

**In this week's issue**



**Couple to tackle Kilimanjaro**  
Delmar residents David and Linda Burtis will be climbing Mt. Kilimanjaro to raise money for charity. See Page 16.



**You'll shoot your eye out!**  
Capital Rep's production of "A Christmas Story" will begin with a pay-what-you-will performance on Black Friday, Nov. 26, and will run through Jan. 2.

See Page 19.



**BC boys v'ball go to states**  
Eagles volleyball team heads to state tournament. See Page 32 and [www.spotlightnews.com](http://www.spotlightnews.com) for coverage.

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**Planet Fitness plans move to Glenmont**

Seeks bigger location in Town Squire Plaza next to Tractor Supply Co.

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**Planning Board mulls big projects**

**Process continuing for townhomes, apartments and a cell tower**

By CHARLES WIFF  
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The Bethlehem Planning Board tackled several major projects at its Tuesday, Nov. 16, meeting, inching a number of proposals towards reality.

ESCO Towers is continuing to narrow in on what the Planning Board would like their proposed Delmar cell phone tower to look like:

The board in September directed the company to bring more detailed examples of different types of monopine structures, which are towers camouflaged to look like a pine

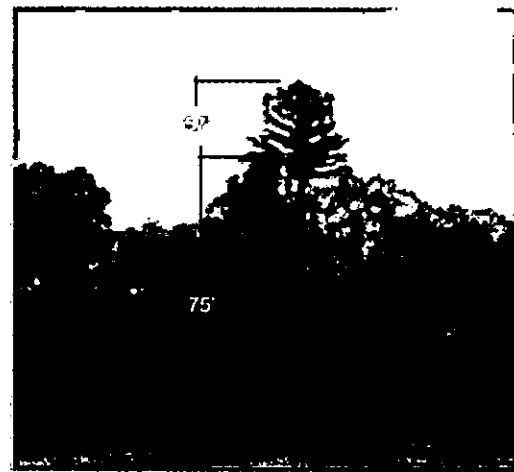
tree. To that end, ESCO has retained The Holbek Group, which specializes in stealth tower design, and submitted to the board a range of tower examples that were examined last week.

The Planning Board requested more information on designs that have a medium and high density of fake branches. Chairman George Leveille said the images helped cement his belief a monopine is the way to go.

"I think they do a very good job of blending in to what's there and not looking foolish," he said.

Other planners, most notably several members of the Zoning Board of Appeals, have protested the use of the more expensive design, in part because aesthetic elements raises the

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A mock-up of the proposed monopine tower off of Van Dyke Road in Delmar.

Image provided by ESCO Towers

**Scouting for food**



On Saturday, Nov. 13, Pack 23 of Hamagrael Elementary School went "Scouting for Food" through neighborhoods in Bethlehem. Part of a national Boy Scouts of America initiative, Pack 23 cub scouts dropped bags to be filled with food offered by Bethlehem residents and then delivered to the Bethlehem Town Hall Food Pantry next Saturday. Pack 23 was back in neighborhoods on Saturday, Nov. 20, to pick up the filled bags. The Pack will continue the effort to fight hunger when it prepares 70 bag lunches for homeless citizens of the Capital District at this month's Pack meeting on Nov. 29.

Submitted photo by Andy Baker, Pack 23 Cub Scouts, Delmar

**Lending history a hand**

**Delmar man loans Spanish-American War ammo belt to State Museum**

By CHARLES WIFF  
[wiffc@spotlightnews.com](mailto:wiffc@spotlightnews.com)

Family heirlooms are generally steeped in history. But for Delmar resident Marty Pickands, his keepsake is helping the New York State Museum fill a place in its new exhibition.

"Citizen Soldier: New York's National Guard in the American Century" covers the role of the state's troops in the 1900s, and Pickands' grandfather's ammunition belt worn during the Spanish-American War is in the thick of it. It's a period of time the museum was having trouble locating artifacts for, so Pickands, who works for the museum as an archaeologist on the Cultural Resource Survey staff, said he was happy to loan the item.

The belt contains 45-70 cartridges, and was worn by Pickands' grandfather, Sgt. James S. Martin of Brooklyn, who saw action in the Spanish-American War as part of the 71st regiment.

"They were right up there with the Rough Riders," said

History Page 18

**New eateries coming to Glenmont Plaza**

**Town official hints at tenant, developer says no agreements signed**

By CHARLES WIFF  
[wiffc@spotlightnews.com](mailto:wiffc@spotlightnews.com)

A Buffalo developer is planning to add more eatery options to the Glenmont Shopping Plaza, located at the corner of Route 9W and Feura Bush Road.

The Benderson Development Company is preparing to submit to the Town of Bethlehem plans for two pad stores in the parking

*"We're seeing a lot of tenant interest for smaller, freestanding buildings."*

James Boglioli  
attorney for  
Benderson Development Company

lot of the plaza, both of which would have attached patio seating. One would also have a drive thru.

James Boglioli, attorney for Benderson, declined to say who would occupy the spaces, but indicated the market for restaurants has greatly improved as of

late. "We're seeing a lot of tenant interest for smaller, freestanding buildings," he said in a recent meeting with town planners.

The buildings would be 5,000- and 5,600-square feet. Members of the town's Development Planning Committee men-

tioned they'd heard Starbucks and Chipotle were looking in town, but Boglioli emphasized the company has not signed any tenants.

He did say it's not likely a fast food tenant would take the spot with a drive thru, but rather a sit down-oriented business with a drive thru option. A McDonald's is located right next to the proposed buildings.

The area of the parking lot where the buildings would be located is currently underutilized, said Boglioli, and the two buildings would effectively build out

Budget Page 18

# Police Blotter

## Colonie cops nab robbery suspect

ANDREW BEAM  
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Colonie police arrested a suspect of a robbery, which took place at the TD Banknorth located on Central Avenue on Tuesday, Nov. 9, after he allegedly stole nearly \$1,300 and fled on foot.

John W. Whiteford, 28, of Albany allegedly entered the bank around 4:55 p.m. wearing a ski mask, sunglasses, latex gloves, all dark clothing and was carrying a backpack, when he demanded money from a bank teller after placing the backpack on the counter.



John W. Whiteford

Police said the teller complied and placed just under \$1,300 in the backpack before Whiteford fled on foot heading east.

At the intersection of Central Avenue and Maplewood Avenue, police said they spotted a person that resembled the bank robber, and after stopping and speaking with him they confirmed he was in fact the suspect.

Neither of the two employees present at the bank during the robbery said they saw a weapon, according to the police. No one was injured during the incident. Police said all of the money stolen was recovered.

Whiteford has been charged with third degree robbery and fourth degree grand larceny, both of which are felonies.

The investigation of the robbery is still on-going, according to police, and Whiteford was said to have been arraigned last evening at Colonie Town Court.



## DWI stop

Choices 301, Albany County STOP DWI, New York State Police, and local law enforcement all came together at Chico's BBQ in Guelderland to raise awareness of DWI Sunday, Nov. 14, from noon to 3 p.m.

Thomas Heffernan Sr./Spotlight

## Traffic stop near roundabout ends in DWI arrest

The Bethlehem Police Department on Sunday, Nov. 14, arrested Brandon M. Madigan, 23, of 11 Woodlake Road, Albany, and charged him with DWI, aggravated unlicensed operation of a motor vehicle in the third degree and traffic violations.

Police at about 3:27 a.m. allegedly observed Madigan's 2000 Chevrolet Malibu traveling eastbound on Route 85 near the Blessing Road roundabout with its driver's side taillight out. Police stopped the vehicle and when interviewing Madigan smelled the odor of alcohol on his breath and noticed him having bloodshot, watery eyes, according to arrest reports.

Madigan provided his license and registration but allegedly could not find proof of insurance. A DMV check revealed his license to be suspended out of the Town of Niskayuna, police said. Madigan allegedly told police he was driving home from a friend's house in Albany to his residence on Schoolhouse

Road, and said he had a beer with dinner at 5 p.m. and about three home brew beers from 9 p.m. to midnight, police said.

Madigan failed sobriety tests and was placed under arrest, police said. A chemical test at the station allegedly showed his BAC to be .12 percent. He was given a court date of Tuesday, Dec. 7, and released.

### Other arrests

The Bethlehem Police Department on Thursday, Nov. 11, arrested Deshawn L. Turner, 26, of 266 3rd Street, Albany, and charged him with DWAI-Drugs, operating a motor vehicle with a suspended registration and without insurance, unlawful possession of marijuana and unlawful possession of fireworks.

Police observing traffic on Delaware Avenue with a license plate reader at about 10:48 a.m. allegedly observed Turner's 2002 Mazda Millenia driving with a suspended registration.

Police further confirmed the vehicle's insurance had expired in October and stopped the car at Hoffman's Jiffy Lube, according to arrest reports.

Police noticed a "pungent" odor of marijuana coming from the vehicle, and Turner could not produce proof of insurance or registration, police said. He allegedly told police there were a couple of dime bags in the driver's side door and also looked in the vehicle's ashtray and said he had smoked a blunt about an hour ago.

A search of the vehicle revealed a bag in the driver's side door containing seven individual bags of marijuana, police said. An additional bag of marijuana was allegedly found in Turner's pants pocket. The weight of the marijuana totaled 11.79 grams, police said, and a further search allegedly revealed two packages of fireworks in the vehicle.

Turner was taken to Albany Medical Center to have blood drawn for a chemical test, and

released with a court date of Tuesday, Dec. 7.

## Tanker burns on Thruway

A tanker truck fire briefly stopped traffic on the Thruway early on the morning of Thursday, Nov. 18.

State police said a tanker truck carrying liquid nitrogen entered the Thruway at Selkirk and, while on the southbound entrance ramp, the operator noticed a fire had started on the right rear wheels of the truck.

The driver, Nicholas Barra of Catskill, stopped the vehicle on the ramp, and the Selkirk Fire Department responded to extinguish the fire, police said. Air Products of Midlothian, Texas, sent a second trailer to offload the liquid nitrogen and the trailer was removed.

The southbound ramps at the Selkirk interchange were closed for an extended period while the truck was removed.

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# Planet Fitness plans move to Glenmont

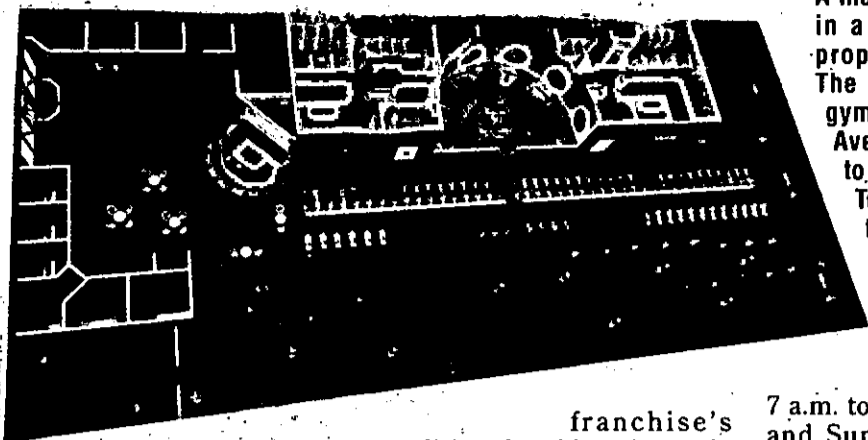
**Delmar gym looks to trade up for more space**

Popular Delmar gymnasium Planet Fitness plans to vacate its Hudson Avenue location and move up to roomier accommodations in Glenmont early next year.

A spot at the Town Squire Plaza next to Tractor Supply Co. would more than double the gym's current 10,000-square-foot space and provide a more spacious parking lot, the two factors that have limited the gymnasium since it opened on Hudson in 2005, said owner Dave Leon.

"Its really jam-packed, we have no parking," said Leon. "It's going to be a much better scenario for us."

Additionally, the business is forced to keep its exterior lights off late at night due to its proximity to residences, which Leon said can create unsafe conditions in the



A mockup on the floor plan in a new Planet Fitness proposed for Glenmont. The owner of the Delmar gym, located on Hudson Avenue, hopes to move to this bigger location in Town Squire Plaza next to Tractor Supply Co. early next year.

*Submitted rendering*

parking lot for late-night patrons.

Additional upgrades promised with the new location will include a salon offering free haircuts to "black card" members and new equipment outfitted with personal television screens.

The application appeared before the Bethlehem Planning Board Tuesday, Nov. 16, for a review of its signage plan, which would be in the

franchise's traditional gold and purple design. The board approved that part of the plan after some quick discussion.

Planning Board counsel Keith Silliman commented that the plaza's big parking lot should be a boon to the business.

"Of all the places we could build a Planet Fitness in this town, this is probably the best in terms of parking," he said.

The new location will run 24-hours during the week and

7 a.m. to 7 p.m. on Saturday and Sunday, just like the current operating hours. Leon said he expects to make the move in February.

With the addition of the gym, the Town Squire Plaza would be fully occupied, save for one standalone store that used to hold a Hollywood Video.

Leon is also planning to open a Planet Fitness in Crossgate Commons in January.

*- Charles Wiff*

# Town 'elves' to help Santa

The coming and passing of Thanksgiving, for some, hearkens to one indelible truth: it's time to shop.

And one can suppose that can be true of the arguably most important holiday giver: Santa Claus. With so much to do, the Town of Bethlehem will once again be helping out the jolly fellow this year with the Letters to Santa program.

Starting Monday, Nov. 29, children will be able to drop their letters in Santa Boxes around town. There will be boxes at each of the town's eight elementary schools, at town hall, at the Bethlehem Public Library and Stewart's stores in Glenmont, Feura Bush, Cottage Lane in Selkirk and Delaware Avenue in Delmar.

Children who drop off a letter by Dec. 10 can be promised a response back by Christmas, a feat made possible by hardworking elves at the Bethlehem Police Department Family Services Unit and the town's Senior Services Department.

Parents and grandparents of very young children can write on their child's behalf.

The Senior Services Department also runs the Bethlehem Food Pantry, which organizers said is always in need of donations at this time of year. Especially needed are coffee, tea, ketchup, cleaning supplies, laundry detergent, dish liquid, canned meats and canned fruits. Over 1,500 people used the food pantry during the last year.

For more information, call 439-4955, ext. 1176.

*- Charles Wiff*

# Fair trade hitting Black Friday

**Market hopes to give alternate choice on a big shopping day**

By CHARLES WIFF  
wiffc@spotlightnews.com

Black Friday. Depending on your perspective, it's either a glorious way to start the holiday shopping season or a reason to stay home with the doors locked and barricaded.

For the second year running, local fair trade advocates are offering a way for those who do whip out their wallets to steer clear of malls and big boxes and find unique items.

The second Fair Trade Market will be held on Friday, Nov. 26, and Saturday at the Delmar Reformed Church on Delaware Avenue. Last year's event was held later in the year, but organizers wanted to make sure it would coincide with the most notorious of shopping days to hopefully generate interest and give shoppers more options.

"It gives people the opportunity to shop in a different way, if they so choose," said Anna McMahon, of the Fair Trade Bethlehem Campaign. "It's an opportunity to do shopping that gives twice."

Fair trade products are items that are certified to have paid a living wage to the producer. In many instances, commercially produced items from developing countries come from farmers or laborers who are paid very little and have no opportunity to invest in their community or future, perpetuating a cycle of poverty.

Buying fair trade certified products can help the consumer rest assured their money will not fund such



The scene at last year's Fair Trade Market. This year, the event will be held on Black Friday and on Saturday, and organizers hope shoppers will avail themselves of an opportunity to find unique gifts for people on their holiday lists.

