Eagles come close to state b'ball win

BY ROB JONAS

If there is one thing the Bethlehem girls basketball team would change about this season, it's how it ended.

The Eagles reached the Class A championship game at last weekend's New York State Public High School Athletic Association tournament at Hudson Valley Community College, only to be turned away by Suffolk County champion Copiague 62-53.

"We had a winning season, and this was the best way to end the season," senior center Kaitlin Foley said. "We would've liked to win, but we accomplished more than we thought we would."

Copiague did what no other team could do against Bethlehem this season — shut down the low post combo of Foley and senior forward Jamie Mooney. Copiague's defenders clogged the area inside the three-point arc and double-teamed any Bethlehem guard handling the ball to discourage passing the ball into Foley or Mooney. When the Eagles tried to force the ball inside, Copiague defenders deflected the passes away.

"I think they shut down the inside from the outside," Bethlehem coach Kim Fuller said. "Their guards are tall, so we were tentative throwing it inside."

"That was our focus, and we focused on it so much that we allowed a couple of threes," Copiague coach Carole Olsen said.

The game started well for Bethlehem, as Sue Kelly and Emily Bango scored the first four points. Jasmine Walker put back a missed shot, and Kia Wright launched a three-pointer several feet behind the three-point arc to put Copiague ahead 5-4, but Foley scored on a transition layup to make the score 6-5.

That was the last lead Bethlehem enjoyed. Wright knocked down a 3-pointer with two free throws and a short jump shot off a steal to give Copiague a 12-6 lead after the first quarter.

"I think the key for us all year was always to get off to a good start in the first quarter, and we didn't do that," Wise said. "Our shots didn't fall.

Bethlehem rallied at the start of the second quarter. Mooney grabbed an abundance pass underneath the Copiague basket and scored on a short shot. Vanessa Patry hit from the low post and Bango made one of two free throws to give the Eagles within 12-11. Wright sank two foul shots for Copiague, but Kelly nailed a long jump shot off an outlet pass from Mooney to bring the deficit back down to one point.

Wright did her best to silence the nearly 3,000 orange-and-black-clad Bethlehem fans by draining a three-pointer from 30 feet away, but Bango responded with a trey of her own to bring them back to their feet. Copiague finally created some breathing room for itself late in the second quarter on a driving layup by Wright and a three-pointer by eighth-grader Erica Morrow. Bango knocked down another shot from behind the arc, but Walker answered with a short jump shot off another inbound pass from Foley to make the score 32-25.

Foley grabbed a defensive rebound and hit a pair of free throws and Walker answered with a three-pointer behind the arc, but Walker was fouled on the play. Wright hit her second foul shot, giving the Eagles a 35-28 lead to start the second half.

"These kids picked up on the levels of humor. The Phantom Tollbooth," she said. "There was a play on words draws a grin from you, and kids picked up on the levels of humor. The Phantom Tollbooth."
Delmar church offers Lenten prayer

Delmar Reformed Church invites the community to join in a walk throughout Lent with the use of a prayer labyrinth or a weekly prayer vigil.

Prayer vigils are held in the sanctuary on Wednesdays from 7 to 9 p.m. Individual prayer guides will be available.

The labyrinth will be available in the fellowship hall from Wednesday noon to Thursday noon until April 17.

The design or pathway is painted on canvas, which is spread out on the floor with space for more than one person at a time to use it.

Participants are welcome to walk the path at their own pace, stopping as often as they like along the way.

It may be used for 10 minutes, half an hour or more.

Geneseo singers to perform at church

Geneseo Chamber Singers will perform on Friday, March 21, at 8 p.m. at First United Methodist Church, 1295 Keedoo Ave., Delmar.

A mixed chorus of 45 from SUNY Geneseo with international reputation, they will perform a mixture of sacred and secular works from Mendelssohn to Bernstein.

Admission is free.

Chamber to host business breakfast

Bethlehem Chamber of Commerce will host a business breakfast on Thursday, March 27, at 7:45 a.m. at the Quality Inn on Route 9W in Glenmont.

Brian Hamann, administrator of the town Industrial Development Agency, will discuss efforts by the IDA to stimulate planned commercial, industrial and technological growth in the town.

Chamber events are open to everyone.

Reservations are required. A hot buffet breakfast will be served for $9 per person, payable at the door.

For information, call 439-6512.

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THE SPOTLIGHT
BC board names Glenmont principal

By RONALD E. CAMPBELL

During an interview for the job of principal of Glenmont Elementary School, Elizabeth Ahearn read the following phrases on the cover of the school handbook: "Come curious, stay joyful, leave engaged."

"Those words bring out many of my philosophies about my work as an educator," she said. "I knew it was a place I wanted to work. So I worked extra hard on the interview," said Ahearn.

She is currently assistant principal of the 690-student Gloversville Elementary School, has been assistant principal of the Glover Central School District.

She applied for the Glenmont principal position in response to an advertisement from the school district, has held the same position in the Brittonkill School District.

"She is an excellent choice for the principal of the Glenmont Elementary School," said superintendent of the Brittonkill School District, Elizabeth Ahearn. "She has excellent classroom and administrative experience and has been an assistant principal of the Gloversville Elementary School. She is a dedicated educator who is well respected by her peers and students."

"I have always been appreciative of the level of professional development available in the Glenmont Elementary School," said Ahearn. "The administration has made every effort to provide our staff with the best training possible."

"I am excited to be a part of the Glenmont Elementary School community. I am looking forward to working with the students, teachers, and parents," said Ahearn.

A Rochester native, Ahearn lives in Glenmont with her husband John and two children.

On her desk is a map of Glenmont Elementary School with the names and pictures of teachers and staff members by their classrooms, offices or other places where they work in the building.

Not only does she want to learn the names of the adults employed in the building, but she is also dedicated to learning the names of most of the students in the little time left this school year.

"I have to give the board of education and the district staff a great deal of credit in striking a balance between the needs of our students and the limitations of our district taxpayers," said Superintedent Les Loomis.

The year is difficult due to the massive cut in state aid to schools proposed by Gov. George Pataki. Other expenses, beyond the control of local school boards, are still pushing budgets across the state in a negative way.

These expenses include an expected increase in health insurance costs for the district of $126,000 and a contribution to the Employee Retirement System of $648,045.

By RONALD E. CAMPBELL

A Community Forum on the proposed 2003-04 Bethlehem Central School District budget is scheduled for today, March 15, at 6 p.m. at the district office on 90 Adams Place in Delmar.

The forum, also a formal school board meeting, is designed to encourage dialogue with the public concerning the proposed budget that will go before voters May 20.

"As difficult a year (as) this has been, I have to give the board of education the credit for the balanced budget we have made," said Ahearn.

She said that she has been working with the board to make sure that the budget is balanced and that the needs of the students are met.

"I am very pleased with the budget that we have developed," said Ahearn. "We have worked hard to ensure that the money is used effectively and efficiently.

"The budget is a reflection of the values of the community and the priorities of the district," said Ahearn.

"I am looking forward to working with the board and the community to ensure that the budget is used effectively and efficiently.

New Scotland honors Citizen of Year

By MICHELE FLYNN

What New Scotland resident served in the Marine Corps, has been active in the Boy Scouts since the age of 9, and is a member of the Appalachian Trail in his senior years and volunteered for many community organizations, including Habitat for Humanity? It's New Scotland Citizen of the Year, Bob Shedd.

Shedd was honored at the March 12 meeting of the New Scotland town board. He was chosen for his "contributions to the community. The New Scotland Historical Association, Feldeberg-Walsh Park, Voorheesville Ambulance, Long Path trail maintenance, Voorheesville Central, community play-ground, Friends of Thatcher Park, and the Boy Scouts have all been recipients of his time and talent," according to his certificate of appreciation.

"His dedication to Boy Scout Troop 248 has been the strength of many in attendance, including town resident Bill Morrison, who said, 'Bob was a great teacher and a great friend.'"

"He remembered seeing Shed's environmental convictions in action at many Boy Scout campsouts. 'No throw any plastic in the fire when Bob was the leader.'"

"I got more out of Scouts than I put in. I got more from the town of New Scotland than I put in," Shedd said.

"When I bought a piece of land many years ago, I noticed how the acreage was being developed. They still are," he added.

"In another matter, it was announced that the 2003 P.O. Fair will be held Sept. 30, with breakfast at the New Scotland Presbyterian Church and enlisting with the town of New Scotland."

"In addition, there will be yard sales, flea market, a display of Eskimo artifacts and walking and driving tours. This year will mark the 50th anniversary of the founding of the one-room schoolhouse, and there will be a reunion of graduates in the fall," said Shedd.

"In business, the town has an opportunity to buy a 1.9 acre parcel of land on Colbytown Road. "The county is going to town an opportunity to buy the property." Years Superintendent Darrell Duncan said. "We can use it to straighten out the road and take out some trees," High school principal Stoker said.

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To partially offset increased costs, spending cuts of slightly more than $1 million were presented to the board in areas not directly related to curriculum or instructional programs.

During a discussion concerning the proposed cuts and a review of high school expenses, board member Stuart Lyman said. "There is the Virtual Arts Center was not more fully utilized. The board had approved more than $300,000 for technology for the center.

"High school principal Michael Tebben said that there had been a shift of more than 100 students from arts programs to math and science courses.

"Local school districts are losing local control over programs," said Loomis, referring to the requirement that students, starting next year, must take three math and three science courses to graduate. This requirement has caused the shift away from the arts curriculum and under-utilization of the Virtual Arts Center.

"Board school president Warren Stoker agreed with Loomis that schools are losing local control because of required expenditures.

"We are being mandated to death," said Stoker.

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Catching up on old and new times with good friends

By KATHERINE McCARTHY

It's supposed to be the Windy City, but during a weekend respite with two friends from college, it was the city of numbers. Sally and I had flown out to Chicago for a girls' weekend with Cyndy, who lives there, and in two short days, all sorts of people volunteered their ages to us.

It happened first at Smith & Walleys's, a branch of the famous New York steak house where we had slid comfortably onto three stools at the corner of the bar. For a weekend, we regressed to the 20-somethings who used to spend chunks of every weekend together. It had been far too frequent a habit to meet up after work on Fridays or finish out a Saturday night at Wolle<wsp></wsp>sky's, but during a weekend respite to us.

"I don't drink much anymore," said Sally, immersed in the back-aching phase of motherhood with 3-and-2-year-old daughters, as we huddled in for some serious catch-up time.

"Me neither," I said, yet the leather seat under me and the wooden bar in front of me felt familiar. For just a minute, I wasn't the mother of 12- and 19-year-old sons, but someone looking forward to an evening of conversation with old friends, and maybe some new ones as well.

Oh, wait, there was a difference. In our 20s, we had been eager to meet new people (read: men); this weekend, I only wanted to talk and talk with these two women who mean the world to me. While spending Friday night on a barstool might have felt familiar, chatting with strangers would have felt unnecessarily for my middle-aged mother self — not to mention unlikely, in spite of Cyndy's insistence that 40 is the new 30.

So when a group of men took up residence not far from us, we could only interrupt our non-stop conversation briefly to speculate why they were there. Bachelor party? Jump-start on St. Patrick's Day? Leather coat convention, since that's what they were all wearing?

When one detached himself to order another drink, he chatted with us briefly about wanting to switch from Guinness to something that tasted a little less like 10W30.

"I'm 43," he said, nailing our ages right on the head, and getting only raised eyebrows and dead quiet from three women who'd been talking non-stop for the past five hours — the first time we'd all been together in nearly two years. A little while later, a work colleague of Cyndy's stopped to chat and volunteered the fact that she was 42. For a woman, we offered smiles of sympathy and support — but no raw data about our own ages.

It happened one more time, when Cyndy brought us along to a party the next day. "I'm 46," an incredibly fit, perfectly-made-up and impeccably manicured woman felt compelled to tell us.

"Why is everybody telling us their ages?" Sally asked. "Is it a Chicago thing?"

Perhaps they are proud of having lived so long; perhaps they are proud that they are still in such great shape; perhaps age doesn't matter to them. Maybe they were looking for solidarity from us, hoping to check themselves against people they suspect to be in the same age range. Do they look better or worse than us? Do they want reassurances that they look great, not a minute over 35?

Did we look older than they, and they wanted verification? Did we look younger, and they were consumed with envy? Were they looking for more old people to buy into the "40 is the new 30" philosophy with them?

No math for me on a girls' weekend, please. I wanted away.
Gregory V. Ostergarten, director of multiple lines for the American National Insurance Co., chairman, president and chief executive officer of American National Property and Casualty Co. (ANPAC), a subsidiary of American National Insurance Co., and chairman of Farm Family Holdings, Inc., has announced the appointment of Timothy A. Walsh to the position of president and chief executive officer of Farm Family Holdings, Inc. and its subsidiaries.

Walsh will also continue to serve as president of the chief financial officer for Farm Family. Walsh joined Farm Family in 1995 and has served as the executive vice president, chief financial officer and treasurer since 1996.

In addition, Philip P. Weber, the former president and chief executive officer of Farm Family, has been appointed to the position of executive regional director of Farm Family, with chief responsibility for Farm Family’s field operations and market intelligence in its 12-state territory.

Weber has also been appointed chief commercial lines operating officer within the entire American National Family of Cos., with the expanded responsibility of working with ANPAC’s field force of approximately 1,500 career agents to serve the agribusiness and commercial lines markets throughout the United States.

Weber joined Farm Family in 1978. He has served as an agent, agency manager, senior vice president of marketing and operations, and has been president and CEO since 1996.

Making the announcement, Ostergarten said, “I have made these appointments in order to lead the Farm Family and American National field forces in growing and developing the agribusiness market, maximizing multiple line sales and serving the needs of the total client. Tim and Phil have worked very closely during the past few years, and I am confident in their leadership abilities to help us conquer the challenges of the future.”

Commenting on his appointment, Walsh said, “The new responsibilities which Phil and I have assumed reflect the opportunities we see in the agribusiness and commercial lines markets across the nation. Our new positions will allow us to better focus our energies in order to achieve our goal of becoming the premiere insurance company for the agribusiness and related rural and suburban communities in the United States.”

