BIG deal could fly next week

**By KRISTEN OLBY**

A deal to sell the BIG Arena to the Capital District YMCA is in the works and could be finalized in the week ahead, according to a member of the arena's board of directors.

The Delaware Avenue sports facility has been listed with Coldwell Banker Prime Properties with an asking price of $4.2 million.

The Bethlehem Ice Group, which operates the 75,000-square-foot complex that boasts two skating rinks, is now slated to melt all of the ice more than a week ahead of schedule. A message at the facility tells callers the arena will close down completely April 5.

"We're taking one of the sheets of ice down today," said board member Tim Thornton late Monday. "And the other one may come down (next) Monday." Thornton said he is unsure what the future holds for the arena, in part, because it is expected to be sold to the YMCA shortly.

One of the conditions under the purchase agreement would be to keep one ice rink open, according to Thornton, who added the two sides are still negotiating.

Arena management had hoped to keep a sport floor open throughout the spring and summer for indoor sporting games—a plan that was recently nixed.

Residents applaud street improvements

Some call for more sidewalks and repairs

**By KRISTEN OLBY**

Walkers, runners and bikers should be able to traverse some of Bethlehem's streets with greater ease in the year ahead, as the town prepares to launch a sizeable sidewalk construction project this summer.

Among the first streets to see improvements are Elsmere Avenue in Delmar and Maple Avenue in Selkirk.

The announcement made by Highway Superintendent Gregg Sagendorph earned a round of applause from a crowd gathered at town hall March 23 to address Bethlehem's "walkability." Citizens groups Bethlehem Tomorrow and Bethlehem Citizens for Pedestrian Safety co-sponsored the event that drew about 120 people.

Despite the good news, residents identified a number of areas where sidewalks should be installed and areas in need of repairs.

"There is a tremendous amount of walking that goes on in this town," said Henry Peyrebrune of BCPS. "And yet there are a lot of gaps in the system."

Several streets have been identified by the pedestrian group as being in dire need of sidewalks. They include Elsmere Avenue, Foura Bush Road in Glenmont, areas of Selkirk and North Bethlehem, and the Route 9W corridor where commercial development is on the rise.

Delmar and Selkirk are among the first areas slated to see work in the months ahead. The town has approved sidewalks along Elsmere Avenue from 120 to 140 dollars.

Sarah Mitchell claimed other private driveways have also been cleared by town crews but did not provide a list at the BCPS meeting.

The doctor later moved from the home, which was sold for $4.2 million.

"They had to have the driveway open all times because he was on call 24 hours a day," Winne said. "They had to get out as soon as they were called.

The doctor later moved from the home, according to Winne, but the plowing continued for six more decades, until now.

A neighbor publicly questioned the plowing at the March 24 town board meeting.

"Private driveways are being plowed by town trucks on a handshake agreement from an ex-police chief who is now deceased," said Todd Graham, who moved into a neighboring Kenwood home about a year ago. "It's a travesty of taxpayer dollars."

Neighbors said the former police chief had a girlfriend who lived on the street at one time.

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Donut shop missing dough

BY KRISTEN OLBY

A Delmar doughnut shop was recently burglarized, for the second time in less than a month.

Sometime between 11 p.m. March 19 and 4:30 a.m. March 20, Bethlehem police said a burglar made his way into Dunkin’ Donuts at 232 Delaware Ave. According to police, there was no forced entry into the building, and the thief got away with an undetermined amount of cash.

On Feb. 28, two men entered Dunkin’ Donuts through an unlocked front door around 2 a.m. Police said the two men knew how to open the registers, and managed to take cash from both.

An employee who arrived to open the store at 5 a.m. noticed the money was missing and alerted police.

Bethlehem Central High School seniors Arthur Barnard and Caitlin Deitz receive the 2003-04 New York State Association for Health, Physical Education, Recreation and Dance’s Physical Education Leadership Award.
Legislature hopesful vie for legislative seat

By KRISTEN OLBY

Two political newcomers are vying for the Albany County Legislative seat in the 36th district. Republican Robin Reed, a registered nurse serving for 12 years decided not to run for re-election. The district is comprised of Selkirk, southern Bethlehem, northern Coeymans and part of Glenmont.

Democrat Howard Shafer, 59, is challenging Republican Tony Schwartz, 54.

Shafer believes his fiscal management background will prove beneficial in balancing county finances.

For the last decade, he has worked for the state Department of Health as the principal health care fiscal analyst. Previously, Shafer served as president of the 69,000-member New York State Public Employees Federation and oversaw its $61 million membership benefit fund.

"I am a lifelong Albany County resident who, over the last 40 years, has been involved in Board of Education representing the issues important to working women, men and their families," said Shafer. "I will continue to advocate for both quality education and efficient services provided by the county."

If elected, Shafer hopes to hold town meetings throughout the district, giving county officials an opportunity to discuss issues with constituents. He supports the development of a comprehensive land plan in Bethlehem.

He is also opposed to the Department of Environmental Conservation utilizing a stretch of the Hudson River as a de-watering location for the Hudson River dredging project.

Shafer is a member of the Environmental Protection Agency officials that residents in our part of the county do not want a de-watering site for the Hudson River's FCBS," said Shafer.

He currently serves on the Ravena-Coeymans-Selkirk School Board and is a member of the Ravena-Coeymans-Selkirk School District as a union bargaining representative, providing me with raised county taxes and the number of legislators.

For more than 20 years, Schwartz has owned and operated Albany Associates Commercial Cleaning. He holds a master's degree in economics from West River's independent businessman, Republican candidate Schwartz believes he can help trim county taxes and the number of legislators.

"I believe that my experience in law enforcement and running a small business, coupled with my community service, provides me with a vision to hold the line on taxes while making government more effective and efficient," said Schwartz. He supports trimming the county Legislature from 39 members to 21. "The taxpayers would save nearly $1 million dollars a year in salaries and benefits," he said.

Schwartz faults the current Democrat-controlled Legislature with raising the Albany County property tax rate by nearly 2.6 percent from 2000.

"This is not government reforms that we need - simply tax and spend, and I believe I can help stop it," Schwartz said.

He holds a bachelor's degree in criminal justice from Hudson Valley Community College. He is a certified police officer and as a machinist man from 1968 to 1979. He also held a seat on the Ravena-Coeymans-Selkirk Board of Education for two terms in the early 90s.

He lives in Selkirk with his wife Mary and their four children.

Schwartz will appear on the Republican and Conservative party lines while Steiner will be listed on the Democratic, Independent and Working Families Party lines. Polls will be open April 27 from 6 a.m. to 9 p.m.

The budget board goes before voters Tuesday, May 18. There will be a budget hearing on May 3.
Hiking and biking with two very different boys

By KATHERINE MCCARTHY

The weather is almost too good to be true. With all evidence of the St. Patrick’s Day storm melted away, we are hoping that spring is here to stay. But we will not have one of those late-season, big-flaked snowstorms that accumulate on heavily budding tender limbs to send them crashing through car roofs.

If early March’s brief taste of warm weather was a bout of a fever at the sight of our newly revealed backyards, warm weather as we prepare to flip the calendar page is all about dreaming and planning.

Resolution: first: aren’t our little pach of heaven, this will be the year we pay attention to the grass and get rid of the dandelions that kids and dogs have made. This will be the year to put fresh dirt on the flower garden and revitalize its buds. Dreams of improving our lawn give way to dreams of summer activities, and we begin imagining all the wonderful things we will do when those lazy blooms wake us in the morning and open windows let warm summer breezes tuck in at night.

As I wash dishes, lick socks and stare in front of the most case at Price Chopper trying to figure out the week’s meals, a small part of me is dreaming about and planning the trip and trying to figure out when to get my bike in for its annual tune-up. Christopher’s plan is much simpler; let’s bike somewhere that has no hills.

Last year, we started in my hometown of Burlington, Vt., and went south; maybe this summer, we’ll head north for the flat Canadian plain that made my father joke, “I wouldn’t want to be a sled salesman here.” My plans for a long bike ride with Christopher include a prayer that Cormac will join us too. A big Stumble from his bicycle onto a paved road a few years ago has left him scarred, and beyond the occasional bike ride to Taste-Freeze, he remains unconvinced of the joys of daylong biking. Never a slacker in the planning and accomplishing department, though, he has come up with his own idea: a three-day wilderness bike hike. Excellent.

It’s easy to imagine pristine forests and clear mountain streams, and I go with his plans instead of remembering past hikes lunging to a litany of complaints—my feet hurt, I need to rest, I’m thirsty, I’m hungry, this is boring, why did you make me come?

Like Calvin from the now-defunct “Calvin and Hobbes” comic strip, Cormac’s usual answer to “What do you think your feet are for?” is usually, “to walk the gas pedal.”

Still, if a wilderness hike is in his plans, I’m not going to be the skeptical one. I hope instead to be able to walk a lot more places in our daily routine, selling it all under the guise of training for the wilderness hike.

Just as I hold out hope that Cormac will join us on the bike ride, I’m hopeful that Christopher’s frustration with Cormac will come on the wilderness hike.

Christopher’s frustration with Cormac is here to stay; it’s usually, if a wilderness hike is going to be a family affair, I’ll likely hold off on the joke. It’s usually, if a wilderness hike is going to be a family affair, I’ll likely hold off on the joke. It’s usually, if a wilderness hike is going to be a family affair, I’ll likely hold off on the joke.

Uniqueness in our own children is something to celebrate, but it’s also a curse. Having figured out the best way to help one child along his life’s path, we hope it will work for the next and are perplexed and frustrated to find that what worked so well with one child just won’t fly with another.

There’s another, more para- noid part of me that thinks that differences unite them against the sometimes common enemy, Mom and Dad. My own mother has told me that sometimes she and my father would listen to the low hum of the voices of their children— who should have been sleeping—and imagine they were plotting against them.

My own mother has told me that sometimes she and my father would listen to the low hum of the voices of their children—who should have been sleeping—and imagine they were plotting against them.

I will confess to some strong and similar suspicions of my own as I listen to the hum of my children’s voices long past the time they should be sleeping. Although they have separate bedrooms, most nights they end up banking together.

“This week,” I imagine one saying, “you put off all your homework, and you don’t feel well every morning and that school is stupid and hate everything she does—”

“OK,” the other answers, “and just when she, too, tiredness to see me coming home from school, you tell her that you are interested only in playing video games and say ‘whatever’ to me—”

Well, with all of the individual- ities that courses through our household, it’s possible that perhaps they’re united on one front. Maybe there’s hope that they’ll indulge their always-caring parents and join in on some common family activities.

As the mild spring days draw to a close, the night sky is a source of inspiration. We can see five planets this spring, and the Big Dipper and Orion are sharing the night sky.

With such vastness in the universe, we’re sure to find a place for the whole family to enjoy time together.

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Spelling champs

Bethlehem Central Middle School's Sam Reichler, Aislinne Lutz and Dan Redwood participated in the regional spelling bee after winning the top spots in the district's spelling bee.

Gettysburg station dispute settled

By KRISTEN OLBY

Beginning today, the owners of a Gettysburg gas station in Delmar will once again be pumping gasoline.

Amir and Faiza Salmans stopped selling gasoline at their Delaware Avenue station more than five months ago, claiming their corporate parent, Getty station dispute based Lukoil, engaged in unfair business practices that drastically cut their profits. The couple has prepared to once again sell gasoline.

The couple has operated the gas station for the last 13 years and credited an outpouring of community support with helping them survive the ordeal.

The gas station will be open Monday through Saturday from 6 a.m. to 11 p.m. and Sundays from 7 a.m. to 10 p.m.

Meanwhile, Faiza Salman is preparing to once again welcome customers.

"I have gas in the tanks right now," said an enthusiastic Salman. "The gas station will be open Monday through Saturday from 6 a.m. to 11 p.m. and Sundays from 7 a.m. to 10 p.m."

"The action has been settled to the satisfaction of both parties," said Lukoil spokesman Joseph Shwirtz, who declined to give details.

Delmar doctor elected to post

Dr. Elza G. Fishman of Delmar, chief of staff at Saratoga Veteran Administration Medical Center, was recently elected president-elect of the National Association of VA Physicians Executives (NAVAPCE).

This association is comprised of Veterans Administration physician executives whose mission is to promote progressive improvements in the delivery of health services to all eligible veterans, to strengthen the academic affiliations of Veterans Affairs Medical Center with health professional schools and to enhance the VA's commitment to the furtherance of medical, nursing and allied health research.

