By KATHERINE MCCARTHY

There's a new kid in town — kind of. Last week, Marc Diefendorf, who has taught high school social studies in Voorheesville for the past 12 years and been the department chair for four, became the new principal of Clayton A. Bouton Junior/Senior High School.

Diefendorf had not thought about becoming principal himself when he became part of the committee that began looking for a new principal following William Furd's departure to become high school principal in Queensbury last summer. All of the candidates had been outsiders.

"This district's tough on administrators," Diefendorf said, "and everybody here is satisfied in their jobs as teachers." When the hiring committee remained unenthusiastic about the candidates, some of Diefendorf's colleagues asked him to consider the position. "Before I did anything, I talked to our superintendent Alan McCartney," Diefendorf said, "I wanted to make sure that I wouldn't just be spinning my wheels by applying for the job."

I'm like a conciliatory candidate, one who builds bridges.

Marc Diefendorf

Apparantly, those wheels have only taken him forward. Diefendorf had received a school administration certification to become chair of the social studies department, and that, combined with his Voorheesville experience, made him the district's choice for the job. In November, he got the word that the job was his; in the first week of January, he was still teaching his classes and settling in to his new position.

Next week, Interim Principal Ray Coluccio will depart, and Tom Gladd, an advanced placement history teacher from Coxsackie, will take over Diefendorf's classes. Social studies teachers Tom Kurkjian and Suzanne Hudacs will share the social studies department chair position in the spring semester.

Diefendorf, 52, is from McKownville and graduated from Vincentian Institute in 1967. He is married to Barbara White, a registered nurse.

One of Diefendorf's first goals as principal is to restore unity to the Clayton A. Bouton Junior/Senior High School, which had many members of the faculty, staff and community at odds about granting tenure to Furd. Furd was tenured shortly before his departure.

"I'm like a conciliatory candidate," Diefendorf said, "one who builds bridges."

Diefendorf would also like to establish a solid relationship with the middle level instructors, particularly as the building project continues with its estimated date of bringing the sixth grade to join the seventh through 12th grades by next September.

Diefendorf is likely to draw on his
decades of teaching experience.

Vly water
trends
cause for concern

By JOSEPH A. PHILLIPS

An unusually dry summer and fall gave way to a nearly snowless December — leaving Bethlehem's public water supply as 2002 began with a shortage of near-emergency proportions, according to town Public Works Commissioner Bruce Secor.

In late November, the town posted an official first-stage "alert," in accordance with the town's water emergency plan, prompted by record-low levels in the Vly Creek Reservoir in New Scotland, the town's primary water source. By late December, the continuing decline of the reservoir below 70 percent of its seasonal average storage — and below 30 percent of its total capacity — triggered a second-stage "warning" to the system's consumers, Secor said last week.

Tonight, Secor will update the town board on the status of the reservoir — and might ask the

d W ater / page 2 4

Walk on by

Village Stage gears up for 'Godspell'

By JOSEPH A. PHILLIPS

Bethlehem's gypsy community theater troupe, Village Stage, opens its 2002 season with the musical "Godspell" this weekend — finally.

The production, originally cast last summer and scheduled for fall, has been through two relocations and reschedulings, and a "lot of turnover, more cast members than there are performers appearing on the stage," said its director, Matthew Tschirner.

The wait is over, as the musical — loosely based on the biblical parables of the Gospel of St. Matthew — takes stage at the Academy of the Holy Names on 1075 New Scotland Road at 8 p.m. Thursday through Saturday and 2 p.m. Sunday.

Tickets are $12 for adults and $10 for senior citizens and students.

"We usually do more traditional
musicals," said Holly Wilke, Village Stage president, the show's producer and a member of its cast of 11. "But this is not your traditional musical."

Company veteran Frank Leavitt is musical director of a cast mixing familiar local faces, including Wilke and RHS grad Amanda Genoveo, with area theater veterans Jon Favreau, who plays the Jesus-like Lead, Newcomers include Steve Simpson, interim pastor at Ravena Congregational Christian Church.

"Godspell" will be Village Stage's lone full production in what Wilke described as a rebuilding year. "January is a very unusual time for Village Stage to be doing a production, but we had problems finding a venue," Wilke said.

Originally set for early November, a scheduling conflict forced relocation from Holy Names to Bethlehem town hall.

But difficulty securing the original dates at the heavily used town auditorium

caused the company to push its performances back to January. That necessitated recasting several of the original performers — and forced Wilke to step in as producer.

Village Stage also confronted in November the relocation of scenery and other company property formerly stored in a town-owned building on Elm Avenue that was condemned this fall, a year after it lost its roof in a windstorm.

"Village Stage would have eventually had a permanent venue, but at present we don't have the funds to either build or rent a permanent space," Wilke said.

For reservations for "Godspell," call 677-2916.
Bethlehem police arrest six for DWI

Bethlehem police arrested six people for driving while intoxicated (DWI) in late December and on New Year's Day.

Shortly after 11:30 p.m. on Thursday, Dec. 20, officer James Rexford observed a vehicle on River Road in Glenmont, drifting over the fog lines.

After conducting field sobriety tests on Michelle Marie Martino, 37, of 380 River Road, Glenmont, Rexford arrested her for DWI.

A second arrest occurred shortly after 3 a.m. on Dec. 23, after an accident on River Road, near Parker Road in Selkirk.

Jonathan Raymond Peatfield, 38, of 1182 River Road, reportedly dozed behind the wheel while driving and ran off onto the shoulder. He struck a signpost southbound and ran off onto the road.

Rexford arrested her for DWI.

A Christmas Day arrest occurred at about 1:15 a.m. when Horrak observed a vehicle eastbound on LaGrange Road that reportedly ran a red light at the intersection.

Horrak stopped the vehicle on Cherry Avenue and conducted field sobriety tests on the driver, John David Phillips, 47, of 3 Capito Ave., Delmar. Phillips, who refused any chemical tests, was charged with DWI, cited for failing to stop at the intersection, and released.

Phillips was also charged with criminal possession of a weapon, a misdemeanor, after a slingshot operating in an erratic manner was found in his vehicle and confiscated.

A fourth arrest stemmed from a vehicle stop on Route DW in Glenmont on Dec. 28, shortly before 4 a.m.

After Chad Rice observed a northbound vehicle without a front license plate, driven by Sarah Beth Before, 23, of 270 Manning Blvd., Albany, After stopping the vehicle and conducting field sobriety tests and a preliminary screening on Bedore, Rice arrested her for DWI.

Bedore was responsible for one of two arrests made by Bethlehem police on the morning of Jan. 1. Patrolling in Slingerlands shortly after 2 a.m., he observed a vehicle, northbound on Thackeray Drive in the Terramere development, abruptly stopping short of the intersection with New Scotland Road and then backing up.

A second mishap took place shortly after 11:30 a.m. Two eastbound vehicles on New Scotland Road in Slingerlands collided on LaGrange Road.

According to police, the first was a rollover that occurred at about 7 a.m. on River Road in Glenmont, in the vicinity of Smalto Road. James Boyley, 20, of 20 John St., Selkirk, lost control of his southbound vehicle on a curved section of the road when he swerved to avoid a loose bag of trash in his path. The vehicle rolled about 50 feet before it came to rest on the west shoulder of the road.

Boyley was not seriously hurt, though he was transported to Albany Medical Center for treatment of a shoulder injury and released.

The second mishap took place shortly after 11:30 a.m. Two eastbound vehicles on New Scotland Road in Slingerlands collided on LaGrange Road.

According to police, Robert D. Gaudio, 51, of 15 Rene Road, Averill Park, said he rear-ended a vehicle driven by Ida M. Gaudio, 22, of 4 Elliot Ave., Albany, after she stopped while he briefly took his eyes from the road.

Gaudio was taken to St. Peter's Hospital in Albany for treatment of a minor neck injury, and released.

* None of the drivers was ticketed.

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Local officials take office

By JOSRAE A. PHILLIPS

Jan. 1 was a day of transition for government in the town of New Scotland as it welcomed a new mayor: Edward Clark. The town of Voorheesville — with the swearing-in of a new town supervisor and the selection of a new mayor and trustee for the village.

Voorheesville Town Justice Kenneth Cotnoy presided at 10 a.m. over a brief ceremony at town hall, administering the oath of office to former village Mayor Edward Clark as supervisor.

Also sworn in were town board members Scott Hothingal and Andrea Glenso, Town Clerk Diane Delmar and Town Treasurer Robert Kopecky.

The swearing-in ceremonies preceded the board's organizational meeting of the town board.

At about 11 a.m., two hours later at Voorheesville village hall, Village Clerk Lauren Hanyi requested the board of trustees' Clark's letter of resignation from the mayoral post he had held for 18 years.

Other than the gavel over to deputy mayor Jack Stevens, who was then chosen by the board of trustees to fill the vacated post until this spring's elections.

"On behalf of myself and village residents, we thank you for the service you've done for the past 18 years," Stevens said.

Stevens then nominated and the board appointed Tom Ruane, a 47-year-old Salem Hills resident, to fill the trustee vacancy created by Clark's departure.

"It's a great opportunity," said Ruane, a broker and adjuster with One Beacon Insurance Group and a village resident for nearly 16 years.

"I see it as just a great way to learn about the village we live in, and working with this group (of trustees) will especially be fun," he said.

Stevens said he was particularly pleased that a Salem Hills resident would fill the board vacancy.

"I look forward to the challenge," Stevens said of his own selection as mayor. "I've been very fortunate (to follow) Ed. He's been a wonderful mayor and very helpful in preparing for this challenge.

Stevens, a former zoning board of appeals member, is an engineer for Vertron.

Both Stevens and Ruane said that they intend to seek full terms at the village elections, scheduled for March 19.

Also seeking election this spring are current Trustees Camille John-Davis and Richard Berger. Terms that are expiring include a one-year slot up for grabs — the latter the unexpired portion of a term currently occupied by John-Davis, who was appointed to the board in March 2001.

Connelly, who also serves as village justice, has not yet confirmed if he will seek another term.

The earlier New Scotland inaugurals preceded a meeting at which the board adopted a series of resolutions regarding town operations and policies, appointments of town officials and other organizational details for the coming year.

Kevin John-Davis, who has served as a consultant to both town and village in seeking grant funding for various projects, was named by Clark to the unexpired post of deputy supervisor, an appointment that did not require board approval.

Among the board actions, Carol Cootware was named deputy town clerk and John Biscone was reappointed as town attorney.

Both planning board chairman Robert Staff and zoning board of appeals chairman Ronald Von Ronne were reappointed to board positions, the former for the past 18 years respectively, and to one-year terms in their respective chairs.

One vacancy remains on the board, and a meeting following the Dec. 31 retirement of William Chilis, a member of the board since 1984.

Though largely pro forma, the meeting nevertheless ended on a somber note, as board member Cathy Conners noted the fiscal challenges the town will face this year, stemming from the uncertainties of the coming year.

Mr. Martin is an engineer for Verizon.

The award was presented in conjunction with the Albany Elks Lodge.

"Betty Martin is a health educator who has worked for the past 40 years educating young people to the dangers of substance abuse and what they must do to make good decisions," said Sheriff James Campbell, who presented the award.

"Betty is the mother of Michele Martin, who at age 20 was struck and killed by a recidivist drunk driver," he added.

Working through the Michele Martin Memorial Trust, Martin has been involved and dedicated to highway safety, legislative reforms and victim advocacy.

The planning and implements DWI Victim Impact panels, speaks in area schools and colleges, supports anti-DWI initiatives and promotes alcohol-free activities for our youth," Campbell said.

"Whether it's participating in a SADD conference, a bicycle rodeo or addressing our traffic safety issues, Betty's involvement with DWI prevention has become a lifetime commitment," he added.
Trashing Christmas tree evokes mixed feelings

By KATHERINE MCCRthy

They are as certain a mark of the season as there ever could be. Beginning on New Year's Day, Christmas trees, denuded of their center stage glory in our homes, are in demand to be unceremoniously trashed Christmas tree evokes mixed feelings reactions from our season's fluffy white stuff) as to were somewhat mollified by the tree didn't receive quite so much tree away yet, do...(he has queried for the last great future for him as a student. He may be happy to purchase

Our explanations of tree farms and reforestation don't entirely appease him, although both boys are somewhat mollified by the thought of the trees becoming mulch. For Cormac, it means the chance of seeing his tree spread out over the flower garden; for our son who prefers mythologies to western religion, the Christmas-tree to moon cycle is a small appeasement for Mother Earth's loss of one of her children. If only

Christopher's environ-mental concerns extended to the food packaging on things like sugary drinks and nutritionally worthless foodstuff designed to fit in a kid's lunchbox! He may be happy to purchase over-packaged foodstuffs, but he is also entering a phase that appears to mark his stoc New England ancestry and could portend a great future for him as a minimalist.

"Why do humans have such a great need for beauty?" he has wondered all year. "Why do we spend so much time and money on things like paint, wallpaper and cleaning?" The beauty of the Christmas tree didn't receive quite so much scrutiny when it went up in our living room; his main question then was if there was enough clearance under the bottom branches for all the "loot" he would surely get. A lot of that loot still rests under the tree in our living room that has not yet started to feel like a visitor who has overstayed his welcome. "I never understand why people are in such a hurry to get rid of Christmas, and get back to the same old rut, some of us have been in every year," she said. Some disposal of Christmas trees might make a great sociology or psychology paper for some enterprising student.

Why are some families more of Christmas anticipators putting their tree in early December, and so ready to finish the holiday promptly at New Year's? Some people hang on through Epiphany, letting their tree herald the arrival of the three wise men in early January, with its package of impractical gifts to new parents. We like to savor the holiday, and don't hurry to put up our tree - and prefer to freeze fingers on the tree for the south and go outside decorations. Our kids are better, they are older, but that Christmas tree remains a concrete signal that something good is coming, that something new will be brought indoors, bought so big that a good foot had to be lopped off the top, entirely removing their Christmas tree shape. They always filled the wide front window, kind of a good choice for a family with five children. I love to walk the dog and see trees tall, short, fat, skinny, and needle that regardless of their size, to that family's children, this tree was perfect.

It's kind of sad to see that perfection stripped to its basic form and tossed out, such a clear sign of our cultural transition. Once beautiful in the house, they look kind of dumpy, small, tired and spent by the sidewalk. They were the focus of hopes and dreams for parents and kids alike, and their naturalness by the side of the road is a reminder that it's time to move into this new year. How will this year be different than last? Will we stick to his year's resolutions, or will we discard them by Valentine's Day, and spend the year still yelling too.

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BETHLEHEM Auto Service AUTO FACTS by John Quirk

Letting Off Steam

As a vehicle's engine heats up, the pressure rises in its cooling system. When the coolant pressure exceeds the level that the radiator cap is designed to maintain, the upper coolant recovery system, the coolant bypasses the radiator cap and escapes through an overflow pipe or the thermostat. This provides a safety valve for the vehicle to let off steam. If this overflow conditions occurs often, the vehicle may lose enough water and coolant to substantially lower the level in the cooling system. This leads to additions of water that, eventually, lower the level of coolant engine systems.

To check this problem, consider the installation of coolant recovery systems. This returns over-flow to the radiator.

BETHLEHEM AUTO SERVICE can provide additional information on the coolant recovery system and whether or not your vehicle could benefit from this system. As automotive specialists, we source foreign and domestic vehicles.

A.S.E. Certified Technicians will review your driving experiences and perform a comprehensive inspection of each component of your vehicle including all fluids, and the time, temperature, and pressure gauges. We recommend a coolant recovery system. We are committed to providing our customers with a convenient appointment. We have a clean, comfortable waiting room and offer shuttle services upon request. We are located at 205 5th Avenue in Gienmont of Rt. 29R, 2 blocks east of 5th Avenue. Business hours are Mon.-Fri., 8-7.

HINT: Ask to have your radiator cap pressure tested to see if it is functioning properly.

THESPOOTLIGHT

PAGE 4 — January 9, 2002

UPCOMING EVENTS

Jan. 11th
Rats vs. Philly
7:00 pm
Jan. 12th
Rats vs. Rochester
2:00 pm
Jan. 12th
Attack vs. Rochester
8:00 pm
Jan. 13th
Siena vs. St. Peters
2:30/4:30 pm
Jan. 26th
Monster Trucks
8:00 pm
Jan. 27th
Monster Trucks
2:00 pm
Jan. 29th
Aaron Carter
7:00 pm
Feb. 19th
Harlem Globetrotters
7:30 pm
April 5th
Target Stars on Ice
7:30 pm

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much at the kids, fretting about the extra weight we carry and vowing to clean out those closets (and the ceiling and the top of the refrigerator)? Our greatest wish is that a tragedy like last September's doesn't happen again, so that we can devote our time to silly little concerns like household management.

I will be the first to tire of our Christmas tree. I will tire of silencing it to get from the living room to the dining room. I will tire of scrunching down to keep it watered, and in the annual manifestation of that tiny bit of German blood in my veins that occasionally sneaks out for order and cleanliness, I will tire of pine needles on the floor. We will pack away our treasured ornaments, and Chris will get the flashlight to make sure we have not missed any in the thick branches. When the tree is outside and those errant needles are vacuumed up, the house will look a little bigger and a little cleaner, and we will all feel calmer.

There are snowbanks outside now, so we can stick our tree there, and let it look jaunty for a while. It will be then, then to let the tree go, and let wet boots, hats, gloves and ski pants be the house's decoration for a while.

Bishop to Visit St. Stephen's Church

Bishop David Bena of the Episcopal Diocese of Albany will be on a visitation to St. Stephen's Church in Elsmere on Saturday, Jan. 12, and Sunday, Jan. 13.

Bena will participate in the Come Celebrate Eucharist at 5 p.m. Saturday, and at the 8 and 10:30 a.m. services on Sunday.

There will be a Rite 13 celebration this Sunday.

Bena is a suffragan of the diocese. Before he entered the seminary, he was a Marine line navigator in the A-6a Intruder bomber. His combat missions included 252 bombing missions in Vietnam and Laos in the late 1960s.

He served churches in North Carolina and Texas after graduating from the seminary. He then returned to military active duty as a chaplain in the Air Force.

He was elected bishop suffragan of Albany in 1999. He received a doctor of divinity degree from Virginia Theological College last year.

"Nonfictionados" meets for the first time at the library next Wednesday, Jan. 16, at 7:30 p.m.

The group will gather on the third Wednesday of the month through May. Reference librarian Gordon Nold will facilitate the discussions.

Next week's meeting will examine The Lens and the Olive Tree: Understanding Globalization by Thomas Friedman.

A New York Times foreign affairs columnist, Friedman tackles international relations, global markets and the power of individuals versus nations. Copies are available at the reference desk.

Future discussions will include Isaac's Storm by Eric Larson, The Tipping Point: How Little Things Can Make a Big Difference by Malcolm Gladwell, Fast Food Nation: The Dark Side of the All-American Meal by Eric Schlosser and In the Heart of the Sea: The Tragedy of the Whaleship Essex by Nathaniel Philbrick.

If your reading preference is nonfiction, take advantage of this opportunity to discuss your favorite genre with other "nonfictionados." Call 439-0314 to register.

January displays

Our large display case features Paul Tardif's fascinating collection of rocket mechanical banks.

The banks were manufactured in the 1950s and 60s to be sold at low cost or given away as promotional by financial institutions.

Tardif loaned part of his collection to the Wenham (Mass.) Museum exhibit on space toys in 1999.

The banks reflect the maturation of the concept of space travel, evolving from the Buck Rodgers look to faithful reproductions of early NASA rockets.

Pastel drawings and stained glass light boxes make up Colleen Skiff's art exhibit, Human Nature, in the northwest lobby this month.

Bob Lynk's "Local Water Colors" are displayed in the southwest lobby.

Library staff member Denise Coblish shares her collection of ceramic teapots, on display in the small case near the exit.

Five Rivers Environmental Education Center has assembled an informational corkboard display, and Matthew Richards' Beanie Babies collection is on view in the youth services area.

Tax forms

A limited selection of tax forms will be placed in the lobby as soon as we receive them.

(IRS has notified us that shipments are delayed this year.) All tax forms may be downloaded from the Internet at www.irs.gov.

Louise Greco

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physically speaking

by Nick Valenz, P.T.

Because of occupational therapy's concern for functional ability and therapists' specialized knowledge of the healing process of the patient, occupational therapists often refer patients to occupational therapists who specialize in guiding patients in daily activities as a still life, work and other productive activities, and leisure pursuits. Flexion and extension injuries in the hand result in numerous problems involving putting, holding, releasing, handling and cutting, and result in use. Occupational therapists generally move through four phases (planning, implementing, supervising, and modifying) to increase the patient's ability to return to the desired activities. These phases are: planning, implementing, supervising, and modifying. Placement is custom tailored to each patient. At our physical therapy practice, we provide therapy for a wide range of injuries and chronic conditions. If you have experienced pain, stiffness, loss, or anxiety due to surgery, injury, or an accident, occupational therapy may be able to help. For more information or to arrange an initial consultation, please call 439-3984.

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P. S. O.

Happily married and prolific is very serious as the face of the earth.
Sometimes we take life’s simple blessings for granted. Take water, for instance. We turn on the tap and there it is hot and cold all times of the day or night. Sure in the summer, we’re used to restrictions as far as watering the lawn or filling up the pool. It makes good sense to conserve. But January is another matter. We don’t even think about turning the tap for a hot bath or taking a long hot shower to unwind — sometimes even more than once a day.

This January is different. Even with Sunday night’s snowstorm, the Vly Creek reservoir is low — down to about 60 percent of its capacity. According to Bethlehem’s Commissioner of Public Works Bruce Secor, things can get worse unless we see some more serious snow sometime soon.

In the meantime, we need to take some common sense steps to conserve water in our businesses and in our homes. To begin with, we don’t need a full tub to come clean, and we don’t need an extended shower. And we don’t need to keep the tap open while brushing our teeth. Make sure you shut the water off when you’re not using it; that can save a lot.

We can also be more careful with the washing machine. All laundry loads don’t have to be cleaned in the extra large cycle, which fills up the tub, sometimes unnecessarily.

Simple things like cooking can be accomplished with less water. Don’t leave the tap running. And wait until there is a full load to run the dishwasher.

Businesses might want to examine their practices to conserve water. Low flow toilets and other fixtures can help save considerable amounts of water in the workplace.

And there are things like flow restrictors to help save H2O, both in businesses and homes.

Small things aren’t always that small. Everyone working together on small things can make a big difference.

We need to be aware and follow through, and to make sure our kids are doing the same things.