Farm Family Holdings, Inc. is the parent of Farm Family Casualty Insurance Co., Farm Family Life Insurance Co., and United Farm Family Insurance Co., which have headquarters in Glenmont and operate in 12 northeastern states.
About this time of year, every year, we begin thinking of shedding clothes and pounds of excess flesh brought on mostly by inactivity throughout the winter months.

The recent warm spell was a reminder that spring is actually less than a week away and that those piles of flabby snow will actually disappear before May — we hope.

So now is the time we resolve to be well by the time bathing suit season rolls around. But all too often in our efforts to achieve our goals, we begin exercise campaigns that are doomed to failure or even worse. We hit the bricks with a determination that won't overcome months of indulging in comfort food day after day.

To avoid injury, avoid plunging into an exercise regimen. Begin slow — especially if you haven't moved much during the winter. See your doctor and get a physical first. Check out local health clubs to see if they have a package that suits your needs.

If you prefer walking or jogging, set realistic goals for the first few weeks. Work your way up to longer and longer distances gradually. This approach will likely produce better results in the long run. A five-mile walk/run on the first day can spell disaster for your body.

We believe that helping our governments to consider the gleanings of the First Amendment is a vital and patriotic act. Our convictions stem from our respect for our nation and our nation's long history of dissent from the Declaration of Independence to the struggles for a woman's right to vote; from Thomas Jefferson to Martin Luther King Jr. Most Americans would include freedom and democracy in what they love most about our country.

Our First Amendment freedoms of speech and peaceful assembly are perhaps our most precious historical inheritance. The very foundation of democracy is citizen participation. Our government and our society just powers from the consent of the governed. In this case, a majority of Americans oppose a war against Iraq; as planned by the Bush administration: a war without the strong support of the allies or the United Nations that would incur substantial U.S. military and Iraqi civilian casualties.

Bethlehem residents, like those in countless towns and cities across the nation, have been marching and protesting around the world, are saying "no" to this war. We believe this war diverts our attention from a host of domestic issues and will do nothing to stop international terrorism. As the CIA predicts, Saddam Hussein is more of a threat to our security than al-Qaeda; it will likely lead to an increase rather than a decrease in terrorism.

This war could cost up to $1.6 trillion (U.S. estimate), at a time when our economy is faltering. Unemployment numbers of American troops may be killed, injured or captured. Deterred and demoralized by a dangerous, dangerous step to go around the law — and will lead to unknown consequences.

His wife Marion is retired from the same local bank. She says that she joined BNP because "I feel like we're fighting for common sense. I feel like the numbers are not substantial, especially when you think of the lack of credible evidence that's been given. It's not in our best interest for the world to see us as precipitating a war."

Hannah Lewis is a senior at Bethlehem Central High School and a member of Students for Peace and Survival, which organized the forum to protest the war on March 18. Since many students walked out for Peace March 5, she has seen her classmates become more involved in the issue and hopes that the forum will help educate and motivate students and the community.

And her father, Manhattan-born, and his wife Lori have three children.

"Opposing this war is the right thing to do: a pre-emptive war is contrary to the war on terrorism," Andy said.

Lori added, "50 percent of the Iraqis don't want a war; 50 percent want it. We are not fighting a war as a nation."

This issue strikes closer to home for the Marars than many of us in our relativeatives in the Middle East.

Bethlehem Neighbors for Peace holds weekly peace vigils Mondays from 5 to 6 p.m. at the Four Corners in Delmar. We invite everyone to join us.

BNEF held a Community Forum on Iraq for Sunday, March 23, from 2 to 4 p.m. at First United Methodist Church, 438 Kenwood Ave. This forum will feature three well-known professors and an opportunity for the entire community to discuss this important issue. In case of escalation of war, we will rally at 5 p.m. that day (or the next day, if war begins after 5) and march to anyplace along the route: northbound along Delaware Avenue to Elsmere Avenue and back.

For information about BNP, call 439-1968 or e-mail info@bnf.org. On Sunday, 325 people joined Bethlehem's observance of a nationwide day of action. Andy said, "It's really important that we show the power of people acting out of love and hope. The local churches, who have supported us all along, have been helpful in informing people of this very last minute event. We want to especially thank Delmar Presbyterian, First United Methodist and Delmar Reformed and everyone who has or will join our efforts."
Consider fluoride for what it really is

Editor, The Spotlight: In the March 12 issue of The Spotlight, Mr. Charles Gridley refers to the “ugly specter” of water fluoridation and boils it down to a simple matter of freedom would possibly be the logic should be applied.

I would propose to Mr. Gridley and others who might be of like mind that they consider other situations and how that same logic should be applied.

For example, 5 percent of the U.S. population served by community water sources, or approximately 10 million residents receive water that is naturally fluoridated at or above the recommended levels known for dental benefits.

If someone of Mr. Gridley’s persuasion were to join this board in one of these communities to remove the fluoride, whose freedom would possibly be infringed upon? Would someone of my persuasion be writing a letter to the local paper denouncing the “ugly specter” of defluoridating the water?

The above example, as far as I know, has never been acted out. However, here is a real-life situation: In several communities in the Carolinas, the natural water supply contains up to nine times the recommended level of the fluoride. Some local governments in some of these communities are currently locked in fights with the EPA, which has required them to reduce the fluoride to a level no higher than four times the recommended beneficial level. The townspeople don’t want to remove any of it because it is expensive to do so. It has been that way for many generations, and there is no downside the townspeople can see to the higher levels. Again, whose freedom is being infringed upon?

Fluoride is the normal ionic form of the element fluorine. In nature, it is almost always in a mineral salt form with metal ions such as calcium, magnesium, sodium or even more complex forms.

Yes, in extreme quantities, it is toxic. As are all the other ingredients I listed. All these minerals in minute quantities are also beneficial, even essential to life.

Calling fluoride a “highly toxic industrial waste product” is absurd. Let our Bethlehem town board consider it for what it is. After all, they have to do something since we are already importing that “toxic” stuff from Guilderton.

Joseph J. Hart, D.M.D.
Delmar
March onto Feestelijk’s bandwagon

On Saturday, May 3, hundreds of people wearing Feestelijk button badges at a dozen venues around town will get to see among others: The Swing Dogs. Hair of the Dog, Selkirk’s own Dublin Train Wreck, Ed Stander, the glass player, Jeff Graffies and The Jazz Factor. There will also be arts and crafts, clowns and live animals — anything you want. We’ve got it! So why are we worried this might be the last time? Because our volunteer pool is shrinking. New faces, fresh ideas, more committed Bethlehem people are desperately needed if Feestelijk is to continue. It just doesn’t happen — months of planning, fundraising, publicity and just plain grunt work go into something like this. Let’s face it, it’s a labor of love.

We love music and creative arts, our kids and our community. Some of the Feestelijk volunteers have been coming back for years to oversee the project. Are there others who have a few hours to spare and can share the burden? Please don’t let Feestelijk disappear — we urge you to get on board now, so you can become part of the process and help carry it on next year and beyond.

To help, call Vicki Morrell at 439-6612 or the Feestelijk voice mail at 439-4244.

Vicki Morrell
DeLmar

Graduation committee seeks donations

Editor, The Spotlight:

For the past 11 years, it has been the tradition for the parents of the members of our graduating class at Bethlehem Central High School to throw an all-night, alcohol-free farewell party following graduation.

At this year’s celebration, we will provide a fun-filled, memorable night of food, music, dancing, games and entertainment. Most important, we will offer an opportunity for graduating seniors to celebrate this momentous occasion with friends in a safe, supervised location. Additionally, a number of prizes will be awarded during the evening, including a $3,000 grand prize at the end of the celebration.

Last year, local and area merchants donated more than 100 gifts! Prizes ranged from gift certificates to the grand prize and included all levels in between.

We are so grateful to all who have donated in the past. We hope you will participate by donating either a gift that is appropriate for a high school graduate ready to start college or a job or make a monetary contribution. We expect 400 students to attend this year’s party and would like to have as many gifts as we have had in past years.

All donated gifts are displayed in the high school during the last week of school. Additionally, participating businesses will be acknowledged in The Spotlight and in our Graduation Celebration program distributed at graduation. More important, you will be joining the parents, other local merchants, professionals, civic organizations and religious leaders who are donating money, time or gifts to make this most memorable night a success. This, in turn, contributes to the overall quality of life in our community.

To make a donation, call Gieana Grant at 439-8288 or Eileen Pasquale at 439-3686.

On behalf of the Graduation Celebration 2003 Committee and especially on behalf of the members of the class of 2003, thank you for your support.

Gieana Grant and Eileen Pasquale, Fundraising Co-Chairwomen and Laura Sutaiwoca and Debbie Evans, Graduation Celebration Co-Chairwomen

Letters policy

The Spotlight welcomes letters from readers concerning local and regional interest. Letters are subject to editing for clarity, length and content.

Write to Letters to the Editor, The Spotlight, 125 Adams St., Clifton Park, NY 12065.

Letters can be faxed to 459-6000.

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Matters of Opinion

BCMS production brings out best in community

Editor, The Spotlight:
One of the pleasures of living in a small community is the way everyone comes together to create success, and last month’s musical production, “Honk, A Musical Tale of the Ugly Duckling” was just such an event. It was a wonderful experience in creative energy generated by talented students, devoted Bethlehem Central School District staff and hard-working parents.

The generous support of area businesses cannot be overestimated. We would like to thank everyone who came together to support this event.

Y fund-raising chair awed by results

Editor, The Spotlight:
I recently served as chairman for the Capital District YMCA’s Annual Reach Out for Youth Support Campaign. My experience left me with an overwhelming feeling of pride to be a member of the Capital District community—a community that I feel deserves to be recognized for its tremendous contributions to children in our area.

More than 600 members of the greater Capital District volunteered six weeks of their time and effort to the YMCA’s 2003 annual campaign. This campaign provides funding to scholarship children and families too critical to the YMCA programs and services. The Capital District YMCA is open to everyone, and no individual is turned away because of their inability to pay.

Day in and day out, I watched the campaigners rally together to raise the funds needed to reach this year’s campaign goal of $181,000. A goal aimed at providing critical financial assistance to many children and families in our community.

A goal that would provide them with life-changing opportunities that might otherwise be out of reach for them. Opportunities like the chance to attend YMCA Camp Chingachgook on beautiful Lake George—a place where children are engaged in friendship, team work and the opportunity to explore the environment.

My hopes were high for this campaign because I knew I had an outstanding team of volunteers.

As the campaign drew to a close on March 1, I found myself overwhelmed with feelings of admiration toward these volunteers.

Together with private and corporate support, our campaign volunteers were able to surpass our goal, raising a record $913,000 for the Capital District YMCA.

I am honored and proud to be a member of such a wonderful and caring community. A community that has just made a profound impact on area children and the Capital District YMCA.

Steve Malinowski
Delmar

Dire need for medical items

Editor, The Spotlight:
Last fall, the Orphan Grain Train received wonderful support from the community in its collection of health-related materials.

Many cans, crutches, potty seats and walkers and other items were collected.

There is still a dire need for these items. Arrangements have been made to receive them as they become available. Items can be dropped off at First United Methodist Church on Kenwood Avenue. For information, call me at 439-2517. We thank all of you for your support.

Bob Zick
Delmar

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Matters of Opinion

4-Corners clock a plus

Editor, The Spotlight:
This letter is in support of and appreciation for the plan to erect a clock at the Four Corners.

As a child of the '50s in Delmar, I remember the times when clocks were a prominent thing up and down Delaware Avenue. During the 1950s, clocks were seen in many shop windows or at gas stations. It was a time when you didn’t need a wrist watch because as you walked along Delaware Avenue, you never went a block without seeing a clock to remind you how late you were getting home.

Many advertising radio stations—WOKO and WABY—were prominent along with the businesses with clocks pushing their own products or services. A real estate office had one that had the words "house?" Businesses with clocks were a prominent thing up and down Delaware Avenue. The loss of "public" clocks was probably due in part to the improvement of vehicle clocks over the years. The clock at the Four Corners will fill this void and add a beautiful greeting to people passing through town for the first time.

Lars E. Allensson
Delmar

Town should look at bigger picture

Editor, The Spotlight:
Recently, the Bethlehem town board approved construction of a major commercial development, the Town Center project, as well as major residential developments. The town continues to debate the Waste Management project in South Bethlehem and is working through our IDA to attract additional commercial development into our community. As we proceed, I feel that the town needs to revisit the larger picture of how growth is unfolding in our community. We need to plan for and help direct future development and we need to seriously consider protecting the remaining open space we now enjoy.

According to calculations provided by the Bethlehem Central School District, assuming only one new Bethlehem Central School District student per single-family dwelling, a total of 5,574 must be raised annually by local taxes to educate that student. A newly constructed home must be assessed at $370,600 or more in order for the taxes from that property to cover the cost of educating that one student. As we continue to add houses to the town tax roll that are assessed for less than this amount, the school tax base will continue to erode, creating the potential for increased school taxes each year. In addition, we are creating greater demands on our town services and the infrastructure upon which we depend. Planning to support future residential growth relative to traffic, water, sewer and aesthetics, is essential.

Commercial development is encouraged in some corridors of Bethlehem to help shore up the tax base. Other communities, both regionally and nationally, have demonstrated that this approach may not be the "white knight" residents are looking for to support the residential tax burden.

I believe that our community must look very seriously at these issues and begin a dialogue regarding community planning and open space preservation.

Recently, many communities in the Capital District have taken steps in that direction to both maintain community character and address the cost of growth. Without a plan, Bethlehem may find itself in the "community of last resort" for development that is restricted elsewhere. Even worse, without planning and open space protection we may find that in the not too distant future, our town is lacking both its identity and the sense of community that one cherishes.

I am not a "no growth" advocate, nor is it my goal to criticize our community leaders. I do feel strongly however, that growth needs to be better managed, open space needs to be more actively protected, and that town leadership from all sectors needs to be proactive in this regard.

A moratorium on future residential development might be an appropriate starting point toward this end. We could then begin to protect our existing open space until we put into place a plan for future growth.

As we enter another election year, we as a community should encourage this debate and ensure that we elect leaders attentive to this concern and familiar with similar efforts throughout the Capital District.