Fishman has been a member of the past two years and has been a part of the Veterans Administration health care system since 1998. She is board certified by the American Board of Internal Medicine. In addition to her membership in NAVAPCE, she is a board member of the Mainesedues Society, Jewish Federation and a member of the National Association of VA Ambulatory Care Managers.

Fishman and her husband, David Silverman, have four children, Ariel, 19, Torah, 17, Kayla, 10, and Micah, 6.

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New Yorkers can have green power

By PETER R. SMITH

The writer is president of the New York State Energy Research & Development Authority.

Today, New York's electricity customers have a number of choices that never existed before, beginning with a choice of who supplies their energy needs, all the way to choosing what kind of energy to power their home or business.

For more than a century, local utilities were responsible for generating, delivering and paying power to the customer and servicing the customer. In the late 1990s, the Public Service Commission (PSC) began restructuring the industry to allow new companies to compete for the customer's electricity supply business, while making sure utilities continued to provide safe and reliable delivery.

The belief was that a competitive electricity market would stimulate technological advancements and encourage electricity suppliers to offer new services and products to attract the individual needs of large and small customers, much like developments in the telecommunications industry.

The telecommunications industry provides a perfect example of how treating choice and competition can benefit the consumer. Prior to deregulation of the telephone industry, cell phones were a rare commodity, cordless phones were unheard of, and customers were locked into a "one-size-fits-all" service package.

Deregulation provided a competitive marketplace that drove costs down and led to an explosion of innovative technologies. Today, the average American consumer has 5 to 8 cell phones in the household, and cell phones were a rare commodity, cordless phones were unheard of, and customers were locked into a "one-size-fits-all" service package.

By choosing to purchase green power today, customers can be part of the wave that will one day make renewable resources a healthy component of New York's energy mix.

While much of the focus has been on larger customers initially, homeowners and businesses of all sizes have been able to take the type of electricity they want for their home.

Many customers express concern over the environmental impact of electricity generation and use. Still others are concerned about their nation's dependence on foreign oil and would prefer to purchase electricity from resources that can be developed locally to support the state's economy with energy dollars.

These customers now have the ability thanks in part to the increasingly competitive environment created by the PSC's restructuring process.

Green power is one of those emerging options that has fewer environmental impacts and generally comes from local resources.

Green power is environmentally responsible electricity that is generated from renewable fuel sources such as solar, wind, water and biomass.

Green power providers, who are working with local utilities across the state, now offer families, homeowners and businesses of all sizes the opportunity to purchase all or part of their supply from renewable resources.

Unlike traditional fuels such as oil and natural gas, green power comes from sources that are constantly replenished and readily available, including solar, wind and waterpower systems. These systems convert sunlight directly into electricity; modern wind turbines that convert wind into electricity; biogas or organic wastes such as wood, plant materials and landfill gases that can generate electricity with fewer emissions than conventional fuels; and small hydro installations that use running or falling water to drive turbines that generate electricity.

Green power typically costs slightly more than conventional energy resources, but as demand grows, the price is expected to decline.

By choosing to purchase green power today, you will be choosing a business for the long term. You will be supporting the development of environmental impacts than energy derived from fossil fuels and help to diversify the state's fuel supply to support more stable energy prices.

Green power also reduces the use of imported fossil fuels, keeping your energy dollars in the local economy to support jobs creation and investment in environmentally responsible, local facilities.

The green power you buy is supplied to the utilities in the state, which the utility then delivers electricity to all customers in your region. Your green power program helps to support the development of environmentally friendly generation to provide a sustainable, reliable supply to homes and businesses in New York for generations to come.

When you choose green power, you will still receive the same service that you have come to depend on and your local utility continues to deliver your electricity and provide you with customer service and billing and responding in emergencies.

New Yorkers are committed to supporting the use of green power and fostering the development of renewable energy generation.

As an energy consumer, you now have access to information about the environmental impacts of the energy you purchase and access to providers that let you do something about it.

Switching to green power is easy. Customers can call the state's toll-free number 1-888-GRNPOWER (1-888-476-7697) for an updated list of green power service providers in your area.

The information provided will help you compare the green power programs carefully to identify the one that best matches your budget and your environmental concerns.

Residents and businesses created new choices, but ultimately the choice is in your hands. Choosing the green power program that best suits your needs is an important step for you to help stimulate investment in renewable-beds that can help preserve the environment and ensure a healthy environment.

You can also learn more about renewable-energy services by visiting the New York State Energy Research & Development Authority's Web site on green power at www.powernaturally.org or our main Web site at www.nyserda.org
I love this town. It's a great place to live, it's been a great place to raise a family.

Perhaps we could do more for our teenagers and the weather could be nicer, but in general, I have few complaints.

It often's a haven from the hustle and bustle of my usual life. I've always loved the fact that when I wanted, I could stay in the house and get everything I needed without venturing into the outside world.

When I first moved here, there was an Amex and a well-stocked supermarket and the hustle and bustle of my usual life. Wal-Mart was not built in the middle of the Four Corners, nor does it change the ambiance of the town.

I lived here long enough to know that if I had to make a decision and was faced with a choice for dining, Wal-Mart will do this. The small businesses in our community have little to worry about. Wal-Mart is built in a round. The Wal-Mart on 9W is a fact of life and doesn't necessarily mean it is going to be awful. What will continue to be overwhelming.

The small businesses in our community have little to worry about. Wal-Mart can't replace them.

The Wal-Mart on 9W is an emergency poster board at 10 p.m. on a Sunday night for their middle schoolers. Wal-Mart serves an entirely different purpose, like doing something for those teenagers and offering day care for school holidays and special programs for seniors.

Change can sometimes be positive. Wal-Mart is there, it built it, and more than likely, we will go.

I love this town. It's a great place to live, it's been a great place to raise a family. We are intelligent people, not easily swayed by the masses. Welcome Wal-Mart, but be warned, you will survive in Bethlehem only if you provide something the community really wants and the service that goes with it.

I don't think that the addition of a small business is going to be awful. What will continue to be overwhelming.

I don't like to see the ambiance of our community. It's a haven from the hustle and bustle of my usual life.

Often it's a haven from the hustle and bustle of my usual life. I've always loved the fact that when I wanted, I could stay in the house and get everything I needed without venturing into the outside world.

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Often it's a haven from the hustle and bustle of my usual life. I've always loved the fact that when I wanted, I could stay in the house and get everything I needed without venturing into the outside world.

When I first moved here, there was an Amex and a well-stocked supermarket and the hustle and bustle of my usual life. Wal-Mart was not built in the middle of the Four Corners, nor does it change the ambiance of the town.

I lived here long enough to know that if I had to make a decision and was faced with a choice for dining, Wal-Mart will do this. The small businesses in our community have little to worry about. Wal-Mart can't replace them.

The Wal-Mart on 9W is an emergency poster board at 10 p.m. on a Sunday night for their middle schoolers. Wal-Mart serves an entirely different purpose, like doing something for those teenagers and offering day care for school holidays and special programs for seniors.

Change can sometimes be positive. Wal-Mart is there, it built it, and more than likely, we will go.

I love this town. It's a great place to live, it's been a great place to raise a family. We are intelligent people, not easily swayed by the masses. Welcome Wal-Mart, but be warned, you will survive in Bethlehem only if you provide something the community really wants and the service that goes with it.

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TROOPS NEED BOOST FROM HOMETOWNS

Editor, The Spotlight:

Amen, Scott Anson! We are the mother of an 18-year-old son, a fourth-generation Marine, who was sent to Iraq just over two months ago.

I, too, get very upset and sick to my stomach when passing through the Four Corners and am sometimes brought to tears by the men, women and children holding anti-war signs.

This is a free country. Do the protestors know why they’re able to stand freely on their little corners to express themselves?

It’s because of my son and thousands of other men and women service personnel who have fought and died for freedom.

How about a sign that says thank you, thank you for putting yourselves in harm’s way so we can live in peace and the freedom to live without fear. To praise our troops unfailingly.

Have any of the protestors while out on their 5 p.m. march ever stopped to think about what a slap in the face this is to families or neighbors that have a loved one in Iraq or fighting anywhere else in the world?

We are very proud of our son, and with God’s love, he will return safely home, standing proud and full of honor.

To all families who have a loved one serving in the military, my husband and I would like to thank you, and we send our thoughts and prayers to you all.

God bless.

Roger and Debbie Contonio
Delmar

New Scotland looks to prioritize planning

Editor, The Spotlight:

We in the town of New Scotland love our town. While other areas have sprawled without much planning, we have still retained much of our rural character.

However, like many areas, we are looking for some development consistent with our town character, which would help us reduce school and property taxes.

With the forecast of high tech businesses coming to the Capital District, we know that the town of New Scotland will be a very attractive place for development.

As a result, our town board has appointed a Residents Planning Advisory Committee, made up of a diverse group of citizens, to find out how the community would like to see the town develop.

The committee has held meeting with developers, development planners, agri-culture specialists, senior citizens and others to learn what the latest thinking by the experts is. These meetings have been open to the public.

In addition, the committee sent a survey asking town residents what they think of the town and the ＂four corners.‘ The results of this survey are being collated, and the committee is organizing meetings throughout the town to let residents know how their neighbors responded.

I would like to clear up a mis-understanding that might have been gleaned from a Times Union article about the committee and the survey results.

At no point will the committee advocate a tax increase. One question on the survey did ask if the residents were committed enough to open space that they would consider putting their money where mouths are. Many said they would.

This question was included to gauge how strongly residents felt about the issue. It was not, intended to recommend a tax increase.

The town meetings at which the results will be shown will also include opportunities for residents to express their views on the issues that the survey raised.

We especially urge those who did not return the survey to join us in this discussion.

The committee’s responsibility is to listen to the townpeople. Our specific charge is the north-east quadrant of the town, mainly the routes 85 and 85A corridor. Depending on the success of this process, other committees will be formed to examine different areas of the town.

The remaining meetings are tonight, March 31, at the Queensbury Firehouse in Unionville and Thursday, April 1, at the Voorheesville Elementary School gymnasium. The meetings begin at 6:30 p.m.

Residents’ input is valued. Land-use recommendations will be made to the town board based on the outcome of the survey and the public meetings. We will be ready for changes and not just let them happen to us.

For information, call town hall at 439-4889.

John Egger
Chairman, Town of New Scotland Residents Planning Advisory Committee
New ballot technology triggers little support

Editor, The Spotlight:

As citizens, we look forward to the November presidential election, and the issue of how our votes will be tallied should give us all pause for concern.

In 2002, federal legislation known as the Help America Vote Act was enacted. It offers states federal monies to convert ballot systems from the standard punch card to electronic voting.

In an effort to cash in ($66 million for New York state) on the federal dollars, both the state Senate and Assembly have recently passed differing bills to convert New York's ballot system to an electronic one, with a paper receipt for voter verification.

A paper receipt that verifies how one has voted is the only method of tracking votes in the case of machine failure or a security breach. Most electronic ballot systems in use elsewhere do not produce a paper receipt, but could if required by that state do so.

There are other significant problems with the electronic voting systems. On Super Tuesday, for example, California and Maryland used electronic voting systems for the first time and experienced a variety of problems, from simple machine failure to security and tampering concerns.

In California, poll workers were instructed to store their ballot machines in their homes for up to a week prior to the election. In Maryland, computer hackers broke into the electronic voting system, calling into question the validity of votes cast on the system.

Because no paper receipts were produced, there was no way to accurately verify results. American are rightly skeptical about this new technology. According to a cnn.com Quickvote Web poll in March, when asked how much confidence they have in electronic voting, 63 percent out of the more than 6,000 respondents said “none.”

Susan Radosh
Delmar

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Welcome to new spaces

Next time you're in the library, take a walk to the far left corner, where the adult lounge used to be. The area has been transformed into a bright and quiet periodicals reading area. New shelving displays current issues. Past issues can be transformed into a bright and convenience without clutter.

The big switch

The former periodicals area is now the spot to find your favorite feature films, audio books, music CDs, CD-ROMs and recorded nonfiction material. The new arrangement places this popular part of the library front-and-center, near the livelier professional signs will soon designate our collections and services. In the meantime, you can still find "the adults' lounge", next to the young adult collection. 86 signatures of voters residing in Scotland, Petitions must be filed with the district clerk, to the left, is an area with nonfiction material. The former periodicals area is their own, right next to the young adult collection.

Signs of the times

One of the final details of our renovation project is signage. Professional signs will soon clearly designate our collections and services. In the meantime, floor plans are available in the lobby and at the information reference desk and of course, you can always ask for directions at any service desk. We're happy to show you the way to your favorite collection.