Who knows, perhaps we’ll begin to think of conservation measures as routine, which isn’t a bad idea.

Kudos in order

Congratulations are in order for Elsmere’s Betty Martin, who recently received the prestigious Joseph M. Lynn Memorial Award from the Albany County Traffic Safety Council.

Her tireless efforts on DWI prevention, including her work on Victim Impact panels, are especially noteworthy and deserving of such an award. See related story on Page 5.

A young boy’s memory of WWII

By RONALD E. CAMPBELL

The writer is a correspondent for Spotlight Newspapers.

Several months ago, I was asked to edit a book entitled Flags of Our Fathers about the Marines who raised the American flag on Mount Suribachi during the desperate fight for Iwo Jima.

It was a horrible battle with every one of the 25,000 Japanese defenders being killed, as well as thousands of our marines killed and wounded. The picture of the flag-raising has become a classic, and was memorialized in bronze at Arlington National Cemetery.

The author, James Bradley, son of one of the flag raisers, interviewed survivors of the battle and many of the loved ones of the participants.

Those interviews brought back many personal memories to me of life during World War II. I was 7 years old on Pearl Harbor Day, Dec. 7, 1941.

During the war, I became a news junkie at a young age, reading newspapers and listening to radio news. These days were filled with TV, satellites and instant communications, so news was often days and weeks old.

Eight of my uncles ended up in the service. These men were in the Army, the Air Forces and the Navy. They fought in the South Pacific, Africa, Europe and South Asia.

One was wounded three times — in Europe, then Saipan and later in Korea.

One was captured by the Germans in the Battle of the Bulge and escaped the same day and got back to his outfit.

One was a bombardier and had just made his 18th mission over Germany when the war ended. His B-17 was shot down twice.

Another drove an LST landing beyond the growing season. They could never tell us where cuts never available. Horsemeat, canned surplus foods like meat, butter and sugar made life a struggle. But we recognized that the needs of the war effort had to take priority.

Anything made of metal, rubber or wood — like furnishings, bicycles, cars, houses or housing — could not be replaced and had to be patched up just as long as possible, or what was called the “duration.” This became a hated word representing an unending time, since no one knew when the war would be over, or even if it would be victorious.

I can remember wearing shoes with holes in the soles because new ones were impossible to get, and most everything else was rationed. Kits could be purchased with heavy synthetic rubber soles plus a lot of money to repair shoes, since getting a replacement leather sole was impossible. It was not unusual to see a youngster walking down a street with soles half off and flapping due to a poor repair job.

New bicycles were made with lightweight, skinny frames called “victory bikes.” Everyone was encouraged to plant “victory gardens” to grow vegetables for the military. Many households canned surplus fruits and vegetables to last beyond the growing season.

Butter was impossible to get, so we had to purchase catsup made with milk in which came in plastic sacks, gray in color. Inside was a small bubble with yellow coloring that needed to be mixed in by hand to give the spread a butter-like appearance.

Meat was rationed and good cuts never available. Horsemeat, which everyone considered unthinkably now, could be found in some butchers’ cases.

Weekend jaunts in the family car were rare for many families were severely rationed, and cars needed to last for the “duration,” so trips were limited to attending essentials. Commuters to work shared their vehicles with as many as five or six passengers in exchange for money or gas rationing stamps.

Items like cigarettes were also in short supply, and there was an unusual amount of people at home to roll their own. In fact, small machines were available. Life was filled with home-rolled cigarettes and widely used.

Schoolchildren were provided names of servicemen and encouraged to write if they did not know anyone in service, since mail from home was so important to the GIs.

In the third grade, I was taught to knit 6-inch squares, which were sent to the high school home economics classes, where they were sewn together to make afghans for our men in hospitals.

School children were almost entirely by women, since every able-bodied man was in uniform or involved in critical war work. The local church provided thousands of sisters to the public schools to help teach the children. Air raid drills were common in schools, and usually the cafeteria was turned into a shelter. Shelters were climbed under tables. Buildings, including homes, needed blinding curtains to shield all light during night air raid drills.

Block wardens would patrol streets and notify people whose block was safe.

I lived in a mill town on the upper Hudson River, where factories and homes were displayed in front windows of homes — the gold red, white and blue. A silver a wounded serviceman. You could not walk down a residential street in our town without seeing flags.

And people were respected for their sacrifices. Every five and ten cent store placed a sign in Kresge’s, sold small banners bearing gold or silver stars with seven cents crediting that draped over window locks for window display. A huge supply was needed.

I had asked him why they called the holes in the ground fororday, and he answered “since no self-respecting fox would live in one.” He pointed out the boot of Italy breaking the Gothic line. It was a slaughter, with his division taking 14,000 casualties only a day. Many of our men did not know how they survived the conflict, but are grateful for the reprieve. If you ask any one of them, they proudly say they would run the same risks again to preserve our way of life.

The country had just come out of a deep depression, leaving many citizens in desperate circumstances. This was a terrific battle in itself, and probably brought our people closer together.

This country, while just getting on its feet, mobilized and equipped our armed services, and also equipped the English and Russian armed forces who were essential to victory.

Many of our men paid a terrible price, but felt this country’s sacrifice was worth it. We should always remember the sacrifices our GIs made for our freedom and our country.

The United States was magnificent then, in its finest hour.
Town should shoulder crossing responsibility

Editor, The Spotlight:

I have feel with interest the article on the town board complaining of the actions of the state Department of Transportation. People in glass houses should not throw stones.

The railroad crossing on Whipple Road between routes 9W and 144 continues to be in a dangerous and defective condition. The town has refused to correct the problem, indicating that it is the responsibility of the railroad.

However, the crossing is on the public highway and presents a danger to motorists. It appears that it will take a tragedy to prompt the town into action. It will be of little comfort to that victim's family that the town knew of the condition, but was waiting for the railroad to fix it.

People in public office are presumably paid to perform and not pass the buck.

Matthew J. Kelly
Delmar

CDTA cut is bad move

Editor, The Spotlight:

It has come to my attention that CDTA intends to cut the Delaware Avenue bus line Feb. 3.

All service to what is known as the Ferrybank loop will be eliminated. In addition, any weekday service will go no farther than the Four Corners.

I understand that CDTA has to deal with cuts to its budget. But to cut off those passengers will cause inconvenience, and force additional automobile use.

I urge everyone who depends on this bus service to contact CDTA and local political representatives to try to reverse this decision.

Stanley L. Zelen
Delmar

Call 911 for all fires

Editor, The Spotlight:

The true meaning of Christmas was demonstrated on Christmas Eve night when two dozen or more firefighters and women sacrificed family, friends, celebration, dinners, church activities and well-deserved rest to respond to our family's call of distress over a basement fire.

Our home was in chaos when we discovered our basement filled with smoke as my family fought to identify and extinguish the source.

Inside a wall, we found a fire and were certain we had it under control.

However, to be absolutely certain, we wisely decided to call 911. The firemen found additional heat from a source only their high-tech equipment could trace.

They informed us that a fire doubles every minute, and if this were left unattended, we most certainly would have had a major disaster.

I've learned two valuable lessons from this experience. One is, no fire is insignificant. If you're unfortunate enough to have a fire however small, call 911.

The second lesson, which I discovered on Sept. 11 is that the true heroes of today are our firefighters. They are professional, gracious, knowledgeable, reassuring and above all, brave.

The Slingerlands Fire Department is to be commended — our volunteer gift-givers of the Christmas season.

Norine Vascans
Delmar
Men's group to serve breakfast

The St. Matthew's Men's Association will serve a breakfast on Sunday, Jan. 13, from 7:30 to noon at the St. Matthew's parish center on Mountainview Road.

The menu will include pancakes, scrambled eggs, toast, sausage, juice, and coffee.

The cost of the breakfast is $5 for adults and $3 for children.

Friends of music to sponsor concert

Friends of music will sponsor The Crosby Concert on Mountainview Road.

The Concert will serve a breakfast for adults and $3 for children.

The menu will include pancakes, scrambled eggs, toast, sausage, juice, and coffee.

The cost of the breakfast is $5 for adults and $3 for students and seniors. Tickets will be sold at the door.

Town board to meet

The New Scotland Town board's next regular meeting will be held tonight, Jan. 9, at 7 p.m. at town hall on Route 65 in Slingerlands.

PTA to meet at elementary school

The PTA will meet on Thursday, Jan. 10, at 7:30 p.m. at the elementary school.

School board slates meeting

The next regular school board meeting will be held on Monday, Jan. 14, at 7:30 p.m. at Clayton A. Bouton Junior-Senior High School.

Food co-op orders due Jan. 10

New Scotland Extra Helpings food co-op will be accepting food orders until Thursday, Jan. 10, for the Thursday, Jan. 24, delivery day.

Forms and menus can be picked up at New Scotland town hall on Route 65 or at St. Matthew's Church on Mountainview Road.

Extra helpings provide a pre-select menu of groceries at wholesale prices. Each order costs $14 and patrons are under no obligation to purchase every month. Payment can be by cash or food stamps.

Anyone in the area is welcome to participate.

Free lecture slated at Bethlehem library

The Humanities Institute for Lifelong Learning (HILL) will present a free lecture on Tuesday, Jan. 15, at 10 a.m. in the Bethlehem Public Library community room on Delaware Avenue in Delmar.

Sheldon Solomon of the psychology department at Skidmore College will discuss the topic of "Why Settle Down?"

There have been some changes in the library loan and fine policies for the new year.

Many patrons will be happy to learn that all new fiction will be loaned for a minimum of 14 days, with new books of more than 500 pages increased to 28 days.

There is also a new policy on overdue items, with new books of more than 100 pages increased to seven and 28 days, respectively.

The maximum fine for videos, DVDs and take-out storyline kits has been reduced to $3.

Remember that the overdue fine for most items (notable exception is feature films) is a mere 10 cents per day, so even if you take a couple of extra days to finish reading something, it's still a lot cheaper than buying the book. Items can also be renewed by telephone.

January is also Food for Fines month at VPL. If you bring a canned good or non-perishable food item to the library with your overdue materials, you receive a 50% discount on your overdue fines.

To reach a reference librarian, just open your AIM account and enter vorheesville@the dtf and send the message.

A librarian at the reference desk will either answer your question directly or offer to provide the information by telephone or e-mail. Our regular e-mail at vooref@uhs.lib.ny.us remains in effect. If you do not have AIM installed on your computer you can download the software by connecting to aim.com and completing the necessary steps. If you are not sure if you have your No. 1 information buddy.

For information about Beth Emeth, please call 436-9761.

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Letters policy

The Spotlight welcomes letters from readers on subjects of local, regional or national interest. Letters are subject to editing for fairness, accuracy, style and length. All letters must include the writer's name, address and phone number.

Write letters to the editor, The Spotlight, 125 Adams St., Delmar 12054. Letters can be faxed to 478-0690.

Tri-Village Nursery School

OPEN HOUSE

Saturday, Jan. 12th • 1:00 - 3:00 p.m.

REGISTRATION

Saturday, Jan. 26th • 10:00 a.m. - 12:00 noon

Registration will begin promptly at 10:00 a.m.

Come and register your 3 and 4 year old for the 2002-2003 school year.

Call Tri-Village Nursery School 439-1455 or Jodie 439-0553 or Jodi 432-7151

Registration is limited to 1 child per adult unless siblings

$35 registration fee required

Located at First United Methodist Church (428 Kenwood Ave.)
Principals (From Page 1)

experience as president of the Voorheesville Teachers Association from 1996 to 1998.

During that time, Diefenbroid was instrumental in setting an acrimonious teachers' contract dispute, which saw the school goining nearly three years without a settlement.

"One of the problems in that contract settlement is that we relied too heavily on NYUSt (New York State United Teachers)," Diefenbroid said. "They kept saying let's wait, and everyone felt frustrated not to have a voice in the matter."

Diefendorf and board president John Cole started more informal negotiations over coffee and bagels in Stephenson Plaza, which led to the school district and the teachers meeting with equal representation to talk about the settlement.

Diefendorf's ability to bring people together doesn't mean that he stays silent on matters important to him. He has frequently stated his opposition to district policy that incorporates videos in the high school and the policy that requires teachers to adhere to the archbishop's rulings for church-related events when using movies in the classroom. Diefendorf has frequently brought students to board meetings and encouraged them to state their views.

"I wanted the students to see how you can make things change, and how you can bring change about peacefully," Diefenbroid said. "I want the board to hear me and my side of the story. I will uphold their decisions without undermining them, but I do want the chance to be heard before they make their decisions."

Always, Diefenbroid said, one teacher's role is to create change and, and how you can bring change about peacefully. Diefenbroid said. "I want the board to hear me and my side of the story. I will uphold their decisions without undermining them, but I do want the chance to be heard before they make their decisions."

As well as questioning, Diefendorf aims to continue hearing other people's opinions before making his decisions.

"I would like the faculty and staff to be more involved in the governing of the building," Diefendorf said. "What do people want to accomplish? How can we be better?"

Diefendorf also wants to be sure students are involved in the community, as evidenced by his advocacy for the requirement that all students perform 15 hours of community service to graduate.

Diefendorf's road to education was a long and winding one. He started at Case Institute of Technology in Cleveland and enlisted in the Army, but after his father's sudden death at 43 years old, Diefenbroid received a hardship discharge.

As the oldest of five children, he supported his mother and siblings, at the same time that he and his first wife, Bonnie Newkirk Diefendorf (who died in 1991), were raising their own two young sons. While his wife taught in the Albany school district, Diefenbroid worked for Otis Elevator and went to SUNY Albany part-time.

After receiving a degree in social studies and education in 1974, he was disappointed in the dearth of teaching jobs available. He worked for four years as the criminal justice coordinator for the division of alcohol with the New York State Division of Probation. After that, he was a househusband, until he taught history and coached football at Bishop Magin high school. With both sons in college, he also worked evenings and weekends in St. Peter's Hospital's emergency room.

In 1989, he applied for the job in Voorheesville. "When I interviewed here in 1989, I'd just come from an 11 p.m. to 7 a.m. shift," Diefenbroid said. "I told them that if I could be coherent for this interview, I could teach social studies.

Apparently, he was, and still is. Students have twice chosen him to be the commencement speaker, and he views the fact that he is the new principal as an honor to himself and the Voorheesville staff. He does have some regrets about no longer teaching.

"I'm very anxious about leaving teaching and feel badly," he said. "I talked in my interview about possibly continuing to teach. I'd like to be a visible presence in the classroom and not just as an evaluator."

In addition to being visible, Diefenbroid plans to remain available to his colleagues and students.

"I'm known for my humor and accessibility," he said. "I've told people to take a two-by-four to me if I act differently in this job. I hope to be a leader, an administrator and a support to the staff. I want this school to be as good as ever."

McCarty is confident that Diefenbroid is the right man for the job.

"His personality and demeanor are a perfect fit," McCarty said. "He does what he teaches, and listens to both sides. He's a master teacher and has a lot to share."

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Ask About Our New Critical Illness Policy.

Praise effectively

Parents use praise to help children develop healthy self-esteem and to reinforce positive behaviors. Effective praise serves as encouragement and helps the child judge how well he or she is doing.

Ways to offer effective praise: Share observations and offer feedback. Try to avoid comparing your child to others, such as "I see straight and swively lines," rather than "What nice lines!"

Be specific. "Thank you for putting away the crayons when I reminded you it was time for dinner," rather than "Good job!"

Focus on effort, not results. "You put a lot of time into your project" rather than "Your project is great!"

Ask questions to encourage self-evaluation. "How did you decide which part to do first?" or "Tell me about your drawing," rather than "Wonderful drawing!"

Use body language. Convey enthusiasm with a nod, a hug or a smile. Reflect your child's feelings. "You seem happy to share your wagon with Robbie." or "You appear to enjoy finishing the puzzle on your own."

Express your feelings. "I enjoy watching you ride your bicycle." or "I love to hear you play your guitar."

Do not compare a child with siblings or friends. Encourage your child to participate and do well because it is enjoyable, not to outdo someone else.

Teach children that mistakes are a natural part of the learning process. While you cannot take away disappointment, you can help your child not to feel defeated.

Be a role model. When you finish a project, talk with your child about your assessment. Explain what you think worked well and what you would do differently.

No Added Need For Worry

Recent research indicates there is little evidence that elderly individuals who are carrying a few added pounds are at greater risk for illness. While obesity and near obesity are still associated with an increased health risk, even among people over 75, national guidelines that define overweight and obesity err by using the same standards for adults—regardless of age. Being overweight is defined as having a body mass index (BMI) of 25 to 29.9 or more, compared with a BMI of 30 or more for older adults. By these definitions, a third of Americans 75 or older are overweight, and one in six are obese. However, the excess weight carries less risk in the elderly than in younger people.

You can read cholesterol levels, but you know when your body feels healthy or sluggish. At Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar, we help our residents by supporting their own wisdom about getting and staying healthy, and providing the medical support they require.

Our residential community features assisted and independent living. Give us a call at 439-8116. We're here to make your life easier and to offer professional care.

Marc Diefenbroid

Good Samaritan Senior Living

By Lee Bormann

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Two Ravena-Coeymans-Selkirk wrestlers picked up individual titles to lead the Indians to a third-place finish at the RCS Invitational last Saturday.

Curtis Graham won the 125-pound title and earned Most Outstanding Wrestler honors, and Herb Tompkins claimed the 140-pound championship for the Indians.

Graham defeated Christian Brothers Academy's Kyle Vialkind 14-6 in the finals to pick up his second tournament title of the season. Tompkins defeated another CBA wrestler, Anthony Abbate, 3-1 in his championship bout.

Two more RCS wrestlers reached the finals before losing. Joe Blondell (189) lost in a technical fall to Maple Hill's Mark Eaton, while Eric Pregent (155) was pinned by Mohonasen's Mike LaDuke midway through the second period.

Seth Houle (150) and Justin Schipano (160) suffered semifinal losses and settled for third-place honors after reaching their live-bout limit. John Dibble (145) was shut out by Hoosick Falls' Phil Tommassino 6-0 in his third-place bout.

Voorheesville's Michael Ashline and Dan Denn also reached the consolation finals. Ashline defeated Hadley-Luzerne's Vince Plante 4-2 to finish third in the 112-pound division, while Denn lost to the Eagles' Jason Veraun 10-4 and placed fourth at 125.

Ashline's victory in the consolation finals gives him a 13-1 record this season. Denn fell to 11-4 with the loss.

RCS wound up with 161.5 team points to finish third behind CBA and Mohonasen in the overall standings. CBA won the tournament with 195 points, while Mohonasen placed second with 185 points.

Voorheesville finished 13th in the 16-team tournament with 49.5 points.
Ginsburg, Gilboord engaged

Miriam Ginsburg, daughter of Shirley and Bill Ginsburgh of Bethlehem Central High School, and Seth Gilboord, son of Linda Gilboord and Louis Gilboord, a longtime teacher at Bethlehem Central High School, are engaged to be married.

Seth Gilboord and Miriam Ginsburgh

The bride-to-be is a graduate of Plattsburgh State College and The College of Saint Rose.

The future groom is a graduate of Binghamton University and Albany Law School. The couple plans an August wedding. Bethlehem Central High School, is the third president, the scholarship is given to high-ability students who score at least 1,350 on the SAT or equivalent of 31 or better on the ACT tests.

BCHS student wins public affairs award

Emily Wistar, a junior at Bethlehem Central High School, is the winner of the 2001 Young Women in Public Affairs Award competition, sponsored by Zonta International.

To encourage women to pursue decision-making positions, the award recognizes exceptional young women, who show a commitment to leadership in public policy and government.

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- Takes only 30 minutes.
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- "World's largest fitness franchise"

Glenmont graduate receives scholarship

Richard Bailey, a graduate of Bethlehem Central High School, recently received a Rush Rhees Scholarship at the University of Rochester.

Named for the university's third president, the scholarship is given to high-ability students who score at least 1,350 on the SAT or equivalent of 31 or better on the ACT tests.

The Glenmont resident can renew his scholarship each year of college.

Virginia Plaisted, D.D.S.
Complete Family and Cosmetic Dentistry

A growing practice with emphasis on New Technology and Continued Education to better serve our valued patients

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74 DELAWARE AVENUE, DELMAR • 439-3299
January 26, 2002

The Bethlehem Tomboys Girls Softball League will hold registration for girls 5 to 18 from 9:00 am to 12:00 pm. Children who will be age 5 on or before 12/31/01 are eligible to play in September, October and November. Save $75 per family). Register at Bethlehem Terrace Apartments.

Saturday, January 26, 2002
at the Bethlehem Senior Services

The fee for the 2002 season will be $50 per child (maximum $75 per family). A late fee will be charged for all registrations received after January 26, 2002.

For information, please call Barbara Stupp 439-0904

Josephine Bruso
Josephine F. Haskins Bruso, 84, of Delmar died Friday, Jan. 4, at her home. Mrs. Bruso was a graduate of Albany High School. She worked for the state Department of Labor for more than 30 years before she retired. She was a member of the Bethlehem Businesswomen. She had a winter home in Naples, Fla. She was the widow of Gerald Haskins and Edward Bruso.

Survivors include a son, Mark Haskins of Slingerlands; two sisters, Gladys Stetlers of Loudonville and Millie Stattle of Westminster; and two grand-

children.

Services were from the Applebee Funeral Home and the Church of St. Thomas the Apostle, both in Delmar.

Burial was in St. Agnes Cemetery in Menands.

Contributions may be made to Community Hospice Albany Home Care, 445 New Karner Road, Colonie 12205.

Crista Kajano
Crista A. Smith Kajano, 47, of Delmar died Wednesday, Jan. 2. She was a resident of Orlando, Fla., before moving to Delmar. Mrs. Kajano worked for attorney Ed Ryan in Albany and was a member of Kings Chapel in Glenmont.

Survivors include her husband, Peter Kajano; two sons, Christopher Kajano and Tony Kajano, both of Delmar; her parents, Bert and Betty Smith of Delmar, Fla.; a brother, Randall Smith of Deltona; a stepson, Michael Kajano of New York City; and two stepdaughters, Lori Kajano of Georgia and Diane Kajano of North Carolina.

Services were from Kings Chapel.

Burial was in Graceland Cemetery in Albany.

Arrangements were by the Martin & Kiefer Funeral Home in Albany.

Contributions may be made to Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208.

Norman Eveloth
Norman A. Eveloth, 76, of Voorheesville died Wednesday, Jan. 2, at St. Peter’s Hospital in Albany.

Born in Fine Bush, Orange County, he was a longtime resident of Voorheesville.

Mr. Eveloth was a heavy equipment operator for Operating Engineers Local 106 in Albany. He retired after 30 years there.