The answers are not easy and the debate may be challenging. But I believe that, in the end, our community will be a better place for having taken the initiative.

Jack Cunningham
Delmar
Bethlehem announces appointments of 2 new police officers

By KRISTEN OLBY

The town of Bethlehem has two new police officers keeping a watchful eye on the neighborhood. Officers Adam Cobb and Michael Cozzy were officially sworn in as members of the Bethlehem Police Department on Monday, March 10.

The new officers fill vacancies created by two retirees. In August 2002, Joe Mastriano retired from the force after 24 years on the job, Greenwich police officer since 2001. Both officers must reside in the town within 30 days of their appointment to the force.

Cobb and Cozzy are both graduates of Hudson Valley Community College's law enforcement training program. Cobb has worked as a detective for more than 24 years with the town police department. Cozzy has been a promise to the force after 24 years on the job, Greenwich police officer since 2001.

Both officers must reside in the town within 30 days of their appointment to the force. The Bethlehem Police Department works closely with the police training academy and, according to Chief Richard LaChappelle, both Cozzy and Cobb showed exceptional promise while they were still students.

"From the start they were really smart, we just knew there was potential with them and we were very pleased to see them apply," said the chief.

For the next six to 10 weeks, the two new officers will train with an individually assigned officer to become acquainted with the town and department.

Cobb and Cozzy will earn annual salaries of $37,077. The Bethlehem Police Department now has 40 officers.

The department still has one vacancy.

LaChappelle said he expects that position will be filled within the month.
Local man to present program on Iraq

Joe Quandt will be presenting a program called "On Baghdad Street" at the library at 7 p.m. on Thursday, March 20.

The public is invited to hear this versatile actor/educator relate the story of his recent personal journey to Iraq.

Music lovers in the community should be saving the afternoon of March 20 to attend the Harbinger of Spring classical music concert featuring Albany Pro Musica. Come early and learn about the Library Friends at a short Friends of the Library annual meeting which begins at 1:30 p.m.

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Future Business Leaders of America (FBLA) will present a presentation titled "How to Make a College Search" on March 29. The presentation will be presented by a panel of experts.

Library schedules

Voorheesville Public Library will host a "Guide for Parents Approaching the College Search" on Monday, March 31, at 7 p.m. The event is sponsored by the Future Business Leaders of America (FBLA). Parents are invited to learn what they can do to help their children plan ahead for the college search.

Voorheesville Public Library

The public is invited to hear speaker Dr. Sally M. Ten Eyck, certified educational planner.

Voorheesville Public Library

This month's meeting, which begins at 1:30 p.m., is called "The Corning of Albany: A Guide for Parents." The meeting will be at the Cedar Hill School House, 1003 River Road Selkirk. The public is welcome.

For information, call 478-7247.

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Fire Co. to serve fish fry dinners

New Salem Volunteer Fire Department will hold its annual fish fry dinners on Fridays through April 18 from 6:30 to 7 p.m. at the firehouse on Route 8A in New Scotland.

Thursday, March 19, 2003

The Spotlight
Various library exhibits help to usher in spring

A mixed media exhibit by Eleanor Patton is on display in the northwest lobby area this month. Patton's art is as much about the creative process as the finished product.

Her pastels are painted on toned pastel and watercolor papers with a watercolor underpainting. Acrylics are used for image building. The final layer is a watercolor or toned pastel and watercolor underpainting. Acrylics are also used for image building.

Patton has used various papers with a watercolor surfaced Japanese synthetic and private gardens of this area. Her pastels are painted on various papers including Yupo and Japanese synthetic. She is a member of several regional art associations. Her award-winning work has resulted in solo shows and private commissions.

Photography

Victor Grant's photographs are on display in the southwest lobby area. Grant received his first camera before his 10th birthday and has been taking pictures ever since. He said he trusts that the scenes he captures "will bring back visual life experiences for the viewer."

His exhibit includes photographs from 1977 to the present, of locations ranging from the Caribbean to Italy. He uses a Minolta 101 and develops and prints all of his black-and-white photos.

The artist finds inspiration in the beauty of the towns, wildlife and private gardens of this area. Her pastels are painted on various papers including Yupo and Japanese synthetic. She is a member of several regional art associations. Her award-winning work has resulted in solo shows and private commissions.

The Delmar Craft Club.

Upcoming programs

Tomorrow, March 20, at 7 p.m., Ray Houghton presents "A Revolutionary Walk Along the Champlain Canal," a multimedia show tracing the British invasion of 1777 from Bethlehem to Lake Champlain Marina.

Houghton is a retired college professor with more than 20 years of teaching experience. Therapy dogs Jake and Rummy bring their person, Iris Bartkowski, to talk about what they do for a living in "Heal! How Therapy Dogs Do Their Job" on Saturday, March 22, at 2 p.m. Demonstrations, training tips and on-the-job stories are featured. The program is appropriate for children in kindergarten and up.

Next Friday, March 28, at 2 p.m. Ann Chapman, Ph.D., will talk about enhancing health and well-being in a program called "Increasing Health and Joy." This program is co-sponsored by Bethlehem Senior Projects.

Call 459-0114 to register for these programs.

Second public meeting set

A second public meeting to discuss the library's proposed facilities renewal project and upcoming referendum will be held on Monday, March 24, at 7 p.m. in the Community Room.

Information and a comment form can be found at the reference desk and on the library's Web site, www.bethlehempubliclibrary.org.

Louise Ortego
some of the slapstick, and the word plays will appeal to middle school and high school students and most adults."

Grand said she tries to alternate between children’s literature and young adult literature when choosing the plays for Staged Production of the children’s classic, “The Velveteen Rabbit.”

Grand and Bryden held the first meeting for “The Phantom Tollbooth” before the December break, and cast it in January. Seventy-five kids are working on the play, 37 of them are in the cast and the rest are working on the tech crew. Cast and crew rehearsed three times a week until March, when they increased the number of rehearsals to six times a week.

“It’s fabulous working with the kids outside of the classroom,” Bryden said. “The relationships that develop among the kids are great,” Grand added. “There are no boundaries; there’s no sense of what grade or house they’re in. They really come together as one group.”

Grand and Bryden credited two kids with making a difference on the play. Eric Goldstein and Ryan Rockmore. Goldstein is the play’s student director and Rockmore is the tech director. Both are eighth-graders who wrote letters of interest for the position.

“We run the rehearsals and helped with lines,” said Goldstein, who has performed in past productions. “I’ve been at all the rehearsals. Before, I only knew a little part of the plays. Now, I can see the whole thing.”

“I’ve worked on props, lights and designing the sets,” Rockmore said. “It’s been a nice challenge, and I’ve learned a lot more about what goes on behind the scenes.”

Both are ready for the show to be performed. “A couple of weeks ago, it looked a little iffy,” Goldstein said. “We’ve made a lot of progress.”

Alexis Carpinello will be playing Milo, David Amiri is Tock, the watchdog and Binjodya Son is the Burgess. “The Phantom Tollbooth” will be performed Thursday through Saturday, March 20 to 22, at Bethlehem Central Middle School, 332 Kenwood Ave. The show starts at 7 p.m. each night. Admission is $4 at the door. Friday evening’s performance will be interpreted for the deaf and hard-of-hearing.

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Within this list are several New York Energy Smart™ programs offered to residential New Yorkers. Look for more information in upcoming stories on each of these programs.

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The New York Energy Smart™ programs will evolve to adjust with the economic and conservation needs of our state. Future stories will cover, in greater detail, the programs. We feel are of particular interest to you, the readers. We hope you will enjoy these stories and find our programs beneficial.

For more information about New York Energy Smart™ programs visit our website www.GetEnergySmart.org or dial 1-877-NY-SMART and speak with an operator.
Suburban Council All-Stars complete sweep

By ROB JONAS

For the second year in a row, the Suburban Council swept the Big 10 in the annual Exceptional Senior basketball games last Wednesday in Christian Brothers Academy.

In the boys’ game, the Suburban Council mounted a fourth-quarter comeback to edge the Big 10 83-79, while the Suburban Council girls team fended off a late charge by the Big 10 to pull out a 62-58 victory.

The Suburban boys trailed by seven points early in the fourth quarter before going on a 15-0 run to grab a 71-68 lead. Shensendobow’s Anthony Pizzo, Colonie Central’s Jon Branche and Guilderland’s Jon Ciancetta all hit three-pointers during the spurt. “We got back a little bit faster,” said Bethlehem boys coach Chuck Abba, who coached the Suburban All-Stars. “Our transition defense improved, and I thought we moved the ball around better and got some good shots.”

The lead changed hands several times late in the fourth quarter until a short jump shot by Shen’s Brennan Bayly and a three-pointer from Saratoga’s Mike Veitch gave the Suburban Council the lead for good. Bayly added two layups in the final 40 seconds to finish with a game-high 21 points. “I like getting out (on the fast break), especially playing with Anthony (Pizzo),” Bayly said.

Veitch’s Anthony (Pizzo),” Bayly said.

Niskayuna’s Kevin Rucinski contributed 15 points for the Suburban Council in one of his highest-scoring games of the season. “I love just playing with these types of players,” Rucinski said. “I like the style of the game — it’s quick.”

Ciancetta chipped in 10 points, Pizzo and Veitch each had nine points and Branche added eight points for the Suburban Council, who has won the last two exceptional senior games. Albany’s Abar Miller led the Big 10 All-Stars with 14 points.

In the girls’ game, the Suburban Council built a 13-point lead in the fourth quarter, only to watch the Big 10 cut it down to two points late in the period before Shaker’s Krystal Hammond hit two free throws to seal the victory.

“You don’t coach until the final two minutes, and when it gets hairy and you’re the coach, you don’t want that,” said Guilderland girls coach Cat Cucco, who guided the Suburban Council All-Stars. “But this was an all-star game, and you’ve got some good players out there.”

Hammond had 18 points to lead all scorers for the Suburban Council. Colonie Central’s Jessica Tremblay and Shaker’s Bethany Handerlan each contributed 10 points.

Between the boys and girls games, two Bethlehem players — Matt Robbins and Kai Lin Foley — received recognition for being selected as Capital District representatives for the McDonald’s All American High School basketball games. The two Eagles will be considered for the national teams, which will play in Cleveland March 26.

“It’s a good award and a great honor,” Robbins said.

Dolphins host 2-week swim clinic

The Delmar Dolphins swim team is offering a two-week clinic March 31 through April 10.

The program will be held Mondays through Thursdays and focuses on the skills necessary to be a competitive swimmer. The clinic is open to children ages 7-12 who can swim a strong 25-yard crawl stroke.

The sessions will be held at Bethlehem Central High School, Bethlehem Central Middle School and Albany Academy. The registration fee is $40.

For information, call Doug Gross at 564-0801 or e-mail dolfincoach@juno.com.

BFWA schedules registration sessions

Bethlehem Pop Warner is holding registration for the 2003 season at town hall on Delaware Avenue in Delmar.

Sessions will take place April 10 from 6 to 8:30 p.m. and April 15 from 10 a.m. to 2 p.m.

The club is open to boys and girls between the ages of 5 and 14. Parents must bring a copy of the child’s birth certificate to the registration sessions.

For information, call Joe Bonacci at 588-6411 or visit the club’s Web site at www.bethlehem popwarner.com.

Soccer club offers referee training

The Bethlehem Soccer Club is sponsoring a FIFA referee licensing program.

Classes will be held March 26 and 28, as well as April 2, 4, 9 and 10 from 6 to 9 p.m. Participants must attend all sessions to receive certification.

For information and to register, log on to www.home. nycap.rr.com/enyacs or e-mail Mike Short at Mike.Short@usa.net.
Heart attack signs different for men, women

By KRISTEN OLBY

We all know every second counts during a heart attack, but do you know that symptoms of a heart attack differ between men and women? Knowing the signals of an impending attack could mean the difference between life and death.

“Most people describe a heart attack as if an elephant were sitting on their chest,” explains Dr. David Putnam, an assistant clinical professor at Albany Medical College who also practices at Capital Cardiology.

Most heart attacks start slowly with mild pain or discomfort that escalates. Men often feel heavy pressure in the middle of their chest while women can have mild chest pain, often on the left-hand side.

“With women it tends to be more of an ache and sometimes they don’t have pain at all it could be shortness of breath,” said Putnam.

Other signs of a heart attack include pain in the upper body such as in the arms or back, breaking out in a cold sweat, nausea or lightheadedness. But for women, many of the common heart attack signs may not be present.

“It may be confused with heartburn or they may just really not feel well,” said Dr. David Wolinsky of Albany Associates in Cardiology. “They shouldn’t wait for the classic symptoms before going to the hospital,” added Wolinsky.

A heart attack occurs when the blood supply to the heart muscle is severely reduced or stopped. The reduction of blood is caused by the blockage of one or more of the coronary arteries due to deposits of plaque — a fat-like substance. The plaque can eventually burst, tear or rupture, creating a “snag” where a blood clot forms and blocks the artery, according to doctors.

A man is more likely to suffer a heart attack between the age of 50 and 60, while a woman’s risk increases ten years later, after the age of 60.

“Probably because they’ve had the protection of estrogen,” said Wolinsky.

Heart disease is the No. 1 killer of men and women according to the American Heart Association. Those in danger of a heart attack include diabetics, smokers, and those with high cholesterol or blood pressure. Middle-age men, post-menopausal women and individuals with a history of family heart disease are also at an increased risk.

If you think you’re suffering from a heart attack don’t wait longer than a few minutes before calling for help. Emergency medical staff can begin life-saving treatment when they arrive and are also trained to revive a stopped heart.

“Take a full aspirin and actually chew it and swallow,” advises Putnam. “Aspirin thins the blood, helping to dissolve the clot.

If the blood supply is cut off for more than a few minutes, muscle cells suffer permanent injury and die. This can kill or disable someone depending on how much heart muscle is damaged. Hospitals equipped with emergency cardiovascular care systems can provide prompt attention that dramatically reduces heart damage.

There is hope for those who suffer a heart attack. According to the American Heart Association, 88 percent of heart attack survivors under age 65 can return to their usual work.

