

Area News



Board elects to keep seal

The Bethlehem town seal depicting explorer Henry Hudson and an American Indian standing side by side with a view of the Half Moon ship sailing the Hudson River in the background will not be changed.

See story on Page 15.



Hallways filled with music

A message of acceptance, an eclectic cast of high school students and dedicated theatre professionals have all come together to bring Disney's "High School Musical" to life.

See story on Page 21.



Boys basketball

The Mohonasen boys basketball team regained some luster at Bethlehem's expense.

The Mighty Warriors broke open a close game with a 67-50 victory over the Eagles Friday in Rotterdam.

See story on Page 32.

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Spotlight

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JANUARY 31, 2007

A degree of uncertainty

By JIM CUOZZO
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Despite gains made in understanding climate phenomena such as El Niño, some aspects of weather prediction remain an imperfect science

The Capital District had received less than three inches of snow as of Wednesday, Jan. 24. That's 31 inches below the winter season average by the end of January and about 60 inches behind the normal season total.

Many weather forecasters, including the publisher of the *Old Farmer's Almanac*, believe the El Niño effect is at work once again.

"El Niño certainly has made it milder the first part of winter," said Peter Geiger of the *Old Farmer's Almanac*.

El Niño is Spanish for "little boy," and in weather terminology, it is an event that involves an eastward migration of a mass of warm water found in the Pacific Ocean. Experts believe every three to seven years the easterly trade winds in the Pacific weaken, causing a mass of warm water to drift from Australia to the western coast of South America. This triggers heavy rains, which

□ Degree Page 11

CSI: The sky

By GRAHAM S. PARKER
parkerg@spotlightnews.com

An abundance of data helps forensic meteorologists understand weather events

In the past decade, the number of weather-monitoring stations has grown exponentially.

At one time, they would appear haphazardly, dotting the landscapes where state and federal agencies and private institutions had placed them to collect data. Now, they are smaller, more efficient and popping up in people's back yards.

The information collected by backyard monitors — along with that provided by the

□ Sky Page 11

Porco heads to Dannemora

By JIM CUOZZO
cuozzo@spotlightnews.com

Officials from the state Department of Corrections have moved Delmar native and convicted killer Christopher Porco from the downstate correctional facility in Fishkill to Clinton Correctional Facility in Dannemora, Clinton County.

The transition took place on Monday, Jan. 22, and leaves Porco three hours away from his former Bethlehem home. Porco was convicted last August of murdering his father, Peter Porco, and attempting to murder his mother,

Joan, during an ax attack inside the family's 36 Brockley Drive home in November 2004.

Porco was sentenced in December in Albany County to two consecutive 25-years-to-life prison terms. The sentencing came three months after an eight-week trial in Orange County Supreme Court in Goshen.

Dannemora is often called "Little Siberia" because of its remote northern location next to the Canadian border. The Center for Land Use Interpretation, a research organization, has noted that the Clinton Correctional Facility is

known for its tough inmates and brutal guards, and is the largest of all state prisons.

Porco will be able to see visitors daily and has daily use of a phone to call out.

"He is free to make phone calls and take part in voluntary programs or exercise or write letters," said Linda Foglia, spokeswoman for the state Department of Corrections.

"Mandatory lock-in is late in the evening," she added.

The prison was built in 1845. By

□ Porco Page 11

One family's fight

Parents seek to enact legislation that will allow them access to their child's records

By ROB IRWIN
irwin@spotlightnews.com

This is the first of a two-part series.

Through a multimillion-dollar lawsuit, the parents of 13-year-old Jonathan Carey say they are trying to right a wrong.

The parents of the autistic child are currently involved in a civil suit against Jonathan's former school, which they say caused lasting mental and physical damage to their son. They are hoping the lawsuit sets an example that leads to genuine reform at schools that care for the mentally and physically disabled.

They are also seeking new state legislation to open up doors to information about investigation results that can be crucial to parents of disabled children.

Jonathan's parents, Michael and Lisa Carey, contend that the boy's time spent at the Anderson School has forever changed him.

"He was not the same boy remotely that he was before he went to that school," said Michael Carey.

The two parties recently went through depositions in a civil suit in which the Careys are seeking \$5.75 million in damages from the school.

At his office at Bethlehem's Solo Auto Sales, which Michael Carey owns and operates, he and his wife, Lisa, weave a story of abuse, neglect and misinformation at the hands of the staff at the Anderson School, a private school located in Staatsburg, a small hamlet in Dutchess County.

The school is a residential program that provides high-quality programs for children and adults with autism and other developmental disabilities.

The Careys' story as caretakers of a child with special needs began long before their son's alleged abuse. Jonathan was diagnosed with a form of autism early in life, after he began to show signs of mental retardation including poor balance, hyperactivity and lack of communication skills.

□ Fight Page 11



Police Blotter

Owners of Sheila's Liquors charged with delivering alcohol to minors

Two owners of an Albany liquor store are being charged with selling alcohol to minors after a joint investigation by Bethlehem police, Albany police and the State Liquor Authority.

Harish Kumar, 40, owner of Sheila's Liquors, 322 Delaware Avenue has been charged with unlawfully dealing with a child after a compliance check was conducted on the business.

"We received an anonymous tip based on several complaints and our family services unit acted quickly developing enough

information to perform a sting," said Bethlehem police Lt. Thomas Heffernan.

The sting operation occurred on Jan. 24 when an 18-year-old informant working with police contacted Sheila's Liquor store to place a delivery order for alcohol. A short time later the driver/delivery person pulled into the Cherry Arms Apartments in Delmar. Police report that at no time did the delivery person ask the informant their age or proper identification. After

the exchange was complete, police stopped the vehicle on Delaware Avenue. The driver, who was Kumar, said he was visiting a family member in Delmar and was heading back to Albany. Police report a notebook with the address of the delivery and the marked \$20 bills from the purchase were found inside the car. The vehicle was towed from the scene and Kumar was processed. Police allege

Kumar admitted he failed to ask for I.D. during the delivery of the alcohol. He was issued a ticket to appear in Bethlehem Town Court on Feb. 21.

A second compliance check at Sheila's Liquors by police resulted in the arrest of Kumar's wife. That report is filed with the city of Albany police department. The State Liquor Authority will be completing a report regarding several alleged

violations involving Kumar's liquor license. Heffernan said this is a continuing effort by Bethlehem police to curb underage drinking in the community.

The case against Kumar and his wife will appear in front of the state division of Alcoholic Beverage Control. The members of the authority can suspend or revoke Kumar's liquor license as one of several disciplinary actions possible.

Selkirk man charged by police with criminal impersonation

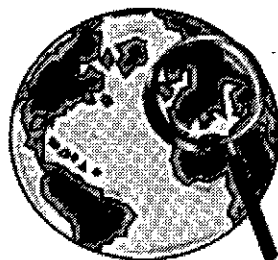
A Selkirk man stopped for minor traffic violations by police is also wanted by the federal government.

Narcise Scardine-Maciel, 28, of 77 Lasher Road, Selkirk is charged with filing a false instrument, a felony, criminal possession of a forged instrument, criminal impersonation, and felony federal immigration warrant.

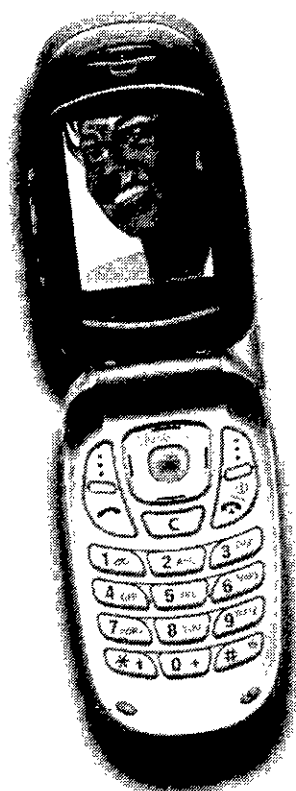
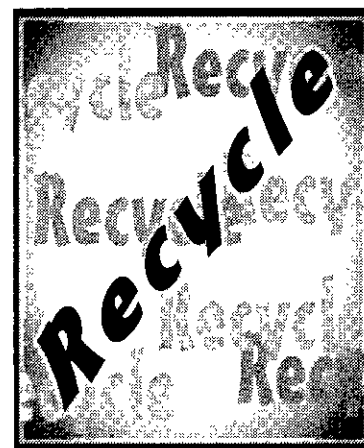
Scardine-Maciel's vehicle was stopped by Bethlehem police on Route 9W in Glenmont, Wednesday, Jan. 24,

for inadequate exhaust and following to close. Scardine-Maciel according to police than allegedly offered up a fraudulent international drivers license. Officers then checked the vehicle, securing evidence from the scene. The vehicle was towed and Scardine-Maciel was returned to the police station for questioning. A check showed an active federal immigration deportation warrant outstanding against Scardine-Maciel. The case was turned over to federal authorities.

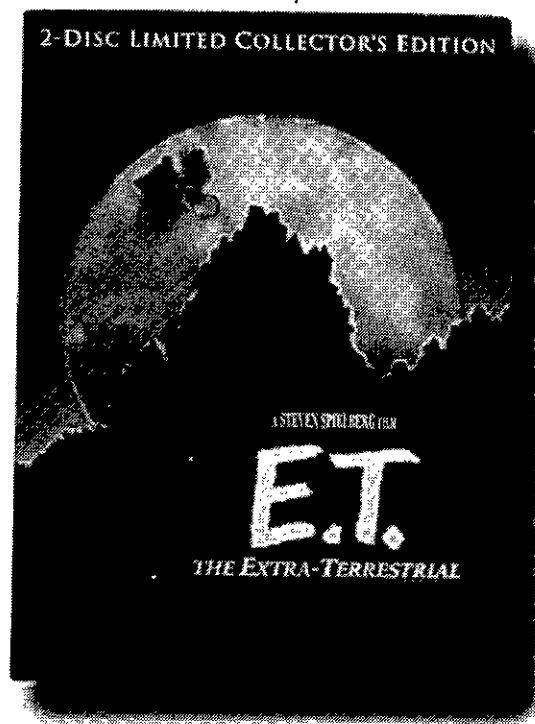
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Public hears waterfront ideas

By JIM CUOZZO
cuozzoj@spotlightnews.com

A group of 90 Bethlehem residents attended a workshop session Tuesday, Jan. 23, with town officials and consultants Saratoga Associates to begin devising a strategy for inland waterfront development along the Hudson River.

"This is a great turnout, and I'm glad to see everybody here," said Supervisor Theresa Egan as she greeted the many people who made it to the meeting, which was held inside town hall.

Rob Holzman of Saratoga Associates said the first session is about sharing information and ideas.

"We started last November meeting with the waterfront committee, and now we are in month three of a 12-month process," said Holzman.

The plan is to hold several focus group sessions before a draft local waterfront revitalization plan is released to the public in July.

"Having the local community define their waterfront area is an important element to obtain additional funding for any type of future grant source," said Holzman.

Egan said many people want to see more green space along the water, while others would like to see more development. Many feel the historical significance of the area should be emphasized.

"The consultants will work with all the ideas and put it into a cohesive presentation," said Egan.

"The meeting brought about topics that haven't been discussed before by longtime residents who have owned property on the river for generations," said Bethlehem Chamber of Commerce president Marty DeLaney. "They really felt they were heard."

Exploring the potential of Henry Hudson Park is considered to be a focal point in much of the consultants' work.

"I like the park and the history of the park being considered with our upcoming quadcentennial celebration in 2009," said DeLaney.

Henry Hudson Park is located on Route 144 in Cedar Hill and currently offers residents a boat

launch and picnic area with pavilion and a playground and fields for events like softball and volleyball.

Another potential waterfront development site is the property known as Glenmont Job Corps, along Route 144 and River Road in Glenmont.

"The Job Corps site has a beautiful view and hundreds of acres," said Egan who has met with the Job Corps' executive director to discuss the property's potential and to relocate the current users of the site.

"Ideally, we would like to support the Job Corps someplace else in town," Egan said.

Defining the boundaries of the waterfront in Bethlehem also generated a lot of discussion.

"The preliminary waterfront revitalization area boundary will go as far west as Route 9W, but will be refined over the next two months," said Holzman.

Egan said she believes the boundary will be more specific to Route 144, both east and west, with different zoning on both sides. Current zoning in the area breaks down into five categories: rural, riverfront rural, mixed economic development, industrial and rural light industrial.

Work already completed by Saratoga Associates show that 3,500 town residents currently live in the waterfront area, with overall housing values along the waterfront slightly lower than the town average.

"It is a much younger population living near the waterfront because housing there is a little more affordable," said Holzman.

The Bethlehem House, District School House No. 1, the Schoonmaker House and First Reformed Dutch Church of Bethlehem are considered to be historic homes along the waterfront.

Maintaining the natural beauty of the waterfront and enhancing the economic vitality of that area is the objective, said Holzman.

"Trying to find the appropriate balance between commercial and residential development while preserving the character is key," he said.

Results of the first waterfront session will be up on the town's Web site within the next few days at www.townofbethlehem.org.

"I like the park and the history of the park being considered with our upcoming quadcentennial celebration in 2009."

Marty DeLaney



Game on!

LEFT: David and Peter Devaprasad play hockey at the Elm Avenue Park, Sunday. BELOW: Brian Cavanagh plays with Brian Devaprasad.

Jim Franco/Spotlight



Citizens to offer input on school budget

Advisory group is part of BC's community outreach

By JILL U. ADAMS
and JIM CUOZZO
news@spotlightnews.com

Close to 40 residents make up the all-volunteer Bethlehem Central School District's first-ever board of education citizens budget committee.

"This is part of our entire community outreach priority," said Superintendent Les Loomis.

Members of the Bethlehem school PTAs, Parents for Excellence, the Bethlehem Music Association, Bethlehem Central Athletic Association and Bethlehem Opportunities Unlimited will all be a part of the new district group. Other members will come from the Bethlehem Chamber of Commerce, senior center, district, faculty, and high school student government.

"It's a very diverse and interested group," said school board member James Lytle.

President of the Bethlehem school board Stuart Lyman is making it clear this year that public outreach is one of the main goals. The district began televising meetings on public access and reaching out with community conversation coffee discussion groups with the superintendent. There are e-mail alerts to parents and residents, and an "ask the superintendent" link with daily school news updates on the district Web site.

The first citizens budget committee meeting will take place today, Jan. 31, at the school district's Adam Street office.

Members of the BC citizen budget group

- School district: Les Loomis, Rita Levay, Steve O'Shea, Mike Tebbano, Jessica Scheckton, Audrey Hendricks, Mac Carlton.
- Teacher and staff unions: Dave Rounds, Kelly Ward, Ladd Valentini, Patty Weiss.
- PTAs: Karen Kissinger, Charmaine Wijeyesinghe, Angie Randles, Joe Turo, Honor Kennedy, Laura Bierman, Betsy Gumustop
- Staff: John Biszick
- Community: Duane Bowman, Drew Cullen, Robert Dolfi, Christine Edwards, David Gosstola, Marc Kleinhenz, Elaine Verstandig, Ed Waaler
- Student: Ryan Rockmore
- School representatives: Deborah Davis, Darcy Hynes, Anne Johnson, Patricia Simonds
- Bethlehem Chamber of Commerce: Pamela Dutcher, John Giordano
- Senior Group: Bill Kelleher
- Town of Bethlehem: Supervisor Theresa Egan
- Progress Club: Evonne Lutkus, Carol Portman, Sue Ann Ritchco, Barbara Zautner

Another meeting of the committee will be held Wednesday, Feb. 14, before both the school board and citizens budget committee begin meeting collectively on Wednesday, Feb. 28 and again weekly throughout the month of March to prepare for the 2007-2008 school budget.

"We will be able to gain from people's thinking about the budget process and will be stronger through their participation," said Loomis.

All meetings of the citizens budget committee will be open to the public. The first meeting will provide an overview of the budget process with fiscal indicators showing Bethlehem's ranking as a school compared to other schools in the Suburban Council, a grouping of suburban schools

similar to Bethlehem. "We will see where Bethlehem ranks in terms of average expenditure per pupil and the district's true tax rate," Loomis said.

Lytle said the board will take recommendations from the group as it begins its decision-making process.

"We make the final call," said Lytle.

Last year was the first time in 20 years that the Bethlehem School District budget was defeated in the initial vote by residents. This year's budget is expected to be adopted by early April.

"I hope this process leads to a very solid budget that deserves the community support," said Loomis.

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Which Spotlight do you read?

The Spotlight, Colonie Spotlight, Loudonville Spotlight, Guilderland Spotlight, Niskayuna Spotlight, Scotia-Glenville Spotlight, Rotterdam Spotlight, Burnt Hills Spotlight, Clifton Park-Halfmoon Spotlight, Malta Spotlight, Saratoga Spotlight

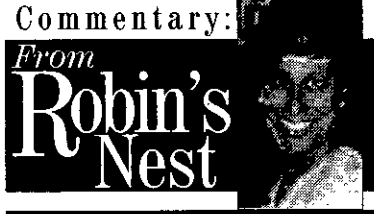
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www.Spotlightnews.com

Young musicians bring joy when they practice

By ROBIN SHRAGER SUITOR
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I get chills hearing a live orchestra play, whether it's the Albany Symphony Orchestra or a concert at my daughter's elementary school.

I'm not ashamed to admit that I got choked up during the fifth grade orchestra's rendition of Canon in D. The music was so beautiful and was being played by children. Children!

I watched my daughter. I saw her eyes on the sheet music, fingers smoothly changing hand positions, bow moving across the cello strings, and I was simply in awe.

What a fabulous skill, the ability to play a musical instrument. Such wonderful opportunities lie ahead, including being a part of a school's music program or just jamming with friends.

If only I had let my parents know sooner that I wanted to play an instrument!

When I was in the fourth grade many of my classmates signed on for music lessons. However, I neglected to mention to my parents that I wanted to play the clarinet. Instead, without ever consulting my parents, I decided that my family could not afford the instrument.

Not until my sophomore year in high school did I confess to my parents that I had always wanted to be in the school band.

Taking up an instrument six years after every one else put

me at a bit of a disadvantage. I couldn't sight read music, I didn't practice enough and I had little natural ability.

The music teacher would say to me, "By gosh, you're an intelligent child." Those were his spoken words. The unspoken translation was: "You may be a straight-A student, but you don't have much musical talent."

I struggled to produce any kind of sound with the clarinet. Mostly I played terrible screeching noises. And my reeds were never moist enough or they were too wet or they were cracked. And boy did the mouthpiece smell if I didn't clean it regularly.

I thought maybe my clarinet was defective, but then my friend Kevin would pick it up and he'd be able to play a melodious tune.

When senior year arrived, I knew I needed to put in some serious practice time. While practice did not make perfect, it did lead to major improvement, and I finally got to join the band. I was in the third row of clarinets, with the freshmen.

I was even in the marching band at the Memorial Day parade though I can't imagine

that I was able to play the clarinet and walk at the same time.

Perhaps with private lessons, intensive practice and hypnosis I would have improved my clarinet playing skills, but I would never have mastered sight-reading the music. I would have forever been trying to figure out the notes using the mnemonic tricks I learned during piano lessons:

"Every Good Boy Does Fine" (the lines on the treble clef) or "All Cows Eat Grass" (the spaces on the bass clef). Frankly, it just takes too long to identify a note doing all that research.

I'd like to say that my troubles are limited to woodwinds, but I couldn't seem to play the cello either. I didn't put enough pressure on the bow.

My 10-year-old came to my rescue.

"Here, mommy," she said, taking hold of my arm and helping me to use the correct technique while bowing the cello. On my own, I couldn't produce a decent sound.

Not so for those kids at the elementary school concert. They sounded great.

I was so impressed to see them meet the challenges of keeping the tempo, watching the conductor, reading the music, handling the fingering positions and bowing the strings.

I feel a lot of pride in these children, their courage, their concentration and their ability. I also feel grateful for the skills and patience of the music teacher. I also need to believe that the success of the concert was due, to some extent, to the time parents spent nagging their children to practice.

Here is an example of a parental nagging session:

Parent: Go practice your instrument. The parent repeats this line anywhere from 10 to 50 times until the sound of music is heard.

Sound of music is heard briefly, then silence.

Child: How long have I been playing?

Parent: You've been sitting in there for 10 minutes, but I've only heard about three minutes of music.

Child: Groan.

Parent: What pages are you supposed to practice?

Child: 23 and 24.

Parent: Do those five times each and also practice the scales.

Sound of music is heard, then silence.

Child: How much longer do I have to play?

Parent: Keep going.

Child: How much longer?

Parent: Until I tell you to stop.

Child: How many minutes?

Parent: Stop asking about minutes. This isn't about just the passage of time. I need to hear 10 more minutes of actual playing time.

Child: Groan.

Parent: Just play the instrument! If you played the instrument without pausing to ask "how much longer?" then you'd be done already.

Child: Growl, followed by the sound of lovely music.

Parents who can't name "Ode to Joy" in four notes are not putting in enough nagging time.

Parents who are putting in too much nagging time begin to question their child's dedication to the instrument.

Parents can become emotionally drained from nagging about practicing. When this happens, the parents

must give the following speech:

"We need to know if you are serious about playing this instrument. This instrument costs money, you know, a lot of money, and we don't mind paying that rent-to-own fee IF you are going to practice. But if we are going to have to continually beg and bribe you to practice, well, that's just going to suck the life out of us. And yes, the music teacher says you have a lot of ability, but hey, if you want to give up now and leave an empty chair at the next concert then we'll just call John Keal Music and tell them to take back this instrument next Thursday."

I encourage my daughter to make a commitment to playing her instrument, but I also want to make sure she enjoys playing.

After her recent concert I asked her how she felt about playing the cello. She said she liked playing.

"As a first, second and third grader, I always thought the fifth grade orchestra sounded really cool," she told me. "I liked the sound of all the instruments playing together and the harmony," she said. "I thought they were awesome. And now I'm in the fifth grade orchestra!"

"I bet some of the younger kids in your school feel the same way you did when you were their age," I told her, "Maybe they will be inspired to learn to play an instrument after hearing the orchestra. How cool to be a part of that."

Lately there have been days when Rachel practices for an extended period and the music sounds beautiful. It seems she is experiencing the joy of making music. She is truly playing the instrument for pleasure, not just practicing.

At those times I feel chills of excitement, and I hum my own private ode to joy.

Got news?


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

All events must be open to the public and announcements should contain the date, time, location and cost (if any) of the event, along with contact information. Announcements are published space and time permitting.

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


The deadline for all announcements is noon Thursday prior to publication.

www.Spotlightnews.com



WEEKLY WEATHER

Chief Meteorologist Mike Bono



TIME WARNER CABLE

Albany Almanac



Record high/low/year		
AVERAGE HIGH 32°	AVERAGE LOW 13°	
Day	High/Year	Low/Year
Wednesday, January 31	58°/1913	-26°/1948
Thursday, February 1	65°/1989	-20°/1920
Friday, February 2	53°/1981	-18°/1961
Saturday, February 3	56°/2006	-18°/1955
Sunday, February 4	61°/1991	-13°/1978
Monday, February 5	59°/1890	-15°/1918
Tuesday, February 6	55°/1991	-20°/1948

SEASONAL SNOWFALL TO DATE
3.0 inches as of Friday, January 26th
30.4 inches below average

This week in weather
February 6, 1978 The "Blizzard of 1978" dumped 28" in Boston and 50" in Rhode Is with 80 to 90 mph wind gusts on the coast. The Catskills had up to 25 inches and there were 30" near Rutland, V T.
January 29-31, 1966 Oswego received 75-100" of snow.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	7:11am	5:07pm
Thursday	7:10am	5:08pm
Friday	7:09am	5:09pm
Saturday	7:08am	5:11pm
Sunday	7:06am	5:12pm
Monday	7:05am	5:13pm
Tuesday	7:04am	5:15pm

Moon Phases
February 2nd Full  February 10th Last 

Planets	When	Where
Jupiter	Pre-Dawn	Southeast
Saturn	Evening	High SE
Venus	Evening	Low WSW
Mercury	Evening	VLow WSW

Area Ski Conditions

Resort	Base Depth	Lifts	Trails	Resort	Base Depth	Lifts	Trails
Gore Mtn	13" - 40"	6	32	Belleayre	15" - 35"	7	21
Killington	20" - 30"	17	140	Bosquet	10" - 42"	3	13
Ski Butternut	16" - 36"	3	14	Mad River	6" - 16"	4	40
Okemo	12" - 24"	14	87	Catamount	10" - 24"	4	18
West	12" - 24"	5	8	Willard	10" - 20"	4	8
Hunter	20" - 60"	6	37	Mount Snow	16" - 40"	10	56
Whiteface	17" - 28"	6	57	Royal Mtn	15" - 30"	3	12
Jiminy Peak	18" - 42"	4	25	Smugglers'	12" - 36"	7	52

Factoid
Ground Hog Day is February 2nd. Not only is this the traditional day for the Ground Hog to make his forecast, it's almost exactly the mid point of the winter season - just over 6 weeks left.

Tides at Albany

Day	High	Low
Wednesday	3:20am, 3:38pm	9:35am, 10:23pm
Thursday	4:11am, 4:25pm	10:25am, 11:10pm
Friday	4:58am, 5:08pm	11:14am, 11:54pm
Saturday	5:42am, 5:48pm	-----, 12:00pm
Sunday	6:23am, 6:26pm	12:36am, 12:46pm
Monday	7:03am, 7:03pm	1:17am, 1:31pm
Tuesday	7:43am, 7:40pm	1:58am, 2:18pm

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IN BRIEF

Delmar Rotary Club holding fruit sale

The Delmar Rotary Club is selling fruit. Delicious Florida grapefruit and California navel oranges are available for delivery to your door.

Every year the Rotary Club of Delmar raises money to support local charities and grant scholarships.

Last year, the Fruit Sale raised more than \$3,000, which was reinvested in local service organizations such as Bethlehem Senior Services, Bethlehem Youth Court, Senior Projects of Ravena and Bethlehem Food Pantry.

Call 439-0242 to place an order.

To Life plans Cancer Wellness Day

To Life!, a local nonprofit organization that provides breast cancer education and support, is collaborating with the Columbia County Healthcare Consortium to present a cancer wellness day on Saturday, Feb. 10 from 1 to 4 p.m. at Columbia Greene Community College in Hudson.

"Friends and Family Cancer Wellness Day" is intended for those with cancer, cancer survivors and their family members and friends.

The afternoon will begin with an inspiring introduction by a

cancer survivor followed by activities such as a gentle yoga/stretching class, prostate screenings, massage therapy, a breast cancer Q & A, a men's discussion group, and activities for teens and children. Refreshments and music will also be provided.

There is no fee for the program, but registration is requested by Feb. 5.

To register, call the Healthcare Consortium at 822-8820.

Live Well Luncheon planned for seniors

Kicking off its new Living Well Programs, Senior Services of Albany and MVP Gold will host a Live Well Luncheon at noon on Feb. 14 at the Louise Corning Center, 25 Delaware Ave., Albany.

The luncheon will feature a healthy meal of chicken Caesar salad, musical entertainment by Greg Nazarian, and give-aways including water bottles and pedometers. MVP Health Care Community Educator Kristine Lindahl will demonstrate various movements and exercises that participants can expect to use in the classes that she will be teaching at three Albany locations. All classes are free, open to the public and begin Feb. 20.

Lunch reservations are required by Feb. 8. A \$2.50 contribution is suggested for lunch.

Call 465-3325 for reservations.

Society uncorks third wine tasting event

The Upstate New York/Vermont Chapter of The Leukemia & Lymphoma Society will hold its third annual wine tasting event — Taste of Compassion — Thursday, Feb. 8, from 6 to 9 p.m. at Normanside Country Club in Delmar. The event is co-presented by MVP Health Care and Northeastern Fine Jewelry.

Funds raised by Taste of Compassion will help The Leukemia & Lymphoma Society achieve its mission of finding a cure for leukemia, lymphoma, Hodgkin's disease and myeloma, and improving the quality of life for patients and their families.

Taste of Compassion will include wines from Beam Wine

Estates, Joseph Carr, Glenora Wine Cellars, Merlin Wines, Swedish Hill/Goose Watch Wineries, Cascade Mountain Winery and W.J. Deutsch & Sons, Ltd., as well as hot and cold hors d'oeuvres, a live jazz performance by the Sam Farkas band, "The Jazz Machine", spectacular live and silent auctions and a special presentation for the guests. Ticket prices are \$50 in advance and \$75 on the night of the event.

For information, call Aimee at the Upstate New York/Vermont Chapter at 438-3583 or e-mail aimee.decapria@lls.org.

Town to sponsor blood drive

The Town of Bethlehem is sponsoring an American Red

Cross Blood Drive on Monday, Feb. 5 from 1 to 7 p.m. in the Town Hall auditorium located at 445 Delaware Ave. in Delmar. Appointments are preferred and can be made by calling 439-4955, extension 4. Walk-ins will be accommodated as time allows.

Firehouse to serve spaghetti dinner

New Salem Firehouse, 694 New Salem Road in Voorheesville is hosting a spaghetti supper on Saturday, Feb. 3 from 4 to 7 p.m.

The cost is \$7 for adults and \$4 for children age 12 and younger.

All proceeds will benefit Alexandra Coons on her Alaskan Adventure with People to People.

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Matters of Opinion *in the* Spotlight

The Internet should never take the place of libraries

One of the gems in New York City's crown is its public library building on Fifth Avenue.

Two lion kings grace the entrance as if they are guarding this very special edifice. The wood on the walls and ceilings is magnificent as is the atmosphere overall. It is a place where you can go back or ahead in time, whatever your preference.

In the Capital District, our libraries are far less ornate, yet very serviceable.

Editorial

What is surprising of late, however, is the kind of brouhaha that erupts when libraries ask to be able to add on or rebuild. The public that pays for library services has every right to air their opinions, but making the Internet a replacement for a library is wrong, simply wrong.

No one is disputing that the Internet is a valuable tool as a speedy, hands-on (sort of) way of finding out all sorts of things.

Libraries, on the other hand, have all that information and an even more valuable resource — librarians.

Librarians are experts on getting you where you might want and need to go. Librarians are even better than the Internet because they can lead you to both or many sides to an issue. Librarians are like knowledge guides, who can be invaluable in your search.

The Internet, no matter how it's touted, is still in its infancy, growing at breakneck speed and making some mistakes as it grows in leaps and bounds.

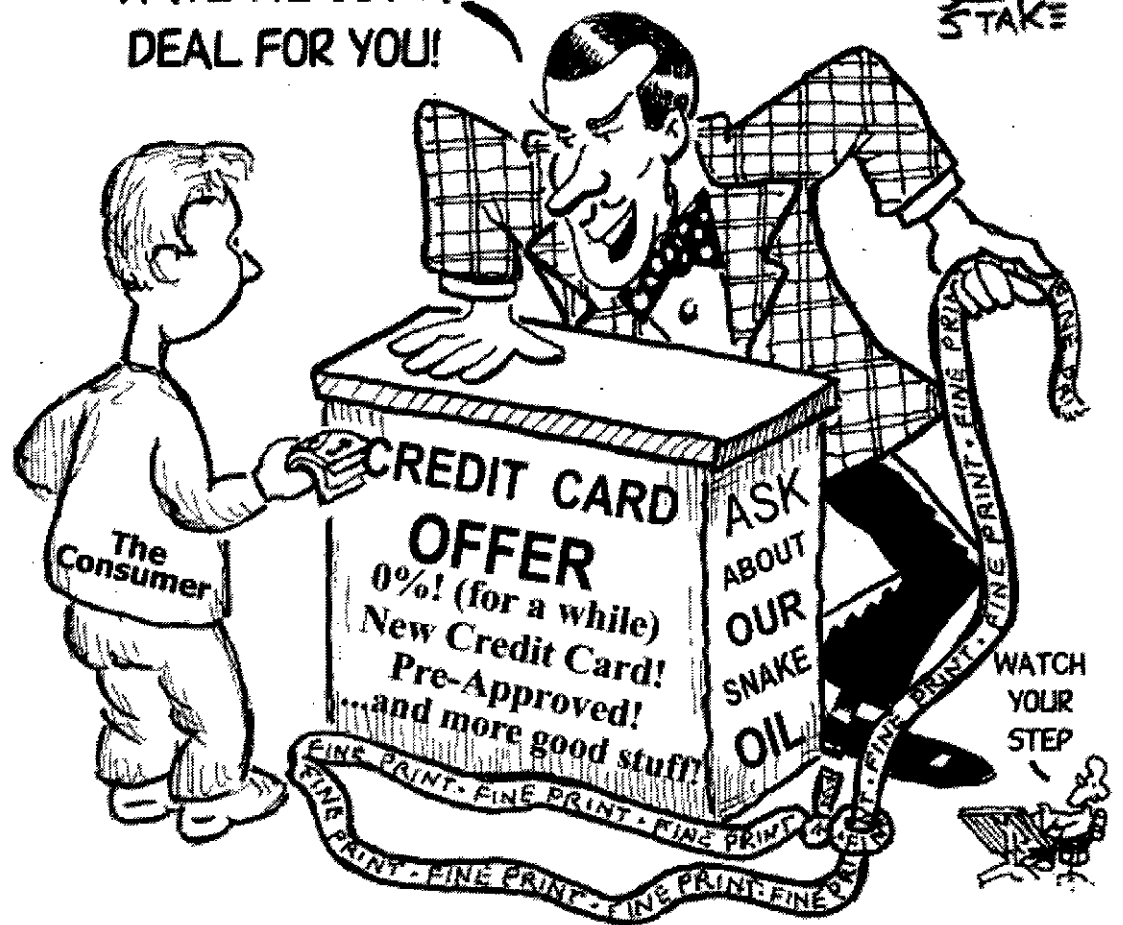
The Internet is not — in any way — a replacement for public libraries, and what it will ultimately become remains to be determined.