He was a fair PTA member and deacon at Mountain View Evangelical Free Church in Voorheesville.

Survivors include his wife, Virginia St. John Eveloth; a son, Paul Eveloth of Lomita, Calif.; and three grandchildren.

Services were from Mountain View Evangelical Free Church.

Spring burial will be in New Scotland Cemetery.

Arrangements were by the Elly & Son Funeral Home in Voorheesville.

Contributions may be made to Mountain View Evangelical Free Church, PO Box 260, Voorheesville 12186.

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New trends in wedding flowers

By DONNA J. BELL

When it comes to wedding flowers today, brides are finding that any taste or style can be accommodated. Whether a bride wants a very traditional wedding or one that says "I'm different," she will find that there is an unlimited number and variety of beautiful flowers to choose from.

"I did over 75 weddings last year and each bride had her own individual tastes," said Janet Gough of the Floral Garden in Delmar. One bouquet style rising in popularity is the hand-tied bouquet, thanks to decorating doyenne Martha Stewart, Gough said. This arrangement features a fresh bunch of flowers, or posy style, that give a "just been picked" look of simple elegance and can be carried by both the bride and the bridal party.

If brides want a traditional look and feel, all-white bouquets are still the classic choice. Many bride and attendant's bouquets are now being chosen in colors like rose, burgundy and deep violet. Gough often visits bridal shops in the area to ask about trends in dresses and flowers. "According to the bridal shops, red is going to be a hit this year," Gough said. "Exotic is also a hot color."

When choosing bold and vibrant colors for the wedding colors, the flowers also need to reflect the more vivid choices.

"Texturing has become very important," Gough said of bouquet trends. "You don't have to just stick with flowers but you can add berries or foliage with extra personality to it to add a little more pizzazz."

If you are looking to have a modern style to your wedding, consider some of the more modern bouquet looks. Some favorites include: large, yellow sunflowers, or colorful posy bouquets consisting of many different kinds of flowers. You not only want your flowers to look good, they should smell good too. Fragrance, choosing flowers with a romantic or exotic scent, is also becoming an important consideration.

Some fragrant flowers include gardenias, peonies, stephanotis and tuberoses. Gough said just a few of the "rarer" or more expensive flowers in a bouquet go a long way.

"It's highly encouraged to mix a more expensive flower with a more available flower, especially center pieces," Gough said. Silk flowers are also an alternative whether for the wedding party bouquets or for a keepsake centerpiece for the bride and groom to take home or give as a gift to the parents of the couple.

"You cannot know from a distance if they are silk, they look real," Gough said.

Many brides are coordinating their florist with their caterer and bakery to provide floral decorations for their cake and buffet table. You may like to have flowers on your cake knife, gobs or serving plates.

"A lot of girls don't like traditional bride and groom on top of the cake," Gough said. "I've sprinkled petals on the table or made a cascading set of matching flowers down the cake."

Whatever the color, style or mood you choose for your wedding flowers, be sure to add the finishing floral touch. "Flowers play a major role in the final beauty," Gough said. "A dress isn't the same without the flowers. The flowers make it classy from head to toe."

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Get ready to register

By HEATHER E. MACDONALD

Stocked up on all those household items newlyweds usually need? If so, don’t give up on the idea of registering for wedding gifts. These days, you can register for more than the usual china, linens and pots and pans.

How about funding your honeymoon, saving for a house or registering for unique items at a specialty store?

Engaged couples who make travel arrangements through Plaza Travel and Meetings in Latham have been known to receive money toward their honeymoon as a wedding or shower gift, according to President John Giordano. Friends and family members can make contributions toward the honeymoon or toward a specific portion of the trip, such as the hotel cost. They then either present the couple with a wrapped certificate or surprise the couple by letting Plaza Travel and Meetings deliver the news.

“We really get to know the brides. We probably get to know their registry better than they do.”

“This is an up-and-coming idea,” Giordano said. “People are always looking for something new to do for the bride and groom.”

Another unique registry idea is the Home Ownership Bridal Registry Account at Pioneer Savings Bank, headquartered in Troy. Eric Huerter, assistant vice president of savings/training, explained engaged couples who open this type of joint account receive gift cards to include in shower invitations. Friends and family can then make cash or check deposits toward the couple’s future purchase of a home.

“It’s a great option for couples if they aren’t sure what they want in terms of housewares, but they know they want a house,” Huerter said, adding the bank has offered this service for about five years. “We’ve opened quite a few accounts.”

Pearl Grant Richmans in Stuyvesant Plaza, in Guilderland, also offers plenty of options for couples who have “everything.” Here, they can register for Pickard china and Waterford crystal, as well as unusual wedding gifts like Christmas ornaments, gift baskets they can give away and even chocolate, said Assistant Manager Debbie Lahn.

But best of all, brides-to-be can get uniquely personalized service at this specialty store. Sales associates help them choose the items they want, then create a hand-written registry. They’ll also help wedding guests who come in to purchase a gift from the list.

“We take them around personally to give them a good feel for the couple’s taste,” Hahn said. “We really get to know the brides. We probably get to know their registry better than they do.”

And at A.V. Costa Bridal City in Troy, brides can register not only for china, crystal, silver and other household products, but for everything they’ll need for the big day: garters, candles, a guest book, bridal pillows and more, according to President A. Victor Costa.

“We carry everything the bride needs but the man and the money,” he said.

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Let your invitations reflect a wedding's atmosphere

The wedding invitation is the first concrete glimpse your guests have into the circumstances and atmosphere of your wedding. Whether you choose formal engraved invitations or a more casual style, wedding invitations convey much more than the simple who, what, when, and where.

Patterns and text vary from contemporary to traditional, depending upon the type of wedding you are planning. Some designers boast of more than 2,000 designs, so choosing invitations is no simple matter.

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It is not uncommon for couples to spend several hours just going over the various styles. Such a wide selection virtually ensures that there will be at least one pattern that will suit your style. The first decision you should make before looking at invitation styles is the guest list. An easy way to make sure you don't forget anyone is to separate the guests into categories, such as: bride's friends, groom's friends, groom's family and their friends, groom's family and their friends, mutual friends, and others.

Make a list of all invited guests. Take the appropriate papers to your family as well as your fiancé's family to see if anyone was left off. When a number of all invited guests is reached, divide this number by two and add 25 to 50. The remaining number should be the amount of invitations you order, with the extra going towards mistakes made in addressing envelopes and keep sakes. It is much more economical to order extras than to have to order more after you have already received your initial batch.

Invitations should be ordered no later than two months before the wedding, to be mailed six to eight weeks before the big day. This will allow your guests ample time to respond and make travel arrangements.

However, as soon as you are certain of the final details, it is advisable to order invitations to give yourself more time to address them. There are two printing types used most frequently in wedding stationery: thermography and engraving. Thermography comes in many colors to match the wedding and getting married colors, and is much less expensive than engraving. Engraved invitations are more traditional and formal—they are engraved into heavy cotton paper and are much more expensive. Whichever type you choose, it should match the degree of formality of your wedding, as well as the design of the invitation.

Guests look to details such as these to dictate their appropriate dress, and there is nothing more uncomfortable than showing up at a wedding dressed inappropriately.

When ordering wedding invitations is entirely up to the couple. With today's frequency of divorce, many questions arise as to which name should be included on the invitation: natural parents only, or stepparents as well. Also, the frequency of couples paying for their own wedding and getting married at later ages brings up the question of whether parents should even be included in the wording.

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Making successful toasts for weddings

“Congratulations. What a great speech.

That’s the result everyone wants to hear after they present a speech at a wedding, but many people face the prospect of making a speech with a stomach-churning combination of anxiety, fear, panic. and panic.

The good news is that, with a little help and guidance, you can overcome those fears and make great memories for the bride and groom to look back upon.

Wedding speeches are no different from other speeches, with one important exception—the absolute and critical need to keep them short, to around five minutes.

So use the Wedding Speech KISS principle—Keep It Short and Simple.

Here are some rules that should be followed to ensure your speech is as brief as possible.

• Know your subject. When you know your subject, the audience can tell and a wedding audience will forgive any nervousness because they’re at the wedding to join in the celebration, just like you are. But when you don’t know your subject, the audience can also tell and they’ll be pretty unforgiving of a speaker who is trying to con them.

The interesting thing is that when you know your subject, nervousness tends to be quickly covered by confidence.

So know your subject. If you’re a close relative, dig back into your memory for special family occasions that mean a lot to both you and the subject. Make notes. Talk to other people who know the subject. Make notes. Go back through family photo albums. Make notes.

If you don’t know your subject, make time to learn. Talk to people who do know the people involved—the families, the bride and groom, the friends or relatives. And make notes.

• Tell them; tell them; tell them; tell them; they’re at the wedding to join in the celebration, just like you are. Look at the people in front of you and enjoy the moment. They’ll be pretty unforgiving if you’re the only one who knew the people involved—families, bride and groom, friends or relatives. And make notes.

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The beginning is your introduction. “Good evening, ladies and gentlemen, please join me in a toast, etc.”

The reason this Golden Rule is so important is that it is the closest thing to a guarantee you’ll get that your message will be heard and remembered.

Give your audience a brief outline of the key points of what you’re going to tell them. Next tell them in detail about the key points you’ve just outlined. Then recap or summarize the points you’ve just made.

Having said that, you must never lose sight of the short time limit on a wedding speech (around five minutes). Therefore, it is often difficult and also not quite as necessary as in other speeches, to “Tell them you’ve told them.” So, in our view, the Recap may be omitted if your speech starts to run overtime and you can go straight to the toast.

• Practice, practice, practice. Winston Churchill, the great British wartime prime minister, is said to have spent at least one hour in practice for every one minute of his speeches. The results show that his practice paid off.

The same applies to your wedding speech. The more you practice, the better it will be.

• Don’t speak if you’ve had too much to drink.

You can’t be too safe.

So use the Wedding Speech KISS principle—Keep It Short and Simple.

The middle is the meat in your sandwich and comprises three elements.

1. Outline “Tell them what you’re going to tell them”
2. Key points “Tell them;”
3. Recap — “Tell them you’ve told them.”

The end is your conclusion: “Now, ladies and gentlemen, please join me in a toast, etc.”

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• Don’t speak if you’ve had too much to drink. You risk upsetting a lot of people if you’re obviously tipsy.

If you’re the father of the bride, you risk the wrath of the mother of the bride and the bride herself; if you’re the groom, you’re heading straight for your first big drink: You risk the wrath of the mother of the bride, you risk losing good friends.

And no matter who you are, you risk making a fool of yourself in the point that you’ll pray to be edited out of the video.

The only exception to this rule is if the speaker is really experienced and can genuinely keep an audience entertained for longer. But even then, try to resist the temptation to let anyone spend too much time on their feet with their mouth open.

So use the Wedding Speech KISS principle—Keep It Short and Simple.

Don’t speak if you’ve had too much to drink.

Keep to time: At some weddings, there will be as many as four speakers—the master of ceremonies, the father of the bride, the groom and the best man. So, if the MC’s introductions take two to three minutes in total and each speaker is on for five minutes, you have almost 20 minutes of speeches.

If the speakers are not used to preparing and making well-planned speeches, the time taken is almost sure to blow out further. Sometimes the father of the bride, who has just signed a big bunch of checks, will want to get his money’s worth.

But in spite of his generosity, even he should be encouraged to keep his speech to the five-minute limit.

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Honeymooning close to home

By HEATHER E. MACDONALD

If you’ve announced your engagement to friends and family members, surely you’ve been asked a million of questions as they dig for details: “How did he propose?” “When’s the wedding?” and, of course, “What will you go on your honeymoon?”

That last one may come with plenty of suggestions for typical trips to the Caribbean or Europe, but you don’t have to travel the globe to have a great honeymoon. In fact, some of the best honeymoon spots are within driving distance of the Capital District.

For example, not long ago two of the most popular places for a honeymoon were Niagara Falls and the Pocono Mountains. Ian Pinkerton, marketing manager for AAA Northway in Schenectady, suggested a few other favorite locations: Mirror Lake Inn in Lake Placid, The Sagamore in Bolton Landing and Otsego Hotel in Cooperstown. He also recommended travel to Montreal, just over the Canadian border, this bustling city has a favorable exchange rate and is easy reach by car, he said. “It’s like going to Europe without leaving the country,” Pinkerton said. In February, AAA Northway will begin offering two new traveling packages, TripAmerica Online and Traveling America, which include detailed driving directions, hotel reservations and attraction tickets, at your destination.

The packages can be customized to add on extra hotel stays and other personal touches a honeymooning couple might want. Or, honeymooners might decide to plan a completely customized trip.

“All of the travel services are open to the public,” Pinkerton said. “We can do this for members and non-members alike.”

According to John Giordano, president of Plaza Travel and Meetings in Latham, honeymooning near home might work best for couples who haven’t traveled extensively. He explained that they won’t need to go as far to have a new experience.

“I might also recommend local destination to people who plan to spend more on the wedding and have a lower budget for their honeymoon,” he said.

For information, call AAA Northway at 374-4575 or go to www.aaanorthway.com. Plaza Travel and Meetings can be reached at 785-3338.

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For return of photograph, please enclose a self-addressed stamped envelope.

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Shopping for the soon-to-be-married video enthusiast? Try a boxed set

By DNA Smith

Buying individual movies on video is easy. Just ask your friend or loved one for a list of films, then go out and buy from the list. But if you really want to impress the videoophile in your life, and are prepared to shell out a little more coin, try getting him or her a boxed set.

Boxed sets are pricier, but they often include tons of special features and extras. They are meant for hardcore fans, so make sure the person you’re buying for is someone who’s going to go ga-ga over your selection.

Below are a few of the better boxed sets that are currently being released.

- Rankin/Bass Present (3 DVDs, $57) Five holiday TV specials, including classics like "Rudolph the RedNosed Reindeer," "Frosty the Snowman," "Santa Claus is Coming to Town," "The Little Drummer Girl" and the unfortunately stinky "Frosty Returns." However, seeing the Heat Miser again will be a nostalgic-fest for Mom and Dad.

- Absolutely Fabulous: Complete DVD Collection (4 DVDs, $99) While the buoyant misadventures of Patsy and Edina have been available on VHS for some time now, this DVD box-set is the first time all 18 episodes have been on disc (actually three discs; the fourth is loaded with bonus materials). For fans of the decadent Brit-com, this collection is a must-have.

- The X-Files Complete 4th Season Special Edition
  - DVDs, $150
  - In addition to the complete 24 episodes, this boxed set includes audio commentary, deleted footage, international stories, "Behind The Truth" spots and a DVD-ROM game: "Urban Tertia."

- Pixar’s 15th Anniversary Gift Pack (5 DVDs, $102) Includes "Toy Story," "Toy Story 2" and "A Bug’s Life." These three great films should be a welcome addition to your child’s video collection.

- The Complete Monty Python’s Flying Circus (4 DVDs, $199) All 45 episodes, in chronological order, of the greatest comedy series in the history of greatest comedy series. Spam and dead parrot not included.

- The Sopranos: The Complete Second Season (4 DVDs, $190) All the episodes from Season 2, plus two featurettes and a director’s commentary. Presented in widescreen format. The first season is also available for about the same price.

- The Rodgers & Hammerstein Collection (5 DVDs, $102) Five classic musicals: "Oklahoma!" (1955, Letterboxed 2.35:1, 146 min.); "Carousel" (1956, Letterboxed 2.35:1, 128 min.); "The King and I" (1956, Letterboxed 2.35:1, 153 min.); "South Pacific" (1958, Letterboxed 2.35:1, 150 min.); The Sound of Music (1965, Anamorphic Widescreen 2.2:1, 175 min.) Also available on VHS.
Plan before you attend bridal show

Long before walking the wedding aisle, many brides get a kind of practice run walking the carpeted aisles of at least one local bridal show.

As a venue to source suppliers, a bridal show is a good time to comparison shop and find creative ideas and talk one-on-one with wedding specialists. A bridal show has few rivals. Where else could you find fashion, limestone, ice sculptures, photographers and other wedding-related items under one roof, without actually attending a wedding?

Of course, navigating miles of exhibition space to check out hundreds of suppliers in competition with thousands of other gonna-be brides and guests can pose its challenges. Here are some bridal show shopping tips to keep in mind:

- All the Right Footwear: Wearing sensible shoes may seem obvious, since tired tootsies can pose its challenges. Are a common complaint at bridal shows. Given that you will be spending hours on end walking the show floor, leave the high heels at home.
- Bring Your Own Labels: Wedding suppliers are anxious to attract your interest — and mailing information — so you'll find dozens of marketing promotions, special offers and contests for big prizes, from all-expense-paid honeymoons to event services. Usually, all you have to do is enter your name, address and wedding date to be eligible. But rather than scrawl it by hand for every entry, bring pre-printed, self-adhesive address labels listing all your contacts.
- Research Show Specials: While you probably want to avoid making impulse purchases, a bridal show is a good time to comparison shop. Some vendors, who expect to do volume business at a bridal show, offer discounts if brides book their services at the show or leave a deposit. It's a good idea to have done at least a bit of research into what things normally cost so you can be confident of getting a good deal.
- Have Money Handy: If you are planning to take advantage of special discounts or show promotions, be prepared to leave a cash or credit card deposit to secure your booking with a supplier. Don't feel pressured to sign a contract if you're unsure of its terms and be certain to ask about the refund policy before you sign on the dotted line.
- Bring Your To-do List: Having your special list is a great way to keep you focused on what you are looking for.
- Have a Game Plan: While every show will produce an exhibitor list prior to the event, you will help you schedule your time and decide which companies to see. Many shows post such information on their Web sites.
- Flex Those Muscles: Count on getting loaded down with lots of brochures, magazines, flyers and other material. Many shows offer services such as bag-checks or on-site lockers to store material, but you should expect to haul away more than you anticipated.

When you burn the candle at both ends, it goes out too soon.

Sleep-deprived Americans have a 70% higher death rate. A lack of sleep sets you up for lots of potential problems. Marital strife; sleep help is available. New treatments are helping millions of Americans get the restorative sleep their bodies crave. Now they're rested, happier and more productive, too. Burning the candle at both ends is not only dangerous — it's unnecessary.

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NEW CLASSES:

- Latin Singing
- Stylistic Image
- Indoor Golf
- Improve Your Memory
- Travel to Japan
- Private Golf Conditioning
- Natural Meditation
- Mind Body Medicine
- The Kabbalah
- First Species Telepathic Communication
- The Eight Laws of Personal Branding
- Start A Bed & Breakfast
- Organize a Garage Sale
- Create A Story with Photos
- Making a Living Without A Job
- Establish Yourself as an Expert
- Acupuncture
- Be Ever Young
- Success as A New Writer
- Pilates
- Pitching
- A Writer's Workshop
- Chinese Medicine
- West Coast Swing
- Argentine Tango
- Love at First Laugh
- Thrive in Turbulent Times: FISH
- Be More Funny
- Make More Money
- Mystery Shopping
- Travel to New Mexico and Arizona
- Time Management
- Power Learning
- Furniture Design
- Perennial Gardening
- Landscaping
- Stained Glass Jewelry

Plus over 150 of our favorite topics from the past!
How to Be a People Magnet
increase self-confidence, attract friends & lovers

Location: Colonie
Some folks are human magnets. People smile wherever they go. They get invited to all the parties. They have more dates than they can handle. What's their secret? They have learned the art of PEARLESS COMMUNICATING. Learn how to walk into any situation with total confidence, authority, and flair -- and walk out with whatever you want. A new friend? A new customer? A new lover? When you leave this class you will have the key to spreading sunshine and leaving people smiling in your wake, and wishing they were with you - for a day, for a date, for a lifetime. Every step is based on solid scientific studies on interpersonal attraction.

Topics: make strangers like you instantly • stamp out that Fatal FUD Factor (Fear, Uncertainty & Doubt) • the importance of having a high OQ (Optimism Quotient) • know when to smile, when not to smile, and why one size doesn't fit all • fine tune your tongue, depending on who you're talking to • avoid the two biggest mistakes people make when meeting someone new • develop a round table of friends and loved ones who will be there for you, whatever happens • market yourself like Hollywood celebrities promote a star • benefit from the surprising way on what separates social "Winners" from social "Loser"

Instructor: Lei Lowndes, see How to Talk to Anybody.
Course fee: $39 Members: $34
One time only: #1305 Sat Jan 26 2-5pm

The Eight Unbreakable Laws of Personal Branding
- techniques used by Oprah, Martha and Michael

Location: Colonie
In today's business world, the brand is YOU! not your products or services. Peter Monoya, one of the country's leading authorities on personal branding, will show you as an independent professional how to build your own enduring personal brand. This seminar is essential for actors, architects, consultants, contractors, CPAs, customer service professionals, dentists, doctors, engineers, financial professionals, managers, media personalities, mortgage brokers, photographers, retailers, sales professionals, speakers/trainers, and public relations specialists. Whether you want to attract more clients, get the raise or promotion you deserve, or attract the ideal life partner, personal branding is the solution.

Topics: the factors that created the age of personal branding • the eight biggest mistakes that have ruined potentially great personal brands • the distinctions and unique strengths of selling, marketing and branding • the eight traits you must have • how you must brand yourself to be recognized and branded by others • how to create your own personal branding statement

Instructor: Peter Monoya is president and founder of the nation's only advertising agency specializing in Personal Branding. In October of 1999, Peter and his Creative Director, Tim Vanderbilt, published The Brand Called You (Millennium Advertising). Their next book (March 2002) is The Personal Branding Phenomenon: Applying the Personal Branding techniques of Oprah, Michael & Martha.

Course fee: $39 Members: $34
One time only: #1405 Thor Feb 28 6:30-9:30pm

Knowledge Network
Psychic Fair
Saturday Feb 2 10am-4pm
20-minute readings featuring:
Tarot Card Reader, Sherree Britten #1089
Sherree has been doing Tarot card readings for the past four years under the personal Troy River Network.

Psychic Astrologist, Flo Quigley #1090
Flo has practiced Astrology for twenty years and is certified in Astro-Cartography. Bring the city, date and time of your birth.

Psychometrist, David Louis #1040
David is a Certified Intuitive Counselor. Bring photos of people you have questions about and an object only owned by you.

Reading fee: $22 per reader plus registration fee for walk-ins
Schedule ahead and save. Pay only $19 plus registration fee.

