Delaware Avenue open for business

By JOSEPH A. PHILLIPS

Without fanfare, two state Department of Transportation employees dragged the barriers at Delaware Avenue and Mason Road to the curb at 5 p.m. Sunday — reopening two lanes of Delaware Avenue to through traffic for the first time in nearly three months.

The decision Sunday to reopen the roadway, closed in May in the wake of the landslide in the Normanskill ravine, followed completion by emergency contractor Reale Construction, shortly before dusk on Friday, of the third and final "lift" of temporary stone buttressing on the hillside. DOT spokeswoman Paula Kelly said officials waited out Saturday's intense rain and additional readings from the monitoring equipment on the hillside before alerting Supervisor Shella Fuller of their intentions to reopen the road.

The limited reopening was welcome news to a business community on Delaware Avenue that has reported losses in the vicinity of 40 percent of normal volume in the wake of the road's closure, as motorists passing the barricades after their removal hooked horns and waved to DOT officials in celebration and craned for a first look at the formerly wooded hillside since roadblocks went up on May 18.

But while Fuller said she was "pleased" with the renewed flow of traffic, she added, "I did not want an elaborate opening. It's not elaborate until all four roadblocks went up on May 18.

That remains the projected date for completion of the final buttressing on the hillside by James Maloy Inc., the contractor now at work relocating the Normanskill. Work on the new creekbed on the Albany side of the Normanskill was slowed last week as the persistent rain required pumping out of the several hundred feet excavated so far. Only when the new and rearmored streambed is in place will work begin on the final buttressing.

The temporary buttress completed last week contains more than 22.5 tons of stone, more than 10 meters high. Though crews trucking and placing the stone were also hampered by the weather, "Reale finished this simply because they worked seven to 17 hours a day," said Kelly. "They were hauling in the dark, they were using 20 trucks at a time. They did a fantastic job."

"There were," she said, some anxious moments in the last few days, particularly when forecasts Saturday called for as much as six inches of rain. "They were part of the top edge of the scarp on Aug. 7, near the Albany Medical Center office facility end of the slide area, also momentarily caused concern, but was quickly removed without slowing progress on the buttress."

"We have gotten so close so many times and had lousy weather or a big readjustment that we didn't think we'd have this finished Friday," Kelly said. "We wanted to be extra cautious. The worst thing would be to open it in the morning and close it in the afternoon."

But when the weekend rains passed, and the inclinometers monitoring ground movement that serve as a backup to the buttress were showing the area safe, the decision was made to open the road.

Delaware Avenue is open after a three-month hiatus.

Paula Kelly

Slingerlands man shines in Ironman

By ETHAN PHILLIPS

Slingerlands podiatrist Marc Ginsburg knows feet. After all, he has been treating them for 17 years.

But the last couple of years have taught the 46-year-old Ginsburg a thing or two he never learned in medical school. It was about two and a half years ago, mostly out of curiosity.

On July 30, he completed the Isuzu Ironman Lake Placid, placing 287th out of 1,438, and coming in near the top of his age group.

The Ironman Triathlon is possibly the most grueling physical event ever conceived: a 2.4-mile swim, then a 110-mile bike ride, all capped off by a full 26.2-mile marathon. It is an event that even marathoners fear and it's very unusual for a comparative novice in endurance sports to complete a triathlon on the first try.

"It was an awesome experience," Ginsburg said. "One of the best of my life."

He describes himself as a "pick-up amateur and sports enthusiast," whose only high school sport was tennis and who never ran track.

One thing is clear — Ginsburg is not your average weekend warrior. As avid golfer and racquetball player, Ginsburg started running seriously a few years ago, mostly out of curiosity.

"I can run three miles and almost died," Ginsburg said.

He kept going, though, and ran a little faster.

Marc Ginsburg crosses the finish line.

General Nancy Snyder, who prosecuted the case

Snyder, 53, of Delmar, was one of two women in defense of 1683. In 1996, she was soliciting for another woman, also a member of the Defense of 1683. It was an open-ended solicitation for a car, and the woman was not given any specific terms for the car.

The 18-month investigation was spearheaded by the state Office of the Inspector General and also involved the Department of Motor Vehicles and Taxation and Finance, in addition to the police agencies and attorney general's office.

Timothy Shaffer, 32, and his wife Kimberly Shaffer, 30, of 100 Ellsner Ave., Delmar, and formerly of 111 Hudson Road, Glenmont, pleaded guilty in Albany County Court Friday to one count each of scheming to defraud and third-degree grand larceny, both felonies, and a misdemeanor count of failure to file an income tax return on their illegal earnings.

As part of a plea bargain agreement, they admitted that between 1996 and February of this year they sold almost 200 used cars through individual private sales, all involving illegally altered odometer readings and other faulty title and registration paperwork.

Christine Saleh, 48, of East Greenbush, Kimberly Shaffer's stepmother, pleaded guilty to a single misdemeanor count of scheming to defraud. All three are cooperating with authorities in the investigation.
Delmar man faces additional child sexual abuse charges

By Joseph A. Phillips

A Delmar man arrested last week after an investigation by Albany County sheriff's deputies is likely to face multiple charges of sexual misconduct involving young boys with whom he came into contact as an employee of an Albany school and adult volunteer at several area group homes.

On Aug. 7, deputies arrested Jeffrey R. Nickel, 32, of 36 Lansing Drive, Delmar, charged with a single felony count alleging that he had sexual contact with a boy on unsupervised outings.

Two additional felony charges were also lodged against Nickel on Monday as he appeared at an evidentiary hearing in Bethlehem Town Court. The charges involve a pair of Albany boys.

Investigators are pursuing additional leads that, Chief Deputy Sheriff Craig Apple said, pointed toward similar relationships with boys Nickel encountered as a teaching assistant at Albany's Public School of Humanities, as a senior counselor at the Time Tunnel Summer Camp at the State Museum, and as an adult volunteer at St. Colman's Home; Vanderheyden Hall in North Greenbush; and Project Equinox in Albany.

Nickel remains in Albany County jail, held without bail, pending a hearing before County Court Judge Larry Rosen last Friday.

His case is likely to go to a grand jury in late August, Apple said, "but we still have a lot of homework to do before it reaches that point. We're getting inundated with phone calls. We have boys calling us from Vanderheyden, St. Colman's, from the summer camp program. And not all of the calls are valid. Many are citizens coming forward to report encounters they've observed."

Apple added that he expected "five or six victims, at a minimum," of inappropriate sexual conduct by Nickel ― some of them by their own admission. He also said Nickel remains "counselling victims."

"It's really been very disheartening. The atmosphere here has been very sad. Here's somebody who came forward apparently with good intentions, supposedly to help a child, who not only betrayed the children's trust but who was found to be guilty of child sexual abuse."

One of the letters that was sent to Mr. Peters contained a number of pictures of naked children. Below them there were subtexts of a sexually-explicit nature, Apple said.

Nickel's return address was on the mail. Questioned about the contraband, Peters said he had corresponded with Nickel since his incarceration — and told investigators he believed Nickel was a volunteer at numerous group homes in the region.

Interviews with directors of various schools and group homes led to St. Colman's, where staff had arrived at the home last winter. Nickel applied to be a volunteer for unsupervised visitation with the boy.

St. Colman's has roughly 10 volunteers serving with its residential clients at any given time. Hayden said, escorting youngsters to outside activities such as movies, ball games and camping trips. But those, as well as other volunteers, for the center's foster home programs, shelters, community outreach programs and other educational programs, routinely undergo criminal background checks.

Hayes said Nickel's application was reviewed over the course of three months, during which time Nickel visited the victim only in supervised situations. His record was checked with the state Department of Social Services and cleared.

"He had no prior criminal record or child abuse record," she said. "We even checked his driver's license, and that was clean as well."

He was also extensively interviewed by staff, who are very much on top of that. For our purposes, he met our criteria."

At no time, she said, had the boy in question given staff any indication of foul play.

"A lot of our children come to us with a lot of problems," she said. "This may sound trite or ironic in hindsight, but it's a lot of what our children need is building trust and building self-esteem. This was an opportunity for us to help a child to have some one-on-one attention."

She said Nickel had been acquainted with the boy prior to his arrival at St. Colman's. And he was uncertain how long improper conduct may have been going on, either before or after.

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After interviewing the boy in the presence of St. Colman's staff, sheriff's investigators confronted Nickel, "He gave us a voluntary statement implicating himself," Apple said.

Nickel has since stopped cooperating with investigators and secured counsel.

Following Nickel's initial arrest, an agreement in New Scotland Town Court, Rosen issued a search warrant for his home, and deputies seized numerous videotapes, pictures and magazines "depicting young boys with sexual overtones," according to Apple.

Nickel's personal computer was also seized and turned over to the State Police Crime Laboratory for examination for additional sexually explicit material.

"This will almost certainly become a grand jury case unless some plea is reached prior to that, and that's unlikely," Apple said. At least Friday's bail hearing, Rosen also ordered a psychiatric evaluation of Nickel.

Hayes said St. Colman's is now reviewing its procedures for evaluating volunteer applications. She also advised parents with children in unsupervised situations with an adult mentor to note whether their children are spending undue amounts of time with anyone who abuses their trust and building self-esteem. This was an opportunity for us to help a child to have some one-on-one attention."

"It's very important for a child to feel comfortable and able to talk about these things without feeling it's their fault," she said. "It's never the fault of a child."

Apple echoed those sentiments. "It's tough when you see cases like this," she said, "when you have a person in a position of responsibility who abuses it."

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Boh! drops suit over slide contract

By Joseph A. Phillips

A contractor that recently sued the state Department of Transportation (DOT), asserting its right to perform work to relocate the Normanskill and complete repairs to the landslide-damaged ravine, withdrew that lawsuit last week.

But two Delaware Avenue businesses laid the groundwork for potential civil lawsuits by filing claims against each other — one against the state, Albany County, city of Albany, and Bethlehem — and possibly delay the completion of this very important local project.

August Boh! Contracting of Glenmont, named originally, by DOT to relocate the streambed in Elsmere and the final buttressing of the hillside, and then denied the contract two days later in favor of a lower bidder, last Thursday announced the withdrawal of their lawsuit, Aug. 1, in state Supreme Court.

In court papers filed by lawyer Brian Devane of the Albany firm Dreyer Borygan, Boh! had sought to reclaim that contract and halt execution before Judge Thomas McNamara had no immediate plans for a lawsuit.

Although we firmly believe that this project was improperly taken away from our company, we have decided it is in the best interest of all concerned to concern our losses and not pursue this litigation, which could possibly delay the completion of this very important local project.

Crummey, citing possible "wrongful termination of claims," filed a notice of claim on Aug. 28 on behalf of California Produce Co. and owner Anthony Battaglia, whose basement was destroyed when it tumbled into the ravine on May 16.

Meanwhile, lawyer Peter Crummey, citing possible "wrongful termination of claims," filed a notice of claim on Aug. 28 on behalf of California Produce Co. and owner Anthony Battaglia, whose basement was destroyed when it tumbled into the ravine on May 16.

Crummey also filed similar notices of claims against the state's response to their claim that his client By Ethan Schoolman which to take further action.

Residents should beware of driveway paving scams

By Joseph A. Phillips

Bethlehem police are warning residents to be wary of a new scam. The scam involves a man who asks for cash to pay for sealing a driveway.

The woman had previously had her driveway repaired by a legitimate company that had not yet received payment.

Though reportedly suspicious of the man and reluctant to comply, the woman accepted his offer of a ride to her bank to withdraw the cash, and paid him.

The contractor estimated the value of the sealing job at about $1,000.

Bethlehem police detectives are pursuing leads in the case, and believe it resembles another recent case involving driveway sealing.

Similar scams have frequently been reported in the past, with con artists preying particularly upon the elderly.

Bethlehem police recommend obtaining written estimates and documentation of a contractor's business license before agreeing to such work — and never pay in cash.

RCS superintendent sets high goals for district

By Ethan Schoolman

The Ravena-Selkirk-Coeymans school district strives to build and four towns.

With a new superintendent and building going on all over the district, Bethlehem's next-door neighbor is on the move.

Robert Drake became RCS superintendent in January. A Capital District native, he had taught at Guilderland High School and was superintendent of the Berne-Knox-Westerlo school district for 17 years.

This year, he has set two major goals for the RCS district: higher student achievement and corresponding higher expectations for teachers, administrators and the community.

"In order to succeed in the 21st century you've got to have more than a high school diploma," Drake said.

In 1999 more than 70 percent of RCS graduates went to "a good cross section of colleges," Drake said, adding that he hopes to improve that number in the future.