A public library is one of our great achievements, and it deserves to be nurtured and maintained, since it nurtures and maintains its patrons.

Libraries are also available and free to everyone. The Internet is a pay as you go vehicle, and many low-income families could never afford a computer for their home. This gives the more affluent kid access to a high-tech world that will eventually spawn jobs in high-tech industries. The low-income kid, can however, gain access to some of the high-tech world via — you guessed it — the public library.

Let us keep and protect public libraries and nurture them when they need to be. Don't be prepared to tear down the old before replacing it with an essential unknown.

HAVE WE GOT A DEAL FOR YOU!



Control your finances, get out of debt

By MARK T. BRYANT

Mark T. Bryant is a financial planner with Bryant Asset Management.

Amid the piles of mail that come into most homes this month lurks a reminder of the holiday gift season: your credit card bill. And you ask yourself: What was I thinking?

Is credit card debt threatening your children's education planning or your own future retirement?

As a certified financial planner, I have worked with many people — some wealthy and some not so wealthy — who, nevertheless, share one common buying habit. To maintain a certain lifestyle, they use credit to the detriment of other very important financial goals.

Credit is readily available today through myriad offerings

Point of View

that arrive almost daily. We are tempted by zero percent introductory rates, pre-filled checks and numerous other lures. As anxiety rises from excessive credit card debt, many individuals feel forced to transfer balances from card to card in an effort to maintain as low an interest rate and debt payment as possible. But this doesn't solve the problem. It only delays the inevitable.

Budget planning is the real answer to credit card debt. Setting a defined financial strategy for spending allows you to more actively address your various financial goals.

The strategy I commonly recommend is that you sit down with pen and paper and list all the expenses you would assume on an annualized basis. Once this total amount is determined, divide it by 52 to come up with a weekly budget. This budget amount will stay on your mind as you stand in line at Starbucks for that second latte of the day, or pine for the new upgraded cell phone that just hit the market.

The psychology of money is a fascinating study. As part of my annual seminar series, I have coached my clients through the behavioral aspects of money management.

If credit card debt has you worried or you think it may have a negative impact on your other important financial goals, such as

retirement, consider these ideas:

- Meet with a financial adviser to develop an attainable and realistic budget and a viable plan for paying off your credit card debt.

- Pay down credit cards with the highest interest rates first and transition to using a debit card tied to your checking account instead of credit cards.

- If your credit card interest rates are high, contact your credit card provider and request a lower rate. Often, rate reductions or other concessions are available for the asking.

- If your debt is beginning to become overwhelming, take a deep breath and accept the fact that it's time to change your lifestyle.

High, non-deductible interest rates can crush you over time and lay waste to any plans you have for the future.

Your 2007 New Year's resolution will require a new financial goal: out of debt by 2008 (or 2009, or 2010). And, that message goes on your bathroom mirror so each morning as you wake up the goal is repeated, internalized and your spending habits begin to change.

It's important to learn to pay yourself first as you strive to balance present enjoyable lifestyle with working toward future financial goals. Each paycheck should have money set aside for short, intermediate and long-term goals. Only after this kind of savings regime is firmly in place can that second latte or fancy cell phone be worked into the budget.

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Spotlight Newspapers welcomes longer opinion pieces for the Point of View section.

For information on submitting a Point of View, e-mail Senior Managing Editor Katherine McCarthy at mccarthyk@spotlightnews.com or call 439-4949.

Your Opinion *in the* Spotlight

Swim Club is grateful for community support

Editor, The Spotlight:

The Ravena Swim Team had a very successful dinner on Saturday Jan. 20, at Congregational Christian Church.

The team worked very hard together to serve the community at this wonderful dinner. The dinner served as one of the team's fundraisers for the year.

The Ravena Swim Club not only has a year-round competitive team, and works with the community children and sponsors a Learn to Swim Program held at the RCS Aquatic Complex.

The dinner this year would not have been possible without the help and generosity of the following organizations to whom the team extends its deepest thanks: LaFarge North America, Inc., Shop-N-Save Hannaford - RavenaSelkirk Cogen Partners Quantum Engineering, Curtis and Denise Wilsey, Crossroads Ford/Mercury of Ravena, Sam's Club — Latham, Deli Plus, Grand Union — Coxsackie, Dunkin' Donuts of Ravena.

As always, thank you to the parents and coaches who volunteered as well as the athletes

who worked the dinner. The team would also like to thank all of the members of the community as well for their support as they came out to the dinner. Thank you again.

If anyone has interest in joining the year round competitive team or would like information on the next session of lessons, refer to our Web site at www.ravenaswimclub.org,

or call coach Dave Burns at 756-3846.

Jennifer Walden
Ravena

Got news?
Call Spotlight at 439-4949.

Cedars appreciates holiday gifts

Editor, The Spotlight:

Words cannot express my gratitude to the community for its ongoing community service on behalf of the residents of The Cedars in Selkirk.

The Cedars is a small assisted living facility serving residents with little or no family. Curves in Glenmont and students in Bethlehem's Lab School combined efforts and resources and "adopted" The Cedars. It started before Thanksgiving, when cookies and treats, made by the students in the Lab School, were delivered each week, including three apple pies for our Thanksgiving dinner. To ring in the Christmas season, high school students Austin Hughes and Matt Gardiner picked out a Christmas tree, provided by Hewitt's of Glenmont, and two wreaths, donated by the Town Squire Price Chopper and

decorated our home with items donated by BCHS families. The residents enjoyed hot chocolate and decorated the tree with ornaments donated by high school parents.

One family provided eight poinsettias for our dining hall, and several Curves members donated large poinsettias for the common areas. The members of Curves of Glenmont, coordinated by Bonni Romanofski, provided gifts. Curves members and Lab School students worked together to ensure that each resident had a lap blanket or quilt under the tree. A special thanks to the "elves" of The Glenmont Homemakers' Association for purchasing and wrapping so many gifts.

With the blankets and other donations, we had gifts to open at our Christmas party and on Christmas Day. Angela's in Glenmont provided the pizza. And, thanks to Curves member

Peg Cerutti, we will be able to provide a monthly birthday party for the residents. Peg made a beautiful quilt that was raffled off at Curves and raised more than \$400. Thanks also to the Bethlehem Garden Club for bringing delicious treats; to General Electric Selkirk, who chose us to be a part of their last year's summer community project, enhancing the outside surroundings of our facility; the members of Bethlehem Girls Scouts and Glenmont Reformed Church for Christmas caroling; Alcove Church for bringing a bag full of goodies for each resident; and Troop 57 Girls Scouts of Ravena for homemade cookies.

This combined community effort and these wonderful people and businesses should be commended for their generosity.

Debbie Sabarre

Administrator, the Cedars Rest Home

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Residents see water as key to development buffer

By ART STEIN
news@spotlightnews.com

Acting in his capacity of spearheading the construction of a skateboard park in Voorheesville, Dominick Campana was back before the board at the Jan. 23 village board meeting.

"Since coming before the board last time, I have established an informal committee to begin to outline the benefits of a skateboard park in Voorheesville as well as logistical information and financial data," said Campana.

Richard Decker, a potential user of the skateboard park, presented the board with a petition signed by almost 100 people in support of the park.

"Most of these signatures are from parents who like the idea of a safe place for their kids to skateboard as opposed to the street," explained Decker. Both the village trustees and interested citizens will continue to examine the

issue.

The board decided to create a separate committee to study the issue, and turn the findings over to the recreation committee.

Village resident Mike Pinesa added, "I live in Salem Hills and I have three boys under the age of 5, and I just think it is a great idea," said Mike Pinesa. "I grew up skateboarding and whatever you guys need, I am willing to help out in any way possible."

Plans for the development of Colonie Country Club Estates continue to cause concern and at times heated discussion among residents, particularly those living on Locust Drive and the adjoining Scotch Pine development. Residents have regularly attended village meetings since last summer, hoping to insure that should the proposed development of 42 homes receive approval, certain factors will be put in place to mitigate its impact.

Michael Canfora, a village resident, articulated the

group's primary concern that a buffer of sufficient size occupy the corridor between existing homes and the homes proposed to be constructed.

"One of our main concerns is having enough room between Scotch Pine and the proposed development," stated Canfora. "It is still gray to me as to what this buffer zone would mean, and exactly how it would be implemented."

Canfora believes that the property lines for the proposed homes are directly on the property lines of the adjacent homes on the Locust Drive - Scotch Pine corridor and the plan shows "absolutely no green space whatsoever."

Canfora and many effected residents are looking for a formalized contract that would remain in effect for at least 10 years with a five-year renewable clause, that insures that a 50-foot "no cut/no disturbance" zone be constructed between the proposed development and the existing homes along the Locust Drive/Scotch Pine corridor.

Many concerned residents see the issue of the village potentially granting water rights to the proposed development

through the town of New Scotland as tacit approval of the project, and is the sole bargaining chip that the village holds in having a say in the development of the 50-foot buffer.

"Without water, Colonie Country Club Estates cannot be built," said Canfora.

At a meeting of the town of New Scotland water committee on July 10, Keith J. Menia of Vollmer Associates, consultant to the town, said that the town would be looking for a short-term renewable contract with the village that would include a maximum purchase per year of 20,000 gallons per day.

Deputy Mayor Bill Hotaling responded to Canfora's assertion that once the village grants water to the area, there will be little recourse on the part of the village to impose a true buffer.

"Water is not going through there, Mike," he said. "They have a lot of meetings with us and we have to work on a lot of other things other than the buffer, before we go the final step and say, yes they are going to have water. They just want to know are we willing to consider granting them water so they can

continue with their studies. There are things that we want too before granting water and that is going to have to be worked out in meetings with the town and the village."

"I don't think anyone is minimizing the concerns of our residents, and I certainly don't think anyone can question the interest and sincerity of the board," said Mayor Robert Conway. "I don't think anyone can say that the board is taking a hands-off attitude towards this project. So I think at this point, we need to move forward and I ask that you trust our good judgment, obviously with your input."

"If you are not happy, water is not going to flow. But at this point, we are just spinning our wheels. We have listened patiently to your concerns for months and at this time we must move forward with conceptual approval to move the process along," said village trustee David Cardona.

Hotaling made a motion that was unanimously passed, sending a letter granting conceptual approval to provide water contingent upon satisfaction of village concerns.

The village board will meet again on Tuesday, Feb. 27, at 7 p.m.

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*PC Magazine, August 22, 2006**

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Fight

(From Page 1)

Jonathan started treatment at the age of 2, and he was seen regularly by four different therapists. He attended a preschool program designed for special education students and then attended the Wildwood School for children with developmental disabilities until he was 9.

Following his time at Wildwood, his parents said they made the decision in January 2003 to send their son away to school when, at the age of 9, he had still not demonstrated the ability to perform the most basic of tasks that other kids his age could do; for instance, he was not effectively toilet-trained.

The Anderson School came highly recommended to the Glenmont residents, who have another son, Joshua, 9, who is not autistic. The Careys heard it had, among other things, an excellent toilet-training program.

The decision to send their son to a residential program away from home, even if it may have been better for him in the long run, was difficult, said the parents, and weekend visits were especially hard.

"Him watching us walk away was very difficult," said Michael Carey.

But their son, they were told, was making progress.

"He was doing pretty well, making a lot of gains, as far as we know," said Lisa, adding that Jonathan was dressing himself and was using the toilet 50 percent of the time.

In September 2004, the parents first learned that something might be awry.

"We had a few sporadic calls that Jonathan was taking off his shirt," said Michael Carey. "It was a new thing; we'd never seen it before."

The next month, Michael said, the school's director Neil Pollack called the parents and said Jonathan was in a "crisis situation,"

experiencing emotional difficulties. Later that day, the school's nurse said Jonathan had bruises all over his body. The Careys said the nurse did not reveal the extent of the bruising.

Michael drove to Staatsburg first thing the next morning. When he arrived, he said, there was an aide stationed outside the door to Jonathan's room.

Inside the room, Michael said, his son was lying naked on his bed, on top of only a sheet, which was soaked in urine. When his son finally looked up at his father, Michael described the look as "shell-shocked."

"I was shocked at the amount of bruises," said Michael.

The Careys obtained student injury/illness reports from the school for the week of Oct. 7, 2004, which pointed to a number of bruises and abrasions on Jonathan's body. The bruises, reported as new and old, are noted to appear on Jonathan's legs, back, face and arms. One of the notes on the report read: "Advised staff of need to monitor pressure applied during restraint."

This note stood out to the Careys.

"Obviously there was a question on how they restrained our son," said Lisa.

While speaking with staff, Lisa said, one individual told her that Jonathan was flailing himself against the door to get out of the room.

Two injury reports, dated Oct. 7 and 9, list the injuries as self-inflicted and received while flopping to the floor and bumping into objects.

According to the parents, things were only going to get worse.

"We didn't find out until a week and a half later that they were not feeding him when he had his shirt off," said Lisa.

During an Oct. 18, 2004, visit, Michael and Lisa said a staff member insisted they take a clothing bag home with them — something they had never been asked to do in the past.

When the Careys returned

home, they said they found a journal inside the bag containing daily updates from staff members who cared for their son.

It was then, the Careys said, "We realized what they were doing."

A Sept. 23 entry in the journal the Careys said came from the school describes Jonathan's behavior as "defiant and aggressive most of the day."

One handwritten excerpt reads: "He refused lunch (refused to put his clothes on). All he had to do was put his shirt on to eat. As of 2 p.m. he had not eaten lunch, nor had he eaten breakfast."

The next paragraph states: "When J.C. does eat his diet is adhered to." Later in the entry, a staff member writes, "As was writing he put his shirt on and ate all of his food and drank a glass of water. Food consisted of Taco salad, rice and corn."

The last entry on Sept. 23 detailing Jonathan's diet states: "A tough day/week and a half but there was a glimmer of light when he finally broke down and put his shirt on to eat."

This and other entries like it prove, said Jonathan's parents, that their son was not allowed to eat when his shirt was off. If nothing else, it demonstrates to them that their son's behavior plan was changed without the required approval of the parents or the Bethlehem school district, which oversees Jonathan's individualized education plan.

"He went on a bus (for home) and never went back again," said Lisa. The Careys said that upon his return home, Jonathan gained eight pounds in four weeks.

A series of letters and investigations by several of the school's regulatory agencies and law enforcement followed.

A letter dated Dec. 20, 2004, from the Taconic Developmental Disabilities Services Office to the Careys states: "The investigation substantiated many of your complaints. Specifically, there was clear evidence that you were not actively involved in the development of Jonathan's plan of care."

Another letter, following an investigation from the Commission on Quality of Care found that no documentation existed that showed that the Careys were involved in the development of the school's plan for Jonathan. That letter, dated April 28, 2005, also stated: "...the commission found no clear evidence that staff were withholding food from Jonathan as a punishment."

It adds that staff did withhold regular meals and offered basic nutritional supplements, such as soy milk, soy yogurt and juice, as part of his behavioral plan.

While noting that he was unable to discuss the status of the school's residents — past or present — Director Neil Pollack spoke of the Anderson School's general policies and said its reputation speaks for itself.

"We have hundreds of families that are thrilled with the quality of the services that the Anderson School provides," said Pollack. "We enjoy a remarkably successful program."

Pollack went on to say that some individuals and families have difficulty coping when a loved one is sick or disabled.

"We unfortunately live in a society where ... you'll have, in the rarest of occasions — maybe in one out of 1,000 — you'll have an individual or family that will work with a hospital, school, church, synagogue, nursing home or a place like Anderson School, where the family has such a difficult time accepting the incurable state of a situation ... that they seek an alternate approach to resolving it," said Pollack.

Pollack added that the school does not use any sort of negative reinforcement in its procedures.

"Within behavior modification, on very rare occasions, I've observed some agencies, out of state, that will use negative reinforcement. Anderson School does not, has not and never will use such types of negative reinforcement," said Pollack, who also credited the state with leading the way in banning electroshock therapy as a means of behavior management.

Pollack said abuses at the hands of his staff would be unlikely.

On a day-to-day basis, said Pollack, the interaction between the school's staff, students and adults from the entire senior management staff is "intensive, daily and highly interactive."

The Careys said proof exists of their son's abuse in the form of a 400-page report from the state Office of Mental Retardation and Developmental Disabilities (OMRDD), but due to state law, they can't see it. As a result, the parents are seeking legislation to change the law and open the doors to parents like themselves to the results of investigations that could shine the light onto abuses of the developmentally disabled.

While his parents work on the legislation, Jonathan is enrolled at the O.D. Heck Developmental Center in Schenectady.

PART II of this report will be about the Michael and Lisa Careys' struggle to get "Jonathan's Law" passed, which would open access to investigative files concerning their son.

Porco

(From Page 1)

the late 1800s, inmates from other state prisons were transferred to Dannemora because the Adirondack air was good for their tuberculosis.

Preppie murderer Robert Chambers and the late rapper Tupac Shakur were both inmates of Dannemora at one time. Current inmates include John Taylor, sentenced to death in 2002 for killing five employees of a Wendy's outside of Queens.

Porco's lawyer Terence Kindlon is appealing Porco's case.

If Porco loses his appeal, he could be 68 years old after serving his consecutive sentences.



"The annual cost of housing an inmate in state prison is \$31,126 on average each year," Foglia said. Housing an inmate in state prison for more than 47 years costs \$1,462,922.

Joan Porco has said she believes her son is innocent, and asked Judge Jeffrey Berry to be lenient in sentencing her son. Porco's brother, Johnathan, is currently in the Navy on a scholarship. His father, Peter Porco, was the chief law clerk for state Appellate Court Judge Anthony Cardona.

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DEGREE

From Page 1

create a chain reaction that affects jet streams and weather patterns throughout the world — especially in the winter in the northern hemisphere, where mild winter temperatures can occur.

"This El Niño has given us a slow start, but we are happy with where we are right now with our predictions," said Geiger.

The *Old Farmer's Almanac* predicts most of the snow in the Northeast will fall between February and early March this year. So far, Buffalo is the front runner for the Golden Snowball Award, given to the New York municipality with the most snowfall in a year. Buffalo has received 43.3 inches of snow this year, compared with Syracuse, which has received 37 inches, and Albany, with 3 inches. The majority of Buffalo's snow — 24 inches — fell during a freak October snowstorm.

The weather phenomenon El Niño is a fact, but how it works is mostly theory.

Vernon Kousky of the National Weather Service said that in the

past few months, North America has seen a weakened El Niño effect.

"This particular El Niño has not had much of an impact," Kousky said. "It's been all over the ballpark with a cool fall and warm November and December."

The effects of El Niño have been studied for more than 100 years, said Kousky. Another phenomenon known as southern oscillation began to take hold more recently, and it was at that point observers started realizing the two events are one and the same.

"The two were not put together as the same weather phenomenon until the late 1960s," said Kousky.

It was in the early '80s that the term El Niño became widely accepted. The El Niño effect is believed to be responsible for heavy rainstorms in California from 1982 to 1983 that caused major coastal erosion. It also resulted in a warm, wet spring on the East Coast and droughts in several other areas of the world.

"El Niños are seen every four or five years, and every second or third of these could be a large El Niño," said Kousky.

El Niño or not, weather predictions in the *Old Farmer's Almanac* are made two years in

advance based on principles developed hundreds of years ago.

"Our predictions are based on mathematical formulas from the 1800s, including sunspots, planet positions and the effects of the moon on the earth," said Geiger.

"I think we do a pretty good job," he added. "Some years are more predictable than other years."

According to information from the Ocean Research Institute, the first weather forecasters were most likely fishermen, whose livelihoods depended on knowing what the sky had in store for them. In 1860, the *Times* newspaper of London published the first daily weather forecasts, which were based on eyewitness observations.

In 1922, British scientist L.F. Richardson had a dream of forecasting weather based on principles of hydrodynamic equations. The only problem was that Richardson lived in a time before high-powered computers, and complicated numerical weather predictions were not yet possible. His dream became a reality in 1955 when a joint project of the Air Force, Navy and weather bureau created the very first weather predictions based on numerical equations.

Today we get can get weather forecasts 24 hours a day, seven days a week online, from The Weather Channel, and other television and radio stations.

But how accurate are the predictions?

Surface weather stations, weather balloons, Doppler radar and satellites have all enhanced the accuracy of forecasting, along with more sophisticated computer technology.

"Thirty years ago we were making three-day forecasts, and by the time you got to 72 hours, there was not much skill involved," said Kousky. "Now we make weather predictions five to six days in advance, and it's a pretty good bet what it is."

But are we better off today than during the time when old adages summed up the weather outside our front door? Once common were sayings such as, "Red sky at night, sailors delight; red sky in the morning, sailors take warning," or "Rain before seven, fine by eleven."

Despite the improvements in weather forecasts, weather remains unpredictable at times.

"Winter weather, lake effects or where the line begins for rain or snow — these kinds of details are

hard to predict," Kousky said.

As we creep up on Feb. 2, the country prepares for another kind of weather forecast. Punxsutawney Phil, Dunkirk Dave and a host of other groundhogs are getting ready to come out of the ground to look for their shadows. If they spot their shadows, according to legend, there will be six more weeks of winter.

Has the groundhog ever been wrong?

His handlers say Punxsutawney Phil's predictions are right 100 percent of the time. So far in the tradition's 120-year history, the groundhog has seen his shadow 96 times.

According to Mike Johnston, a member of Punxsutawney Phil's "inner circle," the legend began with German settlers who came to Pennsylvania in the 1800s. During a celebration known as Candlemas, which was held at a midpoint between fall and spring, they used hedgehogs to predict the weather.

"If the sun shines bright, there will be two winters in the year, otherwise known now as six more weeks of winter," said Johnston, who added that groundhogs were later used for the predictions.

SKY

From Page 1

scores of monitoring stations running along Interstate 87, in the fields of area airports or atop Albany's high rises — is being pooled and pinged across the Internet for all to see.

The question then is, other than weather enthusiasts, who is looking at that data?

Ever hear of a forensic meteorologist?

"The one thing I don't do is forecast," said Philip D. Falconer, a recently retired forensic meteorologist based in Scotia, who for years used the weight of weather statistical data to tip the scales in lawsuits or insurance claims based on weather-related events.

Forensic meteorology has been around since the late 1800s. But with the advent of new technology, Falconer's job has changed, much as all meteorology has.

"I get hundreds of cases annually from attorneys who say a roof at a bowling alley collapsed — and it may be the result of a microburst and high velocity winds — but they say, 'We think it was poor construction,'" said Falconer.

Falconer is a hired professional, whose take on the possibility of whether or not one set of weather conditions caused an accident is key to his testimony. He was the consultant hired to look into the weather phenomenon that caused the January 1996 mudslide behind a Tel Oil Company Inc. gas station in Schenectady, which killed one patron and injured another after tons of mud, rock and debris overcame them. He was also hired to look at the weather conditions of

Christmas Day 1989 in Binghamton at the site of the automobile accident that killed former Yankees manager Billy Martin.

The information Falconer and other forensic meteorologists use is from dozens of federally certified sources. If the information doesn't come from sources like the National Weather Service, Federal Aviation Administration or other federally approved sources, it tends not to hold up in court.

In recent years, he and others of his profession have turned to the Internet to gather information. What they are finding is a handful of weather monitoring stations — either publicly or privately owned — popping up around the area. They are also finding the information to be more reliable than ever before.

One source of that information can be found affixed to a fence post in Chris Fatato's back yard off St. Francis Lane in Colonie. The high-tech weather monitor is the Vantage Pro, manufactured by Davis Instruments, a designer and builder of weather monitoring stations.

Fatato's certified contraption monitors wind speed, temperature, rainfall, pressure, wind chill, dew point, sunburn risk and the UV (ultraviolet) index. The information is then sent to his home computer, which posts and updates the information every five minutes to his Web site, www.colonie-weatheronline.com.

Since Fatato, 23, a graduate of South Colonie Schools, put up the Web site in 2002, he has had nearly 11,000 hits. Fatato is a junior at the University at Albany studying broadcast meteorology.

Weather has been a lifelong passion, he said.

"I bought it and saved up about \$500. The only thing it doesn't do is

measure snow. I have to do that myself," said Fatato.

He doesn't know who uses his site, but he swears by his information and equipment and routinely checks them for accuracy. Fatato is a Sky One Spotter for the National Weather Service, which operates a station in Albany adjacent to the University at Albany campus. He is also a Weather Net spotter for CBS 6 news.

People with weather stations like Fatato's are scattered across the state, said Dick Westergard of Scotia.

Westergard is a former analyst with the National Weather Service, who has turned to forensic meteorology since retirement. Falconer refers new clients to him since retiring from the profession.

In his last days with the weather service, Westergard surveyed areas

damaged by extreme weather conditions. In May 1998, he responded to the series of F3 tornados that ripped apart homes and infrastructure north of Mechanicville along Route 67.

"The skeleton (of forensic meteorology) is the same as it was 20 years ago in that the solid base is government-collected data. But civilian stations can flesh some of it out," he said.

Stations like Fatato's supplement the federal weather monitoring in place, he said. They can often bridge the gap between National Weather Service and other certified monitoring stations, offering vital precipitation statistics, he said. Most other information can be gathered through Doppler radar sites that cover large areas.

Regardless, Fatato said his system is respectable and reliable.

"I'm pretty reliable. I don't mess around with this stuff," said Fatato.

Once every four years, the college junior has to re-certify with the National Weather Service through training courses for its Sky One spotters.

"All of this was absolutely unheard of five, six years ago. Around 1999 or 2000 is when this info became more apparent on the Internet. It makes the job of forecasting and weather analysts' jobs easier," said Falconer.

Still, the proliferation of civilian weather networks does not guarantee accuracy, he said. However, as the number of certified monitors like Fatato grows, so does the weather service's dependence on, and trust of, their information, he said.

"They use it. I have used it in the past," said Falconer.



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Snowshoe walk, workshops planned at Thacher Nature Center

Thacher Nature Center and the Thacher Park have snowshoe rentals. Explore Thacher Park and the Nature Center on a guided snowshoe walk.

Snowshoe rates are \$5 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.

The schedule for the snowshoe walks is as follows:

Thacher Nature Center: Sundays, Jan. 28, 10 a.m. to noon.

Thacher Nature Center: Full Moon Hike or Snowshoe Walk, Feb. 3, 5:30 and 7:30 p.m.

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

All snowshoe walks are

NEWS NOTES

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snow and weather dependent. Call 872-1237 or 872-0800 or visit www.nysparks.com to inquire about walks or rentals. Depending on the conditions, outdoor hikes may be substituted for snowshoe walks.

In addition to snowshoe walks, the Thacher Nature Center is holding the following workshops:

- Below Zero Educator's Workshop is an interdisciplinary workshop for educators concentrating on

the understanding of wildlife in winter. The workshop will be held on Saturday, Feb. 3, from 1 to 4 p.m. with Laura Care of NYSDEC's Rogers Environmental Education Center.

Participants will receive a 194 page activity guide. The cost for the workshop is \$8.

Dress for the weather, as some activities will take place outside.

Space is limited. Call 872-0800 to register.

- Tree and Shrub Conditions Created by Insects and Diseases Sunday, Feb. 4, at 2 p.m.

Find out about forest health conditions in the region and the insects and diseases affecting the growth, survival and appearances of our trees and shrubs. Mike Birmingham, certified forest entomologist and forester, will talk about current conditions and projections of future changes in forest health.

The talk will be followed by a walk in the woods.

Call 872-0800 for information.

Kindergarten screening

Parents are asked to call the Voorheesville Elementary School (765-2382 ext. 514) if their child will be entering

kindergarten in September.

Children must be 5 years of age on or before Dec. 1 to register.

A parents-only kindergarten information meeting will be held March 8 where the kindergarten registration and screening program will be explained.

Parents will also be able to schedule and appointment to have their child screened on March 27 or 28.

Homework help program

A Homework help program for parents of students in grades four to nine will be held on Monday, Feb. 5, at 7 p.m. at the library.

For information call 765-2791.

Helderview Garden Club

The Helderview Garden Club will meet at the Voorheesville Legion Hall in Voorheesville on Thursday, Feb. 1, at 6:45 p.m.

The speaker will be Audrey Hawkins, master gardener. The Topic is "seed starting."

For information, call 765-5632.

St. Matthew's Sports Night

Mark your calendar for the 11th annual St. Matthew's Sports Night, to be held on

Wednesday, Feb. 7, at 6:30 p.m., in the social hall at St. Matthew's Church.

The featured speaker will be WTEN Sportscaster Jamie Seh. Seh is a member of the St. Matthew's parish and a graduate of Voorheesville High School who participated in the CYO basketball program.

Refreshments will be served along with a lot of great prizes. Admission is \$5 and all parishioners and guests are welcome.

Reservations appreciated - call 765-2768.

Costantino named to national board

Jo-Ann Costantino, chief executive officer of The Eddy and executive vice president of Northeast Health, has been named by the American Association of Homes and Services for the Aging (AAHSA) to its 2007 board of directors.

Costantino, of Delmar, will serve a three-year term. Members of the AAHSA board are responsible for the governance of the association, providing strategic direction, fiduciary oversight and development of policies.

Costantino joined The Eddy in 1996, and has nearly 35 years of experience in administrative and health services. She was recently appointed to Gov. Eliot Spitzer's healthcare transition committee.

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Program connects Hudson Valley homeowners with trained and accredited 'whole-house' contractors

For residents who want to improve the performance and comfort of their home, Home Performance with ENERGY STAR offers comprehensive and quality solutions.

Whether a home is old or new, it could be wasting energy due to inefficient heating and cooling systems, poor insulation, and air leaks through cracks and gaps in the attic, basement, plumbing fixtures and duct systems. Many homes have drafts, rooms that are too hot or cold, poor indoor air quality or problems with ice building up on the roof that may cause structural damage. These are often common signs that a house is not properly sealed, ventilated, insulated or heated.

Sponsored by the New York State Energy Research and Development Authority (NYSERDA), Home Performance with ENERGY STAR can help households save up to \$600 on energy bills every year. With Home Performance with ENERGY

STAR, homes of any style or size can be improved to reduce energy use and costs by up to 40 percent.

"Our specially trained and accredited contractors take a 'whole house' approach to improving home energy performance," said Peter R. Smith, CEO and president of NYSERDA. "They test the energy efficiency, health and safety of each home before and after any improvements are made."

Under the program, a contractor accredited by the Building Performance Institute (BPI) will measure a home's energy efficiency, insulation and air infiltration levels, heating/cooling equipment efficiency, appliances and lighting. Unlike traditional contractors, participating BPI Accredited contractors are specifically trained to check heating equipment, ovens and water heaters to help ensure that dangerous combustion gases like carbon monoxide do

not leak into the home. They assess airflow and moisture levels, which can lead to structural damage and poor indoor air quality if left unchecked. The contractor conducts these tests during the initial home assessment and after any work is done to the home.

When the assessment is complete, the contractor will identify what improvements can be made, the cost of making those improvements and what kinds of financial incentives, such as low-interest financing, are available to homeowners who decide to have the improvements made. Income-qualified applicants may be eligible to receive additional incentives through the Assisted Home Performance with ENERGY STAR program.

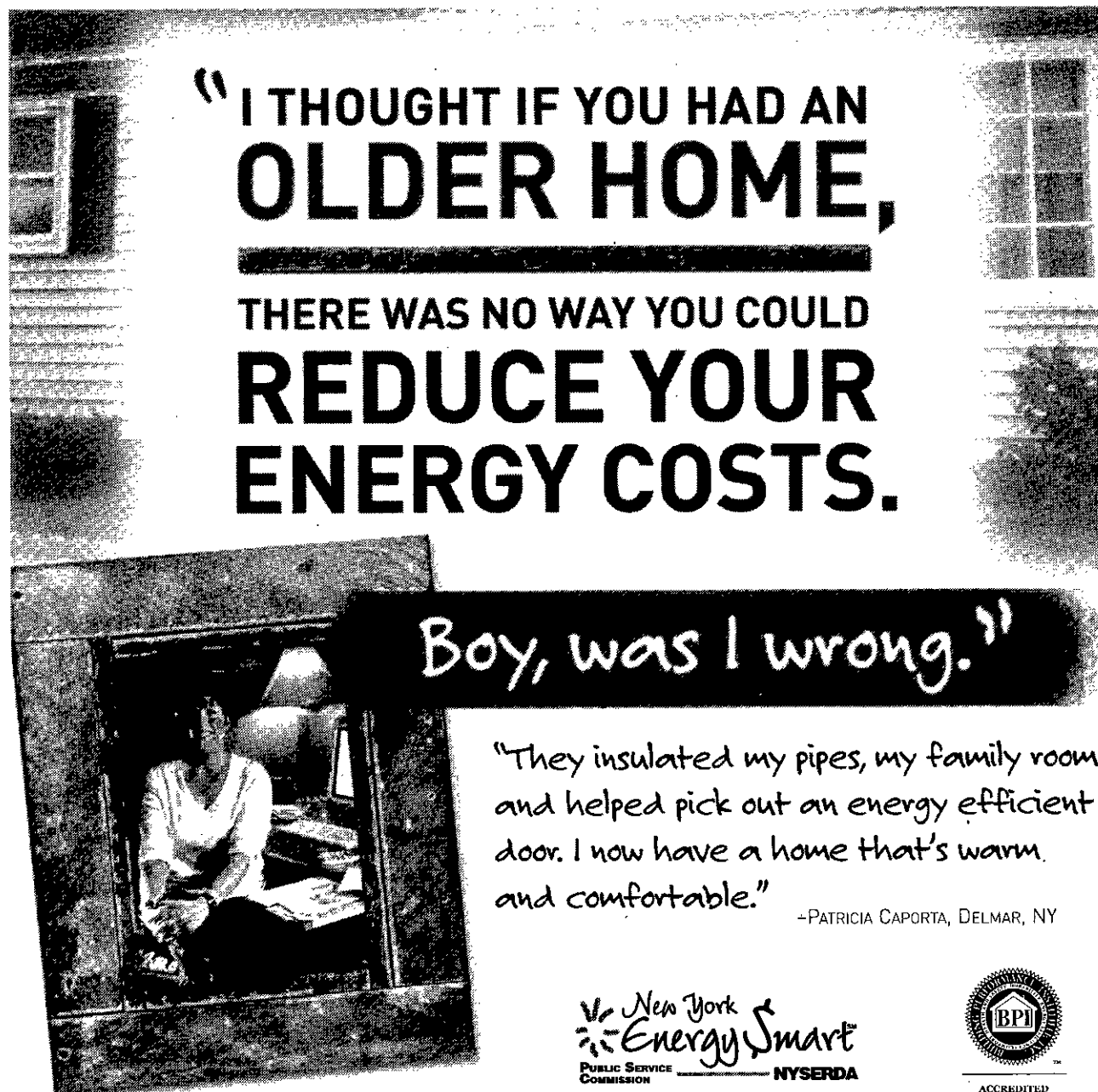
"Home Performance with ENERGY STAR saved me money and will help make a better future for my kids. For people who want to understand their home's energy usage and how to help protect the environment in the process, this is the program to use," said John Moore of Mount Kisco.