Improve Your Memory

Location: Colonie
Our class is built on the premise that people don't have poor memories, just unrained ones. Find out how to improve your memory and recall with easy-to-use techniques you actually follow it! The proven best place to go on a first date (No, it's not dinner or drinks) • why so many women find the "bad boys" so attractive • how much does money, good looks and all those "crass" stuff really count? • the three similarities you must have to be compatible • the one difference you must have to make him or her want you as a longtime partner • the single biggest common early mistake most people make that kills a romance • eight "innocent" gestures proven to subliminally lure men • when to play hard to get, and when NOT to • why words work on women, and which ones are best for you with her • the simple question you can ask any time, anywhere guaranteed to excite every man

Instructor: Lei Lowndes, see How to Talk to Anybody.
Course fee: $39 Members: $34
One time only: #1308 Fri Jan 25 6:30-9:30pm

Talk to Anybody About Anything

Location: Colonie
Don't you hate talking into a room that's packed with strangers, approaching someone you've never met, and striking up a conversation? Wouldn't it be great to be in control of any situation and approach everybody with total confidence, authority and flair? Learn the secrets of fearless conversation in dozens of easy-to-use techniques.

Topics: Hang By Your Teeth technique to make a dynamite first impression • Jeebedyygook to sound like an insider in any crowd • the Small Talk Check List to make your chit-chat captivating • Cherry Picking to get into more meaningful communicating • The Nutshell Resume to work a party like a politician works a room • The Mood Match to make people feel "instant rapport" with you • Limit the Fidget to make everything you say more credible • The Grateful Gasp to deflect criticism (and makes the criticizer feel guilty!) • Never the Naked Thank-you to make people fall all over themselves to help you • ten common phrases you should NEVER use in conversation • and much more

Course fee: $30 Members: $34
One time only: #1306 Sat Jan 26 9:30am-12:30pm

Instructor: Lei Lowndes, see How to Talk to Anybody.
Course fee: $39 Members: $34
One time only: #1305 Sat Jan 26 2-5pm

Protect Your Privacy and Identity

How to Talk to Anybody About Anything

Location: Colonie
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Topics: Hang By Your Teeth technique to make a dynamite first impression • Jeebedyygook to sound like an insider in any crowd • the Small Talk Check List to make your chit-chat captivating • Cherry Picking to get into more meaningful communicating • The Nutshell Resume to work a party like a politician works a room • The Mood Match to make people feel "instant rapport" with you • Limit the Fidget to make everything you say more credible • The Grateful Gasp to deflect criticism (and makes the criticizer feel guilty!) • Never the Naked Thank-you to make people fall all over themselves to help you • ten common phrases you should NEVER use in conversation • and much more

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Course fee: $39 Members: $34
One time only: #1305 Sat Jan 26 2-5pm

The Eight Unbreakable Laws of Personal Branding
- techniques used by Oprah, Martha and Michael

Location: Colonie
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Topics: the factors that created the age of personal branding • the eight biggest mistakes that have ruined potentially great personal brands • the distinctions and unique strengths of selling, marketing and branding • the eight traits you must have • how you must brand yourself to be recognized and branded by others • how to create your own personal branding statement

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Psychometrist, David Louis #1040
David is a Certified Intuitive Counselor. Bring photos of people you have questions about and an object only owned by you.

Reading fee: $22 per reader plus registration fee for walk-ins
Schedule ahead and save. Pay only $19 plus registration fee.
Establish Yourself as an Expert

**Location:** Colonie

What is the difference between a book that becomes a bestseller and one that doesn't? Why is Julia Child a household name and your Aunt Ruth, a fabulous gourmet, known only to her household? Why is someone else becoming rich and famous doing what you can do even better? As the Information Age continues to unfold, opportunities for those with a desire to share what they know are now more boundless than ever. Merely being knowledgeable about a subject is not enough; you have to know how to connect with people who want what you have to offer. If you have a story to tell and expertise to share, this course will show you attention-getting ways to let others know you're around.

**Topics:**
- Inexpensive and free ways to establish yourself as an expert
- Shortcuts to finding people who want what you offer
- The easiest way to package your information
- How to expand your base of influence
- How to locate and attract the media
- How to remain a current authority worth listening to
- Ways to let others know you're around.

**Instructor:** Barbara Winter, see Making a Living Without a Job.

Course fee: $59

Register for both of Barbara's classes for $69 (Members $64)

Projecting a Professional Image from dressing for success to shaking hands

**Location:** Colonie

Psychological studies confirm that it takes less than 15 seconds for others to form an opinion of us. Knowing how to dress and act appropriately are crucial to presenting polished image. What are they thinking of you and your employees? The instructor, a corporate image consultant, will show you how to turn customers contacts into an opportunity to demonstrate social savvy, poise and grace. We cover everything that goes into your image from how to dress to tips for remembering people's names.

**Topics:**
- The key elements of image
- How to dress to get promoted
- Handling introductions
- Basic business etiquette from cocktail male/female etiquette in the workplace

**Instructor:** Juanita Ecker, owner of a professional image consulting firm, has been coaching corporations, organizations and executives on this topics for four years including Key Bank, CSEA, and Carrier Corp.

Course fee: $59

Fly an Airplane

**Location:** Schenectady Airport

Experience the thrill and challenge of piloting an airplane while enjoying breathtaking views of the Capital District. Please provide your height and weight.

**Topics:**
- 1/2 hour orientation to the Cessna 172 dual-control, single-engine
- Learn about controls and the route of your flight
- Instructor will pilot the plane for take-off and landing
- Each participant has 30 minutes at the controls to practice turning, climbing and descending
- Learn about the elements of navigation, instrumentation and air control
- In poor weather, flight will be rescheduled

**Instructor:** Mike Roarke is a custom builder with 15 years experience.

Course fee: $39

Making a Living Without a Job

**Location:** Colonie

Ready to leave behind the nine-to-five world and start building something on your own? Millions of Americans have already traded in their corporate lifestyle for the satisfaction, freedom and the creative challenge of jobless earning. This seminar is for everyone who has dreamed of being their own boss as well as those who are out of work, soon to be out of work, or wishing they were out of work.

After "real" jobs as a teacher, employment counselor and interior designer, Barbara struck out on her own in 1974. She has been joyfully jobless ever since. While conventional wisdom may still be telling you "it's too late," this class will show you new possibilities for working when you want, how you want, and how you want. If you want to make the transition from employee to entrepreneur or create another source of income, don't miss this one-of-a-kind seminar. Come prepared to be inspired and informed.

Topics:
- Essential techniques for success
- Recognizing and managing obstacles
- Developing multiple income channels
- Designing a work life that's perfect for you
- Getting started with little or no money
- Making a living without a job
- Finding support and resources for building momentum

**Instructor:** Barbara Winter is a Minneapolis-based teacher, author, business owner, and self-employment advocate. She publishes Winning Ways, the newsletter for people living and working with passion, and is author of the bestselling Bantam book, Making a Living Without a Job.

Course fee: $53

Fly an Airplane & Flight Training for both of Barbara's classes for $69 (Members $64)

Remodeling Or Repairing Your Home

**Location:** Colonie

Join this instructor team of a lawyer and a contractor and find out what you need to know before you contract with anyone for home repair or remodeling. Whether you’re putting on an addition, shoring up your foundation, or just replacing a hot water heater, this class teaches you how to be a wise consumer. You could save the course fee many times over as well as prevent the headaches and legal hassles of living with a job that is unfinished, inadequate or structurally deficient.

**Topics:**
- Planning the project
- How to find a contractor
- Obtaining estimates
- Drawing up the contract
- Use of architects and lawyers
- Recognizing and developing multiple income channels
- What to do when things go wrong

**Instructor:** Larry Becker is an attorney who practices in the area of construction law and property damage claims arising out of construction occurrence. Prior to becoming a lawyer, Larry worked as a captain, cabinet maker and framing and roofing contractor.

Course fee: $39

Fly an Airplane & Flight Training

Look's What Happening in our FREQUENT LEARNER'S CLUB!

**February Member Event**

FREE mini-message from Instructor Kurt Kodesch

Wed Feb 27, 11am to 2pm (call to reserve)

For information on membership see page 16!
How to Locate Anyone Anywhere
Location: Colonia
Secrets from a private investigator

Find out how to find a lost family member, biological parent, an old love, schoolmate, military buddy, ex-spouse or deadbeat debtor. Seasoned professional and retired NYC Police Officer Joseph Manginelli will teach you the basic elements of investigative techniques including what information is legally available to you as a private citizen and where to find it.

Instructor: Joseph Manginelli, who has 40 years investigative experience, has taught at the NYC Police Academy and is president of an investigative agency.

Course fee: $39 Members: $34
Materials: $5 for a confidential trade source list
One time only: #1367 Thur Feb 21 6:30-9:30pm

Travel to Japan
- A cultural immersion
Location: Colonia

Whether you are traveling to Japan or just interested in learning about this historic and interesting country, the evening will prove to be informative and entertaining.

Your Japanese-born instructor’s enthusiastically presented Powerpoint program will include native music, Japanese refreshments, origami and pictures that you won’t want to miss.

Topics: geography, weather, government • national holidays • cultural traditions • regions and their special attractions • basic Japanese vocabulary • relevant websites and travel agencies • accommodations and visas

Instructor: Hiroko Butler was born and raised in Hiroshima, Japan and is currently a JapanesefEnglish translator. She served as a cultural educator for American business executives doing business with Japan.

Course fee: $29 Members: $24 Materials fee: $10
Couples: $39 Members: $34
Choice: #1553 Fri Feb 8 7-9pm
#1554 Thur Apr 11 7-9pm

Travel in New Mexico and Arizona
Location: Colonia

One of the last great travel adventures is the American Southwest of New Mexico and Arizona.

Santa Fe is rated as one of the top ten places on the planet to visit and that is just the beginning. Nowhere in the US can so much of the history and background of the continent be seen so easily. Indigenous peoples have inhabited parts of New Mexico and Arizona for as much as 25,000 years, and sacred sites and modern crafts each has a story to tell. This evening will prove to be informative and entertaining.

Topics: geography, weather, government • national holidays • cultural traditions • regions and their special attractions • basic Japanese vocabulary • relevant websites and travel agencies • accommodations and visas

Instructor: Ray Houghton is a retired college professor and owner of a computer learning center. He is the author of several popular Revolutionary War road trips. Each class has a book fee of $5.

Course fee: $29 Members: $24 or for all three War classes for: $79 Members: $74
One time only: #1275 Wed Jan 23 6-9pm

French, Italian, Spanish
Location: Colonia

Learn the basics of conversational French, Spanish, or Italian. Intro classes are designed for those planning business or pleasure trips or individuals who just want to learn the fundamentals. If you have had previous instruction this course may be too basic unless you are looking for a refresher.

The level II class is an extension of the Intro class or may be taken by those with very basic Italian language skills.

Topics: how to introduce yourself • polite expressions • obtain directions • describe food • shop • role-play exercises with emphasis on conversation • some instruction in grammar and writing

Instructor: Melinda Justini (Spanish) Ptd-Spanish, has been teaching Spanish to adults and children for over five years. French Instructor: Micheline Waldenmeyer served as a French interrogator for the US Army for seven years and is certified as a French instructor by the Defense Language Institute. She is also a substitute French teacher for the Bethlehem School District. Italian Instructor: Maria Speranza (Italian), BA-Italian, was raised in an Italian household and attended high school in Italy.

Beginner Course fee: $109 Members: $104 Couples: $199
Italian Level II Course fee: $119 Members: $114
Spanish Intro
Choice: #9833 Tues Jan 22,29,Feb 5,12,19,26 7-9:15pm
#1721 Wed May 8,15,22,29,Jun 5,12 7-6:30pm

French Intro
Choice: #9832 Tues Jan 22,29,Feb 5,12,19,26 6-7:30pm
#1720 Wed May 8,15,22,29,Jun 5,12 7-6:45pm

Italian Intro
Choice: #9835 Mon Jan 28,Feb 4,11,18,25,Mar 4 6-7:30pm
#1722 Tues May 7,14,21,28,Jun 4,11 6-7:30pm

Italian Level II
Choice: #9834 Mon Jan 28,Feb 4,11,18,25,Mar 4 7-9:15pm
#1723 Tues May 7,14,21,28,Jun 4,11 7-9:15pm

Organize Your Home
Location: Colonia

If your overwhelmed by the things you’ve accumulated in your home now is the time to de-clutter it! Get motivated by an expert who lives a clutter-less existence and has freed up time to finish her plans and projects.

Instructor: Diane Campion, former Director of Marketing with Siena College. She has been teaching organizing and home management for over 25 years.

Course fee: $29 Intro Members: $24 Intro Couples: $39 Intro Members: $34
One time only: #1457 Thur Mar 7 6:30-9:30pm

College Credits with Life Experience
Location: Colonia

If you’re considering going back to school to get your degree, make this your first class! Find out how to save thousands of dollars in tuition and cut down on class time. Many local colleges and universities provide credits for prior learning.

Instructor: Brenda Lee, who received her BA this way.

Topics: how to get credit for real-life/real-world experience • how to put together a portfolio • CLEP exams • self-study classes • schools that offer these programs • tuition and exam costs • setting a timeline • how to keep track of it all

College Credits with Life Experience: One course for $29 Members: $24 Materials fee: $2
Course fee: $39 Members: $34 Materials fee: $2
Choice: #1299 Wed Jan 30 6-9pm
#1478 Tues Mar 26 6:30-9:30pm

Seating is limited for all classes. Sign-up today to avoid getting closed out!
Quit Smoking with Hypnosis
Location: East Greenwich
Hypnosis has helped millions of people become non-smokers. Though many smokers admit that they are physically addicted, they also complain about the mental control. This class helps to rid your sub-conscious mind of the destructive smoking habit.
Topics: find out how hypnosis can help control mood swings associated with smoking • discover how hypnosis can reduce or stop weight gain • part lecture/part group hypnosis • during hypnosis, your sub-conscious mind is re-educated with the belief that you are a non-smoker, and you will begin to think, act and behave as a non-smoker.
Instructor: Margie Kaufman, a smoking cessation facilitator and certified clinical medical hypnotherapist, is the founding director of a personal/professional development center.
Course fee: $33 Members: $28
Materials: $7 for a booklet and audiotape
One time only: #1502 Thur Jan 17 7-9pm #1497 Thur May 17 6-9pm

Be Ever-Young
The Natural, Non-Surgical Facelift
Location: Colonie
Smooth away unsightly wrinkles, reduce puffiness, release ugly tension lines, and lift your face from the inside out. Techniques combine Eastern and Western philosophies — find out about this popular, natural, non-invasive approach for looking young.
Topics: why the face ages and starts to drop • using facial renewal exercises to slow aging • introduction to Oriental Medicine • how to use Acu-Point Therapy to reduce puffiness, tone underlying tissues, alleviate headaches, teeth clenching/grinding, and sinus problems • how to relax and become empowered • all participants will receive an inner beauty guided imagery session.
Instructor: Patricia Gilmore, CMAHSP, has a health care practice concentrating on the utilization of Oriental Medical techniques and Western Mind Science. She is a board-certified Medical and Master Clinical Hypnotherapist and an acupressurist.
Course fee: $29 Members: $24
One time only: #1469 Sat Mar 9 10am-noon

Acupressure
for health and well-being
Location: Colonie
This is an enlightening and hands-on workshop packed full of simple acupressure techniques you can perform on yourself and others, to enhance physical, mental and emotional well-being. Understand the concepts of acupressure, it's origins in Chinese medicine and how you can use it anywhere, anytime, anywhere to relieve pain, aid concentration, invigorate yourself and feel more positive. Bring a mat and wear comfortable clothing as we will stretch and practicing exercises in class.
Topics: history of Qi Gong • discussion of Qi, dantien, meridians, and meditation • breathing, warm-up, stretching and relaxation exercises • detoxification through breathing • diseases treatable with Qi Gong • Qi Self Massage • using Qi to heal.
Instructor: Greg St. Clair is a licensed acupuncturist and has a Masters of Science in Traditional Oriental Medicine. He has practiced Medical Qi Gong for healing with clinic patients at the Pacific College of Oriental Medicine and is currently practices oriental medicine at a local wellness center.
Course fee: $39 Members: $34
Choose: #1473 Mon Jan 21 6:30-9:30pm

Mind/Body Medicine
Location: Colonie
Discover how to harness the restorative power that resides within you through the cutting-edge research of biofeedback and mind-body medicine. If you are frustrated by a nagging illness or injury that won't heal with traditional medicine, learn how to put yourself into a maximally powerful physiological state to heal yourself. These skills translate into peak performance in the rest of your life as well.
Topics: biofeedback and its application to healing • oriental medicine philosophy • realigning your acupuncture meridians through meditative exercises • focusing your mind on your specific injury • portions of the PIS series, Healing and the Mind.
Instructor: Bethany Gonyea, MS, is certified as a biofeedback specialist with the Biofeedback Institute of America. She is the former Director of Biofeedback at the Albany Facial Pain Center. For the past seven years, Ms. Gonyea has lectured on Tan Tien Biofeedback and related topics to doctors and physical therapists.
Course fee: $39 Members: $34
Choose: #1500 Mon Feb 4 6:30-9:30pm
#1501 Tues Mar 12 6:30-9:30pm

Qi Gong
-the ancient Chinese exercise for health
Location: Colonie
Qi Gong is one of the most powerful healing tools used in Chinese medicine. As the western world is now aware of it miraculous healing abilities, it is becoming popular here. It's benefits range from calming the mind and strengthening the body to relieving chronic pain. Our one-night program introduces you to Qi Gong theory and practice as well as the principles of Chinese Medicine. Wear comfortable, loose clothing as we will be learning and practicing exercises in class.
Topics: history of Qi Gong • a discussion of Qi, dantien, meridians, and meditation • breathing, warm-up, stretching and relaxation exercises • detoxification through breathing • diseases treatable with Qi Gong • Qi Self Massage • using Qi to heal.
Instructor: Greg St. Clair is a licensed acupuncturist and has a Masters of Science in Traditional Oriental Medicine. He has practiced Medical Qi Gong for healing with clinic patients at the Pacific College of Oriental Medicine and is currently practices oriental medicine at a local wellness center.
Course fee: $39 Members: $34
Choose: #1473 Mon Jan 21 6:30-9:30pm

Chinese Medicine
Location: Colonie
Chinese Medicine has been effective in treating diseases and illness in the east for thousands of years. Now it is gaining acceptance in traditional western medicine. Healthcare professionals are using it as an alternative to conventional medical treatments. This class provides an explanation of the four pillars of Chinese Medicine: acupuncture, herbs, diet, and Qi Gong — and how they can be your partner in improving mental and physical health, enhancing the immune system, relieving stress, attacking disease, correcting chemical imbalances and slowing aging. There will also be a demonstration of acupuncture in class.
Topics: history of Chinese Medicine, western vs. eastern medicine • diagnosis and treatment methods
Instructor: Greg St. Clair, see QiGong (this page).
Course fee: $25 Members: $21
Choose: #1508 Fri Feb 17 7-9:30pm
#1509 Mon Mar 18 7-9:30pm

Lose Weight with Hypnosis
Location: East Greenwich
In this one-night class, you'll discover just how easy it can be to shed extra pounds and replace negative eating routines with healthy habits.
Topics: why drinking eight glasses of water a day helps wash away unwanted fat and pounds • how hypnosis works immediately and automatically • a group hypnosis session will be conducted to reconnect your emotions and overeating • leave class with post-hypnosis suggestions to reinforce control.
Instructor: Margie Kaufman, a certified Clinical Medical Hypnotherapist, is the founder of the National Council of Medical and Clinical Hypnotherapists. Marion Turino, a certified Clinical Medical Hypnotherapist, knows how hypnosis is a powerful tool, having dealt with a weight problem all her life. Either Margie or Marion will teach your class.
Course fee: $33 Members: $28 Materials: $7
Choose: #1311 Thurs Feb 7 6-9pm
#1498 Thurs Apr 4 6-8pm

Natural Meditation
Location: Colonie
Do you find that you are overwhelmed, anxious, and unable to enjoy life? Meditation can help you relax and become more focused. Research has also shown it can be used to alleviate pain, increase health and vitality, and serve as a buffer in day to day encounters with stress. This class contains a discussion of the facts of meditation, an introduction to your personal experience, and an actual guided meditation. Students will leave with the ability to do a 20-minute meditation on their own.
Topics: the ten-step method to meditating • how to incorporate a daily practice into your schedule • common stumbling blocks to achieving a meditative state and how to overcome them.
Instructor: Theodore Kooshian Phelps has taught meditation since 1972 and formulated the Natural Meditation method in 1994. He is also an internet designer for New York State’s University System.
Course fee: $39 Members: $34
Choose: #1506 Mon Feb 7 6:30-9:30pm
#1507 Wed Mar 20 6:30-9:30pm

Massage
Location: Colonie
Massage your way to stress relief, improved flexibility, increased circulation, release of painful muscle tension, and increased energy and vitality. Learn how to give massages to friends, family, loved ones and yourself, anywhere.
Topics: techniques to use while the recipient is fully clothed and seated • basic hand and back strokes • a brief discussion of reflexology (foot massage) • a brief introduction to QiGong 5-minute stress relieving program for back, neck, shoulders, arms, legs and feet • tips on the professionals use to avoid getting tired or sore while giving a massage.
Instructor: Kurt Kodesh, NYS licensed and nationally-certified massage therapist is in private practice in and around the Capital District.
Course fee: $29 Couples: $49
Members: $24 Member Couples: $45
Choose: #1298 Mon Jan 14 7-9pm
#1461 Tues Mar 12 7-9pm
Turbo-charge Your Golf Game!
- private golf conditioning
Location: Colonie, Clifton Park, or your home or gym
With all of the advances in golf equipment and technique, why are average handicaps the same as they were 15 years ago? Because we’ve left out the most important factor --- the biomechanics of the golfer! This class is two one-on-one private sessions. The first is a 14-point muscle balancing assessment. With the limitations your body has for reproducing a consistent, accurate swing. The second is your customized flexibility program. This course is based on Paul Chock’s Whole-In-One Conditioning program.
Topics: proper warm-up • muscle energy mobilization exercises for stimulating the nervous system and promoting swing fluidity • correcting muscle imbalances that underlie common swing faults such as hooking or slicing • avoiding or alleviating chronic back, elbow or wrist pain
Instructor: Kyle Jenkins, see Amazing Abdominals (this page)
Course fee: $70 Members: $54
#1510 one (1) hour assessment plus one (1) hour personal training session, individually scheduled