One of the new superintendent's first initiatives was to move forward with school board President Jerry DeLuca's plans to forge closer ties between the district and the business community.

"We're going to build community forums, bring in business and community leaders, really get them involved in what they're doing," Drake said.

Both Drake and DeLuca see community involvement as a critical component of the board's plans for raising achievement.

"The district is undergoing a fundamental change of attitude," DeLuca said. "We've got to send a message of higher expectations to students, administrators and district staff, that we can and will do better.

Student success can be tricky to measure, but both men are setting new goals and standards for the district's standardized test scores.

"We're developing a standardized curriculum, preparing students equally and getting results," DeLuca said.

On English and math Regents Exams, RCS did slightly better overall than other public schools in the state, but not quite as well as schools with similar districts and student demographic characteristics.

Measured against itself, RCS has grown from a small school district to a medium-size one. Fifty-seven percent of RCS graduates graduated with a diploma, compared to 72 percent in 1988.

What makes Drake and DeLuca even prouder, though, are the achievements of district elementary students — whose progress bodes well for future success.

Student scores on state fourth-grade English and math tests have improved dramatically in the past few years.

On the English Language Arts test, 55 percent of RCS fourth-graders earned scores marking them as "proficient," compared to 47 percent for state public schools overall.

Diane Albano, RCS director of instruction, credited much of the fourth-graders' success to the district's new elementary coordinators — teachers who are granted a certain amount of release time by the district and work across grade levels to improve performance on the tasks.

"Foundations are laid at the elementary level," Albano said.
By Donna J. Bell

“What kind of work does your husband do?”

I mentally cringe when I get that question. Not that my hus-
band does anything that is immoral for a living. However, it
seems people think that poaching for a living is moral for a
living. However, it is a stay-at-home more suitable employment for a
more enlightened age of men sharing

The arch of the eyebrow, the averted look, and inevitably there
is a prolonged “Ah, really?”

Some will drop the subject as if we were embarrassing. Others will
ask what he used to do before he became the “mom,” as deter-
mining his pre-parent status will redeem his current position.

One former male co-worker used to make comments to the
effect that it must be nice to be “the one who wears the pants in
the family.” If I happened to call my husband to remind him of a
little chore or errand that he

had a wife who was at home for

became of money you make. Even in our

Critics should cut stay-at-home dads some slack

Lifelong learning classes set

Bethlehem Humanities Insti-
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starts its 15th semester on
Sept. 25 with a five-course, eight-week series of two-hour classes taught
by professors from local colleges.

• Mondays at 10 a.m. at Elm Avenue Park: “What Lessons Should We Learn from 21st Cen-
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According to the terms of the "About 400" son's classified ads, Richter said. A runner meant when they talk Ironman in Montreal - a paltry Glenmont Road, owner of Merit case. No relative employed by the to pay.

It wasn't just the fitness part I could do all day enjoying the company and deriving of his fellow runners as much the hard-core. "But when it comes on intermittently and there is a 'check engine' light. I'd always been in awe of the triathlon was something And they can compete with Brian before it's too late.

"For the first time I knew what running meant when they talk about the whole endurance thing," Ginsburg said. "It's not a one-time high, the energy you have all day long."

The foot doctor was hooked. And he had a fixation of it that Ginsburg liked. As a member of the Capital District Runners Club, Ginsburg could enjoy the company and camaraderie of his fellow runners as much the running itself.

"I get that squishy or racquetball, you're always going out there and getting crushed by some 22 year-old," Ginsburg said. "With running, after the race you just enjoy the revelly and common bond."

Of course, getting up in the morning to train wasn't all fun and games. But by the time Ginsburg ran his first marathon in Schenectady, the combination of hard training and fun paid off.

After running for less than a year, he took Ginsburg just over three and a half hours to swallow up 26.2 miles. Soon after, a friend approached him about adding swimming to his daily routine.

"After a few months in the wa-
ter, I really got to like that, too. Ginsburg got the itch for another endurance thing I could get used to."

And then the fun began. "I had a bicycle I hadn't ridden in seven years," Ginsburg said, where the same friend suggested that he start training for the triathlon. "The triathlon was something I'd always been in awe of," Ginsburg said. "You know, I'd watch in on TV in Hawaii, and it'd be just incomprehensible that anybody like me could do it."

But he started biking anyway, and "fell in love" with it, too. Six months later, Ginsburg put himself to the test. He ran a half marathon in Montreal - a palmy mile swim, 50-mile bike and 13-mile run - and placed first in his age group.

"That was just a great feeling," Ginsburg said. "And then I knew I could do it!"

Nine months before Lake Placid, Ginsburg registered — and started training in earnest. At 4 a.m. he's up and running hard — wind chill or no. At 5:30 he's in the pool, swimming laps, or pumping out mile after mile on the exercise bike.

"I thought running in the winter would toughen me up," Ginsburg said.

And at 3:30, he was back in the office to see his first patients. Eventually, it all paid off. When Ginsburg finished the final line at Lake Placid, 113 minutes, 13 minutes and 20 seconds after starting and running 26.2 miles, two daughters and more than 20 friends were there to watch the late finishers, there were still people coming in at midnight.

And the bleachers were packed!

"I won't ever get to play on center court at Wimbledon, or play golf with Jack Nicklaus," Ginsburg said. "But that's the great thing about triathlons — I can compete with the pros!"

And they can compete with him.

**Ironman**

**Scam**

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**Bethlehem Auto Service**

**AUTO FACTS**

by John Quirk

The "Check Engine" Light

It is the "check engine" light comes on briefly any time they talk about any unusual performance problems, drivers can usually ignore it. On the other hand, if the "check engine" light comes on intermittently and there is something unusual about the way the engine is running, a diagnostic checkup is strongly advised. This does not necessarily mean you have to take your vehicle directly to the repair shop. The light comes on and goes out when the engine is restarted, a diagnostic checkup is required if a performance problem is noted, particularly if the light stays on or flashes.

**Scam (From Page 1)**

Investigation and have agreed to pay restitution in excess of $200,000 so far.

A fourth defendant, Shaffer's ex-wife, had also signed to $322 Glenmont Road, owner of Merit Auto Sales of Glenmont, was also arrested Friday. The Salbas also have ties to Shaker Auto of Loudonville — and the two used-car dealerships are believed to have been the conduit for many of the vehicles involved.

In a court appearance yesterday morning, William Saleh pleaded guilty to a felony scheme-to-defraud count. He faces sentencing in October to 60 days in jail and five years' probation.

Additional arrests are expected, including at least one auto repair mechanic believed to be involved in tampering with odometers, according to Senior Investigator Dale Richter with the state Investigator-General's office. But the full extent of the fraud is still being determined, he said.

"About 400 vehicles were suspected of being fraudulent, of which 176 were definitely odometer rollbacks, and the rest had suspicious paperwork of some sort. We're not sure how many there were altogether," he said. "We pulled records back to 1996, but the list went back a lot longer than that."

Richter said the investigation was launched in March 1999 when a complainant contacted officials at the Department of Motor Vehicles about problems with the odometer on her car. "She said that she had bought this car from an individual named Kim," he said, "and that Kim had told her she was a sister at DMV who could take care of things."

That brought the investigator's office, which investigates charges of fraud or corruption by state employees, into the case. No vehicles were identified by the state as was already identified by investigators, but "The Investigator-General's office is looking into, and when it turned to be a massive fraud, they called us in to coordinate the investigation," Snyder said.

Richter said the Salbas would obtain used cars either through wholesale purchases or through one-on-one purchases from individuals. After altering the odometers, Richter said, they would advertise in newspapers ... as a one-owner, private sale type, mis-representing the age and condition of the vehicles, and sometimes claiming they had belonged to a recently-deceased relative.

Title documents often bore fictitious names. Investigators have identified almost 30 false names used by the duo, including Robert or Brian Livingston, Alco Carroll, Tim Snyder, Dr. C. C. Cole, and variants of Shaffer, Hughes, DiNovo, Ryder, Resciniti or Williams, among others as Savannah, Gabriella, or Falon.

"Once we knew a lot of the fictitious names, we were able to establish likely victims through address and vehicle identification numbers searches at DMV and searching through newspaper classified ads, Richter said. A search warrant executed in Feb-

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Keep your anti-virus up to date.
Pesticide alternatives are out there

By Cay McEneny
The writer is a member of Bethlehem Pesticide Watch.

I was watching the butterflies, moths and insects buzzing over my pesticide-free garden, considering how to think about the possibility of contracting the West Nile virus.

But the risks of West Nile virus are neither shockingly new nor unique. There are other equally dangerous vector-borne viruses in the United States. For example, the closely related St. Louis encephalitis and the hantavirus found in rodent droppings in the Southwest. Other areas of the country are successfully managing against outbreaks, and we can, too.

The CDC's precise recommendation to the public regarding West Nile virus is this: "When the first virus activity is detected in a community, prior to the occurrence of human disease, rapid mosquito control measures, such as targeted application of adulticides and larvicides, should be implemented."

Notice, the CDC's recommendation assumes public health monitoring and surveillance to identify the risks before humans are infected. And notice, also, that CDC speaks to targeted application of adulticides and larvicides. That's not what we're doing.

Now, about the widespread spraying being undertaken by local governments. Pesticides are directly and indirectly harmful to human populations, particularly children, through contact, inhalation and ingestion. That would be sufficient reasons for not considering the widespread spraying. But other facts and experience say that aerial and ground adulticide spraying is acknowledged to be ineffective at controlling adult populations and affecting the course of epidemics.

In this area of the country where other mosquito-borne diseases occur, widespread aerial spraying of adult mosquitoes is routine. And unfortunately, over-reliance on emergency spraying has been implicated in the resurgence of mosquito-borne diseases such as malaria and dengue fever in other parts of the world. Let's not repeat the mistake.

But what should we expect the government to do mitigate the risks of West Nile virus? Fortunately, there's a lot that can be done, but it needs to be coordinated and non-governmental. Local governments should not be acting on their own, spraying large areas. The spraying isn't particularly effective, as we know, and mosquitoes simp don't recognize political borders.

Effective mosquito control measures include removal of breeding habitats, (not treme logical to capture for species which breed in confined or inaccessible water); the use of meteorological data to determine when known to exist or specific vector-borne diseases, coupled with enhanced monitoring when such conditions exist; control of mosquito populations in the larval stage; new systems, (BTI, biological fish, natural predators); at chemical controls (smoldering eq rafts with light olive, controls burns); trapping; the use of ornal eyes to detect disease before it reaches humans, to pinpoint precise areas where mosquito control is needed; and effective monitoring and surveillance.

We learned from NYCPH that "Habitat Management which has one of the best St. Louis encephalitis programs in the country, has begun to treat pools for spraying years." Its program can identify infected areas and help control the human com down with the virus."

The real foundation of successful disease control seems to lie in monitoring and surveillance prior to human infection, with coordinated responses among all levels of government, with surveillance in the region and the state. The Northeast sees to be somewhat inexperienced this time around. Mosquitoes are states have different reactions to the same virus. And we should, too.

At present, the state Department of Health's "collaborative campaign with county health departments doesn't include the Bureau of Logical or logical toxic larvicidal treatments which are hallmarks of success vector control programs across the county. The state should include a coordinated response with individual counties and municipalities. The state should also be scientifically calculated areas.

We should encourage the Department of Health to employ preventive health measures so to avoid that strategy of last resort. And needless to say, a co-preventive approach will include retrospective analysis of the e demic and response, including whether or not the use of pesticides reduced the presence of the disease, and the human and environmental impacts associated with any pesticides used.

Chesbro never dropped ball

Editor, The Spotlight:

As we go through life, most of us from time to time take our eyes of the ball. Our lives change, sometimes we adapt, sometimes we don't.

George Chesbro never took his eyes off the ball, and as far as I can tell, he never changed.

George, who passed away Aug. 4, gave selflessly to this community. Chesbro never dropped ball.
BCMS eighth-graders won't forget Russell

Editor, The Spotlight:
July 3 was a very devastating day. A friend of all Bethlehem eighth-graders, a spontaneous and friendly teenager named Russell Ellers died.

Russ was a friend to many. He was a funny, loving and caring person. I only knew him for one year. Every day in the hall, Russ would sing his favorite tune. I live on Glenmont Road and when I found out Russ had passed on, I burst into tears. I could only remember the times when he would make someone laugh. Russ was a great friend, student and peer. He always encouraged others to stay focused.

In home base, he always wanted to hang out with his friends. When one of our home rooms was selling doughnuts, Russ would come in with a smile on his face and greet his friends. Russell was a great role model for some and a great friend to many. Even though he is dead, he will always be a part of our lives. My regards to his close friends and family. Russell will never be forgotten.