10 easy tips to save energy

Reduce wasted energy and improve comfort at home this winter with these simple tips:

1. Make sure storm windows are down and secure, and lock double-hung windows to be sure they are sealed.
2. Add weather-stripping to drafty doors.
3. Use tight-fitting glass doors on fireplaces and close doors and damper when the fireplace is not in use.
4. Move carpet, furniture or other objects away from heating vents and radiators. Blocked vents can affect air circulation and cause an imbalance in a home's heating system.
5. Install an ENERGY STAR qualified programmable thermostat and set it to automatically lower the temperature at night and when you are regularly away from home.
6. Set the thermostat to 50-55 degrees overnight or while away from home. Maintain a comfortable temperature while at home and away.
7. Replace incandescent light bulbs with ENERGY STAR qualified models that use up to two-thirds less energy and last up to 10 times longer. Turn off lights when not in use.
8. Use money-saving ENERGY STAR qualified appliances in the kitchen and the laundry.
9. Set the refrigerator temperature at 37-40 degrees and the freezer at 5 degrees. Clean the coils and seal the fridge gaskets regularly.
10. Install efficient showerheads and faucet aerators to save water and reduce water-heating costs.

For more information about Home Performance with ENERGY STAR and a list of participating contractors, visit www.GetEnergySmart.org or call toll-free 1-877-NY-SMART (1-877-697-6278).



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V'ville business superintendent begins budget talks

By ROB IRWIN
irwin@spotlightnews.com

The Voorheesville board of education held a special session on Monday, Jan. 22, to begin public discussion on the preliminary stages of the proposed 2007-2008 budget.

The majority of the discussion focused on three aspects that made up approximately 22 percent of last year's budget: operations and maintenance, transportation, and debt service.

The specifics were outlined to the board and to those in attendance via a PowerPoint presentation given by Sarita Winchell, the district's assistant superintendent for business.

In the operations and maintenance budget, totaling about \$1.43 million last year, Winchell said the issues that need to be addressed this year are equipment replacement including an energy-saving pool cover, utility costs and negotiated salary increases.

Other than the pool cover, Winchell said the issues that need to be addressed this year are equipment replacement including an energy-saving pool cover, utility costs and negotiated salary increases.

"This is a real money saver in the long run," she said.

In addition to conserving energy costs, the new pool cover will be able to be operated by fewer individuals. Winchell said this particular cover was selected because it balanced cost and ease of use.

"You want it easy enough so people will use it," said Winchell, "but you don't want it too high tech because it's cost-prohibitive."

Board president David Gibson and other board members said they would like to see more concrete numbers on cost effectiveness, long-term savings and life expectancy.

Utility costs are projected to go up in the upcoming year due in part to under-budgeted costs in 2006.

The increases for natural gas, electric, water, telephone and sewer is expected to be \$58,920. Winchell said she hopes to avoid under-budgeting utilities in the future.

"I'm trying to plan conservatively because you don't want this to happen again," said Winchell, who also said that budgeting utilities presents unique challenges.

"As you know, the natural gas has been very unstable the last two years," she said.

Winchell also spoke about negotiating salary increases for maintenance workers, including routine raises and costs associated with a possible reassignment of

duties. Contracted salary increases would go up more than \$27,000 and reassignment of duties could increase costs around \$2,300.

"Why does that result in an increase of cost?" asked Gibson.

For instance, said Winchell, some reassignment duties include risk management and training and would add responsibilities to head custodian Don Provost, resulting in a salary increase.

As part of a proposed three-year bus plan, in 2007-2008 there is a proposal for the addition of one 60-passenger bus for \$93,470, and three Chevrolet Suburbans at a cost of \$114,000. Bus purchase requires no cost until 2008-2009 and the goal of the three-year plan, which would

ultimately add six buses, is to maintain a purchase plan that eliminates large cost fluctuations.

Including salary increases and fuel costs, projected transportation increase in 2007-2008 is \$8,865, or .89 percent.

Also, Winchell said that the district's debt service, which includes borrowing for capital projects, bus purchases and short-term borrowing, is expected to be \$2,058,276, a decrease of \$12,000.

The expected increase of operations and maintenance, transportation and debt service is approximately \$125,000 to \$4.6 million, according to Winchell. The increase in these areas would be 2.79 percent.

Book discussions explore two kinds of courage

The Pearl Diver by Jeff Talarigo is the topic of Bethlehem Public Library's next DayBooks meeting on Monday, Feb. 5, at 1:30 pm.

Based on actual medical history, the novel is set in a Japanese leprosarium on the island of Nagashima. New treatments minimize and control the disease, but the post-World War II government does not change its policy of banishment. A 19-year-old pearl diver is sent to the island, given a new name, and told to forget her past. Nevertheless, she and her fellow exiles make a life that is real and meaningful.

Our AfterDinner Books group will talk about *The Bright Forever* by Lee Martin on Wednesday, Feb. 21,



at 7 p.m. The novel is shaped around a mystery: one summer evening, 9-year-old Katie Mackey rides her bicycle to the public library and never returns. *Library Journal* wrote in 2005 that the author "shifts back and forth in time, skillfully dropping clues, countering readers' expectations, and building tension." Copies of the books are available at the information desk. New members are welcome. Books under discussion are sometimes available in large print or recorded format; call

439-9314 for information.

Blogs coming soon

Can't come to our book groups at the library? Soon you'll be able to join the discussion online. Beginning next month, you will be able to post your thoughts about the book, and others can respond.

Online commentary will open around a book's scheduled discussion at the library. Our book groups will be able to share posted comments at their meetings.

We hope to start our book blogs in the next few weeks, so watch our Web site for developments, www.bethlehempubliclibrary.org.

Book ends

Chinese New Year and the 12 zodiac animals
• Tuesday, Feb. 20, 2:30 p.m.
Folktales and mythology about

the Chinese New Year, a show-and-tell, and, of course, food! Grades one to five. Call 439-9314 to register. A Kids Cookin' by the Book program.

After dinner books

• Wednesday, Feb. 21, 7 p.m.
The Bright Forever by Lee Martin. New members welcome. Books available at the information desk; other formats may also be available.

Tai chi

• Thursday, Feb. 22, 2 p.m.
Masterer Jianye Jiang will demonstrate and teach the basics, and show how tai chi connects mind and body. Grade one to five. Call 439-9314 to register.

Tech night for teens

• Thursday, Feb. 22, 7 p.m.
Learn how to create a basic Web page in this hands-on workshop. Grades six to eight.

Chinese dance troupe

• Saturday, Feb. 24, 2 p.m.
Grade one and up with family; no toddlers. Call 439-9314.



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Tim Barrett

What's new at our Place...

The residents at Delmar Place enjoy many types of activities each month. Art exhibits, entertainment, outings and so much more. Our featured community activity in February is:

A fashion show, presented by The Closet Shop, a consignment boutique right here in Delmar. The show will feature designer and vintage apparel through the decades, starting with the 1920's to present time.

February 25th 1 - 3 pm

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V'ville high school studies possible new courses

IN BRIEF

By ROB IRWIN
irwin@spotlightnews.com

Students at Voorheesville's Clayton A. Bouton High School may have some new choices when it comes to classes next year.

If included as part of the district's 2007-2008 budget, business law II, food science, marketing and senior studies could be approved by the board of education this spring and decided at the budget vote on May 15.

Senior studies would combine the required senior English course with economics and participation in government into one full-year course, taught by three teachers and scheduled in back-to-back periods.

English department chairman Brian Stumbaugh said the idea for the course was a collaborative effort among him, social studies chairman Pat Corrigan and teacher Thomas Gladd.

The teachers developed the course in response to what Stumbaugh called a discouraging report from the National Commission on High School Senior Year. The report found that students, many of whom are already accepted into college, sometimes lose focus their senior year.

"We sat down together, the three of us, and were really looking at ways to improve the senior year for students," said Stumbaugh. He said the educators were looking to combat the lack of focus often known as "senioritis" that many 12th graders experience.

The different assignments offered through the class will be designed to keep the kids engaged during their senior year, said Stumbaugh.

Students would study public policy, personal finance, popular culture and the media through project-based learning.

For instance, said Stumbaugh, students may be asked to use

compositional skills to draft a business plan that would incorporate federal and local law.

"We wanted to give the kids some real-world learning before they went to college, to work or the military," said Stumbaugh.

During the last six weeks of school, students would participate in an internship, which would be part of a final course project that would be presented to teachers and administrators.

"This course would have both rigor and relevance," said Stumbaugh.

Stumbaugh said if the course is approved, one class would be offered next year for 18 to 25 students.

As a result of the popularity of business law I, another course in the works is business law II. The full-year course would teach students about the effect of law on individuals and study consumer protection, buying a car, marriage, divorce and more.

A half-year marketing class

would also be available for students in 10th through 12th grade. Frank Faber, the chairman of the business, home and careers and technology departments, said students requested the class.

"We haven't had a marketing course in a few years, and the kids said, 'We want something in marketing,'" said Faber.

Students would learn basic marketing functions, such as financing, risk management, selling, promotion and pricing.

The last course proposed is food science, a class in which students would learn the application of science in food preparation, food processing and nutrition.

"It's kind of a chemistry food course," said Faber, adding that the class would provide an alternative for students who have completed their science requirements and may "prefer this over physics or meteorology."

Students would be taught about food additives, food preservation, metabolism and keeping food safe.

Faber said the process of adding classes is an ongoing one.

"We're always looking at refreshing curriculum and offering new courses," he said.

State Archives sponsors student research contest

The state archives, a program of the state Department of Education, is sponsoring the 17th annual Student Research Awards, open to New York students in grades four to 12 who use historical records in their research projects.

The awards are presented to grades four to five, six to eight and nine to 12. The awards consist of a framed certificate, a check for \$100 from an endowment established by Regent Emerita Laura Chodos and her husband Robert Chodos, an invitation to have lunch with the Regents in Albany and a behind-the-scenes tour of the state Archives.

Julie Daniels, coordinator of the awards program, said a substantial portion of the research should be based on historical records from archives, museums, historical societies, libraries, local governments, or other organizations.

The deadline for entry is June 1, but most successful projects usually take months to develop. For information about this year's program, click on Education at www.archives.nysed.gov/aindex.shtml, call 474-6926 or e-mail archedu@mail.nysed.gov.

Bethlehem seal remains the same

By JIM CUOZZO
cuozzo@spotlightnews.com

The Bethlehem town seal depicting explorer Henry Hudson and an American Indian standing side by side with a view of the Half Moon ship sailing the Hudson River in the background will not be changed.

At the Wednesday, Jan. 24, meeting, officials voted unanimously to keep the seal as it was designed in 1975 for the country's bicentennial.

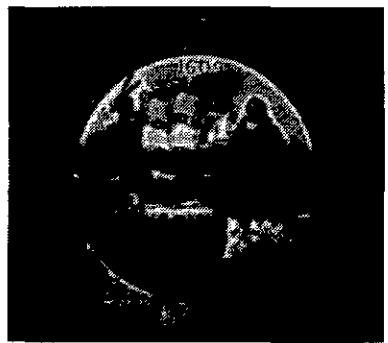
"The seal has served us well," said board member Sam Messina. "We should have pride from here forward and accept it as is."

Outgoing board member and current 108th District Assemblyman Tim Gordon, I-Delmar, first raised the issue of changing the town seal in December.

"I thought it was healthy to have some discussion on the matter," said Gordon. "The subject got the community talking about the town history and that is a positive thing."

The Bethlehem Historical Association unanimously agreed during their annual meeting earlier in the month that the town seal should be left alone.

"The wish of the Bethlehem Historical Association is that we are not in favor of changing the



Henry Hudson and the unnamed Indian will remain on Bethlehem's town seal.

The Bethlehem town seal was created by Alice Pauline Schafer, a member of the historical association, in 1975. According to town records, the seal depicts Henry Hudson's third voyage in 1609 that brought him to the Port of Albany, marking the beginning of the white man in the area.

"In some respect, town people have pride in the town seal and recognize it," said Messina.

The town of Bethlehem was founded in March 1793.

town seal," said president Ann Vandervoort.

Not everyone in attendance agreed with the town's decision.

Delmar resident William Kelleher said the seal should be changed to "depict peace not war."

In a letter to the town board, Kelleher said the seal depicts the Treaty of Tawasentha, which ultimately led to war, genocide and the killing of American troops in the Revolutionary War.

"The seal should be changed to represent peace and the natural environment of our town, similar to the seal used by the city of Kingston," stated Kelleher in his letter.

Kingston's seal shows a Hudson River sloop on the river with the Catskills Mountains in the background and the sun rising.

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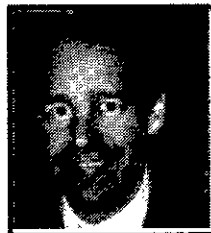
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Duo will sing and discuss American gospel songs

See that train a comin' ... The Gospel Train, that is. Michael Eck and Thomas Lindsay will appear at Voorheesville Public Library on Sunday, Feb. 11, with a unique new collaboration called The Gospel Train. The duo will sing American spiritual and religious songs from the Civil War to the Civil Rights era, embellishing the music with historical anecdotes and stories about the musicians.

Lindsay and Eck are longtime collaborators fascinated by the myriad sounds and styles of American sacred music recorded

**Voorheesville
Public Library**



in the early 20th century. In addition to his long career as a recording engineer, Lindsay's nature photography has appeared frequently in national and regional publications. As a songwriter, Eck has three solo albums to his credit. He is also a nationally recognized music critic, as well as a visual artist focusing on American roots musicians.

Join the crowd on Sunday afternoon at 2 p.m.

Be sure to check out the art in the hall gallery this month, which is a product of Michael Eck's fertile imagination and artistic talent.

Dancing with the stars

Ron Tritto of *Learntadance* is coming to VPL on Saturday, Feb. 3, at 11 a.m. to offer a free crash course in basic ballroom dance steps like swing, foxtrot, rumba or waltz. Sign up to ensure a spot as space is limited. Teens and older, singles and couples, are all invited.

Homework help for parents

On Monday, Feb. 5, at 7 p.m. librarians Joyce Laiosa and Suzanne Fisher will teach parents of students in grades four to nine how to help kids get dependable information from a home computer. Registration is necessary. Call 765-2791 now.

Book discussions

After school on Thursday, Feb. 8, teens will discuss *For Freedom: The Story of a French Spy* by Kimberly Brubaker Bradley with Laiosa at the high school library from 2:35 to 3:30 p.m.

Grades two and three meet on Friday, Feb. 2, at 7 p.m.

Grades four and five meet on Friday, Feb. 9, at 7 p.m.

Adult Fiction meets Wednesday, Feb. 7, at 7 p.m.

Copies of all books are available at sign-up.

Food Pantry

Your donations were outstanding and well appreciated. Thank you so much for your generosity.

Tax Forms

Yes, we have them! If you don't see what you need, ask the reference librarian.

For the latest information on library events, our online catalogue and helpful links to important websites, visit the VPL homepage at www.voorheesvillelibrary.org.

Barbara Vink

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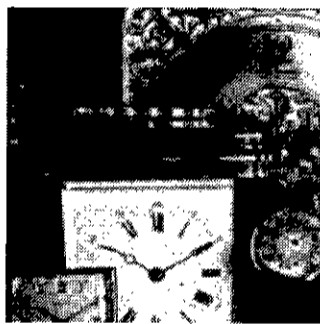
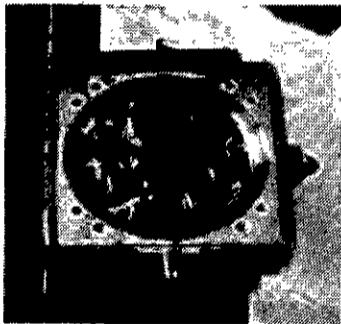
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Benevolent Brownies



Brownie Troop No. 314 of Elsmere Elementary School are collecting Beanie Babies to give to children in Iraq. Collection boxes will be placed throughout town until Thursday, Feb. 8. The toys will then be sent to Baghdad, where American soldiers will distribute the Beanie Babies to children. Troop members dropped off boxes at town hall, above, last week. Pictured are Lilly Talmage, Mary Kate Kregge, Isabelle Clyde, Maggie Barnes, Hayley Gorman, Julia Klein, Lucy Barrett and Nieve St. James.

Jim Cuzzo/Spotlight

Exchange program seeks host families

World Heritage Student Exchange Program is seeking local host families for high school boys and girls from France, Germany, Thailand, Japan, Mexico, Switzerland, Denmark and Italy. Host families provide room, board and guidance for a teenager living away from home. Couples, single parents, and families with and without children are all encouraged to apply.

For information, call 1-800-888-9040 or visit our Web site at www.world-heritage.org.



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January 31, 2007



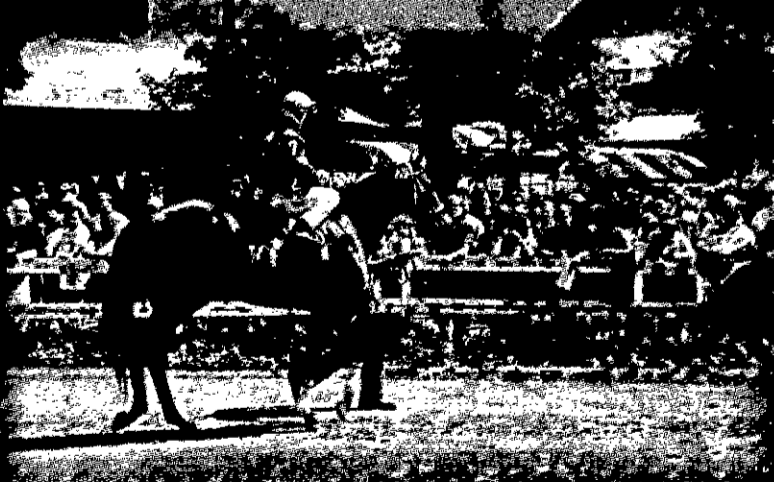
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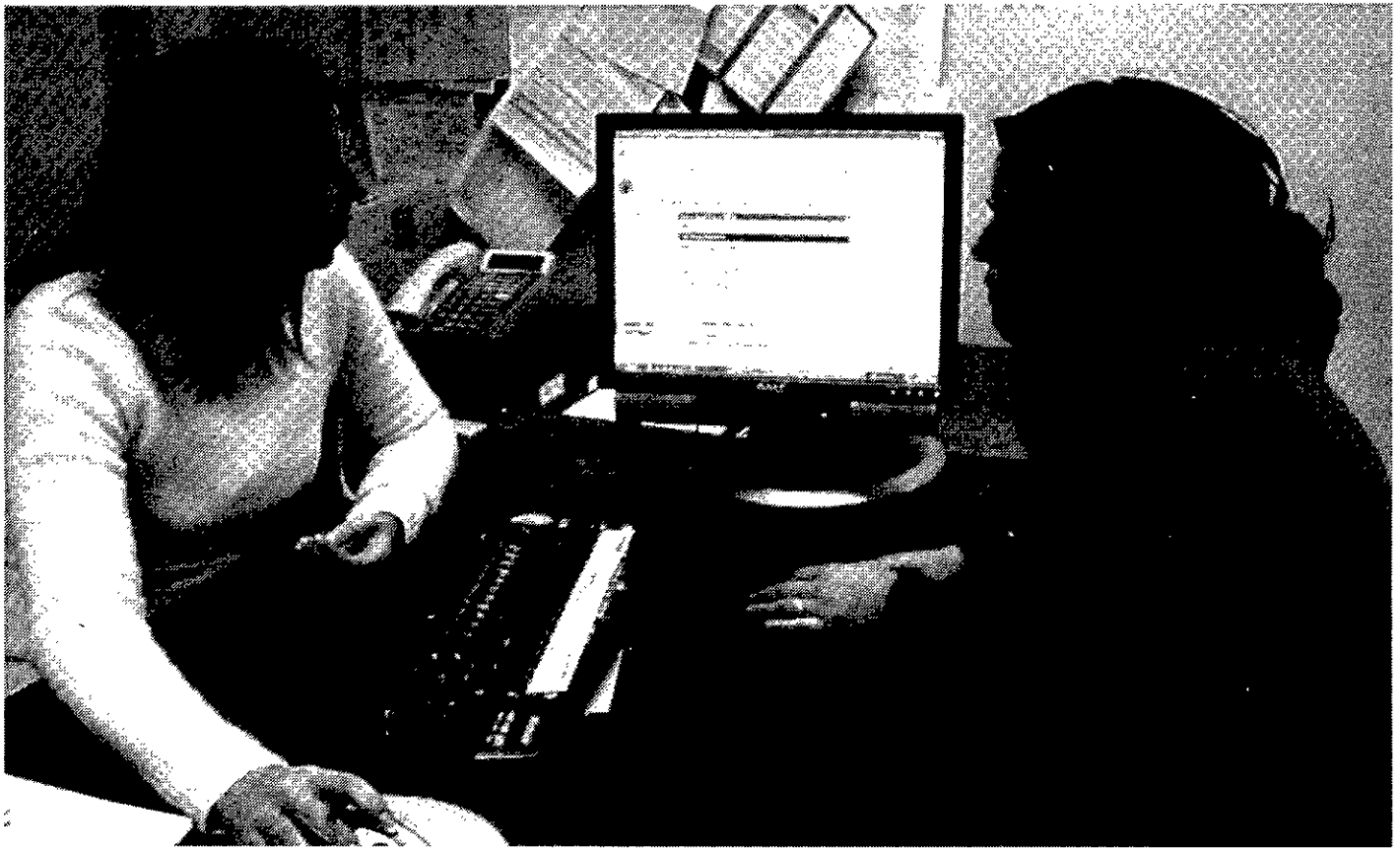
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Brenda Wright, left, director of financial aid at the University at Albany, shows freshman Josinia Dominguez the Free Application For Federal Student Aid form online at www.fafsa.ed.gov.
 Holli Rossi

Financing an education hits home

From grants to loans,
there are ways
to afford college

By HOLLI ROSSI

Though the college experience can be priceless, the thought of paying for a four-year education can be overwhelming for parents.

"It's a bit of sticker shock. Parents often aren't prepared to pay for college," said Robert Shorb, assistant dean for student financial aid and family finance at Skidmore College.

According to the College Board, a national nonprofit association of

colleges and universities, the average cost for a four-year education ranges from \$12,127 to \$40,000, depending on whether the college is public or private.

Shorb said that while many parents expect their children to get scholarships, there are few to go around.

Even families with significant incomes face difficult choices.

"We only offer nine scholarships for a class of 650," Shorb said. "People are spending their money on other things."

According to Ronald Kermani, spokesman for the New York State

Higher Education Services Corporation (HESC), students have many options, which include federal and state grants, subsidized federal loans, and private loans. "Families need to look at whole packages. Student and parent loans are very popular," Kermani said.

Steve Dwyer, who is director of financial aid at The College of Saint Rose, said that before parents go to the bank, they should complete the Free Application for Federal Student Aid (FAFSA) to determine if their child qualifies for need-based federal and state aid. The FAFSA is available online at www.fafsa.ed.gov.

"About 95 of students at Saint Rose receive merit or need-based financial aid," said Dwyer.

Specific grants

According to Dwyer, the Tuition Assistance Program (TAP) is New York's grant program, which helps residents pay for undergraduate tuition. While TAP awards range from \$500 to \$5,000 annually, Dwyer said that the income limit is significant — a family that has an income of more than \$80,000 per year no longer qualifies for TAP. He also mentioned federal, PELL grants, which

See Home, Page 3



About this issue

It's a new year, and time to look at what's coming up in the year ahead.

Education of our youth is one of the most pressing issues of the day. Update I explores what many of our area's primary and secondary schools are doing to improve our children's future. On a broader scope, we examine some of the plans post-secondary schools throughout the state have on their dockets.

The 'At Home' portion of the section looks at aspects of improving home life from the area's real estate market and energy tips to home renovation and personal care. Together, we explore the trends facing us today.

Finally, Update I will offer a view of the legal, financial and insurance world all the things you need to know to make you a more informed consumer. This issue focuses on the people and institutions that keep your family and business solvent.

Kim Ploussard
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In case you've just joined us...

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Pat: WHAT COULD YOU HAVE DONE?

Terry: THAT'S IRRELEVANT. I TELL YOU STUFF ALL THE TIME THAT GOES ON WITH ME THAT YOU CAN'T CHANGE IT'S CALLED BEING PARTNERS, IT'S WHAT THEY DO. SO WHEN YOU DON'T TELL ME, IT SENDS ME THE MESSAGE THAT YOU'RE COMPLETELY AND LITTERLY SELF RELIANT.

...(SILENCE)

THAT'S WHY...

Pat: I GET IT.

Terry: YOU WONDER...

Pat: FINE. I GET IT.

Terry: YOU NEED TO MELT DOWN FOR ME TO NOTICE YOU NEED ANYTHING.



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Home

(From Page 2)

offer up to \$4,050 annually. "The PELL is harder to size up and can vary depending on the size of the family," Dwyer added. Additionally, Dwyer said that Stafford Student loan is one of the most affordable. Offered at 6.8 percent interest, Dwyer said that students and families can borrow up to \$2,625 for the first year and up to \$5,500 for the third and fourth years. Meanwhile, House Democrats recently voted to cut the interest rate to 3.4 in five years on federal needs-based loans.

The cost of borrowing

As college costs have increased, KeyBank Client Relations Manager Amanda Cosgro said that parents may use alternative loans to bridge the gap between college costs and traditional funding sources. These higher-interest loans are offered by several lending institutions around the Capital District and interest rates vary. Starting at 8.14 percent interest, the Key Alternative Loan enables a student to borrow up to \$125,000.

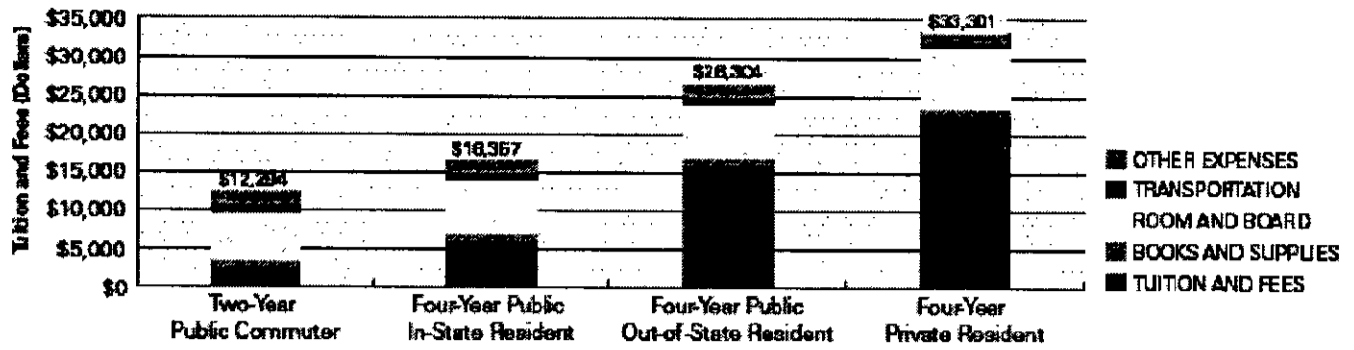
While alternative loans allow students to defer payment until after graduation, Dwyer cautioned that the interest accumulates and that the loan shows up on a credit report.

"Alternative loans have variable interest rates which are based on credit. They also show up on the credit report," Dwyer added.

Though the average student debt is around \$19,000, Cosgro said that college graduates can consolidate loans after graduation and spread payments over 15 to 20 years. However, she said that borrowers should know how they can repay their loans before they borrow.

"What makes a smart borrower is someone who knows how they can repay their loans. We have great calculators and timelines on our Web site and encourage people to use those tools," Cosgro said.

Average undergraduate budgets for 2006-2007 provided courtesy of The College Board.



House OKs decrease in student-loan rate

By HOLLI ROSSI

A bill to cut interest rates on need-based federal loans should pass the U.S. Senate with some modifications, according to U.S. Rep. Michael McNulty, D-Green Island.

"The bill will go through in some form," McNulty said.

Passed by the Democratic-controlled House on Jan. 17, the College Student Relief Act would reduce interest rates on loans for undergraduate students — from 6.8 percent to 3.4 percent — over the next five years. McNulty said that the legislation will probably

require a conference between the House and the Senate to negotiate different forms of the legislation.

According to U.S. Rep. Kirsten Gillibrand, D-Hudson, the bill would save college students, including 243,696 New Yorkers, about \$4,570 when the new interest rates are fully phased in.

"This piece of legislation is a break for middle class families that opens the door of higher education, allowing more New Yorkers to achieve the American dream," Gillibrand said. "In addition, expanding access to higher education will make America more competitive

"This piece of legislation is a break for middle class families that opens the door of higher education, allowing more New Yorkers to achieve the American dream."
U.S. Rep. Kirsten Gillibrand

in the global economy."

Under the new legislation, federal student loan interest rates would go from 6.8 to 6.12 percent in 2007; to 5.44 percent in 2008; to 4.76 in 2009; to 4.08 percent in 2010; and to 3.4 percent in 2011.

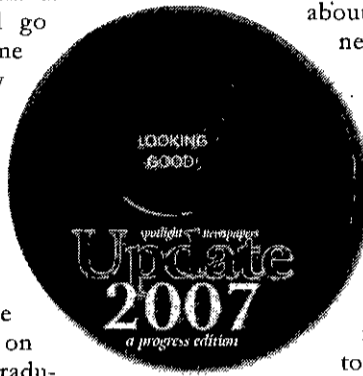
House according to the Congressional Budget Office. However, Gillibrand said that the bill would offset the costs by reducing subsidies and payments to student loan providers.

According to McNulty, the Bush administration opposes the

bill because it would take money away from business interests.

"The Bush administration opposes the bill because it takes money from lending institutions and gives it to students," he said.

Gillibrand said that the bill would make college more accessible for 5.5 million Americans. However, critics of the bill claim that the lowering student loan interest rates would only encourage colleges to raise tuition.



Planning

People whose children are not yet college-aged can ease the financial burden of paying for college, and Kermani recommended the New York 529 Savings Program. Managed by the Vanguard Company, the program offers age-based investment options, as well as federal and state tax benefits. Program information is available at nysaves.uui.upromise.com.

Though receiving a college admission letter can be thrilling, the

next step of the financial aid process can seem overwhelming, according to Brenda Wright, director of financial aid at the University at Albany.

"The process is complicated because each college has different policies and forms. "The trick is knowing the process you have to follow for the school you're attending," said Wright.

Additionally, Wright said that students and parents need to carefully evaluate financial aid packages, which differ from school to school.

Though a college may offer more money in grants, she said that parents should beware of packages that are largely comprised of student loans.

Alternatively, private schools with higher tuition costs may be more well endowed and offer a more affordable alternative, according to James Nordoff, vice president of enrollment management at RPI.

"The actual cost (of an education) is higher than the price at RPI," Nordoff said. "We have a strong en-

dowment. Parents need to see it as an investment."

According to Cosgro, the financial aid process requires team effort and she suggested that families attend College Goal Sunday, a statewide program which provides free information and assistance for students and parents who are applying for financial aid. The Capital District program will be at Troy High School on Sunday, Feb. 11, from 1 to 4 p.m. Registration can be completed online at collegegoalsundayny.com.



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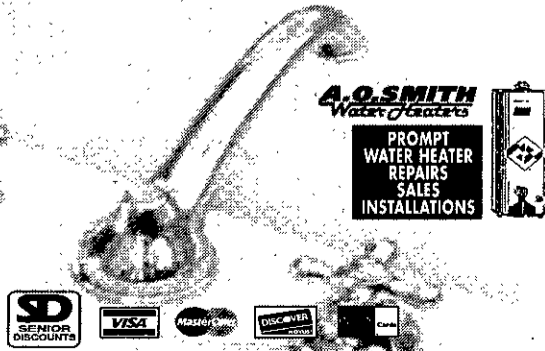
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Through the years, Joe has established a loyal clientele by providing meticulous attention to detail for his hand-made, custom-tailored creations. The Amore family takes great pride in establishing long-lasting relationships and can count numerous area families loyal to the establishment for three generations and counting.