Indoor Horseback Riding
Location: Schenectady
This course is a thorough introduction to the basics of English style horseback riding. The first class is a barn orientation on horse interaction and care. Riding instruction (three lessons: length determined by number in class - 45 min to 1 & 1/2 hours) will be scheduled based on your skill level and availability at the first class.
Topics: horse anatomy, equipment, grooming, saddling and bridling • mounting/dismounting, riding positions • hands-on ground/riding instruction • riding academy has a lighted indoor riding ring so classes are held rain or shine • Wear old clothes!
Instructor: Peggy Aedaljan is one of this region's top horsewomen and has been teaching for over 20 years. She directs her staff of experienced instructors.
Course fee: $95 Members: $90
Choose: #1224 Tues Jan 8 6-7:30pm
#1380 Tues Feb 5 6-7:30pm
#1381 Tues Mar 5 6-7:30pm

Your Personal Fitness Exercise Plan
Location: Ninjaya Fitness Center
Treat yourself to a one-on-one fitness assessment with personal trainer Jane Hawksley Ogle, who will devote herself to you. Enjoy better circulation, stronger muscles and bones, and a healthier heart and lungs. Includes a written fitness assessment customized to achieve your personal goals, strengthen your weak areas and utilize whatever resources you have available to you. After registration, Jane will call you to set-up a mutually convenient date/time; your written assessment will be sent to you.
Topics: 90-minute fitness assessment including health history, activity review and body measurements incorporating body fat analysis • strength, cardiovascular and flexibility performance tests • establish goals, body type, and likes and dislikes in order to design an effective plan
Instructor: Jane Hawksley Ogle is a certified Personal Trainer, certified Aerobics Instructor (American Council on Exercise) and fitness director at a local Y.
Course fee: $49 Members: $44
#1503 90-minute assessment & customized exercise plan

Yoga
Location: Troy
Establish a new relationship with your body - a loving compassionate awareness of its needs and messages. The focus of the class is reducing stress and enhancing fitness through the practice of yoga. Some who regularly practice yoga have lowered blood pressure, improved sleep habits, decreased symptoms of chronic pain, improved mobility, increased levels of physical fitness and decreased panic, anxiety and depression.
Instructors: Daniel Navilia is a certified Yoga instructor who is passionate about Yoga’s benefits.
Course fee: $72
Choose: #1448 Mon Jan 7,14,21,28 Feb 4,11,18,25 Apr 1 5:30-6:45pm
#1449 Sat Jan 12,19,26 Feb 2,9,16 10-11:15am
#1450 Mon Feb 25 Mar 4,11,18,25 Apr 1 5:30-6:45pm
#1451 Sat Mar 2,9,16,23 Apr 6,13 10-11:15am
Ashanta Yoga - Call for more information

Digital Camera Essentials
Location: Albany or Colonie
Whether you own a digital camera or are considering buying one, get the lowdown on how to choose and use this wonderful consumer technology. If you suspect you may be suffering from technophobia, this class may be the cure! Find out what makes your digital camera different from a 35mm, explore digital camera features, practice taking pictures, and discuss how a computer can operate as your personal photo lab.
Topics: what to look for when purchasing a digital camera • setting up the camera • lenses • power supplies • image quality • image resolution • program modes • menus • buttons • types of software and imaging software available to consumers • options for outputting images
Instructor: Joseph Schuyler, a commercial photographer for 25 years, has had his work in American Photographer, Glamour, and New York, among others. He studied with the influential Minor White, Mary Ellen Mark and Jay Maisel.
Course fee: $39 Members: $34
Choose: #9964 Wed Jan 9 6:30-9:30pm, Albany
#1695 Tues Feb 19 6:30-9:30pm, Colonie.
#1696 Thur Apr 18 6:30-9:30pm, Colonie

Make Great Photographs
Location: Colonie
Learn the basic ingredients for designing a good photograph - subject, framing and perspective. We’ll look at the work of others to understand what components are required to make stronger and more elegantly composed photographs. Bring your own photos for constructive criticism. You must have a camera that is not solely automatic to benefit from this class.
Topics: lighting • light modifiers • electronic flash • lenses • filters
Instructor: Curt Miller, a third generation photographer, has produced exhibition quality prints for over 30 years winning numerous awards for his work.
Course fee: $39 Members: $34
Choose: #1345 Fri Jan 4 6:30-9:30pm
#1493 Fri Feb 15 6:30-9:30pm
#1494 Fri Apr 5 6:30-9:30pm

Create a Story with Your Photos
Location: Colonie
Finally, a class to get you going on organizing your photos. This class will show you how to combine the arts of photography, photo preservation and journaling to create unique, informative and entertaining albums. If you have piles and boxes of photos from years past and want to do something meaningful with them, get it started now. Bring a box of photos you want to work with in creating your project. Materials fee is for demo materials used in class: other items will be available for purchase at class. Bring your own albums if you prefer.
Topics: setting goals for success • the "cutting" process to sort and organize • journaling techniques for recording memories and thoughts • safety and protection of photos with the use of archival materials • working with antique photos • how to create beautiful gift albums, photo collages, and commemorative collections
Instructor: Diane Campion is a professional organizer whose enthusiasm for this class is contagious.
Course fee: $39 Members: $34 Materials fee: $5
Choose: #1455 Mon Jan 28 6:30-9:30pm
#1456 Thur Mar 28 6:30-9:30pm
Start a Bed & Breakfast  
Location: Schenectady, Union College area  
Capitalize on the unique charm or convenient location of your home! Be your own boss and take charge of your destiny! This class will cover the basics necessary to start and operate a bed and breakfast.  
Topics: start-up costs • local and state regulations • liability insurance • taxes • fire and safety codes • how to assess your property and draw on its unique advantages • where to get help • marketing ideas • traits that will make you a successful host  
Instructor: Carol Matos is owner of the American Country Collection of Bed & Breakfasts, a reservation service for bed & breakfast homes and country inns.  
Course fee: $49  
Members: $44  
Materials: $5 for a workbook  
One time only: #1490 Thur Mar 14 6:30-9:30pm

Intro to Commercial Voiceovers  
Location: Colonie  
Announcing for commercials, films and videos can be lucrative and you don’t have to be in a big city like New York to make it. Many successful announcers started small, in regional markets. Get the lowdown on the industry from a veteran producer of commercials and jingles who provides a unique approach to sidestepping the competition. We'll record a simulated commercial for playback during class in which every student will participate.  
Topics: opportunities in the field of announcing • the difference between commercials and narration • associations, unions, and fees • how to package and market yourself • a discussion of the all important demo tape • skills necessary to become a success  
Instructor: Dan Levine, is a Clio award winner and TONY-nominated composer (Anna Karenina). He has produced hundreds of commercials including the infamous American Cancer Society’s anti-smoking campaign for which he received a Clio, a national media award.  
Course fee: $249  
Members: $34

How to Start a Home-Based Medical Transcription Business  
Location: Colonie  
In great demand, a medical transcriptionist converts dictation to notes documenting doctor visits. Medical transcription is a fast-growing sector that can be your own business. This class will cover everything you need to know. Go beyond transcription and learn how much more you can do with your medical transcription skills such as coding, electronic filing, billing and medical records.  
Topics: get started on a commission • what to look for in training programs • how to learn medical transcription simply and cost effectively • pricing • record keeping/taxes • collections • equipment • software • professional organizations • networking  
Instructor: Deborah Burns, owner of a medical transcription company, has taught this class throughout the country for the past five years. She assisted in the design of books and reference materials used in medical transcription programs.  
Course fee: $49  
Members: $44  
Workbook fee: $8  
One time only: #1376 Tues Mar 19 6:30-9:30pm

How to be a Successful Landlord  
Location: Colonie  
If you want to be or already are a rental property owner, gain the knowledge and skills you need to be profitable.  
Topics: the A to Z of effective property management, from selecting an investment property to collection of rent and evictions • property taxes • rental rates • operating budgets • marketing • screening tenants • leases • complying with code-enforcement • dealing with tenant complaints including after-hour emergencies • your rights as a property owner • rights of tenants • how to efficiently maintain and modernize a property to protect and enhance its market value  
Instructor: Hal Zucker is owner of a full-service property management firm.  
Course fee: $49  
Members: $44  
Last class register now: #1310 Wed Jan 30 6-9pm

$1000-A-Day Consultant  
Location: Colonie  
If you have developed an expertise working for someone else, find out how to go out on your own, part-time or full-time, as a consultant. According to a recent survey, successful consultants earn between $750 and $1500 a day. Some get more! In this exciting new business you will learn how to maximize your earning power as a business consultant.  
Topics: developing your expertise • gaining expert credentials • setting fees • writing proposals • contracts • knowing when to turn down a job • obligations as a consultant • tax benefits and write-offs • getting customers without cold calls • using the Internet to find resources and opportunities • books and referral fees • zero cost marketing • using seminars to find clients • students will receive “The Consultant’s Resource Kit”  
Instructor: Paul Miladinovich is a financial and business consultant who started his business in 1987. He is a trainer, author and consultant who specializes in personal and business finance.  
Course fee: $39  
Members: $34

Materials: $5  
Choose: #1336 Thur Feb 7 7-2:5pm
#1725 Thur May 2 2-5pm

Start Your Own Profitable Webmaster Service  
Location: Colonie  
Millions of pages are being thrown up on the Internet - but very few of them are profitable, or are accomplishing all the owners had hoped. The problem sometimes is design, but more often it is because nobody is effectively managing the website. This class will teach you the nuts and bolts of operating a successful webmaster's office.  
Topics: choosing a domain name • hosting your site • updating content to maintain interest  
Instructor: Steve Veltkamp, see Make Money (page 8)  
Course fee: $39  
Members: $34

Materials: $3  
One time only: #1537 Sat Mar 16 1-6pm

Bartending  
Location: Clifton Park  
This is a thorough introduction to the ever popular craft of mixology, a skill that’s always in demand. When you pass the final exam you’ll receive a certificate to use in job hunting.  
Topics: prepare 65 drinks from the unchanging standards to the most popular exotics • learn hands-on about equipment and glassware • types and qualities of spirits, liquor, wine and beers • set-up • clean-up • close-down procedures • inventory controls • handling of cash and credit cards • dealing with customers  
Instructor: Dan Russo owns a bartending and catering service.  
Course fee: $250  
Members: $240  
Choose: #1322 Jan 7,8,14,15,17 6-10:30pm
#1726 Jan 22,23,28,29,31 6-10:30pm
#1727 Feb 4,5,11,12,14 6-10:30pm
#1728 Feb 19,20,25,26,28 6-10:30pm
#1729 Mar 4,5,11,12,14 6-10:30pm
#1730 Mar 18,19,25,26,28 6-10:30pm

How to Set-Up a Home-Based Medical Billing Business  
Location: Colonie  
Knowledgeable medical billing specialists - liaisons between physicians and insurance companies - are in great demand. Learn what it takes to set-up and operate your own home-based medical billing service. A Harris will show you how much you can expect to invest, marketing techniques, how to write proposals and contracts, and more.  
Topics: minimizing start-up costs • setting-up your office • working with physicians' offices • implementing guidelines • coding services • maximizing reimbursements • electronic filing • aging reports • preparing patient statements and physician reports • marketing services • pricing services competitively  
Instructor: Wendy Harris is Certified Biller/Coder with fourteen years experience in the medical billing field. She is the owner of a home-based medical billing, training and consulting service.  
Course fee: $40  
Members: $45

Workbook fee: $15  
Choose: #1247 Sat Jan 12 9:30am-12:30pm
#1472 Sat Mar 9 9:30am-12:30pm

How to Start a Profitable Event Planning Business  
Location: Colonie  
Meetings, conventions and fundraising events are a multi-billion dollar business and planners of these events are much in demand. Whether it is a corporate occasion or a private party, event planners are the behind-the-scenes managers, and they are paid to the difference between having a humming function and a very special affair.  
Topics: how you can work from home putting your creativity and knack for details to work • attracting customers • pricing your services • marketing the event • coordinating suppliers and agendas • managing your business • each student will receive a list of helpful resources that will help save time and money  
Instructor: Steve Veltkamp see Make Money (page 8)  
Course fee: $39  
Members: $34

Materials: $5  
One time only: #1534 Fri Mar 15 1-4pm

Marketing Your Goodies  
Location: Colonie  
If your family and friends rave about your culinary creations - desserts, cookies, sauces, or dressings - they may just be a business waiting to happen. Discover how to turn your recipes into a thriving food specialty business. That's how Mrs. Field's got started - and one that is slated for explosive growth in the future.  
Topics: developing your expertise • how to efficiently package your goods • zero cost marketing • finding outlets • turning down a job • getting customers without cold calls • using the Internet to find resources and opportunities • books and referral fees • zero cost marketing • using seminars to find clients • students will receive "The Consultant’s Resource Kit"  
Instructor: Arlen Veltkamp, see Make Money (page 8)  
Course fee: $49  
Members: $44

Materials: $3  
Choose: #1538 Wed Mar 13 6-9pm

"The Consultant’s Resource Kit"  
Instructor: Hal Zucker is owner of a full-service property management firm.  
Course fee: $39  
Members: $34

Materials: $5  
Choose: #1336 Thur Feb 7 7-2:5pm
#1725 Thur May 2 2-5pm

Getting Started in Direct Marketing  
Location: Colonie  
If you have developed an expertise working for someone else, find out how to go out on your own, part-time or full-time, as a consultant. According to a recent survey, successful consultants earn between $750 and $1500 a day. Some get more! In this exciting new business you will learn how to maximize your earning power as a business consultant.  
Topics: developing your expertise • gaining expert credentials • setting fees • writing proposals • contracts • knowing when to turn down a job • obligations as a consultant • tax benefits and write-offs • getting customers without cold calls • using the Internet to find resources and opportunities • books and referral fees • zero cost marketing • using seminars to find clients • students will receive "The Consultant’s Resource Kit"  
Instructor: Paul Miladinovich is a financial and business consultant who started his business in 1987. He is a trainer, author and consultant who specializes in personal and business finance.  
Course fee: $39  
Members: $34

Materials: $5  
Choose: #1336 Thur Feb 7 7-2:5pm
#1725 Thur May 2 2-5pm
NYS-APPROVED
Real Estate Salesperson Licensing
Location: Colonie or Lake George
To become a real estate salesperson in NYS you must complete three steps: take NYS Salesperson Licensing class, pass the NYS Licensing exam (offered every week in Albany), and obtain broker sponsorship. This 45 hour course fulfills the educational requirement. Successful completion of the class requires at least 80% attendance and passing the final exam. For more info call the NYS Dept of State (474-4429) or www.dos.state.ny.us
Topics: license law and regulations • law of agency • real estate instruments • real estate financing • land use regulations • Land use regulations • introduction to construction • valuation • human rights and fair housing • environmental issues • real estate math • independent contractor
Instructor: This course is taught at a NYS licensed Real Estate School. The faculty consists of attorneys, NYS-approved licensed salespersons and brokers, and NYS residential and general certified appraisers.
Course fee: $250 for Colonie location - $35 deposit
$275 for Lake George - $55 deposit
Text Fee $35 plus tax Modern Real Estate Practice in NYS (7th ed. rev.), purchased at class

Colonie daytime sessions, 8:30am-9pm, choose:
#1522 Jan 8,9,14,15,16
#1524 Feb 4,5,6,11,12,13
#1525 Mar 4,5,6,11,12,13
#1527 Apr 8,9,10,15,16,17

Colonie evening sessions 5:30-10pm, Sat 9am-4pm, choose:
#1523 Jan 9,12(Sat),14,23,28,30 Feb 6,9(Sat),11
#1526 Mar 20,23(Sat),25 Apr 1,3,8,10,13(Sat),15,17

Lake George daytime sessions, 8:30am-5pm
#1741 Apr 18,20,25,26,27

Turn Your Crafts Into Cash
Location: Colonie
If you create beautiful and interesting crafts, why limit it to a hobby? Crafts are a $6.2 billion dollar industry that you can be a part of. If you already sell your crafts, take this class and discover new ways to improve sales and profitability.
Topics: preparation for selling • setting prices • finding the best outlets • expanding your product line • how to market on a limited budget • where to obtain materials for less • how to keep your business running successfully
Instructor: Steve Veltkamp is a multi-preneur with boundless energy and creativity. He created BizShop, an advertising agency specializing in start-up and small business, and quickly realized that small businesses needed more than ad help so he expanded the company into consulting, publishing and seminars.
Course fee: $39 Members: $34 Materials: $3
One time only: #1532 Thur Mar 14 1-4pm

Break into the Import/Export Business
Location: Colonie
Discover new places and meet interesting people while traveling all over the world — and deduct your expenses while you earn a healthy profit! This class will give you an overview of the import/export business. From clothing made in Indonesia to shoes made in Korea to Swedish carpet, imports are everywhere. Each item sold makes money for the importer. Countries all over the world are also anxious to buy our products. Find out how you can sell US made products in foreign markets.
Topics: how to spot opportunities for both importing and exporting • how to identify potential products • how to arrange for shipping and customs clearances • how to find customers • how to obtain a Letter of Credit • expanding your line onto new markets
Instructor: Steve Veltkamp, see Crafts Into Cash (this page).
Course fee: $39 Members: $34 Materials: $3
One time only: #1531 Wed Mar 13 6:30-9:30pm

Getting Ready to Be an Entrepreneur!
The ins and outs of small business ownership
Location: Albany
Join this six-week seminar and CPA to learn about the legal and tax angles of starting, buying or selling a business. Understand how you should structure the business and the advantages and disadvantages of each. We'll discuss financing sources and how they affect the business and your personal assets. There will be plenty of time for questions and answers so you can discuss your situation with the instructors. No matter how small or big your new venture, make sure you know what you're getting into and your loved ones into.
Topics: sole proprietorship, partnership, corporation, limited liability company • what is involved in forming a business entity • advantages, disadvantages and accounting requirements • conventional financing, federal small business assistance, home equity loans, personal guarantees, and other investors
Instructor: Vincent Valenza, an attorney at a large, full-service law firm, concentrates his practice in the areas of federal, state and local taxation, business planning and transactions, and the formation of Limited Liability Corporations. Kevin Tully, CPA is partner at a regional accounting firm and specializes in small business taxation.
Course fee: $49 Members: $44
Choose: #1210 Tues Jan 15 6-9pm
#1477 Thur Mar 21 6-9pm

Start a Retail Business on the Internet
Location: Colonie
Have a great idea for an on-line store or want to put your already existing business on-line? Want to know how to market and sell your products on the Internet, reaching millions of potential customers? This information packed seminar with Steve Veltkamp, former of the profitable Bizshop series of on-line sites, will tell you exactly how to get started and answer all your questions.
Topics: the advantages of Internet retailing • how to get and keep your customer's attention • how to price your product for maximum profit • how to accept credit cards, checks and other forms of payment • how to design your Website to make things easy for your customers including shopping cart systems and on-line purchasing • how to drive traffic to your on-line store
Instructor: Steve Veltkamp see Make Money (this page).
Course fee: $39 Members: $34 Materials: $3
One time only: #1536 Sat Mar 16 9am-Noon

Be a Mystery Shopper
Location: Colonie
Would you like to shop, keep most of your purchases, not have to pay for the things you buy, and be best of all, get paid while you're doing it? Find out how you can become a mystery shopper.
Topics: how to get paid for eating at great restaurants, staying in great hotels, shopping at upscale department stores, and more • how almost anyone can fit it into their schedule • how much mystery shopping pays • how to earn more by working for out-of-state companies • the step-by-step process of getting assignments • easy to get add-ons that can substantially increase your income • information on more than thirty mystery shopping companies
Instructor: Steve Veltkamp, see Crafts Into Cash (this page).
Course fee: $39 Members: $34 Materials: $3
One time only: #1533 Thur Mar 14 6:30-9:30pm
Be Understood with Your Foreign Accent

Location: Colonie

Would you like to say what you want and be understood? If you believe your foreign accent is making it difficult for others to understand you, take this class to get on the road to clearer speech. Dale Klein, a professional speech pathologist and specialist in accent reduction, will teach you essential skills to communicate in a variety of situations and reduce the obstacles to being understood. Consistent practice will increase your confidence and help you to refine your way of speaking English.

Topics: organizing what you have to say

Course fee: $39
Members: $34
Materials fee: $2

Young Writer with Your Foreign Accent

Location: Colonie

Would you like to say what you want and be understood? If you believe your foreign accent is making it difficult for others to understand you, take this class to get on the road to clearer speech. Dale Klein, a professional speech pathologist and specialist in accent reduction, will teach you essential skills to communicate in a variety of situations and reduce the obstacles to being understood. Consistent practice will increase your confidence and help you to refine your way of speaking English.

Topics: organizing what you have to say

Course fee: $39
Members: $34
Materials fee: $2

Communicate with Clarity and Confidence

tips from a professional speech coach

Location: Colonie

Your spoken image is your reputation as well as your key to success. If you want to become an effective communicator, learn how to present a dynamic and compelling message. Whether speaking before a group or one-on-one, research has shown that almost half of the message is delivered by the tone and quality of our voice. Take this one-night workshop and learn how to convey your message effectively and reinforce the image you want to present.

Topics: the listener-speaker interaction cycle • how to assess your listening skills • organizing your message so others will be receptive • techniques for using appropriate volume, rate, articulation and intonation • correctly articulating frequently mispronounced words • correct seated and standing posture • use of nonverbal language and eye-contact

Instructor: Dale Klein, MA, is a licensed Speech and Language Pathologist. He has a private practice in communication coaching. Ms. Klein has over a decade of management experience where she trained professional staff to improve their communication skills.

Course fee: $39
Members: $34
Materials fee: $2

Choose: #1287 Sat Feb 9 9am-noon
#1438 Thur Apr 18 6:30-9:30pm

Six Steps to Creative Writing

Location: Colonie

Every good writer follows six steps: idea, research, rough draft, critique, revision, and proofreading — learn how to use them effectively. Participate in hands-on writing exercises to get the juices flowing, then share the results with classmates.

Topics: narration • description • example • definition • classification • comparison • process analysis • cause and effect • persuasion • undermine writer's block with exercises for inspiring visual excitement and intellectual stimulation • how employing all six steps can make you more efficient, more skillful, and more excited about your work • a segment on publishing • pointers for submitting work • info on self-publishing

Instructor: Jim LaBaie, MA-English, followed his decade as an English teacher as a PR writer for an Albany communications firm. He is the author of a full-length play and two novels among other works.

Course fee: $39
Members: $34
Choose: #1213 Mon Jan 14 6:30-9:30pm
#1479 Mon Mar 4 6:30-9:30pm

Writing What You Know

beginning with advanced levels

Location: Troy

Flannery O'Connor said that anyone who survived childhood has enough writing material to use for the rest of his or her life. This course will help you dig among memories and get it down on paper in some funny, compelling, readable and possible saleable ways. Level II is for those who have experienced Level I and want to keep the momentum going. Bring a legal pad and pens to class.