Jacqueline Kurtestis
Glenmont

Harry Potter stirs imagination

Editor, The Spotlight:
I have just finished the article written by Kathleen Moore on Harry Potter.

Frankly, I am disgusted! Harry Potter is the Tom Sawyer, the Macbeth of the millennium. The Potter books are making kids turn off the TV and READ! How can someone be against that?

Harry Potter is not meant to frighten children. It is meant to get their imaginations going. It makes teens feel like kids again.

If people start with, 'Ah no, Harry Potter is violent and we shouldn't be letting our kids read it,' it will be just as bad as the book burnings of the '50s and '60s.

The Harry Potter series has kids as main characters, so children see themselves doing things like Harry. I don't mean doing magic or riding brooms. I mean taking a stand and fighting evil.

Yes, people die and experience pain in these books, but that also happens in the real world.

I'm not saying that this book should be read to a 3-year-old, but it is in a classic. And if your child wants to read a classic, why not let them?

Alexandra Stewart McCarroll
age 13

Sprint PCS comes to East Greenbush with a roar.

Come to the grand opening of our East Greenbush store on Saturday, August 19th and see the Sprint PCS show car.

Come to the Sprint PCS store in East Greenbush during our grand opening celebration. Saturday, August 19th and see the Sprint (Guick Motorsport) Show Car and team. A ribbon-cutting ceremony will take place at 10AM with Town Supervisor Robert Angelini.

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Sprinl PCS

The Spotlight welcomes reader-submitted topics of local and regional interest. Letters are subject to editing for accuracy, style and length. All letters must include the writer's name, address and telephone number.
Editor, The Spotlight:
The Bethlehem library board of trustees intends to propose an $8.5 million bond issue for library renovations. Article in regard to the proposal appeared in the July 26 issue of The Spotlight, raised several questions.

Part of the proposed monies is for renovations to the infrastructure. The trustee president states: "The need to replace carpeting and the need to accommodate new technology." Another proposed use calls for improvements in furnishings.

Bethlehem voters consistently have approved an increased budget for the library. Doesn't the library include a "capital improvements" component in its annual budget? If so, what is it used for?

It would seem that some of the carpet and furnishings could and should be replaced annually on a rotating basis, as most organizations and firms do. This would eliminate or at least minimize the present potential for the deteriorated state the president says currently exists. If there is not such an item in the library budget, then why not? Wouldn't that be a more permanent and improved computer access. The library currently has 19 workstations, but we need Internet access. Yet not one penny of the proposed $8.5 million will be used to buy additional computers! For this purpose, grant monies are sought. Are grants a "sure thing?"

How many new computer workstations will be purchased? To create all the wiring and space for additional computers and then to not coordinate the timely inclusion of compatible hardware seems puzzling to say the least.

One would also hope there is documentation showing how the Bethlehem library budget and budget items compare with its contemporary libraries in the area.

The article states the library has more than 1,000 daily visitors. How does this number compare to other libraries in the region as a per resident basis?

Are the services provided equal to more than or more limited than comparable libraries? For example, what are the number of books checked out per resident? What are the number of collections available (CDs, videos)?

How does the Bethlehem library budget compare with comparable libraries on a per item basis? Is that what proportion is spent on acquisitions and what type? What proportion is spent on support staff? On administrative staff and other overhead? On capital improvements?

How many administrators and staff does the library have and what are the salaries? Is our library understaffed and underpaid compared to others?

Budget items should not only be listed on percent of budget but also on a per capita basis comparison. For example, perhaps Bethlehem library acquires seven new books per resident per year and other libraries only acquire five and the cost is only $15.57 per book compared to $18.10. Perhaps Bethlehem has 15 part-time student librarians at $9.95 per hour and one administrator while another library has only eight part-time student interns but has two administrators.

To place the $8.5 million in perspective, it should be noted that the cost of the contract awarded to repair the Normanskill ($9.3 million) is only 9.4 percent of the library bond request. The latter amount will route the Normanskill, move a natural gas line, install a new water line to Albany and move and reopen a four-lane road. The proposed library renovation must be impressive indeed to be of similar cost magnitude.

The continued support of the library calls for well-documented and prudent spending to assure that residents receive the most and best use of their money. The last major attempt at addition one recalls, included some very expensive parking spaces.

Gayle J. Henderson
Delmar

Bethlehem library budget and time is only $15.57 per book compared to $18.10. Perhaps Bethlehem has 15 part-time student librarians at $9.95 per hour and one administrator while another library has only eight part-time student interns but has two administrators.

The continued support of the library calls for well-documented and prudent spending to assure that residents receive the most and best use of their money. The last major attempt at addition one recalls, included some very expensive parking spaces.

Gayle J. Henderson
Delmar

Library renovation not timely

Editor, The Spotlight:
I read the article about another bond issue in the newspaper for renovations to our library.

Now, $8.5 million more dollars is being added to an already large amount of $53 million that Bethlehem taxpayers despite the fact that the library is already the most expensive per capita in the Capital District, not in the state. Also, in The Spotlight recently a number of letter writers insist that we need to pay for sidewalks on a variety of streets.

It seems to me that these people have forgotten about the sale of the NIMO steam plant and the multi-million dollar impact this will have on our school and property taxes. In itself, we're talking about $10 million less in our tax base.

Until the size of the NIMO tax increase is determined, it seems very premature to approve any new large expenses for the town.

Tomorrow is also taking a large toll. Taxes that could be raised from the proposed Walmart/Home Depot project would be a significant help and are crucial to overcome the huge loss of NIMO tax revenue.

James Murray
Selkirk

Views on Dental Health

Virginia Piaisted, D.D.S.
Being an Informed Patient

The year 2000 is one of great advances, with computer technology and the Internet being the forefront. The World Wide Web has created access to information that would have required hours of research to accumulate as a consumer you must discriminate between the true and false, uneducated and unsupported information. Television news magazines tend to provide similar jargon and information. The topic is so narrowed and limited research is provided to support the findings. A recent television program aired information about the danger of the water lines in dentations. This type of programming can become responsible if viewers do not follow a 2 or 3 page question on the source for the programming or newspaper.

The new millennium is the time of the more informed consumer. Informed: ask your dentist or doctor of the questions and insist on the less supported information. Television news magazines tend to provide similar jargon and information. The topic is so narrowed and limited research is provided to support the findings. A recent television program aired information about the danger of the water lines in dentations. This type of programming can become responsible if viewers do not follow a 2 or 3 page question on the source for the programming or newspaper.

Virginia Piaisted, D.D.S.
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(518) 439-3299
IT'S TIME TO SEPARATE OPINION FROM FACT.

FACT:
In 1984, the EPA decided not to do large-scale dredging in the Hudson River, saying it could be environmentally devastating.

FACT:
Since 1977, according to the EPA's own report, PCB levels in the water have dropped a remarkable 90%.

FACT:
The river is the cleanest it's been in 20 years. And it continues to cleanse itself.

FACT:
Over 50 Hudson Valley communities and organizations oppose dredging.

When you look at the facts, it's only common sense.
Why undo all the good that's been done?

A message from GE.

Lustre Kings to pay tribute to Elvis Presley

Do you remember rock 'n' roll before the Beatles — when the rhythms were strong and the guitars a little twangy? If you do, you're going to love tonight's (Aug. 16) Together at Twilight, a concert on the Library lawn when we recognize the anniversary of the death of Elvis Presley with a tribute performance by the Lustre Kings.

The Lustre Kings have been taking the the Capital District by storm this summer. Led by Mark Kamysazer, the group performs down-and-dirty vintage rock 'n' roll tunes.

A portion of the parking lot will be available for dancing so you may want to wear your dancing shoes and leave the lawn chairs at home. The party starts at 7 p.m. and everyone has a responsibility to cross their fingers for good weather. We will move indoors if necessary.

Bring the whole family and be ready to party!

Concerts are sponsored by Friends of the library, who will be selling beverages at the event.

Scrabble players are invited to stay by for a game at 6:30 p.m. on Thursday, Aug. 17. No sign-up is necessary.

High school juniors can sign up for an SAT preview by the Princeton Review on Tuesday, Aug. 22, at 7 p.m. Parents are welcome to attend the free 90-minute session on effective strategies for maximizing test scores.

Sharing the display case this month are a collection of corn husk figurines and small houses from Ruth Messek and a sampling of the projects from teens in the Summer Reading Club. You can see silk paintings, poetry, stenciling and cartoons.

Barbara Vink

The Lustre Kings

Police charge teens for Kmart robbery

By Joseph A. Phillips

Two Selkirk teens face robbery and other charges following an incident on Saturday, July 29, at the Big Kmart store at Town Center Plaza in Glenmont.

Bethlehem police arrested Joseph A. Farrell, 16, of 22 Cottage Lane, and Joseph E. Skipper, 17, of 64 Jarvis Road, and charged them with third-degree robbery and conspiracy, both felonies, and a misdemeanor count of petty larceny after they were apprehended by Kmart employees.

According to police shortly after 2:30 p.m., security officers at the store observed the two young men allegedly pocketing several items, worth less than $30 altogether, and leaving the store without paying for them.

Confronting the two in the parking lot, Skipper struggled with the employees until he precipitated a scuffle, according to police.

The robbery charge stems from the alleged use of force in attempting to flee after the theft.

Arraigned before Town Justice Kenneth Munnelli, the teens were each released on $1,000 bail and ordered to appear in Bethlehem Town Court on Sept. 5.

The Old Reliable

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August 16, 2000
Special materials, services available for disabled patrons

The library offers a variety of materials and services for persons with disabilities. Last year, books were added regularly to the collection and new arrivals are listed quarterly on oversized bookmarks located on the rack near the reference desk.

Library Check Out
Bethlehem Public Library

A wide range of audiobooks is also available. Homebound borrowers who live in the Bethlehem Central School District can sign up for personal delivery service through our Books-To-People program.

Last year, the library purchased an Optelec magnifying viewer with funds from the Community Foundation for the Capital Region. This machine is available free of charge and accommodates all sorts of materials, including books and periodicals, maps, prescription labels, small pictures, and hard-to-read penalties. The viewer is located in the periodicals area.

A sign-language tour of the library, produced here at the Bethlehem Public Library, is available. Homebound rowers who live in the Bethlehem Public Library building, produced here at the Bethlehem Humanities Museum, is also available. Homebound rowers who live in the Bethlehem Public Library, produced here at the Bethlehem Humanities Museum, is also available.

RCS school board schedules

The Ravena-Coeymans-Selkirk district recently announced its upcoming school board meeting dates for the coming academic year. The board generally meets the first and third Monday of the month except for vacations and holidays. It will meet Aug. 21, Sept. 18, Oct. 2, Oct. 17 (at P.B. Coeymans School), Nov. 6 and Dec. 4, Dec. 18 (at A.W. Becker School), Jan. 8 and Feb. 12 and 26, and March 12, and March 26 (at the high school).

All meetings start at 7:30 p.m. Curriculum and instruction meetings are scheduled for Sept. 15, Oct. 2, Dec. 4, Jan. 8, Feb. 12 and March 12, all at 4:30 p.m.

Meetings are held at district offices in Selkirk unless otherwise noted.

Preschool offers federal food program

Bethlehem Preschool in Glenmont participates in the New York State Department of Agriculture's Child and Adult Care Food Program. All children will be offered the same meals with no physical segregation of, or other discriminatory action against, any child because of race, color, national origin, sex, or handicap.

For information about income eligibility requirements, call the school at 463-8001.

St. Thomas to hold Red Cross blood drive

The Church of St. Thomas the Apostle on Adams Place in Delmar will host a Red Cross blood drive on Aug. 19, from 9 a.m. to 1 p.m.

Donors must be 17 or older. To make an appointment, contact Doris Walker at 439-6354. Walk-ins are welcome.

Five Rivers programs on deck

Five Rivers Environmental Education Center in Delmar recently announced its upcoming programs for the coming academic year. They include the following:

- Tuesday Aug. 22, from 9 a.m. to noon: Project Wild teachers' workshop (preregister by Aug. 17).
- Tuesday Aug. 22, at 7 p.m.: Watchable Wildlife: Beaver.
- Wednesday Aug. 23, from 9 a.m. to noon: Aquatic Project Wild (preregister by Aug. 18).

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- Tuesday Aug. 22, from 9 a.m. to 1 p.m: Project WET (Water Education for Teachers) workshop. WET registration fee covers teacher's manual and materials. Preregistration by Aug. 18 is required.

- Thursday Aug. 27, at 7 p.m.: "Insects by Ear and Eye."

For information or to register, call Five Rivers at 475-0951. Five Rivers is at 56 Game Farm Road.