Today, Amore Clothing continues to provide quality found in the exclusive collections of tailored clothing, custom-made shirts and luxury furnishings. Their philosophy is one of substance combined with classic styling that provides each client with the confidence of knowing his clothing will always make a classic first impression.

Located at the top of State Street in downtown Albany since 1983 and under the direction of Joe's son, Robert, Amore Clothing has experienced a transformation into a destination store, offering a vast array of classic luxury clothing in keeping

with today's diverse business as well as casual dressing philosophy, always at most affordable prices.

This transformation is attributed, in part, to the addition of Alden Shoes, the gold standard of "made in America." The Alden Shoe Company has manufactured high-quality shoes for men in the same factory since 1884. Constructed with a tempered steel shank, truly the backbone of a fine welt shoe, this provides the proper support for extended daily use. With the addition of Bruno Magli shoes -- made in Italy and exclusive to Amore Clothing in the Capital District -- Amore's shoe department is now complete. Bruno Magli's styling and comfort allows for the transition from busi-

ness to evening casual. Buttery soft Italian leather ready to wear "right out of the box," the Magli look has proved versatile with suits as well as jeans.

In keeping with exclusivity, the Robert Talbott Collection of dress shirts, custom shirts, sport shirts and sweaters has been recognized by the Robb Report as "Best of Made in America." For generations, the Robert Talbott name has been famous for "Best of Class" ties as well as the very exclusive, hand-made

Seven Fold ties. Belts made in Italy and hand-made shearling coats for men and women from New Zealand complete the offerings from the Robert Talbott stable of high-quality clothing and accessories. Only at Amore Clothing is one able

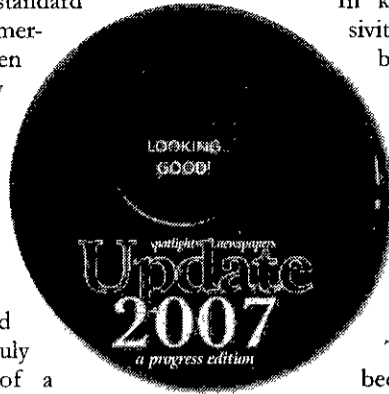
to experience the full Robert Talbott Collection.

Made-to-measure is yet another area of excellence Amore's offers. The Canadian icon of tailored clothing, Samuelsohn, has been a partner in offering exclusive fabrics from the world's most renowned mills, coupled with both traditional and continental elegance. Always expertly measured, your very own signature garment is truly an exceptional value delivered in four weeks from Samuelsohn, then finalized by Amore's. The dedication of expert tailoring is a devotion the Amore family truly holds dear.

At www.AmoreClothing.com, the Amores are proud to offer links from Alden, Samuelsohn and Robert Talbott to their award-winning Web site.

Service, quality and value ... old-fashioned ideals practiced at the highest standards each and every day at Amore Clothing.

Amore Clothing is located at 123 State St., Albany, 434-4054.



Carbone's a mainstay for carpet, cleaning

John Carbone started Carbone's Carpets in 1955.

The first store was located at 572 Saratoga Road in Glenville. In need of more space, he moved to the Mayfair Shopping Center in Scotia.

Within four years and with his business expanding rapidly, he built his present location at 169 Freeman's Bridge Road in Scotia. The new store was built to accommodate carpet sales and carpet cleaning.

Carbone's carries a complete line of Bigelow, Downs, Cabin Craft and Alden's carpets, and his mechanics were factory trained.

Shortly after that, the store added area rugs and vinyl flooring.

Presently, Carbone's offers broadloom carpets by Karastan, Couristan, Masland, Corronet and quality mills.

The store also has one of the largest selections of area rugs by Cappel, Thorndike, Karastan, Nourison, Oriental Weavers and Couristan.

And, the store carries laminates and more than 200 halls of rolled runner for stairs.

Carbone's also features truck-mounted steam cleaner for home and area rug cleaning.

Carbone is still active in his busi-



ness, but he does go to Florida for the winter.

The staff is knowledgeable, courteous and eager to assist customers with the selections available.

Carbone's Carpets invites customers to celebrate its 52nd birthday with sale prices on Karastan through February.

Freeman's Carpets is located at 169 Freeman's Bridge Road, just below the Schenectady Airport in Scotia. For information, call 372-0332 or 372-0866.

Hard-working agents are the secret to RealtyUSA's success

Contrary to slumping real-estate market trends last year, 2006 marked RealtyUSA's best sales year ever.

It's the second year in a row the company has met that mark.

Formerly Blackman & DeStefano Real Estate Company, the Albany area firm became part of RealtyUSA in 2003.

Since then the firm has been an integral part of the company's success as it has grown to the sixth largest firm in the U.S. and the largest in New York. Employees attribute the company's success to a locally driven service and getting back to hands-on representation when homeowners look to buy or sell.

In 2007, the company, headquartered in Delmar, will continue its hands-on approach to service and sales, said manager Bill Alston.

"With the market balancing, clients and customers need to get back to the basics in terms of service. Sellers and buyers are looking for person-to-person contact," he said.

The goal is to guide each client through the sale and purchase of their home from the time they first sit down with an agent until they close on the property.

Over the years, new tools have sprung up to help clients along, said Alston. However, they cannot

replace the service his agents can supply.

The Internet has done much to change the face of the real-estate market in New York and across the country. It is a tool that definitely helps customers, said Alston. But it is a tool nonetheless.

Service representatives are there to make the transfer into or out of a new home as stress-free as possible. It is their job to turn a home posting into a purchase or sale, he said.

This year, RealtyUSA has increased its staff to more than 30 agents in continued efforts to expand upon services in the area.

With last year's sales up 1 percent from 2005, a closing value of \$90 million, or \$8.5 million more than 2005, the success and hard work of the firm's staff speaks for itself. It also speaks to a number of clients satisfied with their experience, Alston said.

"We have capabilities throughout the state and our offices are everywhere in the state. We got a bigger presence, and this year we will be emphasizing our local roots," said Alston.

This year Alston said he expects the market to run a little flat through the first quarter, but that doesn't mean that sales won't get made.

It's a matter of what happens

this year as the area changes, he said. New York has a new governor, and the market has yet to see who will stay in the area and who will come, he said. With the prospect of Advance Micro Devices calling Saratoga County home, sales are sure to rise if and when the manufacturer of micro-processors moves in.

In the meantime, RealtyUSA will continue with its local fundraising efforts for the Alzheimer's Association. This year it will hold its second annual used book sale that raised \$1,200 for the association last year, said Alston.

RealtyUSA is located at 231 Delaware Ave., in Delmar. To contact an agent or for information call 439-2888 or visit www.realtyusa.com.

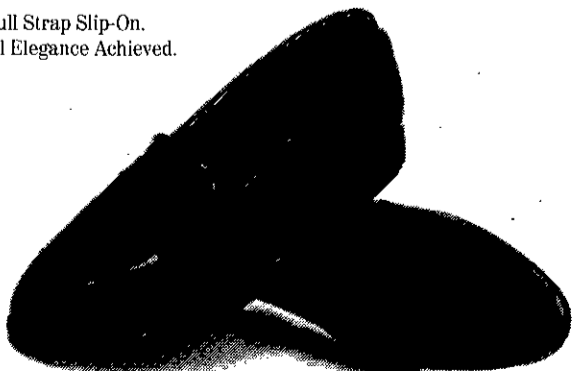
"We have capabilities throughout the state... and this year we will be emphasizing our local roots."

Bill Alston

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Over-the-Web tax returns — are they secure?

Most Americans view their tax return as a document that represents all things financial to them -- containing both personal and financial information for all household members. As the Internal Revenue Service (IRS) attempts to motivate Americans to electronically file their tax returns, the future can seem a little scary for the millions of taxpayers who have continued to prepare their tax returns manually. Of those taxpayers who have decided to take the plunge and use Web-based tax preparation software this year, many wonder, "How secure are my tax records?"

There are several things you should know to help keep your information safe as it relates to using a computer to prepare and e-file a tax return.

1. Update your computer's virus protection software -- install patches for its operating system and software programs to defend against intruders, viruses and spyware that can compromise files and passwords. While doing this, you may even want to consider scheduling automatic virus scan updates.
2. Only store financial information on your computer that is necessary; and, protect access to your programs by using something called a "strong" password -- a combination of letters and numbers (upper and lower case) to ward off possible identity thieves. A good way to create a strong

password is to come up with a memorable phrase. For example, "I ward off danger, by practicing safety first, becomes 1W0DBPSf.

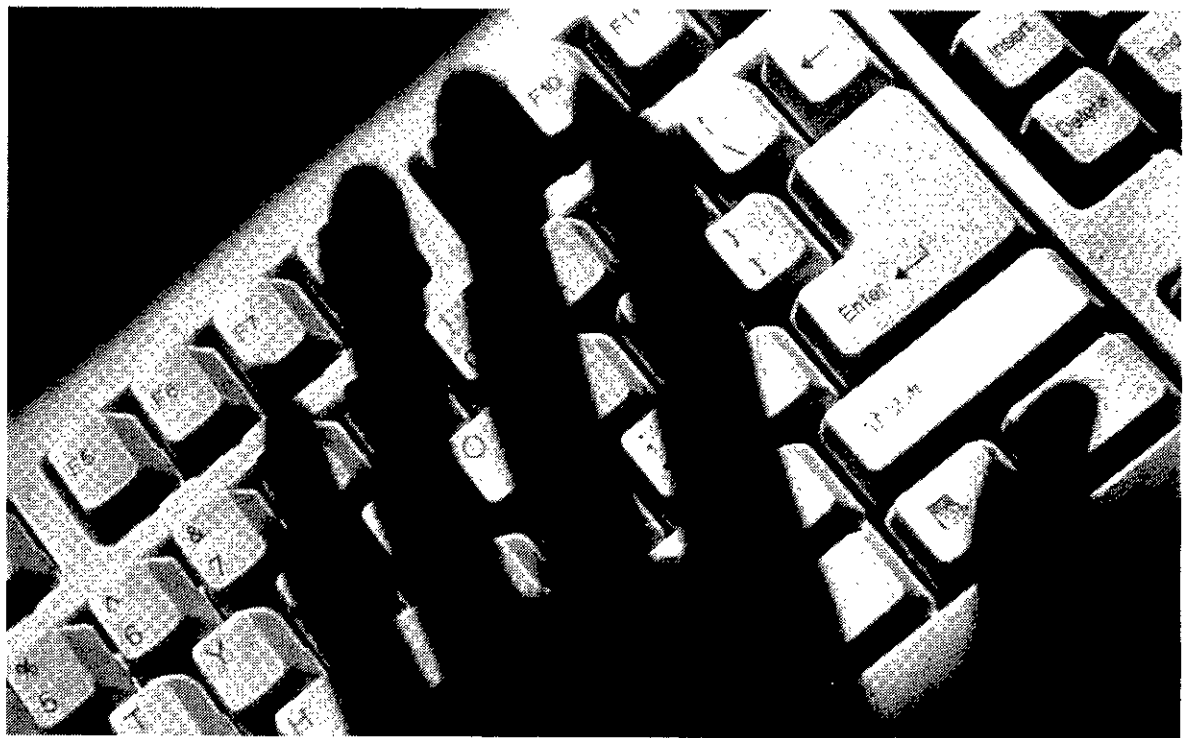
3. Never use an automatic login feature to populate user name and password fields -- features such as these help thieves gain access to your personal information.

4. Use a firewall program if you use a high-speed Internet connection like cable, DSL or T-1 that leaves your computer connected to the Internet 24 hours a day. Without it, hackers can take over your computer, access the personal information stored on it, or use it for other fraudulent purposes.

5. Never open files, click on hyperlinks or download programs from people or companies you don't know. Also, be aware that some popular file-sharing programs can make your computer vulnerable -- enabling others the ability to capture passwords and other information you type from your keyboard:

6. Prior to sharing information or making a purchase, look for indicators that the site is secure. For example, at the bottom of the data entry screen, check to make sure a lock icon appears on the browser's status bar (usually located at the lower right-hand portion of your screen) or the URL for a Web site is displayed as "https:" (the "s" stands for secure).

7. Always type the URL of the Web site you want to visit into your browser -- don't click on links that are sent to you. Another precaution



is to click a site's VeriSign Seal. By following these two guidelines, you can be confident you are trafficking an authentic site -- not the work of some imposter trying to deceive you into divulging your confidential passwords or other information.

Stephanie Behrends, spokesperson for 2nd Story Software, Inc., makers of the popular TaxACT tax preparation software and Web-based services advises, "Before you share any information or make a purchase online, take time to read that company's privacy and safeguard policies. A Web site should answer

questions regarding: security, how information collected will be used and maintained, if information will be shared with third parties, as well as who controls and has access to information collected by the site.

If you find a site's policies to be confusing or it fails to specify information upfront, follow-up is necessary or consider doing business online elsewhere."

The IRS warns taxpayers to be on the lookout for fraudsters who use the agency's name to further their schemes. If you receive an e-mail that appears to have been sent by the

IRS, think again. The IRS does not ask people for PIN numbers, passwords or similar secret access information for their credit card, bank or other financial accounts -- by phone or e-mail. The bottom line: The IRS does not solicit this information -- don't share it!

So, what should you do if you suspect your identity has been stolen? Visit the Federal Trade Commission's Web site (<http://www.ftc.gov/bcp/edu/microsites/idtheft/>) for detailed instructions about how to handle the aftermath of identity theft.

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Reaching harmony

By KIM PLOUSSARD

Remember the times you've asked, "Oh my, who is this person I married?" Perhaps those periods have lasted for several hours, days or even years. Most committed couples go through this, experiencing times when they feel as if they are living with a stranger -- even the enemy.

It's during those times that the traits you used to find cute about your partner become irritating. The way he used to sneak up behind you and nuzzle your earlobe starts to feel more like a puppy prodding you for attention. Her forgetfulness, which used to be funny, becomes a way to make you miserable. Couples fail to see what this is really about. Instead they think they've picked the wrong person.

The reality is that nothing is going wrong. You are going through the normal cycles of a long-term relationship.

Terrence Real, author of *How Can I Get Through to You*, names these cycles as harmony, disharmony and repair.

"No one really prepares couples for the profound despair of disharmony, when you realize your partner is not going to give you all the things you had hoped to get in the initial harmony stage. What many couples are missing is a mechanism for repair. It's like operating a car without a steering wheel," says Real.

Recent research on married couples reveals that couples wait an average of six years of being unhappy before they get help. Often this is

because they are afraid to admit they have a problem or they are too embarrassed to acknowledge it. It's a taboo subject. You can't talk to your friends or family about it because they too have a relationship with your spouse. So you try to deal with it on your own. The irony is that most of us assume everyone else is pretty happy in coupledness -- but they are actually going through similar cycles.

One way to break the silence is by going to counseling or attending couples workshops. The focus isn't on the problem itself but what you can do to turn the normal, predictable issues of a committed relationship into opportunities to grow as individuals and strengthen your marriage.

Some signs for couples to pay attention to are: spending more time away from each other; more subjects are "off limits" to discuss; you fear you are growing apart; you or your spouse has lost interest in sex or even touching; you suspect an affair or entertain fantasies of an affair yourself; or you feel trapped, misunderstood, angry much of the time.

Relationships can be fulfilling, passionate, and loving over the long stretch. You don't have to wait the six years to find out if this is possible for you and your partner. Make 2007 the year you take a stand to speak up and make it happen.

The author, Kim Ploussard, is a licensed therapist, specializing in relationship and marital counseling and practicing in the Capital District. Contact her at kploussard@msn.com or 862-1974, ext. 18.



Let the light in with a new sunroom

A sunroom is a simple way to update an older home, and increase its value, without a full-scale construction project. And today's sunrooms can be made to blend easily with any home style.

Patio Enclosures, Inc. employs a "custom manufacturing" approach, whereby its design consultants determine how the consumer will use the room. The company then manufactures and builds the sunroom, solarium or conservatory to custom specifications, allowing it to blend seamlessly with a home's existing architecture.

Other companies offer limited off-the-shelf door and window

sizes and use foam panels as filler materials to close-in the gaps. This can lead to an "add-on" look and can spoil the home's aesthetics.

We call our custom manufacturing approach our "edge-to-edge advantage" offering you floor-to-ceiling and wall-to-wall glass to maximize your view of the outdoors.

And to make your sunroom more energy-efficient, we offer Comfort Gard Plus Glass, the ultimate energy-efficient glass. Passing the industry's toughest testing standards, Patio Enclosures, Inc. has received the Glass Certification Council's highest certification.

Patio Enclosures, Inc. offers many styles and designs to choose from, with innovations such as "easy rolling doors" that never stick and anti-lift bars for added security.

While many sunroom companies contract with outside installation crews, Patio Enclosures, Inc. employs full-time installers that must satisfy rigorous training re-

quirements. This ensures consistent quality and accountability from the initial design consultation through the final installation.

Patio Enclosures, Inc. president and CEO Ken Sekley attributed the company's continued success to its quality products and focus on the customer. "Patio Enclosures, Inc. is pleased to be recognized once more as the 'Top Performer' in the sunroom market," said Sekley. "Our quality materials, engineering, product designs, and manufacturing and installation practices have allowed us to provide customers with sunrooms that fit their needs and lifestyles."

That's why Patio Enclosures, Inc. has been named by Qualified Remodeler Magazine as the "Top Performing Sunroom Company" in North America for the past three years. In addition, Qualified Remodeler's ranked Patio Enclosures, Inc. as the "third largest remodeler."

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Realtor helps make locals feel at home

The year 2007 is expected to be busy in the real estate industry, especially in the Capital District.

Technology and bioresearch companies are locating to the area because of the quality of life, leisure activities and proximity to major metropolitan areas.

Coldwell Banker of Delmar, now in their 12th year of operation, is there to assist the home buyer or seller with a staff of 30 sales associates and a vast knowledge of experience selling homes and finding the right property for a person's needs.

"What we're seeing is a return to a normal market where the supply of homes meets the demand of the consumers in the market," said Estelle Momrow, who leads the team at Coldwell Banker of Delmar.

"The Albany region real estate market is considered one of the best buying markets in the country," said Momrow, who said she sees daily requests coming in from out-of-town buyers looking for properties.

"People from other states, who are investors, are coming to upstate New York and buying investment property," she said.

The Albany region provides a rich 400-year history, and the early Dutch settlers influenced the architectural design. With a stable busi-

ness environment and close proximity to many major markets, this area is an ideal housing location, whether you're looking for an urban or rustic rural setting.

"We have an office full of great professionals knowledgeable about the entire Capital District," said Momrow, adding that these agents have a philosophy that Coldwell Banker is a "partner" with every client.

"Our primary purpose is serving the needs of our client-partners," Momrow said.


If you're leaving the area for whatever reason, Coldwell Banker is there to assist free of charge.

"We'll make arrangements to have a complimentary relocation package sent to you from your destination," said Momrow.

Other added services include concierge home maintenance service, financing guidance and many more.

"We'll answer any of your questions about Capital District communities and help you find the right Coldwell Banker agent to fit your needs," Momrow said.

For more information about Coldwell Banker of Delmar contact Estelle Momrow at 439-9600 or look for information on the Web at www.cbprime.com.



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Creative Kitchens stands out in home improvement

By WILLIAM R. DEVOE

Following unprecedented growth for three straight years, Creative Kitchens of Glenmont has become a major player in the home improvement scene. As the only firm in the Capital District with two certified master kitchen and bath designers, its level of experience and personalized service are unmatched in this area.

"We want to continue to make people's dream spaces a reality..."

Edward Pacuk

"People are responding to the rapidly increasing values in the local real estate market. A beautiful kitchen is an investment that a homeowner can enjoy now, and will certainly increase interest and value at the time of resale."

As fewer new homes are available in desirable locations, Pacuk says homeowners are updating older homes to meet the needs of today's families.

Another factor behind the interest in Creative Kitchen's custom cabinetry is the in-

crease in home offices.

"When people work from home, they want their office to reflect their personal taste in lifestyle," Pacuk said. "In many floor plans the room used as an office is one of the first rooms you see as you enter the home. People want it to be both beautiful and functional as they spend more time there."

Luxurious master bathrooms also are becoming a must in high-end homes. Owners see the bath as an area of recluse and relaxation, worthy of investment on a scale once reserved only for kitchens.

In all parts of the home, Pacuk said he sees a movement away from trendy looks and toward more traditional colors and materials.

"What I'm seeing more and more is people being more practical and functional in their approach to designing spaces," said Pacuk. "People want spaces that are easy to work with and in."

Last year, Creative Kitchens of Glenmont exceeded its expected 30 percent growth and increased sales by 50 percent. This year, Pacuk is forecasting another 30 percent increase, and says he has doubled his staff and showroom space to handle the increase.

The doubling in size has helped Creative Kitchens of



Glenmont handle more business without affecting customer service.

"Basically, we're able to show the customer a lot more options on the showroom and handle the increase in volume without compromising, at all, the quality of service we give the customer," he said.

Having master kitchen and

bath designers Larry Miller and John Torelli on staff ensures that Creative Kitchens of Glenmont customers will continue to receive the high level of quality that they have come to expect from the business. In its Glenmont Plaza showroom, visitors can see and touch examples of the latest style of cabinetry, countertops, faucet

finishes, and decorative hardware.

"We want to continue to make people's dream spaces a reality, while providing outstanding customer service," said Pacuk.

Creative Kitchens of Glenmont can be reached at 432-1320 or at creativekitchensofglenmont.com.

UPDATE EXTRA

Credit card debt still rising

Ever hear of indentured servitude? It's a historical concept that means you're basically working for free to pay off some obligation. That's probably how you feel if you only make the minimum payments on your credit card.

There are millions of Americans who need credit card debt help now more than ever. With over \$2 trillion of revolving consumer debt, and over \$60 billion of credit card debt getting "charged off" as uncollectible every year, it just seems like the magnitude of the credit card debt epidemic keeps growing, gobbling up more and more American families every day.

So what can you do and where should you turn to get credit card debt help? Looking in the mirror is a good place to start.

The first thing you should do is a gut-check. Figure out how much of your money is going to interest and fees and then decide if you are comfortable with that amount, or if now is the time to get credit card debt help.

The next step is to do some serious budgeting and cash flow analysis. Sit down and review your expenses, dividing them into buckets to help you understand where your money is going. If you need a free tool to help you budget, look no further than the free Bills.com personal financial guide (www.bills.com/guide). If more money is going out the door than coming in, and you are carrying credit card debt, now may be the time to seek credit card debt help.

If you decide that you do need credit card debt help, you should seek professional counseling. This means that you must understand your needs and then find the solution that fits best for you. Is it more important to save the most money, to get the lowest payment, or to preserve your credit score?

Since no one program is best for everyone, shop around and do your homework. Once you determine which solution is best for you, then find a reputable service provider or debt help company that can provide the credit card debt help that you need. Bills.com can help you through its prequalified providers available through the 'Savings Center' or you can seek personal referrals or find a provider online.

Since many companies offer many different types of credit card debt help, it is important for you to find a good one. We recommend a firm that is rated with the Better Business Bureau and who has a long history of helping consumers. Make sure that things like education and counseling come without a charge, and make sure that you trust them.

It is rarely fun to go out seeking credit card debt help, but it may be the first step to gaining financial independence and to losing the shackles of credit card debt that can make you feel like an indentured servant to your creditors.

Call (800) 950-0036 or visit www.Bills.com for more help with credit card debt.

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UPDATE II

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Published: Feb. 28

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Crawford Door and Window celebrates 60 years of success

Crawford Door and Window Sales is celebrating over 60 years in business this year. While the business has changed some from its inception it has always remained in the family. President and owner Matt MaLossi learned the business from his father, who learned it from his father. The three generations of the MaLossi family have placed great emphasis on products and service that are of high quality.

"We're there when we say we're going to be there. We do what we say we're going to do."

Steve Stiansen

"We stand behind what we sell and what we install," said general manager Steve Stiansen. "We have one of the best warranties in the

business."

Crawford Door and Window Sales is the sole direct sales branch in 19 counties for the Pella Corporation, with showroom locations in Colonie, Queensbury, Kingston and Plattsburgh.

The window and door showrooms provide an opportunity for homeowners and contractors to take a hands-on approach to the selection making process. All products on display are regular size models providing the opportunity for people to touch the product and really understand how they work, said Stiansen.

In the last few years, the Pella Corporation has revamped their designer series.

"They improved the options to customers making it a more well-rounded product," said Stiansen.

Some of the options are triple-paned glass, grids between the glass, and the offering of a number of different colored and types of shades between the glass. Bronze and an-

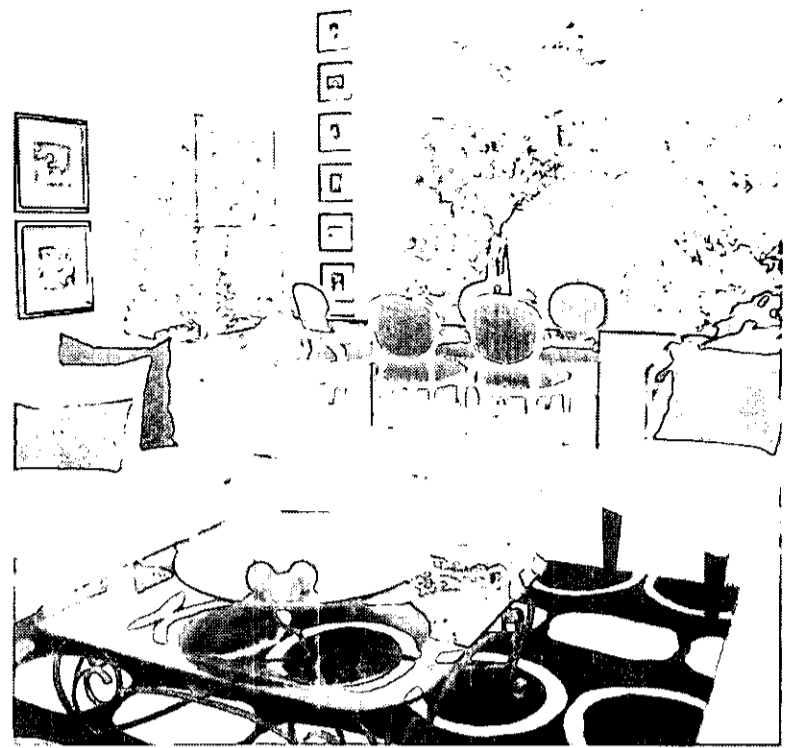
tique nickel are some of the new hardware options. Stiansen notes that these improved options really allow the customer to create a diverse and unique range of looks for their home.

Crawford Door and Window Sales also offers a line of entry doors. The fiberglass doors have three different wood grain finishes: mahogany, walnut and oak. There is also a smooth finish for those who want to match their door to other house features with paint. A number of different glass options are made available with the entry doors.

"Similar to the window frames the entry door frames are made of aluminum clad," said Stiansen. "They are hassle free and virtually maintenance free. It is the frames that get the most weather." The frames for the doors can be matched up with the window frame color for aesthetic appeal.

Calling the company "homeowner friendly," Stiansen notes that all estimates are free and completed in the home regardless of whether the customer is intending to purchase one window or a whole houseful of windows.

Pella Corporation has a structured training program for all its employees with most of them traveling to Pella, Iowa, to receive training. Service technicians are factory trained at the Iowa location. They are required to return on an annual basis to maintain their product knowledge and learn new skills. Similarly the sales staff, while trained predominantly in-house, also travels to the factory for periodic trainings,



and an annual management-training program is also required.

"This is the most beneficial way to have the training done," said Stiansen who commented that changes to technology require the ongoing training of staff. Over the past four years, the company's staff has nearly tripled with about 60 employees working for Crawford Door and Window Sales today.

"We're there when we say we're going to be there. We do what we say we're going to do," said Stiansen, noting that Crawford Door and Window Sales had such a positive reputation, the MaLossi family opted to retain the name when they

stopped selling Crawford overhead doors in the '70s and '80s.

In addition to the four showrooms, Crawford Door and Window Sales will have a booth at the Great Northeast Home Show, Feb. 9 to 11, at the Times Union Center. At the show, Crawford is sponsoring a window and door makeover worth \$20,000, which Stiansen said, would go to one lucky individual. Hands-on displays will be available for people to touch and operate.

If you aren't going to the Home Show stop down to the Wolf Road, Colonie, location to speak with a sales representative or contact them at 489-3780.



WINDOW AND DOOR REPLACEMENT



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Enter to win only at the 2007 Home Show Booth #125-127 and #211-213 in the Times Union Center.


Call Pella now or visit www.pella.com to request an in-home appointment.

1-800-875-8701

Crawford Door and Window Locations

ALBANY	5 Metro Park Rd., Albany, NY 12205 (Wolf Road Shopper's Park)	(518)489-3780
QUEENSBURY	118 Quaker Rd., Queensbury, NY 12804 (Quaker Plaza at Glenwood Avenue)	(518)793-7349
KINGSTON	899 State Route 28, Kingston, NY 12401	(845)331-5317

RULES: NO PURCHASE NECESSARY. Official entry forms are available at the Crawford Door & Window Sales booth at the 2007 Home Show, February 9, 10 and 11 at the Times Union Center and Empire State Plaza. Entries must be fully completed. Multiple entries are allowed. Complete rules available by emailing tsrct@timesunion.com.



2007

Special Sections

JANUARY

- Community Services Directory
Issue: Jan. 3 • Deadline: Dec. 20
- Health Diet & Fitness
Issue: Jan. 17 • Deadline: Jan. 3
- Update 1 – Education/At Home/Banking/Finance/Law
Issue: Jan. 31 • Deadline: Jan. 17

FEBRUARY

- Seniors
Issue: Feb. 14 • Deadline: Jan. 31
- Update 2 – Health/ Communications/ Retail/ Leisure / Building Our Future
Issue: Feb. 28 • Deadline: Feb. 14

MARCH

- Spring Home Improvement
Issue: March 14 • Deadline: Feb. 28
- Health
Issue: March 28 • Deadline: March 14

APRIL

- Automotive
Issue: April 11 • Deadline: March 28
- Senior Scene
Issue: April 25 • Deadline: April 11

MAY

- Home & Garden
Issue: May 9 • Deadline: April 25
- Welcome Summer
Issue: May 23 • Deadline: May 9

JUNE

- Summer Health & Recreation
Issue: June 6 • Deadline: May 23
- Home Improvement
Issue: June 20 • Deadline: June 6

JULY

- The Class of 2007
Issue: July 4 • Deadline: June 20
- Update 3 – A Summer of Excellence
Issue: July 18 • Deadline: July 3

AUGUST

- Senior Lifestyles
Issue: Aug. 1 • Deadline: July 18
- Family Health
Issue: Aug. 15 • Deadline: Aug. 1
- Back to School
Issue: Aug. 29 • Deadline: Aug. 15

SEPTEMBER

- Parenting
Issue: Sept. 12 • Deadline: Aug. 29
- Fall Automotive
Issue: Sept. 26 • Deadline: Sept. 12

OCTOBER

- Women's Health
Issue: Oct. 10 • Deadline: Sept. 26
- Home Decorating & Remodeling
Issue: Oct. 24 • Deadline: Oct. 10

NOVEMBER

- Today's Seniors
Issue: Nov. 7 • Deadline: Oct. 24
- Holiday Traditions & Gift Ideas
Issue: Nov. 21 • Deadline: Nov. 7

DECEMBER

- Non-Profits & Charitable Giving
Issue: Dec. 5 • Deadline: Nov. 21
- 11th Hour Shopping Guide
Issue: Dec. 19 • Deadline: Dec. 5

All Ad Deadlines are at Noon. Red denotes either new or renamed supplement.

Use Your Power To Choose.

In New York's competitive energy marketplace, you no longer have to buy your electricity and natural gas only from your local utility. Instead, you can shop among the new Energy Service Companies (ESCOs) that are competing for your business. This change should bring efficiencies and innovations that will give you better value for your energy dollar.

The combined services once offered by your utility have been split into two parts — supply and delivery, with the supply portion open to competition. You can choose to switch to an ESCO or continue buying your energy supply from your utility.

Regardless of where you buy your supply, your utility will still deliver energy to you. The safety and reliability you depend on won't change, and you'll still call your utility during emergencies or service interruptions.

A new choice for your energy supply

When you shop for electricity, you can now consider selecting Green Power providers for some or all of your supply. Green Power providers supply environmentally friendly electricity generated from renewable sources such as solar, wind, biomass, geothermal and low-impact or small hydro. For only a few pennies more a day, you can make a world of difference for generations to come.

Strength in numbers

Purchasing electricity and gas with others, called "aggregation," gives your group greater buying power and may save you money. For example, the Municipal Electric and Gas Alliance (MEGA) members (municipalities and school districts in Central New York) saved approximately \$2.7 million on their electric bills last year. You may belong to a community or business association that can coordinate with ESCOs for the

best package of prices and services. For more information, go to www.PowerToChooseNY.com and click on Contact Us or call us at 518-474-1540.

Choosing a supplier

To shop for an ESCO, evaluate their offerings, compare them with your utility's offering, and decide which is best for you. You should:

1. Call your utility or the Public Service Commission at 1-888-Ask-PSC1 (1-888-275-7721) for ESCOs serving your area. Or go to www.PowerToChooseNY.com or your utility's Web site for a list, and then call the companies. The ESCOs and their offers change, so check periodically.
2. Compare prices, services and terms offered.
3. Consider customer services such as toll-free numbers, Web sites and complaint handling.
4. Check out billing and payment options.

5. Confirm the details of the agreement. Be sure to check with your ESCO about early termination fees prior to enrolling in a contract. If the fees are not clearly stated, ask the ESCO for an estimate of the early termination fee based on your energy usage.

6. Choose your supplier and monitor your bills and service. If you are not satisfied, you can switch back to your utility or to another ESCO, subject to any applicable contract terms.