For information on the signs of a heart attack and prevention, visit the American Heart Association Web site at www.americanheart.org.
Seniors should use caution with medications

By SUSAN GUTHRIE

A s we age, we tend to have more health issues that require medication.

According to statistics, older Americans consume more prescription and over-the-counter drugs than any other age group. Unless a proper medication schedule is followed, you may not benefit from the medication and in some cases, you may be doing more harm than good.

The most important thing is to understand the instructions regarding each medication, which means knowing when to take the medication and what kinds of restrictions there may be, such as taking it with food or avoiding alcohol. When your doctor prescribes new medication, be sure to ask why you will be taking the medication and any side effects you should be aware of.

Keep a list of all your medications and show it to any doctor that may prescribe additional medication. If you routinely take over the counter medications, check with your doctor or pharmacist to be sure it’s safe to take with your prescription drugs.

To assure that you are taking your medications properly, some pre-planning may be necessary. If you need to take several medications on a daily basis, sit down and write out a medication plan. It could be a grid with dates and times detailing when to take each medicine, along with any restrictions on them. Checking off each medicine as it is taken can help you make sure you are following the regimen properly.

Commercially sold pill organizers are also available which allow you to put your pills into various compartments for different times of the day. It’s important to have a consistent schedule for taking your medication and make it part of your daily routine. Most behaviors become automatic and almost unconsciously performed over time. Taking your medication can also become just as automatic.

Some people aren’t able to understand why they’re taking their medications and aren’t capable of making up a daily plan for when to take each. These people need a health professional or family member to draw up a plan for them and to figure out a system of reminders. If you have a friend or family member in this situation, try to get them involved in the process as possible.

The following are important things to remember:
1. Keep a daily checklist of all the medications you take. Include both prescription and over the counter medications. Note the name of each medicine, the doctor who prescribed it, the amount you take, and the times of day you take it. Keep a copy in your medicine cabinet and one in your wallet or pocketbook. Be sure to have it with you each time you see your doctor (including any specialists) and update it routinely.
2. Read and save any written information that comes with the medicine.
3. Take your medicine in the exact amount and precise schedule your doctor prescribes.
4. Check the expiration dates on your medicine bottles and throw away medicine that has expired.
5. Call your doctor right away if you have any problems with your medicines or if you are worried that the medicine might be doing more harm than good.
6. Do not take medications prescribed for another person and never share yours with someone else.
7. Do not stop taking a prescription drug unless your doctor says it’s OK.
8. Do not take more or less than the prescribed amount of any medicine.
9. Do not use alcohol while taking a medicine unless your doctor says it’s OK.

The writer is wellness concierge at Community Care Physicians located at the Capital Region Health Park, 711 Troy Schenectady Road, Latham. For information, call 783-3110, ext. 35417.
Healthy eating: Nutritional hints for seniors

By SUSAN GAUTHIER

A we age our nutritional needs change. Some seniors need fewer calories to maintain a healthy weight due to changes in their lifestyle. Exactly how many calories are needed depends on a person’s activity level. By consuming less food, you may not be getting the appropriate nutrients you need to stay healthy. Eating foods from all of the food groups, which includes breads and grains, fruits and vegetables, dairy and meat and meat substitutes, is one step you can take to be sure you are eating healthy. Iron is the mineral that helps supply oxygen to all parts of the body. Decreased iron levels can lead to fatigue. Many older adults lose their appetite for meat, which is a source of iron. To maintain adequate iron levels, include iron rich foods such as whole grains, fortified cereals, dark leafy vegetables, raisins and beans in your diet. Eating foods rich in Vitamin C at the same time will help your body to absorb iron.

To keep bones strong, the body is always breaking down old bone and replacing it with new bone. As people enter their 40s and 50s, more bone is being broken down than is replaced. A close look at the inside of bone would show something that looks like a honeycomb. Osteoporosis is a disease that causes bones to become easily broken bones in the hip, back bone (spine); and wrist.

Osteoporosis is called the "silent disease" you may not notice any changes until a bone breaks. But your bones have been losing strength over many years. When you have osteoporosis, the spaces in this honeycomb grow larger. The outer shell of your bones also gets thinner. All this makes your bones weaker.

The risk of osteoporosis grows, as you get older. Bone loss may begin slowly in some people when they are in their late 30s. At the time of menopause women lose bone quickly for several years. Then the loss may continue but more slowly. In men the loss of bone mass occurs more slowly. But, by age 65 or 70 men and women are losing bone at the same rate.

Osteoporosis is preventable. A diet that is rich in calcium and vitamin D is a lifestyle that includes regular weight-bearing exercise are the best ways to prevent weakened bones in later life. Choose items such as low-fat dairy foods, canned fish with soft bones such as salmon, dark green leafy vegetables and calcium-fortified foods like orange juice, breads and cereals as calcium sources.

Your body uses vitamin D to absorb calcium. Being out in the sun for a total of 30 minutes every day helps most peoples bodies make enough vitamin D. You can also get vitamin D from eggs, fatty fish, and cereal and milk fortified with vitamin D. If you think you need to take a calcium or vitamin D supplement, check with your doctor.

Consuming enough protein helps maintain adequate muscle mass, fight infection and helps maintain strength during trauma. Chicken, fish and low fat dairy products are an excellent source of protein and calcium. Fiber is important to have a healthy digestive system and proper bowel function. Constipation is a problem for many aging adults. Choose a variety of high-fiber foods—vegetables, fruits, beans, nuts, whole-grain products—drink plenty of water to help prevent dehydration and constipation and be physically active to stay regular.

As you age, favorite foods may not taste like they used to because the sense of taste and smell can decrease with age. This can lead to a loss of appetite, which can result in not eating the right foods to meet your nutritional needs. Experiment with adding spices and herbs to your food and when cooking to increase the flavor. Many health problems can be avoided by eating a proper, well-balanced diet—an important step in maintaining good health. For information, contact Susan Gaither, Community Care Physicians Wellness concierge (785-310, ext. 3347) at the Capital Region Health Park in Latham. Community Care Physicians Wellness Concierge is available to provide general health education information and to connect the public with related services and programs across our community.

The writer is wellness concierge for Community Care Physicians.

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Families ask Congress to invest in Alzheimer research

The U.S. health care system is about to implode, and none of this will be the detour, according to the board of directors of the Northeastern New York (NENY) affiliate of the Alzheimer's Association.

Members of the board are traveling to Washington, D.C., March 28 to April 1, to meet with Congressional leaders, calling on them and President George W. Bush to make conquering Alzheimer's disease a key federal health priority.

"There is a disaster looming on the horizon that only the President and Congress can prevent," said Martin LeRoy Jr., president & CEO in NENY. "We are urging lawmakers to increase Alzheimer research funding at the National Institutes of Health, to $1 billion a year."

Current funding levels are approximately $380 million.

"We must act now, and act alone," said the board of directors of the Alzheimer's Association in NENY at www.alzneny.org.

The largest private funder of Alzheimer research, the association has committed more than $130 million toward research into the causes, treatment, prevention and cure of Alzheimer's. You can contact the Association—NENY at 438-2217 or on the Web at www.alzny.org.


Local programs include support groups, respite training, public policy advocacy and educational programs for family members and training programs for professionals. Anyone interested in becoming involved with the chapter is encouraged to contact the chapter office.

The Capital District administration office is in Albany. The phone number is 438-2217 or (800) 302-2218 and the fax number is 438-2219. You can also send an e-mail to Lauren.desantis@alz.org.

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Doctor completes integrative medicine fellowship

After two years of intensive training in medicine, including biological medicine, mind-body interactions and nutrition, Dr. Am Tobin has completed an associate fellowship in integrative medicine at integrative medicine at the University of Arizona in Tucson.

Launched in the summer of 2000 by internationally renowned integrative medicine pioneer Dr. Andrew Weil, the one-year program combines residential sessions in Tucson with a "distributed learning" model in which participants learn via the Internet at their own home or office.

Today, a board-certified family physician practicing at Desert's Center for Integrative Health and Healing joined to other physicians from all over the world in a graduation ceremony in October at Tucson.

"Dr. Tobin has received the best training available in integrative medicine," said Dr. Weil. "You'll consider her fully prepared to take on the work of the future and help transform the practice of medicine and healthcare in the direction of common sense.

The program, which includes 1,000 hours of instruction, emphasizes clinical applications and collaboration to establish a broad knowledge base that will transfer into clinical practice."

The curriculum, unlike patient simulations, collaborative dialogue, research updates and dialogues, problem solving exercises, selected readings, group projects and presentations.

This is the starting point of a career in integrative medicine, philosophy of medicine, medicine and culture, mind-body, acupuncture, nutritional support, botanicals, physical activity, spirituality, leadership and legal issues.

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Seniors dance their way to healthier hearts

The foundation of a good fitness program is aerobic exercise, according to www.healthytime.com (Seniors and Exercise by Chris Woolston, Blue Cross Blue Shield of Massachusetts). Regular exercise not only strengthens the heart but also helps reduce hypertension and lower high cholesterol, the two major causes of heart disease. Other age-related diseases, such as type II diabetes, can also be controlled and prevented by aerobic exercise. Weight-bearing exercise helps prevent osteoporosis by building bone strength.

In addition, the National Center for Injury Prevention and Control states (www.cdc.gov) that maintaining a regular exercise program is also important in preventing the falls that lead to broken bones. The key to success is finding an activity that you enjoy, so you stay with it. Because it emphasizes fun and fitness rather than competition, dance is an aerobic exercise that more and more seniors are enjoying. It combines rhythmic movement and simple steps with music to improve and maintain a healthy heart and develop balance and coordination. Like any other aerobic exercise, dancing can give you more energy, increase resistance to fatigue, increase stamina, tone muscles, relieve tension, and help you relax for a sound sleep.

Seniors in Colonie can choose from eight dance classes offered by Colonie Senior Service Centers, Inc., including tap, ballet, and line dancing. Experienced and supportive instructors encourage beginners. "Anyone interested in music can learn the steps, according to Helen Fitzgerald, "Terri (tap/ballet instructor) is wonderful with beginners."

Classes range from beginner to intermediate, and there is a performance group, The Colonie Timeless Tappers! Tap is great for coordination, ballet is slower and especially helpful for grace and balance, and line dancing is an excellent low impact aerobic exercise. Participants range in age from 55 to 85 and love the social aspect of the classes, as the friendships forged often extend into other classes and activities.

"Thanks to all the (dance) programs offered... I'm a very active, healthy senior," says Jean Rogers. "Once a week, I line dance... and I tap dance with the Timeless Tappers!"

If your goal is heart healthy fitness and not competition, then a dance class is the way to go. If you are over 50, get an OK from your doctor before starting any new exercise program, then exercise with common sense. Drink lots of water, and always include a warm up and cool down period. Let dancing take you to a healthier heart and happier life.

For more information about Colonie Senior Service Centers' spring dance class schedule, call Marton Lamaz at 459-2857, ext. 312.

Mangia to host smoke-free event

The American Cancer Society, along with Mangia in Stuyvesant Plaza, will host a smoke-free happy hour.

During this smoke-free after work party, supporters will advocate for comprehensive smoke-free workplace laws. The smoke-free after work party will be held at Mangia, located in Stuyvesant Plaza in Albany today, March 19, from 5 to 7 p.m. The event also will include an opportunity for attendees to learn more about smoke-free workplace legislation and how they can get involved.

There is no cover charge. The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service.

For information about cancer, call toll-free anytime 1-800-ACS-2345 or visit the American Cancer Society Web site at www.cancer.org.
Gyms help win the battle with weight loss

Programs that suit today's hectic lifestyle

BY TANYA LEET

ome health fitness companies tout exercise, while others concentrate on eating healthy. Many opt for a combination of both strategies. But it's up to the individual to decide what fitness routines are the most appealing. Delmar Health & Fitness offers a variety of exercise equipment for different types of personalities.

According to owner Mike Mashuta, the center "caters to a huge variety of clientele." More self-motivated people can use machines to monitor their progress, while people who need more of a nudge can take classes guided by staff members.

Delmar Health & Fitness offers a wide range of levels, from low-intensity yoga classes to more intensive group sculpting. Most classes are offered in the early morning, mid-morning, afternoon and again in the evening. Mashuta said "there are an infinite number of ways" for members to become more conditioned.

At Delmar Health & Fitness there is no generic program. Mashuta stressed that everyone gets an individually designed program to suit their temperament.

"Members can make four to 10 appointments free of charge to hone in on their strength level and specific needs," said Mashuta.

And if anyone is intimidated by the one-on-one, we have group classes." Mashuta added. For nutritional needs, he refers clients to a professional dietician.

Diet Workshop, which has been in the Capital District for 40 years, promotes a low-fat diet, watches added sugars and provides clients with knowledge of better types of bread and grains. It also teaches members how many servings of each food group they should eat throughout the day.

The staff instructs members how to use measuring cups to determine a serving size and how to read nutrition labels. But have no fear, the program also allows members to incorporate their favorite foods so they don't have to sacrifice them.

"We have tried to be as normal and realistic as humanly possible," said Herr. Holidays are always a problem, because seasonal goodies are available. So, with Easter coming up, watch out for those Cadbury eggs!

Seniors often have a more difficult time watching their weight because they have a tendency to eat out. Diet Workshop teaches them more sensible ordering choices, such as taking home a doggie bag and getting salad dressing on the side. Instead of demanding a regimented exercise program, Diet Workshop encourages simple activities to keep the body's metabolism going. Herr tells people to stand and marching in place while cooking or talking on the phone, and to take the stairs instead of an elevator.

Diet Workshop also offers its own product line of nutrition bars, protein shakes and the like.

The company trains its employees through seminars and many choose to become certified nutritionists. Herr said that most of the staff started out as Diet Workshop members.

Schoechtly Jewish Community Center (SJCC), which recently completed a $3.8 million renovation and addition, is a sprawling complex on 26 acres. The SJCC combines exercise and nutrition with a complete equipment room and a nutrition expert on staff.

One unique class they offer is indoor group cycling, or "spinning," that is a virtual ride complete with landscape imagery to simulate hills. The facility also offers an indoor and outdoor pool, tennis courts and playing fields. In addition, there are Tai Kwon Do lessons, other classes and an after-school program for kids.