*Submitted photo*

**"It gives people the opportunity to shop in a different way, if they so choose. It's an opportunity to do shopping that gives twice."**

*- Anna McMahon, Fair Trade Bethlehem Campaign*

exploitation.

This year's market promises to be bigger than the last. Area dealers of fair trade items like Ten Thousand Villages, Bead for Life, Mayan Hands and Mango Tree Imports will be there, plus many more. Shoppers can expect to find

clothing, arts, crafts, coffees and chocolate from the world over.

Local cafe Java Jazz will also be getting in on the action by selling refreshments during Friday's market. 10 percent of their revenues will be donated to the Central American fair

trade group Unidas Para Vivir Mejor (United to Live Better). Peaceful Inspirations, also of Delmar, will be providing a Fair Trade basket to be raffled off at the event.

The Fair Trade Market will run from 9 a.m. to 3 p.m. on Friday and from 9 a.m. to noon on Saturday. The Delmar Reformed Church is at 386 Delaware Avenue, Delmar.

"We hope people will see it as a nice day out after the Thanksgiving celebration to continue the spirit of Thanksgiving," McMahon said.

For more details and a full vendor list, visit fairtrademarket.webs.com.

# Little to be awarded Medal of Freedom

Late Delmar optometrist Tom Little will be one of 15 Americans to be awarded the Medal of Freedom next year.

President Barack Obama named the recipients of the nation's highest civilian honor last week. Little, who was killed in Afghanistan by the Taliban while on a humanitarian mission, will be posthumously honored along the likes of George H.W. Bush, German Chancellor Angela Merkel and author Maya Angelou.

Little, survived by his wife and three daughters, spent much of his time in Afghanistan while maintaining a residence in Delmar. He was working with the organization International Assistance Mission at the time of his death, traveling to the country's remote villages to provide free eye care.

# Thanksgiving plans a matter of taste

By WILLIAM R. DEVOE  
devoew@spotlightnews.com

A few weeks ago, my wife and I were talking about our Thanksgiving plans — to whose house we should go first, when we should get there and what we should bring.

Thanksgiving presents us with a unique set of gastronomic circumstances in my family. My wife, Jess, and I come from two very different families with two different sets of eating habits.

My mother came from the small village of San Martino, outside of Napoli, where she learned to cook the most amazing Italian food known to man. Also, being on the, let's say, lower end of the economic spectrum prior to her emigration to America, she learned to be creative and adventurous in her cooking, and to make common things like dandelion and turnip greens into wonderful soups and side-dishes.

My father is, as he has said to me many times, a Caucasian-American Mutt, with no less an adventurous palate. When I was growing up, he had a penchant for making stews, soups and sauces with whatever was lying around the kitchen, and I have been lucky enough to taste those that he has just about perfected over the years.

We were taught to respect our food and to try new things,



if only to justify our childhood insistence that we did not like them. Ours was a house of liver and onions, sardine sandwiches and salad with anchovies. Now that my brother, Dan, and I are older, there is nothing — alive, dead or somewhere in-between — that we are unwilling to eat.

My wife's background is somewhat different.

Her mother grew up in New York, but moved around quite a bit. Her father moved around some himself, starting out in West Virginia, moving to Washington, D.C., as a kid and then finally to New York, where he met his wife and sired four children.

For years, Jess's family lived in a quaint little house on the farm on which my father-in-law worked as a tractor mechanic. From what she has told me, it was muggy in the summers and brutally cold in the winters. When times were tough, they ate a lot of spaghetti with marinara — cheap and filling — and sometimes had it several days in a row. Jess told me that when she and her

brothers and sisters would complain that they were sick of limp noodles for dinner and wanted something different, her father would take a out a pan and fry what was left over into stiff, thin cakes.

This has created an unnatural (to me, anyway) aversion to spaghetti in her adult life, and a rigid unwillingness to stray away from what she knows she likes to eat.

Unfortunately for both of us, each of our children has inherited distinct eating habits from his parents. My oldest son, Kevin, eats like my wife. No matter where we are, the cheapest fast-food joint or the nicest (for us) steak and seafood place in town, he asks for some form of chicken nugget. Whether they're fingers, planks, nuggets or strips, he wants some form of preformed, batter-dipped and fried chicken.

Our youngest, Nathan, has already eaten a more diverse array of food at the age of 3 than my wife has. We learned that Nathan is not allergic to peanuts or shellfish not from testing, but from the fact that he started stealing food from my father shortly after he started to walk. If there is a food we're concerned with or unsure if he can eat, it's a sure bet that he's already eaten it.

This has actually caused Kevin to become more

adventurous in his eating. A couple of months back, we went out to a Chinese buffet near our house. Now, usually, this is a losing proposition for Kevin, as there is only one thing at a Chinese buffet he will eat: sweet-and-sour chicken, minus the sweet and minus the sour.

But after seeing Nathan come back with plates full of pork ribs and crab Rangoon and General Tso's chicken, he decided to try some crab legs.

He was in love. Not only did he love the flavor, but I think breaking the shells and ripping the meat out catered to the juvenile felon in him. I thought of that inner felon a day later when, going through his laundry, I felt something small and hard in his sweatshirt pocket. Was it a rock? A toy? Oh no, a lighter? Where would he get one? Was it mine?

It wasn't my lighter or anyone else's. It was a crab claw, deftly swiped from the buffet.

At least he's expanding his horizons.

So anyway, Jess and I were trying to figure out what we should bring to our respective families' Thanksgiving celebrations. We usually go to her parents' house first and then join my family in the afternoon (because of the aforementioned discrepancy in tastes, Jess and Kevin are likely to eat more at her parents' and Nathan and I

are more likely to eat equally insane amounts of food at both places).

Eventually, the subject of dessert came up and the conversation took what I thought to be a bawdy turn.

"Do you want a cherpumple after dinner?" Jess asked me.

"What? Really?" I was astounded. "We're going to be at my brother's house and that's a little weird."

"It's a pie, Bill."

"Of course it is. I knew that."

I didn't, but I do now. Apparently, a cherpumple is a three-layer cake with an entire pie baked into each layer — a pumpkin pie baked inside a yellow cake, a cherry pie baked inside a white cake and an apple pie baked inside a spice cake. The layers, according to the direction of the cherpumple's purported creator, Charles Phoenix, are then stacked and sealed with a coat of cream cheese frosting.

A dollop of whipped cream can be applied, but is considered excessive in some cultures.

In any case, we decided against the cherpumple. Even holiday-driven gluttony should have its limits.

I wish you well this Thanksgiving. One of many things for which I am thankful is your generous readership.



## Got news?

Spotlight Newspapers welcomes announcements of programs or events occurring in our coverage area. All announcements should include the date, time, location and cost (if any) of the event, along with contact information. Announcements are published space and time permitting. Submissions can be e-mailed to [news@spotlightnews.com](mailto: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.

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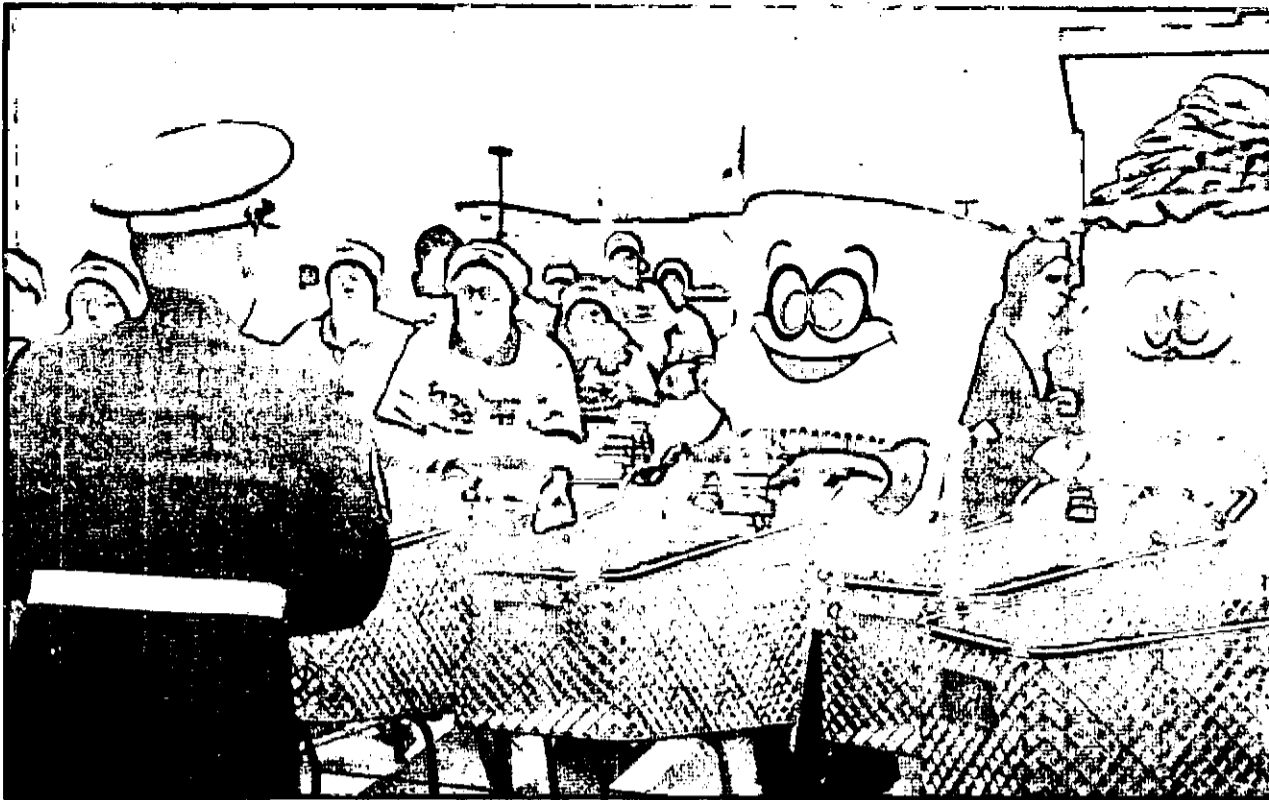
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Above: Shoppers ready themselves at the Toys "R" Us store on Wolf Road in Colonie during a shopping spree for the Toys for Tots program. Dunkin' Donuts contributed \$25,000 this year to the effort. Right: U.S. Marines Corps Corporal Steven Flood picks out items.

Charles Wiff/Spotlight

## Time to make the donations

The U.S. Marine Corps, along with Dunkin' Donuts franchisees, stormed the Toys "R" Us on Wolf Road in Colonie Tuesday, Nov. 16, on a Toys for Tots shopping spree.

Soldiers and DD employees gathered up \$25,000 worth of toys, an act made possible by a Dunkin' Donuts donation in the same amount to the Toys for Tots Foundation. The Corps this year is naming its annual holiday train the Dunkin' Donuts Toys for Tots Train in recognition of the company's donation in the past two campaigns.

"We feel so fortunate to have found such a dedicated community partner in Dunkin' Donuts and are grateful beyond words for the support that Dunkin' Donuts and their franchisees have provided to keep our holiday train on track," said Gunnery Sgt. Albert Roman, local Toys for Tots drive organizer.

The train will travel to 12 communities across the state and deliver toys and winter coats to nonprofits, which will distribute them to needy children.

The collection is ongoing at more than 400 locations throughout the Capital Region. To find a drop site near you or learn more about the program, visit [albany.toysfortots.org](http://albany.toysfortots.org).

Charles Wiff



## Who you gonna call? Extension 1999

The Town of Bethlehem has announced a new information line to be used by residents in time of emergency.

The Town Hall extension would feature either a recorded message or town personnel armed with information for residents calling in. It's not designed as a replacement or alternative to calling 911.

"This is what the residents had asked for in our discussions in the aftermath of recent storms and power outages," Supervisor Sam Messina said of the system.

A severe winter storm would be an ideal time to implement the system, said Bethlehem Emergency Management Director Jack Brennan. That's when residents are often looking

for updates on power outages, street closings and warming centers. The 2008 ice storm saw the town answering many of these types of calls.

"The problem was that they were calling the 911 number, and this alleviates those types of calls to the 911 center," Brennan said.

The only extra cost to the town would be if it was decided a person would need to staff the line after hours, he said. A recorded message could also be put on the line.

The emergency line can be reached by dialing Town Hall at 439-4955, and accessing extension 1999. Residents with an emergency should still dial 911.

Charles Wiff

## Church holds spaghetti fundraiser

The Onesquethaw Reformed Church will be holding a spaghetti and meatball dinner Saturday, Nov. 27, at the Church Hall at 11 Groesbeck Road in Feura Bush.

The dinner is a fundraiser planned by a young church member and her family and friends, and donations will help raise money for a school trip to Europe in February.

Continuous servings start at 4:30 p.m., with the last seating at 7 p.m. Reservations are not needed.

For information call 768-8019

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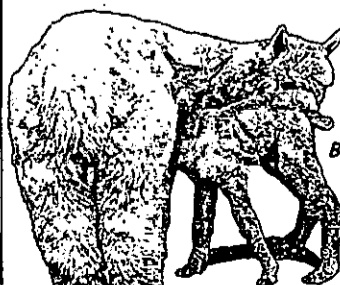
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Matters of Opinion in The Spotlight

# Give thanks this holiday season

This holiday season, we at *The Spotlight* would like to give thanks to those who affect us so greatly, and encourage you to do the same.

We are, of course, thankful for our loved ones, our parents, grandparents, spouses and children, who support and love us without condition.

We thank our friends and coworkers for sharing in the same ideal that the struggles of life — great and small, serious and trivial — should not be faced alone.

## Editorial

We are thankful for the men and women in uniform — whether it be military, emergency services, police or fire — that protect our safety and our liberty, overseas and here at home.

We are thankful to the wonderful parents and educators in our communities who work diligently and tirelessly toward shaping today's youth into tomorrow's leaders.

We are thankful for the local businesses and advertisers who support us and see value in our newspaper, and we are thankful for the consumers who support them.

And though we are critical of them at times, we are thankful for our elected officials. Whether we agree or disagree with them, we are thankful for those who choose to run for public office, to dedicate their lives or a portion of it to the betterment of their constituents.

Most of all we are thankful for you, the reader, without whom all of this would be pointless. Thank you for coming back week in and week out, for recognizing our effort to bring you the highest quality of community journalism possible, and for being a critical voice when we are inadequate in that regard.

From our family here at *The Spotlight*,  
to you and yours,

*Thank you*

# Making a holiday budget could be your best gift

## BBB offers five steps to help you and your wallet

The holiday season is off and running, but unless you're among a select group of people, sitting down and creating a budget is not on your list. Nevertheless, in tough economic times, the Better Business Bureau recommends that mapping out your spending now will help ease the strain of financial trouble in January.

According to a survey by Consumer Reports, shoppers plan on spending a certain amount, but when all was said and done, they actually spent 16 percent more than they planned. Not many of us can go that far over and still remain in the black. Creating a budget, and being disciplined enough to follow it, is one of the best ways to avoid overspending during the holidays.

"It may not be a festive way to spend an evening, but if you sit yourself down and crunch the numbers now, you actually stand a chance to save yourself from a painful financial holiday hangover later," said David Polino, Better Business Bureau president. "Most consumers are tempted with a deal and leave their good judgment at home, hence the overspending trouble begins. A budget can be your best friend this time of year."