For a list of ESCOs and more information, visit www.PowerToChooseNY.com, call 1-888-Ask-PSC1 (1-888-275-7721) or contact your local utility listed below:

Central Hudson Gas & Electric
1-877-444-2443
www.centralhudson.com

Consolidated Edison
1-800-780-2884
www.coned.com

KeySpan Energy Delivery
718-643-4050
(New York City)
1-800-930-5003
(Long Island)
www.keyspanenergy.com

National Fuel Gas
1-800-365-3234
www.natfuel.com

National Grid
1-800-642-4272
www.nationalgridus.com

New York State Electric & Gas
1-800-572-1111
www.nyseg.com

Orange and Rockland
1-877-434-4100
www.oru.com

Rochester Gas & Electric
1-888-253-8888
www.rge.com

Customers of Long Island Power Authority (LIPA) interested in choice/competition may call 1-800-490-0025.

 **New York State Public Service Commission**

Join over 1 million New Yorkers. Choose your energy supplier.

In the past, you had no choice of who provided you with your natural gas and electricity supply — it was your local utility. Well, things have changed.

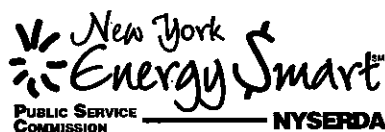
In New York State, companies other than your local utility, called Energy Service Companies (ESCOs), are competing to provide you with electricity and natural gas. No matter which supplier you choose, your utility will still deliver your energy safely and reliably, and respond to emergencies.

Competition gives you greater choice and better value including:

- Fixed, variable or capped pricing
- Appliance repairs and service contracts
- Green Power energy sources

For an energy supplier guide, visit www.PowerToChooseNY.com or call 1-888-Ask-PSC1 and we will mail you a copy.

With National Grid's New Choices program, residential and small business customers can save 7% on their energy supply for a two-month introductory period. For more information go to www.nationalgridus.com/newchoices

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Farm Family offers insurance packages tailored to the individual

By CARI SCRIBNER

Dick Miller and Bill Burke, partner agents in the home office of Farm Family Insurance, support local farmers on both a business and philosophical basis. As the name implies, the agents provide insurance for farmers — and have branched out to writing policies for other small businesses as well — in a small-town, family atmosphere.

"(Farmers) weather the good seasons and the bad seasons. Farming isn't just a hobby, or a job; it's a way of life."

Dick Miller

Miller and Burke have worked out of the office at 344 Route 9 in Glenmont for about 10 years, and have a portfolio of more than 2,500 policies. There's a good chance that they know all their clients by first name; 90 percent of their policies are drawn up at the clients' homes and they pay a personal visit to each client every calendar year.

"We make it a priority to know our clients well; they're all individuals and everyone has a story to tell," said Miller.

Just as they treat their clients as unique people, they write individualized insurance packages suited to their specific needs. "We don't offer people off-the-shelf policies; they're all custom built," said Miller. "What's more, we're not salesmen, we're advisors."

The agents specialize in insurance policies for agricultural businesses, including farms such as dairy, hay, and horse farms, and also greenhouses, nurseries, and landscaping companies. They also work with other subcontracting businesses, and offer homeowner's, auto, and life insurance, as well as working

with clients on estate planning.

"We're not like the big insurance companies without any direct relationship to customers where you just call 1-800-INSURANCE," said Miller. "I've been in this business for 20 years. We're working with the children and grandchildren of our long-term clients. That's extremely gratifying."

Farm Family is basically a "mom and pop" insurance provider for mom and pop businesses.

Miller said he has witnessed local farms dying off, when they were historically passed down from one generation to another, securing their future.

"Now, you do see lots of farmland being sold for development," said Miller. "What can you do? They need to make a living."

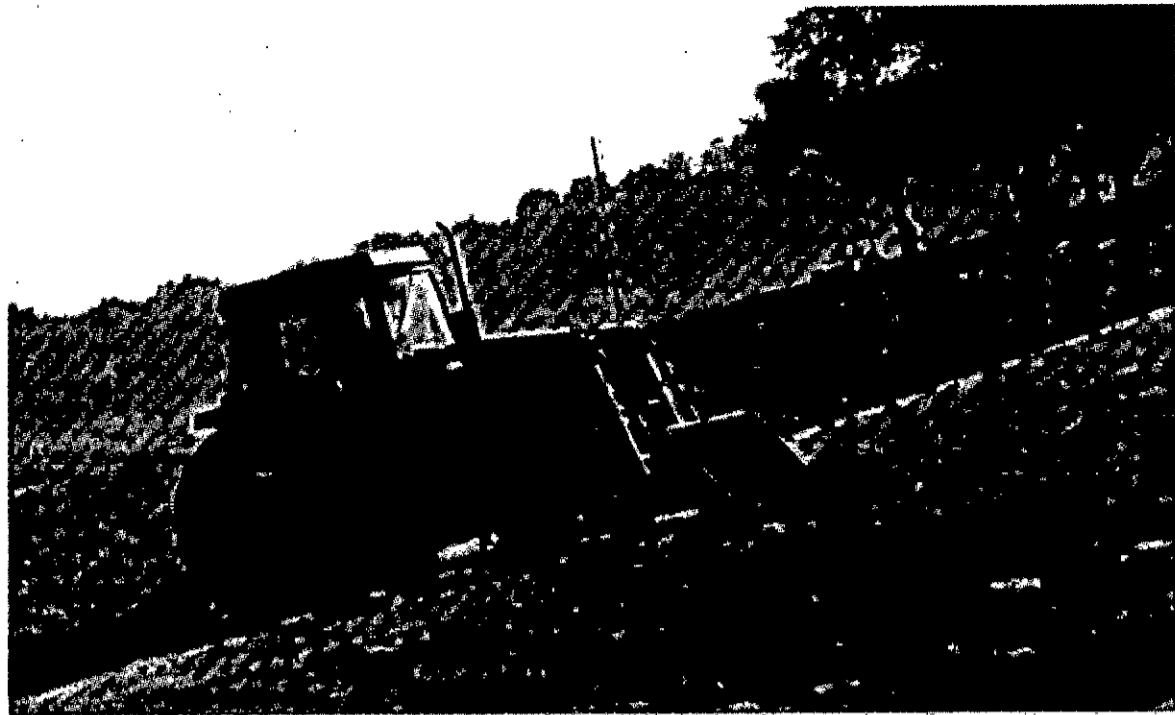
Most farmers obtain crop insurance to insulate themselves against flood, hail or other weather-related damage to their produce, from the federal government. Farm Family policies are primarily geared toward protecting farmers from litigation.

"We live in a litigious society, and farmers and business owners need to know where their exposure is," said Miller. "Farms have had to diversify; they can't just grow pumpkins and apples, they have to have pick-your-own, a farm stand, a hay ride, horses. That opens them up for a wide range of potential liabilities."

Miller said he wants everyone to realize that insurance is a necessity, not a luxury.

"People go without insurance because they feel they can't afford it," said Miller. "But it's just not safe to be uninsured or under-insured. Small business owners should take out all the insurance they can afford, and it's our job to guide them."

Farm Family was founded in the mid-1950s by agri-business leaders to provide insurance for the agri-business, rural and suburban communities. The Farm Family group of insurance companies, which includes Farm Family Casualty Insurance Company, Farm Family Life Insurance Company, and United Farm Family Insurance Company,



serve the needs of policyholders in 12 Northeastern states with both life and property/casualty insurance products, and operates with a total force of more than 700 agents and employees. In 2001, American National Insurance Company of Galveston, Texas, acquired Farm Family. Farm Family brought to this agricultural an expertise in serving the agricultural and related markets. Through its property/casualty sub-

sidaries, American National offers the specialized agribusiness products designed by Farm Family to the communities they serve.

Miller said he has a deep respect for the work of area farmers, working with those in Saratoga, Washington, Rensselaer and Schenectady counties and beyond within about a 100-mile radius. With the area's rich agricultural history, Miller said he hopes everyone will keep in mind

how hard farmers work to stay in business.

"When people go to the grocery stores, where do they think that fresh produce comes from?" he said. "Farmers are real, honest, hard-working people. They don't put in claims for a broken fingernail. They weather the good seasons and the bad seasons; the good isn't just a hobby, or a job; it's a way of life."

Home equity loans: low-cost credit

If credit card payments are eating up your disposable income each month, or if you need cash to remodel your kitchen — or to buy a new car — a home equity loan or home equity line of credit (HELOC) might be your best bet. There's also a tax advantage. Unlike almost any other consumer loan type, the interest on a home equity loan or HELOC is likely to be tax-deductible (please consult with your tax advisor).

Home equity loans and HELOCs are two distinct products. With a home equity loan, you borrow a lump sum of money repayable over a fixed term, usually five to 20 years, giving you the security of a locked-in rate and a consistent monthly payment. People tend to use home equity loans for large, one-time expenses

like a major home-improvement project. You also might use a loan to start a business, make a big-ticket purchase, or consolidate high-interest credit card debt. This type of loan makes sense if you don't foresee future borrowing needs.

On the other hand, a HELOC is much like a credit card or any other type of open-ended credit. You can borrow money as needed, up to the credit limit your lender assigns. If your lender offers online banking, you can transfer funds from your HELOC to your regular checking or savings account. A HELOC is usually a variable-rate loan, so your monthly payments will change based on your outstanding balance and fluctuations in the

prime rate.

A line of credit offers flexibility and ready access to funds, making it ideal for unexpected expenses like large medical bills. A HELOC also can help finance a child's college education, especially for higher-income families who don't qualify for financial aid. Since home equity loans and lines of credit use your home as collateral, if you don't make your payments, you could lose your home. But if you do make timely payments, you can't beat the low interest rates and tax-deductible interest of a home equity loan or HELOC.

A First New York Federal Credit Union loan officer can explain which type of home equity loan may work for you. Call the credit union at 393-1326 and press "2," visit online at www.firstnewyork.org or visit one of First New York's offices located in Schenectady, Cobleskill, Glenville, Albany, Rotterdam or Saratoga for more details.

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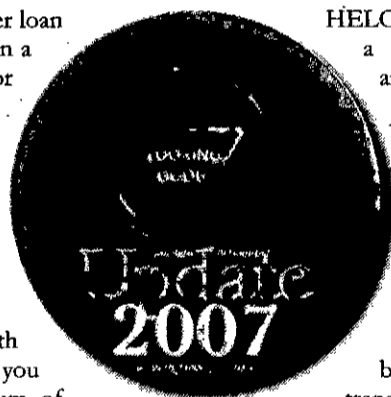
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(518) 881-1980

Saratoga
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(518) 584-5343



www.farmfamily.com

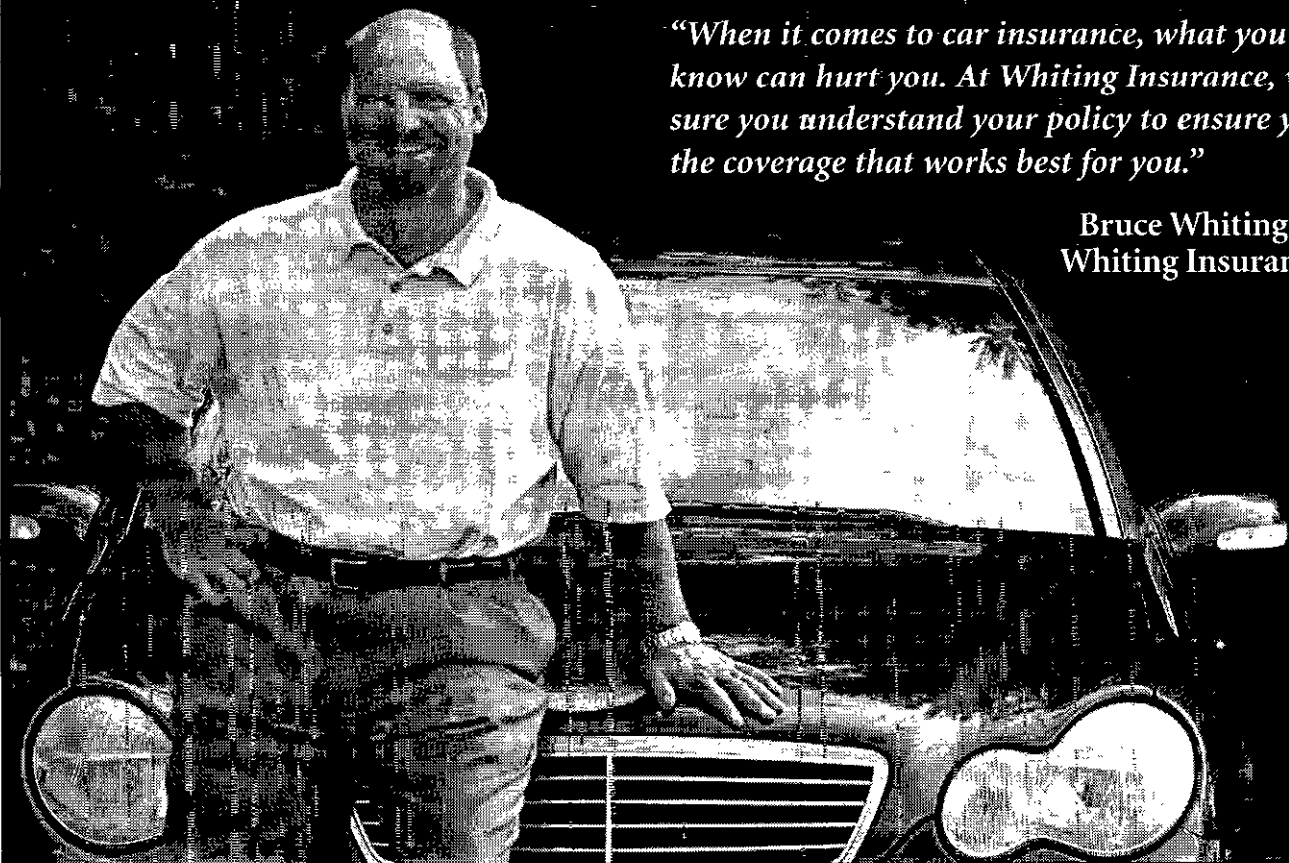
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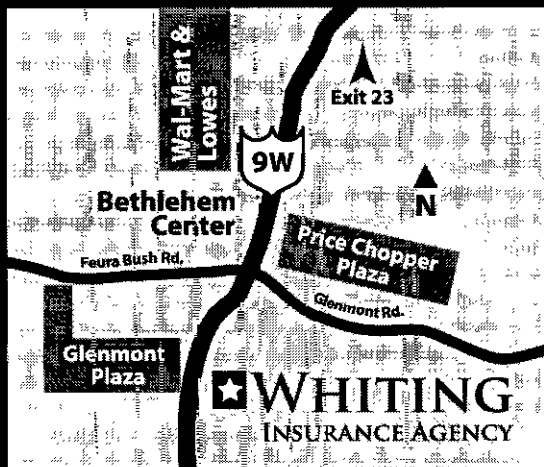
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Stay on top of changes in tax laws

There's an old joke about the accounting profession that's been around the block a few times: If an accountant's spouse cannot sleep, what does she or he say?

Tell me about your day at work.

Sure, it's a stereotype, and yes, accounting can be exciting, but the fact of the matter is that, in the public consciousness, accounting and tax law do not carry the same sizzle as Colts vs. Patriots, the season premier of "24" or red carpet buzz.

However, nearly every year, Congress passes laws that directly affect many taxpayers. Very often, these changes can benefit individuals and their families, and in 2006, Congress enacted two such laws — the Tax Increase Prevention and Reconciliation Act of 2005 and the Pension Protection Act.

The Tax Increase Prevention and Reconciliation Act of 2005 (TIPRA) was passed in May 2006 and includes many provisions, including an extension through 2010 of the reduced rates on capital gains, as well as an increase in alternative minimum tax (AMT) exemption levels. Another provision of the bill

that should be capturing people's attention is that, following the 2009 tax year, taxpayers will have the opportunity to convert their traditional IRA to a Roth IRA without being subject to a modified adjusted gross income (MAGI) limit. This is important because traditional IRAs are taxed on their earnings where as Roth IRAs are not, which makes Roth IRAs a generally better retirement investment.

Currently, married joint and single filers whose MAGI exceeds \$100,000 are ineligible to convert to a Roth IRA. Under TIPRA, the MAGI limit and the joint filing requirement are removed, opening the door to Roth IRA conversions for everyone after 2009.

Also, under current law, taxpayers younger than 70 who file "married joint" are ineligible to contribute to a Roth IRA if their MAGI exceeds \$166,000, or \$114,000 for single filers. However, high-income taxpayers may make nondeductible contributions to a traditional IRA today and, beginning in 2010, convert the traditional IRA to a Roth IRA,

The Pension Protection Act (PPA) was enacted primarily to force many employers to shore up their pension plans, which are often underfunded. However PPA also provides or extends more than 20 other benefits that have an impact on taxpayers. Some of the more noteworthy provisions are highlighted below.

- **Nonspouse beneficiaries.** Prior to the PPA, only spousal beneficiaries could roll over a deceased participant's qualified plan distribution into an inherited Individual Retirement Account, or IRA. Beginning in 2007, a nonspouse beneficiary will be able to receive a tax-free rollover into an inherited IRA from a participant's qualified plan. This is a significant change in the tax rules because it creates a more favorable tax consequence for non-spouse qualified plan beneficiaries.

- **Increased adjusted gross income (AGI) limits for IRA contributions.** Beginning in 2007, AGI limits for IRA contributions will adjust to account for inflation. IRAs first came to life in 1974, but until the Economic Growth and Tax Relief Reconciliation Act of 2001, IRA contribution limits had not changed and AGI income limits increased at a snail pace. The new adjustments will allow more taxpayers to make either a deductible contribution to a traditional IRA or after-tax contributions to a Roth IRA.

- **Income-tax-free charitable contributions.** If you are inclined to make charitable contributions and you are older than age 70, you may make an income-tax-free distribution to tax-exempt charities from your traditional or Roth IRA. The limit is \$100,000, and the new rule applies to 2006 and 2007. Distributions must be qualified, meaning the funds must pass directly from your IRA trustee to the qualified public charity. In other words, the funds cannot pass through your hands. Distributions must be postmarked to the charity no later than December 31 of the year for exclusion.

- **Saver's Credit.** The Saver's Credit is targeted at lower income workers age 18 and older, and it is a nonrefundable federal income tax credit. To be eligible, a worker must not be a full-time student or claimed as a dependent on someone else's



Stephen J. Augstell

income tax return. The amount of the credit is based on the employee's AGI, filing status and the amount contributed to their retirement plan or IRA. The credit was set to expire after 2006, but the PPA makes the credit permanent, and AGI income

limits will adjust for inflation. Employees who make contributions to retirement plans or IRAs will continue to be eligible for a credit, provided their AGI is below certain AGI limits. We keep hearing how Americans have not saved enough for retirement. Well, the Saver's Credit is a great way to help younger workers make a difference. Parents can use the Saver's Credit to encourage their working children to start saving for retirement. If a working child qualifies for the credit but lacks the funds to make the contribution, a gift can lead to a two-fold benefit for the child — an early jump on retirement savings and a gift (tax credit) from Uncle Sam. Taxpayers who are eligible often miss this credit because they complete 1040EZ, which does not have the capability to compute the credit. Form 1040A can be used and IRS form 8880 must be attached. You can access the form via the internet at <http://www.irs.gov/pub/irs-pdf/f8880.pdf>.

It's no secret that tax law is a

fairly uninspiring topic. For most of us, taxes are a source of frustration and confusion. So it is not a surprise that when many tax laws are enacted, including the TIPRA and PPA, they are done so with little fanfare. However, when it comes to dollars and sense — what you shell out to the government versus what you can put away for your future — it pays to be mindful of the tax laws that Congress is enacting. A good source for the most current legislation can be found on the Internet at http://www.irs.gov/formspubs/article/0,,id=117542,00.html#IRA_2006. Or, if tax law is too much like hearing about an accountant's day at work, or just too hard to fit into your schedule, visit your tax advisor, because sleeping through tax preparation and not keeping track of the most current legislation can be a costly mistake.

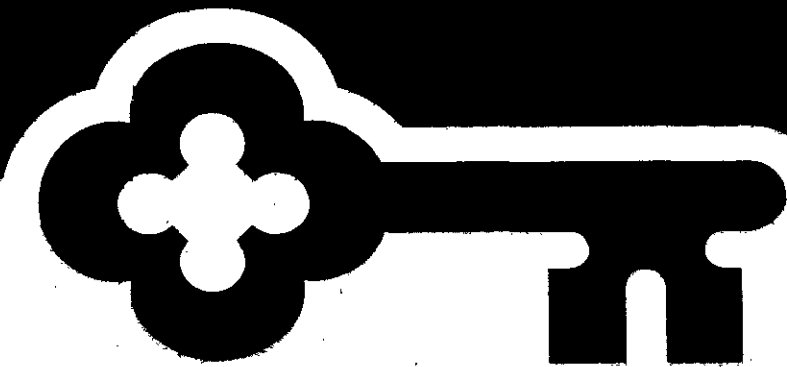
The author Stephen J. Augstell, CFP, is vice president for Key Private Bank. He is based in Albany and may be reached at 391-1413 or



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Change opens Roth IRA conversions to everyone

A provision of the Tax Increase Prevention and Reconciliation Act of 2005 (TIPRA), which will take effect after the 2009 tax year, offers taxpayers the opportunity to convert their traditional IRA to a Roth IRA without being subject to a modified adjusted gross income (MAGI) limit. Here are profiles of each plan.

Traditional IRA

- Contributions are deductible.
- Withdrawals can begin at 59 and are mandatory by 70 (early withdrawals are subject to a 10 percent penalty).
- Taxes are paid on earnings when withdrawn from the IRA.
- No income restrictions.

Roth IRA

- Contributions are not tax deductible.
- Not a mandatory distribution age.
- Earnings are tax free (some rules and regulations must be followed).

• Under current tax law, married joint and single filers whose modified adjusted gross income is over \$100,000 are not eligible to apply for a Roth IRA. Under TIPRA, the MAGI limit and the joint filing requirement are removed, opening the door to Roth IRA conversions to everyone after 2009.

*You must open a Key Privilege or Key Advantage Money Market checking account to get a Key Tiered CD with Relationship Reward fixed interest rate and Annual Percentage Yield (APY). Key Privilege account holders must maintain a combined balance of \$25,000 (Key Privilege Select account holders must maintain a combined balance of \$100,000) in any combination of qualifying accounts to avoid a \$25 monthly fee. Key Advantage account holders must maintain a combined balance of \$10,000 in any combination of qualifying accounts to avoid a \$15 monthly fee. APYs are accurate as of 1/06/2007, and are subject to change without notice. Businesses are not eligible for this offer. Minimum deposit of \$2,500 required. For accounts opened with balances within ranges listed, APYs are: \$2,500-\$9,999.99, 4.95% APY; \$10,000-\$24,999.99, 5.00% APY; \$25,000-\$49,999.99, 5.10% APY; \$50,000-\$99,999.99, 5.10% APY. Penalty may be imposed for early withdrawal. Key.com is a federally registered service mark of KeyCorp. ©2007 KeyCorp. Member FDIC

Firm has services as extensive as its history

O'Connell and Aronowitz is one of the area's oldest law firms, having first opened its doors with two attorneys in 1925. Since that time, the firm has grown to more than 30 attorneys and is one of the Capital District's largest full service firms.

As one of Albany's most well-respected law firms, O'Connell and Aronowitz carries with it a proud history of excellence and a strong foundation for the future. The attorneys provide their clients with representation and services in a broad range of disciplines and practice areas.

Unique to the area, O'Connell and Aronowitz offers its clients the

resources of a large big-city firm, with the comfort and familiarity of a neighborhood lawyer.

The firm's litigation department represents clients who have been seriously injured as a result of the negligence of others. In addition,

the department is well-known for its criminal defense practice.

Founded by Stephen R. Coffey in 1975, the litigation department has grown from one attorney and one assistant to one of the largest of its kind in the area. The department is chaired by Stephen R. Coffey and Thomas J. DiNovo. Both Coffey and DiNovo have received "AV" ratings, the highest possible by Martindale-Hubbell, a national publica-

tion which provides independent peer review ratings for attorneys. Coffey has also been recognized for more than 10 years in the book *The Best Lawyers in America*, in both personal injury and criminal defense. Through their skills and experience, both have obtained multiple multi-million dollar verdicts and settlements, including one of the largest verdicts ever obtained in Upstate New York in a personal injury lawsuit.

Joining Coffey and DiNovo in the personal injury practice are firm members Pamela A. Nichols, Tina Chericoni Versaci, Andrew R. Safranko and associates Kevin P. Hickey, Robyn B. Nicoll and Brendan Tully. The personal injury practice represents people who have been seriously injured in an array of cases including wrongful death actions, professional malpractice, motor vehicle accidents, product liability, construction site accidents, and for



felony prosecutor for the Albany County District Attorney's Office, has represented many individuals in high-profile criminal cases.

Coffey and Safranko have successfully defended and obtained favorable dispositions involving criminal matters and investigations, from routine violations to murder cases. From the beginning of an investigation or the onset of criminal charges, members of the litigation department have the experience, knowledge, and skill to effectively represent their clients' needs.

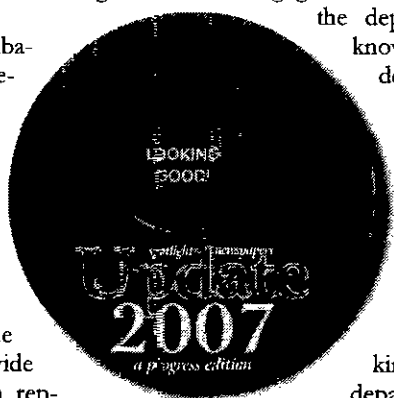
Whether it be formulating legal analysis or using the powers of persuasion, the O'Connell and Aronowitz litigation department has the compassion, experience, ability and knowledge needed to obtain results for their clients.

For information about the litigation department or other practice areas, call 462-5601 or 800-950-5601.

claims under the Federal Employers Liability Act

The criminal section, led by Coffey and Andrew R. Safranko, represents individuals in all local, state, and federal courts and for professional discipline matters.

Steve Coffey, a former chief



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District's second-largest credit union makes its mark

Capital Communications Federal Credit Union has surpassed \$500 million in assets. The Credit Union is the second largest in the Capital District, based on asset size, and has more than 50,000 members, according to *The Business Review*.

"Surpassing the \$500 million mark is a significant accomplishment for Capital Communications," said chief financial officer David Jurczynski. "While Credit Unions across the country have experienced minimal growth, we've seen 15 percent growth so far this year. It speaks to the personalized service we offer our members and the unique niche we have carved out in the Capital Region."

The Credit Union was established in downtown Albany 53 years ago, and was operated out of the desk drawer of a New York Telephone Company employee. Since then, Capital Communications moved its headquarters to Computer Drive East and has opened five branches in the Capital District. Over the past two years, the Credit Union completed merg-

ers with three other credit unions and has expanded its membership eligibility requirements.

"We've made it a point to preserve the guiding principles on which our Credit Union was founded in 1953," said president/CEO Paula Stopera. "Even as we continue to grow, we are committed to maintaining the personal touch that our members deserve, and we will keep reaching out to make a difference in our community."

In 2003, Capital Communications formed the Capital Communications

Cares Foundation to further the efforts the Credit Union was already making to help charitable organizations in the community. Since its inception, the foundation has made more than \$500,000 in monetary and in-kind donations to various charities and has given more than 6,000 volunteer hours.

Capital Communications was ranked No. 1 in the nation for member service in a survey conducted by Raddon Financial Group and was recently named one of the Capital District's Great Places to Work by *The Business Review* for the third year in a row.

Capital Communications Federal Credit Union was established in 1953 and currently has more than 50,000 members. You can join if you live, work, worship or attend school in the town of Green Island, or the cities of Albany, Troy, Cohoes, Mechanicville, Rensselaer, Schenectady or Watervliet. Offices are located on Computer Drive East in Albany, on Century Hill Drive in Latham, on Route 9 in Clifton Park, on Balltown Road in Niskayuna and at 233 North Greenbush Road in Troy.

"Even as we continue to grow, we are committed to maintaining the personal touch that our members deserve..."

Paula Stopera

O'Connell and Aronowitz Litigation Department

A Legacy of Service, A Foundation for the Future

Stephen R. Coffey and Thomas J. DiNovo have dedicated their professional lives representing clients who have been seriously injured as a result of the negligence of others. Under their leadership, the Litigation Department of O'Connell and Aronowitz has obtained substantial settlements and multi-million dollar verdicts on behalf of their clients, including one of the largest verdicts ever for a personal injury case in upstate New York. The Department is also well-known for its criminal defense practice and has achieved numerous acquittals and favorable dispositions in criminal matters.

The Litigation Department of O'Connell and Aronowitz has served the residents of the Capital Region for over 30 years. If you would like to speak with any of our attorneys regarding a potential personal injury or criminal matter, please call or email us at info@oalaw.com.

Stephen R. Coffey
Thomas J. DiNovo
Pamela A. Nichols
Tina Chericoni Versaci
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Strong tradition, desire found at St. Matthew

Embarking on its 36th year of service to the community, St. Matthew Lutheran School provides year-round programming for approximately 80 children. While some are enrolled in the 3- and 4-year-old preschool programs or the full-day kindergarten program, many older children participate in the school's after-school program.

"We model Judeo-Christian values," said school administrator Gail MacIntosh. "There is an emphasis on academics as well as morals."

MacIntosh noted that students are involved in the St. Matthew Lutheran School's food pantry project by bringing in canned goods to keep the pantry stocked. Additionally, students have brought in used clothing for area collections and the school always "adopts a child" for Christmas through other local organizations.

The students' desire to help others extends beyond the Capital District with an annual math-a-thon to benefit St. Jude's Children's Hospital. Children seek pledges from friends and family members and earn the donations by completing math problems. The younger children likely prefer the annual hop-a-thon when they get to don bunny ears and a tail and hop around earning donations with each hop. Funds are donated alternately to organizations supporting work with muscular dystrophy and cystic fibrosis.

"Their first concern is the children," said MacIntosh of the St. Matthew Lutheran School staff. She added that the staff is loving, caring, knowledgeable and compassionate.

Separate classrooms house the 3- and 4-year-old preschool programs. The open-ended programs offer young children an opportunity to advance at their own speed. Children participate in hands-on activities in learning centers. MacIntosh said some of the preschoolers are able to read at the end of their pre-k instruction.

In the full-day kindergarten, students work on themes, such as those with Peabody Language Kits. Peabella - a dog puppet who talks, sings and teaches - is a favorite of children and educators. Kindergarten programming includes science, social studies and the three R's -

reading, writing and arithmetic.

"One of the great things about our kindergarten is the class size," said MacIntosh. "With the class having just five to 10 students each year, it offers the capability for increased one-on-one time between the teacher and the students."

MacIntosh said she finds that socialization, often accomplished through play, is as important as academics. She noted that St. Matthew Lutheran School teaches children self control and encourages them to use their words to address problems.

Children and parents who want to continue the St. Matthew Lutheran School experience beyond kindergarten may opt to enroll in the after-school or summer programs.

The after-school program is available to children through age 12 and runs from 2:30 to 5:45 p.m. Summer programs host 3- to 12-year-olds and run from 7 a.m. to 5:45 p.m. The summer schedule is less structured, providing the children more free time, but does continue to keep up the child's academic skills, said MacIntosh. Students have use of the facility's gym and large playground as well as nearby fields for organized team games.

"We're big on fresh air. We're big on play. Play is child's work," said MacIntosh. Additionally, she said students are able to use area pools, sprinklers on-site, and attend off-grounds picnics and field trips about once a week. Computers are in each classroom. Weekly lessons in Spanish as well as dance and movement class provide extra-enrichment.

St. Matthew Lutheran School has an open door policy encouraging parents to participate in their child's education. MacIntosh said parents are invited to lunch with their child, and some are regular volunteers in the classrooms. She also stressed the value of continued education through workshop courses for the entire staff. The staff continually works to improve its skills as educators so it can effectively pass on knowledge and values to the students.

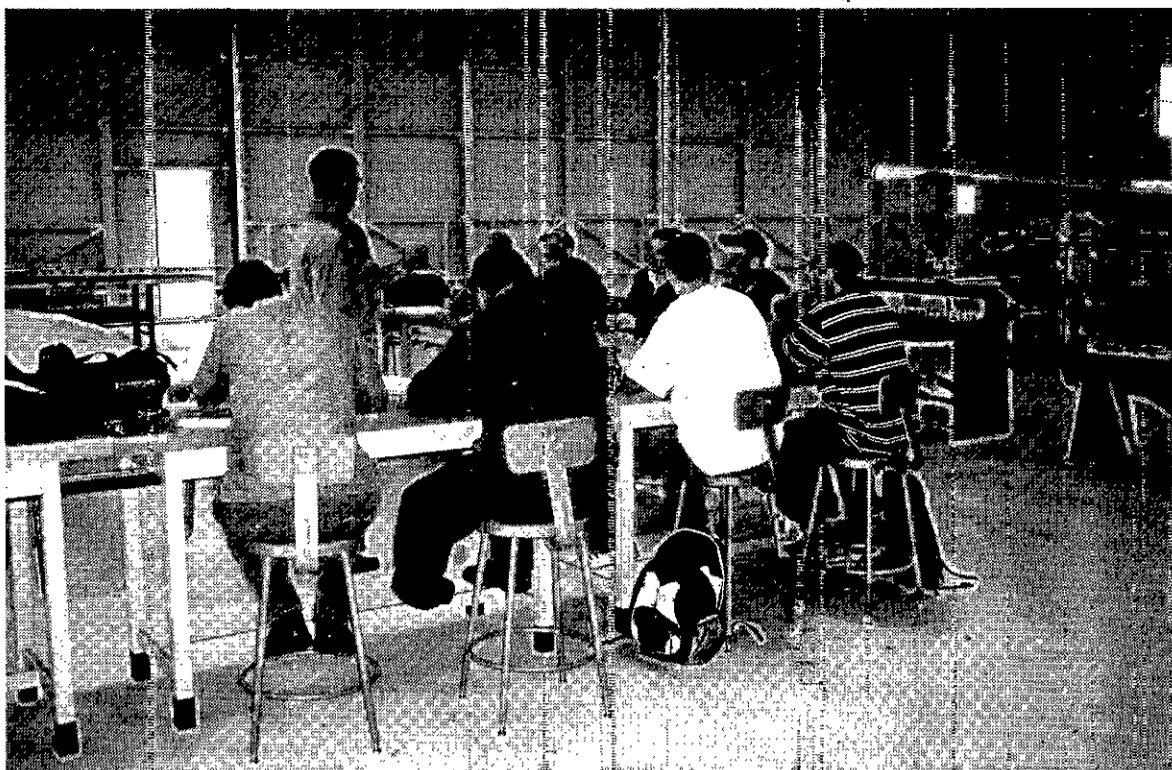
MacIntosh adds that while most of the student and staff of St. Matthew Lutheran School are Roman Catholics, the school celebrates a variety of holidays including Kwanza and Hanukkah.