Yearly membership rates vary. The SJCC offers discounted rates for full-time nonmarried students, senior citizens and single parent families, along with regular individual and family memberships.

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How do you ease the pain of a chronic condition that medication cannot relieve? Or better yet, how do you help prevent these pains in the first place? Twenty, even 10 years ago, your options would most likely be limited to a five-minute consultation and prescription drugs. But medical times are changing and our options are growing. Eight area health care practitioners are adding to the community's choices by creating an integrative medical practice that takes the best of both individual visits with the physician/practitioner and the therapeutic experience, and how best to approach their health and healing.

The Center for Integrative Health and Healing, located at the Four Corners in Delmar, consists of an emergency room doctor, a family practice physician, a registered nurse­-energy healer, two acupuncturists, a massage therapist and a physician­nutritionist. These individuals, working as a team, create a patient­centered approach that attends to the whole person — body, mind, heart and spirit. This allows for both individual visits with the center's eight practitioners, as well as the design of unique cross-discipline treatment plans.

"We wanted to create a new approach to health care in the Capital Region," said the center's president, Dr. Ronald Stram, who is also the director of emergency medicine at Albany Memorial Hospital. "By taking an integrative approach to health and healing, we offer the best of safe and effective therapeutic modalities to create a patient's optimal wellness.

The strength of the practice lies not only in its core mission but in the multiple services provided by each of the multi­faceted, trained and licensed practitioners. A person can choose from any of the following services or take an integrative approach and design a program that works best for them: therapeutic massage; acupuncture; Reiki; Chinese herbal medicine; nutrition; lifestyle counseling; psychotherapy; energy healing; stress reduction; hypnotherapy and imagery; polarity energy balancing; or healing touch. Every client receives the kind of attention that goes beyond the immediate symptoms focused. "We consider the relationship that develops between the client and practitioner a vital part of the therapeutic experience, and we believe this partnership will help to facilitate the innate ability to heal," said Dr. Ann Tobin, whose expertise is in family practice and women's health. "Our initial intake is usually 1 and a half hours long. We review the patient's complete history and develop a treatment plan that may include traditional medicine, Chinese herbal medicine, massage therapy and healing touch."

Dr. Stram used the following example to illustrate. A patient comes to the Center with tendinitis of the shoulder. A traditional medical model could call for a shot of cortisone, an anti­inflammatory drug such as Vioxx and some physical therapy. On the other hand, the integrative model could call for the same traditional options as well as massage therapy and acupuncture, leading to a potentially more complete, effective and long­lasting healing process.

"There are so many options open to people. The center's model allows for the healing of the whole person, not simply curing the ailment," said Stram. "We focus on the importance of the physician­practitioner­patient relationship. We spend more time with our patients, allowing us to know what is important to them and how best to approach their health and well being."

Additionally, the center is made up of Dr. Sharon Alger­Mayer, a physician nutrition specialist; Diane Rossung a psychotherapist; Myrna Dennis a registered nurse, CHT­L, CSEM and energy healer; Michael Perman a state licensed massage therapist and certified hypnotherapist; Christopher Seffey an acupuncturist and traditional Chinese medicine practitioner; and Rebecca Rice, an acupuncturist and traditional Chinese medicine practitioner.

The center is at 388 Kenwood Ave. in Delmar and is open Monday through Friday. An open house is scheduled for Saturday and Sunday, March 22 and 23, from 11 a.m. to 3 p.m. For information, call 489­2244, or visit www.cihh.net.

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<table>
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<tr>
<th>Name</th>
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### Church schedules women's health series

A series of lectures and presentations on women's health issues will be offered the second Wednesday of the month at 7 a.m. at Bethlehem Lutheran Church at 90 E. Ave., Delmar. The free series has been organized through St. Peter's Hospital and is open to women of the community at no charge. Register for each session by calling the church office at 439-4828.

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Understanding low back pain can improve spinal health

With the exception of cold and flu symptoms, backaches send more people to the doctor than any other medical condition. Approximately 65 million Americans are affected by back pain, and about 80 percent of the population will experience some form of it at least once in their lifetime.

Low back pain affects both men and women equally, and it usually occurs between the ages of 25 and 60. Low back pain is so common that it is the most prevalent cause of disability in people under the age of 45, and is in the fifth most frequent reason for hospitalization in the United States.

Many factors can contribute to low back pain, including strain or injury, infections, arthritis, inflammatory disc disease, or damaged discs in the spine. Discs are spongy "shock absorbers" between each vertebra in the spine. They provide the flexibility to twist, turn and bend, and serve as cushions that each individual bone in the spine sits on, allowing people to walk, run, jump and perform all other normal activities without creating friction between the vertebrae.

When discs harden, or begin to deteriorate due to age, injury or disease, the vertebrae can press against nearby nerves or the spinal cord, which can be extremely painful. Low back pain can be defined in one of two ways: acute or chronic.

Acute pain has an immediate, severe, constant pain, oral medication and/or epidural steroid injections, or potent anti-inflammatory medications delivered into the spinal canal to reduce pain and inflammation, are often recommended. If these treatments do not provide relief within two to three months, surgery is considered. Beverly Marzuco underwent a spinal fusion surgery, which is a common procedure for patients with damaged discs. Until recently, spinal fusion procedures required two surgeries—one to harvest pieces of bone from the patient's hip, and a second to implant them into the spine. However, a genetically engineered protein, called INFUSE Bone Graft, recently became available for spinal fusion surgeries, and eliminates the need to harvest bone from the hip. People with severe low back pain—especially pain that has lasted more than two weeks—should consult their physician or schedule an appointment with an orthopedic surgeon or spine specialist to assess the source of their pain.

Additionally, people who are experiencing pain that increases with sneezing or coughing, is accompanied with numbness or radiates down the leg and buttocks, or pain that reduces urinary problems or causes difficulty sleeping, should consult their physician immediately. Low back pain can have serious consequences, both physically and emotionally, if not treated appropriately.

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Positive family contact can add years to your life

Gatherings with your relatives may be more important than you think. Did you know that familial encounters not only provide positive experiences, but also can play a large role in how successful and happy you are in life?

"Families through time have changed, but they have not declined in importance to Americans," said Dr. Vern Bengston, professor of gerontology and sociology at the University of Southern California in Los Angeles. "Multi-generational bonds represent a valuable resource for families in the 21st century and are becoming more important than nuclear family ties for well-being and support over the course of our lives."

A Harris interactive survey based on 1,001 random telephone interviews indicate that most Americans aged 25 to 65 (68 percent) believe it is good for children to know their relatives and family history. Americans connect with their families through a variety of gathering activities, such as holiday meals, weddings, birthday parties, reunions, family vacations and less formal get-togethers. In fact, the survey indicates that approximately nine out of 10 Americans have attended a family event in the past three years, and 72 percent of Americans attend multiple family gatherings throughout the year. Why? The reasons vary and overlap. Americans cite everything from the noble desire to provide their children with the opportunity to know their relatives and to learn about their family heritage to participating just because family events are fun.

"Face-to-face contact provides the contextual part of what it means to be family," said Michael Benjamin, executive director for the Council On Family Relations in Minneapolis. "We are genetically predisposed to cling to our family," said Bengston. "I'm wired into us the need to bond with family mem bers. Historically, family relationships have played the most basic role of all -- ensuring survival. Today, most people rely on family interactions to provide an affir ming, positive experience. They provide a sense of support and an identity of who we are and what's unique about us."

While the most dramatic results appear to revolve around the parent-child grandchild relationship, relationships with more distant relatives such as aunts, uncles and cousins are also important. "Intergenerational and extended family relationships not only create a sense of identity but, even today, are a valuable resource for exchanging information on services and goods," said Bengston.

Close extended family relationships can have educational, economic and professional implications. According to Benjamin, people with extended families tend to be more literate and reach out to get more education and better jobs. People who cultivate extended family relationships are at an advantage emotionally and are often more successful in their personal lives.

Both children and adults benefit from these relationships during times of great stress, such as tragedy, death or divorce. They also reap the rewards when joyous events enter their lives, whether it is a new job, a new child or a milestone birthday. It is even suspected that interaction with extended family can have a positive effect on your life span and physical health.

"We have seen evidence that an increased degree of positive contact with family can add years to your life," said Bengston. "We have strong reason to believe that people with active children and grandchildren relationships live longer."

Children today are very fortunate," he said. "Provided their parents take the initiative, they have more opportunities for interaction with the larger extended family than children several generations ago. They literally have more relatives living."

Even though technology allows families to keep in touch and share personal moments more easily, Bengston also cautions against relying too much on long-distance technological conveniences, such as email and teleconferencing. Nothing replaces the experience of actually gathering in the same room with family.

"Sometimes there is a sense of something missing if you do not have face-to-face contact," Bengston said. "In-person contact gives you the ability to discern subtle nuances and cues in other people. Body language and gestures say a lot. And touch is very, very important, especially for the very young and very old."

With families dispersed all over America, technology helps to bring those families together now more than ever -- and not just during the holidays. "But you just can't beat a hug or pat on the shoulder," he added.

Robert Brass, MD

Ophthalmology

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Tiffany received a kidney free air transportation for people to ensure that people are not denied access to medical care. AirllieLine's 1,500 volunteer pilots donated free flights for nearly 5,500 passengers across the United States.

In addition to coordinating free air transportation for people with medical and financial need; AirLifeLine also coordinates free air transportation for precious cargo such as organs, blood, tissue and medical supplies; disaster-relief efforts in times of crisis; and other humanitarian needs. Nearly 40 percent of the organization's flights assist children and their families.

Kennerknect and her 7-year-old daughter Tiffany have flown with AirLifeLine 33 times in the past two years. When she was 5 years old, Tiffany suffered acute renal failure after an E coli poisoning. She required immediate kidney dialysis to save her life, and was evaluated for a kidney transplant shortly thereafter.

After waiting over a year, Tiffany received a kidney transplant in March 2002. She travels often from her home in Oneonta, Otsego County, to Children's Hospital in Boston for ongoing treatment.

For those who need to travel to receive medical care, ground transportation is often impractical and uncomfortable. Many people simply cannot endure multiple hours of travel by car, bus or train, and their treatment plans often require frequent trips far from their homes.

Kennerknect first heard about AirLifeLine from the transplant coordinator at Children's Hospital. "Before finding out about AirLifeLine, we were driving back and forth to the hospital — a five-hour trip each way," she said.

In contrast, the plane ride from a small airport near their home takes just an hour. Tiffany and her mom are met in Boston by a volunteer driver from AirLifeLine who drops them at the hospital and brings them back to the airport. While the service they provide is priceless, AirLifeLine's volunteer pilots are a modest bunch who say that they are simply doing something they love. "It is a good way to justify my hobby," said pilot John Campbell, who has flown the Kennerknect family to Boston. "This is the ultimate win/win situation," he said. "I love to fly and need to fly to stay current, and I can use my piloting skills to help some people who really need these flights."

Campbell, who has flown nearly 80 missions since joining AirLifeLine in July 2000, points out that many people with critical illnesses exhaust the limits of their health insurance quickly, and are then faced with large medical bills.

"We can help these families save money on transportation, and since we often fly round trips in the same day, people also save money by not having to stay in a hotel," he said.

Since 1978 AirLifeLine has served almost 70,000 passengers, who have saved more than $40 million in travel costs. Pilots like Campbell donate their planes (in his case, a Piper Seneca twin-engine), time, landing fees and fuel to transport patients and their families.

He said the ability to help people and the gratitude of those he flies make it a pleasure to work with AirLifeLine. Yet he doesn't think of himself as a hero. "It is important for those who can contribute time and money to do so."

Kennerknect thinks the volunteers deserve more credit than they're willing to give themselves.

"The day we got the call that there was a kidney available for Tiffany, it was snowing. With the traffic delays, we never would have been able to reach Boston in time by car, but AirLifeLine got us there," she said. "The pilots are willing to drop whatever they're doing when they get a call to take a patient."

AirLifeLine is supported entirely by donations from individuals, corporations and foundations. For every dollar contributed, AirLifeLine generates $6 in passenger services.

For information on how AirLifeLine can help you or someone you know, or to volunteer, call (877) AIR-LIFE or visit the organization's Web site at www.AirLifeLine.org.
Volunteering keeps your healthy spirit alive

Volunteering gives you the opportunity to help others throughout the year. It’s time to stop making excuses like “I don’t have enough time,” or “I’m not sure where to start.”

VolunteerMatch, a nonprofit Web site, makes volunteering easy. The site, located at www.volunteermatch.org, serves as a clearinghouse for organizations needing volunteers and volunteers looking for a place to use their skills.

There are literally thousands of opportunities waiting on VolunteerMatch, making it easier than ever to find a great place to volunteer. The service has already helped more than 23,000 community service organizations post over 40,000 opportunities, and VolunteerMatch has generated nearly 1 million new volunteer referrals since its start in 1998. Any nonprofit or tax-exempt organization can list volunteer opportunities on the Web site; potential volunteers simply enter their ZIP code to find local opportunities. Volunteers can also search by interest, date and keyword to generate a personally customized list.

Once a volunteer finds a listing they're interested in, they simply click the link to contact the organization and get involved. Kathleen Murray is one volunteer who takes full advantage of VolunteerMatch. Beginning in January 2002, she began working on a personal goal of volunteering in 12 different states for at least 12 different nonprofit agencies.

“I feel called to volunteer,” said Murray. “I have been extremely blessed in my life and it is my way of giving back and making a difference.”

She has used VolunteerMatch to sign up for the majority of her volunteer stints. At the outset, Murray decided to devote six months to working on children’s issues and six months addressing issues of hunger, homelessness, poverty, special needs and aging.

She started her odyssey at a neonatal unit in Atlanta. From there she moved on to an assisted living facility for the elderly in New Orleans; then she was off to Santa Fe, N.M., to volunteer at a food bank. She has also worked at an agency in San Diego that serves homeless street kids and at-risk youth, and at the San Francisco Food Bank.

Her most far-flung assignment took her to Alaska to volunteer at a shelter for individuals with AIDS and HIV.

Her final destination is New York.

“My personal experience is that I get much more from it than I feel I give to it,” said Murray. “Martin Luther King Jr. once said, ‘Everyone has the power for greatness, not for fame, but for greatness, because greatness is determined by service.’ I believe that.”

