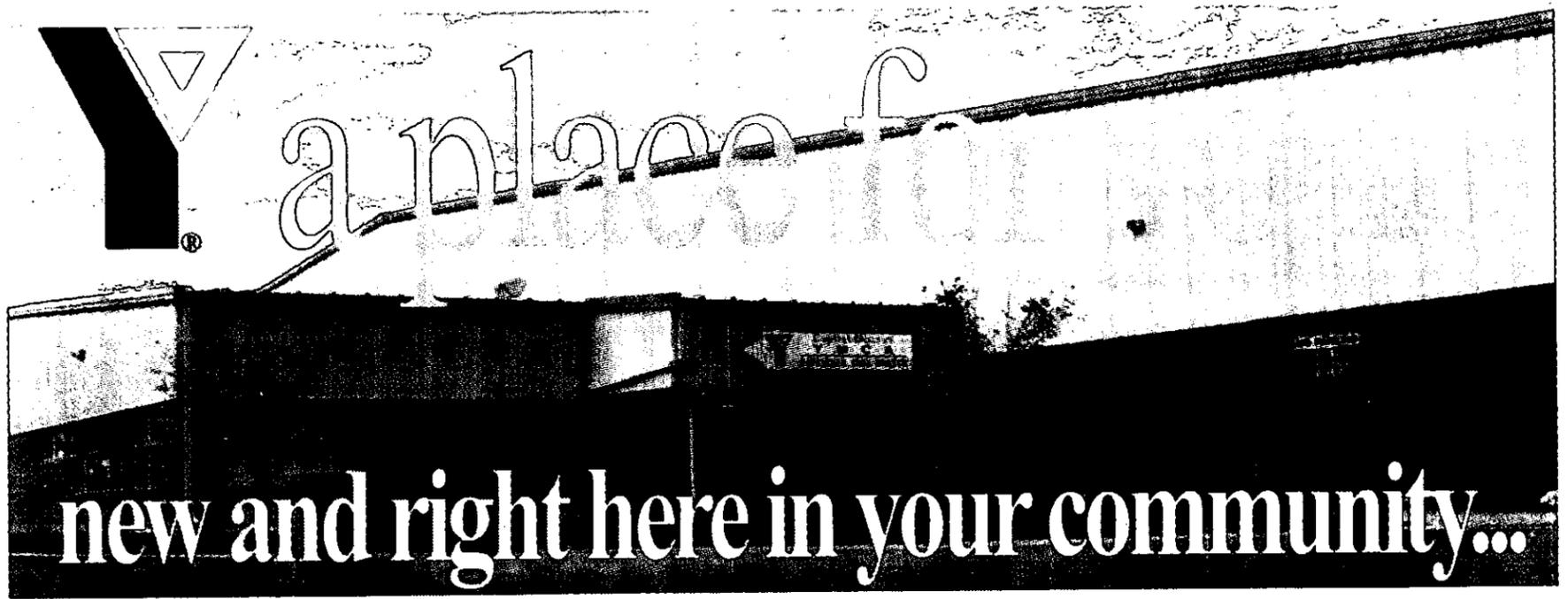
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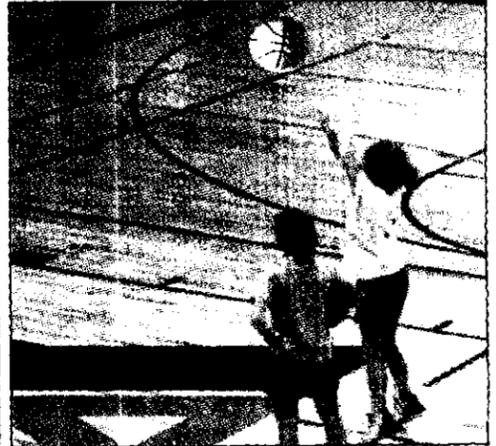
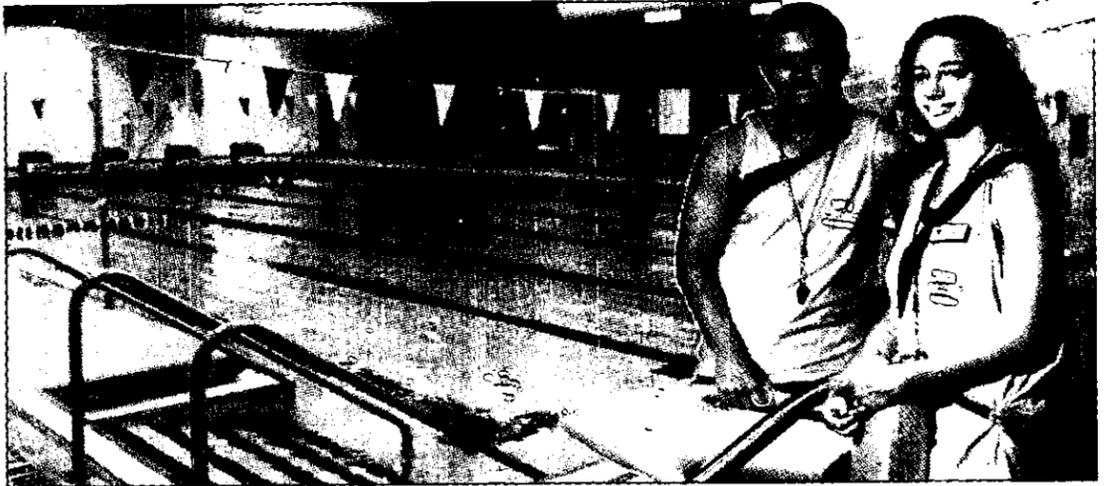
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