Board meeting rescheduled

The April meeting of the library's board of trustees has been rescheduled. The board will meet next Wednesday, April 7, at 7:30 p.m. As always, the public is welcome to attend.

The town of New Scotland Historical Association's April meeting will feature a presentation by Arthur Thorman. Thorman is a history teacher and a lifelong student of early American trades. He is a sutter at Revolutionary War reenactments doing traditional tinsmithing and will talk about the history of tinsmithing in early America.

Mark your calendars for Thursday, April 8, at 7:30 p.m. at Wyman Osterhout Community Center in New Salem.

The public is invited free of charge and encouraged to visit the association's museum, which will open at 7 p.m.

For information, call Marion Parminter at 765-4602.

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Saint Gregory's Summer Camp

Loudonville, NY
June 28 - August 6
9:00 a.m. - 3:30 p.m.
For boys and girls ages 3-12
Before/After Care available
Activities Includes:
swimming, magic, rockery, dance, yoga, robotics, cooking, photography & more!
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Web: www.OhavShalomApts.org
The Voorheesville Ambulance service to dish up breakfast

The Voorheesville Ambulance service will hold its first Spring Gala dinner dance Saturday, May 22, 6 p.m. until 1 p.m. in the gym at the school. The School Foundation will hold its midnight at Albany Country American Red Council is sponsoring an on Thursday, April 11, from 8 a.m. to 1 p.m. in the gym at the school. For information or an appointment, call 765-3314, ext. 211.

This event will recognize Principal Ed Diegel's 18 years of service to the Voorheesville Central School District. Tickets are $100 each (tax donation portion of ticket is $50) and will include dinner, open bar, live auction, silent auction, live music and dancing.

Gala proceeds will support a new visitors center and art gallery at the elementary school, and the foundation's endowment fund.

For information, call Nancy Rucks at 765-4212. New Salem Fire Department to serve fish fry dinners New Salem Volunteer Fire Department will hold its annual fish fry dinners on Fridays through April 9 from 4:30 to 7 p.m. at the firehouse on Route 89A in New Scotland. Takeout can be ordered by calling 765-2244. The cost is $5.50 for adults, $4 for seniors and $4 for children.

Plum Fest to be held in Voorheesville The New Scotland Historical Association will hold its annual Plum Fest in the village of Voorheesville on Saturday, Sept. 25.

The purpose of the Plum Fest is to highlight and celebrate the history and community assets of the town of New Scotland. The village of Voorheesville is taking orders for commemorative bricks to be added to the Hotaling Walk of the Century, established in 1999. Order forms are available in the village office.

For information or to help plan this event, call Carole Stevens at 765-4350.

New Scotland Seniors plan installation dinner The annual officers installation banquet is set for Tuesday, April 7, at 12:30 p.m. at Onesquethaw Reformed Church on Tarrytown Road in Feura Bush. Entertainment will be provided by Retired Seniors Variety Performers.

Tickets are $8.50 per person. For information, call Norma Walley at 439-1782.

AARP Defensive Driving Course There will be an AARP Defensive Driving Course offered on Thursday, April 15, from 1 to 5 p.m. at Osterhout Community Center.

Call 438-4865 soon to register as class size is limited to 28.
The Home Energy Assistance Program (HEAP) helps individuals on fixed or low incomes with energy related bills. A representative from Cornell Cooperative Extension will assist with HEAP applications on the second Tuesday of the month from 4:30 to 6:30 p.m. at Bethlehem town hall for people of all ages. Bring proof of all household income for the four most recent weeks; a rent receipt or lease, or mortgage or water-sewer bill for proof of address; birth certificates or Social Security cards of all residents in the household; the most recent fuel or utility bill; or statement from landlord if utilities are not included in rent; and resources for emergency applications. If you are age 60 or over and a resident of the town of Bethlehem, outreach workers Caroline Wirth and Jane Sanders can help with HEAP applications Monday through Friday by appointment.

To schedule an appointment, call 439-4955, ext. 173 or 174.

**Slingerlands resident studies in Ireland**

Erin Weaver, daughter of Lisa and Robert Weaver of Slingerlands, a junior at Hamilton College, is studying abroad at University College in Dublin for the spring semester.

An English literature and French major at Hamilton, Weaver graduated from the Deane Stuart School.

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*Next night*
Young Lady Eagles must become on-field leaders

By Rob Jonas

For the past four years, the unspoken challenge for the Bethlehem girls lacrosse team is to keep its streak of Section II titles going. For the past four years, the Lady Eagles have answered the challenge. If they hope to win their sixth in a row this year, however, they must overcome the loss of six seniors from last year's team, which reached the state finals.

"Those kids were workhorses," Bethlehem coach John Battaglino said of last year's graduating class, which included three high school All-Americans. Battaglino got his first glimpse of what this year's team is capable of at a multi-team scrimmage last weekend in Connecticut.

"They did OK," he said. "It was a nice tournament. They had some of the top teams on the East Coast. It was their first time on a full field, and they actually found their legs, or lack thereof."

Battaglino said the one thing he looked for at the scrimmage was how well the offense worked without the presence of such stalwarts as Emily Cohen, Brianna Bubeck, Kristin Link, Kate Metevia, Katelyn Primomo and Katie Wagner.

"The tough part for me is to get the younger girls to realize that they run the show now," Battaglino said. "Last year, a lot of them weren't out (on the field) until the game was pretty much well in hand. Now, I have to make them realize that they're under the gun to make decisions not just for a few minutes, but throughout the game."

Battaglino said he is following his standard formula for replacing graduated attackers. He has moved some of his defenders up to the offense this season including Katie Rowan and Cate Quinlan, which leaves the backfield to a group of newcomers.

"I really only have one person back (from last year) playing defense, and I might have to move her up to play midfield," he said.

The Lady Eagles do have some proven scorers to build the attack around. McKenzie Riegel, Tess McGrath and Emma Strachman all contributed to Bethlehem's offense last year, and Theresa Ladouceur returns after missing most of last season with a broken ankle.

The defense hasn't been stripped bare of key parts, either. Tricia Primomo returns, as does goaltender Emily Szelest.

"Last year, a lot of them weren't out (on the field) until the game was pretty much well in hand. Now, I have to make them realize that they're under the gun to make decisions not just for a few minutes, but throughout the game," Battaglino said. Battaglino said he is following his standard formula for replacing graduated attackers.

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"To me, she is the top goaltender in the area and one of the best in the state," Battaglino said of Szelest, who started as a freshman last year. "She is probably going to be tested more, but I anticipate that she knows how to handle it after last year."

Newcomers Hannah Morgan, Sarah Fedin and Caitlin Schreiber join Primomo and Szelest to form a unit Battaglino said he hopes will continue Bethlehem's reputation as a tough defensive team.

"What people don't realize is that we were a very good defensive team last year, and our offense was created by our defense forcing turnovers," Battaglino said.

Battaglino said he isn't asking his team to play like last year's squad when it opens its season. He just wants to see progress during the first month of the season.

"I need to see more in terms of fluidity and in terms of ball movement — just quicker reads — and winning 50-50 balls," Battaglino said. "Our anticipation isn't where I want it to be. I feel like we're reacting to the ball, rather than anticipating where it's going to be."

The Lady Eagles will start their regular season with a non-league game April 10 after Saratoga was forced to postpone their April 6 meeting due to a schedule conflict. Bethlehem's first Suburban Council game is now April 12 against Shenendehowa.

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Suburban Council splits senior games with Big 10

By MATT RUCINSKI

Seniors from the Big 10 and Suburban Council squared off against each other in last Tuesday's Exceptional Seniors basketball game.

The fans at Colonie Central High School were treated to an exciting boys game that came down to the final possession. After being up by 10 points with a little over a minute to go, the Big 10 saw their lead disappear, but were able to hold off the late Suburban run and win 79-77.

The Suburban Council led throughout the first three quarters and had a four-point lead before the Big 10 took over in the fourth quarter.

CBA seniors Brian Monahan, Josh Duell and Datwan Hemingway played after losing to Mount Vernon in the class A state semifinals March 20. They were unable to practice with their fellow Big 10 seniors, and it was unclear if they'd be there. They were, though, and Monahan's basket gave his team a 10-point lead.

Guilford senior Steve Dagostino led the Suburban Council's late charge. Dagostino hit a jumper, followed by a three-pointer to cut the lead to five with 40 seconds to play. Jeff Juron from Burnt Hills made a basket to trim the lead to one point, but after a Big 10 turnover, the Suburban Council couldn't capitalize, failing to get a shot off with four seconds left in the game.

Despite the outcome, Dagostino said he was thrilled to be at the game. "It's great. Our game against CBA was a great way to end the regular season, but coming here to play with my teammate, Greg Podgorski, was a great way to end it," he said.

Although rivals throughout their careers, Dagostino said there is great respect for all the players. "We know each other so well, it's a great way to end," he said.

Dagostino led the Suburban Council with 20 points. Juron contributed 14 points, and Billy Manuel of Shaker added 13 points. Colombo's Kris Kowalczyk chipped in with 10 points.

Hemingway led all scores for the Big 10 with 10 points. Monahan and Duell both had nine points.

CBA's Dave Doemel coached the Big 10 seniors, while Shaker coach Jeff Holmes guided the Suburban Council All-Stars.

Senior girls from the Big 10 and Suburban Council also treated their fans to one final game on March 23 at Colonie Central High School.

The Suburban Council cemented their status as the better league with a 52-39 win. Shenendehowa and Colonie, the two schools that battled for the Section II Class AA title, both sent two players to the game.

Colonic's Keyhana Wakefield helped the Suburban Council establish early momentum with a couple a field goals, including a three-pointer. However, the Big 10 came back in the second quarter and took a 24-22 lead.

Shannon McAllister of Shenendehowa helped the Suburban Council take a 40-30 lead going into the fourth quarter with her presence inside.

Both teams were relaxed and enjoying themselves in a friendly, fast-paced game. Valerie Alexander didn't know what her final game in a Shenendehowa uniform would be like.

"I wasn't sure what to expect when we came together to play, but it was great and I had a lot of fun," Alexander said.

McAllister, like her teammate, also enjoyed her final game. "It's an honor to play with everyone," she said. "I grew up with half of these players. It's sad it came to an end, but this was so much fun.

Wakefield led the Suburban Council with 10 points. Bethlehem's Kyndi Conklin had seven points, and McAllister added six points.

Club revises clinic dates

The Delmar Dolphins have revised their swimming clinic schedule.

The annual clinic for children age seven through 12 will take place April 5-8 at Bethlehem Central High School. The April 12-15 sessions have been cancelled due to the Big 10 senior games with Big 10 seniors, while Shaker coach Jeff Holmes guided the Suburban Council All-Stars.

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Shannon McAllister of Shenendehowa helped the Suburban Council take a 40-30 lead going into the fourth quarter with her presence inside.

Both teams were relaxed and enjoying themselves in a friendly, fast-paced game. Valerie Alexander didn't know what her final game in a Shenendehowa uniform would be like.

"I wasn't sure what to expect when we came together to play, but it was great and I had a lot of fun," Alexander said.

McAllister, like her teammate, also enjoyed her final game. "It's an honor to play with everyone," she said. "I grew up with half of these players. It's sad it came to an end, but this was so much fun.

Wakefield led the Suburban Council with 10 points. Bethlehem's Kyndi Conklin had seven points, and McAllister added six points.

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By MARTIN J. BANNAN

In spite of uncertainty regarding future state aid, Voorheesville Superintendent Alan McCartney released next year’s proposed budget of $18.4 million during a special school board meeting on March 22.

With this comes a 6.5 to 7.2 percent tax hike that could translate to $25.37 per $1,000 of assessed property values in New Scotland. McCartney said. “There aren’t any other districts at a still higher,” McCartney said. “We are still trying to bring them down.”

McCartney added that possible additional retirements could further lower costs.

Of greatest concern, McCartney said, is Gov. George Pataki’s proposed budget’s impact on Voorheesville as well as all Capital District schools.

“Our districts face the prospect of a fourth straight year of operating aid that has either been cut or flat-lined,” McCartney said. “It’s a good way for the state to balance their budget but not a good way for school districts,” he said. “This will only discourage school districts from paying cash for buses and will end up costing taxpayers a lot more money in the end.” He added that this year’s state aid to Voorheesville reflects a $92,000 increase. Most of this, he said, is aid to reimburse last year’s bus purchases.