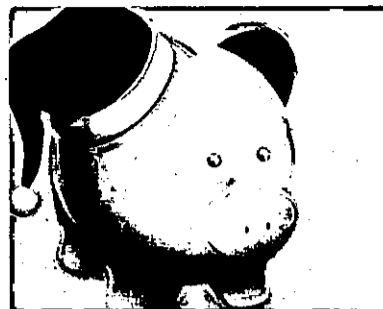
The BBB offers five steps to help you and your wallet through the holidays:

**Step One: Consider your income.**

The first step is to measure how much money is coming in now and what you'll have come January when the bills start rolling in. Add up your salary along with your spouse's, with dividends or interest payments and other sources of income.

**Step Two: Add up regular monthly expenses.**

Adding up expenses is



According to a survey by Consumer Reports, shoppers perennially spend 16 percent over budget when holiday shopping.

usually harder than determining your income because there are so many more factors to consider. Start with your rent or mortgage, utilities and credit

## Point of View

card payments. Also factor in other expenses for gas and car maintenance, healthcare and groceries.

**Step Three: Estimate extra holiday expenses.**

A lot of little purchases have a way of adding up over the holidays and it's important to consider all of the expenses of the season including:

- **Gifts:** Make an itemized list of everyone you want to buy presents for and estimate how much you're willing to spend for each. This includes presents for family, friends and coworkers. Also consider the cost for holiday cards and postage.

- **Entertaining:** Entertaining is big over the holidays. Think about who you'll be having over and also budget for any food or beverages you might need to bring to someone else's party. Also consider the costs for eating out and going to the movies — both popular expenses over the holidays.

- **Decorations:** Take stock of what you already own and then consider any additional spending you might need to make for a tree, lights, ornaments, wrapping paper, etc.

- **Travel:** If you're heading out of town for the holidays, consider the cost of travel including any car maintenance or pet boarding, if applicable.

- **Charitable donations:** The holidays are a time of giving, so budget in how much you plan on donating to a worthy cause. You can learn more about being a savvy donor from the BBB Wise Giving Alliance at [www.bbb.org/charity](http://www.bbb.org/charity).

**Step Four: Revisit, evaluate and revise your budget along the way.**

Once you've added up your income and your expenses, it's time to compare. If more is going out than coming in, it's time to go back over your budget and pare down expenses. Consider giving fewer gifts or less expensive ways of entertaining. Last year's decorations are also probably just fine.

Once you've balanced your budget, revisit it frequently over the holidays to make sure you're sticking to it. You might find that you over estimated in some categories and underestimated in others.

**Step Five: Reward yourself.**

Work into your budget a small reward that you can earn if you meet your goals. If you don't meet your goals, you can guess where that money is going instead: Paying off your credit card bill in January.

*The BBB is an unbiased not-for-profit organization that sets and upholds high standards for fair and honest business behavior. Businesses that earn BBB accreditation contractually agree and adhere to the organization's high standards of ethical business behavior.*

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## Weekly poll

This weeks question:

**Do kids play too many video games?**

Log on to [www.spotlightnews.com](http://www.spotlightnews.com) to cast your vote.

### Last week's poll results:

Question: "Have towns been transparent in their budgeting processes?"

- I think they've been as forthcoming as possible.: 57%
- Not at all. Our budget is a maze of numbers and vagaries.: 42%

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# Ellis Hospital recognized for cardiovascular treatment

**Thomson Reuters study places medical facility in top 50 for the nation**

By JOHN PURCELL  
purcellj@spotlightnews.com

Even though the Ellis Hospital's Cardiovascular Department is confident in their work, being recognized as a leader in the specialized care is a welcomed accomplishment.

Thomson Reuters' 12th annual cardiovascular hospital study nationwide resulted in Ellis Hospital being named one of the top 50 hospitals in the nation for the care provided. The study looked at outcomes for patients with heart failure and heart attacks and patients receiving coronary bypass surgery and precautionary coronary interventions such as angioplasties.

Ellis and other hospitals acknowledged for their success in the report, which noted patient survival rates were higher, with shorter hospital stays and included fewer complications and readmissions to the hospital compared to other hospitals in the nation. The study also noted if all similar high-volume cardiovascular hospitals performed at the same level, as the noted top hospitals more than 7,500 additional lives could be saved; nearly 12,000 additional patients could be complication

free and approximately \$910 million could be saved every year.

"We know we work very hard, we know we do a good job and the whole team deserves a pat on the back for this," said Herbert Reich, chief

**"We know we work very hard, we know we do a good job and the whole team deserves a pat on the back for this."**

Herbert Reich  
chief cardiothoracic surgeon at Ellis

cardiothoracic surgeon at Ellis. "It is very nice to see that someone else knows what kind of a jobs we do. This is an award the whole team really shares and is a part of."

Getting heart attack patients from the door of the Emergency Department to the Catheterization Lab where a balloon is inflated in the patient's artery to restore blood flow happens 25 minutes faster on average than the national goal of 90 minutes, said Donna Evans, spokeswoman for Ellis.

"If you get that patient up to the Cath. Lab faster, you are going to improve the patients outcome," said Evans.

Ellis is working with some emergency medical service partners to make the process even faster, by providing them with equipment to transmit the electrocardiography (EKG) readings right to a cardiologist's cell

phone. Before the patient arrives at the hospital the severity of the situation is already known to allow for proper precautions and preparations to be started.

"It is amazing technology, it truly is," said Reich about

EKG advancements. "It also saves a lot of problems."

Susan Devito experienced care at the hospital first hand when she had a heart attack on Dec. 9 in 2009 and was brought to Ellis for treatment.

"The care was exceptional," said Devito. "I have to say the whole team, the nurses were wonderful and everyone was just great. The cardiologists truly impressed me."

Hearing the hospital was recognized wasn't a surprise to Devito.

"It doesn't surprise me that they were named one of the top 50 hospitals, it is wonderful," said Devito. "I feel so comfortable that I have this hospital in my community that I know if anything happened to me or my family I am going to receive the best care in the future."

She said she is the mother of three.

□ Hospital Page 22

# BC district launches e-newsletter

The Bethlehem Central School District is once again expanding its arsenal of ways it keeps in touch with parents and the community.

The district on Thursday, Nov. 18, sent out its first e-newsletter to subscribers of the school's e-mail notification system. The electronic edition summarizes news around the district, informs of upcoming events and links to areas of the district's Web site, which is often updated with news and photos.

The district hopes to release the newsletter biweekly, said district Communications Specialist Matt Leon, in what is hoped to be a more proactive communications medium.

"We put a lot of content on the Web site, but it's kind of static...you're depending on people to go there," he said.

The publication will also feature a running "Five Questions With" item focusing on district employees. In the inaugural edition, middle school Principal Sandy Morley answered questions about anti-bullying efforts.

The district has been cutting down its paper mailings to save cost and reduce environmental impact, said Leon, now generally sending a fall and budget season mailer to households. So far, the district hasn't sent a fall mailer, and will see how the e-newsletter is received before making a decision on whether to

continue that update.

Readers can expect in future editions news on the district's budget think tank, the future of technology use in schools and the changing college admission process.

To sign up for the e-newsletter and/or e-mail or text message alerts, visit [snn.neric.org/bcsd/](http://snn.neric.org/bcsd/).

-Charles Wiff



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Lexi Becker, DVM

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If you suspect that your pet has ingested ethylene glycol it is imperative that you seek veterinary help immediately. There is a blood test available which can be used within thirty minutes of ingestion and can detect the presence of ethylene glycol up to twelve hours after suspected consumption. If this test returns positive your pet will be admitted to the hospital for further testing and treatment. Most patients require intravenous fluid therapy for 48-72 hours. In most cases, when aggressive therapy is instituted within the first several hours there is a better chance for survival.

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# The changing face of homelessness

## Campaign seeks to spread awareness about the homeless in Saratoga

By ALYSSA JUNG  
jung@spotlightnews.com

Theresa Taylor vividly remembers the St. Patrick's Day blizzard of 2007. As she well should — because after all, she spent it in Congress Park.

"I was not dressed for the elements, so I was surprised and blessed to have survived," said Taylor, who became homeless at age 45.

On Wednesday, Nov. 17, Taylor returned to the place she spent her darkest hour. But this time, she wasn't homeless; she was telling her story.

"I hope in some way my small contribution can bring awareness. The chalk outline outside of Congress Park represents where I was sleeping at the bus stop when I was homeless and out on the street," said Taylor. "It's a special night for me to be able to come back to the park because my life has changed so dramatically in four years since I was homeless."

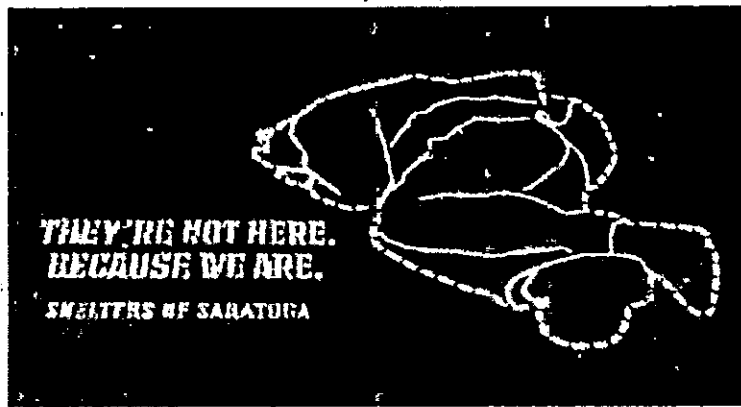
The chalk outline of a person that Taylor refers to is part of a guerilla marketing campaign, "They're not here. Because we are," launched by Shelters of Saratoga (SOS), which coincides with National Hunger and Homelessness Awareness Week, Nov. 14-20. The organization partnered with Palio, a local

marketing company, to spray outlines around the city that represent the homeless person that might be at that spot if SOS didn't exist.

"I don't think that people think there's homeless issues in Saratoga or are even aware that these different agencies like Shelters of Saratoga exist," said Cindy Harrington, director of marketing and development at SOS. "[The chalk outlines] are something that grips you and makes you stop and think ... the homeless are often seen as invisible, and people don't like to look them in the eyes, but the fact is that they're real people. There are people who never dreamed they'd be at risk of homelessness or in that predicament, but unfortunately, it's becoming more common."

Harrington estimates that SOS helps keep around 600 people off the streets a year, with the number of homeless individuals around the entire Capital Region continuing to climb. She said shelters and agencies in the local area are seeing an increasingly varied group of people in need of their services, citing the downturned economy as a definite factor.

"We have folks anywhere from 18 years to someone in their 70s. They could be somebody that was in a divorce and they have nothing or they could be somebody who works in a seasonal job or in the food industry. No story's ever the same," said Harrington.



The campaign "They're not here. Because we are" placed chalk outlines of a body around high traffic portions of Saratoga Springs to bring attention to what the city would be like without Shelters of Saratoga.

Submitted photo

Taylor's story is one of personal decline and redemption. The day after Christmas 2006, there was a lot of unrest in her home situation and she had an emotional breakdown that left her hospitalized. When she was released, she no longer had any place to call home, so the street became her home until SOS intervened.

"I don't necessarily fit the picture of what people traditionally view as homeless, but the face of homelessness is changing dramatically," said Taylor. "Through SOS outreach, advocacy and the counseling I received there, I was able to reconstruct my life."

SOS helped Taylor find her own apartment in the city and got her enrolled at Schenectady Community College, where she

became president of the student volunteer organization and will graduate with honors with an associate's degree in chemical dependency counseling.

"If not for [SOS], I don't know how I would have gotten out of the hole I was in," said Taylor. "It's important for me to give back to the people who gave me so much in my darkest hour."

Her first step in paying it forward has been to volunteer with the guerilla marketing campaign. Her talk in Congress Park at Wednesday's candlelight vigil was something she was initially hesitant about, until she realized it was for the "greater good."

"The help is out there, so please don't be hesitant. If it can happen to me, it can happen

to anyone. Saratoga is a very caring community, the service agencies are very caring and there to help you and refer you to services," said Taylor. "They're in dire need of donations and for contributions and grants so they can expand what they're doing. Hopefully someday, there will be no homeless in Saratoga."

The awareness campaign will continue even after National Hunger and Homelessness Awareness Week passes. Students at Skidmore College and Saratoga County Housing Alliance will sponsor a coin drive to benefit the homeless through the months of November and December, and on the second Tuesday of each month, a community meeting will be held at the Saratoga Springs Public Library to discuss homelessness and housing-related issues, and ways to find new solutions to the growing challenges.

SOS is the only adult homeless shelter in Saratoga, Washington and Warren counties and has been around for 18 years. It provides shelter, food, clothing, employment and transportation assistance and case management to anyone that shows up on their doorstep. The shelter also recently purchased a mobile outreach vehicle that hits the streets to help those reluctant to approach the organization on their own.

For more information about the marketing campaign and SOS, visit [www.sheltersofsaratoga.org](http://www.sheltersofsaratoga.org).

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# Everyone's a medalist at Culinary Cornucopia

## Career & Tech students host chefs competition, make dinner a success

Students and staff alike from the Capital Region Career & Technical School stepped up to the [dinner] plate Sunday, Nov. 7, volunteering their talent and time at the 2010 Culinary Cornucopia Competition and Dinner to raise funds for Living Resources Inc., a provider of programs and services for individuals with traumatic brain injuries and developmental disabilities.

Students led by Culinary Arts Chef-teachers Mark Brucker, Paul Dolan, Scott Cooper, Paul Rother and Meg Bugler, who also teaches Floral Design at Career & Tech, assisted with the morning chefs competition, hosted at the school's campus on Watervliet-Shaker Road in Colonie, as well as with the evening dinner at the Albany Marriott. Floral Design students created impressive floral displays and centerpieces for the event.

Chefs Brucker and Dolan won silver medals at the competition, which was judged by high-level American



Christopher Mosall of Guilderland, left, a senior in the Culinary Arts Tech Prep class at the Capital Region Career & Technical School, assisted Chef-teacher Mark Brucker in winning a silver medal at the 2010 Culinary Cornucopia Sunday, Nov. 7.

Submitted photo

Culinary Federation chef-officials, who award points for use of product, taste, serving size, sanitation and other criteria. Chef Brucker was assisted by Culinary Arts Tech Prep student Chris Mosall of Guilderland, and they competed on behalf of

Career & Tech. Chef Dolan was assisted by Chef John Galietta of The State Room, Albany, where Dolan is a chef (along with Galietta) when he is not teaching.

"Each fall, the Culinary Cornucopia provides our students with an unmatched

opportunity to shadow experts, learn hands-on and participate in a professional event while doing something good for the community," said Chef Brucker. "Living Resources is a valuable organization, and we couldn't ask for better partners in coordinating the event than Joan Meyer, their director of public affairs, or Dale Miller, chairman of the culinary competition and owner of Dale Miller Restaurant, Albany."

According to Brucker, "Career & Tech will be here as competition host and support well into the future, for as long as we can be of assistance to

Living Resources."

Culinary Arts and Floral Design are among more than 40 courses of study offered to high school and adult students at the Capital Region Career & Technical School. With campuses in Colonie and Schoharie, the school is operated by the Capital Region Board of Cooperative Educational Services (BOCES) and serves the residents of Albany, Schoharie, Schenectady and Southern Saratoga counties. For more information, visit [www.capitalregionboeces.org/CareerTech](http://www.capitalregionbooces.org/CareerTech).


## 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](mailto: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.



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# Talk on abolitionism closes library's Lincoln celebration

"North Star Shining: New York State's Freedom Trail" is the title of an illustrated talk by Dr. Milton Sernett next Wednesday, Dec. 1, at 7pm. The program marks the end of the library's six-week celebration of the Lincoln Bicentennial. Programs for adults and children have been anchored by the national traveling exhibition "Forever Free," displayed in the library lobby, which will close next Sunday, Dec. 5.