“Community organizations find the Web an easy and efficient way to connect with people who can support their efforts through volunteer activity,” said Jay Backstrand, president of VolunteerMatch. “Volunteers can find out if their skills meet an organization’s needs before they make contact, and it’s also a great way for organizations to get the word out about projects and special needs within a specific community.”

Find the match that will help you experience the personal reward and fulfillment that comes with volunteering; at www.volunteermatch.org.

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... reveal that with understanding adults—may struggle for unnecessary forms. Known as incur medical information, such as health results and insurance up to four times poor health prescription instructions, test results and medical organizations are working across the country to address the problem of low health literacy. The American Medical Association Foundation, the philanthropic arm of the American Medical Association, has since been working to raise awareness of health literacy among physicians. However, according to recent findings, most physicians are still unfamiliar with the issue of low health literacy.

Low health literacy is a national problem and a serious epidemic that must be addressed. For information, explore these related sites: www.amafoundation.org/go/healthliteracy, www.pfizerhealthliteracy.com and www.health.gov/healthypeople.

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To Life! and Bellevue Woman's Hospital have joined forces to combat breast cancer. This initiative, known as "Reach Out to Our Community," is a collaborative effort to provide breast cancer education and support services to women and families affected by the disease.

Co-Director Thea Hoeth explained, "Women who are battling breast cancer face a long list of challenges," said Jennifer Cassin, chief of patient services at the hospital. "This joint venture will bring sorely needed support, education and related services to the increasing population of breast cancer patients in our area," she added.

Hoeth said that Reach Out to Our Community is enhancing existing services offered by To Life! and Bellevue Woman's Hospital with the addition of specialized peer support services. Among the new offerings are group and one-on-one support meetings for patients with metastatic breast disease and group sessions for children of breast cancer patients.

These services will be offered at To Life! and at Bellevue's Niskayuna location. The presentation of an education program is included in the program's objectives. "It is so important to support family members throughout the breast cancer journey because they experience the disease too, differently," said Hoeth. "By helping the family we help the woman unleash anxiety that can take its toll on her physical and emotional well being during treatment."

This program will also enable To Life! to bring its boutique service to Bellevue. The To Life! Abracadabra boutique offers a unique, one-stop shopping opportunity for prostheses, mastectomy bras, wigs, hats, scarves and skin care products. To Life!'s licensed hairstylist and trained prosthesis fitters are available to assist customers.

In a letter approving To Life!'s outreach initiative, Pataki said, "Congratulations for your leadership in addressing the needs of your community regarding cancer." He extended "best wishes for success in this challenging and rewarding program."

To Life! and Bellevue Woman's Hospital previously collaborated on an education forum presented by the sponsorship of the biology department of Union College on the topic of colon cancer and its detection, treatment and connection to breast and other cancers.

To Life! has offices at 428 Delaware Ave., Delmar. The phone number is 429-5075 and the fax number is 475-5041. The Web site is at www.ToLife.org. Send e-mail to info@ToLife.org.

Albany JCC offers enriching after-school program

The new Volunteer Childcare after-school programs open at the Synergy Early Learning Community center on South Pearl Road.

The program offers high quality enrichment and after-school programs at the center for children in kindergarten through sixth grade.

ケンス'on's goal is to accommodate families and elementary children that are looking for a flexible and enriching program. There are 35-friendly activities, special enrichment classes, free play and homework time. Each day features Healthy Stacks of main extra optional activities in the cost.

Children can choose from swimming, tennis, art, sports, music, dance, football, green thumb, class, science, classic book clubs, chess, bike club, basketball, cooking, martial art, community service classes, field trips, drumming, dancing and more.

Children are currently transported from school in Bethlehem, Voorheesville, Colonie, Guilderland and Albany to the program. For the fall, if families can't take their children up for the full five-day program, they will get a one-day pass, your weekend camp free.

Open house for the JCC, including Fitness, arts, culture, food service and more, is set for Thursday, March 20, from 6:30-10 p.m. There will be a carnival with games, prizes and entertainment.

When families sign up for the after-school program, they can be involved in all the center has to offer, swimming, indoor and outdoor fun family nights and activities. The center also participates in summer camps both on and off site; Sundays at Lake George and on beachfront, tennis at Scotia, kayaking in Glens Falls, exercising at the state's top fitness centers.

For information, call Diane Burman at 358-4651.
Nine ways swimming can boost your fitness

by Bethany Moore, a physician and Masters Swimming (www.usms.org) certified social worker and professor at Ball State University. In addition to helping you strut your stuff in a swimsuit, here are nine ways swimming can benefit your body:

1. Heart helper: With good technique, swimming provides important cardiovascular fitness benefits. Swimmers can brush up on technique by taking adult classes offered by the Red Cross, local rec centers, YMCA's and Jewish Community Centers.

2. Balance your build: Swimming builds long, lean muscles that complement the shorter, bulkier muscles created by activities like weight training. These long muscles also boost your metabolism to keep burning calories longer.

3. Cross-train: A swimming regimen can boost lung capacity and muscle strength, while giving your body a break from other activities like running, basketball or weight training.

4. Stretch it out: Stretching and increasing flexibility is easier in a heated pool, which relaxes muscles, and in the water, which reduces the body weight you feel by 90 percent.

5. Strengthen your core: Swimming builds core body strength by using all of your muscles. While 70 percent of a swimmer’s effort comes from the upper body, exercises with kickboards and fins can provide an incredible lower body workout when done properly.

6. Breathe deeply: If you are comfortable with swimming technique and breathing, swimming can be less taxing on lungs than running. Because arms, with their smaller muscles, don’t require as much oxygen as legs do.

7. Keep going and going: With proper technique, many swimmers can swim longer than they can sustain other activities — allowing you to burn more calories.

8. Do it anywhere: Swimming isn’t just about dingy, crowded neighborhood pools. Many recreation centers and health clubs have beautiful pools, and open-water swimming can take you to lakes, reservoirs and even the ocean. For spots to swim around the world, check the online directory at www.usms.org.

9. Where the boys — and girls — are: Swimming pools are a great place to meet members of the opposite sex.

10. Swimming in the Pacific (www.swimming-pacific.com) is a national organization that provides organized workouts, competitions and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive and noncompetitive) who are dedicated to improving their fitness through swimming and maintaining a healthy lifestyle. Founded in 1970, USMS is organized with 500 clubs in 53 regions throughout the nation.

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Delmar library to host health program

Ann Chapman will present “Increasing Health and Joy” at Bethlehem Public Library on Friday, March 28, at 2 p.m. Chapman will talk about enhancing health and well-being through relaxation, stress reduction and increasing pleasurable experiences.

Chapman is a New York State certified social worker and retired Siena College professor with more than 20 years of experience as a health enhancement educator and counselor. This free program is cosponsored by Bethlehem Senior Projects, Inc. Call 439-9514 to register.

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Sleep disorders can produce serious health problems.

The weekend of April 6 this year, when most Americans will "spring forward" and set their clocks one hour ahead for daylight-saving time, also marks the end of National Sleep Awareness Week. (Observed this year March 31 - April 9.) And it may be a time when many Americans are losing something precious — an hour's worth of sleep.

When you don't snooze, you lose — physically and mentally. Not getting a good night's sleep can have a dramatic impact on your ability to perform even basic physical and mental tasks. But imagine having a sleep disorder so serious that simply running into an old friend or having your grandchild might result in an uncontrolled physical collapse, leaving you paralyzed.

For persons with cataplexy, which is a symptom of narcolepsy, such episodes can range from slurred speech to buckling of the knees, which familiar or routine tasks are performed without later awareness. The effects of cataplexy range from slurred speech to buckling of the knees and even total physical collapse. During severe attacks, a patient may collapse and be unable to move for several minutes, while still remaining conscious and alert of his or her surroundings. While some people with narcolepsy experience only one or two episodes of cataplexy a year, others have many such episodes each day.

"Cataplexy can have an extremely debilitating effect on persons who suffer from narcolepsy," said John Bulloch, CEO and chairman of Minneapolis-based Orthus Medical Inc., a company that has researched narcolepsy and cataplexy extensively. "Imagine not being able to control where or when you might suddenly fall down and you'll have some idea as to just how dramatically narcolepsy can impact the lives of those who are affected by the disorder."

More than a nuisance

Individuals with narcolepsy can fall asleep without warning, at inappropriate times and places. You might, for example, suddenly doze off while working or talking with friends.

Depending on the severity of the condition, sufferers may sleep for just a few minutes or up to a half-hour before waking. Other narcolepsy symptoms can include:

- Hypnagogic hallucinations, which are vivid, often scary dreams.
- Automatic behavior, in which familiar routine tasks are performed without later memory of such events.
- Sleep paralysis, the brief inability to move or speak when falling asleep or waking up. Such episodes are usually brief — lasting no more than 10 minutes — but they can be frightening. Why does this happen?
- While the exact causes of narcolepsy are unknown, many scientists believe that individuals with the disorder may have imbalances in certain brain chemicals that help regulate sleep.

Normally, the process of falling asleep begins with a phase called non-rapid eye movement (NREM) sleep, a time in which your brain waves slow down considerably. After an hour or two of NREM sleep, brain activity picks up again and rapid eye movement (REM) sleep begins, a time of deep sleep when most dreaming occurs.

Narcolepsy sufferers, however, can suddenly and at abnormal times fall into deep REm sleep without first experiencing NREM sleep. Individuals with narcolepsy can experience certain aspects of REM sleep that should normally occur only during deep sleep — such as sudden lack of muscle control, sleep paralysis and vivid dreams.

Can it be cured?

Narcolepsy is a chronic condition, so symptoms usually don't go away entirely. But doctors can suggest lifestyle changes and prescribe certain medications to help manage the symptoms of the condition.

Stimulants, which keep people with narcolepsy awake during the day, have long been a primary treatment for narcolepsy. However, such medications can also be addictive and can cause side effects such as nervousness and irritability.

Antidepressants can help suppress REM sleep, which may limit narcolepsy symptoms including cataplexy, hypnagogic hallucinations and sleep paralysis. Sodium oxybate, a prescription medication, is used to help improve nighttime sleep. Studies have shown that the drug can dramatically reduce incidences of cataplexy in a large percentage of narcolepsy patients. It can also help reduce the occurrence of sleep paralysis and hypnagogic hallucinations.

Likewise medications can also be important in managing the symptoms of narcolepsy. Patients are often encouraged to take steps such as setting a regular sleep pattern, scheduling naps of 10-15 minutes each day and exercising regularly. Avoiding substances that can impair the ability to sleep deeply, such as alcohol, nicotine and caffeine, may also aid in reducing symptoms.

Find out more

If you experience excessive daytime sleepiness that you can't control or think you may be suffering from symptoms of narcolepsy, see your doctor. Because its symptoms are sometimes associated with other disorders, narcolepsy can sometimes be difficult to diagnose.

You may want to consider asking your doctor to refer you to a sleep specialist for additional studies and evaluation. Trained sleep specialists can perform an in-depth analysis to properly diagnose any sleep disorder. You might have and help determine your best treatment options.

To learn more about narcolepsy and potential treatment options available today, visit the National Sleep Foundation's Web site at www.sleepfoundation.org or the Narcolepsy Network's Web site at www.narcolepsynetwork.org.

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Daughters of Sarah Senior Community is a beneficiary agency of The United Jewish Federation of Northeast NY.
Eagles
(From Page 1)
a basket in the waning moments to put Copiague ahead 24-19 at halftime.
Copiague let its two forwards, Walker and Angela Clark, do most of the damage in the second half. The two seniors combined to score 23 their team's 25 points in the third period and keyed an 8-2 run to start the fourth quarter to help Copiague build a 57-39 lead.
Bethlehem fought back as best it could. Mooney and Kelly each scored to knock the deficit down to 14 points. Later, Bango netted her fourth three-pointer of the game to bring Bethlehem within 11 points with 1:01 left. The Eagles outplayed Copiague 4-2 the rest of the way but it was too little, too late.
Bango finished with 15 points, Kelly contributed 13 points and Mooney added 11 points for Bethlehem, but Foley was limited to six points — less than half of her season average.
"Bango never wants to quit, and you could see that on the floor," Wise said.
Wright — who will be heading to the University of Connecticut on a full scholarship — and Clark each had 19 points, and Walker added 18 points and 16 rebounds for Copiague, which won its first state title in any sport. Wright was named the tournament's most valuable player.
Bethlehem reached its first state championship game by knocking off Section I champion Ursuline of New Rochelle 69-63 last Friday.
Unlike the game against Copiague, the Eagles had no trouble getting the ball into the low post early. Foley scored Bethlehem's first two field goals, while Mooney and Kaity Conklin added key baskets to key a 14-6 opening run. By the end of the first quarter, the Eagles had a 19-9 lead.
Ursuline got as close as four points midway through the second quarter before Bethlehem went on a 13-6 run to grab a 38-25 lead. During the run, the Eagles held Ursuline without a field goal, halftime)
Bethlehem's Kalie Foley drives past an Ursuline defender during last Friday's state semifinal game at Hudson Valley Community College. Foley had 22 points and 16 rebounds in the 69-63 victory.

CHANGING TASTES
You do not need a researcher to tell you that age is the best predictor of a healthy diet when you see a child reach for dessert while her grandmother is looking for her second helping of broccoli at the dinner table. Aside from being educated about the benefits of a healthy diet, older adults may have a physiological reason for preferring healthy foods. According to a recent study, women were less sensitive to such bitter-tasting foods as broccoli, Brussels sprouts, and mustard greens as they got older. They also showed an increased preference for vegetables, whole-grain foods, citrus fruits, and coffee and tea. At the same time, their preference for meat and dairy products varied little.
Good nutrition is one of the foundations of health and well-being. At Good Samaritan Lutheran Health Care Center, 125 Rockefeller Road, Delmar, we make sure our residents are offered wholesome, healthy meals, and encourage positive choices that support their overall physical health. To set up an appointment, give us a call at 439-8116 for more information.