Other expense-driven aid freezes, according to McCartney, include proposals to cap special education aid as well as force school districts to compete with one another for building aid under a priority-based project selection.

In light of uncertainty regarding many of the governor’s proposals, the board approved a measure placing a $222,000 proposition to buy 66-passenger buses before the voters in May.

“We rotate our fleet by two buses each year because we don’t want a fleet of old buses that are too costly to maintain,” McCartney said. “This way we never have to go to the public saying, ‘We haven’t bought a bus in five years. We now need to buy 10’.”

Purchase of the buses would be either up front or through bonding, depending on the outcome of the state budget.

Final adoption of the budget is scheduled for April 19 with a public hearing set for May 10. Voting takes place May 18.

In other business, the board amended the district’s sliding exemption scale for aged and disabled persons with limited incomes. Exemptions range from 50 percent for eligible persons with incomes of $24,000 or less to 5 percent for people who make between $31,500 and $32,400.

District Business Official Sara Winchell advised those eligible for the exemption to enroll through their town hall.

Finally, after 15 years serving on the board, Thomas M. Thorpe announced he would not run for another term, but plans to stay active with the school district.

“Voorheesville school district is a close and caring community,” he said. “I’m proud to have served on the board and I will miss it.”

Thorpe plans to spend more time pursuing his interest in music.
Spotlight Newspapers — supplements for 2004

JANUARY
➤ BRIDES AND GROOMS
  Issue Date: Jan. 7 • Ad Deadline: Dec. 19
➤ HEALTH, DIET AND FITNESS
  Issue Date: Jan. 21 • Ad Deadline: Jan 7

FEBRUARY
➤ UPDATE I — BUSINESS & FINANCE
  Issue Date: Feb. 11 • Ad Deadline: Jan 28
➤ UPDATE II—SERVICES
  Issue Date: Feb. 25 • Ad Deadline: Feb. 11

MARCH
➤ SPRING HOME IMPROVEMENT
  Issue Date: March 3 • Ad Deadline: Feb. 18
➤ UPDATE III — AUTOMOTIVE
  Issue Date: March 17 • Ad Deadline: March 5
➤ HEALTH CARE
  Issue Date: March 31 • Ad Deadline: March 17

APRIL
➤ HOME AND GARDEN
  Issue Date: April 7 • Ad Deadline: March 24
➤ SPRING AUTOMOTIVE
  Issue Date: April 21 • Ad Deadline: April 7

MAY
➤ SENIOR LIVING
  Issue Date: May 5 • Ad Deadline: April 21
➤ WELCOME SPRING
  Issue Date: May 19 • Ad Deadline: May 5

JUNE
➤ HOME IMPROVEMENT
  Issue Date: June 2 • Ad Deadline: May 19
➤ SUMMER HEALTH & RECREATION
  Issue Date: June 16 • Ad Deadline: June 2
➤ CLASS OF 2004
  Issue Date: June 30 • Ad Deadline: June 16

JULY
➤ SENIOR LIFESTYLES
  Issue Date: July 7 • Ad Deadline: June 23
➤ SUMMER AUTOMOTIVE
  Issue Date: July 21 • Ad Deadline: July 7

AUGUST
➤ BACK TO SCHOOL
  Issue Date: Aug. 11 • Ad Deadline: July 28
➤ HEALTH CARE
  Issue Date: Aug. 25 • Ad Deadline: Aug. 11

SEPTEMBER
➤ COMMUNITY SERVICES
  Issue Date: Sept. 8 • Ad Deadline: Aug. 25
➤ HOME DECORATING & REMODELING
  Issue Date: Sept. 22 • Ad Deadline: Sept. 8

OCTOBER
➤ WOMEN’S HEALTH
  Issue Date: Oct. 6 • Ad Deadline: Sept. 22
➤ FALL AUTOMOTIVE
  Issue Date: Oct. 20 • Ad Deadline: Oct. 8

NOVEMBER
➤ SENIOR LIFESTYLES
  Issue Date: Nov. 3 • Ad Deadline: Oct. 20
➤ HOLIDAY GIFT GUIDE
  Issue Date: Nov. 24 • Ad Deadline: Nov. 10

DECEMBER
➤ HOLIDAY GIFT GUIDE II
  Issue Date: Dec. 8 • Ad Deadline: Nov. 24
➤ LAST MINUTE GIFT GUIDE/NEW YEAR’S
  Issue Date: Dec. 15 • Ad Deadline: Dec. 10

All Ad Deadlines are at Noon.
CDPHP offers senior fitness program

Capital District Physicians’ Health Plan (CDPHP) recently announced one of the nation’s leading exercise programs for seniors is now available free to members of its Medicare Choice plan. As one of the only area health plans offering a Medicare Choice HMO, CDPHP is the first Capital District company to partner with HealthCare Dimensions to provide the successful senior wellness program, SilverSneakers.

Designed for Medicare-eligible men and women, SilverSneakers is an innovative fitness program that will provide CDPHP Medicare Choice members with the opportunity to take advantage of a variety of health and physical activities.

Through classes with specialized instructors and discounts on gym memberships, the SilverSneakers program is a great way for participants to increase their health and fitness.

The initial network of cooperating fitness clubs in the Capital District will include ABC Sports & Fitness in Latham; the YMCA of Saratoga and the YMCA Racquet and Fitness Center, both in Saratoga Springs; the Cardiac Wellness Center of Capital Cardiology in Albany; the Sidney Albert Jewish Community Center in Albany; and the Robert and Dorothy Ludwig Jewish Community Center of Schenectady, located in Niskayuna. Medicare Choice is available only in Albany, Rensselaer, Saratoga and Schenectady counties. CDPHP and HealthCare Dimensions are targeting additional fitness centers in the region to add to balance and coordination, the class format is non-impact and applies to all fitness levels. In addition to classes, participants can also enjoy other fitness center membership benefits, including use of exercise equipment, weight training, and any additional on-site facilities that may be offered. It also provides membership with access to health education seminars, personal fitness advisors, and social events.

SilverSneakers is designed to address the main areas of disease and disability in our senior population, including diabetes, hypertension, weight management, osteoporosis, arthritis, depression, tobacco use and congestive heart failure.

"We are pleased to be able to work with such a well-respected health plan to help improve the health and well-being of their senior members," said Mary K. Swanson, founder, president and CEO of HealthCare Dimensions. "The long-term health benefits of regular exercise for older adults are compelling. In addition to helping seniors stay physically healthy, SilverSneakers also offers a great way for them to socialize, meet new friends and have fun.

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To learn more about CDPHP's products and services, visit the Web site at www.cdphp.com.

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Natural approaches to menopause help women

By Dr. Elcit W. Edwards

Results from one of the largest and most recent studies on hormone replacement therapy (HRT) has contradicted what doctors have thought about this menopausal treatment. Touted as one of the best ways to decrease women’s risk of cardiovascular disease, stroke, and osteoporosis, HRT has actually been found to increase the rates of cardiovascular disease, stroke as well as certain types of cancers. Women have sought out HRT from their doctors to relieve the symptoms of menopause such as hot flashes, mood swings, fatigue and decreased libido.

Because of this new and conflicting information, many women have become confused and uncertain what to do. The good news is there are many alternative therapies that can support women as they transition through this stage of their lives.

From the time of adolescence to menopause, women experience a cyclic fluctuation of reproductive hormones. These fluctuations in some women become a source of great discomfort, which often leads them to seek treatment. These symptoms can exacerbate at the time of menopause.

Hormone replacement therapy can decrease the symptoms of menopause by providing those hormones that the body is no longer making. However, once the HRT is discontinued the woman usually experiences the symptoms all over again. Today, women may be experiencing intensified symptoms due to diets which are high in carbohydrates, sugar, caffeine, preservatives and processed foods.

At the time of menopause, the body is forced to balance homeostasis, which has been highly influenced by the estrogen and progesterone during the reproductive years. This is very similar to the balancing act the body went through during puberty as the hormones progressively increased in the body. Through diet, lifestyle changes and natural supplementation the body can be supported. This will optimize metabolism, decrease the hormone fluctuations and alleviate the symptoms.

Basic naturopathic interventions include supporting the liver, adrenals and ovaries. The liver detoxifies the body including hormones. The adrenal glands are intricately involved with the function of the ovaries and also modulate the stress response. The ovaries produce the majority of the body’s estrogen and progesterone during the reproductive years. A diet of whole foods is key to any health concern, especially menopausal symptoms. Decreasing the intake of sugar, carbohydrates, dairy products, caffeine, and saturated fats is key to support the body through menopause. This is easily accomplished when we choose to eat fresh vegetables and whole grains instead of processed foods. Eating organic poultry and fish will help avoid the intake of excessive hormones, which have adverse effects on the body and may be found in some non-organic meats.

Supplementing with essential fatty acids including flax, borage, evening primrose and fish oils help to decrease inflammation in the body and balance hormones. These oils contain lignans, which have phytoestrogenic activity and are thus balancing to the hormone levels in the body.

Phytoestrogens are compounds found in virtually all plants at varying concentrations. These plant chemicals have the ability to bind at estrogen receptors in the body. Their hormone balancing activity is thought to be due to this binding capacity. Certain herbs that have significant amounts of phytoestrogens and have been studied for their use of treating menopausal symptoms include chasteberry, valerian, black cohosh, dong quai, panax ginseng, licorice, red clover and St. John’s wort. Herbs are traditionally used in combinations in order to provide a broader scope of effects. Sometimes using a single herb does not elicit the effects we are hoping for. As well it should be understood that the effects of herbs are much more gentle on the body and may take a longer time as compared to pharmaceuticals.

Stress affects our mood, digestion, thyroid function, neurotransmitter function, hormonal activity and overall well-being — to name a few. In our culture and lives we endure more stress than we are aware of. This insidious process, which is rarely perceived, has a huge impact on our health. This stress is another factor that can amplify menopausal symptoms. Activities that help lower stress include yoga, tai chi, qi gong, meditation, mild to moderate exercise, and taking an active role in your health.

Taking a holistic approach toward menopause by working on diet changes, stress management, addressing nutritional deficiencies and using herbal supplements may offer the relief that women are seeking. With growing evidence that hormone replacement therapy may cause adverse health effects, natural approaches may be a good answer for women to turn to.

The writer, a naturopathic doctor, is an adjunct lecturer at SUNY Oneonta and practices naturopathically at The Center for Integrative Health and Healing in Delmar. He can be reached at 689-2244.

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Training force educates physicians on low health literacy

You or someone you know may be one of the 80 million Americans, as reported by the American Medical Association Foundation, who face problems understanding the information presented to you by your physician. Knowing that low health literacy can cause barriers to access and quality of care, the foundation is putting a training force in place to educate physicians across the country about this problem and how to improve it.

"A key component of the AMA Foundation’s national Health Literacy Initiative is organizing a team of trainers who can help physicians and other healthcare workers in different regions of the country better understand the issue of low health literacy," said Dr. Duane Cadby, president of the board of directors of the AMA Foundation.

The Train-the-Trainer program provides sessions for individuals from local medical societies and other organizations about the scope of the issue and the barriers faced by patients and physicians and about specific techniques for creating a shame-free environment and improving written and verbal communication. The foundation held its first Train-the-Trainer session in May 2003 and now has new trainers in the field. Participants have been enthusiastic about the program.

"The training sessions were just superb," said Dr. Mary Ann Abrams, a Des Moines, Iowa, pediatrician and member of the Iowa Medical Society. "The training materials were excellent, and the program placed a lot of attention on providing follow-up support and resources.

Since returning to Iowa, Abrams’ group has begun implementing a program that will identify and train others in the state, integrate the program into the activities of the Iowa Medical Society and identify collaborative partners from other organizations.

"One of the most rewarding things about the program was the opportunity to interact closely with national leaders in the field of health literacy," said Abrams, who has conducted two health-literacy training sessions in Iowa since completing the program.

Common problems among patients with low health literacy include misunderstandings about such things as:

- Directions for taking prescribed medicines
- Explanations of an illness or condition
- Reasons for surgical procedures
- Written materials, such as background forms, directions for pre-/post-surgical procedures, appointments and patient brochures.

The Train-the-Trainer program raises awareness among health care personnel about the serious nature of low health literacy and improving patient communication, as well as identify those who may be at risk. Difficulties with issues such as language, reading and comprehension, fear and anxiety and memory, often are key indicators.

Physicians are listening and learning.

Since launching a major Health Literacy Initiative in 2003, including the Train-the-Trainer program, the foundation has distributed thousands of health literacy toolkits to physicians and other health professionals across the country. Ask your physician if he or she knows about the program and the supporting health literacy materials. Your health may count on it.