Registrations are accepted on an ongoing basis until classes are filled. St. Matthew Lutheran School is located at 75 Whitehall Road in Albany. For information, call 463-6495.

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St. Matthew Lutheran School is located at 75 Whitehall Road in Albany. For information, call 463-6495.



MVCC trains aviation technicians

Ready for a career that sends you soaring? Then you are ready to enroll in the airframe and powerplant technology program at Mohawk Valley Community College. Newly minted as an FAA-certified program, MVCC's airframe and powerplant program is training the next generation of aviation technicians for promising careers.

In addition to its recent certification by the FAA, MVCC's airframe and powerplant program now features a reduced program fee, making this training more affordable than ever. Based exclusively at the Rome campus, airframe and powerplant provides students with hands-on experience, working on real equipment. Trained and certified airframe and powerplant technicians are essential to aviation safety. A & P technicians can also work as aviation inspectors, providing valuable expertise in accident investigations.

The continual increase in both commercial and private aviation means that trained technicians will be in demand across the nation. In fact, aircraft and avionics equipment mechanics and service personnel held some 154,000 jobs in 2006, with five out of six employed as aircraft mechanics and service technicians.

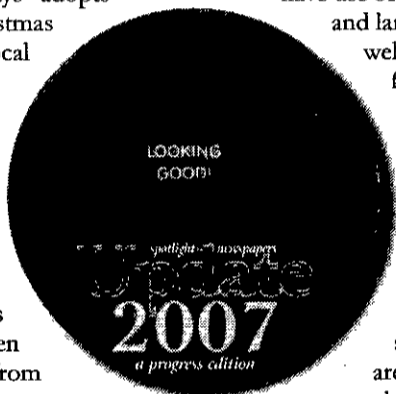
The cornerstone of the program will be the portion dedicated to on-site work in MVCC's fleet of aircraft, including a Boeing 727-100. MVCC's program is located just a short walk from Empire Aero Center, a leading aircraft maintenance and overhaul company, so career opportunities are close at hand! Contact A&P program director Walt Constantini at 315-338-7826, or visit www.mvcc.edu to learn more.

MVCC also offers many other exciting programs, leading to degrees and certificates, with several based on the Rome campus - these include culinary arts and restaurant

management, nursing, carpentry and masonry and much more. For those interested in short-term training, MVCC's Rome Campus is also home to Sage Technical Services and its tractor-trailer training academy. MVCC's Center for Community and Economic Development also offers a host of other non-credit options at the Rome campus, for both professional development and personal enrichment.

Why not visit your neighbor in Rome, the MVCC campus located at 1101 Floyd Avenue, and find out why Mohawk Valley Community College has been a community partner for more than 60 years. Visit MVCC online too, at mvcc.edu, or call MVCC at Rome, at 315-339-3470.

Mohawk Valley Community College, which has been a community partner for more than 60 years, is located at 1101 Floyd Avenue in Rome.



Coming next month

UPDATE II

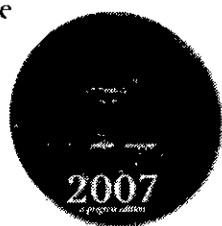
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equal educational opportunity institution

Classes starting soon. Visit www.mvcc.edu to learn more.

Climb the HILL to lifelong learning

A sure sign that spring is on its way to Bethlehem is the latest semester of HILL (The Bethlehem Humanities Institute for Lifelong Learning). Beginning Monday, Feb. 26, comes the renewal of the belief that few things can be more exciting than learning new ways of seeing the world.

HILL's ever-growing registration — now at about 900 students for its two, five-class semesters taught by local university faculty — is proof positive that for the mature residents of the area, the "University of Our Town" concept only thrives as the epitome of learning pleasure.

Again, this semester, the volunteer HILL committee has met its students' highest expectations with a level of intellectual challenge beyond anything else offered in the Capital District.

Bethlehem, whose reputation for educational excellence has always made it a desirable place to live, has for the past 14 years — through the sponsorship of HILL — made available the kind of first-rate adult learning that can boast no student needs to be left out, either in Bethlehem or in the Capital District.

Here, everything that can be done to provide adults with ever-new ways of learning is being done

at a modest cost.

This semester, and all future semesters, will be dedicated to Fred and Helen Adler, who founded HILL in 1993, and to all former HILL committee members who contributed their time and expertise to making HILL the great program it is today.

So come now and be part of our spring semester. Following is a list of upcoming classes.

• The U.S. Empire in Crisis, Monday mornings, five weeks

Monday, Feb. 26; 10 a.m. to noon; Delmar Reformed Church. Instructor: Thomas Lobe, professor of comparative politics and international politics, Union College, Ph.D., University of Michigan.

The U.S. Empire is now perceived as in crisis and disarray. States and regions are challenging US authority, power, and even our values. In Latin America, many nations openly challenge U.S. policies; China competes with the U.S. on trade, markets and diplomacy; the Europeans are increasingly separating their policies from those of the U.S. and most seriously, impinging on U.S. global energy and oil interests. U.S. policies in the Middle East seem contradictory, confused, and possibly catastrophic. U.S. policies in Israel, Pakistan, Iraq, Iran, and Afghanistan are moving

the U.S. into dead-ends. This course explores these new challenges, and examines alternative policies for the U.S.

• Critical Issues in American Education, Tuesday mornings, five weeks

Tuesday, Feb. 26; 10 a.m. to noon; Delmar Reformed Church. Instructor: Terry Weiner, professor of comparative social analysis, Union College. Ph.D., University of North Carolina.

This course will examine controversial issues and policies in American education. Some of the topics will include No Child Left Behind, the role of religion in the schools, multicultural and bilingual education, school choice and charter schools, and reforms to improve the quality of teaching (such as merit pay, tenure reform, reducing class size, alternative certification and preparing teachers in colleges).

• Jacques-Louis David and Francisco Goya: Artists in the Revolutionary Age, Tuesday evenings, eight weeks

Tuesday, Feb. 27; 1:30 to 3:30 p.m.; Delmar Reformed Church. Instructor: Warren Roberts, Distinguished Teaching Professor, University at Albany, is a cultural historian with particular interest in relationship between literature, the arts and history.

Jacques-Louis David and Francisco Goya are by general agreement the greatest artists of the Revolutionary Age. Both achieved positions of importance in years just prior to the French Revolution,

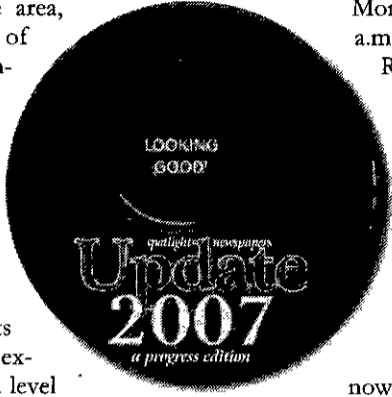
which had an immediate impact on all of Europe including Spain. Both lived through the French Revolution and the time of Napoleonic political domination, and both died in exile as a precarious calm settled over Europe after Napoleon's defeat. David died in Brussels in 1825 and Goya died in Bordeaux in 1825. Both artists had seen and experienced much in their remarkable lives. The stories of these two men and their art are inseparable from the political and ideological strife of the age in which they lived.

• American Dreams/American Nightmares: The Short Novel in Twentieth Century America, Wednesday evening, eight weeks

Wednesday, March 7; 1:30 to 3:30 p.m.; Delmar Reformed Church.

Instructor: Charlotte Goodman, professor emerita of English, Skidmore College. Taught fiction, writing, American literature and drama. Ph.D., Brandeis University.

The texts for this course will include: Henry James's *Daisy Miller*; Willa Cather's *A Lost Lady*; William Faulkner's *As I Lay Dying*; Katherine Anne Porter's *Pale Horse, Pale Rider*; Nathanael West's *Miss Lonely Hearts*; Zora Neale Hurston's *Their Eyes Were Watching God*; and Saul Bellow's *Seize the Day*. We will examine the ways in which these works depict specific cultural and historical situations, and we will also consider each author's unique contribution to such literary movements as realism, modernism, surrealism, multiculturalism and feminist criticism.



Alicia Slavis displays the forensics trophy named for her.

CBA's top forensics team has a top coach

Alicia Slavis, the forensics coach at Christian Brothers Academy, was honored by having a traveling trophy named after her.

The trophy was awarded by the Heart of New England Forensics Tournament held at Suffolk University Jan. 12-14 in Boston. It was named The Alicia Slavis Trophy and was awarded in Student Congress commemorating a lifetime of dedication and a career of coaching excellence. It was awarded by Mark McNeil, director of the Sacred Heart Speech and Debate Institute, and by J. Scott Wunn, executive director of the National Forensic League.

Slavis credits her success as a coach to the hard work and dedication of her students over the past 15 years. Each year she has students that are successful both at the local level and on the national level. They compete in speech events, debate and mock trial.

The National Forensic League hosts the top 200 students in the nation at their annual National Championship in June of each year. CBA had its first National Championship in 2001, when J.B. Horgan was the 2001 National Champion in the Senate of the National Student Congress in Oklahoma City. In 2005, John Sciuto took second place in the Senate, and Darshan Subramanian also finished second in the House of Representatives in Philadelphia. CBA students have repeatedly placed in the top 10 in the past 10 years.

The National Catholic Forensic League also has an annual Grand Tournament on Memorial Day weekend.

CBA has again had seven students in the top 10 in the nation who have excelled in Students Congress and Extemporaneous Speaking. In 2004, the CBA Team won the National Championship in Boston and was the recipient of the Dr. Paul E. Ward Memorial Award for Excellence in Student Congress. In addition the National Congress Tournament of Champions hosts the top 70 students in congress each year in Lexington, Ky. In 2005, CBA had five students in the top 10.

As members of the New York State Forensic League, the CBA Congress Team won the State Championship in 2002, 2003, 2005, and 2005. JB Horgan was the state champion in Student Congress in 2001, Ben Seymour in 2002, John Sciuto in 2003 and Michael Boyle in 2004. In addition JT McDaniel was the state champion in Junior Varsity Extemporaneous Speaking in 2004.

Slavis is co-director of the New York State Forensic League, Diocesan (Albany) Director of the Catholic Forensic League and a member of the board of directors of the National Congress Tournament of Champions. She is the director of the Yale Student Congress and serves on the Tab Staff at George Mason University and Heart of New England. In 2006, she was named a mentor of the Forensics Program at George Mason University in Fairfax, Va., for her dedication to students. Slavis also received her second Diamond Degree, an honor bestowed on coaches by the National Forensic League for coaching excellence, in Dallas, Texas last June.



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Assistants help patients achieve success

Maria College offers Capital District's only occupational therapy assistant program

If you are looking for a career in a field that is growing and you have a strong desire to help people, becoming an occupational therapy assistant (OTA) may be for you. Most OTA jobs are in hospitals, the offices of other health care practitioners and nursing care facilities. OTAs are in high demand locally, and many out-of-the-area healthcare facilities offer incentives for relocation. OTAs are required to have an associate's degree or a certificate from an accredited community college or technical school. Maria College has the only occupational therapy assistant program in

the Capital District and offers day and weekend course options.

An OTA helps guide and teach patients how to perform every day functions that most of us take for granted. Imagine if you could not tie your shoes, dress yourself, answer a phone, open an envelope, or even hold a spoon to eat due to work-related injuries, an accident, a stroke or a developmental disability. OTAs help patients practice the skills they need for these and many more occupations of daily life, giving hope and opportunity to those who need it most. Helping patients of any age adapt to the challenges of living with a disability and to gain personal independence are major goals for both the patient and the therapist.

What specific tasks do OTAs perform? They help clients with

activities and exercises specified in a treatment plan developed with an occupational therapist. OTAs work under the direction of occupational therapists and play a supporting role. Most occupational therapy departments employ one or two OTAs. Levels of responsibility vary between different occupational therapy departments. Some responsibilities include:

- supporting clients to help them progress toward the targets agreed to with the occupational therapist;
- conducting simple needs assessments;
- performing initial interviews

with patients or caregivers to obtain information and reporting back to the occupational therapist;

- making observations on patient progress;
- showing clients how to use equipment, checking its availability and correct functioning;
- leading group activities; and
- updating patient records and completing other administrative functions.

Maria College's occupational therapy assistant program is accredited by the Accreditation Council for Occupational Therapy Education, making graduates qualified to sit for

the certification exam given by the National Board for Certification in Occupational Therapy. Graduates also are qualified to apply for their state license, which is a professional and legal requirement for practice. Credits earned in the Maria College program are fully transferable to the occupational therapy bachelor's degree programs at Russell Sage College and Utica College.

For more information about the Maria College occupational therapy assistant program, log onto www.mariacollege.edu or call the admissions department at 518-438-3111, ext. 217.



Head of School Jake Shepard speaks with students at Brown School.

Brown's positive impact: A testimonial

The following is taken from a letter written by a former Brown School parent about how a Brown School education affected one family.

The parent wrote:

Our son, who now attends a local public high school, was a Brown School student from kindergarten through grade eight. He was a good student at Brown and we were very proud of his achievements there.

As parents, you constantly try to do what's best for your child, but you're not always sure which decisions were really good ones.

We came to Brown in 1996 because I was going back to work and was looking for full-day kindergarten. I was a very overprotective mom and was petrified about bus schedules, after-school care, etc. Brown offered what I called "one-stop-shopping."

I brought him there in the morning, myself, and he stayed in one secure location until my husband picked him up at the end of the day.

We fell in love with the atmosphere and the faculty and the learning, and never moved our son back to public school, though it had been our intention to do that. He thrived in that secure atmosphere and it became like his second home. It was a great environment to learn in.

When eighth grade began, I started worrying about his transition to high school. I spoke with the head of the Upper School about my concerns and was assured that it would be all right. The assessment was correct; the transition went ex-

tremely well.

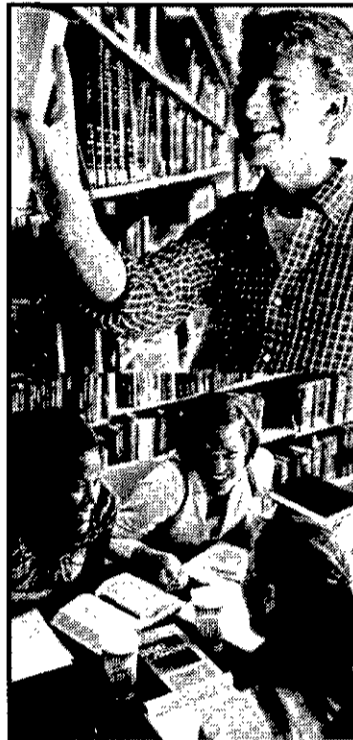
Because of his Brown School preparation, our son, who is now in 10th grade, is excelling in Spanish, receives high marks in an advanced math class, and happily meets the challenge of his "project lead-the-way" engineering sequence. He carries a 98+ average in all of his classes, and earns 100's in some, and he gets along well socially.

I'm not writing this to brag about my son, but I will brag about Brown School and the great elementary education that has provided an excellent base for lifelong learning. From testing that makes you think and write; rather than guess from multiple answers; to activities that stimulate the creative process, to the secure environment where the child feels comfortable so is better able to learn; to high expectations of being respectful of adults and other students; Brown School has no equal.

Brown School, a co-educational, independent school enrolling students from nursery through grade eight, was founded in Schenectady in 1893. Brown School students reside throughout the greater Capital District.

The culture of the school is reflected in its outstanding curriculum and teaching, nurturing atmosphere, school events, decision-making and the active role of families, parents and alumni.

More information about Brown School's open house is available through admissions director Joan Marzitelli Brooks at 370-0366. The Web site is www.brownschool.org.



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- ** CBA has many activities outside the classroom that include sports, band, forensics, debate team, academic team, ski club, drill team, and community service groups.
- ** Joseph Zabinski '06 is a winner of the National Merit Scholarship Program.
- ** The CBA JROTC program is a "Honor Unit with distinction" that promotes responsibility, self discipline, leadership skills and commitment to family and community.

Rolling Admissions Grades 6-11

To reserve your seat for the exam or for more information contact
Dave Doemel '97 - Admissions Office (518) 452-9809 ext. 3



St. Pius X continues to thrive in Loudonville

St. Pius X Catholic School, just over a mile south of Siena College off of Crumitie Road in Loudonville, welcomes more than 625 students each day in grades Pre-K through 8. That enrollment makes St. Pius X the largest Catholic school in the Albany Diocese, as well as the largest non-public school in the Capital District, according to *Business Weekly*.

Principal Dennis Mullahy said the school, which at one time provided Catholic education for mostly local students who often walked there, now serves children from 26 different school districts from the region. In addition to the many students from North and South Counties, the school community includes nearly 100 students from the Shenendehowa School District in Clifton Park, as well as students from Guelderland, Niskayuna, Averill Park, North and East Greenbush, Wynatskill, Menands, Watervliet, Ravena, Bethlehem and Albany.

When asked why he thinks St. Pius X School continues to thrive more than 50 years after it was founded, Mullahy credits the school's philosophy of teaching Catholic/Christian values within a very safe and caring environment, along with the school's efforts to keep tuition costs as low as possible for their families.

"It seems that more than ever, parents are seeking a place where their children can receive an outstanding education that prepares them for the future not only academically but spiritually," Mullahy said. "Our parents want their children in a school that reinforces the values that they share with their children at home. They recognize the great value in that, and to them St. Pius X is an invest-

ment in their children's future."

Mullahy also credits the success of the school to his faculty and staff.

"We are very fortunate to have such highly talented and dedicated teachers who know each child and family individually and who work hard to make each student's experience with us successful, rewarding and fun," he said.

"While many families are drawn to the school initially for its Catholic/Christian values, they become even more excited when they tour our campus that includes Pre-K for three different age groups, three sections of each grade level K-6, two sections of seventh grade and two sections of eighth grade. Two modern technology labs and a new library/media center were added to the school several years ago, along with additional classroom space. Once families enter the school for the first time, they are a bit surprised to see how large we really are. But despite our size, we are really just an extended family where it seems that everybody knows and cares for everybody else."

To learn more about St. Pius X School, call 465-4539 or visit the Web site at stpiusx.nycap.rr.com.

"Our parents want their children in a school that reinforces the values that they share with their children at home."

Dennis Mullahy

Choosing the right tutor as easy as ABC

According to the Education Industry Association, the demand for tutoring has increased 15 percent to 18 percent in the past year, compared to single-digit growth previously. As a result, the number of tutors has also increased dramatically. Before entrusting your child's academic future to someone, it's important to make sure that person is the best qualified to meet your child's needs.

Sylvan Learning Center, the leading provider of in-center and live, online tutoring at home to students of all ages and skill levels, offers easy tips for parents to use when choosing effective tutors.

- Make sure the tutor is licensed or certified. Tutors will need the proper qualifications to assess, diagnose and tutor to a child's weakness.
- Look for a tutor with experience teaching children the same age as your child.
- Request an assessment. An individualized analysis of a student's strengths and weaknesses can de-

termine a child's needs and help set goals. Also, insist on progress updates as a child passes through each step of the tutoring program.

- Define your goals. Are you trying to keep your child from failing? Are you looking to challenge a child who is already doing well in school? Be sure your tutor understands your objective and is skilled enough to meet it.

- Find a tutor with specific expertise in the subject of your choosing. Just because someone is a math genius, it doesn't mean he is qualified to teach other subjects.

- Make a personality match. Determine what kind of teacher the student has excelled with previously.

- Ask tutors how they will help your child master a specific skill. A good tutor will require that a child learn a specific skill before advancing to the next academic level. Find a tutor who will work with parents and teachers to create an individual program.

- Ask prospective tutors for references from previous employers

and students, or hire a respected tutoring company.

- Get recommendations for tutors from family and friends.

Learning feels good at Sylvan Learning Center, the leading provider of in-center and live, online tutoring at home to students of all ages and skill levels.

With more than 25 years of experience and nearly 1,200 centers located throughout North America, Sylvan Learning Center has positively changed the lives of more than 2 million students and families. Sylvan's trained and certified teachers provide personalized instruction in reading, writing, mathematics, study skills and test-prep for college entrance and state exams. At Sylvan, students develop the skills to do better in school and the confidence to do better in everything else.

For information about Sylvan, call 1-800-EDUCATE or visit Sylvan's tutoring Web site at www.educate.com/info.

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A haven for boys

For 44 years, Saint Gregory's has served the area as the only all-boys Catholic school (grades one to eight). A co-ed program is available for students in nursery through kindergarten.

Recent and developing research indicates that boys excel academically, grow emotionally and socially, compete athletically and develop an appreciation and interest in the arts in a single-sex environment.

Recent and developing research indicates that boys excel academically in a single-sex environment.

The following is a listing, in no particular order, of what our parents appreciate and value at the school.

The spiritual emphasis of the school fosters the development

of respectful, moral young men.

Saint Gregory's School fosters independent thinking, learning, leadership and scholarship through small classes – the average size is 15.

Saint Gregory's has a dedicated and professional staff. Homework club, peer-to-peer support, tutoring and advising are available to all students.

The school offers strong and competitive athletics beginning in third grade. An able coaching staff fosters good sportsmanship and teamwork. This past fall, the seventh- and eighth-grade soccer team was undefeated.

The academic program is balanced with a rich art, music and humanities program. Instrumental music instruction is available.

Saint Gregory's cultivates the integrity, confidence and character of its students by valuing social responsibility, leadership and community involvement. Community service is encouraged both on an individual and school-wide basis.

Students have been recognized and have participated in two nationally renowned programs, The Center for Talented Youth and The Junior National Young Scholars Leadership Program. The boys who have participated learned valuable lessons through the experience.

The school has created two honor rolls to recognize academic achievement: one for scholarship and another for conduct and effort.

Boys have the opportunity to study French and Spanish from pre-kindergarten to eighth grade, and add Latin to their curriculum in seventh and eighth grade.

Older and younger boys interact routinely, whether in recreation, after-school programs, as book buddies or writing pals. Where else will you see an eighth grader talking to a kindergarten student or a sixth grader playing catch with some second graders?

The use of technology is encouraged throughout the curriculum. The boys become proficient in keyboarding, PowerPoint presentations, and research and report preparation.

The foundation that Saint Gregory's builds throughout the program supports the development of boys into young men, confident in their abilities and well prepared for the challenges of secondary school.

Our boys go on to become successful, happy, confident men, leaders in their community.

The school invites anyone who would like to learn more about the unique opportunities we offer our students to please contact us at 785-6621 or on the Web at www.saintgregoryschool.org. St. Gregory's is located on Old Niskayuna Road in Loudonville.

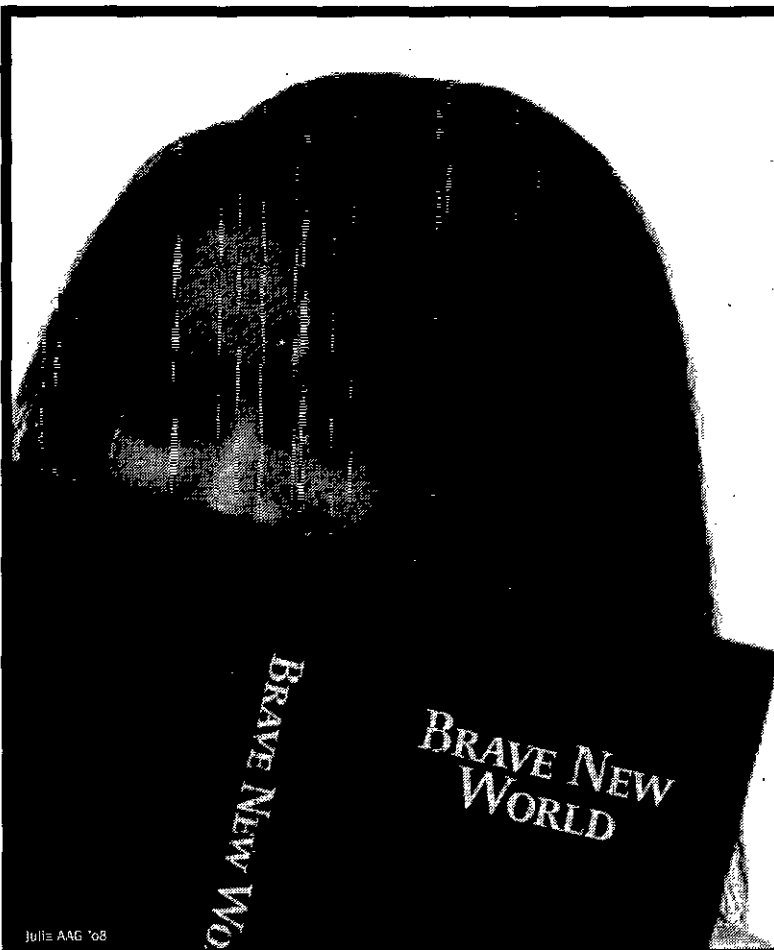


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Building futures and investing in facilities

Cazenovia College implements a number of facility improvements aimed at improving student life on campus

While there is no question that maintaining the quality of education offered is Cazenovia College's highest priority, the college is also determined to make the necessary investments aimed at improving the quality of life for its students. These investments or upgrades include academic buildings, as well as facilities that contribute to the quality of student life such as student centers, residence halls and dining halls.

There's a new air on campus, a new spring in the steps of students. The reason – the remodeled Hubbard Dining Hall, the new Student Center in Chapman Hall, and apartment-style living in Shove Suites.

The college's new apartment-style residence hall, Shove Suites, was formally opened at a ribbon-cutting ceremony during Family Weekend in September 2006. Students who moved in at the start of the semester in August were the initial residents of the first building on campus that contains all-suite living

areas. Each suite in Shove consists of two to five single bedrooms, a living room/kitchenette, common area and a bathroom.

C. Joseph Behan, vice president for student development and dean for student life, urged its first occupants to "create customs and traditions of living that will pave the way for future generations of Shove Suites residents."

Directly following commencement activities in late May 2006, work began to improve the existing dining hall in order for the college to improve the quality of the dining experience for its students. With design assistance from an alumna,

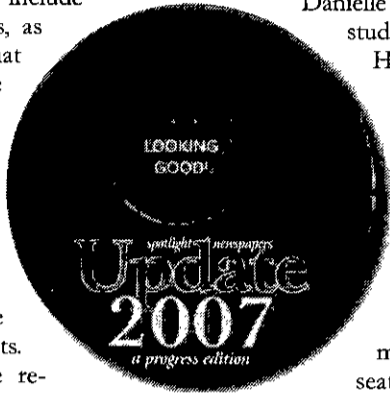
Danielle Gerard, and two students – Tiffany Heath and Kara Howard – the Hubbard Dining Hall opened this past August. This remodeled facility has become a warm and inviting space with many different seating options, suitable for regular student and staff meals, as well as banquets and formal receptions.

In the new Student Center in Chapman Hall, students have been enjoying the snack bar area/café, recreation room and big-screen television since the facility opened this past September. The Student Center is meeting the needs of Cazenovia College student clubs and organizations, as well as providing



a venue for general recreation and social interaction for students. It has become a new hub for campus life – a vital, vibrant center for student life and student activities.

According to President Mark J. Tierno, "Cazenovia College's board of trustees has made a commitment to improving student life on campus. These improvements are not only advancements in the quality of life for Cazenovia College students; they are investments in the future of Cazenovia College."



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The Music Studio celebrates 30 years with a song

The Music Studio is turning 30 this year and, according to its director Noel Liberty, the celebration plan is simple.

"Music," said Liberty, "followed by more music and then if there's time, we'll squeeze in a bit more music."

There's a reason for her focus on music. The 30-year-old music school she founded has provided group and private piano instruction to thousands of students since it was established in the old Roessleville School, located at 1237 Central Ave.

Liberty said that a number of those students have stayed in touch with their former teachers long after having finished lessons and, in fact, many now bring their own children to classes. This is a reverse image, Liberty said, of the many parents with no musical background who opt to enroll in adult classes at the school after having watched their children's instruction.

"There is a long tradition of family participation at The Music Studio," Liberty said. "That I know helps contribute to the school's longevity and, more importantly, increases our students' enjoyment. So when I say there will be lots of music, I mean there will be lots of music for the entire family."

As in past birthday concerts, performers will include current and former students matched with professional musicians, who, in some cases, may also be former students.

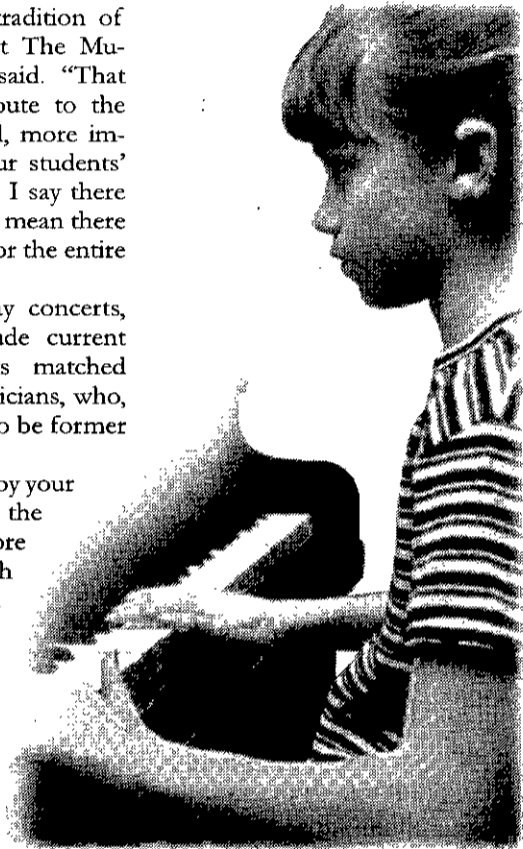
"Music performed by your own students makes the celebration much more special and so much sweeter," said Liberty. "It celebrates what

our 30 years have been about by involving the people who played the largest roles: our students, their families and our teachers."

Liberty said that in planning for the celebration, she's looked closely at all three of those groups. In doing so, she has been struck by a common theme.

"We've been so fortunate. Our students, even the youngest ones, really give their all. Then their families, not just their parents and siblings, but often aunts, uncles and grandparents too, do incredible things to support them. We want to thank the families for everything they do for their children, and other people's children as well; and we use the language we know best: music," said Liberty.

The music is actually a concert, with students of The Music Studio performing with members of the Albany Symphony Orchestra under the baton of David Alan Miller.



"Working with professional musicians, which our students have had many opportunities to do over the years, brings immense focus and energy to the process of making music. Our students learn they can do things they never thought possible. They amaze themselves. They amaze us," said Liberty. "And birthdays should be sort of amazing."

Limited numbers of free tickets to the concert, which will be held on May 19 at 3 p.m., at Troy Savings Bank Music Hall, will be

available after April 15 by calling The Music Studio office at 459-7799.

"Our students learn they can do things they never thought possible. They amaze themselves. They amaze us."