Braverman takes LaSalle job
Former Bethlehem Central High School coach Jesse Braverman was hired as the new skipper of the La Salle Institute baseball team (Sunday).
Braverman, who also coaches the Admirals region team at the Empire State Games and the Bethlehem Mickey Mantle Sports, has a lifetime coaching record of 465-205.

Binghamton's Kalie Foley drives past an Ursuline defender during last Friday's state semifinal game at Hudson Valley Community College. Foley had 22 points and 16 rebounds in the 69-63 victory.

Ursuline received an extra boost when Foley fouled out with 1:32 left. Before Bethlehem responded by hitting several key free throws down the stretch, Chambers gave the Koalas one last bit of hope when she hit a three-pointer and was fouled for a four-point play to make the score 66-63 with 14.3 seconds left, but Sarah Homer made three out of four foul shots to seal the victory.
"There's actually no word that can describe this," Homer said. "We've worked so hard for this."
Foley had 22 points and 16 rebounds, and Kelly contributed 14 points for Beth elham. Both players were named to the all-tournament team.

Colonic Central hosts 3-on-3 tournament
Colonie Central High School will host the preliminary rounds of the Key-Bank Hopla Fan Fest 3-on-3 Basketball Tournament March 23.
There will be six men's and six women's divisions, and the top teams will advance to the finals March 29, which will be held outside Pepsi Arena as part of the NCAA Division I men's basketball East Regional festivities.
Each team will consist of a captain and three players, and the divisions will be broken down by age: 11- and-under, 13- and-under, 15- and-under, 17- and-under, open (18-34) and 25- and-over.
The entry fee is $100 per team, and registration forms are accepted on a first-come, first-served basis. Proceeds benefit Capital District YMCA's urban teen initiatives.
Entry forms are available at all Capital District YMCA branches, by visiting the organization's Web site at www.cdymca.org or by calling Greg Koubek at 869-5260, ext. 37.

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Braverman, who also coaches the Admirals region team at the Empire State Games and the Bethlehem Mickey Mantle Sports, has a lifetime coaching record of 465-205.
LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The Articles of Organization of the LLC were filed with the Secretary of State of New York on March 13, 2003. The purpose of the LLC is to be located in the County of Albany, State of New York, for the purpose of owning, using, and leasing commercial real property and engaging in any lawful activity that is not otherwise restricted by the Articles of Organization. The Treasurer of the LLC is designated as the agent of the LLC upon whom process may be served. The address of the Treasurer of the LLC is 255 Sand Hill Road, Delmar, N.Y. 12054. The Secretary of State shall mail copies of any process to the Treasurer of the LLC at such address upon which the Treasurer of the LLC may be served.

SMichael PAREMELLE
Organizer

109 SUSSEX COURT

VOORHEESVILLE

12186

LD-5011

(March 19, 2003)

LEGAL NOTICE

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12186

LD-5011

(March 19, 2003)

LEGAL NOTIC...
in office. Her knack for handling stressful situations with ease hasn't gone unnoticed by her peers.

Where Sheila was most successful was when there was a problem. She was the glue that kept the parties together and gave them what it took. "I worked with Sheila's Davis, another long-serving Republican town board member, said, "Having served on the board with Sheila for more than nine years, I know that she sincerely cares about the community and makes decisions based on what she thinks is best for Bethlehem and its residents."

The door to her office is always open. For Artemina, she is a supervisor is a 24/7 job, and to her the community is like family. She says, "I made the decision to run for this," she added. "I must say that I've truly enjoyed working with Sheila and am pleased to call her my supervisor for nine years and look forward to working with her next year."

For nine years, Barbara Aspron has been the Bethlehem Police Department's internal auditor, and she's still singing the supervisor's praises. "Sheila is the kind of person who can't imagine any employee not working for her," said Aspron. Now retired, Aspron can recall Fuller being present in the office while always maintaining her open-door policy, allowing employees to walk in and talk with her. Throughout 10 years of service, Aspron says, "Sheila has been very accommodating and has never had an issue with the people that she has ever worked.

"It didn't matter whether it was a small issue or a major issue or a great big crisis such as the landslide. Everything received the importance it deserved," said Aspron.

Fuller has been supportive of public safety efforts in the town going all the way back to her time as town supervisor. "I worked with the Bethlehem Police Chief Richard LaChappelle. Fuller's first projects in office was to upgrade the Bethlehem Police Department with better resources in technology. That department now has a computer-aided dispatching system and can store more information.

"Everything is electronic now, more efficient and effective and she had a belt on her," said LaChappelle. "When town board member Dan Plummer began his term four years ago, he barely knew Fuller. Despite the divide of party politics, she has found Fuller to be welcoming. "I got to know her personally. I think she's a very philosophical, I think, on the same page on a lot of issues, so I think she's a very productive," said Plummer. While he won't be able to make a run for the post on the Democratic ticket, Plummer is looking forward to the election. "I think this is a great time to be a Democrat and I think it's going to be a great race. It will be very competitive," said Plummer.

Got a gripe? Write a letter!
**Obituaries**

**Gertrude Goodman**

Gertrude "GG" Molish Goodman, 96, of the Terrace at the Beverwyck in North Bethlehem died Thursday, March 13, at her home.

Born and raised in Philadelphia, she and her late husband owned and operated Estates Pharmacy in Haddonfield, N.J. for many years.

Mrs. Goodman was a member of Congregation Beth Emeth and its Sisterhood in Albany.

She was the widow of Harry Goodman.

Survivors include two grandchildren, Rabbi Scott Sipe of Slingerlands and Dr. Stephen Sipe of Voorhees, N.J.; a sister, Anne Sipe of Matrose Park, Pa.; and six great-grandchildren.

Services were private.

Arrangements were by the Levine Memorial Chapel in Albany.

**Jamie Lynn Drummer**

Jamie Lynn Drummer, 15, of South Bethlehem died Friday, March 14, at her home.

She had been a student at Wildwood programs and later at the Center for the Disabled.

Survivors include her mother, Martha Drummer of South Bethlehem; her father, James Drummer of Dayton, Ohio; a brother, Dylan James Drummer of South Bethlehem; her maternal grandfather, William McGee of Rotterdam; and her great-grandmother, Ethel DeFlumer of Delmar.

Services were made by the Meyers Funeral Home in Delmar.

Contributions may be made to the National MPS Society, 45 Packard Drive, Bangor, Maine 04401.

**Arlene Weiss**

Arlene A. Weiss, 69, of Delmar died Sunday, March 9, at St. Peter's Hospital in Albany.

Born in Cleveland, Ohio, she was a longtime resident of Rotterdam before moving to Reilly House in Delmar.

She was a graduate of the former Mont Pleasant High School.

She worked for St. Clare's Hospital in Schenectady and was a homemaker.

She also worked as an assembler at the Center for the Disabled vocational program in Albany and was active with the ARC Mapleridge Center in Rotterdam.

She was a communicant of the Church of St. Thomas the Apostle in Delmar.

Survivors include two sisters, Carol A. Walsh of Niskayuna and Shirley M. Bremser of Lynchburg, Va.; and two brothers, Dylan James Drummer of South Bethlehem; her maternal grandfather, William McGee of Delmar; and her great-grandmother, Ethel DeFlumer of Delmar.

Services were made to the National MPS Society, 45 Packard Drive, Bangor, Maine 04401.

**Edward Jerome**

Edward F. Jerome, 82, of Selkirk died Wednesday, March 12, at St. Peter's Hospital in Albany.

He was husband of the late Marie Jerome.

Survivors include two daughters, Linda Robustelli of Long Island and Karen Jerome of Westchester; a son Edward Jerome of Selkirk, and six grandchildren.

Services were from St. Anastasia Church in Monroe.

Burial was in St. Anastasia Cemetery.

Local arrangements were by the Daniel Keenan Funeral Home in Albany.

Contributions may be made to the New Karner Road Cemetery.

**Helen Newcomb**

Helen Margaret 'Alcorno Newcomb, 89, of the Beverwyck in North Bethlehem, and formerly of Voorheesville, died Sunday, March 16, at her home.

Born in Philadelphia, she was a graduate of Smith College.

She was the widow of Edwin Newcomb.

Services were made by the DeMarco-Stone Funeral Home in Koapp Newcomb.

Contributions may be made to the Church of St. Thomas the Apostle, 35 Adams Place, Delmar 12054.

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Contributions may be made to the American Heart Association, 440 New Karner Road Colonie.

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Born in Philadelphia, she was a graduate of Smith College.

She was the widow of Edwin Newcomb.

The funeral will be held at a later date.

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☐ 2 Years - $68.00

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**Death Notices**

By KRISTEN OLBY

The renovation and grand opening of the Patroon House Restaurant on Route 9W in Glenmont is best described as a fervent family affair.

On any given night, you'll find owner Andrew Carroll wandering from table to table greeting the customers who settled into their own little mixers drinks behind the bar and Andrew's wife Amy washes dishes in the kitchen. As a host of family members have played various roles in helping Andrew turn his lifelong dream of owning a restaurant into reality.

"At one point, there were 13 people here," he said.

"We have a whole bunch of family members who are here who have been involved in every aspect of it," Andrew said.

"My wife and I are from this area and we have a lot of relatives who are from here," he said.

Andrew's brother Jake, whose expertise is in computer business sales, decided he too would make the jump and pursue his dream as well.

"It's kind of a family project," Andrew said.

"My brother Jake, whose expertise is in computer business sales, decided he too would make the jump and pursue his dream as well," Andrew said.

"He's been helping me with the restaurant," Andrew said.

"It's kind of a family project," Andrew said.

"We have a whole bunch of family members who are here who have been involved in every aspect of it," Andrew said.

While owning a restaurant may seem like a dream job, it's not without its challenges.

"There are a lot of long hours," Andrew said.

"It's kind of a family project," Andrew said.

"We have a whole bunch of family members who are here who have been involved in every aspect of it," Andrew said.

Andrew Carroll

Chef Richard Toth, who has more than 15 years of culinary experience — most recently at Schuyler Meadows Country Club — creates the diverse menu, ensuring that everything right down to the ketchup and Worcestershire sauce is freshly prepared.

Those who dine at the Patroon House will enjoy fine food in a casual atmosphere where jeans are considered acceptable.

"You can be treated like you would at a private club, without paying the price and without having to get dressed up," said Andrew.

The welcoming ambience feels as if you are dining at a friend's home rather than at a restaurant. That's exactly the effect Andrew and wife Amy — who actually live upstairs — are striving to create.

"Have dinner in my living room and be treated like you are a guests in my house," said Andrew.

Walls are decked with historic paintings depicting life on the shores of the Hudson where Albany was first settled. The name Patroon House honors the area's early Dutch settlers, who also incorporates the house's history.

"It was called the Capital House and it is a home, our house," so said the "Patroon House," said Andrew.

The Carrols hope to welcome dozens of guests into their "home" for dinner each night. The spring and summer months will make outdoor dining on the patio possible and they also plan to open for lunch.

"I'm going to try to be the best restaurant in the area, and whether I am or not remains to be known," said Andrew.

**Family's the focus at Patroon House**

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**SPOTLIGHT**

The Spotlight will print paid Death Notices for relatives and friends who do not or have not lived in the Towns of Bethlehem and New Scotland. The charge for a paid death notice is $25.

We will continue to print Obituaries of residents and former residents of the Towns of Bethlehem and New Scotland at no charge.

In Memoriam, and Cards of Thanks will also be printed for $25.
Kenneth Slingerland and Rebecca Smolen

Smolen, Slingerland to wed

Rebecca Smolen, daughter of Ronald and Anne Smolen of Voorheesville, and Kenneth Slingerland Jr., son of Kenneth and Doreen Slingerland of Delmar, are engaged to be married.

The bride-to-be is a graduate of Clayton A. Bouton Jr./Sr. High School in Voorheesville. She is a student at SUNY Cobleskill. The future groom is a graduate of Bethlehem Central High School. He works for Hudson River Construction. The couple plans a May 2004 wedding.

BCHS graduate wins college award

Matthew Cardamone of Slingerlands was recently honored at the Programs Rooted in Developing Excellence (PRIDE) Program for academic and leadership excellence in the L.C. Smith College of Engineering and Computer Science at Syracuse University.

Slingerlands woman studying in Paris

Lauren Englisbe, a 1999 Bethlehem High School graduate and a computer science major at Sage College, is studying at the American University of Paris during the spring semester.

Englisbe is the daughter of Wynn Englisbe, sister of the groom, and Valise Englisbe, sister of the bride.

Englisbe attended the American University of Paris during the spring semester.

BCHS grad elected to college post

Alexander Weber was elected to serve as vice president of Daveon House for the 2002-2003 academic year at Vassar College.

The son of Barbara Weber of Slingerlands and Martin Weber of Niskayuna, he is a graduate of Bethlehem Central High School.

Engman, Murphy marry

Heather Engman, daughter of Fred and Lynn Engman of St. Cloud, Minn., and Michael Murphy, son of Patricia and Donal Murphy of Slingerlands, were married Aug. 24.

The Rev. Dee Pederson performed the ceremony at The Walsh House at the Bar Harbor Regency in Bar Harbor, Maine. A reception followed.

The maid of honor was Kristin Carr.

Bridesmaids were Lori Murphy, daughter of Karen Murphy of Bethlehem, and Elizabeth Murphy of Slingerlands.

Engman was a graduate of St. Cloud State University.

Delmar student earns scholarship

Emily Leroy of Delmar, a senior in the school of education at Syracuse University, has been selected to receive the Carnation Enidowed Scholarship as part of the university's Senior Scholarship Program for the 2002-03 academic year.

The Senior Scholarship Program at Syracuse University recognizes outstanding students in their final year at the university. To be eligible for a senior scholarship, students must attain dean's list status during their final three years at Syracuse.

For information and submission forms, call 459-4949. Mail announcements to P.O. Box 100, Delmar 12054.

Florists


Jewelry


Photography


INVITATIONS

Photography

Personalized, Professional Photography Services. 456-6551.
Capital Repertory Theatre in Albany has a highly acclaimed play on its stage now — Alfred Uhry’s “Driving Miss Daisy,” which won both a Pulitzer Prize and an Academy Award.

If there were any similar local theatre award, this production would be another winner.