For more information about the American Medical Association Foundation’s Health Literacy Initiative, including the Train-the-Trainer program, call (312) 464-1220 or visit www.amafoundation.org.

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How to know when a senior needs at-home help

What today's seniors want most is to age in place. What they fear most is to lose their independence. But what they're least likely to ask for is the kind of help that will keep them living in their homes. That's why it's often up to the adult children of aging parents to discern the signs that their elderly loved one needs help at home. Neglecting those signs will only lead seniors to the kind of dependence that most would like to avoid.

"You can recognize when they require help," said Mary Ellen Carpenter, owner of the Home Instead Senior Care office serving Saratoga, Washington and Warren counties. "That's why adult children should identify the types of services their loved one needs and assist. Providing seniors assistance with a few basic tasks — such as meal preparation, light housework, companionship and medication reminders — often means the difference between whether they can stay at home or go to a facility. And that kind of independence is very important to seniors' overall happiness.

The latest report in the AARP's Beyond 50 series confirms what No. 1 fear is loss of independence.

"The vast majority of people 50 and older do not require long-term assistance at any given time. However, most people will require assistance at some point in their lives, and most families will face these issues with their older family members," according to the report.

Seniors' expectations for remaining at home are high. In a survey conducted late last year by Home Instead Senior Care, 85 percent of seniors surveyed said they are very or somewhat likely to remain in their homes rather than move to a care facility. Home Instead Senior Care, the largest provider of non-medical home care and companionship for the elderly in the United States, sends CAREGivers to seniors to help keep them independent and at home for as long as possible.

"Most people, in general, want to live at home or independently in a retirement community," said Mary Hager, a registered nurse with a master's degree who is a geriatric clinical nurse specialist for the Cleveland Clinic. "Who wants to lose their independence? The best approach to staying self-sufficient is to plan ahead and accept help when necessary."

Hager explained that some concerns of aging, which jeopardize independence, could include isolation, weight loss, safety and transportation.

"First and foremost, routine socialization is one of the key aspects of successful aging so it's important for seniors to find social activities," she said.

"Second, poor nutrition that leads to weight loss can be caused by multiple factors, some of which may be social. Up to one-third of patients I see experience some weight loss at one time or another," she added.

"Third, safety becomes a real concern for seniors who are suffering illness or mobility problems. To prevent falls, consider putting grab bars in bathrooms, placing bright yellow tape strips on stairs or painting the toilet seat yellow," she said.

"Finally, transportation is a big challenge for those seniors who are forced to give up their keys. Communities can offer the best programs in the world, but if you can't get the individual there, what good are they?" Hager said.

Somedays, seniors are reluctant to seek outside help because they want to keep doing things the way they always have.

"Dementia, which includes Alzheimer's disease and other cognitive problems, may impair seniors' judgment as well as their memory," Hager said. "That's when, with an older adult's input, a caregiver can intervene to promote a safe environment and help ensure quality of life."

"By helping adult children identify the types of resources that a senior might need to remain independent at home, we hope that families can avoid some of the stress that goes with caring for an aging loved one," Carpenter said.

For information about Home Instead Senior Care, contact Mary Ellen Carpenter at 398-1042 or visit the company's Web site at www.Homeinstead.com.

Look-and-see signs of aging

1. Look in refrigerator, freezer, drawers. Has food spoiled? If cannot get to the grocery store, does she have difficulty cleaning it out?

2. Look in pantry. Has your loved one started using pre-made meals and canned soups, and neglect proper nutrition? Is she losing weight?

3. Ask patient and look to see if there are any items in the medicine cabinet that are outdated, expired or not used properly. Does she have trouble removing medication and taking it on time?

4. Look at fans and ceiling fans. Has the inability to lift heavy arm and climb stairs prevented your loved one from cleaning out and bringing home groceries and other essentials?

5. Look down at floors and carpets. Are they dirty and unkempt? Are there signs of household mess or clutter? Is there a lack of cleaning supplies?

6. Look under beds and dust is your senior having difficulty reading newspapers, books and magazines, which are a trigger for a fire hazard.

7. Look through the mail. Is your mom's or grandparent's mail going to pay bills and insurance correspondences?

8. Look in bathroom and kitchen sinks. Is your eyes are watering and can it be caused by multiple factors, some of which may be social. Up to one-third of patients I see experience some weight loss at one time or another," she added.

9. Look outside. Are railings in place? Do they have grab bars in place?

10. Look over water. Are they dirty and unkempt? Are there signs of household mess or clutter? Is there a lack of cleaning supplies?

11. Look at your senior's appearance. Are they dirty and unkempt? Are they making themselves comfortable and keeping up with their hygiene and personal hygiene?

12. Look at your senior's friends. Are they dirty and unkempt? Are they making themselves comfortable and keeping up with their hygiene and personal hygiene?

Dear Dr. McGarry, what is "tooth whitening"? What can be accomplished in two ways, with bleaching and non-bleaching products. Bleaching products consist primarily of hydroperoxides, hydrogen peroxide, peroxides, peroxides or peroxides, usually in a concentration of 15 to 45 percent. Non-bleaching products contain surface active agents, which include proprietary ingredients, such as surfactants, which helps to remove stains on the surface of the teeth. Your dentist will either make a set of bleaching trays for daily or overnight use or perform in-office bleaching and follow-up with a set of take-home trays. Some people experience tooth sensitivity while bleaching. This is common and usually subsides once treatment is complete. No matter what product you select it is important to look for the ADA seal of acceptance and consult your dentist prior to beginning.

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What everyone needs to know about glaucoma

By Dr. Suresh G. Kamath

More than two million Americans suffer from glaucoma and about 100,000 of them are blind. Glaucoma is one of the most dangerous diseases one can have because it is the most common type (open angle glaucoma) is a silent but progressively blinding disease. Few people know they have this disease because there are usually no symptoms until one is almost blind.

Glaucoma is a disease of the optic nerve. One imagines the eye as a camera and the brain like a monitor getting the cable that connects the two. When one sees a face, for example, the eye takes a picture and sends the picture as an electric signal over the optic nerve to the brain. The brain processes the picture and then we recognize the face as that of a loved one. In order to see, all three parts of the visual system (the eye, the optic nerve, and the brain) must work properly. If the circuit is broken at any step—like a camera and monitor getting frayed or damaged. Therefore the picture signal to the brain is degraded and eventually lost.

It is not understood why the optic nerve gets sick. Theories include problems with blood flow or circulation, eye pressure changes and genetics. Open angle glaucoma (OAG) can occur at any age but is most commonly seen in the elderly. Individuals with a family member with OAG may have up to 10 times the normal risk of getting the disease. It is also much more common among African Americans. Patients who have diabetes, are on certain medications (like Prednisone), or who have had previous eye surgery or injuries are much more prone to the disease.

Unfortunately, the genes or genes for glaucoma have not been absolutely defined—but research is ongoing. At this point we only know that the patients in the previous risk groups should be examined periodically to try to catch the disease as early as possible. Early detection and ongoing treatment of glaucoma can reduce the risk of blindness. All adults should be examined by an ophthalmologist every two years—and persons in those high risk groups should be examined at least once a year.

An ophthalmologist is a surgeon specializing in eye disease. Typically, the examining ophthalmologist will take a complete medical and family history to determine the patient’s risk factors. Then a complete examination of the eye—especially the optic nerve, the eye pressure and certain other eye structures that can aid the diagnosis is completed. Patients with abnormalities in the examination will then have a visual field test.

A visual field test is done with a special computer and a projection screen. The computer flashes lights on different areas of the screen. The patient presses a button when she notices each of these flashes. At the end of the test the computer paints a picture of the areas of the visual field that the patient saw well and also the areas that the patient didn’t see well or could not see at all.

Certain patterns of blind spots on this visual field test can help diagnose glaucoma.

Patients with abnormal optic nerves and characteristic blind spots on the visual field test have glaucoma and should be treated.

Patients with abnormal optic nerves but a normal visual field are classified as “glaucoma suspects.” Diabetics and patients with a family history of glaucoma are usually glaucoma suspects as well. Glaucoma suspects are monitored closely. How often a glaucoma suspect is reexamined depends on how abnormal the optic nerves are.”

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Eye pressure should be measured directly with a device that touches the surface of the eye (the cornea). There are several such devices that are very accurate. The air puff technique can be extremely inaccurate—and should not be relied on for the management of glaucoma.

Unfortunately the eye pressure alone does not determine whether one has glaucoma. A patient with glaucoma may have eye pressures that are above, below or within the "normal" range. By definition, a patient has glaucoma when the optic nerves and visual field tests are abnormal, regardless of the eye pressure. However, if a patient’s eye pressure is much higher than "normal," this also qualifies the patient as a glaucoma suspect (these patients are called ocular hypertensives – high eye pressure). Some ocular hypertensives are treated as if they have true glaucoma because they are at high risk of suffering optic nerve damage from the elevated pressure.

Treatment for glaucoma may include medication (usually as eye drops or occasionally pills by mouth), laser therapy or eye surgery. Which treatment or combination of treatments depends on the severity of the glaucoma and the patient’s particular situation. Treatment is tailored specifically to the individual patient. There is no "cookbook" formula for treatment (there is no "one size fits all").

We live in a golden age of glaucoma medications. We have a wide variety of drugs from which to choose. Patients who are allergic to or fail to respond to one drug can try others or combinations of others. The goal of therapy is to reduce the eye pressure—regardless of whether it is high, low or "normal" at the start.

Occasionally, medical treatment fails or is not enough. These patients may require laser treatments that help lower the eye pressure or keep the pressure maintenance system of the eye open. In some cases, surgery that makes a new controlled opening in the eye as a kind of a pressure releaser or "pressure relief valve" may be necessary.

Regardless of the treatment required, most patients can achieve control of glaucoma with aggressive and ongoing treatment. Glaucoma cannot be "cured." The damage done by glaucoma cannot be reversed, however, glaucoma can be controlled. Further damage or visual loss from glaucoma can be slowed down or stopped!

The key to glaucoma is early diagnosis. Treating the disease early and aggressively can reduce the risk of going blind.

Steroid induced glaucoma
Steroids (Prednisone and its cousins) can cause elevation in eye pressure (ocular hypertension) in some susceptible people (steroid responders). If optic nerve damage is the result, surgery or laser therapy may be necessary. If ongoing steroid treatment is needed (as in emphysema, rheumatoid arthritis, lupus, etc,) open angle glaucoma (OAG) may develop. In most patients, stopping the steroids will lead to a return to normal pressure. In some patients treatment for OAG as described above is necessary.

Angle closure glaucoma
A less common type of glaucoma is "angle closure glaucoma" (ACG). Angle closure glaucoma is a completely different disease. In ACG the system that controls the pressure in the eye suddenly closes off, causing a sudden increase in eye pressure. This sudden increase in eye pressure can lead to eye pain, redness, light sensitivity, blurry vision, halos, headache, nausea, vomiting, and near fainting. Some patients may only have mild symptoms.

ACG can occur at any age but is more likely to occur in or after middle age and in some people who have a certain type of extremely thick glasses (but usually not the near sighted type. This type of thick eyeglass prescription is not the cause of the glaucoma. It is a sign of the abnormal anatomy of the eye that leads to this type of glaucoma.

Immediate treatment for ACG is necessary to prevent permanent blindness and ongoing pain. Treatment usually lowers the eye pressure with eye drops and medications by mouth and/or intravenously followed by reopening the pressure valve system with laser or surgery.

The writer is a board-certified ophthalmologist.
Community Care Physicians contribute $5,000 to Stride

Community Care Physicians, a physician directed, multi-specialty medical practice with physicians and providers located throughout New York’s Capital District, recently partnered with STRIDE (Sports & Therapeutic Recreation Instruction/Developmental Education) Great Race to provide sports and recreation learning activities for challenged children.

The $5,000 sponsorship supported Stride’s seventh annual Great Race for adaptive skiers at Jiminy Peak in Hancock, Mass., held on March 13, which provided a competitive racing environment for individuals with disabilities to showcase their skiing and snowboarding skills. The $5,000 sponsorship helped underwrite the event as well as enabling the program’s expansion to reach more people with special needs.

The money was awarded through Community Care Physicians’ involvement to support local nonprofit organizations focusing on community volunteerism. "Two Community Care Physicians’ employees, Dr. Roy Frieman, and Deb Abercrombie volunteer as adaptive ski instructors to Stride’s program."