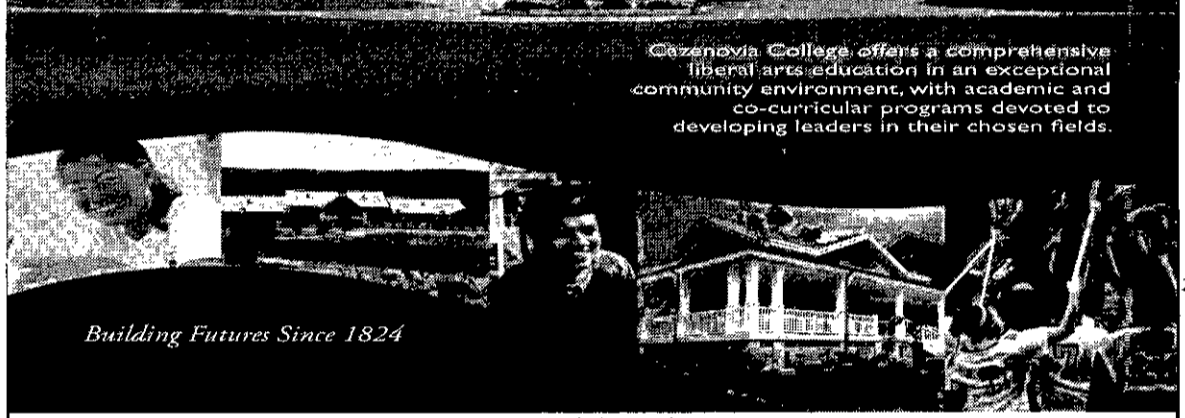
Noel Liberty



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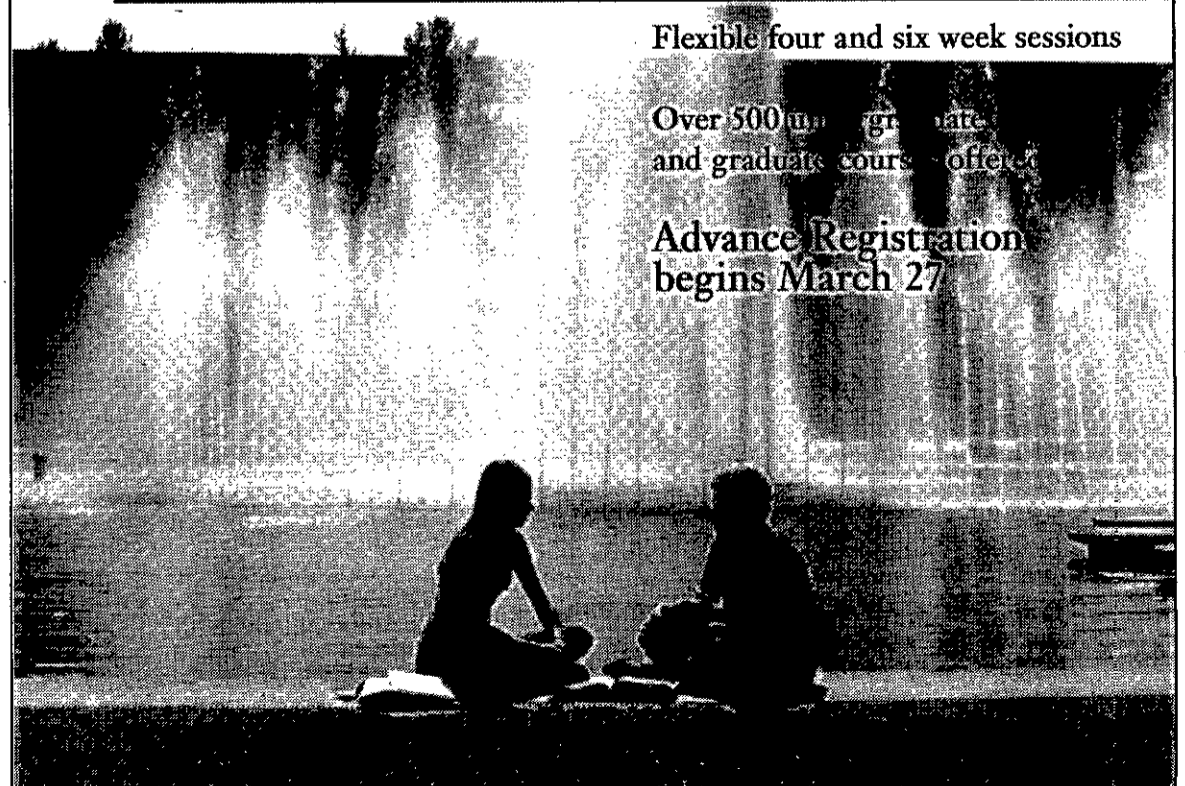
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Day Session | Ages 13-15

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PRIME PROPERTIES

Family stays at helm of Crisafulli Bros. as it grows

Editor's Note: The following article should have run in the Update I supplement found in this week's issue.

By JESSICA HARDING
hardingj@spotlightnews.com
Crisafulli Brothers plumbing, heating and air-conditioning based

in Albany has the resources and knowledge of a big national company with the personality of a small one.

The third-generation, family-

owned business has more than 60 employees and 30 vehicles on the road. Many of the company's employees are North American Technician Excellence - NATE - certified, educated in energy efficient practices and able to work on energy saving equipment.

Crisafulli staff is available 24 hours a day, seven days a week, and most employees have been working with the company for more than 10 years.

President of the company Andrea Crisafulli Russo just voted the top plumbing and heating company in the area by *Capital Region Living*.

Despite the recognition, Russo said the company's main focus is on customer service and retaining its local feel.

"We, our employees of the community, our employees are involved in Little League. We aren't looking to travel farther or grow larger. We believe in being part of the area. It's how we were founded," Russo said.

Crisafulli Brothers has been around for almost 70 years and is one of the few remaining family owned plumbing and heating companies in the Capital District. Russo said if you call the company, you will most likely speak with a member of the family.

Russo said employees who go into customers' homes to fix one problem are encouraged to look for other would-be problems, including leaky faucets and running toilets.

"Preventative maintenance continues to be a focus for us," Russo said.

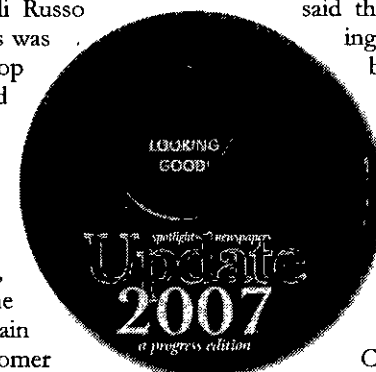
The company is working on updating its customer service agreements. A benefit of having a customer service agreement with Crisafulli Brothers is that you become a priority customer. Russo said the company is working on improving those benefits.

While Crisafulli Brothers primarily works on residential equipment, the business has contracts with several school districts, including Amsterdam schools, Catskill schools and Shenendehowa Central Schools.

Russo said the company also uses the latest energy efficient products on the market, including tankless water heaters and high efficiency furnaces and boilers.

In this family business, Russo's brother Dan Crisafulli is her partner.

Crisafulli Brothers is located at 520 Livingston Ave., Albany. The telephone number is 449-1782. For information, visit the Web site at www.crisbro.com.



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Obituaries *in the* Spotlight

Frederic J. Frattura

Fred "Fast Fred" Frattura, 61, of Glenmont, died Wednesday, Jan. 24, at home.

Born in Albany, he was the owner and operator of Frattura's Used Cars in Rensselaer for the past 35 years. "Fast Fred" was an avid Nascar fan and enthusiast and loved to cruise with his classic cars. He received a bi-lateral lung transplant in 1998 providing him and his family with nine more gifted years.

Survivors include his wife of 40 years, Joan M. Frattura; two daughters, Amy E. Shultes of Ravena and Nancy J. Burlingame of East Greenbush; one son, John Frattura of Morresville, N.C.; three brothers, Donald Mooney, James Mooney, and Michael Mooney; two sisters, Susan Tiemann and Sandie Frattura; and seven grandchildren.

Services were from the Applebee Funeral Home, Delmar. Contributions in his memory can be made to the Albany Medical Center Dept. of Medicine Fund, 43 New Scotland Ave., 12208, the Albany Medical Center Pulmonary Division Continuing Education Fund, c/o Dr. Scott Beegle, Albany Medical College 47 New Scotland Ave., Albany 12208-MC91 or the Brigham and Woman's Lung Transplant Unit, c/o Kathy Boyle, 75 Francis St., Boston, Mass., 02115.

Adele Mendleson

Adele Mendleson, 66, of Delmar, died Friday, Jan. 26, at her home.

Born in Los Angeles, she was afflicted with cerebral palsy. She was a longtime client of the Center for Disability Services and resided at Rielly House since its inception 19 years ago.

She was a longtime communicant of St. Thomas the Apostle Church in Delmar where she was very active in various church activities and had many friends and supporters. She had been a lay apostolate of the Order of Franciscan Missions and had taught at the Holy Cross School.

Survivors include two brothers, Ira Mendleson III of East Greenbush and Peter Judson Mendleson of Ballston Spa; sister-in-law, Susan Mendleson of Albany; friend, advocate and companion, Elizabeth Kerins. Services were from the Applebee Funeral Home of Delmar. Contributions can be made to the Center for Disability Services, 314 South Manning Blvd., Albany, NY 12208.

Thomas J. Murphy

Thomas J. Murphy, 61, of Altamont, died Friday, Jan. 26, at St. Peter's Hospital in Albany.

Born in Albany, he was a graduate of Siena College in Loudonville and a veteran of the U. S. Navy. He had lived in Altamont since 1971. He worked his entire life in his family's business and was currently owner and president of Murphy

Overhead Doors in Colonie. He loved his work and also enjoyed being home with family, his pets and the time he was able to spend with his grandchildren.

Survivors include his wife, Linda Harden Murphy; two daughters, Cindy Moore of Altamont and Cheryl Saccocio of Colonie; three sisters, Patricia Napierski of Guilderland, Carol Mendel of Cohoes, Mary Ellen Majkut of Guilderland; and four grandchildren.

Services were from the Reilly & Son Funeral Home of Voorheesville. Contributions in his memory can be made to the American Cancer Society

Kenneth J. Brooks

Kenneth J. Brooks, 57, Slingerlands, died Dec. 11. He was the husband of the late Linda Lee Allen. He was a good friend of Deborah West of Saratoga Springs. He worked for the state Legislature in the bill drafting commission. Services were from the Meyers Funeral Home in Delmar.

Harlen W. Metz, Jr.

Harlen W. Metz Jr., 68, of Glenmont, died Friday, Jan. 26, at St. Peter's Hospital.

Born in Glenmont in 1938, he served his country in the U.S. Air Force during the Korean War. He worked for many years as an excavating contractor and was the owner and operator of H.W. Metz General Contracting. He was a 45 year member of the Selkirk Fire Dept. He served as district chief for 14 years and held various positions with the fire department. He was an honorary member of Coeymans Fire Co. #1 and a member of the Town of Bethlehem Fire Officers Association. He enjoyed camping and fishing. He was an avid Nascar fan and loved going to races.

Survivors include his wife, Patricia Metz; a son, John Metz and a daughter, Pam Durfee.

Services were from the Applebee Funeral Home, Delmar. Contributions in his memory may be made to Selkirk Fire Co. number two, 301 Glenmont Road., Glenmont 12077 or the Bethlehem Volunteer Ambulance, 1121 Route 9W, Selkirk 12158.

Mary M. DeVellis

Mary M. DeVellis, 101, of Selkirk, died Jan. 25, in her sleep.

Born in 1905 in Carthage she lived in Selkirk for 76 years where she also ran her own business as a hairdresser for 30 years. Her kitchen was the gathering place for family and friends to enjoy her home cooked meals and hear the many stories from her past.

Survivors include three sisters, Anna Ameroise and Helen Countryman of Carthage; and Ann Geng of Wisconsin; seven grandchildren; 12 great-grandchildren; three great-great-grandchildren.

Services were from the Chicorelli Funeral Home, Albany. Contributions in her memory can be made to the American Diabetes Association.



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Milestones *in the* Spotlight

Births '06

Albany Medical Center

Boy, Thomas Andrew Bishop, son of Jennifer Schumann of Voorheesville, and Thomas Bishop of Albany, Aug. 27.

Girl, Kirsten Miller Phang, daughter of Melissa Dalzell and Robert Phang of Glenmont, July 3.

Boy, Sean Patrick Gerard Sill II, son of Angel Case Martinez of Feura Bush and Sean Sill of Selkirk, July 13.

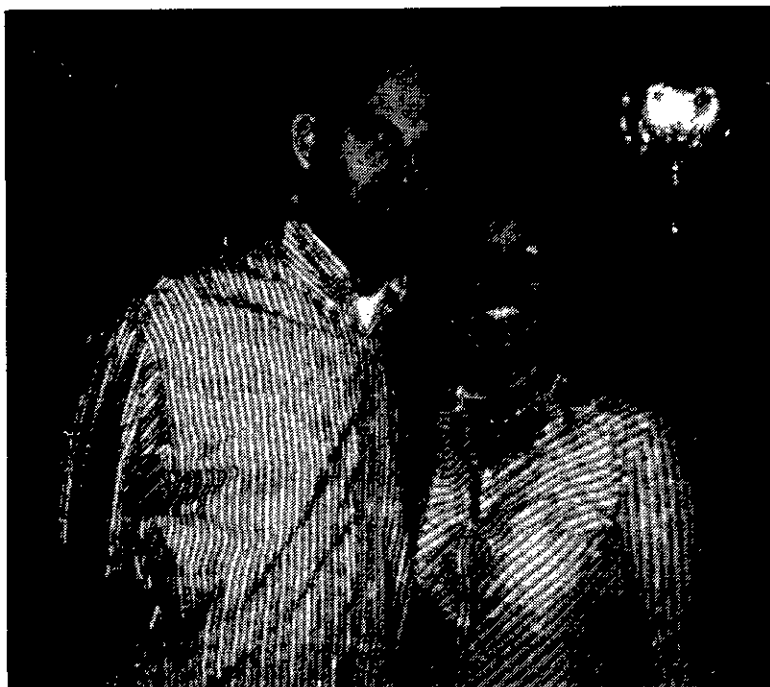
Girl, Addison Hayes Vogel, daughter of Jody and Jason Vogel of Selkirk, July 19.

Girl, Megan Rae Barnes, daughter of Jane and Chip Barnes of Delmar, July 25.

Boy, Brian Charles Carrothers Jr, son of Jennifer and Brian Carrothers Sr. of Clarksville, July 27.

Girl, Abigail Anne LaPlante, daughter of Amy and Steven LaPlante of Selkirk, July 27.

Girl, Rachel Eleanor Hammond, daughter of Jennifer and Jason Hammond of Glenmont, July 29.



Brent Gilbert and Deborah Thompson

Thompson, Gilbert engaged

Deborah Thompson, daughter of Radney and Carol Thompson of Rochester, Minn., and Brent Gilbert, son of Harold and Ruth Gilbert of Niskayuna, are engaged to be married.

The bride-to-be is a graduate of Occidental College and is currently a graduate student at Thunderbird, the Garvin

School of International Management in Phoenix, Ariz.

The future groom is a graduate of Niskayuna High School, the University of Rochester and the University of Delaware.

He is currently a graduate student in Raleigh, N.C.

The couple plans an Au. 4 wedding.



Caroline and Jonathan Cooke

Smith, Cooke wed

Caroline Smith, daughter of Kay and Maureen Smith of Stuarts Draft, Va., and Jonathan Cooke, son of Donald and Anne Cooke of Selkirk, were married May 20.

The ceremony was performed by the Rev. Doug Reed at All Soul's Church in Columbia, N.C.

A reception followed on the beach at Nags Head, N.C.

The maid of honor was Heather Bainbridge.

The best man was Ethan Eldridge.

The bride is a graduate of the University of Connecticut. She is a registered dietitian at Rockville General Hospital in Vernon, Conn.

The groom is a graduate of Bethlehem Central High School and Eastern Connecticut State University. He is a QCW painter for the University of Connecticut in Storrs, Conn.

After a honeymoon to Nags Head, N.C., the couple resides in Willimantic, Conn.

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Entertainment *in the* Spotlight

By JENNIFER FARNSWORTH

A message of acceptance, an eclectic cast of high school students and dedicated theater professionals have all come together to bring Disney's "High School Musical" to life.

C-R Kids Productions at the historic Cohoes City Music Hall is presenting the musical.

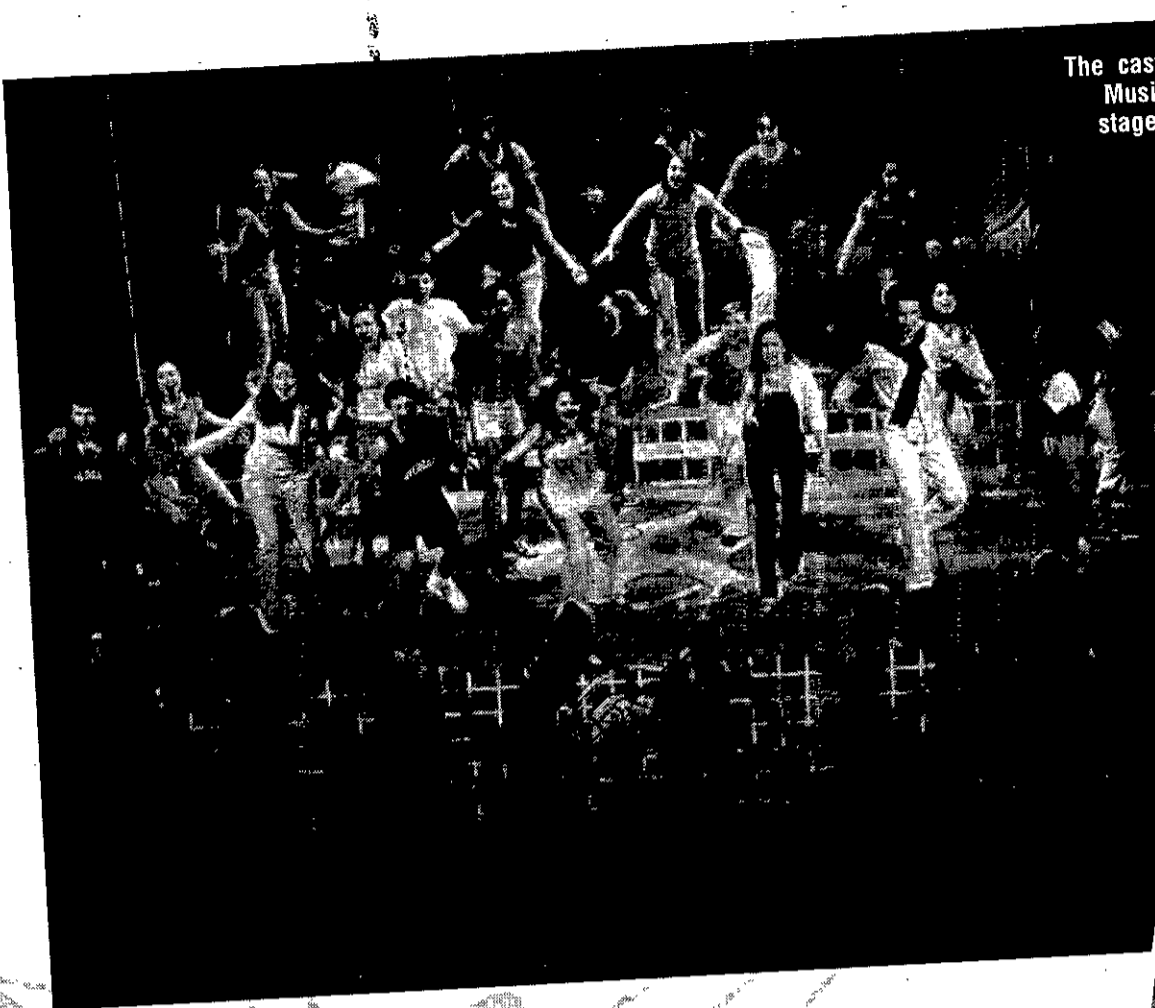
"The first time I watched the movie it was like watching a marriage between 'Grease' and 'Fame.' I called a friend at Disney and said I have to bring this to our stage," said Tony Rivera, co-founder of C-R Productions and director of the show.

C-R Productions is a nonprofit cultural and educational organization founded in 2002 by Artistic Director Jim Charles and Rivera.

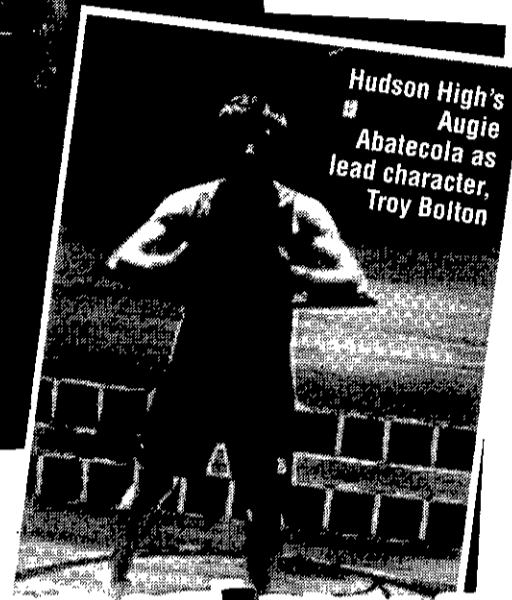
Through this C-R Kids Production, students are afforded an opportunity to work with professional directors, musical directors, costume designers, and set designers.

"The students were advised they would be treated as professional, the same way we treat our adult performers, and they have thrived from it," said Rivera.

The worldwide popularity of Disney's "High School Musical" has become somewhat of a phenomenon, bringing new life to high school drama clubs across the country. Rivera said shortly after publicizing tryouts, more than 175 students from the region responded. The two days of actual tryouts, more than 200 teens came in hopes of



The cast of "High School Musical" takes to the stage at Cohoes Music Hall.



Hudson High's Augie Abatecola as lead character, Troy Bolton

Home Team Advantage

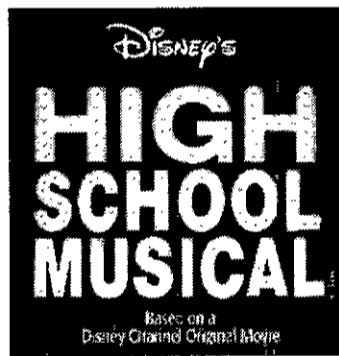
C-R Productions stages local talent in popular Disney musical

winning a part in the production.

"We were one of the first companies nationally to announce we were producing the show. The number of students who showed up and the range of talent were incredible," said Rivera.

The story in of the show resonates with teens

as it tells the tale of a high school basketball star, Troy Bolton, and a brainiac, Gabriella Montez, whose worlds come together during tryouts for the high school's musical. Their friends discourage them from trying out because it is stepping out of their



character. It is a story of labels, comfort and cliques that teens struggle with in school and how they can overcome those boundaries.

Academy of Holy Names sophomore Alexa Veeder plays the female lead, Gabriella, and says the experience has been amazing,

"I love it, it's been so much fun. It is a great cast that works well together. With so many of us from all over it's been interesting to see how well we have all come together," said

Veeder.

Veeder has performed with the Park Playhouse II and the Green Room Players.

"This is my first time at the Cohoes Music Hall and I have learned so much here," said Veeder.

Augie Abatecola of Hudson High School is playing the male lead, Troy. Abatecola is a junior who has previously performed in "Ragtime" for C-R Productions. He said the experience has been not only exciting but he has learned a lot as well.

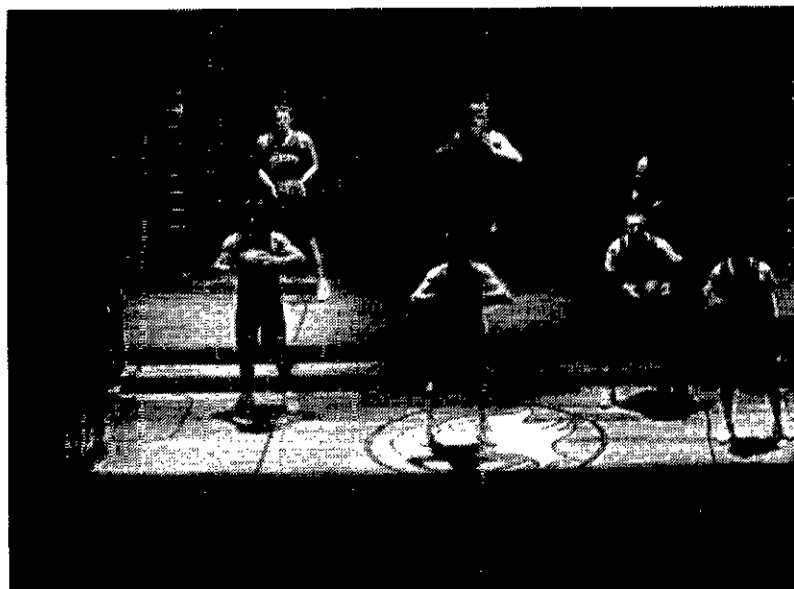
Other members of the cast include Shenendehowa's Cara O'Brien, Colleen Trainor, Tommy Swimm, Kasey Scanlon and Christina Manion; Brittanie La France of Saratoga High School, Olivia Baaches of Shaker High School, Rivera said that through the play, the audience has a chance to feel more involved with the characters.

"The kids really seem to get the message in this show. The casting for the play came at a time when there was so much negativity in the news about our schools, like the schoolhouse shooting in Pennsylvania. We had so many calls from people in our community saying they were happy to see the theater bring such a positive light and outlet for our children," said Rivera.

"Each part in the show had two or three students who a good fit, it was hard to choose," said Rivera.

The show will run Thursday and Friday, Feb. 1 and 2 at 8 p.m. and Sunday, Feb. 4 at 2.

For information, visit www.cohoesmusichall.com.



Cast members perform during "High School Musical."

NYS Theatre Institute NYSTI

Educator Viewing Schedule: Jan 25, 26, 28, 29, 30, 31, Feb 1

2 PM : Sun, Feb 4, 11
8 PM : Fri, Feb 9, 16
Sat, Feb 10, 17
10 AM : Weekdays - Feb 2, 6, 7, 8, 9, 13, 14, 15

*Sign language interpreted

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Arts & Entertainment

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HIGH SCHOOL MUSICAL

Disney Channel movie becomes a play, presented by Cohoes Music Hall, 58 Remsen St., Cohoes, through Feb. 4, \$10-\$15. Information, 237-5858.

ORDEAL BY INNOCENCE

Agatha Christie play presented by New York State Theater Institute, Schacht Fine Arts Center, Russell Sage College, Troy, Feb. 2-17, \$20 adults, \$16 seniors and students, \$10 children 12 and under. Information, 274-3256.

TAKE ME OUT

Baseball-based drama about a player who makes surprising disclosure, presented by Capital Repertory Theater, 111 North Pearl St., Albany, through Feb. 17, \$34-\$42. Information, 445-7469.

WITNESS FOR THE PROSECUTION

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

Music

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.

THE HOLMES BROTHERS & SHEMEKIA COPELAND

Two blues/gospel legends, Feb. 3, 7 p.m.,

The Egg, Empire State Plaza, Albany, \$24. Information, 473-1845.

ROB JONAS

CD release party, Feb. 3, 7 p.m., Arthur's Market and World Village Café, 35 North Ferry St., Schenectady, free. Information, 382-1938.

ERNE 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.

DAVE ALVIN AND THE GUILTY MEN

Roots rockers, with James McMurtry opening, Feb. 3, 9 p.m., Revolution Hall, River Street, Troy, \$20. Information, 274-0553.

KAMIKAZE HEARTS

Capital District acoustic rock at its best, Feb. 3, 9 p.m., Tess' Lark Tavern, 453

Madison Avenue, Albany. Information, 463-9779.

JOSH RITTER AND STEPHEN KELLOGG

Two singer-songwriters, Feb. 6, 7:30 p.m., The Egg, Empire State Plaza, Albany, \$24. Information, 473-1845.

Comedy

CHRISTOPHER TITUS

Former TV comedian returns to the stage, Feb. 10, 8 p.m., Palace Theatre, corner of Clinton Avenue and North Pearl Street, Albany, \$34.50. Information, 476-1000.

GEORGE CARLIN

Comedic legend, Feb. 24, 8 p.m., Proctor's Theatre, State Street, Schenectady, \$29.50-\$44.50. Information, 346-6204.

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; "Paul Cushman: Thy Work and World of a New York State Potter, 1800-1850," through May 27; "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

Spirit 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

"Passion for Art," featuring works by Colonie Art League members, through April 30, 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 Ronnie 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

"Battleground 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.

THE HYDE COLLECTION

"Seeing David Smith: Photographs by Dan Budnik," through Feb. 25; "Rembrandt: The Consummate Etcher & Other Seventeenth Century Printmakers," through April 8, 161 Warren St., Glens Falls. Information, 792-1761.

CLARK ART INSTITUTE

"In Search of Lost Time: Ruins in Photography," through May 13, Williamstown, Mass. Information, (413) 458-9545.

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Openings in the string, horn and percussion sections. Information, 439-7749.

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SUBURBAN SOUNDS COMMUNITY CHORUS

Openings in mixed chorus, rehearsals Sundays at 7 p.m. at Lynnwood Reformed Church, Route 146, Guelderland. Information, 861-8000.

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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, Stingerlands. Information, 439-2360.

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THE ORCHESTRA ON THE COMMON

Openings in the string section, also need French horn, trombone, flute and bass drum players, rehearsals Friday at 9 a.m., Shenendehowa Senior Center, Clifton Common, Clifton Park. Information, 372-5146.

ELECTRIC CITY CHORUS

Male singing group, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information, 785-4807.

Super Crossword

BODYBUILDING

ACROSS

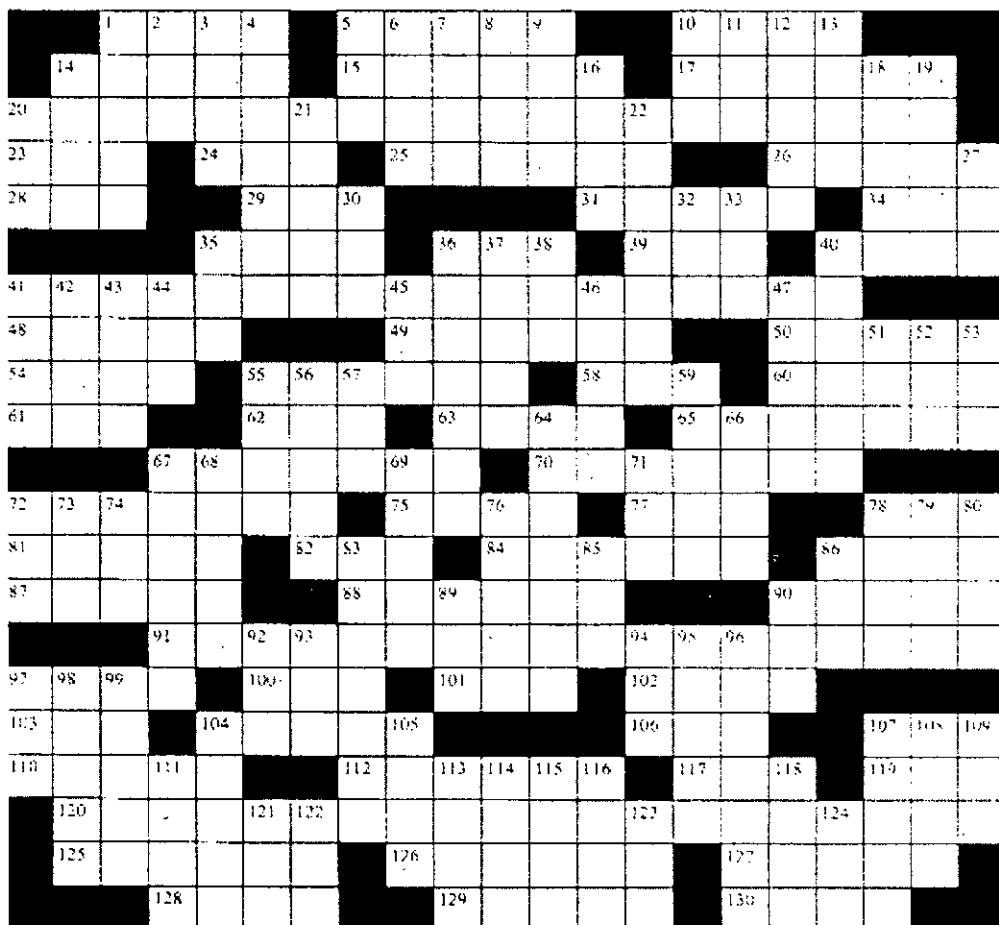
- 1 Credit card
- 5 __, Florida
- 10 Bogle call
- 14 Elephant of fiction
- 15 Spot
- 17 Fruit
- 20 Parts of the digestive system
- 23 Enero a diciembre
- 24 Ruby, for one
- 25 Toed the line
- 26 Reason
- 28 Conjunction
- 29 Org. once led by Mr. Heston
- 31 Overact
- 34 Understand
- 35 Metal thread
- 36 Relief for sore muscles
- 39 Drink chiller
- 40 One in bondage
- 41 Parts of the circulatory system
- 48 Was nosy
- 49 Pitcher part
- 50 Sought morays
- 54 Part of hombre's home
- 55 School paper
- 58 Crawling critter
- 60 Oxlike antelope
- 61 Added wing
- 62 Baby's age
- 63 Wander
- 65 Declares
- 67 Chatter
- 70 Tiny growth under the soil
- 72 Friend
- 75 Blue-pencil
- 77 __ culpa
- 78 Child's game
- 81 Easy to see
- 82 Gene carrier
- 84 Responsorial prayer
- 86 __ San Lucas
- 87 Tours ta-ta
- 88 Attract
- 90 Burns' partner
- 91 Parts of the skeletal system
- 97 Blind as __
- 100 Downcast
- 101 Cockney abode
- 102 __ Mater
- 103 Pronoun

- 104 Perceives
- 106 __ West
- 107 Weights: abbr.
- 110 Type of scout
- 112 Spring event
- 117 L-P center
- 119 Bank acct.
- 120 Parts of the endocrine system
- 125 New Yorks
- 126 Stranger
- 127 Stopped
- 128 Bridge term
- 129 Shapes
- 130 Exit
- DOWN**
- 1 Courage
- 2 Nigerian tribesman
- 3 Smooth
- 4 Poisonous compound
- 5 Mrs. Lennon
- 6 Perry
- 7 See 68 Down
- 8 Insects
- 9 Sore
- 10 Not up?
- 11 Part of a circle
- 12 Do an English exercise
- 13 Dagger
- 14 Late Palm Springs mayor
- 16 Fencing prop

- 18 Urban problems
- 19 City in the Ruhr Valley
- 20 Sardine container
- 21 __ cotta
- 22 Looks up to
- 27 Automne's forerunner
- 30 Of flying: pref.
- 32 All Saints' Day's predecessor: abbr.
- 33 Ball holder
- 35 Compact mass
- 36 Had the leading role
- 37 Splotchy horse
- 38 Put 2 and 2 together
- 40 Tiny, embroidered hole
- 41 Domed projection
- 42 __ surgeon
- 43 Brook
- 44 Word with bag or pot
- 45 Exclamation of surprise
- 46 Remembered mission
- 47 Della

- 51 Malay gibbon
- 52 Suffix for exist or differ
- 53 Letters for a driller/filler
- 55 Rocky __
- 56 Go in
- 57 Flea collar wearer
- 59 Altar plate
- 64 A, for one
- 66 Do away with
- 67 Man of the cloth
- 68 With 7 Down, charged
- 69 Is lopsided
- 71 Tumor suffix
- 72 Figure expert: abbr.
- 73. No longer fresh
- 74 French month
- 76 Trojan War site, in Latin
- 78 Powdery substance
- 79 Murder victim #1
- 80 No longer around
- 83 Heckled
- 85 __ Aviv
- 86 151
- 89 Fight outcome: abbr.