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"Physical Speaking"

by Nick

Valenze, P.T.

IN THE SWIM OF THINGS

Aquatic therapy is particularly useful for rehabilitation of lower back injuries of the spine that were previously thought to be caused by herniated or bulging discs. In the past, this condition has been treated with medication or by injection of cortisone. While these two methods have been beneficial in some cases, many people have not been able to make a full recovery. However, with the advent of aquatic therapy, people with this condition can now take a full recovery.

Aqua-Therapy is a form of exercise that is conducted in a pool of water. This type of exercise is beneficial for people who have difficulty walking or standing. By using the water as a support, people can walk or stand comfortably without causing any pain.

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Visit extension exhibits at Altamont Fair

Cornell Cooperative Extension is sponsoring a memorial garden exhibit and home composting demonstrations at the Altamont Fair Tuesday through Sunday, Aug. 15 to 20, from 11 a.m. to 5 p.m. Demonstrations will be in the 4-H building.

Lustre Kings to perform

The Lustre Kings, with their vintage rock 'n' roll sound, will perform tonight, Aug. 16, at 7 p.m. at the public library on School Road.

The free concert is sponsored by the Friends of the Library. School board to meet

The school board will hold its next regular meeting on Monday, Aug. 14, at 7:30 p.m. in the large instructional room at the high school.

Sixth-grade teachers to host book discussion

Sixth-grade language arts teachers Sheila Label and Nancy Saukats will hold a book discussion tonight, Aug. 16, at 7:30 p.m. at the elementary school.

Students, accompanied by a parent, should bring their summer reading selections and any questions.

Helderberg Workshop plans star party

Albany Asian Astronomers will hold a night under the stars on Monday, Aug. 21, at 9 p.m. at Helderberg Workshop on Picard Road in New Scotland.

The program will include viewing the stars through a variety of telescopes and discussing the constellations.

The rain date is Tuesday, Aug. 22.

For information, call 765-2777 between 9 a.m. and noon.

Thacher Park plans Indian Ladder trail tour

Thacher Park will offer a tour of the Indian Ladder Trail on Sunday, Aug. 20, at 2 p.m.

The tour will introduce hikers to the geological and cultural history of the trail. Hikers will meet at Indian Ladder picnic area. There is a $5 parking fee.

Thatcher to host night sky program

Thacher Park will sponsor a star party with the Albany Asian Amateur Astronomers on Saturday, Aug. 19, at 9:30 p.m.

Telescopes will be set up at the nature center site off of Ketchum Road.

The program will be canceled if skies are cloudy. For information, call 872-1237.

BCHS student wins scholarship

Kevin Mohringer of Glenmont recently won a Presidential Scholarship from Wase Forest University for distinguished achievement in music.

Mohringer attends Bethlehem Central High School and plays the trombone.

The Presidential Scholarship's four-year value is $44,400. It recognizes extraordinary achievement in art, community service, dance, debate, entrepreneurship, music, theater or writing.

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Rhonda's Style

THE SPOTLIGHT

Local team to walk for diabetes cure

Many people, both children and adults, live with diabetes every day.

Many take insulin (up to three or four shots daily) just to survive, and measure all the food they eat. They must test their blood sugar by pricking their fingers up to seven or more times each day.

Still, they run a great risk of developing some or all of the life-threatening complications that strike people who have diabetes for a number of years.

Rhonda's Team has help change the future for people who have diabe-

The first 175 people to turn in at least $25 for diabetes research will receive a free team T-shirt. Free food and entertainment will be provided for all participants on the day of the walk.

Thanks to the following businesses for sponsoring the T-shirts this year: Alden's Plaza Milling and Heating, Angela's Pizza & Pasta Restaurant, Blackman & DeStefano Real Estate, Callanan Industries, Capital Cities Imported Cars, Capital District Oral & Maxillofacial Surgeons, Choices Hair Studio and Day Spa, D'Agostino, Krakower, Baynes & Maguire, Robert M. Deitz, Delmar Carpet Care and Thomas P. Doolittle DDS.

Also, Farm Family Life & Casualty Insurance Co., First Care of Delmar, the town of Delmar, Klersby Building Corp., Northeastern Dental Laboratory Corp., Mr. Subby, Papa John's Pizza, Tangora Technologies and Serling, Decker, Subb, Papa John's Pizza, Tangora Technologies and Serling, Decker, Subb, Boghosian & DeCiro.

If you can't walk, mail a donation made payable to the Juvenile Diabetes Foundation, to "Bethlehem Cares" 615 Boynton Drive, Delmar 12054.

For information, call 439-6894.

BCHS grad chosen as scholar athlete

Michael Leczinsky of Delmar, a 1999 graduate of BCHS and a student at SUNY Brockport, has been chosen as a Scholar Athlete for the 1999-2000 school year.

Leczinsky, who maintained a dean's list average throughout his freshman year, placed third in the high jump at the New York State College Track and Field Championships on May 11. He was a member of a performing team of Brockport's Student Jazz Ensemble.

WHAT TO EXPECT

The most recent data available show that, from 1990 to 1996, life expectancy of U.S. women rose from 48.3 to 73.9 years. The life expectancy of U.S. men during the same period increased from 46.3 years to 73 years. These statistics show a roughly three-decade increase in life expectancy of U.S. citizens over nearly the past century. Many of these gains can be attributed to the advent of antibiotics and vaccines during the first half of the 20th century, which reduced the risk of death from infectious diseases. Gains in life expectancy in the second half of the 20th century came primarily from victories over the chronic diseases of middle and older age.

Planning to live a long time is a good idea because then you are more likely to have the resources to support your lifestyle if you imagine that, yes, indeed, you will be around to enjoy those grandchildren and friends for a long time! At Good Samaritan Lutheran Care, Diabetes and Heart Care Center, 125 Rockefeller Road, we are here to help you with each stage of your life's journey, and cope with its challenges and joys. Our residential community features assisted and independent living. Call 439-8116 for more information.

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The first page of the document is not clearly visible. However, based on the visible text, it appears to be a mixed collection of unrelated information, including sports-related content, advertisements, and miscellaneous text. Without a clear view of the page, it's challenging to extract meaningful information.
The searchers were able to pinpoint the location of the fire, but they had to wait for the water supply to reach them before they could begin their work. Meanwhile, the inclinometers monitoring the area showed signs of movement, indicating that the mudslide was still active. The searchers had to be careful not to trigger any landslides as they worked.

After hours of searching, the searchers finally located the missing hiker. They had to be careful not to cause any further damage to the area as they brought the hiker to safety. The hiker was taken to a nearby hospital, where they were treated for their injuries. The searchers were relieved to have found the hiker alive, but they were also reminder of the dangers that come with working in such an unstable environment.

Despite the challenges, the searchers were able to complete their mission and bring the missing hiker to safety. They were proud of themselves and the community for coming together to make sure that everyone was safe and accounted for. The searchers were grateful to have such a strong support system in place, and they knew that they could rely on each other to get through any challenge.

The searchers were able to gather around a campfire, sharing stories and laughter. They knew that they had been through a lot, but they were stronger for it. The searchers were grateful to have each other, and they knew that they could face anything together. The searchers were proud of themselves for working together to make sure that everyone was safe and accounted for. The searchers were grateful to have such a strong support system in place, and they knew that they could rely on each other to get through any challenge.
Backpacks: Weighty matters for your kids

See Page S-2
Make sure back to school is easy on your child's back

By Leigh G. Kirtley

Perhaps my memory is weak, but I don’t remember carrying a 25-pound backpack to and from school. In fact, we didn’t carry backpacks; those were for the L.L. Bean types. We used tote bags or just carried books in our arms.

When my middle schooler walks through the door and drops his pack on the floor, I’m amazed it doesn’t fall through to the basement.

Like any parent, I worry that so many textbooks. Library books. Lead. weights?

Perhaps my memory is weak, because most middle school students can experience rapid growth spurts, their bodies lack the stability typical of their older peers.

This puts them at greater risk for possible injuries.

Dr. Joseph Gulyas, of Center Road Chiropractic in Clifton Park, believes that we need to work together to limit the damage backpacks are causing today’s youth.

“It has to be a coordinated effort between administrators, teachers, parents and students,” he said. “We need to take an active role.”

According to a study by Cornell University, 85 percent of students complained of symptoms like headaches from spending too much time on the computer.

Gulyas worries that heavy backpacks could be adding to our children’s aches and pains. As the parent of an eighth grade student, he knows that not all children will tell their parents when they hurt.

He said it is up to parents to be aware of changes in their child’s general health. Neck and shoulder pain are obvious signs, as well as lower back pain.

None of these is normal for an otherwise healthy young person. More subtle symptoms could include headaches, loss of sleep, changes in posture and even dizziness. “There’s no such thing as a normal, everyday headache,” Gulyas said. Some advocates propose that students have two of every textbook, one for homework, one to stay at school.

In a time when taxpayers balk at ever-increasing school budgets, that solution is unrealistic. Backpacks with wheels and extending handles like carry-on luggage are another alternative.

Unfortunately, they, too, are expensive and students have not yet accepted the luggage concept.

Until a viable solution can be found, Gulyas offers some tips to avoid unnecessary muscle strain.

Limiting the weight any way you can is the first goal. Carrying one or two textbooks in your arms can help take the load off your back. This also helps to distribute the weight more evenly.

Always carry your backpack on both shoulders and use backpacks with a waist strap.

The strap has the added benefit of stabilizing the pack. Messenger bags are popular and help balance the weight.

Gulyas warns that not all backpacks are created equal. Some are unacceptably heavy, some are too small, and some are not designed correctly.

For 8- to 9-year-olds, Gulyas recommends that students should not carry more than 15 percent of their body weight. Teens can handle up to 25 percent.

Heavy backpacks may be part of our children’s school years, but aches and pains are not.

Teach kids to win against test anxiety

Standardized tests are now an integral part of every child’s school career. As parents, it’s important to be supportive of your children as they face an array of assessment measures that will critically affect their future.

Try these test-taking techniques from the education professionals.

Before the Test
• Practice with similar sample tests.
• Review, but don’t cram, the night before. Pace your studying over days or weeks.
• Get a good night’s sleep and a good breakfast.

During the Test
• Read all directions carefully.
• Budget your time. Try to go through the test three times, a first pass for what you know easily, a second pass to work through the difficult questions and a final check.
• Read all questions carefully and read all answers before choosing one. Compare them to the answer in your head.
• Look for clues in the questions or the types of answers given.
• Erase stray or misleading marks from your answer sheet.
• Check for careless mistakes, skipped questions or misinterpreted directions.
• Guess, especially if there’s no penalty for a wrong answer. You won’t get credit for leaving blanks.

With these tips any child can approach tests with more confidence from kindergarten to college.

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The Children’s Place is an NAEYC accredited program and a SEFA member #50-410
Help yourself to successful snack and lunch packing ideas

Tasty, nutritious and tempting. These are three qualities kids' lunches and snacks need to have. Nutritious is a quality that makes parents happy, but tasty and tempting are qualities that mean lunches are more likely to get eaten. Fortunately, packing nutritious lunches and snacks that tempt tastebuds can be easier with a few tips from the experts: nutritions and snacks that require no can opener or refrigeration, such as granola, trail mix, raw chopped vegetables, pretzels or fruit bowls. Another alternative is to place fruit salads in the bag frozen. They'll keep lunch cool until they melt at lunchtime. Creative does it. Add sliced bananas instead of jelly to a peanut butter sandwich; fill celery sticks with flavored cream cheese; include a fruit smoothie; add popcorn instead of chips. Homemade fruit bowls contain bite-sized fruit in convenient bowls. Varieties include diced peaches, mixed fruit (peaches, pears and pineapple), pineapple, and tropical (pineapple and papaya).

Cut it up. Fruit kabobs are a delicious, refreshing treat and easy to pack for summer adventures.

Assemble using skewers and a variety of healthful treats, including strawberries, pineapple, melon, and marshmallows.

After lunch, the containers can be used to collect sea shells and create sand castles. Give kids the vote.

Take your child with you to the grocery store. Let your child help pick out and prepare healthful meals and snacks.

Children have a greater chance of eating the lunch if they picked it out themselves.

Think small. Children have smaller appetites than many adults. Small-portioned lunch box stuffers include pretzels, string cheese, hard boiled eggs or peanut butter and jelly crackers.

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Activities entertain and enlighten

By Jennifer Arsenault

Whether your work hours don’t mesh with your child’s school schedule, or your budding Picasso wants some artistic instruction, the Capital District has plenty of after school activities to choose from. Sports programs abound at the Pariside YMCA in Scotia.