Stride is an educational organization specializing in therapeutic recreation services for individuals with disabilities. Stride currently operates eight sport programs annually. The growing demand of these unique therapeutic recreation programs has led to the need for expansion. CCP’s funding will enable Stride to develop new programs, in particular, skiing.

"This partnership with Stride aligns with the mission of Community Care Physician’s, "out of the box thinking," said Abercrombie, nurse practitioner for CCP. "Using recreational activities such as skiing and snowboarding, as a creative way of teaching life skills to challenged people, is not only a unique program but provides an opportunity for individuals with disabilities to express their independence, positive self-esteem and the athletic achievements they have worked on all year."

Mary Ellen Whitney, chief executive officer of STRIDE, added, “We are delighted to have Community Care Physicians as our corporate partner for three consecutive years. The relationship we have developed with Community Care Physicians, demonstrates the commitment of how one business can make a serious impact on the betterment of our community. This generous contribution provides us with the ability, together, to expand our ongoing efforts."

With headquarters in Rensselaer, Stride attracts participants to its year-round programs from the Northeast and nationwide. Stride continues to develop new programs each year. Stride’s programs include skiing, swimming, sailing, camping, baseball, white-water rafting, snow-skiing and bowling. For information about Stride, visit www.stride.org or call 518-1279.

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Robert M. Levin, Ph.D., a leading researcher in the field of urinary bladder function and disease, has received the largest grant in the history of Albany College of Pharmacy, a $1.15 million, four-year award from the National Institutes of Health, President James J. Gozzo announced.

Gozo said Levin's work is invaluable to the academic and scientific environment at Albany College of Pharmacy, and the medical community as a whole. "Dr. Levin's work is proof that research in this area is aimed at the severity of obstructive bladder dysfunction," Levin said. "Current research effort funded by the VA has found that grapes, which are high in antioxidants and other beneficial components, significantly increase bladder function in rabbits in the presence of partial outlet obstruction (an animal model of obstructive bladder dysfunction). Levin also currently is involved in research effort funded by the Veteran's Administration. He is working on another grant proposal that would study female bladder incontinence."

In 2003, Levin received a 20-year service award from the Stratton VA Medical Center in Albany, where he is a senior pharmacologist. He has been continuously funded by the VA for approximately 18 years and has been conducting bladder research since 1978, when he was hired to establish a basic research laboratory in urology at the University of Pennsylvania.

Levin came to Albany College of Pharmacy in 1986 following 18 years on the Penn faculty as a researcher (1978-96). Along with his research efforts, he is director of the college's Office of Research Administration and oversees the High School Summer Enrichment Program, in which Albany High School students participate in hands-on research projects at the college.

An Albany resident, Levin earned a bachelor's degree in biology at Albright College in 1967, a master's in pharmacology at the University of Pennsylvania in 1969, served in the Navy for three years and then returned to Penn and received a doctorate in pharmacology in 1974. After a two-year post-doctoral fellowship at the Medical College of Pennsylvania, he served as an instructor at that institution from 1976-78 before moving to the faculty at Penn.

Founded in 1881, Albany College of Pharmacy is the oldest pharmacy school in New York state and one of the only private, independent pharmacy schools in the United States. The college has a long history of serving its students and health care professionals as one of the premier pharmacy colleges in the nation. The college now enters a new era in health care with a focus not only on pharmacy, but also on biomedical technology and research.
Straight talk about devasting colorectal cancer

By JEANNE WALSH

The writer is executive vice president of the American Cancer Society, Eastern Division.

Colorectal cancer, commonly referred to as colon cancer, is the fourth most commonly diagnosed cancer in New York state and the second leading cause of cancer-related death.

It's also very preventable. The American Cancer Society hopes that during the month of March, Colorectal Awareness Month, more people speak publicly about this disease. We can all help to address the issue and help the public, particularly those over 50 years old, seek screenings that could lead to prevention, early diagnoses and more lives saved from this devastating disease.

As it was with breast cancer 25 years ago, people today are reluctant or embarrassed to think or talk about the areas of the body affected by colon cancer. And, there's a common myth that this top cancer killer is a man's cancer when in fact just as many women are diagnosed or die from the disease every year.

In order to increase public awareness about this disease, we'd like to share a few answers to the most common questions often asked about colorectal cancer.

Questions and answers about colorectal cancer

Who is at risk?

While the exact cause of colorectal cancer is not known, colorectal cancer occurs more often among:
- Men and women over 50 — (about 50 percent of colon cancer patients are over 50)
- Those with a strong family history (parent or sibling) of colon or rectal cancer or polyps or any type of cancer
- People with a personal history of colon or rectal cancer or chronic inflammatory bowel disease
- Physically inactive people
- Those who eat high-fat, low-fiber diets without enough fruit or vegetables
- People who smoke

What are the symptoms?

Colorectal cancer can be treated successfully if caught early, however, symptoms may not appear until the disease has advanced. That's why open communication with your doctor and following screening guidelines are so important, even if you do not have symptoms.

If you or a loved one falls into a high-risk category, talk to your doctor about setting a regular testing schedule.

Are you over 50 and have you been screened for colorectal cancer in the past five years? Most people believe colorectal cancer can be prevented, but what can you do to be sure? For the American Cancer Society, colorectal cancer screening can be the most powerful defense against colorectal cancer.

Screening is the most important step you can take to protect your health.

We know these symptoms are frightening, but they are the most common signs of colorectal cancer:
- A change in bowel habits that lasts for more than a few days
- Bleeding from the rectum
- Blood in the stool
- Cramping or gnawing stomach pains
- Fatigue

Visit your doctor immediately. While these symptoms may not necessarily point to colon cancer, it is better to be safe and seek treatment right away.

When should I be screened?

Beginning at age 50, the American Cancer Society recommends men and women follow one of the following five testing options:
- Yearly fecal occult blood test (FOBT)
- Flexible sigmoidoscopy every five years
- Yearly FOBT and flexible sigmoidoscopy every five years (preferred over either option alone)
- Double-contrast barium enema every five years
- Colonoscopy every 10 years

Those with a strong family (parent or sibling) or personal history of colon or rectal cancer or polyps and/or chronic inflammatory bowel disease, should consider screening earlier and more often and should consult their doctor.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, diminishing suffering and preventing cancer research, education, advocacy and service. Founded in 1913, the Society has community offices is 3,400 communities, involving millions of volunteers across the United States. For information, call toll free: 1-800-ACS-2345 or visit www.cancer.org.
Steps for taking charge of your personal health

It is often said that little things make a big difference. From a simple thank you note to saying hello to a stranger on the street, the small tasks in life can often be the ones that set a person apart from the crowd. The same holds true when it comes to your health. Paying attention to the smaller details now may mean a healthier you later down the line.

Mendoza also recommends becoming familiar with your medications, both prescription and over-the-counter, and keeping them organized and up-to-date. “Making positive changes to your health routine don’t have to be time consuming or difficult,” says Mendoza. To begin to take charge of your personal health, start with simple organizational tasks:

- Carry a list of your health information. Take a moment to write down on a 3 by 5 or 5 by 7 index card the names and numbers of your prescriptions and over-the-counter medications. Include the name and dosage of all of your prescription medications, both prescription and over-the-counter, and herbal supplements. Remember, this card is only helpful to you when it is easily accessible and on hand, so store the card in an everyday place like a wallet, purse, glove compartment or checkbook.
- Keep it clean — your medicine cabinet that is. A majority of American medicine cabinets are likely to contain expired or nearly empty over-the-counter medications. It is important to know all of the prescription and over-the-counter medications you are taking so you can alert your doctor to any possible drug interactions.
- Be consistent. When filling your prescription medications try to use the same pharmacy. It is important for your pharmacist to know all of the prescription and over-the-counter medications you are taking so they can alert you to any possible drug interactions.
- Carry a list of your health information. Take a moment to write down on a 3 by 5 or 5 by 7 index card the names and numbers of your medications, both prescription and over-the-counter, and keeping them organized and up-to-date.

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- **Biomass** — Organic wastes such as wood, other plant materials and landfill gases are used to generate electricity.
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- Helps to diversify the fuel supply and contributes to more stable energy prices.
- Reduces use of imported fossil fuels, keeping dollars spent on energy in the State's economy.
- Creates jobs and helps the economy by spurring investments in environmentally-friendly facilities.
- Creates healthier air quality and helps to reduce respiratory illness.

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2. Compare — Compare the Green Power programs.
3. Choose — Choose the Green Power program that is right for you.

What happens when you choose to buy Green Power?

The Green Power you buy is supplied to the power grid that delivers electricity to all customers in your region. Your Green Power purchase supports the development of environmentally-friendly generation. You are helping to provide a cleaner, brighter New York for generations to come.

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Using New York's power to change the future.

The Public Service Commission has initiated a process for developing and implementing a Renewable Portfolio Standard (RPS) to ensure that within 10 years at least 25% of the electricity purchased in New York State is generated from renewable resources.

In addition, you now receive an Environmental Disclosure Label in your electric bill twice every 12 months. The labels show the mix of fuels used to generate the electricity you buy and related air emissions. Knowing about electricity generation, fuel sources and their environmental impacts will help you make informed choices.

You can learn more about the future of renewable energy at the New York State Energy Research and Development Authority (NYSERDA) Web site www.powernaturally.org.

For more information and a list of providers, please call the New York State Public Service Commission at 1-866-GRN-POWER (1-866-476-7697) or visit their Web site at www.AskPSC.com.

Choose renewable energy.
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New York State and the Public Service Commission (PSC) have made a commitment to promote the use of green power and to foster the development of renewable energy generation resources. These sources include solar, wind, biomass, landfill gas and hydro.

Knowledge is power.

As an energy consumer, you now have access to information that lets you assess the environmental impacts of the energy you purchase. Periodically you receive an Environmental Disclosure Label in your electric bill showing the mix of fuels used to generate the electricity you purchase, and related air emissions. Knowing about electricity generation, fuel sources and their environmental impact will help you make informed choices.

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You can support cleaner, sustainable energy solutions by shopping for electricity suppliers that offer Green Power. Developing innovative, environmentally sound energy technologies and a robust Green Power market will provide New York's consumers with more energy choices, benefit the environment, increase jobs, and help the economy grow.
BCHS announces second quarter honor students

Bethlehem Central High School has announced the honor and merit roll students for the second quarter.

Grade 12 honor roll

And Anna Rubin, Tiah Rubia, Michael Sanders, Jessica Schoen, Kate Schoenbach, David Schwalb, Ariel Schwartz, Jenny Segal, Andrew Shawhan, Laura Sherin, Shauna Sipsona, Abby Stambach, Luke Sullivan, Matthew Tymann, Matthew Unright, Rebeka VanDerzee, Brendan Venter, Danielle Wolinsky and Carrie Zurekno.

Grade 11 honor roll
Craig Alfred, Corey Alston, Aaron Ardit, Vidhya Aroumougame, Jacqueline Avialibe, Danielle Baker, Lisa Barnes, Beth Barrowman, Matthew Bell, Katherine Beyer, Sara Blanch, Zachary Blau, Jordyn Blumkin, Christopher Bonafide, Maria Bratslavsky, Timothy Broman, Chao Cao, Olivia Carpinello, Emily Coker, Julie Deitz, Laura Distlance, Lindsey Dugas, Allison Farer, Samantha Fearnberg, Sarah Fulop, Tessa Gadowski, Chantel Gibson, Matthew Goldstein, Emily Gollop, Julian Hall and Danielle Hallman.

And Nathan Harrison, Kevin Hasselbach, Claire Hickey, Adam Hill, Elizabeth Hoffman, Timothy Karpower, Danielle Khailfe, Amanda Kondrat, Laura Kraykowski, Matthew Lalosia, Rachel Laufer, Jeanne Lee, Ethan Levine, Jaclyn Livingston, Kurt Lowery, Stephanie Maimiowski, Abby Miller-Tabeer, Laura Melino, Sachin Munshi, Tracy Myers, Carolya Niehaus, Andrew Olliver, Katherine Ollier, Christopher Olsen, Vanessa Patry, Jessica Piscitello, Mary Planner and Elise Puzio.