- 90 __ Gardner
- 92 Suffix for expert or advert
- 93 Foreign refusal
- 94 Moving machine part
- 95 Beast of burden
- 96 Like the U.S. Constitution
- 97 Certain vote
- 98 Tugs
- 99 Zero
- 104 Wild
- 105 Gratify completely
- 107 Cruise ship
- 108 Paper fastener
- 109 Late Mineo substances
- 113 Ark passenger
- 114 Amateur
- 115 Actor Jannings
- 116 Was penitent
- 118 "Yes __?"
- 121 Ore's river
- 122 Belief suffix
- 123 Last year's jrs.
- 124 Tokyo's former name



DOUBLE TAKE

By Mark Szorady

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LEGAL NOTICE

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.

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.

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

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.

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.

LEGAL NOTICE

GABRIELSEN & NIEVES, LLC Articles of Org. filed NY Sec. of State (SSNY) 11/9/06. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served.

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copy of process to 4 Normanskill Blvd., Delmar, NY 12054. Purpose: Any lawful purpose. LD-14956 (January 31, 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.

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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.

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 may be served.

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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 may be served.

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Notice of Publication EMERALD INTERNATIONAL LLC Arts. of Org. was filed with SSNY on 12/28/03. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served.

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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.

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Notice of Publication ASIA CARGO EXPRESS LLC Arts. of Org. was filed with SSNY on 12/19/06. Of-

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LEGAL NOTICE

Notice of Qualification of Vendmore Systems, LLC. Authority filed with Secy. Of State of N.Y. (SSNY) on 11/10/06. (LLC Formed in Delaware (DE) on 05/08/01.

LEGAL NOTICE

Notice of Publication SPORTSBET LLC Arts. of Org. was filed with SSNY on 12/14/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served.

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NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BANDS RENTALS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/14/06.

LEGAL NOTICE

Duanesburg, New York 12056. Purpose: For any lawful purpose. LD-14992 (January 31, 2007)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF NEW YORK HARVEST FOOD COMPANY LLC. Under Section 203 of the Limited Liability Company Law FIRST: The name of the limited liability company is NEW YORK HARVEST FOOD COMPANY LLC.

LEGAL NOTICE

Notice of Publication TOPPER INTERNATIONAL LLC Arts. of Org. was filed with SSNY on 12/21/06. Office location: Albany County.

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Notice of Publication SUNNYDALE HOLDINGS LLC Arts. of Org. was filed with SSNY on 12/21/06. Office location: Albany County.

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Notice of Publication PROSPER VENTURES LLC Arts. of Org. was filed with SSNY on 12/21/06. Office location: Albany County.

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Notice of Publication POETROSE ENDEAVORS LLC Arts. of Org. was filed with SSNY on 12/21/06. Office location: Albany County.

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Notice of Publication MONTY VENTURES LLC Arts. of Org. was filed with SSNY on 12/21/06. Office location: Albany County.

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Notice of Formation of Proweb Solutions LLC. Arts. of Org. filed with Secy. of

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Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-15023 (January 31, 2007)

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Notice of Publication JASPER FUNDING LLC Arts. of Org. was filed with SSNY on 12/21/06. Office location: Albany County.

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Notice of Publication HASKELL SKY LLC Arts. of Org. was filed with SSNY on 12/21/06. Office location: Albany County.

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NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ODI PROPERTIES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/28/06.

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Notice of Publication FENRIS ENTERPRISES LLC Arts. of Org. was filed with SSNY on 12/21/06. Office location: Albany County.

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Notice of Publication CANTERBURY ENTERPRISE LLC Arts. of Org. was filed with SSNY on 12/21/06. Office location: Albany County.

LEGAL NOTICE

Notice of Publication BLADEMAN INTERNATIONAL LLC Arts. of Org. was filed with SSNY on 12/21/06. Office location: Albany County.

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State of NY (SSNY) on 12/14/06. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served.

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: DELAWARE AND PROVIDENCE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/31/06.

LEGAL NOTICE

NOTICE OF FORMATION OF 90 STATE LLC Under Section 203 of the Limited Liability Company Law 90 State LLC has been formed as a domestic limited liability company and states the following: 1. The name of the limited liability company is 90 State LLC.

LEGAL NOTICE

Notice of Formation of Wenton Packaging LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/18/06. Office location: Albany Co.

LEGAL NOTICE

Notice of Formation of Stainless International LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/18/06. Office location: Albany Co.

LEGAL NOTICE

Notice of Formation of Glenmont Partners, LLC. Arts. of Org. filed with NY Dept. of State on 12/18/06. Office location: Albany County.

LEGAL NOTICE

(January 31, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Name: MANION CONSTRUCTION SERVICES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/13/06.

LEGAL NOTICE

Notice of Formation of Cinetic Rights Management LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/03/07. Office location: Albany Co.

LEGAL NOTICE

Notice of Formation of Metallat Trading LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/21/06. Office location: Albany Co.

LEGAL NOTICE

Notice of Formation of Dansk Steel LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/29/06. Office location: Albany Co.

LEGAL NOTICE

Notice of Formation of Stainless International LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/18/06. Office location: Albany Co.

LEGAL NOTICE

Notice of Publication LADBROKE LLC Arts. of Org. was filed with SSNY on 1/10/07. Office location: Albany County.

LEGAL NOTICE

NOTICE OF RECEIPT OF TAX ROLL AND WARRANT TAKE NOTICE, that I, Nancy Mendick, the undersigned Receiver of Taxes and Assessments for the Town of Bethlehem, have received the tax roll and warrant for the collection of taxes and will receive payments thereon Monday through Friday from 8:30 A.M. to 4:30 P.M. and on Saturday, January 27th from 9:00 a.m. at the Bethlehem Town Hall, 445 Delaware Avenue, Delmar,

Sports *in the* Spotlight

Union College ice unkind to Bethlehem Eagles

Offense struggles in league losses to Burnt Hills/Scotia and Guilderland

By ROB JONAS
jonasr@spotlightnews.com

The wooden skate stays in Guilderland.

The Dutchmen scored two goals in the first five minutes and cruised to a 6-0 victory over Bethlehem in Saturday's Wooden Skate hockey game at Union College's Achilles Rink.

"In the five years that we've played Bethlehem, we've never lost," said Guilderland coach John DeRubertis. "The kids were pretty pumped that we kept (the skate) again."

"We were just outworked and outplayed," said Bethlehem coach Richard Hughes.

Collin Burg got Guilderland going in the opening minute. The sophomore forward took a lead pass from Ben Fogel at the Bethlehem blue line, skated past a defender and shot the puck by John Rimmel for a 1-0 lead.

"Collin is a quiet, intense player," said DeRubertis. "He's a physical presence, but he can also shoot the puck."

Lee Murphy took advantage of another Bethlehem defensive lapse two minutes later. The senior forward scored a breakaway



Bethlehem's Alex Amirault checks a Guilderland player during Saturday's Capital District High School Hockey League game at Union College.

Rob Jonas/Spotlight

goal off a pass from Jeff Geisendorfer to put Guilderland ahead 2-0.

"My third line is doing a great job. Lee Murphy and Luke Diamante have been playing well, and they're creating scoring opportunities," said DeRubertis.

Bethlehem settled down after Murphy's goal and created some scoring opportunities late in the first period, but the Eagles couldn't get on the scoreboard. That proved costly to Bethlehem,

as Guilderland's John Potts stuffed in the first of his two goals 4:12 into the second period to put the Dutchmen ahead 3-0.

"When we got the third goal, that really finished them," said DeRubertis. "They knew they had an uphill battle."

"I thought we had the momentum (toward the end of the first period), but we didn't keep it," said Hughes.

As the game wore on, Bethlehem's patience wore thin.

The Eagles took several penalties in the second and third periods, which allowed Guilderland to remain on the attack. Only strong efforts from Rimmel (17 saves) and T.J. Caswell (16 saves) prevented Bethlehem from losing by a bigger margin.

"It was basically a result of Bethlehem's reaction to being handled, but that's something that happens from the NHL on down," said DeRubertis.

Dan Dickinson and Joe

Romano added third period goals, and Brendan Glennon stopped 20 shots to pick up his second shut-out against Bethlehem this season.

Bethlehem's loss to Guilderland came on the heels of another tough game for the Eagles at Achilles Rink — a 6-3 loss to Burnt Hills/Scotia-Glenville Friday. The Eagles trailed 5-0 before Tony Weeks scored off a pass from Nick Dugan late in the second period.

Dugan and Harrison Lane also tallied, and Rimmel made 24 saves for Bethlehem. Steve Nichols and Chad Overbaugh each had a goal and two assists, while Bobby Choquette and Max Munsey added goals for Burnt Hills/Scotia-Glenville.

After road games against Queensbury Monday and Christian Brothers Academy Wednesday, Guilderland gets a week off before playing Capital District High School Hockey League-leading Shenendehowa Feb. 7 in Clifton Park.

Bethlehem is also taking a week off from CDHSHL action, but the Eagles will be busy in the North Country this weekend as they play Beekmantown Friday and Plattsburgh Saturday.

"We're getting out of town, and hopefully we can turn things around and tune up for Sectionals," said Hughes. "We're going to continue to work on (having) a total team effort."

Got sports news?

The Spotlight welcomes articles on community sports events and updates on athletes in college. Fax information to 439-0609 or e-mail Sports Editor Rob Jonas at jonasr@spotlightnews.com.

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Notice of Publication ABA GEOSERVICES LLC Arts. of Org. was filed with SSNY on 12/09/05. Office location: Albany County. SSNY design-

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Notice of Publication TUCKER COMMERCIAL LATIN AMERICA MANAGEMENT OF RECEIVABLES LLC Arts. of Org. was filed with SSNY on 9/06/05. 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-15229

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(January 31, 2007)

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Notice of Publication EUROCONSTRUCT LLC Arts. of Org. was filed with SSNY on 5/08/03. 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-15230 (January 31, 2007)

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Notice of Publication

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HOLMDENE LLC Arts. of Org. was filed with SSNY on 6/19/02. 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-15231 (January 31, 2007)

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Notice of Publication INTERNATIONAL EXECUTIVE BOARD COMPANY - IEBC LLC Arts. of Org. was filed with SSNY on 4/05/04. Office location: Albany County. SSNY designated as agent of LLC whom process

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Notice of Publication RIDGEDALE SERVICES LLC Arts. of Org. was filed with SSNY on 9/25/02. 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-15233 (January 31, 2007)

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Notice of Publication ARKLEIGH LLC Arts. of Org. was filed with SSNY on 1/07/04. 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-15234 (January 31, 2007)



Bethlehem's Kevin Stempsey is guarded closely by two Mohonasen defenders during Friday's Suburban Council game in Rotterdam. *Rob Jonas/Spotlight*

Eagles

(From Page 32)

man-to-man (defense), and we did a good job with that," said Dagostino. "They're a difficult team to go man on, but for whatever reason we did a good job on them."

Barnes sealed Mohonasen's victory with a big fourth quarter. The senior center scored 10 of his 18 points, including a pair of dunks to liven up the Mighty Warriors fans.

"We were hopeful that we could neutralize their middle, but Pat Barnes is the premier center in the league," said Klugman. "He can do a lot more than score, too. He rebounds the ball well, and he is a good passer."

Couball led Mohonasen with 22 points, while Kane matched that total to pace Bethlehem. Stempsey contributed 13 points

for the Eagles, and Gleason Judd added three three-pointers for nine points.

Bethlehem and Mohonasen returned to action Tuesday. Bethlehem hosted Suburban Council Blue Division leader Saratoga, while Mohonasen traveled to Burnt Hills-Ballston Lake.

Blackbirds rally past Raiders

In Colonial Council action Friday, Voorheesville improved its Colonial Council record to 7-5 with a 60-51 victory over Mechanicville.

The Blackbirds (8-8 overall) outscored the Red Raiders 15-5 in the second quarter to take a 28-22 halftime lead and pulled away with a 21-point third quarter.

Tim Robinson scored 17 points, and Justin Arico contributed 16 points for Voorheesville, which denied Mechanicville coach Joe Loudis his 400th career victory.

Chickens

(From Page 32)

Ithaca Little Red — I know they're paying tribute to the city's Ivy League school (Cornell), but they shouldn't put themselves down like that. They are just as big as their collegiate counterparts

Naples/Nichols School (Buffalo) Big Green — Frankly, I'm a little worried about something that is big and green

Marathon Olympians — Logical, but how many Marathon grads went on to the Olympics?

Rush-Henrietta Royal Comets — What happens when you merge two school districts that want to keep their old school nicknames? You get a comet with a royal pedigree

East High (Rochester) Orientals — How did the politically correct police not see this one?

Edison Tech (Rochester) Inventors — I wonder if they've invented something to prevent them from losing games

John Marshall (Rochester) Jurists — Bench players sit in the jury box

Lafayette Violets — Conjures up images of vast fields of flowers in the springtime, but not very aggressive

Mount Mercy (Buffalo) Magic — Apparently, this is the sister school to Herkimer

Mount Saint Mary (Kenmore) Mountie Thunder — Huh?

South Park (Buffalo) Sparks — I think they should rename themselves the Cows in honor of another South Park

Chester Hambletonians — Thoroughbreds need not apply. This is a school for trotters (horse racing fans will know what I'm talking about)

Allegheny-Limestone/Nardin Academy (Buffalo) Gators — There must be a gator problem in western New York to have two schools call themselves the same thing

Carle Place Frogs — Points for originality, but it's too easy to make a bad pun with this team (Frogs leap into first place)

Rondout Valley Ganders — I wonder what they call their girls teams

East Rockaway Rocks — I thought Cleveland rocks

Washingtonville Wizards. What is it about magic in this state? Now I have to make some sort of Harry Potter reference? Sheesh!

Finally, I give you the Fredonia Hillbillies. The school band must include at least one banjo player and someone on washtub bass

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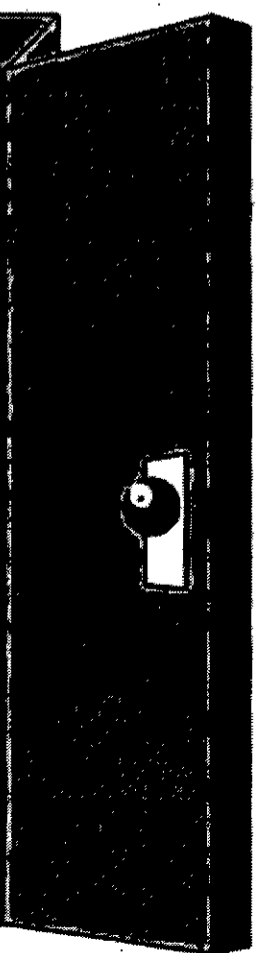
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High school varsity sports results for Jan. 22-28

Monday, Jan. 22

GIRLS BASKETBALL

Voorheesville 60,
Cobleskill 32

Voorheesville leaders: Casey Becerra 15 points, Courtney Bourque 11 points, Mary Kate Prendergast 10 points

BOYS BOWLING

Cobleskill 4, Voorheesville 0

Voorheesville leader: Dan Healy 247 game, 672 series

Tuesday, Jan. 23

BOYS BASKETBALL

Voorheesville 67,
Cobleskill 39

Voorheesville leaders: Justin Arico 18 points, Nick Kinisky 11 points, Joey Klembczyk 10 points, Tim Robinson 10 points

BOYS BOWLING

Watervliet 4,

Voorheesville 0

Voorheesville leader: Dan Healy 214 game, 597 series

BOYS SWIMMING

Schenectady 93,

Guilderville 87

Guilderville individual winners: David Cerutti (200-yard freestyle), Michael Schaffer (200 individual medley), Vadim Yafayev (50 freestyle, 100 freestyle), Mike Zemanek (500 freestyle), Matt Goodness (100 backstroke)

Thursday, Jan. 25

GIRLS BOWLING

Ballston Spa 20,

Bethlehem 12

Bethlehem leader: Meaghan McGurn 221 game, 572 series

GYMNASTICS

Guiderland 167.2,

Bethlehem 157.4

Top three all-around: Dana Goodknight (Guild) 36.8, Alexa Patenaude (Guild) 33.8, Rachael Forando (BC) 32.725

WRESTLING

Niskayuna 53, Bethlehem 28

Bethlehem winners: Neil Robertson (125 pounds), Jerry Clark (140), Keith Cole (145), Pat Fontaine (152), Kevin Kolbay (215)

Friday, Jan. 26

BOYS BASKETBALL

Voorheesville 60,

Mechanicville 51

Voorheesville leaders: Tim Robinson 17 points, Justin Arico 16 points

Cohoes 51, R-C-S 36

R-C-S leader: Geoff Deluca 8 points

Mohonasen 67,

Bethlehem 50

Bethlehem leaders: Joe Kane 22 points, Kevin Stempsey 13 points

GIRLS BASKETBALL

Cohoes 53, R-C-S 32

R-C-S leader: Jessica Byerwalters 9 points

Mechanicville 48,

Voorheesville 44

Voorheesville leaders: Courtney Bourque 11 points, Casey Becerra 10 points

Bethlehem 47,

Mohonasen 28

Bethlehem leaders: Taylor Teal 8 points, Kiersten Swete 8 points

HOCKEY

Burnt Hills/Scotia 6,

Bethlehem 3

Bethlehem scoring: Tony Weeks 1-0, Nick Dugan 1-1, Steve Russo 0-1, Dan Royle 0-1, Tom Dolfi 0-1, Harrison Lane 1-0, Scott Strohecker 0-1, Andrew Vincent 0-1

Bethlehem saves: John Rimmel 24, T.J. Caswell 4

BOYS SWIMMING

Glens Falls 86, R-C-S 79

R-C-S individual winners: Kevin Burns (200-yard individual medley, 500 freestyle), Jacob VanEtten (100 butterfly, 100 backstroke), David Hennessy (100 breaststroke)

Niskayuna 96,

Guilderville 77

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

Saturday, Jan. 27

HOCKEY

Guiderland 6, Bethlehem 0

Bethlehem saves: John Rimmel 17, T.J. Caswell 16

INDOOR TRACK

Colonial Council

Championships

Boys team scores: Lansingburgh 194, Cobleskill 130, Cohoes 41, Ravena-Coeymans-Selkirk 36, Mechanicville 35, Waterford 6

R-C-S individual champion: Joe Lisa (pole vault, 8 feet, 6 inches)

Girls team scores: Holy Names 197, Lansingburgh 117, Cobleskill 60, Mechanicville 35, Ravena-Coeymans-Selkirk 26, Cohoes 19, Waterford 1

Suburban Council

Championships

Boys team scores: Shenendehowa 130, Colonie 64, Shaker 51, Ballston Spa 46, Niskayuna 44.5, Averill Park 37, Burnt Hills-Ballston Lake 23, Bethlehem 22, Saratoga 17, Columbia 10.5, Mohonasen 10, Guiderland 10

Boys champions: 55-meter dash — Tyler Johnson (Colo); 300 dash — Tyler Fogarty (Shen); 600 dash — John Reilly (Nisky); 1,000 — Zac Suriano (Shen); 1,600 — Matt Bogdan (Shak); 3,200 — Demetri Goutos (Sara); 55 hurdles — Cain Carr (Shen); 800 relay — Ballston Spa (Robert Carr, Eric Marciano, Matt Pastore, Brian Yingling); 1,600 relay — Shen (Seth Whitaker, Kyle Rome, Chris Campoli, Tyler Fogarty); 3,200 relay — Niskayuna (Nathan Marsan, Kyle O'Connor, John Reilly, Timothy Ryan); high jump — Mike McManus (BC); pole

vault — Patrick Krug (AP); long jump — Steve Crouse (Colo); triple jump — Steve Crouse (Colo); shot put — Emory Parsons (Clmb)

Girls team scores: Saratoga 84, Colonie 68, Shenendehowa 67.5, Bethlehem 51.5, Shaker 50, Ballston Spa 47, Burnt Hills 45, Averill Park 18, Columbia 14, Niskayuna 11, Guiderland 8, Mohonasen 1

Girls champions: 55-meter dash — Madalayne Smith (Sara); 300 — Kendra Adams (BH); 600 — Abby Ochse (Sara); 1,000 — Meaghan Gregory (BH); 1,500 — Hannah Davidson (Sara); 3,000 — Hannah Davidson (Sara); 55 hurdles — Madalayne Smith (Sara); 800 relay — Colonie (Laura Bolognino, Andrea Pfeil, Nanditha Badami, Najla Singleton-McKinnon); 1,600 relay — Colonie (Nanditha Badami, Nayamka Roberts-Smith, Laura Bolognino, Katelyn Rotondaro); 3,200 relay — Shaker (Kelsey Ogden, Emma Rister, Sara Ochs, Seri Gordon); high jump — Sara Turner (BC); pole vault — Michelle Quimby (Shen); long jump — Morgan Wheller (AP); triple jump — Jessica Venezia (BC); shot put — Katelyn Staulters (BS)

WRESTLING

Big 10 Tournament

Team scores: Huntington 216, Valley Central 212, Burnt Hills-Ballston Lake 205.5, Amsterdam 184.5, Newburgh Free Academy 162, Guiderland 120, Schenectady 113.5, Averill Park 85.5, Albany 78.5, New Rochelle 74.5, CBA 48, Bethlehem 47, Cobleskill 44.5, Warrensburg 39, Cohoes 34, Albany Academy 25.5, Loudonville Christian 22, Shaker 6

Bethlehem place finisher: Keith Cole (fourth place, 152 pounds)

Corinth Tournament

Team scores: Corinth 209.5, Fonda 133.5, Rensselaer 103, Catskill 94, Broadalbin-Perth 84, St. Joseph by the Sea 75, Voorheesville 71, Waterford 32, McKee/Staten Island Tech 32

Voorheesville place finishers: Taylor Treadgold (second place, 112 pounds), Charile McGrail (second, 189), Colton Parrott (third, 96), Andrew Clark (third, 130), Alex Zvinovski (third, 171), Frank Kaus (fourth, 135)

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Normanside Country Club, Delmar, NY

Tickets Are Now Available!

This is a St. Thomas Parish event to benefit our school. We invite the community, St. Thomas alumni, members of the parish, and families of the school to attend this exciting event. There will be many great live and silent auction items to choose from. They will include gift baskets, overnight stays at Inns, ski tickets, and jewelry to name a few. New items are being added every day! All proceeds from this event will go directly to St. Thomas School with partial proceeds going towards the construction of a new playground. Tickets for this event are \$50.00 each and include a buffet dinner, wine, beer, soda and entertainment!

Special Thanks to our Event Sponsors:

TIME WARNER CABLE
Turner
APPLEBEE FUNERAL HOME
The Langan Group
Spotlight Newspapers

Contact Denise Grant at 478-0148 for sponsorship information or to purchase your tickets for this great evening of fun and excitement!



Sports *in the* Spotlight

Varsity schedule

Wednesday, Jan. 31

BOYS BOWLING

Lansingburgh at R-C-S, 4 p.m.

GIRLS BOWLING

Albany at Bethlehem, 4 p.m.

Lansingburgh at R-C-S, 4 p.m.

WRESTLING

R-C-S at Cobleskill, 6 p.m.

Thursday, Feb. 1

BOYS BASKETBALL

Burnt Hills-Ballston Lake at Bethlehem, 7:30 p.m.

BOYS BOWLING

Bethlehem at Shaker, 4 p.m.

BOYS SWIMMING

Bethlehem at Burnt Hills-Ballston Lake, 4:30 p.m.

Guilderville at Ballston Spa, 4:30 p.m.

WRESTLING

Amsterdam at R-C-S, 6 p.m.

Voorheesville at Cohoes, 6:30 p.m.

Friday, Feb. 2

BOYS BASKETBALL

Ballston Spa at Bethlehem, 7:30 p.m.

Schalmont at Voorheesville, 7:30 p.m.

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

GIRLS BASKETBALL

Bethlehem at Ballston Spa, 7:30 p.m.

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

Voorheesville at Schalmont, 7:30 p.m.

HOCKEY

Bethlehem at Beekmantown, 7:30 p.m.

Saturday, Feb. 3

GYMNASTICS

Guilderland at Bethlehem, 10 a.m.

HOCKEY

Bethlehem at Plattsburgh, 10:15 a.m.

Sunday, Feb. 4

INDOOR TRACK

Bethlehem at Engineer Games, 8 a.m.

Monday, Feb. 5

BOWLING

Ravena-Coeymans-Selkirk, Voorheesville at Colonial Council Championships, 3 p.m.

Tuesday, Feb. 6

BOYS BASKETBALL

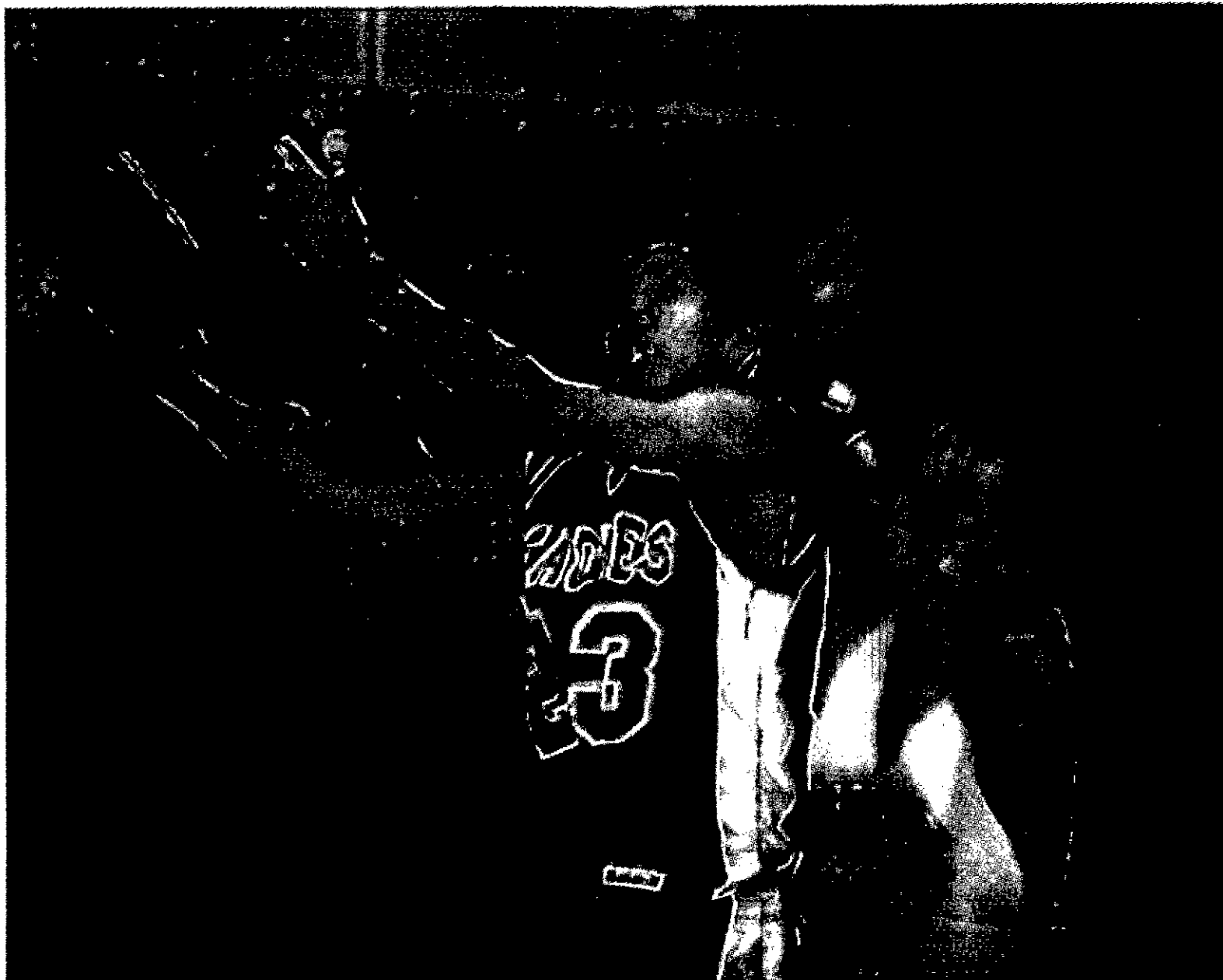
Cobleskill at R-C-S, 7:30 p.m.
Guilderland at Bethlehem, 7:30 p.m.

Voorheesville at Cohoes, 7:30 p.m.

GIRLS BASKETBALL

Bethlehem at Guilderland, 7:30 p.m.

Cohoes at Voorheesville, 7:30 p.m.



Bethlehem's Bill Barrowman drives past Mohonasen's Gregory Eckl during the third quarter of Friday's Suburban Council game in Rotterdam.

Rob Jonas/Spotlight

Eagles struggle in second half

Mohon shuts down BC's forwards to earn victory

By ROB JONAS
jonasr@spotlightnews.com

The Mohonasen boys basketball team regained some luster at Bethlehem's expense.

The Mighty Warriors broke open a close game with a 20-7 third quarter run on their way to a 67-50 victory over the Eagles Friday in Rotterdam.

The win ended a tough stretch for Mohonasen (6-5 league, 9-6

overall). The Mighty Warriors had lost five of their last six games after starting the season 7-1.

"I think it was good for the kids," said Mohonasen coach Ken Dagostino. "What they were dealing with was the fact that our six losses came by 30 points (combined), and people were wondering what happened. These guys bend, and they bend and they bend — and they keep coming back."

Bethlehem's struggles continued, though, especially near the basket. While the Eagles (3-8, 3-11) received big efforts from their guards, their forwards were limited to four points by Mohona-

sen's defense.

"If the shots aren't falling and we're not getting to the foul line, it's a tough go for us," said Bethlehem coach Jeremy Klugman.

Cameron Couball's shots were falling early for Mohonasen. The junior forward scored eight points in the first quarter to help the Mighty Warriors take a 19-8 lead.

Bethlehem closed the gap in the second quarter thanks to Joe Kane. The junior guard knocked down a pair of three-pointers as part of a 14-point period to help the Eagles trim Mohonasen's lead to 32-31 at halftime.

"He's got the potential to knock shots down in a row like that," said Klugman.

"Defensively, we had a mental lapse," said Dagostino. "Our big guys were all over the place, and we lost track of their two big guys, Kane and (Kevin) Stempsey."

Mohonasen got back on track in the third quarter. The Mighty Warriors spread their scoring between Couball, Pat Barnes and Dan Anunziatta, while preventing Kane and Stempsey from getting on track. Those factors combined to give Mohonasen a 52-38 lead.

"We went a little bit more to

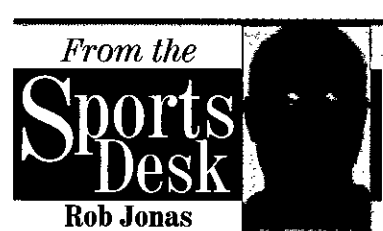
□ EAGLES/page 30

Thunder Chickens are a rare breed

I finally found out what a Thunder Chicken is.

Before Friday's Loudonville Christian-Doane Stuart game, I asked a Doane Stuart student to describe his school's odd mascot. The student said that the Thunder Chicken has a superhero's body with a chicken's head attached. He also wears a red cape and blue gloves, and apparently he's supposed to protect poultry from the forces of evil.

OK, I made up the part where he protects poultry. But the good news for Doane Stuart is its Thunder Chicken is the only one in New York state. So congratulations, Doane Stuart. You have a unique mascot.



Not that other schools around the state don't have bizarre names. Here is a sample from the 1998-99 edition of the New York High School Coaches Directory (which every high school sports-writer should have):

Emma Willard Jesters — I would say the all-girls school in Troy is only joking with that nickname, but its teams are serious about winning

Whitehall Railroaders — Favorite phrase: You've been Railroaded!

Herkimer Magicians — Apparently, their best trick is making the opposing team's mascot disappear

Tabernacle Christian Academy (Poughkeepsie) Conquerors — I'm not sure if the nickname befits a Christian school

Webb (Old Forge) Eskimos — Yes, I suppose it gets that cold in the Adirondacks

Poland Tornadoes — Apparently, we have a problem with tornadoes in New York because there are also tornadoes on Long Island (Harborfields), Tuxedo and White Plains (New York

School for the Deaf)

Norwich Tornado — Because they wanted to be singular

Lawrence Golden Tornadoes — Because they wanted to be golden?

Valhalla Vikings — Well, what else would you call your school's teams?

Phoenix Firebirds — Same deal as Valhalla

Living World Academy (Syracuse) Lions of Judah — As opposed to Abraham's Lambs?

Notre Dame-Utica Jugglers — They can start a carnival with the Herkimer Magicians

□ CHICKENS/page 30