The odd-couple comedy about a Southern gentle lady and her black chauffeur may be familiar to those who saw the popular movie, but the Cap Rep production is nonetheless a revelation.

The story is that an elderly well-off Jewish woman in Atlanta has a black chauffeur forced on her by her son, after one accident too many.

Daisy and Hoke spend a quarter century together. Daisy helps Hoke learn to read and write, and Hoke good-naturedly helps Daisy get where she’s going.

The play is not directly about civil rights, but the struggle of blacks to throw off the chains of the Jim Crow South is always there, like a malevolent shadow.

Early on, Daisy makes clear her support for civil rights by making a critical comment about segregationist Gov. Herman Talmadge. Later, on a trip to visit relatives in Alabama, Hoke is forced to urinate by the side of the road since the Standard Oil gas station they’d just filled up at did not allow blacks to use its rest room.

They also come upon the scene of the 1958 Atlanta Temple bombing, an act of racist terrorism that, as usual in those days, went unpunished. And, in a more subtle form of racism, Daisy’s son has to avoid attending a dinner honoring Martin Luther King Jr. because of the damage it would do to his business.

The relationship between Daisy and Hoke grows beyond mistress/servant into a caring friendship. The play ends with Hoke feeding a forkful of pie to a smiling Daisy in her nursing home.

Lois Markle and Larry Marshall are excellent as Daisy and Hoke, as is Jay Edwards as Booolie.

The set looks great and works wonderfully, with two bar stools on a small moveable platform suggesting the car, a plush sofa on another moveable platform suggesting Daisy’s mansion, and a desk and chair suggesting Boo’s office.

These days, far more people are likely to see the movie than read the book or see the play that the movie is based on. But the real, more immediate experience of a work of art is almost always better in the original, not the often pared-down, simplified Hollywood version.

So it is with Capital Rep’s “Driving Miss Daisy.”

“Driving Miss Daisy” will run through April 19. Show times are Tuesday through Thursday at 7:30 p.m., Friday at 8, Saturday at 4 and 8:30 and Sunday at 2:30.

The theatre is at 111 N. Pearl St. Tickets are $30 to $38.

For information or reservations, call 445-7469.

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Guiderland Chamber brings entertainment, information to Expo

By KATHRYN MCCARTHY

Information and entertainment will be the order of the day when the Guiderland Chamber of Commerce Family Expo begins.

Show takes place at Crossgates Mall on March 20 and 30. The Family Expo started in the mid-1980s as a mini-trade show at Farnsworth Middle School and, this year, there will be about 50 vendors and 10 entertainers on two floors of the mall.

The vendors cover a broad range of activities. A sampling includes: the Albany Conquest Mad Science, the College of St. Rose, Hudson River Bank and Trust, Mary Kay Cosmetics, Honest Weight Food Co-op, Colgate Water Conditioning, local media and tourism destination like Ausable Chasm and the Baseball Hall of Fame. This is the 11th-year the Family Expo will be held at Crossgates Mall.

“Our vendors get great exposure in a lovely venue and there’s a lot of traffic,” Jane Schrann, executive director of the Guiderland Chamber of Commerce said. This is only the second year that the Family Expo will provide entertainment, which will be located in front of Colours Fashions. In addition, J.C. Penney will stage a spring fashion show on Sunday afternoon in their store. Entertainers include Popowntown Puppets.

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THE SPOTLIGHT
March 19, 2003 — PAGE 23

ARTS AND ENTERTAINMENT

THEATER

DRIVING MISS DAISY
Capital Repertory Theatre, 111 N. Pearl St., Albany, through April 6, $24 to $30. Information, 464-4760.

MASTER CLASS
Maria Callas as a fabulous teacher. National Italian Arts Center of Russell Sage College. Troy. March 27 through April 5, $15, $16 for seniors and students. Information, 274-3626.

SOME LIKE IT HOT
with Tony Curtis, Paul Newman, Cliff Robertson. Proctor’s Theatre, State Street. Albany, through March 25, $7.35 and $42.95. Information, 346-6204.

NEW YORK STATE MUSEUM

ALBANY INSTITUTE OF HISTORY AND ART

THE BEAUTY QUEEN OF WEST MEATH
by John Gassner, Proctor’s Theatre, 111 N. Pearl St., Albany. through April 19. Information, 377-2912.

THREE'S COMPANY

ALBANY CENTER GALLERIES

ALBANY INTERNATIONAL AIRPORT GALLERY
Albany-Shaker Road, Colonie. "Show OL" network and etchings from 57 signers and printers. Through April 30. 7:30 p.m. to 7 p.m. Information, 240-2821.

YATES GALLERY

COLORS OF THE WIND
50th anniversary celebration in 350 countries. March 23, 8 p.m., Sank. Information, 537-4038.

THE ENSEMBLE
Cafe Puck concert. The Egg at Empire State Plaza, Albany. March 30, 7:30 p.m. Information, 473-4865.

CAPITAL BALLET
New Beginning show. Featuring works by Saraa Darhe. March 27 at 7:30 p.m.. Information, 473-4865.

L’ENSEMBLE DE MUSIQUE DE SCENES.
SCHENECTADY MUSEUM

SCHENECTADY MUSEUM
Highlights. Information, 392-7903.

THE NOBODIES OF COMEDY
with Mark Gross, Jamie Looper and Matt. Proctor’s Theatre, State Street. Albany. March 25, 8 p.m. and $16 and $16. Information, 344-6036.

THE ENSEMBLE
Cafe Puck concert. The Egg at Empire State Plaza, Albany. March 30, 7:30 p.m. Information, 372-0951.

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ZAHIR HUSSAIN
with Sharron & Gregor. Hindustan music. The Egg at Empire State Plaza, Albany. March 25, 7 p.m. Information, 473-4865.

THE ENSEMBLE
Inside a world of birds at WAMC. Troy Savings Bank Music Hall. March 25, 8 p.m., 372-4350. Information, 473-4865.

MICHAEL BRECKER
The Van Dyck. 235 Union St., Schenectady. March 27, 7:30 p.m. and $31. Information, 373-1611.

JOHN GOWAN BAND
with Chris Urent and Peter Hors. Troy Savings Bank Music Hall. March 26, 8 p.m., $31. Information, 473-1845.

MARSHA MULGREW
with Sharron & Gregor. Hindustan music. The Egg at Empire State Plaza, Albany. March 25, 7 p.m. Information, 473-1611.

JOHN GOWAN BAND
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Cafe Puck concert. The Egg at Empire State Plaza, Albany. March 30, 7:30 p.m. Information, 372-0951.

MARSHALL CRESCHNAW
with Eddie Ollion. WMAC Performing Arts Studio, 335 Central Ave., Albany. March 28, 8 p.m. Information, 1- 800-425-5154 ext. 6.

300 QUESTIONS OF COMEDY
with Mark Gross, Jamie Looper and Matt. Proctor’s Theatre, State Street. Albany. March 25, 8 p.m. and $16 and $16. Information, 344-6036.

HARRY RETURN TO US

VERONICA'S ROOM
Schenectady Civic Playhouse, 12 S. Church St., Schenectady through March 30, $12, $11 for students. Information, 336-3051.

HARRNET RETURN TO US

JANAE JAF
The Van Dyck, 235 Union St., Schenectady. March 27, 7:30 p.m. and $22. Information, 373-1611.

HARRNET RETURN TO US

HARRNET RETURN TO US

HARRNET RETURN TO US

HARRNET RETURN TO US
**Spotlight on Dining**

**Dumpling House**

### Chinese Restaurant

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- Eat in or Take Out. Open 7 days a week.
- 120 Eastern Ave, Albany • (518) 454-8365

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**Layout Calendar**

**Bethlehem**

- **Bethlehem Lions Club**
  - Quality Inn, Route 146, Delmar, 7 p.m. Information, 439-4467.

- **Alzheimer's Support Group**
  - Bethel Millen's Association meeting for families, 7 p.m. and friends; Damor Presbyterian Church, 585 Delmar Ave., 7 a.m.

- **Gold Rock Church**
  - 1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4514.

- **Zoning Board of Appeals**
  - Bethlehem Town Hall, 450 Delmar Ave., 7:30 p.m. Information, 439-6555.

- **Bingo**
  - Round America Legion Post, 1 Poplar Drive, 7:30 p.m. Information, 439-3879.

- **Boy Scout Troop 58**
  - Comly Emma School, 347 Delmar Ave., 7:30 to 9:30 p.m. Information, 439-3576.

- **New Scotland**
  - **Faith Temple**
    - Bible Study, New Salem, 7:30 p.m. Information, 765-2160.

  - **Prayer Meeting**
    - Ions meetings and Bible study; Mountain View Evangelical Church, Route 155, 7:30 p.m. Information, 765-2160.

- **New Scotland Seniors**
  - Women's Center Community Building, New Salem, 10 a.m. Information, 765-2160.

- **Bethlehem Lions Club**
  - Quality Inn, Route 146, Delmar, 7 p.m. Information, 439-4467.

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- **Gold Rock Church**
  - 1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4514.

- **Zoning Board of Appeals**
  - Bethlehem Town Hall, 450 Delmar Ave., 7:30 p.m. Information, 439-6555.

- **Bingo**
  - Round America Legion Post, 1 Poplar Drive, 7:30 p.m. Information, 439-3879.

- **Boy Scout Troop 58**
  - Comly Emma School, 347 Delmar Ave., 7:30 to 9:30 p.m. Information, 439-3576.

- **New Scotland**
  - **Faith Temple**
    - Bible Study, New Salem, 7:30 p.m. Information, 765-2160.

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FOR ALL OF THIS INFORMATION, IT IS BEST TO SHOP AROUND AND COMPARE. Battery specialists can assist you in selecting the right size and requirements for your vehicle.
A remanufactured engine may save your ‘totaled’ car

It was among travelers’ worst nightmares and a very expensive trip for this motorist. His beloved pickup blew the engine and had to be towed 250 miles home. The temperature gauge didn’t work, nor did the check engine light. By the time he realized the engine was overheated the damage was done.

Now back in his hometown repair shop, it was time to face the music: where do we go from here? Exploring his choices, he and his technician considered the pros and cons of trading the truck, having a new engine installed; buying the old one? Also consider the cost of a new engine was also ruined your engine, you have some viable options beyond disposing of your vehicle.

Several lessons can be learned from this owner’s experience and that of others who have “blown” their engines.

Lesson #1: Don’t gamble with inoperative instruments and warning lights (the latter, when working properly, light up when the ignition first is turned on).

Lesson #2: At the first indication of overheating pull off the road and shut off the ignition. You may be able to avoid totally destroying your engine.

Lesson #3: If, by failing lessons #1 and #2, you’ve ruined your engine, you have some viable options - beyond disposing of your vehicle.

Trading in the truck, like “throwing the baby out with the bath water,” was out. The costly option of a new engine was also out. How about overhaul­ing the old one? Also expensive, said his mentor, possibly costing about the same as install­ing a remanufactured engine. Further, the reman would carry a strong factory warranty.

The remanufactured engine would not only be as good as the original, in several respects it would be better. Hand-built with the finest equipment available, claim remanufacturers, these engines are built to more exacting standards than original. Further, a reman has the added benefit of a “seasoned” block, a metallurgical phenomenon which extends engine life and enhances performance.

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- Carole Kipling
- Debbie and Bob Kopp
- Dave Kramkirk
- L.C. Smith Pet Center
- Paul Le Clair’s Guiding Service
- Lynne and George Leonard
- Le-Wards Jewelers, Inc.
- Les Loomis
- Lynn’s Sleigh Bell Farm
- Robert Lyric
- Mail Boxes, etc.
- Mangie Pizza and Pasta
- Marshall’s Transportation Center
- McCarroll’s, The Village Butcher, Inc.
- Delmar Marketplace
- Dorothy McDonald
- Lois McDonald
- John McGuire
- Harold and Helene Meckler
- Kathleen Stewart Meissner
- Nancy Mendick
- Sandy Mortey
- Morton Stamp & Coin Company
- Mrs. Sub #100
- My Place & Co.
- New York State Theatre Institute
- Olsen’s Nursery
- Pearl’s Pet Food & Supplies
- Perfect Blend Espresso Bar and Cafe
- Pizza Hut
- Policy Research Associates
- Prestige Photo and Portrait Studio
- Price Greenleaf, Inc.
- Primomo DDS & Herzog DDS
- Realty USA
- Robyn Reed
- Reigning Cats and Dogs
- Kathy Riedel
- John Riegel
- Jill Rilkin, College Options
- Robert’s Gift Shop
- Roger Smith Decorative Products
- Rohan, Rosenstein & Burgess LLC
- Bob and Helen Salmono
- Sally’s Beauty Supply
- Garry Sanders
- Saratoga Shoe Depot
- Sara’s Japanese Noodle House
- Happy and Harvey Seherer
- Barbara Schneuwly
- School’s Out, Inc.
- Rick Schrader Agency
- Scissors Society
- Serendipity Gifts
- Slingerlands Elementary School
- Slingerlands Fire Department
- Slingerlands PTA
- Smart Fitness
- Helen and Robert Smith
- Something Old Something New
- South Street Frames & Gallery
- Robin Ann Stupley
- Steiner’s Sport
- Fran and Dennis Stevens
- Stewart’s Shops
- Robin and James Storey
- Sweet Melissa’s Candy & Gifts
- Michael Tobbah
- The Artist Studio
- The Chocolate Geek
- The Elegant Envelope
- The Little Country Store
- The Music Studio
- The Paper Mill
- The Periwinkle Shop
- The Princeton Review
- The Quilter’s Studio Etc.
- The Spinning Room
- The Spotlight Newspapers
- The Toy Chest
- The Toymaker
- The Village Deli
- Time Warner Cable
- Toll Gate Ice Cream & Coffee Shop
- Townsend and Company
- Ron Tweedie
- Verstandig’s Florist
- W. J. Riegel & Sons, Inc.
- Robert B. Ward
- Rockefeller Institute of Government
- Weichert Realtors, Northeast Group
- Weichert Engine Works, Inc.
- Dorothy Whitney
- Susan Wooster-Pace
- David Young

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Activity Corner • Raffle • Desserts • More!
Proceeds Support Bethlehem’s Youth Activities