And Ashley Rio, Federico Rodriguez, Katie Rowan, Michelle Sargent, Patrick Schneider, Mark Schwab, Laura Scavolino, Diane Sheppard, Zachary Sherman, Leslie Shragr, Emily Sobiecki, Kip Spencer, Adam Storm, Holly Storm, Scott Stograts, Owen Stump, Kyra Swartz, Benjamin Taber, Melissa Taub, Jamie Thalhammer, Laura Triever, Brian Trombley, Lauren Turner, Brian Ungerer, Amy Van Deusen, Jodi Vorderer, Peter Verhaegen, Dayne Wahl, Alexander Waite, Adam Wasserarg, Roxanne Wegman, Aaron Wistar, Liling Xiong and

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**Grade 10 honor roll**
- Jacob Abadilla, Iley Agosta, Nicole Angermeier, Adam Augustiak-Boro, Matthew Baboioiu, John Barker, Paul Bogan, Vineta Buckley, Michelle Bub, Emily Caracandias, Liz Casline, Leigh Collins, Sean Comber, Brian Cooper, Jason.
- Andrew Smith, Scott Sonne, Alesia Hall, Augusiak-Boro, Matthew Kelly Fitzsimmons and Morgari.

**Grade 9 honor roll**

**Grade 8**
- Michael Carroll, Rebecca Chambles, Patrick Campbell, Michael Carroll, Rebecca Chambles, Laura Chen, Michelle Clary, Krissy Conroy, Kathryn Conway, Kasey DelGudin, Kendall Day, Tyler Dudas, Sara Ecker, Michael Ernst, Paul Pang, Puget Fawer and Justin Finland.
- And Amy Forando, Joseph Frasca, Julia Frisch, Katelyn Gannon, Lawrence Goeckeler, Emma Goldsmith-Rooney, Eric Goldstein, Scott Greenberg, Rebecca Hager, Colleen Hart, Katherine Hart, Samantha Hill, Caitlin Hill, Erica Hill, Benjamin Himmetlarb, Danielle, Rachel Jacobs, Bethany Karpowit, Gopi Kiron, Leslie Klein, Katherine Kurtesis, Sydney Lane, Melissa Lee, Joshua Leyen, Dylan Lewis, Rebecca Lewis, Jennifer Liebschutz, Robert Lyous, Desiree Mann and Mike Marcol.
- And Andrew Marler, Michael Mashuta, Almoin Melecher, David Morse, Kevin Niehaus, Adam Nye, Rebecca O'Keefe, Chelsea Palmer, Kira Pannucci, Alex Parker, Mike Paulsen, Adam Pelmmer, Barbara Pohl, Justine Prior, Damian Privlera, Molly Reider, Adele Riccarrad, Ryan Rockmore, Daniel Royle, Kristiana Russo, Anna Scaife, Rachel Schachter, Marianne Schwab, Heather Soleau, Simon Staley, Rebecca Stern, Jeremy Stones, Chelsea Swee, John Tevan, Emily Tlorary, Sara Turner, Michael Turo, Melina Yanvas, Daniel Van Depen, Jessica Venezia, Ryan Wall, Emma Walsh, Stefan Weijola, Lauren Wendth and Jaclyn Williams.

**Grade 12**
- Merit roll
  - Emily Abbott, Stephen Allen, Ben Ambrosio, Meghan Amiri, Cabby Austin, Monica Ayres, Elan Backer, Donald Ballard, Jamey Bartley, Katie Bermann, Cassie Bradley, David Brewster, Emily Caesar, Thomas Caraco, Timothy Carey, Gabriella Carey, Collin Cassidy, Jim Collins, Krina Collins, Darren Conroy, Bridget Daley, Ryan Decker, Mike Dineen, Gracie Dupuis, Ashley Dwyer, Kevin Eames, Carol Ann Edie, Jaclyn Entinger, Jennifer Foley, Mark Foster, Sarah Frueh, Elizabeth Gallachiti, Heather Gaccone, Casey Gillman, Lauren Ginsburg and Abigail Goldberg.


Matt McCroy, Max Mehlan, Catherine Mendel, Lindsay Montesano, Leah Msooj, Lisa Musikowicz, Jenna Munnelly, Paul Mussell, Connor Murray, Meaghan Murphy, Rosalie Norris, Susan Pedlow, Amy Phillips, Emily Piatraea, Christopher Plisk, Greg Pitz, Brendan Pratt, Alexandra Puccio, Laura Rubick, Nick Ray, Kristyn
Survivors include her husband of 57 years, Francis H. Person Jr.; a son, Donald Person of Albany; a daughter, Linda Loop of Houston, Texas; a sister; and four grandchildren.

A memorial service will be held at 7:30 p.m. on Friday, April 2, at New Scotland Presbyterian Church, 2010 New Scotland Road.

Barbara Gypson
Barbara Koss Gypson, 84, of Delmar, died Thursday, March 25.

Born in San Antonio, Texas, she attended the former St. John's High School in Albany and Russell Sage College.

She was a homemaker. She worked as a volunteer at St. Peter's Hospital in the 1940s and as deputy town clerk in Bethlehem from 1977 to 1996.

She also taught dance classes and private students in the 1950s. She was the widow of Lowell H. Gypson Jr.

Arlene Person
Arlene C. Person, 77, of Voorheesville, died Sunday, March 28, at Our Lady of Mercy Life Center in Guilderland.

Born in New Scotland, she moved to Voorheesville 58 years ago.

She worked for the state Department of Taxation & Finance for 29 years. She was an active member of the New Scotland Presbyterian Church.

She enjoyed traveling, especially to the Atlantic Coast of Florida, and enjoyed traveling, especially to the Atlantic Coast of Florida.

A memorial Mass will be celebrated at St. Joseph's Church in Green Island on Friday, May 7, at 11 a.m.

Burial was in St. Mary's Cemetery in Troy.

Local arrangements were by the Messinger-Russell Funeral Home in Green Island.

Contributions may be made to the St. Labre Indian School, Ashland, Mont. 59004.
William Weber

William R. Weber, 75, of Delmar, died Thursday, March 25, at Community Hospice Inn at St. Peter's Hospital. Born in Albany, he was a Boy Scout, achieving the highest rank of Eagle Scout. He was a graduate of Christian Brothers Academy. Mr. Weber was an Army veteran of the Korean War.

For many years, he owned and operated Weber Brothers Home Building and Pugano Weber Realty with his brother, Fred Weber. He was a former president of the Home Builders Association of the Capital District and chairman and member of the town of Bethlehem planning board. He had been an active member of Kiwanis.

A communicant of the Church of St. Thomas the Apostle, he volunteered regularly at senior functions.

Survivors include his wife, Mary Ellen McGowan Weber; a son, Stephen Weber of Slingerlands; three daughters, Anne Davis of Delmar, Patricia Donehue of Portsmouth, N.H, and Emily Leadholm of Somerville, Mass.; and seven grandchildren.

Scout.

Died Thursday, March 25, at St. Peter’s Hospital.

Burial was in Bethlehem Cemetery.

Contributions may be made to the Church of St. Thomas the Apostle and the Church of St. Thomas the Apostle in Delmar.

She was the active in the Delmar Senior Citizens Center.

She was the widow of Walter E. Feldman.

Survivors include a son, Richard D. Felderman; and two grandchildren.

Services were from the Church of St. Thomas the Apostle.

Contributions may be made to the American Cancer Society, 260 Osborne Road, Loudonville 12211.

Helen Feldmann

Helen Siddler Feldmann, 96, of Delmar, died Thursday, March 25, at Good Samaritan Lutheran Health Care Center.

Born in Brooklyn, she attended St. Michael’s Elementary School and Pratt Institute. In 1957, she and her husband moved to Gloversville. She moved to Delmar in 1989.

Mrs. Feldmann worked part-time for the state Department of Health as a secretary in the Johnstown office.

She was a communicant of St. Mary’s Church in Gloversville and the Church of St. Thomas the Apostle in Delmar.

She was active in the Delmar Senior Citizens Center.

She was the widow of Walter E. Feldman.

Survivors include a son, Richard D. Felderman; and two grandchildren.

Services were from the Church of St. Thomas the Apostle.

Contributions may be made to the American Cancer Society, 260 Osborne Road, Loudonville 12211.

Josephine Valenti

Josephine Roycewicz Valenti, 84, of Martin Road in Voorheesville, died Wednesday, March 24, at St. Peter’s Hospital in Albany.

Born in Moreau, she moved to Voorheesville in 1962.

She was a secretary at the state Senate for 10 years until she was stricken with multiple sclerosis in 1960.

She continued to be an enthusiastic gardener and an avid reader.

She was the widow of James Vincent Valenti.

Survivors include two sons, Gregory Valenti of Delmar and James Vincent Valenti Jr. of San Marcos, Calif.; two daughters, Audrey Hutson of Westmere and Elizabeth Nichols of Hayward, Calif.; a sister, Theodora Wilson of Fort Edward; and 12 grandchildren.

Services were from the Reilly & Son Funeral Home and St. Matthew’s Church, both in Voorheesville.

Contributions may be made to the National Multiple Sclerosis Society, 271 New Karner Road, Colonie 12205.

Allen Mills

Allen R. Mills, 68, of Delmar and formerly of Arcadia, Calif., died Saturday, March 27, at Lake George, he was a remarkably gifted musician.

As a composer, conductor, vocalist, recording artist and teacher, Mr. Mills performed from the Adirondacks to the West Indies as well as the West Coast.

An accomplished and nationally known master of the theater organ, he held the post of organist/artist at the Yiddish Theatre in Schenectady, for 10 years.

Mr. Mills had recently returned to the Capital District from California where he left behind cherished friends he called his “California family” to be close to his beloved children and grandchildren.

Survivors include a son, Jody Allen Mills of Delmar; a daughter, Amy Mills Scarlett of Delmar; and three grandchildren.

Services were from Westminster Presbyterian Church in Albany.

Arrangements were under the direction of Roy E. Boulé through Meyers Funeral Home in Delmar.

Contributions may be made to the Juvenile Diabetes Foundation, 6 Greenwood Drive, East Greenbush 12061.

Lucy Tangora

Lucy M. Lombardi Tangora, 73, of Guilderland and formerly of Delmar, died Monday, March 22, at Our Lady of Mercy Life Care Center.

Born in Troy, she was a former communicant of the Church of St. Thomas the Apostle in Delmar.

She was the widow of Angelo J. Tangora.

Survivors include two daughters, Linda Leachey of Delmar and Karen Ann Tangora of Delmar; two sons, Michael Tangora of Delmar and Patrick Tangora of Glenmont; a brother, Frank Lombardi of Tampa, Fla.; and two grandchildren.

Services were from the Daniel Keenan Funeral Home in Albany and the Church of St. Thomas the Apostle.

Contributions may be made to Our Lady of Mercy Life Center, 2 Merchants Lane, Guilderland 12348.

Gary Demarest

Gary J. Demarest, 54, of Napa, Calif., and formerly of Selkirk, died Tuesday, March 23, in Napa.

Mr. Demarest was a Bethlehem Central High School graduate.

He was a truck driver for the Bohl Construction Co. in Albany and a member of the Army National Guard.

Survivors include his wife, Cheryl Demarest; a son, James Demarest of California; his father, Wesley H. Demarest; four sisters, Linda Sickler, Gail Simmons, Anna Thorrays and Cynthia Demarest; and three brothers, Wesley Demarest, Stephen Demarest and John Demarest.

Private graveside services were in Our Lady of Help of Christians Cemetery.
By DEV TOBIN

Back when it opened a month ago, "Designs Through Time: Motorcycles Past, Present & Future" at the Albany Institute of History & Art seemed a little out of place, given the snow and cold of late February in Albany.

But with last weekend's brilliant spring weather bringing lots of local motorcycles out of the garage, the exhibit is ready for prime time.

The exhibit features more than 30 motorcycles by all the major (and several minor) manufacturers, from a 1906 Griffon to a 2004 BMW. It also displays vintage ephemera and shows broadcasts of History Channel shows about the evolution of the motorcycle from a bicycle with a little motor to the high-tech, high-speed streamlined motorcycles of today.

Institute spokeswoman Penny Vavura said motorcycle riders "are very brand-loyal and this gives them a chance to appreciate other models. People come in with their favorites and leave with new favorites."

Like the Beatles show last year, the motorcycle exhibit is an opportunity for the institute to attract people who are not traditional museum-goers.

"We get a lot of families who go through the exhibit, then split up to check out the rest of the museum," Vavura said. "We've noticed increased visitation throughout the museum and that's wonderful."

The exhibit traces the history of the motorcycle with information about the evolution of the industry seen through the more than 30 bikes, plus there's real art involved here.

"The paint jobs and the detail-oriented designs really are works of art," Vavura noted.

In conjunction with the exhibit, there will be a gallery talk on "The Harley-Davidson Mystique: The Bike or the Rider?" by Bob "Prospector" Buellner, vice president of District 3 of the American Motorcyclists Association, on Saturday, April 3, at 2:30 p.m.