New York State was fertile soil for the flowering of abolitionism. Dr. Sernett will place the story of the Underground Railroad in the context of religious and reform movements of the pre-Civil War period. Dr. Sernett is a professor emeritus of African American studies and history at Syracuse University. A New York Council for the Humanities speaker, he has published numerous books, articles and essays about American abolitionism.

"Forever Free: Abraham Lincoln's Journey to Emancipation" is a series of large panels illustrating how Lincoln's beliefs about freeing the slaves were transformed by wartime developments. Our participation in this project is the result of a grant awarded to us by the American Library Association in 2006.

"Forever Free" has been



organized by the Huntington Library, San Marino, California, and the Gilder Lehrman Institute of American History, New York City, in cooperation with the American Library Association Public Programs Office. This exhibition was made possible by major grants from the national Endowment for the Humanities, promoting excellence in the humanities, and the Abraham Lincoln Bicentennial Commission, created by Congress and charged with planning the national celebration of Lincoln's 200th birthday.

### Blood drive exceeds goal

The Veterans' Day blood drive held at the library was a success. The Red Cross had projected 50 donors. In the short time between 1 and 6pm, 62 donors—including 5 first-time donors—gave blood. Erin Wascavage of the Albany District Biomedical Services reported that those donations have the potential to save 186 lives. That is truly a gift that keeps on giving.

### Holiday hours

A reminder that Thanksgiving holiday hours at the library are as

follows: 9am-5pm today, November 24; closed tomorrow November 25; 9am-5pm Friday November 26. The library is open all the time online at [www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org) and [www.bplkids.org](http://www.bplkids.org). Library trustees and staff wish our community a warm and safe Thanksgiving holiday.

• North Star Shining: New York State's Freedom Trail

Wednesday Dec. 1 \* 7pm \* Bethlehem Public Library

Illustrated talk by Dr. Milton Sernett, professor emeritus of African American studies and history at Syracuse University.

• Anime/Manga/Cosplay Club

Thursday Dec. 9 \* 3:30pm \* Bethlehem Public Library

All things anime, manga, video games, comics, costumes. Hang out and talk with other teens. Grade 6 and up.

• A Little Sunday Music Sunday Dec. 12 \* 2pm \* Bethlehem Public Library

Copernicus Duo—cellist David Bebe and violinist Jamecyn Morey.

• Daybooks

Monday Dec. 13 \* 1:30pm \* Bethlehem Public Library

"Old Filth" by Jane

☐ Check Page 11.

# Senior Chorus presents concert

The Bethlehem Senior Chorus will present "Sounds of the Season" on Friday, Dec. 3, at 1 p.m. at the Bethlehem Town Hall. The concert is sponsored by Bethlehem Senior Projects and the Bethlehem Public Library. We will have lunch in advance at the Windowbox Café in Slingerlands, cost on your own. Senior transportation will leave Town hall at 10:30 am. Suggested van donation: \$3. Call 439-4955, ext. 1169 to register. Home pick up is available.



Manor at Price Chopper in Slingerlands. For reservations, call 439-5770.

The Senior Discussion Group will meet from 10:30 am to noon at the Town Hall, room 101. Jane Sanders will lead a discussion on current news events, human interest stories, and reminisces about the past. Transportation can be arranged by calling 439-4955, ext 1176.

### Thursday, Dec. 2

Senior grocery shopping for residents of Glenmont, Selkirk, and South Bethlehem at Hannaford at Price Chopper in Glenmont. For reservations, call 439-5770.

Bethlehem Senior Citizens Club meets for an enjoyable afternoon of games and socializing at the Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar at 11:30 am - 3:30 pm. All seniors are welcome. We play bridge, mah jongg, pinochle, and bingo. Bring a sandwich and join others for lunch if you wish.

### Friday, Dec. 3

Senior grocery shopping for residents of Good Samaritan Senior Housing and Van Allen Senior Apartments at Price Chopper in Glenmont. For reservations, call 439-5770.

Seniors in Motion A low level fun aerobic exercise class to music. Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 9-10 a.m. No registration is necessary. \$3 fee per class.

For information on the above or a list of additional activities, call the Bethlehem Senior Services Office, at 439-4955, #1176

Wilma DeLucco, Bethlehem Senior Projects, Inc. Board Member

November and December are open enrollment months for most health insurance options. You may wish to select a different Medicare Plan D for prescription drugs, as the monthly costs and co-pay amounts have changed. You may also qualify for EPIC, New York State's prescription drug program for low income seniors.

Contact the Senior Office at 439-4955, ext. 1173, 1174, or 1175 for information.

### Program highlights

#### Monday, Nov. 29

Shopping Center trip to Wal-Mart in Glenmont. Get your holiday shopping done! Call 439-5770 to make van reservations.

#### Tuesday, Nov. 30

Seniors in Motion A low level fun aerobic exercise class to music. Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 9-10 a.m. No registration is necessary. \$3 fee per class.

#### Wednesday, Dec. 1

Senior grocery shopping for residents of Elsmere, Delmar, Slingerlands, North Bethlehem and Marie Rose

[www.brandlemeadows.com](http://www.brandlemeadows.com) 518.861.3300

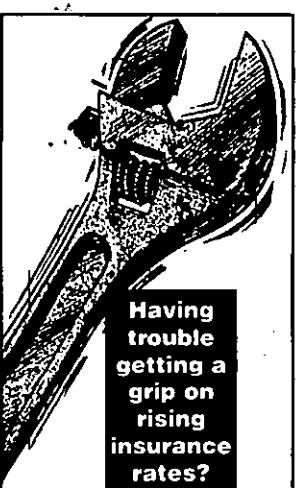
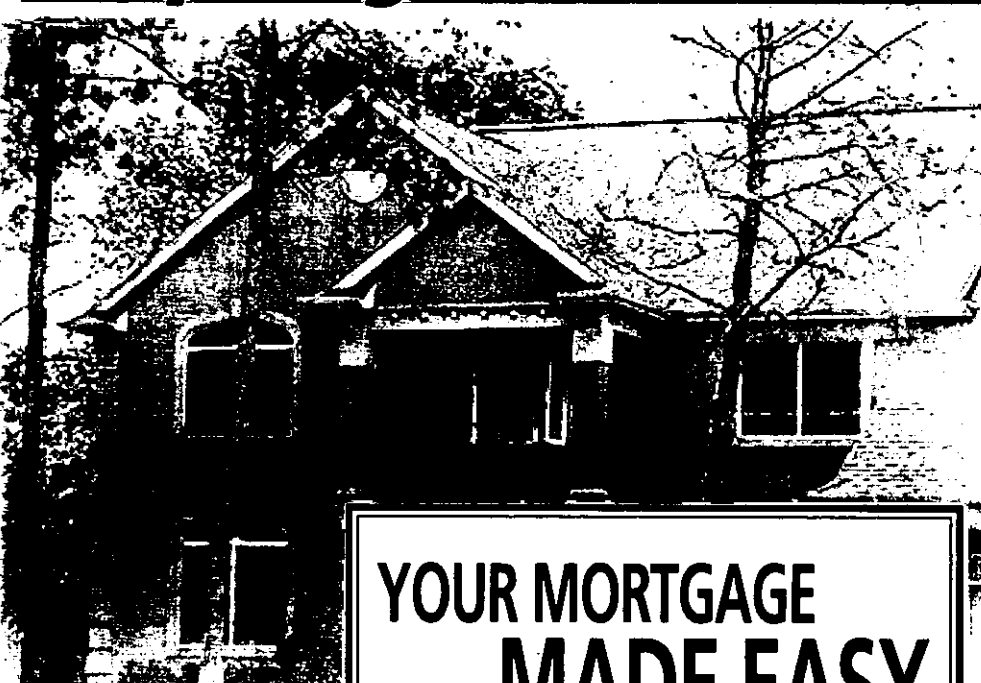
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OR, from Voorheesville, Rte. 156 (5.3 miles, right on Brandle Rd).

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## Check out local history at Voorheesville library

People have been talking about the local history books compiled by Willard Osterhout.

Whether you are a longtime area resident looking for a trip down memory lane or a relative newcomer who wants to acquaint yourself with the colorful background of Warner Lake and the Heldebergs, you can find all the books here at the library.

There is a circulating copy of "Life at the Lake" in the oversize non-fiction (974.742) and the whole series is available for in-library perusing. Ask your librarian!



or a small toy for the tree, and don't forget the New Scotland Food Pantry baskets.

There's room on the bus to NYC sponsored by the Library Friends. The cost is only \$40 for FOL members and \$45 for others. Have a great day of shopping or sightseeing with your family and friends on Saturday, December 4. Sign up at the circulation desk.

If you are shopping online over the long weekend, don't forget to access Amazon through the VPL website so the Library Friends can benefit from your purchases (at no cost to you.)

The library is closed for the Thanksgiving holiday from 1 p.m. on Wednesday until 10 a.m. on Friday.

Please - eat everything, take a nap, watch TV and enjoy the family.

There is no storytime on Friday, Nov. 26.

Visit the library website at [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org) and submit your holiday events for posting on our community calendar.

—Barbara Vink

## Help wanted

We want you to join the crew for the 2011 Small Town Friends Festival. Everyone is welcome to attend the planning meeting at the library on November 29 at 7 p.m.

The Giving Tree is up and awaiting your small gifts to be delivered to the Parsons Child and Family Center on December 13. Please drop off a little something such as mittens

Spotlight Newspapers

Community news

Starts here

## Avoid the crush of the malls at the RCS Library

Are you avoiding the crush of the malls? Come see the newly-renovated space and check out the display of holiday books, music and videos. For only \$5 during the holiday season, purchase a canvas tote displaying the Library's handsome new logo, which features the Half Moon at full sail. Start your holiday season at the library!

The Library will close at 5 p.m. on Wednesday, Nov. 24, and will remain closed on Thursday, Nov. 25, for the Thanksgiving

## RCS LIBRARY

holiday.

The library will be open regular hours, 10-5, on both Friday and Saturday. Since Friday is a school holiday, story times will not be held.

## What's New

### New Adult Fiction

"Christmas Mourning" by Margaret Maron

"Full Dark, No Stars" by Stephen King

"Hell's Corner, No. 5" by David Baldacci  
"I Still Dream About You" by Fannie Flagg

### New Adult Non-Fiction

"Decision Points" by George W. Bush

"Heal Yourself with Qigong" by Suzanne Friedman

"Rachael Ray's Look and Cook" by Rachael Ray

"Simple Times: Crafts for Poor People" by Amy Sedaris



The Harpers Weekly image requires the following caption: "The First Vote," Harper's Weekly, November 16, 1867. (Huntington Library, San Marino, California.)

## Check

(From Page 10)

Gardam. Copies available at the information desk. New members welcome.

• Bethlehem Public Library Board Meeting

Monday Dec. 13 \* 6:30pm \* open to the public

• Pajama-Rama

Tuesday Dec. 14 \* 7pm \* Bethlehem Public Library

Wear your PJs and bring your favorite stuffed animal for bedtime stories, songs and dancing. Up to age 6 and families.

Louise Grieco

• All library programming is free and open to the public. The Bethlehem Public Library is located at 451 Delaware Ave., Delmar. For information, call 439-9314.

## Seniors plan holiday luncheon

On Tuesday, Dec. 14, at noon, Guilderland Seniors will host a luncheon at Mallozzi's Clubhouse at Western Turnpike Golf Course, Route 20.

The Menu will feature the entrée choice of Chicken Francaise or Sliced Sirloin of Beef.

Cost is \$18 per person and transportation service is available for Guilderland Seniors.

Tickets are available through Dec. 7

### Monday, Nov. 29

Scheduled Shopping  
9:00 Aerobics

## Town of Guilderland SENIOR CALENDAR

10:30 OsteoBusters  
10:30 Sr. Fitness  
1:30 OsteoBusters

### Tuesday, Nov. 30

9:00 OsteoBusters  
11:30 Luncheon: Beef Tips or Cold Plate  
12:30 Bingo/Games

### Wednesday, Dec. 1

Scheduled Shopping  
9:00 Line Dancing  
10:30 OsteoBuster  
10:30 Sr. Fitness

1:00 Needlecraft  
1:30 OsteoBusters

### Thursday, Dec. 2

Scheduled Shopping  
9:00 Osteobusters  
9:00 Aerobics  
10:30 Balance Class  
1:00 Pinochle/  
Mahjongg

### Friday, Dec. 3

Scheduled Shopping  
10:00 Painting  
10:30 Bridge

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## Bethlehem Tomboys Girls Softball League 2011 REGISTRATION

The Bethlehem Tomboys Girls Softball League will hold registration for girls grades K to 12.

**Wednesday, December 1<sup>st</sup>**

**6:00pm - 8:00pm**

**Bethlehem Town Hall**

**Thursday, December 9<sup>th</sup>**

**6:00pm - 8:00pm**

**R.C.S. High School**

Visit [www.bethlehemtombos.com](http://www.bethlehemtombos.com)  
For online registration and information

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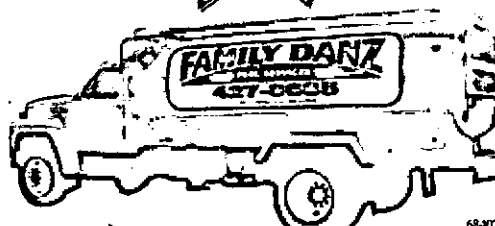
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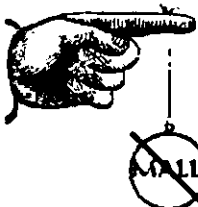
# Holiday Shopping Guide

## Conkling Hall's 8th Annual Hilltown Holiday Gift Bazaar

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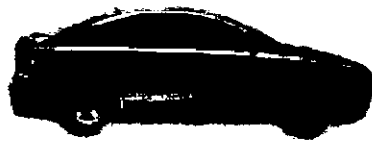
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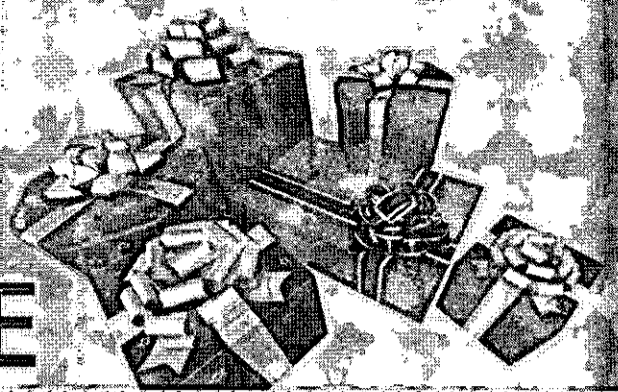


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# Community Caregivers honors three at gala

Community Caregivers, a Guilderland-based nonprofit that helps individuals of all ages maintain their independence, dignity and quality of life within their homes and communities, honored three individuals for their contributions and support at its 16th Annual Gala on Saturday, Nov. 6, at Albany Country Club.

Recognized were Congressman Paul Tonko (Community Caregivers Public Service Award), Steven P. Boyle, president and CEO, St. Peter's Health Care Services (Joseph A. Bosco Community Caregivers Community Service Award) and James E. Gardner,

publisher, The Altamont Enterprise (Victor G. Ross Community Caregivers Founders Award).

Founded in 1994, Community Caregivers offers transportation for disabled, elderly and non-driving persons; essential shopping; respite time for caregivers; short-term meal preparation or delivery; light housework; minor repairs and yardwork; home visits or reassurance calls; assistance with paperwork and correspondence; and, referrals to other agencies.