Instructor: Marion Roach Smith, formerly on staff at the NY Times, is the author of Another Name for Madness (Houghton Mifflin 1985). She reads her essays on public radio and is published widely.

Course fee: $155

Level I: #1436 Mon Jan 7,14,21,28 Feb 4,11 6:30-9:30pm
#1437 Fri Feb 22 Mar 1,8,15,22,29 Noon-3pm

Level II: #1438 Wed Jan 9,16,23,30 Feb 6,13 6:30-9:30pm
#1439 Wed Feb 27 Mar 6,13,20,27 Apr 3 6:30-9:30pm
Private Music Lessons

Whether you are a beginner or have taken music lessons before and wish to continue, we have private lessons available! After you register, your instructor will contact you to set up your appointments.

Piano

Location: Albany
Learn hands-on basics of piano playing, note reading, technique, an introduction to music theory.
Instructor: Jeffrey Stein has been teaching music for over 10 years and presently does so at SUNY-Albany.
Course fee: $99 Members: $94
Schedule: #1406-four 45-minute sessions

How to Read & Understand Music

Location: Albany
Learn the basic elements of rhythm and melody, note reading, sound patterns from the treble and bass clefs; discover the keyboard as you are introduced to scales.
Instructor: Jeffrey Stein, see piano
Course fee: $99 Members: $94
Schedule: #1409-four 45-minute sessions

Guitar Lessons

Location: Schenectady
Learn basic theory and engage in lessons drawn from a progressive traditional and contemporary repertoire, including folk and blues. You must have access to an acoustic guitar for practice at home.
Instructor: Cathy Winter is a songwriter and guitarist who tours nationally and records for Flying Fish records in Chicago.
Course fee: $99 Members: $94 Materials fee: $5
Schedule: #1407-four 45-minute sessions

Singing Lessons

Location: Schenectady
Discuss goals and vocal background and learn about posture, phonation, respiration, resonance, and articulation. Bring a piece of music you wish to learn or your instructor will provide one.
Lessons must be scheduled to take place within a 6-week period.
Instructor: Carol Jars, B.A., M.A. Vocal Performance, is a soloist who has performed with Glimmerglass Opera, Lake George Opera, Boston Conservatory, and is in other regional performances and as a competitive finalist.
Course fee: $99 Members: $84
Schedule: #1408-three 45-minute sessions

Country Western Line Dance

Location: Colonie
Line dancing is the most fun and inexpensive way to a healthy and exciting night out in the Capital District. You don't need a partner or any previous dance experience. With Pro-Audio sound and great dance music by top artists, you'll be dancing the night away!
Topics: the first hour of each week focuses on practice, warm-up, and a variety of new, easy-to-learn dances; the second part features learning and reviewing the season's latest dances and favorite oldies.
Instructor: Marilyn Ingram is a member of the National Teachers Association for Country and Western Dance and has been a professional dance instructor for over 20 years.
Course fee: $19 Members: $17
Choose: #1596 Mon Jan 14,21,28, Feb 4 7-10pm
#1594 Mon Feb 11,18,25, Mar 4 7-10pm
#1550 Mon Mar 11,18,25, Apr 1 7-10pm

Learn to Dance you don't need a partner!

Location: Albany
Approach a dance floor with self-assurance wherever you go - parties, weddings, night clubs and dinner dances - you'll socialize and have fun at the same time. Before you know it you'll be dancing with self-confidence and ease.
Topics: Swing, Blues, Foxtrot, Tango, Waltz, Rumba, Merengue, Salsa, Bachata.
Instructor: Corliss Bull has been teaching for over ten years.
Course fee: $49 Members: $44
Schedule: #1498-four 45-minute sessions
Choose:
#1599 Wed Feb 6,13,20,27 8-9pm
#1600 Tues Mar 5,12,19,26 7-8pm

Swing!

Location: Albany
You've asked for it - here it is, Swing, one of America's greatest dance forms, is enjoying a magnificent rebirth! In this class practice basic steps and cut the rug to the latest hot Swing music.
Topics: singles or partners are welcome, double turns, hand slides, points and kicks with crossbacks and spinwhips, lots of practice time so you'll be ready to try your moves at the next local Swing event.
Instructor: see Learn to Dance
Course fee: $49 Members: $44
Couple fee: $89 Couples: $84
Choose:
#1240 Thur Jan 3,10,17,24 6-7pm
#1598 Mon Feb 4,11,18,25 7-8pm
#1590 Thur Mar 7,14,21,28 8-9pm

West Coast Swing

Location: Albany
If you love blues music and like to dance, West Coast Swing is for you! It is a laidback form of swing dancing, developed in California in the '50s when the music got slower and more bluesy. Learn to dance to songs like Mustang Sally and Something to Talk About by Bonnie Raitt.
Instructor: David Levesque, AKA Dancin' David, has been teaching dance since 1997.
Course fee: $49 Members: $44
Couple fee: $89 Members: $84
Choose:
#1599 Wed Feb 6,13,20,27 8-9pm
#1600 Tues Mar 5,12,19,26 7-8pm

Argentine Tango

-for singles or couples

Location: Albany
Nothing is more exciting, sensual and expressive! Enjoy this dance of passion and feel it's soulful rhythms. It's really very easy to learn. You will have plenty of time to practice steps and perfect your skills at leading and following.
Instructor: Dave Wolf has studied under several Argentine Tango masters and from dancers who were in Forever Tango.
Course fee: $49 Members: $44
Couple fee: $89 Members: $84
Choose:
#1601 Thur Feb 7,14,21,28 7-8pm
#1602 Fri Mar 18,15,22,29 6-7pm

Hip Hop

Location: Albany
Try something new in one night introductory class taught by an experienced hip hop performer. It's more than just dance. Hip hop is an expression of a feeling — let it consume you.
Topics: lunges, hops, jumps, spins, syncopated steps, balance and rhythm timing.
Instructor: Cori Irwin studied Hip Hop at Manhattan Studio with a professional music video dancer. She has been a student of dance since the age of five.
Course fee: $49 Members: $44
Choose:
#1242 Tues Jan 8,15,22,29 8-9pm
#1593 Mon Feb 4,11,18,25 8-9pm
#1594 Tues Mar 5,12,19,26 7-8pm

Acting Workshop

Level I and Level II

Location: Colonie
Level I Level I will provide plenty of info and solid hands-on practice. For beginners or actors who want a refresher.
Topics: how acting principles drive theatrical situations • improvisation • monologue • working with other actors • how to be natural using the stage and props • tips on memorizing lines, understanding a scene, projecting a character
Level II The Level II class is a continuation of Level I or for those who have taken acting classes in the past. Performances will be taped to use as a teaching tool in class.
Topics: how to develop skills • build improvisation techniques • how to tap into deeper levels of character development • work with partners to experience in-depth some work
Required: must be at least 16 years old
Instructor: Frank Dobrav has been involved in theatrical productions since 1971. His acting and directing includes work with many modern American masters. Mr. Dobrav has been involved in every facet of the theater from set design to directing.
Course fee: $79 Members: $75
Take Level I & II: for $149 Members: $144
Level I:
#1215 Tues Jan 8,15,22,29 6:30-8:30pm
#1711 Mon Apr 1,8,15,22 6:30-8:30pm
Level II:
#1214 Tues Feb 5,12,26 Mar 5 6:30-8:30pm
#1712 Mon Apr 29, May 6,13,20 6:30-8:30pm

Latin Club Dancing you don't need a partner!

Location: Albany
The beauty of this course is that when you practice with other beginners like yourself, you gain the confidence to have fun when you are out dancing. Warning: class is held in a moving hip zone — be prepared to shake it!
Topics: Salsa, Merengue, and Bachata, all the rage in Latin Clubs, have steps that are easy to learn and fun! No partner is necessary for this class — we'll provide one. For extra-curricular dance activities, head over to a local Latin club where the party continues.
Instructor: William Delgado, a Latin DJ, is also a master of Latin street dancing. He or another experienced instructor will conduct your class.
Course fee: $49 Members: $44
Couple fee: $89 Member Couples: $84
Choose:
#1244 Fri Jan 4,11,18,25 8-9pm
#1595 Sat Feb 2,9,16,23 3-4pm
#1596 Mon Mar 4,11,18,25 8:30-9:30pm

Intro to Belly Dancing with Zaida

Location: Albany
Belly dancing is a beautiful and mesmerizing art form characterized by flowing and rhythmic movements. It has been practiced for centuries in the middle-east and now it is fast becoming a craze in this country. Tap into your inner belly dancer as you discover how you can release stress, access your sensual power, indulge in new sounds and rhythms, and develop flexible strength. Bring an open mind and a sense of humor as you get ready to shake and shimmy! Wear comfortable clothing and slippers.
Topics: background of Middle Eastern dance • how belly dancing can be used to communicate beauty and power • warm-up, stretching, breathing • complete body isolation • drops, lifts and circles • shimmys
Instructor: Zaida has devoted her life to helping women feel confident and beautiful through the art form of dance.
Course fee: $39 Members: $34
Choose:
#1236 Wed Jan 9,16,23,30 7-8pm
#1597 Thur Feb 7,14,21,28 6-7pm
#1598 Thur Mar 7,14,21,28 7-8pm

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January/February 2002 - See back cover for registration info or call 518.438.5669.

Sign up for a class at the last minute if there is space available. Call 518.438.5669.
Psychic Skills for a Psych Life

Locations: Albany

Everyone has psychic powers and abilities. The Capital District's leading psychic, Ann Fisher, will explore the psychic world with you and your classmates and help you to open yourself up to new ways of sensing reality. First learn about the history and development of parapsychology. Then discover how to identify and evaluate your psychic strengths and weaknesses through meditative exercises.

Topics: telepathy, the ability to communicate with the mind; clairvoyance, the visualization of situations and events; psychokinesis, the ability to move things with your mind; meditation exercises to explore your psychic realm; ten ways to develop psychically; your potential to recognize psychic events; how to communicate better with others.

Instructor: Ann Fisher, professional psychic, has lectured throughout the US, Canada, England, and Iceland.

Course fee: $29 Members: $24
Choose: #1250 Thur Jan 17 7-9pm
#1482 Tues Mar 5 7-9pm

Past Life Regression

Location: Albany-Five Hills area

Have you lived before? The idea of reincarnation and past life regression need not remain a mystery. Gain a fuller understanding of reincarnation and past life regression in this experimental workshop. Learn how your past can affect your actions today. Understand how your subconscious mind files your stored life-memories. When you revisit the important memories from forgotten lives, you begin to understand their impact.

Topics: discuss the concepts of life after death and reincarnation; explore one of your past lives in a group-conducted hypnosis session; discuss your experiences; fears, skills, and interests have been stressed by past events

Instructor: Ann Fisher, see Psychic Skills (this page)

Course fee: $39 Members: $34
Choose: #1480 Wed Feb 6 7-10pm
#1481 Thur Apr 4 7-10pm

Feng Shui

Location: Colonie

Feng Shui (pronounced fung shwee) is the ancient Chinese art and science of using the energy in an environment. Learn how to implement Feng Shui in the way you arrange, color and personalize your home or work space. Making simple adjustments can alter the feel of your space as well as the entire environment of your life. Enjoy discussions of feng shui and receive personalized suggestions.

Instructor: Dawn Hayman

Course fee: $29 Members: $24
Choose: #1344 Mon Jan 7 6:30-9:30pm
#1410 Tues Mar 12 6:30-9:30pm

The Kabbalah: Secrets of Ancient Jewish Mysticism

Location: Colonie

Find inner peace in a world of turmoil. The Kabbalah, ancient texts handed down throughout history, contains some of the oldest mystical teachings known to man. For centuries they were only taught to male rabbinical students and kept secret from the non-Jewish world. Interest in the Kabbalah has recently been revived as we search for spirituality in a world overrun with commercialism and technology. Learn about the components of the Kabbalah and how it can help you discover peace of mind as it has for Roseann Barr and Madonna.

Topics: the history of the Kabbalah and how it can nourish your soul; the ten sefirot (emanations) • the secret of the Hebrew Aleph-bet • the unity of the spiritual world • insights into Yichud (true unity) between male and female • the unique spirituality of the woman • reincarnation and life after death

Instructor: Rabbi Nachman Simon has an MA in Hebrew Letters. He has studied mystical Kabbalistic wisdom for over 25 years and lectures frequently on Jewish mysticism. He is host of the TV program, "The Jewish View."

Course fee: $29 Members: $24
Choose: #1504 Wed Feb 6 7-9pm
#1505 Mon Apr 8 7-9pm

What Happened at Roswell? recounting the story of the landing of a UFO

Location: Colonie

On July 7, 1947, after an intense lightning storm Mac Brazel took a ride out to look at his stock on his ranch 53 miles northwest of Roswell, New Mexico. What he found on July 7th and took to Roswell Army Air Force Base has been the subject of controversy and of literally thousands of articles, books, videos and even a television program. Bob Welling unravels a story born out of the landscape and mystery of the Southwest, the drama of the atomic era, the real-life legend of New Mexico's famed Billy the Kid, and controversies surrounding the Roswell event.

Instructor: Bob Welling has personally interviewed some of the last people surviving that event in 1947 and, as a professional storyteller, woven the interviews, the books and the varied opinions into two stories: the landing as seen by the people and the landing as seen by government reports since 1947 through the final report in 1994.

Course fee: $27 Members: $24
Choose: one time only: #1341 Fri Mar 1 7-9:30pm

Witchcraft

a local educator comes out of the broom closet

Location: Colonie

Witchcraft is a belief system, religion and way of life based upon the reconstruction of pre-Christian traditions originating in Ireland, Scotland, and Wales. It is actually the world's oldest religion. This class will dispel the myths and enlighten you with the truth about this ancient wisdom. Learn facts and myths about witchcraft. Begin a safe exploration of the religious belief system as it still survives today. It is not what you think or maybe it is! Topics: the thirteen goals of a witch • the significance of the pentagram • the basic tools of witches • the answers to common questions asked of all witches such as: Do they worship the devil?, Why do some wear black?, and Why are spells cast?

Instructor: Carolyn Maroney has been practicing witchcraft for three years and is a member of the Hudson Valley Pagans Network. She also holds a Master of Science in Educational Psychology.

Course fee: $39 Members: $34
Choose: #1220 Thur Jan 10 6:30-9:30pm
#1475 Wed Feb 20 6:30-9:30pm
#1476 Wed Mar 27 6:30-9:30pm

Angels 101

Location: Colonie

Almost everyone has an angel story, either their own or someone else's. Contact with angels brings companionship, comfort and enhances your spirituality. Even if you entertain a skeptical curiosity of angels, take this fascinating workshop to learn about how to develop your angel awareness. On the first night you’ll be given experiential homework to connect with angelic presence. The second evening focuses on building on your experiences, more discussion, and additional exercises.

Topics: the importance of angels • historically, religiously and culturally • interactive discussion of participants' personal stories involving angels • how to connect with an angel presence • signs you are in an angel’s presence

Instructor: Myrna Denison, RN, has experienced and nurtured a unique spirituality of healing. She has been a participant at numerous prominent conferences and events on building on your experiences, more discussion, and additional exercises.

Course fee: $39 Members: $34
Choose: #9982 Tues Jan 8,15 6:30-9:30pm
#1735 Mon Mar 18,25 7-8:30pm

Easy ways to get your employer to send you to a class

ASK. A request may be all it takes. STRESS the benefits. Training makes more productive employees. SHOW YOUR EMPLOYER the Knowledge Network • EMPHASIZE the convenience, Local, quality training with a choice of dates and times • COMPARE prices. Our training is a bargain!
**Zero Taxes from Your Paycheck!**

**Location:** Colonie

Just as business ideas are endless, so are legal ways to save on taxes! If you work a regular job and own a business on the side (or are planning to start one), take this class to find out how you can deduct little or no taxes from paycheck. The average person following this strategy has been able to increase their take-home pay by $300-$500 monthly.

**Topics:**
- why cash flow is crucial, especially when you are first starting out
- how to use your increased cash flow to grow your business

Each student will receive a copy of the handout: "How to Make Any Expense Tax Deductible" and a copy of the disk, "Tax-Cutting Resource Kit."

**Instructor:** Paul Midgenovic is a CFP practitioner and business consultant who specializes in helping people with financial, tax and business concerns. He is author of several books and has appeared widely in print, television and radio.

**Course fee:** $39  Members: $34  Material(s): $5

**Choose:** #1336 Thur Feb 7 6:30-9:30pm

#1724 Thur May 9 6:30-9:30pm

**Divorce in NYS a primer on NYS divorce law taught by an attorney**

**Location:** Albany

Be informed about your rights and responsibilities under NYS law so you receive a fair settlement and have an easier transition. Before you begin a costly relationship counseling, understand the grounds for divorce so you know how to go about getting one.

**Instructor:** Ian R. Arcos, Esq., a member of the Family Law section of the NYS & American Bar Associations, handles divorce and custody issues daily and has taught for over 10 years.

**Course fee:** $39  Members: $34

**Choose:** #1216 Thur Jan 10 6-9pm

#1300 Thur Mar 14 6-9pm

**Business Bookkeeping and Taxes**

**Location:** Latham

This course, targeted towards individuals with little or no bookkeeping or tax experience will introduce you to the basics of bookkeeping and taxes for the small business.

**Topics:**
- basic financial statements (balance sheet and income)
- income tax, sales tax, payroll tax reporting issues
- independent contractor reporting issues
- choice of business entity
- saving opportunities: home office deduction
- retirement plan options.

**Instructor:** Chris Cimijotti is tax manager for a regional accounting firm, providing tax services to a wide range of clients. He has published articles on tax issues in local business publications.

**Course fee:** $49  Members: $44

**Choose:** #1216 Thur Jan 10 6-9pm

#1300 Thur Mar 14 6-9pm

**10 Financial Mistakes People Make to mess up their lives and how to avoid them!**

**Location:** Colonie

If you feel like you're working for your banker, insurance agent and credit card company, you need to stop being a wage slave and take this class now! This program is a no-nonsense, nuts and bolts approach to eliminating all your debts in less than 10 years—excluding your mortgage—and putting you in charge of how to spend your hard earned cash. Bring a list of your debts to class and find out how to use your increased cash flow to grow your business.

**Instructor:** Mike Quinn, BS-Finance, has taught this program to Capital District residents for the past three years.

**Course fee:** $39  Members: $34

**Choose:** #1216 Thur Jan 10 6-9pm

**Make Money with Internet Auctions**

**Location:** Colonie

Internet auction sites such as eBay, Yahoo, and Amazon.com have enjoyed uptick in popularity because most people have something of value to sell on their own. Learn how to navigate through the maze of commission and fees involved in making an offer: when to sign and when to leave. You receive a fair settlement and have an easier transition.

**Instructor:** Gael Casey Vecchio, CRS, GRI is a Principal Broker. Gary LeKowitz is a partner in the firm of LeKowitz & Keeve.

**Course fee:** $39  Members: $34

**Choose:** #1316 Wed Jan 16 6:30-9:30pm

#1491 Wed Mar 6 6:30-9:30pm

**All About Adoption**

**Location:** Albany

Overview: This class, taught by an attorney, explores the emotional, legal, financial and practical issues involved in making your adoption decision. He also explains and demystifies the mechanics of the process. The instructor will provide you with take home info package covered in the course fee.

**Topics:**
- private, agency and international adoption
- how to find compatible agencies and professionals
- legal issues involved in making your adoption decision
- when a match is made
- benefits from Adoption Tax Credit

**Instructor:** Brenda O'Shea is a member of the American Academy of Adoption Attorneys and the Adoption Committee of the Family Law Section of the New York Bar Association.

**Course fee:** $39  Couples: $49

**Members:** $34  **Member Couples:** $44

**Choose:** #1322 Thur Jan 17 6:30-9:30pm

#1512 Tues Mar 12 6:30-9:30pm

**How to Buy a House**

**Location:** Colonie

Take the guesswork and heartache out of buying a house and learn how to avoid the mistakes that can be avoided.

**Topics:**
- how to work with buyer's brokers and seller brokers
- when to retain a professional home inspector
- how to figure how much house you can afford
- the difference between conventional, FHA, VA, SONYMA, adjustable rate, fixed rate and seller-financed mortgages
- bank qualifications
- property taxes
- assessments and insurance
- how to protect yourself from long-term interest rate and legal ramifications

**Instructor:** Gael Casey Vecchio, CRS, GRI is a Principal Broker with 23 years experience in the real estate business.

**Course fee:** $39  **Members:** $34

**Choose:** #1316 Wed Jan 16 6:30-9:30pm

#1491 Wed Mar 6 6:30-9:30pm

**How to Sell Your House with or without a broker**

**Location:** Colonie

Thinking of selling your house? Take this class and learn the ins and outs of all the options available to you in today's market. For Sale by Owner, working with a traditional broker, plus many other creative ways you may not be aware of. Find out what you need to do to get your property in shape for the sale. Don't waste time and money fixing things that don't increase the value of your property.

**Topics:**
- time commitments
- working with traditional brokers
- your potential out-of-pocket expense
- preparing and pricing your property
- marketing tactics
- advertising
- negotiating an offer
- how to navigate through the maze of financing options, mortgage approvals and the closing.

**Instructor:** Gael Casey Vecchio, CRS, GRI is a Principal Broker with 23 years experience in the real estate business.

**Course fee:** $39  **Members:** $34

**Choose:** #1217 Wed Feb 13 6:30-9:30pm

#1492 Wed Apr 10 6:30-9:30pm

**The Organized Garage Sale**

**Location:** Colonie

Want a great way to get rid of clutter, recycle things you no longer want or need, make space for new things, and make some quick cash—sell all in your own yard! Have a successful garage sale! This class will help you organize it to be profitable and make it the least work possible.

**Topics:**
- steps to get ready
- garage sale lingo
- planning the date and time
- publicity and marketing
- Do's and Don'ts on the day of the sale
- options for getting rid of the unsold items

**Instructor:** Helen Yolk, CRS, GRI is an organizer of the Capital District's largest and most successful garage sales. Helen has held over 15 garage sales of her own and goes to garage sales regularly.

**Course fee:** $25  **Members:** $22

**Choose:** #1463 Thur Mar 1 7-9pm

#1564 Wed May 1 7-9pm
**Perfect Pateries**

Location: Troy

Put down that store-bought pie crust! From now on you can confidently make it yourself. You'll also learn how to use your oven, patisserie six and other delicious pastries. Discover how different ingredients and other factors affect the quality and consistency of the dough, and learn the proper techniques for ensuring show-stopping sweet and savory pies.