The classic documentary on motorcycling "On Any Sunday" will also be shown on Saturday, April 10, at 2 p.m. Saturday, May 8, at 2 p.m. and Sunday, May 16, at 12:30 p.m.

The exhibit runs through June 6, when there will be a lecture and book signing at 2:30 p.m. by Geoffrey Stein, author of "The Motorcycle Industry in New York State: A Concise Encyclopedia of Inventors, Builders and Manufacturers."

Admission is $7 for adults, $5 for seniors and students, $3 for children aged 6 to 12 and free for institute members and children under 6.

The institute is at 125 Washington Ave. It is open Wednesday to Saturday from 10 a.m. to 5 p.m. and Sunday from noon to 5 p.m.

For information, call 453-4478.

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Sleepwear takes to the stage

Home Made Theatre performers (Top to Bottom) Peter Burbage, Mike Costa and Dave Chesney release for The Pajama Night! Audience members are encouraged to join the actors and musicians who will be wearing their pajamas and pajamers for a wonderful celebration of American comedy to include staged readings, musical entertainment by Jupiter Galore and a special sketch of Home Made. Theatre's upcoming Neil Simon comedy Laughter on the 23rd Floor. Tickets are $15. Receive $2 discount if you wear your pajamas. For tickets or further information, please call Home Made Theatre box office at 457-1427.
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ALBANY INSTITUTE OF HISTORY AND ART

MASTERS OF MEXICAN MUSIC
Troy Savings Bank Music Hall and Second streets. April 3, 7 p.m., $15 and $25 information, 273-2258.

ALBANY CUMMINGS
Revolutionary River Street, Troy. April 3, 8 p.m., $15 in advance, $17 at the door. Information, 273-2257.

SCHEICYCETTA MUSEUM

ALBANY INTERNATIONAL AIRPORT GALLERY
Artists In The Round. 30 Days of Art. Coliseum, Troy. April 3, 7 p.m., $1, don't lose your parking, Information, 273-2247.

CUIJAN
Chinese table, Medical Group of Union College, Scheicchetta, April 3, 6 p.m., Info. Information, 386-6137.

THE CAPITAL STEPS
political comedy. Proctor's Theatre. 432 3rd St. April 3, 8 p.m., $10 and $12. Information, 273-2247.

NEW YORK STATE MUSEUM

ALBANY STATE UNIVERSITY
ARTS LIBRARY
university event. UH 309. April 3, 7 p.m., $10. Information, 477-7874.

THE CROWDED FAMILY
A musical comedy. Proctor's Theatre. 432 3rd St. April 3, 8 p.m., $10 and $12. Information, 273-2247.

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NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The Limited Liability Company is DOMANS, LLC. The Articles of Organization were filed with the Secretary of State of New York (SSNY) on 3/14/02. The Authority to conduct any lawful purpose is to be engaged in any lawful act or activity (the "LLC") shall have a registered agent upon whom all process against it may be served. The address of such agent is P.O. BOX 9622, Albany, New York 12203. The purpose of the LLC is to engage in any lawful act or activity for which a domestic limited liability company may be organized under the law of the State of New York ("LLC Act").

LEGAL NOTICE
NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY COMPANY
The name of the Limited Liability Company ("LLC") is GAGANER ASSOCIATES. The Articles of Organization were filed with the SSNY on 3/14/02. The Authority to conduct any lawful purpose is to be engaged in any lawful act or activity (the "LLC") shall have a registered agent upon whom all process against it may be served. The address of such agent is 300 Centerville Road, Ste. 400, West Chester, PA 19380. The purpose of the LLC is to engage in any lawful act or activity for which a domestic limited liability company may be organized under the LLC Act.

LEGAL NOTICE
NOTICE OF QUARTERLY CORPORATE TAX NONPAYMENT AND ACTION TO OBTAIN JUDGMENT AGAINST DELINQUENT CORPORATION
The State of New York, Department of Taxation and Finance, hereby notifies you that you have failed to pay the taxes due for the period from 11/1/2003 to 10/31/2003. Failure to pay any tax by the due date may result in interest and penalties on the taxes assessed. Failure to pay the taxes assessed may result in a lien against your real and personal property and a judgment against your property or interest in property, in favor of the State of New York. If the tax is not paid within 30 days of the date of service of this Notice, a suit against you to collect the taxes assessed may be commenced.

LEGAL NOTICE
NOTICE OF CLAIM AGAINST CORPORATE TAX COLLECTOR
The State of New York, Department of Taxation and Finance, hereby notifies you that you have failed to pay the taxes due for the period from 11/1/2003 to 10/31/2003. Failure to pay any tax by the due date may result in interest and penalties on the taxes assessed. Failure to pay the taxes assessed may result in a lien against your real and personal property and a judgment against your property or interest in property, in favor of the State of New York. If the tax is not paid within 30 days of the date of service of this Notice, a suit against you to collect the taxes assessed may be commenced.

LEGAL NOTICE
NOTICE OF LAWSUIT
The State of New York, Department of Taxation and Finance, hereby notifies you that you have failed to pay the taxes due for the period from 11/1/2003 to 10/31/2003. Failure to pay any tax by the due date may result in interest and penalties on the taxes assessed. Failure to pay the taxes assessed may result in a lien against your real and personal property and a judgment against your property or interest in property, in favor of the State of New York. If the tax is not paid within 30 days of the date of service of this Notice, a suit against you to collect the taxes assessed may be commenced.

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Host families needed for foreign students

Host families are needed for 35 foreign exchange students arriving in September. Students need families to provide housing, meals, and support during their stay. Parents can help by providing a family with a cultural exchange experience as well. Please contact the International Student Office for more information.

Legal Notice

PERRI BUILDERS, LLC Notices for the publication of the above Limited Liability Company Articles of Organization filed with the Secretary of State of New York on 11/12/03. Notice is hereby given that the members of the LLC have elected the following Officers: President—Michael C. Hodom, Vice President—Joshua Gottlieb, Secretary—Michael C. Hodom, Treasurer—Joshua Gottlieb, with an office of the New York LLC at 63A Columbia St., Delmar, New York to take the Board of Appeals of the Town of Bethlehem, Albany County, New York to take the Board of Appeals of the Town of Bethlehem, Albany County, New York to consider a request by Scorpion Real Property Solutions, LLC for a Scorpion Real Property Solutions, LLC at premises McCormack Exception under Chapter 128-63 A (D), Mini-Thumbnail (March 31, 2004) Board of Appeals, Albany County, New York.

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Legal Notice

Perry Builders, LLC, PO. Box 14851, Albany, NY 12212, desires to publish the above LLC Articles of Organization filed with the Secretary of State of NY on 11/12/03. Notice is hereby given that the members of the LLC have elected the following Officers: President— Michael C. Hodom, Vice President—Joshua Gottlieb, Secretary—Michael C. Hodom, Treasurer—Joshua Gottlieb, with an office of the New York LLC at 63A Columbia St., Delmar, New York to take the Board of Appeals of the Town of Bethlehem, Albany County, New York to consider a request by Scorpion Real Property Solutions, LLC for a Scorpion Real Property Solutions, LLC at premises McCormack Exception under Chapter 128-63 A (D), Mini-Thumbnail (March 31, 2004) Board of Appeals, Albany County, New York.

Street

Norge Road to the Delmar Bypass and also set off to Maple Avenue, from Highway 44 to Cottage Lane. The Elm Street Avenue work will be funded through the Town's Department of Transportation which will contribute $100,000 toward the Maple Avenue project.

Santino's CAFE, LLC

The articles of organization for the limited liability company were filed with the Secretary of State of New York on 12/20/02 and became effective on 2/21/03. The principal office of the limited liability company is in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The purpose of the limited liability company is unspecified as to industry, and the names of any natural person or legal entity who is authorized to do business in New York are to be found in any lawful notice to do business in New York or available from any lawful notice to do business in New York. The articles of organization for the limited liability company may be obtained by request.

Norb D. SANTINO'S

The articles of organization for the limited liability company were filed with the Secretary of State of New York on 12/20/02 and became effective on 2/21/03. The principal office of the limited liability company is in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The purpose of the limited liability company is unspecified as to industry, and the names of any natural person or legal entity who is authorized to do business in New York are to be found in any lawful notice to do business in New York or available from any lawful notice to do business in New York. The articles of organization for the limited liability company may be obtained by request.

SANTINO'S CAFE, LLC

The name of the limited liability company is SANTINO'S CAFE, LLC. The address of the limited liability company is 2019 Western Avenue, Delmar, New York 12054. The purpose of the limited liability company is unspecified as to industry, and the names of any natural person or legal entity who is authorized to do business in New York are to be found in any lawful notice to do business in New York or available from any lawful notice to do business in New York. The articles of organization for the limited liability company may be obtained by request.

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FREE CONSULTATION

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County enlarges nature preserve

BY KRISTEN OLBY

A newly created nature preserve along the banks of the Normans Kill in Delmar is growing in size thanks to a contribution from Albany County.

With a unanimous vote, the Albany County Legislature recently conveyed a parcel of land totaling about 4 acres to the Albany County Land Conservancy. The Conservancy is working to create a 50-acre preserve along the Normans Kill that can be used by nature enthusiasts for biking, walking, and kayaking.

After Claim Your Steaks Inc. failed to pay back taxes, Albany County foreclosed on the parcel of recently-acquired land. The property was withheld from public auction so that it could be incorporated into the preserve.

This parcel provides a critical linkage between the two parcels that we have already conveyed to the Albany County Land Conservancy,” said Albany County Legislator Charles Dawson, D-Bethlehem, of land also along the Normans Kill. “In effect, you can walk across them all, they’re connected.”

A providing access to the preserve must still be cleared, said Dawson, before the preserve can open to the public. The preserve wraps around the landside site along Delaware Avenue that sent part of the ravine tumbling into the creek several years ago.

The Albany County Land Conservancy is a non-profit group that works to acquire and protect scenic properties while providing public access.

Deputy makes bike arrest

A Delmar man is charged with stealing a motorcycle after an Albany County Sheriff’s deputy spotted him pushing the bike down the street.

Milton Conde, 36, of 244 Delaware Ave. was charged with grand larceny and criminal possession of stolen property after police stopped him on March 24 as he pushed a 2001 Suzuki motorcycle along Leighton Avenue in Albany.

The investigation revealed the bike had allegedly been stolen from an Albany home. Conde was released on appearance tickets and is scheduled to return to Albany City Court next month.

in Delmar, The Spotlight is sold at Delmar Marketplace, Stewart’s, Mobil, Getty and Sunoco Elm Ave.

Insurance Pre-licensing Course

Mildred Elley, a regional leader in career educational studies, is offering another in its series of insurance pre-licensing classes for prospective insurance agents.

This course, highlighting life, accident and health insurance, begins on April 1, 2004, and continues on May 15, 22, and concludes on June 5, 2004. Hours are 8:00 am through 4:00 pm and include a one hour lunch break. All classes will be held at Mildred Elley, conveniently located at Latham Circle Mall in Latham, NY.

This pre-licensing course, highlighted by the New York State Insurance Department, is offered in preparation for the New York State Life, Accident and Health Insurance Examination. Successful completion of this examination is required to become a licensed insurance agent within the State of New York.

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Views on Dental Health

Virginia Plaiter, D.D.S.

Adult Fluoride Treatments

It is a common misconception that children are the only beneficiaries of in-office fluoride treatments. Patients of all ages can benefit from fluoride, as a means of prevention and for desensitization.

External fluoride treatments provide protection to the tooth and its root structure from decay. Certain fluoride varnishes that are now widely used as high dose treatments have proven to recalcify small carious lesions (cavities not yet through the enamel) and arrest the decay before a restoration is needed. An additional benefit of this fluoride varnish is to desensitize teeth and exposed root surfaces from the effects of cold.

Ask you dentist or dental hygienist for more information on the availability of in-office fluoride treatments and how they may benefit you.

Bethlehem Dental Arts

is located at 74 Delaware Avenue, Delmar and can be reached at (518) 439-3299.

VAULT will meet on Friday, April 9, at Delmar Reformed Church, 386 Delaware Ave., Delmar.

There will be a meeting and a lecture by Nancy Halpenny titled, "Northern Comfort — 350 years of New England Quilts."

There is a $3 visitor donation. Doors open at 10 a.m.

For information, call 456-0552 or check out the Web site at www.limesunion.com/communities/quilt.