The organization serves the towns of Guilderland and parts of Bethlehem, Berne, Knox and New Scotland.



From left, Congressman Paul Tonko; Steven P. Boyle, president and CEO, St. Peter's Health Care Services; and James E. Gardner, publisher, The Altamont Enterprise were honored by Community Caregivers at a Saturday, Nov. 6, gala event.

Submitted photo

## Shopping Guide

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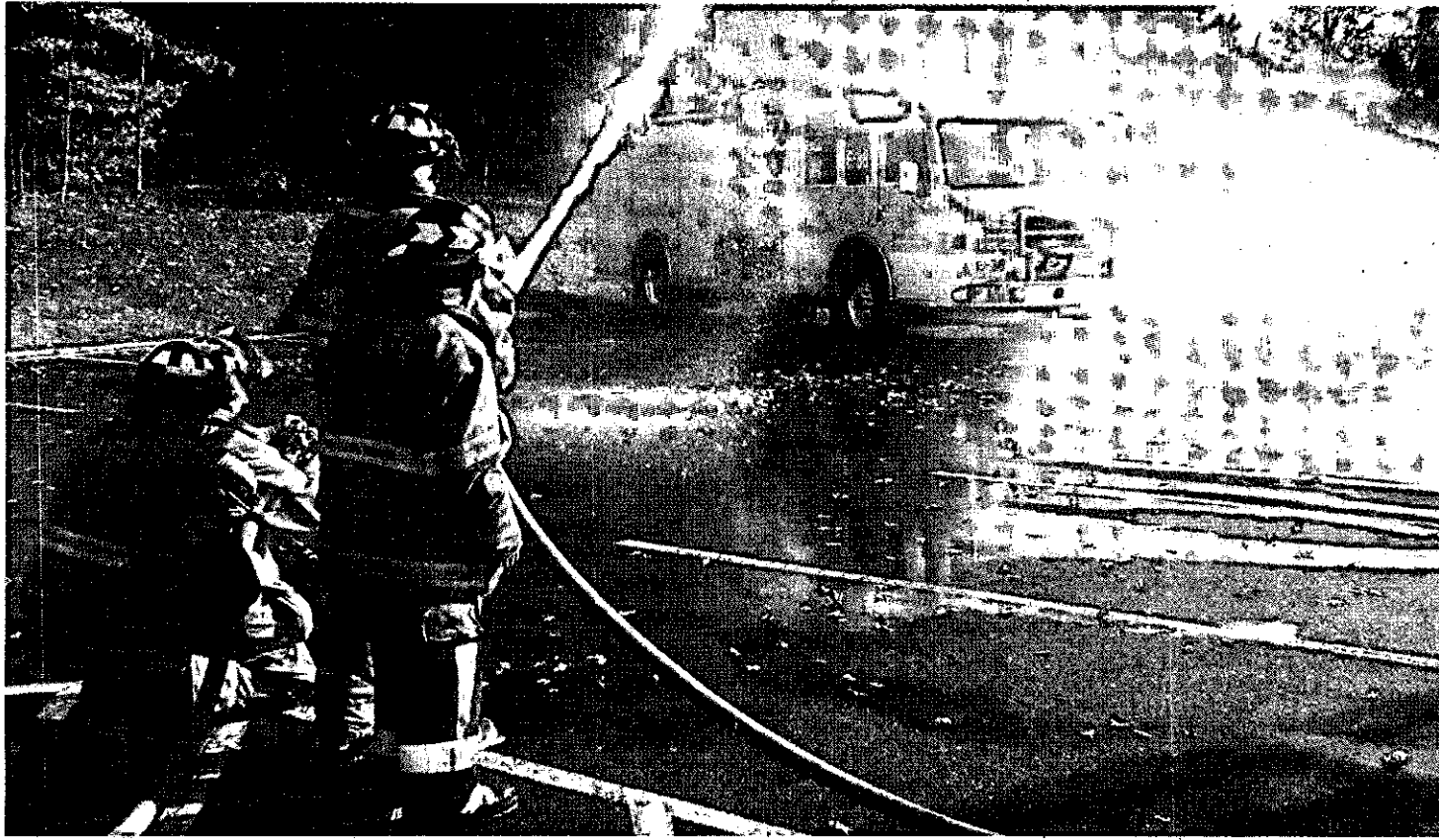
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Submitted photo

# Holiday SHOPPING GUIDE

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- St. Louis Post Dispatch

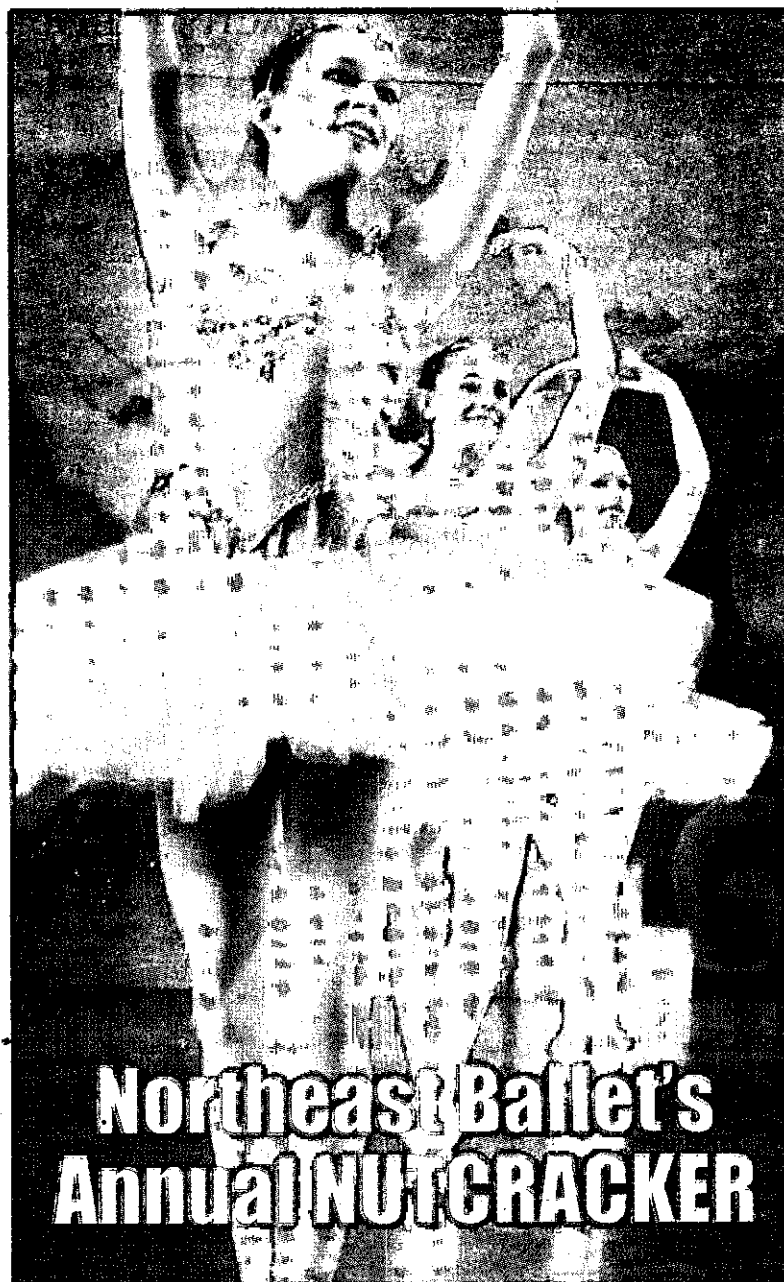


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# A passion for peaks

## Delmar couple to climb Kilimanjaro along with tennis star

By CHARLES WIFF  
wiffc@spotlightnews.com

A week from now, Linda and David Burtis will be in Africa, setting off on what is likely to be a difficult and extraordinary journey.

The Delmar couple are aiming to summit Mt. Kilimanjaro, one of the highest points on the planet, along with an international expedition that includes a tennis star, Olympic athletes and a German paralympic cyclist who will be attempting to make the climb on prosthetic legs. A film crew will be tagging along to document the journey.

As Linda Burtis puts it, the opportunity to climb Kilimanjaro "dropped out of the sky."

Experienced trekkers, climbing the Tanzanian peak is an item that's long been on the couple's minds. While watching tennis with her grandkids, Linda heard the announcer mention tennis star Martina Navratilova would be making the climb. A bit of Internet navigation later, the Burtises were reserving their slots as the only Americans in that expedition.

"The short answer is it was meant to be," Linda Burtis said. "I heard about it, I checked it out... They had no Americans, so they were happy to have us sign up."

Navratilova and the Burtises are raising money for the Laureus Sport for Good Foundation of America, an organization that offers sporting opportunities to underprivileged youth. For Linda Burtis it's a familiar cause—during her time

running the Delmar Tennis Academy she tried to do the same thing with tennis.

The couple is paying their own way for the trip, so donations all go to the nonprofit.

"People have a positive reaction to the kind of charity it is because it's for disadvantaged kids who have a tough life," David Burtis said. "Sports is a very leveling kind of activity. It doesn't matter what your background is."

Before heading to the mountain, the trip will head to Nairobi to visit one of Laureus' programs there, followed by a reception at the U.S. embassy.

The two recently climbed to the top of the Bank of America Tower along with Navratilova to fundraise for the Laureus Foundation. It was a small preview of the climbing they'll be doing with the tennis star

in December and a chance to meet some of the kids the foundation benefits.

The Burtises have set a fundraising goal of \$6,000, and had made it just over halfway there with less than three weeks until they board a plane to head to Africa.

"I'd like to reach my goal of \$6,000, and I'm very hopeful I'll reach my goal by the time we leave," Linda Burtis said.

Kilimanjaro is the tallest mountain on the African continent, making it one of the seven summits many serious climbers endeavor to conquer in their lifetimes.

Neither Linda or David are on a quest to join that ultra-exclusive club, but at over 19,300 feet, the summit of Kilimanjaro will be the highest point on earth either have stood, should they make it up next month (by comparison, New York's highest point, atop Mt. Marcy, is 5,343 feet). The altitude presents its own unique challenges. At such heights, altitude sickness can strike climbers, potentially causing problems ranging from headaches and insomnia to life threatening internal hemorrhaging. Both Linda and David have been above 13,000 feet in the western U.S. and handled it fine, but this time they'll be staying up for much longer.

To prepare for the trials



Delmar residents David and Linda Burtis in Switzerland, with the Matterhorn in the background. The couple will be climbing Mt. Kilimanjaro in Tanzania in early December.

Submitted photo

of a long and difficult journey, the couple has been training every day and taking excursions into the Adirondacks, Berkshires, Catskills and Green Mountains on the weekends.

"It's going to be something way out of what I've normally done," said David Burtis. "There's going to be pushing myself, and that's going to be exciting."

But one thing about Kilimanjaro that attracts climbers the world over is that despite its great height, it's not a technically demanding hike. Still, it will take the expedition a full week to get up and down.

"Some of the trips go up much more quickly... so we're very positive that we'll be able to acclimatize and handle it as best as we can," Linda Burtis said.

But getting the body ready is only half of the equation. Keeping a positive mental outlook can be just as important in achieving success, said Linda Burtis, and she hopes folks at home will support the expedition not only with donations, but with well wishes.

"It would be great to have the spirit of Delmar helping our life's climb," she said.

They'll be getting some local support on Dec. 11, summit day, when Pat Humphries will be performing at Proctor's in Schenectady. She'll sing her song "Kilimanjaro" and encourage the audience to sing as well and send their thoughts to the climbers.

To read the Burtis' blog or donate to the fundraising effort, visit [burtisandkilimanjaro.blogspot.com](http://burtisandkilimanjaro.blogspot.com).

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# Musicians rock for reading

**Local bands showcase their talent to help Albany Junior League raise awareness for child literacy**

ANDREW BEAM  
beama@spotlightnews.com

There was live music and even some break dancing at the Rock for Reading event at Savannah's Night Club on Nov. 13, where bands such as the Heaters, the Stynals and Jermaine Wells and the Ill Funk Ensemble rocked the joint.

The event was put on by the Junior League of Albany, a female volunteer group that advocates for improving the community and to raise funds for the Dolly Parton's Imagination Library, which aids children in building their own library of books.

"Children who read early on do better in schools and get higher test scores," said Barbra Beauchamp, member of the league. "They're less likely to get involved in gangs."

The organization promotes family literacy and hopes to bring families together through reading, said Beauchamp. She said that it mails free books to the child's home every month. She added that the issue of literacy in children was a common one that had come up.

"We'd focused on women's and children's issues for a long time," she said. "One issue kept coming up and that was a need for a literacy program for young children."

The Rock for Reading event is their second one after the league first tried it out back in January, when they raised \$1,500. The most recent event raised around \$1,000.

It was a different type of event for the league, said Beauchamp, as she said they would not have been able to do a gala event due to the condition of the economy. Instead, the league tried to do something a little more fun.

"We wanted to do something fun and

interesting for the community," she said. "So we decided to bring in local bands and provide an opportunity to showcase local talent."

She said that every band that was approached was more than happy to play the event, one of them being the local band the Stynals, as drummer James Wyanski said the issue of literacy is an important one.

"I'm a father and my son is as a voracious reader as

I am," he said. "I feel it's a really important thing at the very beginning to get kids interested in reading. You have to make it easy and accessible for them." He added that even though the show is an afternoon show and that a crowd at a charity event is different from a regular rock n' roll crowd, the band is happy to support the cause.

"I think if you have books with you, you don't have to wait for someone to take you to a library,"



Jermaine Wells and the Ill Funk Ensemble keep the dance party going during the Rock for Reading Event at Savannah's. Andrew Beam/Spotlight

he said. "The books are sent right to their homes. And think of how cool that is to be a kid and get something in the mail. It adds a cache of getting into the habit of getting books and reading."

For a child, when they

actually own something it gives them more of a reason to respect and want to read the book, said Wynaksi.

"They have it, it's theirs," he said. "They can possibly even develop, early on, a great respect for books."