They offer a pre-sports programs for children 4-5, pee wee sports for 5-6 year olds, gymnastics for ages 6 and up, soccer for 7-12 year olds, indoor tennis, karate for 7-15 year olds, all levels of swim lessons, and a youth running club for two age groups: 6-10 year olds and 11 and up.

The Y also has a “Fit Kids” program for ages 8-11. “It’s kind of an introduction to working out in a fitness center geared toward teaching the fundamentals of exercise,” said Membership Director Donna Prabel. Registration for programs begins on Aug. 19, and the session starts Sept. 18.

For members, the classes run from $38 to $40 for seven weeks. Non-members must purchase a $25 program membership which lasts a year.

If a child has an interest, we nurture and develop it and teach basic skills.

Ethan Roy

the Bethlehem School District.

They are either held in a school cafeteria, or church. School buses transport students where the programs are being held if none is available in their school.

Participating students get to choose from a variety of activities, including arts & crafts, sewing, cooking, drama, woodworking, computers, board games, outdoor play or homework.

Schenectady County’s Boys and Girls Club, located in Rotterdam, also has a wide variety of classes after school starting Sept. 18.

Their programs run the gamut from acting workshops to sports and fitness, along with tutoring, career development, and arts and crafts.

Red Cross swim lessons, levels 1-7, will also be taught. “We’re exploring some opportunities down the road,” said director John Vacarro. All events are included with a $5 yearly membership fee.

If your children crave some more stimulation on weekends, the Arts Center for the Capital Region (formerly the Rensselaer County Council for the Arts) in Troy has painting, drawing and ceramic classes starting at age 5.

“If a child has an interest, we nurture and develop it and teach basic skills,” said Administrative Assistant Ethan Roy. The Arts Center’s fall catalog will be available soon.

Classes begin September 5th.

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Limited Openings! Call Joan Brooks, 370-0366.
Start children off on the right foot this school year

For most elementary school students, going back to school means an opportunity to learn new skills. No matter what subject from understanding the alphabet in kindergarten to memorizing multiplication tables in third grade children's minds develop at incredible rates. And, as most parents know, their feet seem to grow almost as quickly. Although often overlooked, children's growing feet and the shoes they wear are important to their health. According to pediatrician Steven Parker, co-author of the current edition of Dr. Spock's Baby & Child Care, children who consistently wear shoes that provide a good fit are more likely to have healthy feet as adults. "Nearly 75 percent of Americans will experience minor to serious foot problems during their lifetime," Parker said. "Children who wear supportive, properly fitting shoes may avoid becoming part of that statistic," he said. Most children are born with perfect feet, and childhood marks a critical phase in foot development.

By the time a child is 8 years old, the soft cartilage in the foot matures and the supporting elements are permanently set. By age 10, 85 percent of a child's foot size is developed. Parents can ensure the entire process goes smoothly by working with their pediatrician and providing their child with properly fitting shoes. To ensure correct growth and development, Parker recommends parents have their children's feet examined at every check-up. When shopping for shoes for their children, parents should pay attention to more than just the length of the shoe. Parker recommends the following tips to ensure kids feet are safe and happy.

Be sure shoes provide sufficient arch support for comfort and stability. Check for ample cushioning. Don't expect children to break into shoes. If your child feels some discomfort, the shoes are not properly fitted to your child's feet. Look for shoes that provide plenty of room. Allow an index finger's width from the end of the longest toe to the end of the shoe for growth. Ensure that the shoes are durable and flexible in the sole and ball of the foot. Remember if the child gets off on the right foot right away, the rest of the school transitions can be a lot easier.

ESC provides a variety of flexible degree options for working adults

Adults enroll in college for many different reasons. Most adult students, with years of work and life experience under their belts, are seeking to improve their job prospects and mobility in the marketplace. They also want to receive formal recognition for their experience to enhance their lives and careers.

Empire State College offers the most diverse college of the State University of New York, was designed for adult learners who because of work, family or community responsibilities can not attend classes at a traditional campus. Founded in 1971, the college focuses on the relationship between the student and a "mentor" who guides the student from the planning stages of their college program through graduation.

Now that even more adult learners are going back to school to advance their careers or for personal satisfaction, programs such as Empire State College's are proving even more attractive. In fact, in the 21st century higher education in general may increasingly come to resemble what Empire State College pioneered nearly 30 years ago.

For example, many observers believe that as the new communications technologies become more readily available the modern university will not necessarily be a place where people come together for scheduled classroom lectures, but a place where information flows and people sometimes meet, but that reaches out in ways that wouldn't have been possible in the past. Empire State College with more than 40 colleges statewide, as well as distance learning options, offers opportunities at the associate bachelor's and master's degree levels throughout New York State and beyond. Locally these locations include its Northeast Center in Albany and locations in Cohoeskill, Hudson, Johnstown, Saratoga Springs Schenectady and Troy. For information visit the
Adults can join children as they go back to school this year

By Leigh G. Kirtley

Adults eager to continue their education can select from a wide variety of programs.

From evening and weekend continuing education classes, to online degree programs, there is no limit to the type of courses or learning styles available.

High schools and community centers offer classes in every thing from ballroom dance to foreign language study and MBA programs. In the Capital District, higher learning institutions offer a wide variety of programs. By education can select from a wide range of non-credit classes. "We have something for everyone," said Debbie Shoemaker, coordinator for the program.

You can broaden your horizons with classes like floral arranging or drawing, or you can improve your business skills through financial and communication courses.

Looking for a new career? They also have an interior design class where you can receive a non-credit certificate.

"People tend to sign up for whatever catches their eye," Shoemaker said. If you are interested in a degree program, Skidmore College offers a unique program called University Without Walls.

Adult students have an opportunity to create their own degree based on their interests. "It changed my life," said Jude Winters, vice president for sales and marketing for Carlson Wagonlit Travel. At first, she was not sure what type of degree she would work toward. But with guidance from an academic adviser and a University Without Walls adviser, she will receive an American Studies degree in Culture and History next May. Originally, Winters sought continuing education for personal enrichment. Now she feels that the learning process has made her an asset not only to her career, but also to her community.

"I’m working on me so I can give back when I’m done," said Winters’ final project is a paper on the history of women travelers. It has stirred a passion to help other women.

If, on the other hand, you look higher education to further your career, The College of Saint Rose offers a program that can give you college credits and possibly save you time and money.

Since 1972, the Experiential Learning program has been giving matriculating students college credits for demonstrated knowledge. This might include military training, on-the-job-training like computer programming or even extensive knowledge in a hobby, like photography. "It’s very affirming to a person who has been working,” said Anne Tully, dean for graduate, adult and continuing education. "The tricky part is to articulate that knowledge.”

Students take a three-hour portfolio course and are encouraged to take a writing course to help them through the process. They can receive up to 12 credits for a one-time fee ranging from $300 to $475. Normally, one three-credit course would cost almost $900.

For information on adult learning opportunities, visit your local library where you will find course catalogs for colleges and universities.

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Parents use on-line location to plan and pay for college

Most of America's teens have more on their minds this summer than beach parties and part-time jobs.

More than 82 percent of students are likely to spend part of their vacations planning for college, and many will turn to the Web for help.

One relatively new site, wiredscholar.com, contains interactive tools and online information for college preparation, evaluation, selection, application and financing, all in one location.

Developed by Sallie Mae, which is one of the nation's leading providers of education funding, wiredscholar.com is the only online resource to provide comprehensive and objective tools for the entire "going-to-college" process.

"Wiredscholar.com is an extension of Sallie Mae's commitment to helping students achieve a higher education," said Paul Carey, executive vice president of Sallie Mae.

"Since more than nine out of ten teenagers are online regularly, the Internet is the ideal place for such an extensive college preparation resource," said Carey.

The free resource was developed with recommendations from students, parents and guidance professionals.

"Guidance counselors assist hundreds of high school students in making their post-graduation plans each year," said Audrey Hill, former president of the National Association of College Admissions Counselors (NACAC).

"I am always looking to direct my students to free resources with easy to use objective and valuable information. Wiredscholar.com will help them make the best decision about their education."

The site provides detailed information for the six phases of the going-to-college process:

- Preparing
- The site offers online self-assessment tools, test-preparation tips and sample test questions for the SAT and ACT.
- Selecting
- The Website creators have put together information on more than 4,000 post-secondary institutions.
- Applying
- Contained in the site are details on how to obtain recommendations, highlight achievements and write effective college application essays.
- Paying
- Expect to get free access to one of the largest scholarship databases containing more than $1 billion in scholarship funds.
- Deciding
- The site has invaluable tools to help families understand, evaluate and compare acceptance and financial aid award letters.
- Financing
- Lastly there is information about the student loan process, how to choose a loan program and apply for funds online.

Once you make the investment of time, it makes sense to make the most of it. Working on-line helps parents and teens find all the answers to their questions in one place.

Visit www.wiredscholar.com for information about planning and paying for college.

Looking on-line for information can save parents time and money. It also offers parents and college students a chance to work together to find solutions and ideas.

1. Preparing
2. Selecting
3. Applying
4. Paying
5. Deciding
6. Financing

The site has invaluable tools to help families understand, evaluate and compare acceptance and financial aid award letters.

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Make the first day of school easy on kids and moms

By Jennifer Arsenault

It's a moment captured on film for most of us: a 5-year-old, knapsack in hand, getting on the big yellow bus for their first day of kindergarten. Local schools have put a lot of effort into making a child's transition from pre-school to elementary school a smooth one and make sure the expression on your child's face is one of excitement, not fright.

The North Colonie School District hosts several events, including an ice cream party where the new students meet their teachers, a scavenger hunt that helps kids get oriented to the school building, and a practice bus-ride. "That's the hardest part for a lot of kids at the beginning of the year, riding a bus," said Principal James Martin of Latham Ridge Elementary School.

On the first day of school, each kindergarten classroom in North Colonie has a theme complete with footprints that lead the way there. Adults are positioned throughout the buildings to ensure no one gets lost.

The Niskayuna School district also plans activities to make the entry into kindergarten less dramatic, said Superintendent of School J. Briggs McAuley.

Families are invited to attend classes with their children for the first three days of the school year. There are also orientations to the school and the buses beforehand. Parents can help set a calm tone by preparing children at home.

Martin said that parents should talk to their kids about school, bring the child in to see the school and the playground beyond the initial orientation. Craig Elementary School teacher Trish O'Sullivan recommended establishing a routine for the evenings before school. And most important stick to it.

For instance she suggests parents help children to wind down by stating that it's close to bedtime. Additionally if you work with the child instead of against that may help.

Help them pack a backpack and talk about handing in homework to the teacher the next day. It is helpful to work with the child to select clothes for the next day.

Most important, according to O'Sullivan, is an early and consistent bedtime.

Morning rituals could include a nice greeting, family breakfast, washing up for the day and getting dressed. "Stay in the same room as your child dresses himself/herself," O'Sullivan said.

"Dressing themselves should be a kindergarten kid's responsibility," she said.

Also, make sure your child is wearing his or her bus tag and gets out to the bus stop in time.

While the first day of school is never easy for parents, following some of the above advice can make the transition a little easier on children.

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Top Ten Check List for Back-to-School

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2. Laundry Bag
3. Cosmetic or Dopp Case
4. Monogram Stationery
5. Bath or Body Towel
6. Desk Accessories
7. Photo Album or Frames
8. School Supply List (in addition to supplies)
9. Dorm Shirts
10. Back Packs/Duffle

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Soccer moms score big as coaches

If you're like most people when you hear the words "soccer mom," you probably think of kid-taking car pools and sideline cheerleaders — anything but coaches. But a new campaign called "C'mon Mom!" is raising awareness of the special role mothers play in their children's sporting lives.

The program encourages moms to get off the sidelines and into the game by providing them with the tools they need to become volunteer coaches, as well as more knowledgeable and supportive spectators.

According to the National Alliance for Youth Sports, only eight to 10 percent of the 5 million volunteer coaches expected to participate in youth sports this year will be women.

Far fewer will actually be moms, despite the fact that 85 percent of all volunteer coaches are parents with a child on the team.

"Moms are the last untapped resource for volunteer coaches," said John Hartigan, director of the Alliance's Start Smart Soccer program for children ages 3 to 5, which launches nationally this fall.

Kid-e-sport.com, a children's sporting goods Web site, in partnership with the National Alliance for Youth Sports and the Women's Sports Foundation, focuses on soccer — one of the fastest-growing youth sports in America.

"Although dads are traditionally the volunteer team coaches, off the field, soccer moms are the 'everyday' coaches in their children's lives," said Donna Lupiano, executive director of the Women's Sports Foundation.