**Course fee:** $40  **Materials:** $5

**Choose:** #1443  Sun Jan 13  12:30-3:30pm  #1444  Sun Feb 10  12:30-3:30pm

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**A Classic New England Dinner**

Location: Troy

Come home to a hot, savory meal. Learn to make mouthwatering savory pies, a Yankee pot roast, fresh berry biscuits and more. If you've been looking to add simple, delicious foods to your cooking repertoire, you'll get a whole new idea of what this class can offer.

**Course fee:** $30  **Materials:** $15

**Choose:** #1442  Wed Jan 23  6-9pm

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**Flavors of Southern Italy**

Location: Troy

Create your own fresh, hand-made pasta and dress it with a seasonal mixture of dried mushrooms, tomatoes, oil-cured olives and root vegetables. Enjoy this hearty meal with authentic focaccia bread and wash it down with classic Sangiovese or Montepulciano.

**Course fee:** $40  **Materials:** $15

**One time only:** #1447  Wed Feb 20  6-9pm

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**Spanish Fiesta**

Location: Troy

This exciting program features three nights of tapas classes in which students learn about the history of this distinct and popular Spanish tapas appetizer, how they are made, and then participate in making and sampling a variety of items. A fourth night will be devoted to showcasing Spanish culinary and artistic culture by giving students the opportunity to prepare tapas for an audience who will enjoy traditional Spanish flamenco music and dance by acclaimed performers Maria Zemantauski and Katita Milazzo.

**Course fee:** includes dinner performance ticket

**Instructor:** Jacqueline Baldwin

**Course fee:** $35  **Materials:** $20

**One time only:** #1742  Cooking - Tues Jan 29  6:30-7:30pm  #1441  Tues Feb 19  6-9pm

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**Watercolors**

Location: Troy

Beginning

If you want to paint in watercolor but are apprehensive, this is the class for you.

**Topical:** how to select brushes, paints and other materials • how to set up your palette • hands-on painting • colors, hues • the proper care of materials • experiment with various techniques

**Instructor:** Carol Green

**Course fee:** $125

**Choose:** #1417  Tues Jan 15 22,29  6:30-8:30pm  #1418  Tues Feb 26  6:30-8:30pm

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**Making Pottery on the Wheel**

Location: Troy

Learn how to "throw" on the potter's wheel and create vases, bowls, pots and more! Carving and slip trailing for surface decoration will embellish your creations, which will be glazed and kiln fired. This is a fun, hands-on course for any enthusiastic beginner.

**Instructors:** Doug Klein & John Visser

**Course fee:** $155  **Materials fee:** $45

**Choose:** #1423  Tues Jan 8,15,22,29  6:30-9:30pm  #1424  Tues Jan 10,17,24,31  6:30-9:30pm  #1425  Wed Feb 6,13,20,27  6:30-9:30pm  #1426  Thurs Feb 28  6:30-9:30pm

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**Intermediate/Advanced Pottery**

Learn how to design and create the form you want. Continue to develop your skills in clay while learning to use the wheel as a creative tool.

**Instructor:** Collen O'Sullivan & John Visser

**Course fee:** $155  **Materials fee:** $45

**Choose:** #1427  Mon Jan 7,14,21,28  Feb 4,11,18  6:30-9:30pm  #1428  Thurs Feb 28  6:30-9:30pm

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**Call for our Arts Supplement 438-5669**

We also have Figure Drawing, Intaglio Printmaking, Sculpting in Marble, Make a Blanket Rack, Jewelry Making, Portraiture, Stamping, Papermaking plus many more!
Grant Proposal Workshop
how to write a successful grant

Location: Colonie

This is a nuts-and-bolts interactive workshop on the mechanics of writing a successful grant. First, we’ll conduct an examination of the seven parts of a grant-winning proposal to discover what works, then we’ll start writing your grant in class. So register today, bring a pen and paper, roll up your shirt sleeves and write that winning proposal!

Topics: questions to ask yourself before you begin • ten proposal basics • writing an effective case statement • key words to use • the structure and purpose of each part of the proposal • attachments - what to include and what to leave out • funding sources • research approaches • the all-important query letter

Instructor: Lynn O’Connell holds a Certificate in Non-Profit Management from Duke University and is working on her Master’s in Philanthropy from Indiana University. Lynn manages six endowed or corporately funded grant programs, giving away $1.5 million annually. Lynn is also a consultant on fundraising and issues of nonprofit management.

Course fee: $49  Members: $44
One time only: #9970 Thu Jan 31 6:30-9:30 pm
Call for March 2002 Grant Writing dates

Project Management
got it done right -- on-time and within budget

Location: Colonie

People who know how to get things done seem like miracle workers. They’re not. They just know HOW to make things happen. You CAN accomplish anything as long as you have a plan, a budget, a timeline, and a vision of the outcome. Find out how to accomplish what you need to without letting your quest for perfection bog you down, your fear of failure paralyze you, or your poor time management make you spin your wheels and waste energy. Bring your unfinished or pending project idea - whether it be running a business, opening a new location, moving your office, or kicking off a new sales promotion.

Topics: identifying the three elements of successful project management • preparing a plan • setting up a decision timeline • pulling together necessary information and resources • establishing a realistic timeline • anticipating and overcoming obstacles • holding participants responsible • what to do when things go awry.

Instructor: Diane Campion, former Director of Organizing for CESEA, is now owner of a business organizing and consulting service. Helen Volk will assist with this class.

Course fee: $69  Members: $56
One time only: #9939 Wed Feb 13 9:30am-12:30pm
Last class - Register today!

Meeting Planners and Conference Organizers
Let us do the running around for you!

Looking for a dynamic and informative speaker for your next event? The majority of the instructors listed in this catalog are also available for private speaking engagements through our

SPEAKERS BUREAU.
Contact: Kathlene Thiel for more information, 518.438.5669

Speakers: If you are interested in working with our bureau, please send your Press Kit for consideration to: Knowledge Network Speaker’s Bureau
19 Aviation Rd, Albany, NY 12205.
No phone calls please.

How To Thrive In Turbulent Times:
Emergence From Emergency
- led by Rick Kirschnerr, N.D.

Location: Saratoga

Rick was scheduled for this fast-paced, dynamic, and interactive presentation long before September 11. Now, it’s time has really come! We find ourselves in the midst of a global re-examination of basic assumptions about work, life, liberty, and happiness. There is no going back - the future is now and the choices are yours. Are you ready?

Topics: practical, time-tested tips for neutralizing negativity and dealing with adversity • tracking the trends; what’s changing and why • exploring the opportunities for thriving in turbulent times • the maximum leverage points for riding the waves of change and weathering the storms... with your sense of humor, creativity, courage, and compassion intact

Instructor: Rick Kirschnerr, N.D., is author of best-selling books Life By Design: Making Wise Choices in a Mixed-Up World and Dealing With People You Can’t Stand: How to Bring Out the Best in People at Their Worst. Rick’s insight-full and inspiring presentations are fun, meaningful, and deliver lasting results.

Course Fee: $150
One time only: #1693 Fri Apr 12 9am-3pm
includes coffee/ juice break and lunch

Time Management

Location: Colonie

Frazzled and frustrated because you can’t seem to get everything done? Find yourself reacting to crises instead of doing what’s important? You are not alone! The truth is you are probably trying to do too much. Throw out traditional time management wisdom because managing in the nineties isn’t just a matter of making a “to do” list. Learn how to identify what’s really crucial, prioritize to short circuit stress, and how to say “no” to the rest. Bring your “to do” list.

Topics: setting realistic goals and objectives • the three dimensions of achievement – motivation, strategy, environment – and why each is crucial • planning • managing tasks • managing schedules

Instructor: Richard Naylor, MLS, MBA, is Asst. Director of the Colonie Library. He developed this program through research in psychology and time management and is currently working on a book on the topic. He has presented this workshop to the North Country Regional Library System.

Course fee: $49  Members: $44
Materials: $6
Choose: #1714 Wed Feb 6 1:30-4:30 pm
#1715 Thur Mar 28 1:30-4:30 pm

5 Steps to Effective Business Writing

concise, professional, error free

Location: Colonie

You don’t have to be William Faulkner to write productive business memos, e-mails, letters and reports. Business writing is a skill that can be easily accomplished by following a few basic steps.

This is a great refresher course that will simplify your writing skills. Bring samples of your writing, a pen and a pad of paper, as this is an interactive workshop. Class size is limited to ten students: register now to avoid getting closed out!

Topics: defining your message • five steps to composing your document • writing styles, tone and word choice • key grammatical rules for business writers • basic spelling rules • proper use of punctuation • proper business formats • special concerns of the corporate writer

Instructor: Dr. Ann Edward has her doctorate in educational Administration. She is a corporate trainer who specializes in providing effective business communication skills.

Course fee: $69  Members: $64  Materials: $3
One time only: #1315 Wed Jan 30 9am-1pm
#1350 Thu Mar 28 9am-1pm

Marketing Workshops and Business Training

Location: Colonie

Teaching adults or giving business training is a hot career. Estimates are that up to 90% of the adult population is taking classes in any given year. Use your life experience, professional skills or even your hobby to teach or train. Teachers can find work in schools, community colleges, business, churches, associations, senior centers and just about anywhere people learn. The capital investment to get started is as little as $200 and you don’t have to give up your day job.

Topics: how to determine your topic • analyzing your market niche • how to use every word you say or write to paraphrase a song of the 70s, makes every word you say and every breath you take help market you • how to promote yourself with words, applications, workshop descriptions and visual design • how to provide what instutions are looking for • bonus: six secrets to writing great course descriptions and ads

Instructor: Bob Walling see Create Dynamite Workshops (above).

Course fee: $49  Members: $44  Materials: $6
One time only: #1340 Sat Mar 2 2-5 pm
Take both Bob Walling classes above for $69 (Members $64)

Be a Notary Public

Location: Colonie

This American Society of Notaries-endorsed class prepares you to pass the New York State notary exam and provides a comprehensive view of the notary-public office. A common misconception is that merely passing the exam adequately prepares you for life in the real world as a notary — it does not. This class will help you with both.

Topics: confusing laws, concepts and procedures are explained in plain English • day-to-day issues you will face in serving as a notary • avoiding conflicts of interest • maintaining professional ethics • charging proper fees • when to defer to an attorney • handling special situations, minimize legal liability and much more • be at an advantage over others as the text -- available only by purchase at class -- contains practice exams with answers • post class support with instructor via fax and e-mail • NYS notary exam is held every Wednesday in Albany.


Course fee: $69  Members: $64  Materials: $24.95 + tax for text with practice exams
Choose: #1154 Fri Jan 25 9am-12:30 pm
#1468 Fri Apr 19 9am-12:30 pm

How to Create Dynamite Workshops and Training

Location: Colonie

You can give a seminar, lecture or presentation, or you can learn methods that make any learning experience come alive. Learner centered teaching methods can be used in business training, adult workshops, home schooling, community action, and volunteer work. If you have never taught before, this is the place to start. If you have taught before, this is a great place to get new ideas and hone your skills.

Topics: how people learn and how to use that knowledge to communicate effectively without tricks or gimmicks • passionate presentations that ignite the audience • creating a learning energy field • creating learning bites and bits that engage the 21st century mind • mastering the power of story, rhythm, discussion and interaction to change attitudes and engage learning.

Instructor: Bob Walling founded Open, Inc. in 1985 in Minneapolis where he promoted more than 1300 new teachers and created and marketed more than 12,000 different adult programs. Some of the materials for this class are derived from his book Make a Difference, Not a Lecture.

Course fee: $49  Members: $44  Materials: $6
One time only: #1339 Sat Mar 2 9am-1pm
How to Create a Web Page I

HTML Basics
Location: Colonie
Take this class to learn the basics of setting up a web page using HTML (hypertext markup language) the code behind all websites.
Topics: view HTML source code to get an idea of how text builds what your eye sees • simple HTML document with a title and a heading will be constructed to demonstrate layout concepts • learn how to use color • explore style sheets • understand the diversity of links: external, relative, bookmarks, and mail-to-links
Course fee: $59 Members: $54
Choose: #1350 Thur Jan 17 6-9pm
#1704 Mon Mar 4 6-9pm
Take both How to Create a Web Page Level I & Level II together
Course fee: $99 Members: $94

Windows 98
Course fee: $189 Members: $184
Choose: #1647 Thur Jan 17 8:30am-4:30pm
#1648 Fri Feb 1 8:30am-4:30pm
#1649 Tues Feb 19 8:30am-4:30pm
#1650 Fri Mar 15 8:30am-4:30pm

Windows 2000
Course fee: $189 Members: $184
Choose: #1637 Mon Jan 7 8:30am-4:30pm
#1638 Sat Jan 12 8:30am-4:30pm
#1639 Wed Jan 16 8:30am-4:30pm
#1640 Wed & Thur Jan 30, 31 6-9pm
#1641 Tues Feb 5 8:30am-4:30pm
#1642 Thu Feb 21 8:30am-4:30pm
#1643 Mon Mar 4 8:30am-4:30pm
#1644 Sat Mar 9 8:30am-4:30pm

Access 2000
Course fee: $399 Members: $395
Choose: #1559 Mon & Tues Jan 14, 15 8:30am-4:30pm
#1560 Thur & Fri Feb 7, 8 8:30am-4:30pm
#1561 Mon & Thur Feb 25/26, 27 6-9pm
#1562 Mon & Tues Mar 4, 5 8:30am-4:30pm

Excel 2000
Course fee: $189 Members: $184
Choose: #1584 Mon & Tues Jan 7, 8 6-9pm
#1585 Tues Jan 8 8:30am-4:30pm
#1586 Thur Jan 17 8:30am-4:30pm
#1587 Tues Jan 22 8:30am-4:30pm
#1588 Wed Jan 30 8:30am-4:30pm
#1606 Sat Feb 9 8:30am-4:30pm
#1607 Thur Feb 14 8:30am-4:30pm
#1608 Tues & Wed Feb 19, 20 6-9pm
#1609 Fri Feb 22 8:30am-4:30pm
#1611 Tues Mar 5 8:30am-4:30pm
#1612 Wed Mar 13 8:30am-4:30pm

Quickbooks 2000
Course fee: $189 Members: $184
Choose: #1578 Fri Jan 11 8:30am-4:30pm
#1579 Mon Feb 8 8:30am-4:30pm
#1580 Mon Mar 18 8:30am-4:30pm

Outlook 2000
Course fee: $189 Members: $184
Choose: #1513 Mon Jan 7 8:30am-4:30pm
#1514 Wed Jan 23 8:30am-4:30pm
#1515 Fri Feb 8 8:30am-4:30pm
#1516 Thur Mar 14 8:30am-4:30pm

Intro to the Computer
Our most basic computer class
Location: Colonie
Don't be intimidated; this hands-on class will give you the knowledge you need to get started.
Topics: basic computer terminology • the components of a computer - the processor, memory and storage devices • good computer habits and why they are important • Windows terminology and management • practice functions hands-on: saving, opening and closing files • switching between application windows
Course fee: $59 Members: $54
Choose: #1326 Wed Jan 2 6-9pm
#1703 Mar Feb 4 6-9pm
#1704 Mon Mar 4 6-9pm

Get on the Net
Internet Basics
Location: Colonie
In this basic class, you will use your in-class “on-line” computer to learn how to access and use the Internet. Don't postpone it any longer -- start taking advantage of the vast resources of the Internet!
Topics: history of the Internet • hardware, software and telephone line requirements • basic browser components: the menu bar, tool bar, uniform resource locator (URL) favorites • customization • internet service providers • search engines • set up a Yahoo e-mail account • review tools, send, read, and reply to messages • basic functions of an address book • communications Netiquette
Course fee: $59 Members: $54
Choose: #1328 Wed Jan 9 6-9pm
#1705 Mon Feb 11 6-9pm
#1706 Wed Mar 14 6-9pm
Take both Intro to the Computer & Ge on the Net together
Course fee: $99 Members: $94

Word 2000
Course fee: $189 Members: $184
Choose: #1621 Fri Jan 11 8:30am-4:30pm
#1622 Mon Jan 14 8:30am-4:30pm
#1623 Mon & Tues Jan 21, 22 6-9pm
#1624 Sat Jan 26 8:30am-4:30pm
#1625 Thur Jan 31 8:30am-4:30pm
#1626 Tues Feb 12 8:30am-4:30pm
#1627 Fri Feb 22 8:30am-4:30pm
#1628 Wed Mar 6 8:30am-4:30pm
#1629 Wed & Thur Mar 13, 14 6-9pm

PowerPoint 2000
Course fee: $189 Members: $184
Choose: #1567 Wed & Thur Jan 9, 10 6-9pm
#1568 Wed & Thur Jan 16 8:30am-4:30pm
#1569 Sat Jan 26 8:30am-4:30pm
#1570 Mon Feb 4 8:30am-4:30pm
#1571 Tues Feb 19 8:30am-4:30pm
#1572 Sat Mar 9 8:30am-4:30pm
#1573 Mon Mar 11 8:30am-4:30pm
#1574 Mon & Tues Mar 11, 12 6-9pm

How to Create a Web Page II

Word 2000
Course fee: $189 Members: $184
Choose: #1621 Fri Jan 11 8:30am-4:30pm
#1622 Mon Jan 14 8:30am-4:30pm
#1623 Mon & Tues Jan 21, 22 6-9pm
#1624 Sat Jan 26 8:30am-4:30pm
#1625 Thur Jan 31 8:30am-4:30pm
#1626 Tues Feb 12 8:30am-4:30pm
#1627 Fri Feb 22 8:30am-4:30pm
#1628 Wed Mar 6 8:30am-4:30pm
#1629 Wed & Thur Mar 13, 14 6-9pm

HTML 4.0
Course fee: $189 Members: $184
Choose: #1864 Wed Jan 9 8:30am-4:30pm
#1665 Sat Jan 12 8:30am-4:30pm
#1666 Mon & Tues Jan 28, 29 6-9pm
#1667 Wed Jan 30 8:30am-4:30pm
#1668 Fri Feb 22 8:30am-4:30pm
#1669 Wed Mar 6 8:30am-4:30pm
#1670 Wed & Thur Mar 6, 7, 8 6-9pm

FrontPage 2000
Course fee: $189 Members: $184
Choose: #1685 Mon Jan 14, 15 6-9pm
#1676 Wed Jan 17 8:30am-4:30pm
#1677 Wed Feb 6 8:30am-4:30pm
#1678 Sat Feb 23 8:30am-4:30pm
#1679 Fri Mar 1 8:30am-4:30pm

Dreamweaver 4
Course fee: $189 Members: $184
Choose: #1686 Tues Jan 8 8:30am-4:30pm
#1687 Thur Feb 14 8:30am-4:30pm
#1685 Fri Mar 22 8:30am-4:30pm

Flash! 5
Course fee: $189 Members: $184
Choose: #1683 Thur Jan 17 8:30am-4:30pm
#1684 Wed Feb 10 8:30am-4:30pm
#1685 Wed Apr 10 8:30am-4:30pm

Quark Xpress
Course fee: $399 Members: $395
Choose: #1660 Mon & Tues Jan 21, 22 8:30am-4:30pm
#1661 Wed & Thur Mar 6, 7 8:30am-4:30pm

PageMaker 6.5
Course fee: $399 Members: $395
Choose: #1662 Wed & Thur Feb 6, 7 8:30am-4:30pm
#1663 Thur & Fri Apr 4, 5 8:30am-4:30pm

All computer courses listed here are hands on.
Each student has their own computer to use during class.
### Directions to Knowledge Network

**From Albany**
Take I-90 to the Northway (I-87). Get off at Exit 48 (Route 5 East/Wolf Rd.). Head straight (north) on Wolf Rd. At 5th traffic light after Central Ave, turn right on Computer Dr East (look for M&T Bank & DeNooyer Chevrolet at this corner). Turn left at sign: “14 Computer Drive East.” This driveway takes you into an office park. #19 is the 2nd building on left. Enter main door -- we are off the lobby on left.

**From North of Albany**
Take the Northway (I-87) to exit 4. At the end of the exit turn left onto Route 155 West, then go left on Albany Shaker Rd. Turn right onto Wolf Rd. At the 4th traffic light, turn left onto Computer Drive East (look for M&T Bank & DeNooyer Chevrolet at this corner). Turn left at sign: “14 Computer Drive East.” This driveway takes you into an office park. #19 is the 2nd building on left. Enter main door -- we are off the lobby on left.

Many classes are NOT HELD at Knowledge Network but elsewhere throughout the Capital District. Directions are provided upon registration.

### Six Easy Ways to Register

**Call 518.438.5669** to register by credit card: Visa, Mastercard, Discover, or American Express. We’re open Mon-Fri, 9am-6pm

**Send the registration form** with your payment to: Knowledge Network  19 Aviation Road  Albany NY 12205

**In person** at our business office: 19 Aviation Rd, Colonie (see map-left)  Open Mon - Fri 9am - 6pm

**Via the web** at [www.knowledgenetwork.org](http://www.knowledgenetwork.org)

We’ll e-mail your admission card with directions the next business day.

**Fax** the registration form to 518.438.5670. Please be sure to include your credit card number.

**E-mail** to learn@knowledgenetwork.org Please do not include credit card info. We’ll confirm by phone and get the number then.

### Membership Benefits

Membership - Join to save! Most classes list lower Member fees for our club members. The $6 registration fee and transfer fees are waived. Membership covers a 12 month period beginning the month you join. Individual membership is $39; a $59 Household Membership covers all adults living at the same address. Seniors 65+ pay only $29; please include proof of age.

As a Member you will receive a **FREE Knowledge Network canvas totebag** ($10 value).

See page 3 for member specials this issue!

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### Knowledge Network Registration Form - Jan/Feb 2002

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*Please include all contact information so we can be in touch with you if a class is changed or cancelled.*

**Membership (optional)**

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**Add $6 registration fee per person unless you are a member**

**Total**

Do not pay materials fee now; pay at class unless otherwise noted (example: some art classes)

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*For family memberships please list household members on a separate sheet.

**If a course fee for a particular class lists a “Couple fee” pay only one registration fee.

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Send this form to: Knowledge Network 19 Aviation Road Albany NY 12205

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### How to Register - Please Read!

**Payment is required upon registration.**

You may use a credit card or a check payable to The Knowledge Network. Upon registration The Knowledge Network will send your admission card(s) with location directions; bring this card to class. If you do not receive it in time, call 518.438.5669 for directions.