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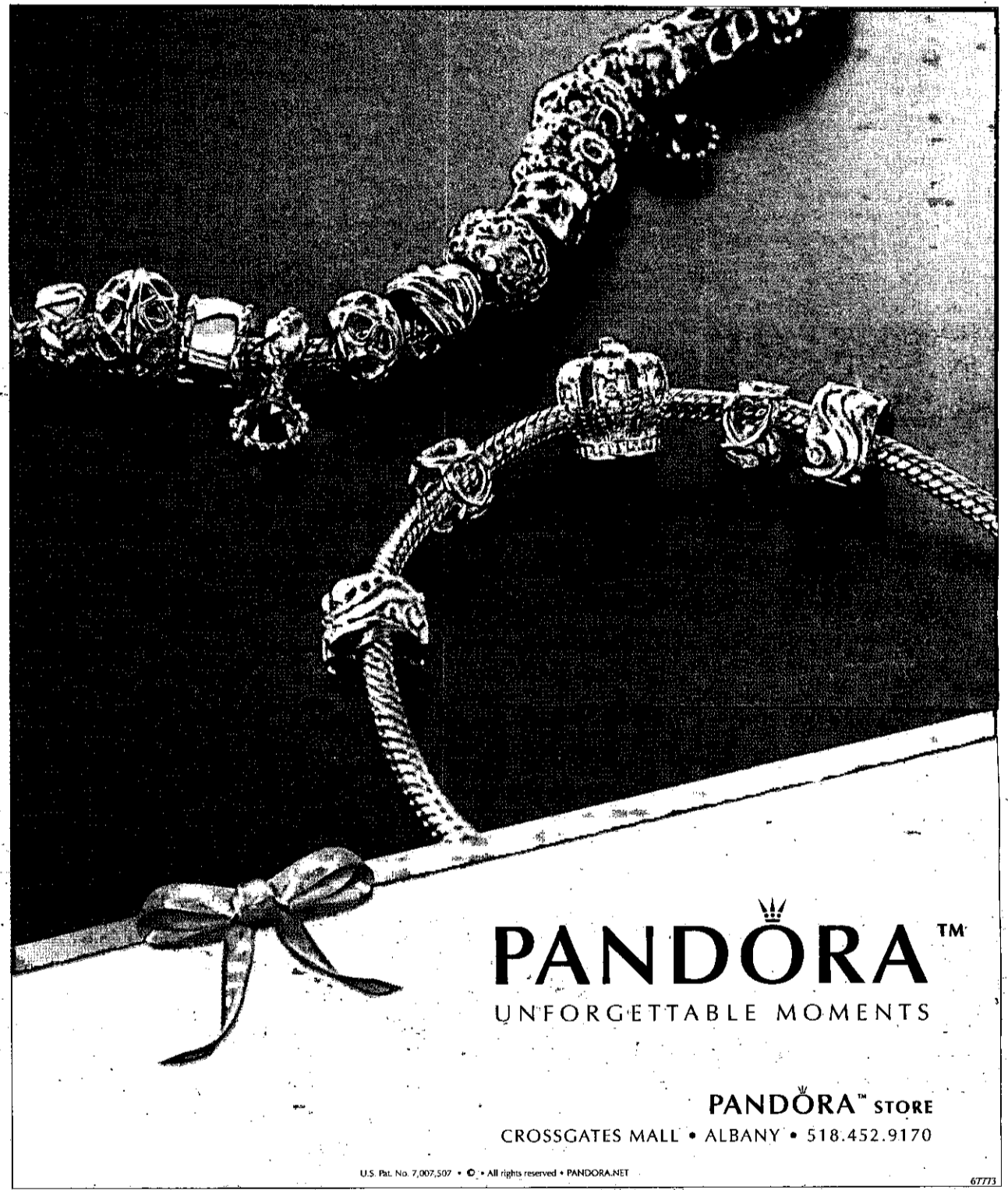
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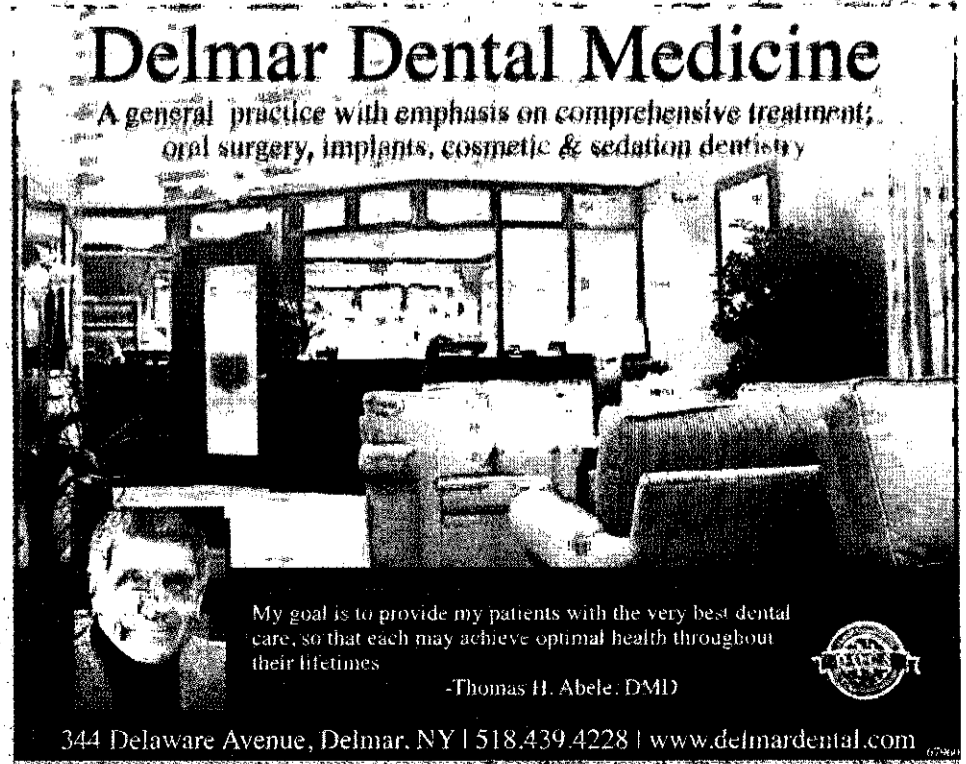
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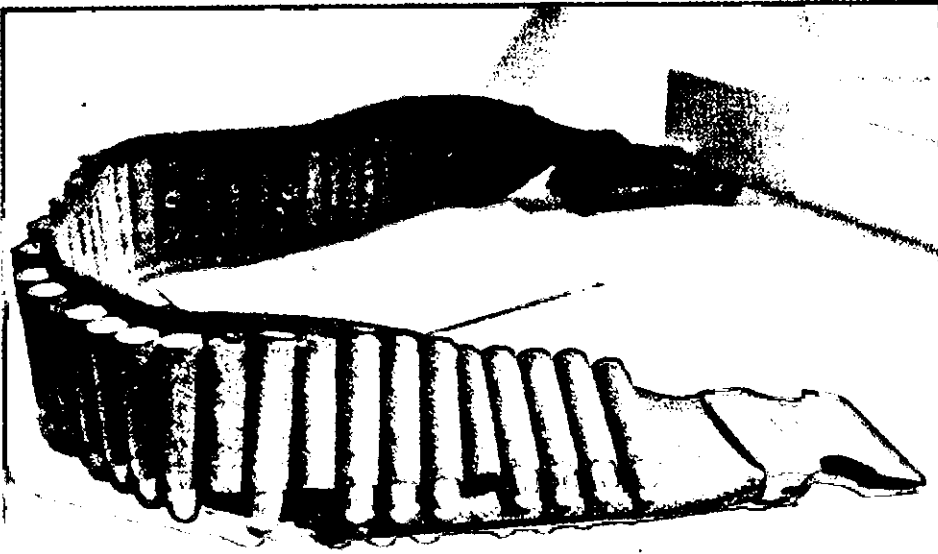
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This ammunition belt has been loaned to the New York State Museum by Delmar's Marty Pickands. The belt was worn by Pickands' grandfather, Sgt. James S. Martin of Brooklyn, who saw action in the Spanish-American War as part of the 71st regiment.

Submitted photo

## History

(From Page 1)

Pickands.

Indeed, Martin met Theodore Roosevelt not once, but twice. The first time was during a routine guard duty in Cuba, and the second instance was in Long Island, when the future president recalled the soldier by name and rank during a troop review.

Between those two moments, though, Sgt. Martin went through an extraordinary chain of events. After surviving the Battle of San Juan Hill,

Martin was struck with yellow fever and left for dead. A passing soldier, one Lt. Peter Short, noticed his body moving amongst the dead and rescued him from certain demise.

"The two of them remained friends for the rest of their lives," Pickands said.

Martin went on to make a full recovery and attend Yale Medical School, eventually becoming a doctor.

Unfortunately, Pickands heard these tales from his mother—his grandfather died when he was just four.

"I wished I could have

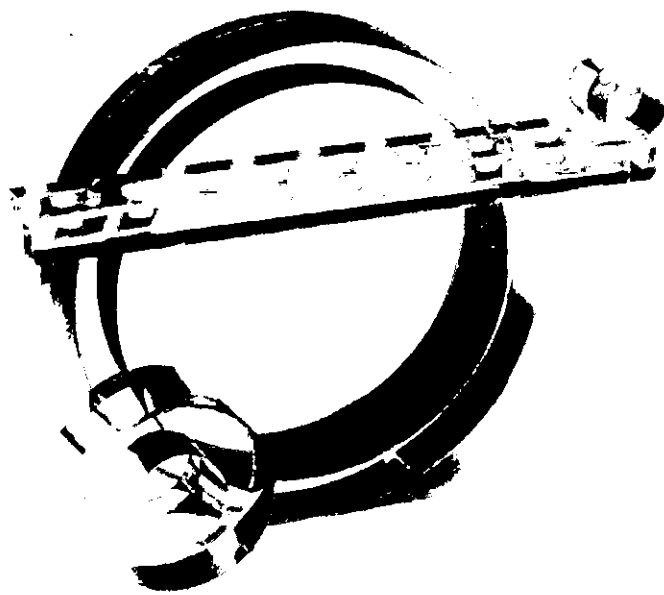
talked to him directly," he said.

The "Citizen Soldier: New York's National Guard in the American Century" exhibit also includes personal items of the late Sgt. David Fisher, formerly of Watervliet, who was killed in Iraq in December 2004. The exhibit runs through the end of March.

The museum is located on Madison Avenue in Albany, and is daily from 9:30 a.m. to 5 p.m. Admission is free.

For more information, visit [www.nysm.nysed.gov](http://www.nysm.nysed.gov).

-Charles Wiff



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## Board

(From Page 1)

height of the tower.

ESCO will likely appear again on Dec. 7 to further discuss the tower design.

Plans are moving forward on a townhomes project at the site of Verstandig's Florist on Delaware Avenue in Delmar. The Planning Board wrapped up the state-mandated environmental review of the project at its recent meeting.

Now known as The Gables at Delmar, developer Keystone Builders hopes to get shovels in the ground on the stalled project as soon as possible, laying infrastructure and starting on a model home during the inclement months.

The project was originally submitted as a 40-unit condominium design, but finding

financing for condos was difficult. The layout of the 27 townhomes is largely similar to what the condominium plan was.

Verstandig's has largely moved operations to a Selkirk location. The owner plans to keep the shop on Delaware open through the holiday season before selling off inventory, said the developer.

A developer hoping to build apartments in Selkirk is making its way through the design process.

Dan Hershberg, representing Gordon Residential LLC, has been discussing with the Planning Board the appearance of the proposed seven apartment buildings, which would contain a total of 53 units and be sited near the corner of Route 9W and Hague Boulevard.

The zoning code for the area speaks of buildings facing the roadway, but the developer's plans call

for the buildings to face inward onto an interior street, meaning the backs would be presented towards 9W. Hershberg said turning the buildings around would be an onerous design challenge, and instead suggested breaking up the appearance of the buildings and using landscaping to obscure them.

"We do not believe we can make the backs of these building to look like the front," he said.

Hershberg also noted the buildings would be a full 90 feet from 9W, a fact the Planning Board said makes a big difference.

"I'm satisfied than the interpretation for this would be OK," said Planning Board Chairman George Leveille.

There was talk of a vote on the environmental review of the project in the near future, which is an important step in the planning process.

Got news?  
Call 439-4949.

## Budget

(From Page 1)

the plaza. He said such structures would offer consumers a great reason to spend time there.

"We think it will be a good balancing of the site plan," he said.

Planners were largely in favor of the plans, offering a few minor suggestions.

"I think the concept of having some pad sites there is something the town could be supportive of," said Director of Economic Development

and Planning Michael Morelli.

Boglioli said his company plans to submit a site plan soon, and would hope to have the project complete in six to eight months from now.

The DPC asked the developer if a vacant space in the plaza might be the home of a Fresh Market store. Boglioli said Benderson would love to see that chain in the location, which is roughly the same size of the market's Latham store, but didn't say if the two companies are discussing the possibility.

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

Submissions can be e-mailed to [news@spotlightnews.com](mailto: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.

# Entertainment in the Spotlight



Capital Rep's production of "A Christmas Story" begins with a pay-what-you-will performance on Nov. 26 and runs through Jan. 2.

## YOU'LL SHOOT YOUR EYE OUT!

### Capital Rep announces the opening of Holiday Favorite *A Christmas Story*

Capital Repertory Theatre in Albany has announced their holiday presentation of "A Christmas Story" – the stage version of the film based on the stories of Jean Shepherd – will begin with a pay-what-you-will performance on Black Friday, Nov. 26, and public performances will run through Jan. 2, 2011. The classic story, set in 1948 is the tale of eleven-year-old Ralphie Parker's quest to persuade Santa and his parents that he should get the official Red Ryder BB gun for Christmas – despite his mother's worry that he'll "shoot his eye out."

Directing the production is Capital Repertory Theatre's Producing-Artistic Director Maggie Mancinelli-Cahill who has assembled a veritable cornucopia of locally based professional and child actors – including local Equity player Yvonne Perry (Ralphie's mother) and her daughter Josie Hulbert (Betsy), a 5th grader at Loudonville Elementary School.

"At the heart of this story are the kids. You have to have an ensemble of child actors who are professional and disciplined who can still embody

childhood innocence," said Mancinelli-Cahill. "It took us 3 months to cast this play, and it was rewarding to see that 5 of the 9 young actors selected are alumni of our own programs."

The lead role of Ralphie Parker will be played by Aaron Leslie Steck who is in 7th grade at Shaker Junior High School. His recent credits include "Arty" in *Lost in Yonkers* (Theater Voices), "Richie" in *13 the Musical* at Capital Area Productions (CAPS), "Pigpen" in *You're a Good Man, Charlie Brown*, "Frankenguest" in *Dear Edwina*, and "Ensemble" in *Camp* (Debuts Theater).

Steck is joined by a host of area child actors all of whom have a variety of experiences in school, community theatre and professional regional theatre productions. Several of the young actors became known to Capital Rep through their Summer Theatre at the Rep (STAR) summer program.

Rounding out the child cast are Christian Meola, of Guilderland High School, as neighborhood bully Scut Farkus; David Bell, of Waterford-Halfmoon Elementary, as Ralphie's little brother Randy; Jack Mastrianni, of Bethlehem Central School, as Ralphie's friend Schwartz; Connor Olney of Acadia Middle School, as Ralphie's friend Flick; George Franklin of Loudonville Elementary School as Farkus' sidekick, Grover Dill; Josie Hulbert of Loudonville Elementary School as Ralphie's classmate, Betsy; Gabrielle Straight, of Koda Middle School, as Ralphie's classmate, Esther Jane; and Anna Stoneman, of Albany High School, as classmate Helen Weathers.

Joining the young actors is the adult cast of four, all of whom are professional Equity players. They include Wilbur Edwin Henry as the adult Ralph who is based on author and radio personality Jean Shepherd; Brent Langdon plays "The Old Man" a.k.a. young Ralphie's father; and two Capital Rep favorites Yvonne Perry as Ralphie's mother and Brenny Rabine as Miss Shields, Ralphie's teacher.

So far, ticket sales have been strong for this holiday offering, say organizers. The theatre has added six additional preview performances to the run, based on the demand for tickets. In addition to the public performance schedule, seven student matinees are planned and all have been sold out to area schools.

After the pay-what-you-will performance on Nov. 26, previews begin on Saturday, Nov. 27, and run through Tuesday, Dec. 6.

Opening night is Wednesday, Dec. 8, and the production will run through Jan. 2, 2011. Tuesday through Thursday performances begin at 7:30 p.m., Friday at 8 p.m., Saturday at 3 and 7:30 p.m. and Sunday at 2:30 p.m. There are no performances Christmas Day or New Year's Day. Tickets prices begin at \$38 and are available by calling the box office at 445-7469 or e-mailing [boxoffice@capitalrep.org](mailto:boxoffice@capitalrep.org).

For more information, call the box office or visit [www.capitalrep.org](http://www.capitalrep.org).