"Organizing kids into cooperative groups, keeping the boredom out and the fun in, and motivating children to be healthy participants in the 'game of life' ideally positions moms to be great sports coaches." In fact, C'mon Mom! was inspired by a real mom. Despite her daily involvement in the children's sporting goods industry, Lauren Sveen, founder of kid-e-sport.com, found herself apprehensive about coaching her daughter's kindergarten team.

"I wanted to do something to make myself and other moms feel more confident about getting involved," said Sveen. "C'mon Mom! hopes to diminish any self-doubt mothers may feel about coaching.

"Just as team sports are no longer just for boys, coaching is no longer just for dads," said Sveen.

A free soccer starter kit, containing a brochure of youth soccer facts, coaching tips and backyard games, as well as a Soccer Made E-Z CD-ROM sports software created by women for women, is available by registering online at www.comeonmom.com or by calling, toll free, 1-877-955-CMON (2606). C'mon Mom! will be expanding into other sports as well.

SEFCU starts car loan program for first timers

SEFCU has a new loan program designed to help first time borrowers get the cash they need to purchase a car and establish a good credit history.

These car loans are available to any SEFCU member who has no borrowing history and meets financial qualifications. In particular this loan was designed for young credit union members (18 years and older) in need of a car loan as well as for those who have always used cash rather than credit.

SEFCU realizes that first-time borrowers are often at a disadvantage because many banks are reluctant to lend to someone who does not have a demonstrated history of loan repayment.

First loans at SEFCU combine the opportunity to obtain the initial car loan and an optional $500 line of credit, with the ability to help new borrowers establish a good credit history. The First Loan program offers a maximum secured loan amount of $10,000 with a $500 line of credit in the form of a Cash Reserve. Borrowers must have or open a SEFCU checking account with a CheckCard and make payments through payroll deduction or direct deposit (or if not available, through automatic transfer).

Borrowers obtain their loan at a slightly higher interest rate than SEFCU's regular loan rates. The interest rate on the car loan will decrease after six months of on-time payments and the completion of a Home Study Course, available on SEFCU's Web site, or at any branch.

Members who request a First Loan Cash Reserve in addition to their car loan will be offered a higher borrowing limit after timely payments over the six-month period, and then may qualify for additional loan products.

You can apply by completing an application at sefcu.com, contacting the call center or visit any SEFCU branch.
Choices abound for those rejoining the work force

By Leigh K. Kirtley

When you wake goodbye as the school bus takes your youngest child off to first grade, you think it's time to re-start your career.

Do you work in a traditional office setting or do you start a home business?

The answer depends more on what kind of person you are than the job skills you possess.

"You have to be very passionate and optimistic about what you do," said Christina Anderson, owner of Van Antwerp Pottery in Niskayuna and author of "Working While They Nap."

Eight years ago, this mother of four saw the need for a second family income. She believed a home business was her best option.

She decided to make pottery because she had taken a class and enjoyed the craft.

"It took me about a year of practice before I got it right," she said. Besides getting the pottery design right, Anderson had to create a balance among working, running a household and raising her children.

"I plan everything and you have to be very organized and disciplined to make it work," Anderson said.

Today, her home business has grown to include corporate clients, two sales associates and a web site, www.vapottery.com.

When her youngest goes to school full time this fall, she plans to stay focused despite the freedom of being home alone for eight hours.

Lynda Xinnas, owner of Xinnas and Associates E-Publishing and Design in Clifton Park, started her career in corporate America then opted for a home business 11 years ago.

Like Anderson, she stressed the need for discipline and organization.

"It must be in you to run a business from home. You have to be focused and disciplined," she said.

"And remember, there is no such thing as normal office hours," Xinnas stays active in school activities during the day and helps her two children with homework and projects.

She often works late in the evening to meet clients' deadlines. This kind of flexibility is one advantage of running your own businesses.

On the other hand, your income could be as flexible as your schedule so budgeting becomes critical. You also need to set aside a portion of your earnings for self-employment taxes.

If being an entrepreneur is not in your plans, then finding the right job could be challenging. Chances are your resume, if you have one, is out of date and your interview skills as a little rusty.

Working with a recruiter can help overcome these obstacles. Not only can a recruiter build

your resume, but also evaluate all your skills and point you in the right direction.

Pat Lederman, an Albany recruiter, works with candidates at all levels from entry level to corporate executives. "I can add color to a resume and explain gaps and lower red flags," she said.

In addition, Lederman can suggest adding more marketable skills to your resume like computer and Internet knowledge, which are currently hot items. She can also prepare you for an interview and give you background information on the company.

Another advantage to working with some like Lederman is that she may have access to positions you won't find in the classified ads and help overcome these obstacles.

And while she can't guarantee you will get hired, she can recommend positions well suited to your talents. "My goal is to find the right match," Lederman said.

Whether the right match for you is corporate America or an office in the basement, consider your personality and expectations as well as your job skills. A satisfying career is more than a paycheck.

Simple rules can keep playgrounds safe for all at school or at home

By Peggy Mermelstein

Play is an essential part of healthy development in children, and playgrounds provide chances for children to develop motor, cognitive, perceptual and social skills.

Often, however, playgrounds are the sites of unintentional injuries. The leading cause of playground equipment-related deaths is strangulation; the majority of these deaths occur on home playgrounds.

The majority of nonfatal playground equipment-related injuries, which are most often due to falls, take place on public playgrounds, including school, day care and park playgrounds. In a 1998 survey, U.S. playgrounds received a grade of C when rated on physical hazards and behavioral elements, including supervision and age-appropriate design.

Adults must create playgrounds that are challenging for children and reasonably safe. In fact, playground injuries can be reduced by 40 percent just by always providing adult supervision and by maintaining visual and auditory contact.

Using age-appropriate equipment, following a regular maintenance schedule, limiting equipment height and maintaining adequate surfacing, combined with adult supervision, can also greatly reduce the incidence and severity of injuries.

The National SAFE KIDS Campaign and the Capital Region SAFE KIDS Coalition offer these guidelines for playground safety:

Check the playground's surface.

Asphalt and concrete are too dangerous for children. Grass and soil are better, but if they become compacted and hard, they are dangerous as well.

Twelve inches of shredded mulch, pea gravel, crushed stone and other loose surfaces are safe for all maintained children.

These materials require continuous maintenance: leveling, grading, raking and sifting to maintain cushioning ability.

A close eye on the play-ground can keep things safe and fun as kids return to school.
Keep the lines of communication open with your caregiver

By Karen J. Bond

You drop your kids off in the morning and pick them up after work. In between those hours they are inhabiting a world that you don’t get to be a part of very often.

Your window into that world are the lines of communication that you open between you and from you, even away from the group setting.

There are many ways available for parents and childcare providers to communicate: verbal, written, formal or informal and you can use any of these ways to bring around an effective rapport.

To avoid any misunderstandings be sure to establish communications and referred methods of communicating immediately. Parents should know that it is never too early to confirm how information will be shared.

To understand the guidelines in which your caregiver works begin by reading the parent handbook you should receive which will outline the center’s policies. Read all the literature your child brings home.

Be sure to respond to requests from you, even if it is a negative. This will let them know how best to accommodate all the children.

One question that parents repeatedly ask caregivers is where is the best time to pick up your child with the caregiver?

The answer is that there is no “best” time.

That is to say that the best time is dependent on your caregiver and their schedule.

Ask your caregiver—they will gladly tell you which times work better and which times to avoid.

Should you call or visit during the caregiver’s lunch?

Often, the teacher will say yes, but remember to use this time carefully, teachers need to eat too.

Visiting your child at the center is the best way to see and feel your child’s experiences. It is important to note that in New York, you may drop by anytime to visit your child at the center.

You may want to know which times are best for your caregiver, but you do not need an appointment to visit your child.

However, you may need an appointment to meet with the teacher in a formal way.

Caregiver and parents agree that simple miscommunication can be the source of many frustrations between provider and parent.

It is important to be clear with your expectations and instructions.

Any kind dietary requests must be given verbally and also written down.

Give the caregiver a list of what is acceptable and what are not acceptable food choices.

Requests for different people to pick up your child must also be written.

Be sure the person picking up the child of the center’s rules for pick-up.

Tell them if there is a sign-out sheet or if they must give photo identification or a written note from you?

You should always tell your caregiver if your child is on medication.

Often, medications may affect more than just symptoms of illness. They also affect behavior, mood, sleep patterns and appetite.

It may also be helpful to communicate with the teacher if, when you drop off your child, you let them know if your child had an unusual night.

Did they stay up late?

Did they wake up early?

Was there a family emergency or is the family experiencing changes that may affect the child’s behavior?

Many factors can affect a child’s behavior and if the provider is prepared they can offer additional assistance to your son or daughter.

Of course information is exchanged not only from you to the caregiver, but from the center back to you.

You can use the information you get from the day care to communicate with your child.

Ask the providers what happened during the day, activities, what was for lunch, did they play outside?

This will give you specific information that you can then use to talk to your child about their day.

This is especially important if your child is too young to discuss their day with you.

Good communication is an important aspect to the overall relationship you will foster with your child’s caregiver.

An open dialogue between you and your caregiver will lead to a rewarding relationship with your child care professional.

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**Keep the lines of communication open with your caregiver.**

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**What is the chain of command?**

- If you have a concern or problem with your child’s classroom, talk to your child’s teacher first. She or he should be your first contact.
- If you feel that your concerns have not been addressed, next go to the director.
- If you still do not feel that you were helped or that the problem has been alleviated or with any other child care concerns, contact the Parent/Teacher Office at 518-402-3038. In addition to that Office, you may also get information on child care from the Capital District Child Care Coordinating Council. They can be reached at 518-266-781.

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Parents can help children improve study and life skills

By Cathy Hull

Remember when you were a student, did you ever ask, “What good is grammar (or geometry or social studies) going to do for me later in life?” Be honest.

Now, return to today.

When was the last time you took notes at a meeting? Or prioritised your “to-do” list? Or organised a project start to finish?

The skills you use to do such tasks at work and at home today are the same skills you learned and honed in English class (and geometry and social studies).

Now, your children are developing those skills which will enable them to read analytically, write and speak expressively and think strategically.

And when they ask, “What good is this going to do me?”, you know that it all starts with taking notes in history class, studying for that bio exam and juggling time to accommodate school, sports and social calendars.

Organization, time management, note taking, test taking and strategic reading are all essential study skills that are first introduced to young people in the classroom, but ultimately transfer far beyond school.

To help your children develop these skills in a way that is meaningful to them, mainly applying them to their “job,” which is school, here are some tips which parents can follow:

**Organization and time management**

Have your child use a planning calendar to track daily, weekly and monthly assignments and responsibilities.

Encourage him/her to break down large, complex tasks into manageable pieces.

Teach your children to prioritize homework and other tasks when they get home from school, then complete the tasks in that order.

Cathy Hull is the director of Sylvan Learning Centers in Clifton Park and Albany.

Note taking

Don’t panic if a child’s notes look sloppy and disorganized; often, just a sign of a child with an active mind organizing things in ways that work best for him or her.

Encourage children to review their notes and even rewrite them if necessary to be sure they make sense.

As they review their notes, have children identify the most important points and highlight them.

Test taking

Urge a child to study over a period of days or weeks instead of cramming the night before.

Be sure they go in to the test with the right equipment, whether that means a calculator, class notes, textbooks or simply a pencil.

Encourage them to answer test questions they know first and then go on to the more challenging questions.

Reading

Encourage young readers to use all the clues available to them while reading, such as headlines, pictures, captions, charts, tables and graphs.

Urge them to read different types of writing, such as books of fiction and nonfiction, newspapers and magazine articles, letters, and Web sites.

Talk with kids after they read a book or article. Have them tell you what you thought was on the story, why it did or didn’t interest them, how it related to their life.

Studies show that the more involved parents are with their children’s education, the better the children do in school. What the studies don’t say is that this involvement is not just with children’s school but with children’s lives.

Because life is a balance of basic core skills such as reading and math, personal skills such as communication, and responsibility skills such as organization and time management, parents need to nourish all these skills, not just the ones that yield a grade.

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Girl, Isabella Helen-Teri Taximson, to Jennifer and Michael Taximson of Slingerlands, July 29.

**St. Peter’s Hospital**


**Dean's List**

Eastern Connecticut State University — Elizabeth Clement of Delmar.

St. Bonaventure University — Robert Nelson of Delmar.

SUNY Brockport — Michael Lecinzisky of Delmar.

SUNY Plattsburgh — Carolyn Clemens of Delmar.

University of Rochester — Brandon Freeman and Kathryn Daley, both of Delmar.

University of Vermont — Dana Perlmutter of Slingerlands.