**The Registration Fee** is per person, or per “Couple fee” for each order. Members do not pay registration fees.

**Materials Fees** are paid to the instructor at class, unless otherwise noted.

**Cancellation Policy** To withdraw from a class, notify The Knowledge Network office AT LEAST 3 BUSINESS DAYS PRIOR TO CLASS (ONE WEEK PRIOR for Culinary and Wine programs). When a student withdraws a refund WILL NOT be granted. Instead a course credit, in the amount of the course fee, will be issued. This credit may be used towards Knowledge Network classes for six months. The registration fee is forfeited. Should the Knowledge Network cancel a class for reasons other than weather a refund will be issued unless the course was paid with a course credit. If so, a course credit will be re-issued and extended for another six months.

**A student may transfer** to another date of a class if he/she notifies us at least three business days prior. A $6 fee is imposed. Members do not pay transfer fees.

**Weather** If traveling conditions are hazardous, we’ll postpone classes by 3pm on the day of class. We will attempt to call you but urge you to call 438-5669 if you are unavailable. If you cannot attend the re-scheduled date, we’ll issue a course credit good towards Knowledge Network classes.

**NO REFUNDS FOR WEATHER POSTPONEMENTS.**

Sorry, no video/audio taping of classes. Knowledge Network is not responsible for advice or consultation given beyond class. A $30 service charge will be charged for all returned checks.

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### Share Your Knowledge

Present a class! Please submit your course idea in writing. Include some basic information about your topic and your expertise. We consider all proposals but topics of widest appeal are generally the most attractive. We are looking for instructors to teach: Gardening, CPR, Landscaping, Become a Landlord, Bloodtype and Diet, Sign Language, Sailing, Ethnic Cooking, Bread Baking, Wine Tasting, ESL, Find Your Soulmate, Freelance Writing.

**NO PHONE CALLS PLEASE**

Send your proposal to: Knowledge Network Program Director 19 Aviation Road Albany NY 12205-1131

E-mail to: learn@knowledgenetwork.org

Fax to: 518.438.5670

**Come on, show us what you know.**

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### Get on our FREE mailing list

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<td>City, State, Zip</td>
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<td>or call 438-5669</td>
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*For family memberships please list household members on a separate sheet.

**If a course fee for a particular class lists a “Couple fee” pay only one registration fee.

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Send this form to: Knowledge Network 19 Aviation Road Albany NY 12205
Blues heats up the Egg

By DEV TOBIN

For a hot time in the cold of winter, the Egg at Empire State Plaza will reprise its Mid-Winter Blues Festival, with both up-and-comers and grizzled veterans of the national blues scene.

The fifth annual January festival again features three concerts on consecutive weekends — Robert Randolph and the Family Band and the Sean Costello Blues Band on Jan. 12; Shemekia Copeland and Olu Dara on Jan. 19; and the James Cotton Blues Band and Johnnie Johnson on Jan. 26. All the concerts begin at 8 p.m.

Egg Executive Director Peter Lesser said the blues have “attracted a good audience in the past, and we hope to keep it growing.”

Lesser said the events “looks to present a variety within the blues idiom — acoustic, electric, Chicago, New Orleans and the new influences of young blues artists.”

He added, “Some may want the blues to stay the same as in 1945, but the artists are always coming up with something new.”

Robert Randolph, 24, the headline of the first show, qualifies for the future, using a pedal steel guitar that is more familiar to country audiences.

Randolph’s music is “a mixture of country twang, gospel and Southern rock boogie,” Lesser said.

Opening is Sean Costello, another young blues guitarist at 22. After playing in the Susan Tedeschi Band, Costello struck out on his own in a style that Lesser calls “postwar Chicago revivalist.”

The second concert also features two-up-and-coming acts, Shemekia Copeland and Olu Dara.

Copeland, who sizzled at the Fleet Bluesfest this summer, is “probably the top young female blues vocalist,” Lesser said.

The 22-year-old daughter of blues guitarist Johnny Clyde Copeland has been compared to greats like Koko Taylor, Aretha Franklin and Etta James, Lesser noted.

Olu Dara is “extraordinarily original,” Lesser said, with influences ranging from African and Latin music to rock and rhythm and blues.

The final concert is “back to basics, with two blues legends,” Lesser said.

James Cotton has been playing blues on the harmonica for more than 50 years, touring for a dozen years with the legendary Muddy Waters before setting out on his own in the 1960s.

And he’s still touring and recording, last year releasing a CD “Fire Down Under the Hill.”

Johnnie Johnson, a veteran of more than 50 years playing the blues, was instrumental in bringing the blues piano into rock, through his work with Chuck Berry for almost 20 years.

Johnson has also played with Muddy Waters, Etta James, Howlin’ Wolf, Buddy Guy, Little Walter and, on the rock side, Eric Clapton, Keith Richards and Bob Weir.

The festival, like the flagship summer blues festival outdoors at the plaza, is sponsored by Fleet Bank.

Tickets are $18 for Robert Randolph; $20 for Shemekia Copeland; and $22 for James Cotton. A three-concert ticket is $45.

Free parking is available in the underground plaza lots.

For information/reservations, call the Egg box office at 473-1845.

PHOTO CREDITS
James Cotton, with harmonica photo by Michael Collepp; Sean Costello of the Sean Costello Blues Band, photo by Phunzyr Holmes; Shemekia Copeland, photo by Steve Cooke.

photo by Michael Collepp

James Cotton

photo by Steve Cooke

Shemekia Copeland

photo by Michael Collepp
MOUNTAIN

MOUNTAIN THE JOURNEY OF JUSTICE WILLIAM O. DOUGLAS
Impeccable Theatre and Dance of Crocking Hill, Methodist Hill Road, Rensselaerville, Jan. 11, 12, 13, and 18 at 8 p.m., Jan. 3 and 20 at 2:30 p.m., $12, $8 for students and children. Information, 373-0038.

ROBERT ROLAND-PHILP AND THE FAMILY BAND
with Geraldine James & the Easy Riders, The Egg at Empire State Plaza, Albany, Jan. 12, 8 p.m., $12. Information, 470-1945.

EMERSON STRING QUARTET
performing an all-Mahler program, Memorial Chamber of Union College, Schenectady, Jan. 13, 3 p.m., $10, $5 for students. Information, 371-3521.

ALBANY SYMPHONY ORCHESTRA
performing works by Thomas Karda and Brahms, Troy Savings Bank Music Hall, State and Second streets, Jan. 18, 8 p.m., $10. Information, 473-0700.

SHOREMIA COPLAND

JAMES COTTON BLUES BAND
with George Truax, The Egg at Empire State Plaza, Albany, Jan. 20, 8 p.m., $22. Information, 470-1945.

B.B. KING
The Palace, 109 Clinton Ave., Albany, Jan 21, 7:30 p.m., $25 and $40. Information, 485-4453.

Diabolical

DANCE

DANZUKA: YIVE
Caribbean dance, with music performed by Living Colour guitarist Vernon Reid, The Egg at Empire State Plaza, Albany, Jan. 19, 6 p.m., $17. Information, 475-1045.

ALBANY CENTER GALLERIES
Mukwe-Hudige Regional Invitational, featuring works by Women Child, Ellen Dienstman Cowles and Rob Holst, through Feb. 16, opening reception Jan. 10 from 5:30 to 8 p.m. 161 Washington Ave. Information, 402-4775.

ALBANY INTERNATIONAL AIRPORT GALLERY
Private Eye, unusual local collections, third floor of terminal building, through March 17, Ancient Life of New York, through March 31; plus permanent collections, Empire State Plaza, Madison Avenue. Information, 476-5877.

ALBANY INSTITUTE OF HISTORY AND ART
Circa 1900: From the Garden Shed to the Jazz Age, Americans at the turn of the 20th century, plus an exhibit on Hudson River School paintings, the Albany Area Chapter of AAS: American, Egyptian and the history of Albany, 105 Washington Ave. Information, 447-4447.

Diabolical

VISUAL ARTS

NEW YORK STATE MUSEUM
American Souvenir, through Feb. 16, through Feb. 24, A Slave Speak: The World of the Hermit Life, through March 17; Ancient Life of New York, through March 31; plus permanent collections, Empire State Plaza, Madison Avenue. Information, 476-5877.

Visibilities

FESTIVAL FOR THE AMERICAN COMMUNITY
concerts on April 27 to May 2, 9 A.M. to 4 P.M. Information, 438-0212.

DILMAR COMMUNITY ORCHESTRA
openings in the string, horn and percussion sections. Information, 749-7740.

COLOMBINE TOWN BAND
several openings, rehearsals on Mondays at 7:30 p.m. at Town Hall, Route 9, Newkirkville. Information, 783-7750.

COLOMBINE CENTENNIAL BRASS CHOIR
openings for brass players, rehearsals on first Thursday and third Thursday of the month, at 7:15 p.m. Town Hall, Route 9, Newkirkville. Information, 783-2399.

SIEGEL CHAMBER ORCHESTRA AND CHORUS
rehearsals Thursdays at 7:30 p.m. for orchestra. Wednesdays at 7:30 for choir, Siena College, Route 9, Latham. Information, 783-2395.

CLifton Park Community Orchestra
openings in the string, horn and singing classical and popular songs, rehearsals on Mondays at 7:30 p.m. Information, 439-3341.

DANCE CLASSES
ongoing, all levels, ballet, jazz and modern, New School of Dance, 125 Main Street, Clifton Park, 783-0287.

ART CLASSES
watercolor, oil and drawing, beginner and intermediate, Wednesdays and Thursdays, taught by Robin Woodward. Information, 783-1658.

Words to the Wise

痂

Wanted The Colorado Art League seeks local two-dimensional artists to exhibit at Local Colorado Art, 861 Troy Schenectady Road, Latham. Information, 786-0657.

MONDAY NIGHT MUSICAL CLUB
WOMEN'S CHOIR
Invitation for new members to join in singing classical and popular songs, Third Reformed Church, 20 Forlak Ave., Albany, Thursdays, 7:30 p.m. Information, 477-4664.

CAPITAL COMMUNITY VOICES
rehearsals at Columbia High School, Luther Road, Greenbush, 7 to 9 p.m. Tuesdays. Information, 477-8308.

ACOUSTIC INSTRUMENT CLASSES
fiddle, guitar, banjo, pennywhistle, hammered dulcimer and bodhran, six-week institute on Tuesday evenings at the Red Smith Center, Route 195, Slingerlands, sponsored by Old Songs, $15, Information, 705-2015.

DANCE CLASSES
ongoing, all levels, ballet, jazz and modern, New School of Dance, 125 Main Street, Clifton Park, 783-0287.

ART CLASSES
watercolor, oil and drawing, beginner and intermediate, Wednesdays and Thursdays, taught by Robin Woodward. Information, 783-1658.

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Nick Reppa Journal • Bethlehem Journal • Scotia-Glenville Journal • Clifton Park/Halfmoon Spotlights

Your Ad Today!
Bethlehem Lutheran Church, 85 Elm Ave., 9 a.m. to 6 p.m., nursery and care for infants, registered infant care, literacy training devices, hands on family friendship groups, 439-4130.

Delmar Reformed Church, 439 Delaware Ave., 8:30 a.m., infant, child, nursery care, 439-4219.

Bethlehem Lutheran Church, 85 Elm Ave., 9 a.m. to 6 p.m., nursery and care for infants, 439-4130.

Delmar Reformed Church, 439 Delaware Ave., 9 a.m., nursery care, 439-4219.

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NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY


NOTICE OF FORMATION OF LLC


NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NEW YORK LIMITED LIABILITY COMPANY, 115 Great St., Albany, NY 12207, registered agent LLC, with the Secretary of State for the State of New York. The limited liability company is designated as agent upon whom process may be served. The purpose of the limited liability company is to engage in any lawful activity. Purpose: any lawful activity. (January 9, 2002)
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Under Section 203 of the Limited Liability Company Law, the Limited Liability Company, TNA Realty, LLC, filed with the Secretary of State of New York on January 9, 2002, organized under the laws of the State of New York. The name of the LLC is "TNA Realty, LLC." The limited liability company's principal office is located at 15 North Pearl Street, Albany, New York 12207. Registered agent for service upon the limited liability company is "S/V Victor Grush, Manager," at 80 State St., Albany, New York 12207. The purpose of the limited liability company is "real estate." The limited liability company shall mail process to the Secretary of State of New York at the following address: Division of Corporations, State of New York, 12110. The Federal Employer Identification Number of the LLC is 13-3010594. The name of the principal office is 15 North Pearl Street, Albany, New York 12207. The principal office of the LLC is located in Albany County. The Secretary of New York is designated as agent of the LLC to which process may be served. The post office address to which the limited liability company is to be located is 15 North Pearl Street, Albany, New York 12207. It is authorized to conduct business in the State of New York. Legal notice was published on April 15, 2002. For any lawful purpose. (January 9, 2002)

LEGAL NOTICE

NOTICE OF QUALIFICATION OF FIRM (DE) ON 9/28/01 FOR THE STATE OF NEW YORK (SSNY) ON 11/16/01. The name of the limited liability company is "The Enclave at Malverne, LLC." The purpose of the limited liability company is "The Enclave at Malverne." The limited liability company is located in Nassau County. The Secretary of State of New York is designated as agent of the LLC to which process may be served. The post office address to which the limited liability company is to be located is 425 Middle Country Road, Holtsville, New York 11742. It is authorized to conduct business in the State of New York. Legal notice was published on December 2, 2001. For any lawful purpose. (January 9, 2002)

LEGAL NOTICE

NOTICE OF QUALIFICATION OF XEROX CORPORATION, CORP., filed with the Secretary of State of New York on 3/20/02. The name of the LLC is "XEROX CORPORATION, CORP." The purpose of the LLC is "Business." The principal office of the LLC is located in New York County. The Secretary of New York is designated as agent of the LLC to which process may be served. The post office address to which the LLC is to be located is 1000 sufficiently, any lawful purpose. (January 9, 2002)

LEGAL NOTICE

NOTICE OF QUALIFICATION OF WNYT- TV (SSNY) on 11/8/01. The name of the limited liability company is "WNYT- TV." The purpose of the limited liability company is "Television." The principal office of the LLC is located in Erie County. The Secretary of New York is designated as agent of the LLC to which process may be served. The post office address to which the LLC is to be located is 15 North Pearl Street, Albany, New York 12207. It is authorized to conduct business in the State of New York. Legal notice was published on December 26, 2001. For any lawful purpose. (January 9, 2002)

LEGAL NOTICE

NOTICE OF FORMATION OF WEST AMERICAN RUBBER COMPANY, LLC

The name of the LLC is "WEST AMERICAN RUBBER COMPANY, LLC." The limited liability company is organized under the laws of the State of New York and filed with the Secretary of State of New York on 11/30/01. The Articles of Organization were filed with the Secretary of State of New York on 12/18/01. The LLC is located in New York County. The LLC is designated as agent of the LLC to which process may be served. The post office address to which the LLC is to be located is 11th Ave., NY 10001. It is authorized to conduct business in the State of New York. Legal notice was published on June 27, 2002. For any lawful purpose. (January 9, 2002)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Under Section 203 of the Limited Liability Company Law, the Limited Liability Company, TNT Realty, LLC, filed with the Secretary of State of New York on December 16, 2001, organized under the laws of the State of New York. The name of the LLC is "TNT Realty, LLC." The limited liability company's principal office is located at 445 Delaware Avenue, Delmar, New York 12207. Registered agent for service upon the limited liability company is "Michael C. Hudson," at 159 Central Avenue, Albany, New York 12203. The purpose of the limited liability company is "real estate." The limited liability company shall mail process to the Secretary of State of New York at the following address: Division of Corporations, State of New York, 12110. The Federal Employer Identification Number of the LLC is 09-3964248. The name of the principal office is 445 Delaware Avenue, Delmar, New York 12207. The principal office of the LLC is located in Albany County. The Secretary of New York is designated as agent of the LLC to which process may be served. The post office address to which the limited liability company is to be located is 15 North Pearl Street, Albany, New York 12207. It is authorized to conduct business in the State of New York. Legal notice was published on March 24, 2002. For any lawful purpose. (January 9, 2002)

LEGAL NOTICE

NOTICE OF QUALIFICATION OF THE NEW YORK LIMITED LIABILITY COMPANY, LLC

The name of the LLC is "THE NEW YORK LIMITED LIABILITY COMPANY, LLC." The limited liability company is organized under the laws of the State of New York and filed with the Secretary of State of New York on 11/12/01. The Articles of Organization were filed with the Secretary of State of New York on 11/12/01. The LLC is located in New York County. The LLC is designated as agent of the LLC to which process may be served. The post office address to which the LLC is to be located is 11th Ave., NY 10001. It is authorized to conduct business in the State of New York. Legal notice was published on May 9, 2002. For any lawful purpose. (January 9, 2002)
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New to: Marjorie Ramsey, Good

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General cleaning, some mainte­nance. 10-20 hour service to community resources and have fun at the same time.

Call (518) 783-1111 to find out more. Candidates must have a valid driver’s license and personal transportation. EOE

Full-time, entry level position available in busy Production Department at Spotlight Newspapers. We publish eight suburban weekly newspapers and two monthly publications. We are looking for someone with some graphic design training and/or experience for ad production, page makeup and other production work. Candidates must have experience with Pagemaker and demonstrate good design skills. Photoshop, Illustrator, Acrobat and QuarkXPress experience also helpful. Must be available for some weekends on a rotating schedule. For information or to schedule an interview please call John Brent at 439-4949, fax cover letter and resume to: 439-0609 or e-mail us at spotads@nycaprr.com

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Not if, but when for alternative fuels and hybrid vehicles

With America's energy policy being battered around like a point tennis ball, questions concerning the validity of alternative fuels and hybrid vehicles are becoming more prevalent. The problem, says the Car Care Council, is not with the fuels or the vehicles, but with public perception.

"Americans seem to have a stereotype of energy-efficient vehicles that are not powered by fossil fuels," says Donna Wagner, president of the Council. "They think these cars have a top speed of 30 mph and an extension cord. That's not how it works in the new millennium."

While Wagner admits that consumers will become more interested and better educated about these advances, she thinks that initially, car manufacturers and consumers will be engaged in a game of Truth or Dare.

"The manufacturers are going to have to be very truthul about their product claims," she explains. "And the motorists who invest in these products will have to dare to be among the first using the new technology.

Just as the cassette tape was better than the 8-track, one or more of these systems probably will become the norm. The big question is, 'Which one?' One thing is certain, folks will continue to be skeptical until they see their neighbor driving a hybrid vehicle or a truck powered by hydrogen.

Other fuels that provide an alternative to fossil fuels include:

- Ethanol
- Hydrogen
- Methanol
- Natural Gas (CNG/LNG)
- Propane (LPG)
- P-Series
- Solar Fuel

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Water

(From Page 1)

board to formally declare a third-stage water emergency, depending on the results of water-level readings his department planned to conduct on Monday.

An emergency declaration would be triggered if the reservoir drops below 60 percent of its seasonal average. The most recent reading of the reservoir's level stood just slightly above the 60 percent seasonal mark — and at about 28 percent of its full capacity, a new record low in the two decades-plus that reservoir levels have been formally tracked at Vly Creek.

"We are on the verge of being in uncharted territory here," Secor said, anticipating this week's readings. "We're going to be close." An expected snowstorm this week, he said, was not likely to have much of an impact: only sustained precipitation would reverse the decline.

"You hate to pray for a nor'easter," Secor said, "but this can all go away in a week to 10 days of wet weather."

Secor first alerted the board on Nov. 28 that the reservoir had dropped to just over 70 percent of its seasonal average. That triggered the alert — under which public notice is circulated and major industrial customers asked to reduce their water use.

Under the emergency plan, a warning — after dropping below 70 percent — means residential consumers will now be formally notified of the emergency and urged to conserve. Secor said he is preparing a list of recommended conservation measures that will be distributed along with January's residential water bills.

The town's largest industrial users will also be asked to prepare written plans for an 18 to 25 percent reduction in their water consumption and required to eliminate all non-essential use.

Sear said he planned to write this week to the town's largest water customers, all in the Selkirk industrial corridor — GE, Selkirk Cogea, Owens-Corning, Air Products, BOC Gases, MG Industries and CSX — regarding water-reduction measures.

"This warning stage now in force has only had a minor public impact so far — chiefly, closing the outdoor-skating rink normally set up at Elm Avenue Park.

"We alerted the town parks department that they could not use water for skating," Secor said. "We have an indoor arena in town that we hope will pick up some of the slack."

Secor has also requested that the town's five fire companies minimize their use of water for training and pump-testing exercises.

"We recommend they go to Henry Hudson Park and pump it out of the river if they need water," he said.

But such conservation measures put only a small dent in winter shortages, Secor said. The heaviest non-residential residential consumption occurs in the summer with lawn-watering and pool-filling, and "industry does not use much non-essential water," he said. "But we may have to impose some conservation measures here if we declare an emergency."

Should an emergency be declared, mandatory restrictions and penalties for excessive water use would take effect, as well as twice-weekly meter readings for industrial customers.

The unusually warm and late autumn, and near-record dry conditions, created the current shortage. Secor said. As a result of this season's unusually late frost, this winter's sole significant snowstorm so far, in early December, was completely soaked up by the unfrozen ground of the reservoir watershed, and had virtually no impact on current storage, he said. Without significant snowfall, the typical January thaw that historically replenishes the reservoir will likely have no impact either.

A wet spring and healthy late-winter runoff are the likeliest solutions to the current shortage, he said. "There's only been three or four years when we didn't fill up the reservoir in the spring," he said — notably the drought years of '85, '89, and '99. Last year, he said, the reservoir, at 50 percent of capacity on March 1, reached 100 percent by mid-April.

The town board on Nov. 28 authorized additional supplemental purchases of water from the city of Albany, and negotiations with Guilderland to buy a portion of its 4 million gallon-a-day "take or pay" contract with the city of Waterford. In the winter months, Guilderland has about half a million gallons of excess capacity under that contract that may be available for purchase, Secor said.

Bethlehem's purchases from Albany, he noted, have doubled in December to 1.2 million gallons a day and will likely remain at that level for several months, Secor said. At present, no negotiations with Guilderland have been initiated.

"But by February, if we don't see something changed (in the current drought), we may need to revisit that issue with the board," Secor said. "If we're at 100 percent of capacity, we may need to revisit that issue with the board."

Guilderland, he said, has called for a list of potential conservation measures that will be distributed along with January's residential water bills. The town's largest industrial customers, all in the Selkirk industrial corridor — GE, Selkirk Cogea, Owens-Corning, Air Products, BOC Gases, MG Industries and CSX — will be advised of the need to reduce their water use.

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