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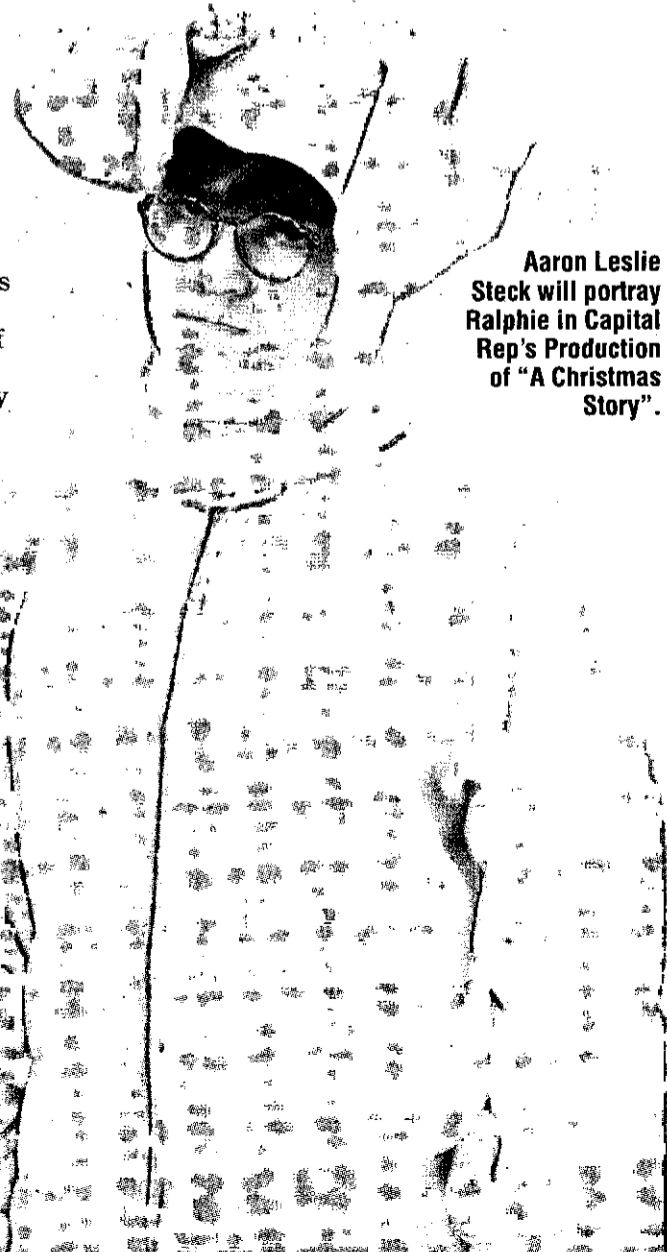
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Aaron Leslie Steck will portray Ralphie in Capital Rep's Production of "A Christmas Story".



## Milestones

### James J. McDonald

ALBANY- James J. McDonald, 78, died Wednesday, November 17, 2010 at St. Peter's Hospital. Born in Albany, he was the son of the late Edward and Harriet (Killea) McDonald. He was a graduate of Vincenzian Institute and Siena College. After graduation from College, Mr. McDonald served in the US Army achieving the rank of First Lieutenant. He began a 35 year career with Travelers Insurance Company in

Albany, then in Parsippany, NJ and returned to Albany in 1986. He and his wife Joan settled in Glenmont where they lived for 20 years before he moved back to Albany.

He was predeceased by his wife of 45 years, Joan (Linder) McDonald who died in 2002. He is survived by his daughter Lynn (Jack) Delaney of Selkirk; his loving grandchildren Erin, Matthew and Shannon Delaney. He is also survived by his sisters-in-law and their children. Mr. McDonald will also be missed by his

close friends Dave and Marilyn Browne of Albany and their children as well as his friends at the VFW Post in Delmar.

The family would like to thank the staff of 6 McAuley at St. Peter's Hospital for their care and compassion during the last three weeks. They are also grateful to the staff and residents of the Atria Shaker Assisted Living.

A Mass of Christian Burial was celebrated Monday, November 22, 2010 at 9:30 am at St. Thomas the Apostle Church, 35 Adams Pl,

Delmar. Relatives and friends were invited and called at the Daniel Keenan Funeral Home, Inc. 490 Delaware Ave., Albany on Sunday, November 21, 2010 from 3-6 pm. Burial took place privately in St. Agnes

Cemetery, Menands. In lieu of flowers, those who wish may send memorial contributions to Double H Ranch, 97 Hidden Valley Rd., Lake Luzerne, NY. 12846 (www.doublehbranch.org). Condolences may be offered at www.danielkeenanfuneralhome.com.



David and Courtney Sullivan

## Cottrell and Sullivan marry

Courtney Cottrell and David Sullivan were married on July 11, 2010. Courtney is the daughter of Lawrence and Cheryl Cottrell of Niskayuna, N.Y. David is the son of Christopher Sullivan and Jean Collins of Orleans, MA.

The Wedding took place at Long Sands Beach in York, ME. Sue Antal officiated. An outdoor Reception followed at a private residence in York, ME.

The bride graduated from Niskayuna High School. She earned a BA in English from Hartwick College and

an MA in Education from AIU. She is a high school English Teacher at Hampshire Regional High School.

The groom graduated from Nawset Regional High School and Holyoke Community College, where he earned an Associate's Degree in Business. He is the Network Administrator at the Corporate Office of Fred Astaire Dance Studio in Longmeadow, MA.

The couple took a honeymoon trip to Ocho Rios, Jamaica. Courtney and David reside in South Hadley, MA.

### Krones welcome baby boy

Kevin and Heather Krone, of Latham, welcomed baby boy Zachary Ryan into the world on August 18, 2010 at 12:44 p.m. at Albany Medical Center. Zachary weighed 9 lbs, 12.8 oz and was 19 and-one-half inches long.

### IN BRIEF

#### Selkirk National Guard soldier promoted

Major General Patrick A. Murphy, The Adjutant General for the State of New York, announces the promotion of members of the New York Army National Guard in recognition of their capability for additional responsibility and leadership.

Jill Langesarsfield is from Selkirk, NY, and serving with the Joint Force Headquarters is promoted to the rank of Sergeant.

Army National Guard promotions are based on overall performance, attitude, leadership ability, and development potential.

These promotions additionally recognize the best qualified Soldiers and attract and retain the highest caliber Citizen Soldiers for a career in the New York Army National Guard.

For more information about the New York Army National Guard, visit [www.dmna.ny.state.us](http://www.dmna.ny.state.us) or [www1800goguard.com](http://www1800goguard.com).

#### Glenmont native named to ECAC West honor roll

The Eastern College Athletic Conference has named SUNY Potsdam sophomore hockey player Jen Conophy (Glenmont, N.Y./Albany Ice Cats) to the ECAC West Honor Roll.

Conophy, a Bear goaltender, made 30 saves in Potsdam's season opening 3-2 win over Buffalo State on Nov. 12. Through her 60 minutes of play this season, the sophomore has a 2.00 goals against average and .938 save percentage.

Conophy is majoring in biology at SUNY Potsdam.

The Bears (1-1, 1-1 ECAC West) traveled to the Rochester Institute of Technology to take on the third-ranked Tigers (6-0, 4-0) for two games on Nov. 19-20. Friday's face off was scheduled for 7 p.m. and Saturday's contest began at 3 p.m.

#### Bethlehem grad deployed to Afghanistan

Gunnery Sgt. Erik Seward has deployed with the 1st Marine Division Civil Military Operations in Afghanistan. Erik graduated from Bethlehem Central High School in 1992 and attended Hudson Valley Community and Cobleskill College. Erik enlisted in USMC in 1996 and has served throughout the US and Asia.

He has received numerous awards for his outstanding service in the USMC, including the Meritorious Service Medal. Erik is stationed in Camp Pendleton, CA with his wife Hollie and two sons, Erik Jr. and Ryan. Erik's parents, William and Christine Seward live in Bethlehem.

## Amazing Grace



Visiting Nurse Association (VNA) of Albany, Saratoga and Rensselaer physical therapist Fred Kitzrow, Delmar, shows off his 2010 employee of excellence award plaque with former VNA nursing supervisor and current volunteer Grace Roznowski, Albany, at the agency's recent staff recognition event. The peer-nominated Grace Award is named for Mrs. Roznowski, who retired 40 years ago, but remains active at the agency and in the community. She was also presented with a special cake in honor of her 90th birthday later this month.

Submitted photo

## 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](mailto: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.

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## Your Community in The Spotlight

### Five Rivers program on endangered species

An indoor/outdoor study of endangered wildlife species will be conducted at the NYSDEC Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, on Saturday, Dec. 4 at 10 a.m.

At this program, Center naturalists will conduct an indoor presentation about the main reasons some wildlife species are endangered or threatened, some of the challenges that wildlife species are facing in our area, and what you can do to help. Afterwards, Center naturalists will lead a tour along Center trails to discuss the ways in which Five

Rivers is working to help conserve wildlife.

This program is open to the public free of charge. In the event of inclement weather, the outdoor portion of the presentation may be cancelled. Call 475-0291 for more information.

### Historical association hosts Christmas party

An Old Time Christmas Party will be presented at the New Scotland Historical Association on Sunday afternoon, December 5, 2010 at 2:00 PM at the Wyman Osterhout Community Center in New Salem. Please join us as we begin to celebrate the 40th Anniversary of the New Scotland Historical Association with holiday songs, music and refreshments.

For further information about the program or the Historical Association, please call 765-3125. The Museum is open 1/2 hour

before the program, and features two exhibits: a 1940's Barber Shop and a display of the Civilian Conservation Corps (CCC) activities in New York and other parts of the country.

### Fish & Game club holds class

The Onesquethaw Fish & Game Club, Inc. will be having an "N.R.A. Refuse To Be A Victim Class" on Saturday, Dec. 4, starting at 8:30 a.m. at 2032 Tarrytown Road, Feura Bush. The class is approximately four hours. The cost will be \$35 per person. Doughnuts and coffee will be available. Reservations are required by calling Mike Kelly at 441-9383, Steve Magee at 461-7122 or Tony Latham at 768-2320 by Nov. 26.

### G'land centerpiece class planned

The Town of Guilderland Parks and Recreation Department is sponsoring a "Green" Centerpiece Decorating Workshop on Saturday, Dec. 18, at 10 a.m. at the Parks & Recreation office, 181 Route 146 (across from Tawasentha Park). Cost is \$10 for cost of materials to make one centerpiece. Space is limited to 15 participants.

Register by calling 456-3150 or stop by the Parks and Recreation office. RSVP and payment is due no later than Wednesday, Dec. 15, by 4:00 p.m. For information, contact Linda Cure or Sarah Breglia at Parks and Recreation at 456-3150 or e-mail curel@townofguilderland.org.

### Guilderland Chamber slates events

On Friday, Dec. 3, the Guilderland Chamber of

## Sharon Fisher receives Lifetime Achievement Award



Sharon Fisher, the Town of Bethlehem's former Recycling Coordinator

The New York State Association for Reduction, Reuse and Recycling (NYSAR3) honored Sharon Fisher, the Town of Bethlehem's former Recycling Coordinator, with a very special Lifetime Achievement Award at their Annual Conference on Thursday, Nov. 18. Fisher served as the Town's first Recycling Coordinator from 1990 until her retirement in mid-2010.

In presenting the award, a spokeswoman from NYSAR3 described Fisher's service: "Sharon was a significant asset to recycling in her town, the Capital region, and New York State. She started working for the Town of Bethlehem over 20 years ago, becoming one of the pioneers

of recycling; her work embodied the 'Reduce, Reuse, Recycle' mantra that all recyclers espouse.

The NYSAR3 spokeswoman further stated that, "Thanks to Sharon's efforts, Bethlehem's reduction and recycling diversion rates grew from 16 to 50 percent by the year 2000."

"Bethlehem residents and businesses were fortunate to have Sharon Fisher as the Recycling Coordinator," said Bethlehem Town Supervisor Sam Messina. "Her two decades of dedicated service helped build Bethlehem's recycling program to the point where it is now widely recognized as among the most successful in the state" Messina added.

Commerce First Friday Business Breakfast-Global Foundries Next Steps -7:30-9:00am \$5 Best Western Sovereign, 1228 Western Avenue- Sponsored by Crossgates Mall and hosted by Mall GM Joe Castaldo-Hear CEG's Vice President Jeff Lawrence talk about the Malta plant and the next steps. As the plant is completed, the company will hire more employees

and sub-contract with local companies. Register online at www.guilderlandchamber.com/calendar.html

Tues. Dec. 7- Guilderland Chamber of Commerce HOLIDAY PARTY at Hana Japanese Steakhouse, 1620 Western Ave!!! Come see your business colleagues and neighbors and start the holiday season in style! 5:30-7pm-\$10 in

advance, \$15 at door. Advance Registration highly recommended. Register online at www.guilderlandchamber.com/calendar.html

Thurs Dec. 16- Guilderland Chamber of Commerce Women's Business Group Hits the Road-David's Fine Jewelry-20 Mall, 2080 Western Ave-8-9 am. Free! Come for networking and casual browsing!

At this program, Center naturalists will conduct an indoor introduction to crows, blue jays and other birds in the corvid family, generally acknowledged as among the smartest of birds. After, Center naturalists will lead an outdoor for corvids and other birds that can be found on Center property.

This program is open to the public free of charge. Bring binoculars and bird books if you have them. In the event of inclement weather, the outdoor portion of this program may be cancelled. Call 475-0291 for more information.

### BNI plans breakfast talks

BNI, Crossroads Connection Chapter plans to host the following speakers at the Terrace At Beverwyck, 41 Beverwyck Lane, Slingerlands.

- Nov. 10 speakers: Schuyler Hatt, Hatt's Specialty Cleaning, specialty cleaning and mold inspector, and Jonathan Wagoner, Key Bank Mortgage, mortgage advisor

- Nov. 17 speakers: John Hoke, Smith Hoke, employment and commercial law, and Cynthia Herrmann, Mogul Marketing, web development

- Nov. 24 speakers: Dorothy Tischler, transactional real estate attorney

- Dec. 1 speakers: Michael Constantine, Redline Sales and Service, construction, and Peter Hughes, PCH Associates, home inspector

- Dec. 8 speakers: Daria Schumacher, First Investors, financial/investment services, and George Pappas, Key Bank

- Dec. 15 speakers: Alexis Meeks, Karp, Ackerman, Skabowski & Hogan CPA, and Catherine Dryden, Neat Chic Organizing

BNI is a business and professional networking organization that offers members the opportunity to share ideas, contacts and most importantly, referrals. Breakfast talks are held Wednesdays, from 7:30 to 9 a.m., and are free and open to the public.

### Hospital

(From Page 7)

daughters, ages 18, 15, and 11, so she told doctors when she was brought in to the hospital that she had to "stay around" to raise them. Her oldest daughter also called the ambulance for her when she had her heart attack.

"Life is so precious that I could have lost my life that day, things are just more special

now," said Devito.

The hospital is able to provide this level of care, said Reich, because there is a team dedicated only to cardiovascular patients and there are surgeons that do nothing but cardiovascular surgery.

"Even if I am stuck in the operating room or away on a meeting the patients are still taken care of by the same team," said Reich.

He credits the tightly knit

team for the success and quality of care received by patients, because the staff can focus on the care.

"You do one thing every day you get really good at it," said Reich. "Having the same group of people around, we get to know each other really well and we work together really well. It is the philosophy that we are not teaching a new person how to take care of our patients every day."

### Five Rivers program on crows

An indoor/outdoor study of the natural history of crows and their kin will be conducted at the NYSDEC Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar, on Saturday, Dec. 4, at 2 p.m.