**Glenmont student receives honors**

Christine Cedilotte of Glenmont has been selected to represent Russell Sage College in the year 2000 issues of Who’s Who in American Universities and Colleges and The United States Achievement Academy’s All-American Scholar Collegiate Directory. Her ongoing participation, leadership and service to the college community, as well as her overall academic excellence, was recognized this spring by induction into the college’s Athenian and Sage Circle honor societies.

**BCHS grad named to All Academic Team**

The State University of New York Athletic Conference (SUNYAC) has named Carolyn Clement of Delmar to the Spring 2000 All Academic team.

This honor is reserved for those varsity student athletes who completed the season and achieved a minimum of a 3.3 semester grade point average.

Clement, who just finished her freshman year, was the starting catcher on the SUNY Plattsburgh softball team. She was second in batting and had the highest fielding percentage of all starters on the team.

**BCHS graduate named to All Academic Team**

Clement was a member of the varsity softball team for two years and part of the program for six.

**Delmar woman wins music scholarship**

Laurie Rice, a junior communications and music major at SUNY Geneseo, has been awarded the school’s annual music scholarship for the coming academic year.

The award is based on her excellence in French horn performance and overall musicianship. She is the daughter of Frank and Ruth Rice of Delmar.

**John Di Anni and Brooke Short**

Brooke Erin Short, daughter of Douglas and Judith Short of Orlando, Fla., and John Michael Di Anni, son of John and Maureen Di Anni of Selkirk, are engaged to be married.

The bride-to-be is a graduate of the University of Florida.

She is a graduate student at Nova Southeastern University College of Osteopathic Medicine.

The future groom is a graduate of Bethlehem Central High School and the University of Florida. He is a senior automated specialist at NABI in Boca Raton.

The couple plans a Jan. 6 wedding.

**College student earns department award**

Elizabeth Clement of Delmar, a student at Eastern Connecticut State University, recently won an award for having the highest grade point average of all freshman in the physical education department.

She was also an outﬁelder on the varsity softball team.

**Community**

Parks & Rec to host free skating at arena

Bethlehem Parks and Recreation night at the B.I.G Arena is set for Saturday, Aug. 19.

There will be free skating on both rinks from 6 to 9 p.m. All are welcome.
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| Tues. Aug. 28 | 10:00 am | Albany Library | 161 Washington Ave., Albany, NY 12210 |
| Tues. Aug. 29 | 10:00 am | Grandpa's | 1275 Central Ave., Albany, NY 12205 |
| Tues. Aug. 29 | 2:45 pm | Sidney Albert Albany Jewish Community Center | 140 Whipple Rd., Albany, NY 12208 |
| Thur. Aug. 31 | 10:00 am | McDonald's | 16th & Broadway, Watervliet, NY 12189 |

Senior Blue is a coordinated care health plan operating under a Medicare+Choice contract between HealthNow NY, Inc. and the Health Care Financing Administration (HCFA), with continuous open enrollment in Albany, Fulton, Montgomery, Rensselaer, Schenectady and Warren counties. Senior Blue applicants must be entitled to Part A, enrolled in Part B, pay all required premium payments and continue to pay any required Medicare premiums. All Medicare beneficiaries residing in the Senior Blue service area may apply. An HCP must be received through the Senior Blue network of contracted medical providers, with the exception of emergency and out-of-area urgently needed services. FLYER 10/98

The Spotlight

Craig Warren Baker

Craig Warren Baker, 81, of Slingerlands, died Friday, Aug. 11. Born in Albany, he was a graduate of Williston Academy and Lehigh University. He was a former co-owner of Baker Bros. Oil Co.

Mr. Baker retired from the state Thruway Authority purchasing department.

He was a member of the University Club, Bridge Line Historical Society, Mohawk & Hudson Chapter of the National Railroad Society, Steamship Historical Society, Shuwins Cypress Temple and the Wadsworth Masonic Lodge.

Survivors include his wife, Elizabeth Brown Baker; two daughters, Donna Baker Holley of Delmar and Caroline Rebhan of Arden, N.C.; three grandchildren; and a great-grandson.

Services were from the Tebbutt Funeral Home in Delmar. Burial was in Memory's Garden in Colonie.

Contributions may be made to the Bethel Volunteer Ambulance, 1121 Route 9W, Selkirk 12158.

Lillian Silverman

Lillian Larner Silverman, 89, of Autumn Drive in North Bethlehem died Saturday, Aug. 12.

Born in Albany, she was the widow of Harry Silverman.

Survivors include two sons, Marvin Silverman of Albany and Norman Silverman of Naples, Fla.; a sister, Sarah Kahn of Albany; two grandchildren; and a great-granddaughter.

Services were from the Independent Benevolent Cemetery in Guildersville.

Arrangements were by the Levine Memorial Chapel in Albany.

Contributions may be made to Daughters of Sarah Nursing Home, Washington Avenue Extension, Albany 12203.

Alvah Sturtevant

Alvah F. Sturtevant, 93, of Daytona Beach, Fla., and formerly of Delmar died Friday, Aug. 11, at Hallins Medical Center. Born in Ontario, Canada, she was a registered nurse.

She worked for Albany Medical Center and Applebees Funeral Home in Delmar.

Burial was in Memory's Garden in Colonie.

Contributions may be made to the Alzheimer's Association, 310 Nova Road, Ormond Beach, Fla. 32174.

Jean Cohen

Jean A. Cohen, 87, of Autumn Drive in North Bethlehem died Saturday, Aug. 12, at St. Peter's Hospital in Albany.

Born in Albany, she was a member of Congregation Beth Emeth in Albany.

She was a member of Colonie Country Club and was a volunteer at Albany Medical Center Hospital thrift shop.

She was the widow of Walter Cohen.

Survivors include two sons, Henry Cohen of Delmar and James Cohen of Guilderside; a brother, Henry Alexander of Marble Beach, S.C.; eight grandchildren; and a great-grandson.

Services were from Congregation Beth Emeth.

Burial was in Beth Emeth Cemetery in Colonie.

Arrangements were by the Levine Memorial Chapel.

Contributions may be made to Congregation Beth Emeth, 100 Academy Road, Albany 12209 or Wildwood School, 2905 Curry Road Extension, Schenectady 12303.

John Devine

John R. Devine, 74, of Delmar died Wednesday, Aug. 9, at St. Peter's Hospital in Albany.

Born in Albany, he was a graduate of the former Vincentian Institute and Siena College.

He was an Army veteran of World War II.

Mr. Devine worked for the Thruway Authority finance department before he retired.

He was a communicant of the Church of St. Thomas the Apostle in Delmar. He was a life member of the Elsmere Fire Co., and a member of the Knights of Columbus. He was a member of the American Legion Post 1040 in Delmar.

He was the husband of the late Diana Daly Devine.

Survivors include his wife, Sara "Selly" Devine; a daughter, Mary Gayle of Guilderside; a son, Gregory Devine of Exeter, N.H.; a sister, Marrian Devine of Albany; a brother, Raymond Devine of Albany; and two grandchildren.

Services were from the Applebees Funeral Home in Delmar.

Burial was in Jerusalem Cemetery in Neva Bush.

Contributions may be made to the Alzheimers Association, 310 Nova Road, Ormond Beach, Fla. 32174.

Beatrice Schwager

Beatrice Bloom Schwager of Delmar died Saturday, Aug. 5, at Good Samaritan Lutheran Health Care Center.

Mrs. Schwager was a long-time resident of Teaneck, N.J., before moving to Delmar in 1992.

She was a member of Congregation Beth Emeth in Albany.

Mrs. Schwager was a legal secretary for the federal Department of Labor and Department of Justice for 25 years. She was executive assistant to the chief prosecutor for the IBM anti-trust suit, the longest federal anti-trust litigation on record.

Survivors include her husband, Edward Schwager; a daughter, Marian Schwager of Delmar; and two grandchildren.

Services were private.

Burial was in Woodlawn Cemetery in Farmingdale, Long Island.

Contributions may be made to Bethesda Senior Projects, 445 Delaware Ave., Delmar 12040.

Ruth Long

Ruth B. Long, 92, of Albany and formerly of Delmar, died Monday, Aug. 7, at Child's Nursing Home in Albany.

She was born in New Scotland.

Survivors include two nephews, Albert Mead of Delmar and Marvin Silverman of Albany; two nieces, Betty Strause of Schenectady and Norma Hertog of East Greenbush.

Services were from the Applebees Funeral Home.

Burial was in Jerusalem Cemetery in Neva Bush.

Contributions may be made to Unionville Reformed Church, 1134 Delaware Turnpike, Delmar 12054.

Delmar library
-slates programs

Bethlehem Public Library has planned educational programs scheduled this month.

- Friday, Aug. 18, at 10:30 a.m.: Allstate, 23 children to 35 months can explore all kinds of flying through stories, songs and crafts in "Come Fly With Us".

- Saturday, Aug. 19, at 2 p.m.: a representative from Princeton Review will present "SAT Strategies," a 90-minute program that offers techniques to improve PSAT and SAT scores.

- Thursday, Aug. 24, at 2:30 p.m.: preschoolers 3 to 6 years old will celebrate the gift of nature with stories and songs.

For information, call 439-8314.
Area art venues offer unique exhibits

By JOHN BRENT

For art lovers, it isn't always necessary to travel to New York or other big cities to see impressive collections of painting, sculpture and other works of art.

As our rainy Capital District summer quickly draws to a close, there are a couple of art shows, one right in town and the other only a short drive away.

Individuals, groups and families can plan an outing to the great indoors that overcast skies and wet weather can't put a damper on.

In Colonie, Albany International Airport is featuring an exhibit in its third floor gallery entitled "Sankofa: Celebrating 25 Years of Black Dimensions in Art, Inc."

The exhibit marks the anniversary of BDA, a nonprofit organization that celebrates the rich cultural legacy of art from the African Diaspora through exhibits, publications and educational programs.

The show presents works from the past three decades—the 70s, 80s and 90s—and includes pieces by renowned artists Romare Bearden, Hale Woodruff and Jacob Lawrence. Also included in the exhibit are paintings, sculpture and textiles from more than 25 contemporary artists.

Sankofa is a mythical bird originating within the cultural history of the Akan ethnic group in West Africa.

"This legendary creature is often characterized in sculpture and prints as a bird that moves forward while facing backward. It is said that this image represents the importance of retrieving the wisdom and knowledge of the past in preparation for effectively moving forward into the future," said Stephen J. Tyson, Sr., co-curator of the exhibit.

In addition to the exhibit, there will be a series of programs held in the community room on concourse B, second floor.

The first program is scheduled for Friday, Aug. 18, at 1 p.m. "Step on Board: The Emergence of African-American Sculpture," will be hosted by Fern Cunningham. The artist and educator will discuss her recent commission in Boston's Harriet Tubman Park and the efforts of African-American artists to participate in the world of public art.

On Wednesday, Sept. 27, at 7 p.m., Stephen J. Tyson will host "Sankofa: A Cultural Legacy." The visual artist and educator will present an overview of events and artists who have contributed to the BDA in the Capital District.

The final program features Ademola Olugebefola, activist and artist, who will discuss the impact the Black Arts movement of the 1960s had on his artistic development. This program will be presented on Thursday, Oct. 12, at 7 p.m.

The exhibit will run through Nov. 27. The Albany International Airport Gallery hours are from 6 a.m. to 11 p.m. daily. There is no charge for admission. For information, call 242-2240.

The Norman Rockwell Museum in Stockbridge, Mass., is currently presenting an exhibit of the work of a different Rockwell. Rockwell Kent, an American artist and illustrator was a contemporary of Norman Rockwell but his work was quite different in style from the museum's namesake. The exhibit, "Distant Shores: The Odyssey of Rockwell Kent," offers visitors a rare opportunity to see a large collection of the artist's work.

More than 80 paintings, watercolors, drawings and wood engravings are presented in the exhibit. The pieces were brought in from many museums and private collections and include works from the State Hermitage Museum in St. Petersburg, Russia.

Kent's adventures to remote areas inspired works of stylized beauty. He work depicts the people and places of Maine, Alaska, Newfoundland, Tierra del Fuego and Greenland.

In addition to works depicting his travels, the exhibit also features a fascinating series of black and white illustrations Kent created for Herman Melville's "Moby Dick."

The Rockwell Kent exhibit runs through Oct. 29. As always, the museum also offers standing exhibits of works by Norman Rockwell.

Located on Route 183 in Stockbridge, Mass., the museum is open daily, year round. The current hours are 10 a.m. to 5 p.m.

Adult admission is $9, children under 18, with an adult, are admitted free. Call (413) 298-4100 for information.

The exhibit features the work of African-American artists including Fern Cunningham whose bust of Harriet Tubman is shown, left, and painter Barbara Zuber whose "Bail Players" is shown below.
**THE SPOTLIGHT CALENDAR**

**Aug. 16, 2000 — PAGE 19**


**SUNDAY**

**Aug. 13, 2000**

**Gemstone Community Church, 1 Chapel Rd., Slingerlands.** 8:30 a.m. Worship. 10:30 a.m. Worship. 7 p.m. Worship.

**Glenmont United Church of Christ, 1064 NY-9G, Glenmont.** 10 a.m. Worship. 11 a.m. Worship. 3 p.m. Worship.

**Saratoga United Methodist Church, 575 NY-9G, Saratoga.** 10 a.m. Worship. 11 a.m. Worship. 6 p.m. Worship.

**BETHLEHEM SAT PREP AT LIBRARY**

**Aug. 14, 2000**

**BETHLEHEM SAT PREP AT LIBRARY**

**Aug. 15, 2000**

**BETHLEHEM LENTEN LUNCH S.M.**

**Aug. 16, 2000**

**TUES.**

**Aug. 22, 2000**

**BETHLEHEM DELAWARE COUNTY**

**Aug. 27, 2000**


**SUNDAY**

**Aug. 13, 2000**

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Get Your Business Noticed
in the Spotlight/Newspapers
Business Directory
The article seems to be a legal notice for the formation of a Limited Liability Company (LLC). Here is a structured summary of the key points:

**Notice of Formation of a Domestic Limited Liability Company (LLC)**

The name of the LLC is FIRST COLUMBUS/ALPINE CENTER, LLC. The articles of organization were filed on June 1, 2000, in Albany County. The registered agent for the LLC is Company Filings Int'l LLC, located at 23rd Street, Watervliet, New York 12188. The address to which process against the LLC may be served is the same address as above. Purpose: any lawful purpose.

**Notice of Publication**

A notice of publication regarding the formation of the LLC was filed on July 6, 2000, in the New York State Supreme Court, New York County. The publication is effective upon the date of filing, and any process against the LLC served upon the Secretary of State shall mail a copy of any process against the LLC to the registered agent at the registered agent's address.

**Notice of Publication**

Another notice of publication was filed on August 16, 2000, in the New York State Supreme Court, New York County. The publication is effective upon the date of filing, and any process against the LLC served upon the Secretary of State shall mail a copy of any process against the LLC to the registered agent at the registered agent's address.

**Notice of Publication**

A third notice of publication was filed on September 16, 2000, in the New York State Supreme Court, New York County. The publication is effective upon the date of filing, and any process against the LLC served upon the Secretary of State shall mail a copy of any process against the LLC to the registered agent at the registered agent's address.
Toilet Seat Ad

The Spotlight:

Classifieds

Classified Ad Appear In All Seven Papers
In Albany County
The Spotlight • Colonie Spotlight • Loudonville Weekly
In Saratoga County
Clifton Park Spotlight

Classified Rites

Private Party Classifieds - Line Ads - Seven paper combo $10 for 10 words on each additional word.

Merchandise for Sale - $10 for 2 weeks, 1 week free (One item per ad. Must provide a purchase price under $1000. Price must be stated in ad. Private party ads only. No vehicles, garage or antique sales. Price is for a 1 word ad. Add $1 for each additional line.)

Commercial Classifieds - Line Ads - Seven paper combo - $13.50 for 10 words on each additional word. Multiple insertion discounts available. Please call for information.

Display Classifieds - Several combination rates are available - please call for information.

Business Directory - Several combination rates are available - please call for information.

Ads will appear in all seven newspapers, as well as on the internet for the number of weeks requested.

Order Form

Name:
Address:
City:
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Amount Enclosed:
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PHONE: ________________________
QUANTITY: _____________________
SIZE: ____________________________
DATE: __________________________
TOTAL: _________________________
SUBTOTAL: ____________________
TAX: ____________________________
SHIPPING: ____________________
TOTAL COST: __________________

SOLD ORDER TO: __________________________
SHIPPED TO: ________________________
SHIPPED BY: ________________________
SHIP DATE: ________________________

RECEIVED DATE: __________________
RECEIVED BY: __________________
RECEIVED FROM: ______________________
RECEIVED FROM: ______________________
RECEIVED FROM: ______________________
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BRING HOME $200 a day. Drive for Autumn horseback riding. Call 518-438-3626.

CARROLL'S
RUSTIC FURNITURE
Organic Wood Furniture
For your Home & Office
Call Susan, 439-4940.


THE SPOTLIGHT - 8/28/2010

Catskill Park Spotlight

Classifieds

Classified Ad Appear In All Seven Papers
In Albany County
The Spotlight • Colonie Spotlight • Loudonville Weekly
In Saratoga County
Clifton Park Spotlight

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Phone Home:
Phone Work:
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Number of Weeks:
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1 word per line • 4 line minimum

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BRING HOME $200 a day. Drive for Autumn horseback riding. Call 518-438-3626.

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RUSTIC FURNITURE
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We are now recruiting for a part-time Key Carrier, and Customer Assistants for our Champion Factory Outlet Store in Albany, NY.

**WOLF ROAD AND FUTURE LOCATION: COLONIE CENTER**

**ON SITE**

- **Part-Time Workers**: Nov 1, 2000 - Mar 31, 2001

**COMPANY OFFICE**: 385 Wolf Rd, Colonie Center, Troy, NY 12180

**CONTACT INFORMATION**

- **Phone**: (518) 489-8215
- **Email**: key.carriers@primrose-sky.com

We offer:

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- **Product Knowledge**
- **Health Benefits**
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Are you a bus driver, taxi driver, security guard, or a similar profession that requires standing for extended periods of time? We have the perfect job for you. Enjoy a comfortable workplace environment, a positive work culture, and a competitive salary package. Apply today and join our team of experienced professionals.

**Job Description**

- For this position, candidates must be available for a minimum of 20 hours per week. Regular hours are from 9:00 AM to 5:00 PM, Monday to Friday.

**Key Responsibilities**

- Assist customers with their purchases by providing directions, answering questions, and making recommendations.
- Maintain a clean and organized checkout area to ensure customer satisfaction.
- Follow company policies and procedures to ensure compliance and customer service.

**Requirements**

- Must be at least 18 years old.
- Must have a valid driver's license and a good driving record.
- Must be able to lift 25 lbs.
- Must be able to stand for long periods of time.

**Benefits**

- Health insurance
- Retirement plan
- 401K plan
- Paid time off
- Sick leave

If you are interested in this position, please apply online at key.carriers@primrose-sky.com. We look forward to hearing from you!
TEACHERS: Full/part-time teaching positions available working with 3 year old & after school age children. Experience required. Paid holidays & vacation. Call: V.P. Daycare, Queenston, for more information, 668-3957.

TOUR GUIDES: To lead educational farm tours; Birthday party; Petting zoo ATTENDANTS; part-time, Indian Ladder Farms, 755-9565.

VENEDING ROUTE DRIVERS: Excellent pay & benefits package. Must have clean drivers license, be self-motivated and neat in appearance. Route experience helpful, but not necessary, starting time: 3:00 a.m. Call for application 1-800-997-9554, or send resume to All Seasons Services, Inc., 1 Mount Pleasant Road, Colonie, NY 12202.


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We have openings for Full time weekdays and Part time weekends. Duties include assisting customers and light maintenance. Single health insurance available for full time employees. Great positions for anyone. Male, female, young or not so young welcome to apply. Call 765-2078 or 865-3447.

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Sales Associate/Lab Technician: Position includes customer service, order entry, lab production, and light computer work, etc. Qualifications: Sales, service, photo lab, or photography experience a plus! ‘We will train the right person!’ Benefits: Competitive wages, selling bonuses, training program, and health benefits available.

High School & College students’ schedules work well. Please call Michele in Colonie at 785-0076, Debbie in Colonie at 455-3868, or email: specialbooks@spa.net.

The Rensselaer County Institute & Conference Center

BARTENDER NEEDED

Call Joe Maloney for interview at 797-3222.

Drivers Wanted

Spotlight/Newsapers currently has openings for part-time drivers in the circulation department. Responsibilities include delivering newspapers to news stands, collecting remaining copies of the previous edition and recording number sold. Hours are during the day and one must have a clean, valid drivers license.

If interested contact Gail Harvey at 439-4940.
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**Carcare Council**

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MARSHALL'S SUMMER SAVINGS!
Save on these and more top quality used vehicles

CARS/VANS

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Student receives trophy

Matthew Valente of Delmar, a charter member of the Empire Chapter of the Order of DeMolay, received a trophy at the youth organization’s state convention in July for his recruitment efforts.

The Order of DeMolay is a worldwide organization for boys between the ages of 12 and 18 who are affiliated with Masonic organizations.

The Empire Chapter was launched a year ago, and the 6-foot-high trophy presented to Valente at a banquet in Utica honored him for recruiting the most members into the organization in the state in the past year.

The Empire Chapter, made up mostly of Delmar residents, meets at the Masonic Temple at 67 Maiden Lane in Albany. For information, see the Web site at www.ynedmoly.org.

Kiwaniis seeking craft fair vendors

Delmar Kiwanis Club will hold its Ninth Annual Flea Market and Craft Fair on Saturday, Sept. 16, from 8 a.m. to 4 p.m. on the grounds of the Days Inn on Route 9W.

The grounds will be open at 7 a.m. for vendors.

Vendors offer antiques, collectibles, crafts, new merchandise, plants, jewelry and household goods.

Spaces of 20 feet by 20 feet each can be reserved for $20 if payment is received by Sept. 7. After that, on-site spaces will be $25.

For information, call Jim Krathaus at 458-9088.

Library slates renovation forums

Bethlehem Public Library has scheduled several open forums to acquaint the public with its proposed renovation project.

Sessions are scheduled for Sept. 20, Oct. 26 and Nov. 21, at 7 p.m. in the community room.

Architectural plans will be available for review.

Chamber sets annual golf classic

Bethlehem Chamber of Commerce is looking for sponsors for its 14th annual Chamber Golf Classic at Normansie Country Club on Oct. 5.

Several sponsor categories are available: Eagle Sponsor for $500 includes one ticket to golf day, your banner displayed all day, a tee flag and program listing; Birdie Sponsor for $250 includes a tee flag and program listing; tee flags are $75 each or two for $125.

For information, e-mail info@bethchamber.com.

St. Patrick’s to host Thursday barbecue

St. Patrick’s Church on Main Street in Ravena will have a chicken barbecue on Thursday, Aug. 17, from 4 to 6 p.m.

The menu will include chicken, baked potatoes, corn-on-the-cob, cole slaw, rolls and dessert.

All meals are takeout. For tickets and information, call the church rectory at 756-3145.

Crooked Creek Band to perform at gazebo

The country and western group Crooked Creek Band will perform on Thursday, Aug. 17, at 7 p.m. at Coopmans Landing gazebo. The concert is free and open to the public.

For information, call Jim Krathaus at 458-9088.

Library slates family and friends reception

RCS Community Library will host a family and friends reception on Thursday, Aug. 17.

At the reception, a mural depicting pajama men and local children will be presented to the library and installed in the children’s corner.

In addition, participants in the Young Writers Workshop will present their works.

Historical society to hear speaker

The Greene County Historical Society invites historians and treasure-hunters to a presentation by Edward Fedoryszyn entitled "Relic Hunting in Greene County" today, Aug. 16, at 11 a.m., at the Brick House in Cohoes.

School plan open houses

Peter B. Coe Elementary School will hold an open house for all students and parents who would like to see the new addition to their rooms on Thursday, Aug. 31, from 9 to 11 a.m.

A.W. Holmes Elementary School will host an open house for kindergarten students and parents the same day, Thursday, Aug. 31, from 9 to 11 a.m.

Students and their families are invited to tour the school, meet the teachers and familiarize themselves with their new academic home.

Realtor to visit chip fab plant

Peter Stanis of Noreast Realty will visit a chip fab plant in Burlington, VT, on Tuesday, Aug. 22, at 7:30 a.m.

He invites anyone who would like to see the plant to join him.

He will tour the facility and meet with members of the local chamber of commerce to learn more about the industry and how chip plants might work in our area.

To accompany Stanis, contact him at 458-5490.

YMCA offers backyard, swim lessons

The Capital District YMCA is offering a backyard pool program from Aug. 14 to Aug. 30, where swimming instructors will come to your pool and teach swimming skills to you.

The program is taught by experienced swim instructors who are certified lifeguards.

The cost is $25 per week, 40-minute sessions. For information and to register, call 898-3550.