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1	9	4	3	7	8	6	5	2
8	2	6	5	1	4	3	7	9
7	6	9	1	3	5	4	2	8
2	4	1	6	8	7	5	9	3
3	5	8	9	4	2	7	6	1
6	1	5	4	2	3	9	8	7
9	8	3	7	6	1	2	4	5
4	7	2	8	5	9	1	3	6

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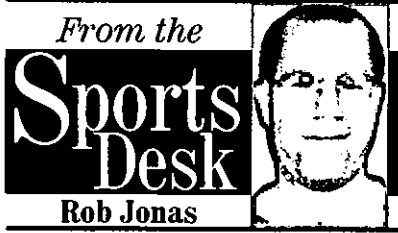
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# Say goodbye to Empire State Games, again

Tiger Woods now has a Twitter account. It'll likely be as informative about his life as a pamphlet on how to turn on a light switch. OK, moving on...



• RIP, Empire State Games. At least, for next summer.

A three-decade sporting tradition in New York ended with last week's announcement by the state Department of Parks and Recreation that the Olympic-style competition would not return in 2010, when it was scheduled to be held in Rochester. The winter games, which were originally cancelled, will go on with the village of Lake Placid reportedly fronting the costs to host them.

As was the case when the summer games were cancelled in 2009, money – or the lack thereof – is the root cause. The state didn't feel that it could afford the cost of running the games, even though that cost (estimated at \$1 million for the summer games) is a small drop in the bucket when compared to the multi-billion dollar deficit that New York is running. Basically, it seems like the move is more symbolic of the state's concern for cutting costs than a necessity to cut those costs.

What makes me believe that the games won't return is the dissolution of the six-person staff and the end of the Web site. When the 2009 summer games in Poughkeepsie were cancelled, the Web site remained up, and the staff remained intact. Now with long-time chairman Fred Smith's retirement and all the other moves the parks department made, there's no one left to readily revive the summer games.

That's a shame, since the Empire State Games was an event that athletes young and old looked forward to every year. They relished the chance to march in the opening ceremonies and the opportunity to compete against the best the state had to offer. High school-age athletes could see how they measured up to other high school-age athletes, while the older athletes could relive some of their previous glory by earning medals in the open and masters divisions.

Without the Empire State Games, the state's top athletes will have to find other competitions to go to. And in all likelihood, they will have to pay their way to compete in those events – something they did not

have to do for most of the games' 31-year history. It's not an ideal solution, but it's better than not being able to compete at all.

Of course, there is always the possibility that the summer games will be revived down the road. After all, the state can't be perpetually in a financial hole until the end of time. For every economic downturn, there is supposed to be an upturn. That's the way economics is supposed to work, right?

But even if there is an economic rebound in the near future, it will likely take the state several years to finish climbing out of its debt. And I don't think the government will entertain the thought of resuming the Empire State Games until the state's financial status is robust again.

Perhaps private companies can step in to provide the funding necessary to hold the summer games. It's a great idea and one worth exploring – that is, if there was an organizing committee that could actively seek out such funding. Unfortunately, that staff is now either unemployed, reassigned or retired.

Maybe this will be another one-year hiatus, but unless I see some positive signs soon, I don't think we'll see the summer edition of the Empire State Games return soon.

• 'Tis the season for high school senior athletes to sign their national letters of intent.

In the last week alone, four Suburban Council schools had ceremonies where multiple athletes signed their NLI's (that's the new way of shortening the phrase "national letter of intent"). And in most cases, the athletes inked their names to mid-major NCAA Division I programs – or blank pieces of paper, at any rate (they already mailed their paperwork in prior to the ceremonies).

One signing in particular stood out for me: Shenendehowa boys lacrosse goaltender Robert Wardwell picking Syracuse. Section II has produced several quality lacrosse players in the last decade, but this is the first time that a goaltender has signed to a major Division I power like Syracuse. Even Niskayuna's great goalie, Noah Fossner, went with a mid-major program (Delaware).

Wardwell will undoubtedly face some stiff competition to be the Orange's starting netminder. After all, goaltending has been the backbone to many of Syracuse's 10 national championships, and I'm sure Syracuse recruits several goalies every year in the hope of finding the next one who can lead it back to the top of the mountain.

But if there is one thing I know about Wardwell, he has the talent to earn the starter's role before his Syracuse career is done. His quick reflexes and ability to prevent rebounds have helped Shen remain an elite Suburban Council team and eventually lead the Plainsmen to their first Section II Class A title since 2004 this past spring.

As for the other Section II athletes that signed NLI's, I'm sure they will find success at their schools, too. I wish them all good luck in their collegiate endeavors both academic and athletic.

• The Albany Devils have drawn 23,520 people in their first nine home games this season. By contrast, the last-place Adirondack Phantoms have drawn 25,580 in their first eight home games in a smaller arena, and the Charlotte Checkers (a.k.a. the former Albany River Rats) have drawn 53,691 in their first 10 home games in a large city that is more obsessed with NASCAR than hockey. I'll just let you absorb those numbers and move on.

• I have no problem with Felix Hernandez winning the American League Cy Young Award. After all, he had to pitch for the woeful Seattle Mariners – a team so bad at scoring runs that they would mob anybody in their uniform who crossed home plate. And woe be the Mariner that actually hit a home run. He'd get a celebratory shaving cream towel thrust in his face.

• Now that Thanksgiving is upon us, we can actually start thinking about the big gift-giving holiday on the horizon. Yes, that would be Chanukah, which starts next Wednesday night and lasts eight days. Bring on the menorahs, the potato latkes with applesauce and Adam Sandler's Chanukah song. (I'm not being sarcastic, either. I'm Jewish.)

• Finally, the Carolina Panthers started Brian St. Pierre in place of injured quarterbacks Matt Moore and Jimmy Clausen Sunday. St. Pierre wasn't even in a training camp this past summer and was a stay-at-home dad before getting the call, which should tell you how desperate the Panthers were.

## Davis places second

Guiderland resident Jack Davis finished second out of 50 competitors at the USBF Pennsylvania Bodybuilding Championship Nov. 13.

Davis was part of a field that included competitors from as far away as Alabama. The winner received his professional bodybuilding competition card.

## GBC biddy teams split home games

The Guiderland Basketball Club's biddy division girls teams split their games against East Greenbush Nov. 13.

The biddy B team pulled away to a 30-9 victory over East Greenbush at Guiderland Elementary School. Rachel Mastrianni scored 10 points to lead the Raptors, while Emily Burns contributed eight points and Jess Fiori added six points.

East Greenbush defeated the GBC biddy A team 34-26. Olivia Baumann had 14 points and 11 rebounds for the Cyclones, and Kyra Palumbo chipped in with 11 rebounds.

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## Sports in the Spotlight

# Where Eagles dare

**BC boys believed 2010 would be their year**

By ROB JONAS  
jonasr@spotlightnews.com

The Bethlehem boys volleyball team believed all year that it could get to the state tournament.

Last weekend, the Eagles made the trip to Cicero-North Syracuse High School for the inaugural state Class A championships.

"I think we're pretty prepared," said Bethlehem senior Kyle Landrigan prior to Saturday's pool play. "We're not going to take this any less seriously than any other match."

Bethlehem entered the season with high hopes after finishing second to Burnt Hills-Ballston Lake in last year's Suburban Council Tournament.

"We had five returning starters, and they were losing a lot [to graduation]," said senior Ben Porter. "We knew there was no way that we could be stopped this year."

BH-BL — which had won the last six Suburban Council titles — didn't re-

linquish its control over Bethlehem and the rest of the Suburban Council that easily. The Spartans defeated the Eagles 3-2 in their first regular season meeting in early October to maintain their hold on first place.

The setback didn't bother Bethlehem, though. Especially since the Eagles took two games from a BH-BL team that hadn't dropped a single set in six years.

"Even though we wound up losing that match, it showed us how close we were to them," said Bethlehem coach Rick Arket.

"I'd say it inspired us, if anything, because it showed us that we could beat them," added Porter.

The confidence Bethlehem gained in that loss appeared when the two teams met again in the regular season finale Oct.

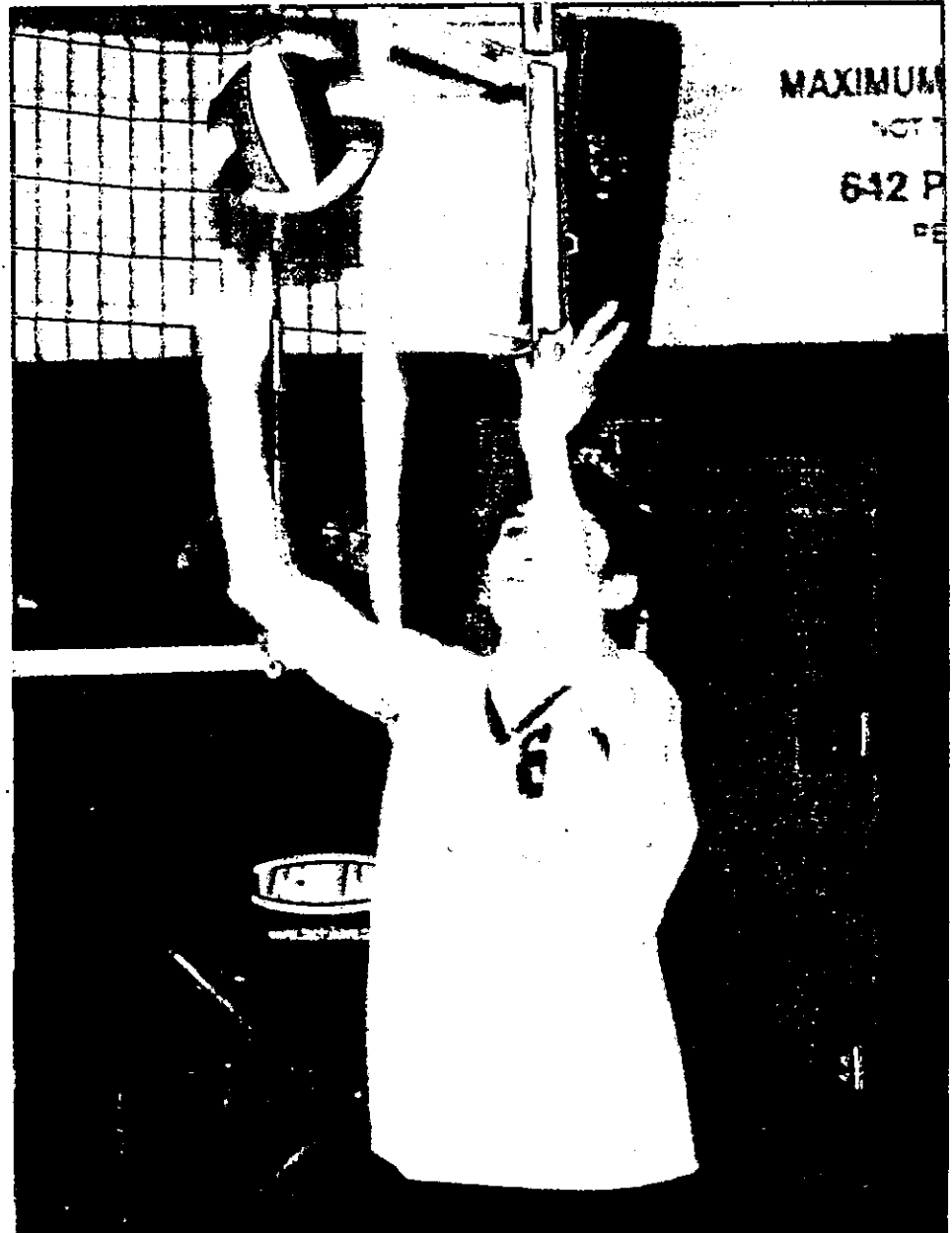
26 in Burnt Hills. The Eagles won the first two games 25-22 and 25-18 before rallying for a 35-23 victory in the third game to sweep the Spartans.

"That's what we wanted to do," said Landrigan, who led Bethlehem with 14 kills, 25 assists and five blocks. "We wanted to win it in three. We just put our minds to it and got it done."

"We played our best match of the season at Burnt Hills," said Arket. "Everything fell into place in that match, and we were the more confident team that day. Burnt Hills looked tight and unsure of what to do."

With two closely contested matches between them, it was fitting that Bethlehem and BH-BL met in the Section II finals Nov. 6 at Hudson High

□ Eagles Page 29



Bethlehem's Ben Porter practices setting the ball during last Thursday's volleyball team practice. Porter and the other Eagles were preparing for last weekend's state tournament at Cicero-North Syracuse High School.  
Rob Jonas/Spotlight

### Editor's note

Due to an early deadline, last weekend's state volleyball tournament action in Cicero and Glens Falls, where Ravena and Voorheesville competed at the state girls volleyball tournament, occurred after *The Spotlight* went to press. You can find a recap of that action on [www.spotlightnews.com](http://www.spotlightnews.com).



## UPCOMING GAMES



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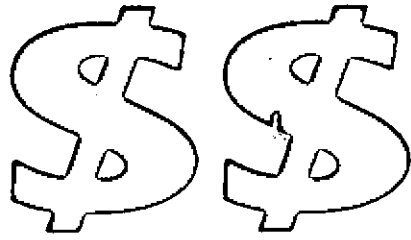


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Significantly more money recirculates locally when purchases are made at locally owned businesses.



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young children the value of giving and introducing everyone in the family to new skills and experiences giving the entire family a shared experience as a wonderful memory.

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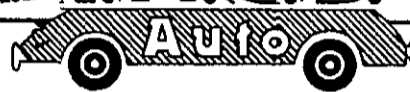
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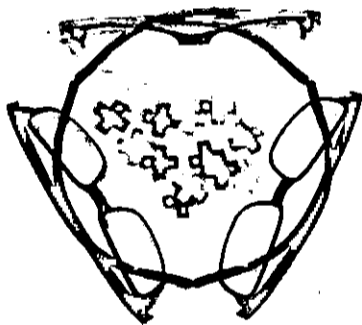
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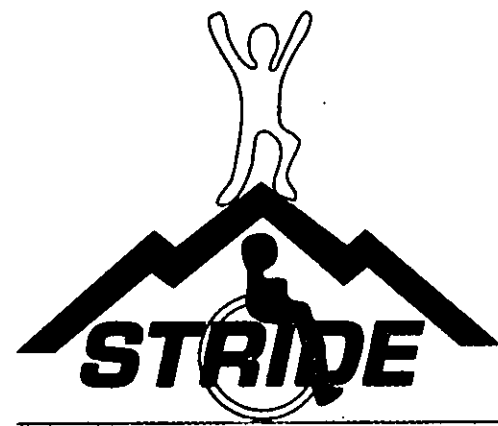
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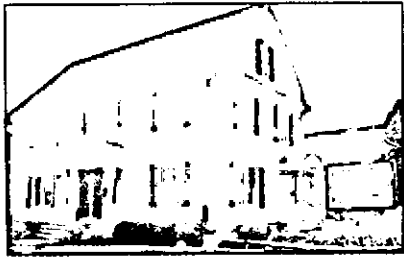
individual life-time sports, and employees funded through endowed grants, our annual operating budget is comparatively modest, and funding directly supports programs.

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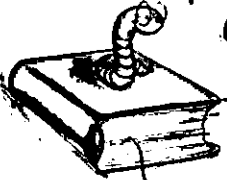
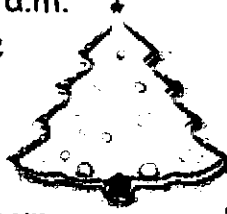
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