Westervelt guilty at murder trial

Killer used a wood tomahawk in beating death of Elsmere Avenue man

By LIBBY SCHIRMER

Delmar's first murder in about 13 years has been successfully closed with a guilty verdict, after Erick Westervelt withstood a trial for second-degree murder for his hand in the death of 28-year-old Timothy Gray.

Despite a lack of physical or DNA evidence, the Albany County District Attorney's Office upended the defense's attempts to have the jury believe Westervelt's confession, which he made to Bethlehem Police, was made under duress. Police did obtain the murder weapon, which has been described as a wooden, souvenir-type tomahawk hatchet.

"We had pretty good evidence. He did confess," said Assistant District Attorney David Rossi, who tried the case for Albany County. "The defense tried to make a big deal out of the fact that there wasn't any DNA evidence. The defense called it an 11-hour interrogation, which it wasn't."

Westervelt, 23, faces 25 years to life in prison, when he is sentenced by Judge Joseph Teresi on Aug. 25.

Westervelt, a Guilderland resident, was a University at Albany senior, majoring in sociology, when he entered the back yard of Gray's 95A Elsmere Ave. apartment with his on-again-off-again girlfriend of six years, Jessica Domery, who he met while the two were students at Plattsburgh State University.

There had been a number of confrontations between Gray and Westervelt before, beginning around the time Gray moved in with Domery in July 2004, leading Gray to consult a friend who was an Albany police officer about his rights. Gray had told his friend Westervelt confronted him a number of times at bars.

Westervelt had dated Domery during a period when she was apart from Gray.

Gray also later divulged to friends that Westervelt had made threatening and obscene phone calls to his parents' home in White Plains while Gray had been living there.

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Bethlehem Police earns fifth state accreditation

By LIBBY SCHIRMER

For the fifth time since 1990, the Bethlehem Police Department received word that it was in full compliance with the 130 standards for procedures established by the state Division of Criminal Justice Services and the Accreditation Council.

Having been the third department statewide to begin such a review, the department is now one of the first to have gone through the process for a fifth time.

Three members of the accreditation board, with a combined policing experience of more than 74 years, visited the department for three days last week, poring over records and reviewing the policies of the department, from storage of evidence and records policies to promotional and awards processes to how disciplinary measures are taken to how vehicle pursuits are conducted.

A report of the board's findings will be made part of an official record in September, Chief Louis Corsi said.

"It says that we work to a standard established by the state DCJS and state accreditation council," Corsi said of the accreditation. "When we do something, it's no different, it's the same standard.
Police, DOT take two dozen rigs off road

By LIBBY SCHIRMER

For two days in June, the Bethlehem Police Department, in conjunction with the state Department of Transportation, held road checks of heavy commercial vehicles around town.

The unannounced checks are usually held three times a year for a variety of reasons, and one was arrested for driving while intoxicated (DWI), and a number of trucks taken off the road, according to Bethlehem Police Chief Louis Corsi.

"Drivers of commercial vehicles are held to a higher standard — .07 percent for BAC — than private drivers," Corsi said.

A total of 89 UTIs were issued on that day, according to the Bethlehem Police Department.

"A lot of them are up to standards. A lot of them are not. Some of them that are not in accordance are just so scary to look at," Corsi said. "These are heavy vehicles."

Bethlehem Police made one driving while intoxicated (DWI) arrest last week.

On June 26, in the area of 311 Route 9W, Martha L. Henao, 49, of Shaker Road, was stopped by police officers.

She allegedly had a plastic cup half full of an alcoholic beverage in her car's cup holder. Henao failed a battery of field sobriety tests in front of WalMart. She submitted to a chemical test after she was placed under arrest for DWI and was found to be positive for alcohol.

She is due back in Town Court on July 19.

Police union announces summer steak roast

The Bethlehem Police Officer's Union will be holding its 38th annual Steak Roast Wednesday July 20, from noon until 8 p.m., at Picard's Grove.

The sit down steak dinner will be served at 6:15 p.m. A total of 77 people attended last year.

For tickets, call 439-9973, ext. 223.

The Importance of Consent Forms

When visiting the dentist, you should be faced with many forms for consent. These forms are provided by your dentist to allow you to feel comfortable and informed, to assure you an opportunity to ask questions before treatment.

The paperwork involved in educating patients may seem cumbersome, and the information included may seem intricate and involve every possible negative scenario. Don't let these extreme scenarios concern you. It is important to realize that your dentist is providing you a wonderful service and allowing you to take an active role in your treatment.

Remember to ask your dentist any questions that may be causing you concern prior to a procedure. This will help avoid any confusion regarding treatment and treatment.
Three teachers retire from Elsmere Elementary

By KATHERINE McCARTHY

A musician, a storyteller and a New York City-style community service award are just some of the unique traits of three retiring Elsmere teachers. Their singularity, however, is not their only greater-lesson learned from a combined 103 years of teaching.

“You have to be patient when you’re in a place where people love us,” said Cathy Schaefer, the third grade teacher of 34 years at Elsmere. “If you try to create a cozy, warm and safe environment, the kids are never afraid.”

"When the kids talk, they don’t say anything," said Shari McCarty, also finishing a 34-year teaching career at Central Eugene School, "but kids don’t say themselves as well as they used to. Family life is so stressed that sometimes when you ask kids a chance to talk, they’ll talk non-stop.

"We’ve got to get back to what’s important in life, finding the dream at the end of the rainbow," said Schaefer. "Cathy is unequivocal about her career choice.

"We never had lasted 34 years if I hadn’t been here," she said, "Starting teaching career at the Delmar Grade School after graduating from Hunter College, Delmar closed, the teachers were assigned to other district schools, and Schaefer retired.

"They’re my family," she said of her former teachers. "They’re teachers who best understand the speech Smith had given at the end of the class play. "The Wizard of Oz." "We’ve got to get back to what’s important in life, finding the dream at the end of the rainbow," she said. Schaefer is unequivocal about her career choice.

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More and more, our country looks the same wherever you go. You get off the interstate system and onto a divided, four-lane road, lined by the same businesses you saw at home: Starbucks, Burger King, Applebee’s, Chilli’s, Wal-Mart.

Sometimes there’s an ease to this, a predictability, you can almost always rely on a certain place for a certain level of quality and familiarity. How many of you, when traveling, eschew the local diner for the quick and cheap convenience of McDonald’s? We do. You add bonus to the speed and price is the few minutes of sanity we took us to the land of scrapple and there are still culinary hints that tell us about the people who make this. In spite of the interchangeable food at some of our nation’s eateries, cultures going The hallmark of Pennsylvania Dutch is apparent quantity, and at the Amish Barn, we must realize that the land without electricity, but apparently urban culture: Driving on side roads past Pennsylvania’s Amish farms at dusk, people in long cotton dresses and bonnets still sit at farm stands and here and there, blue, black-clothed boys scooted by on foot–propelled bike scooters. Power lines stood at the sides of the roads, but no windows, no glass, no comforter. Where we once were, now is the country atmosphere. Most of our knowledge about Amish comes from such stories as this. The food and wine is plain” clothes and a broad, straight, strum rush through orange traffic cones by the entrance. My incredibly thoughtful brother-in-law had proposed a bus tour to get the full story on these people who live like all Americans used to, but 15-year-old Christopher displayed a sensitivity that caused me to ask some of his politically right-wing ideas.

“They’re not animals in a zoo, Mom,” he said. “I don’t think we should in a bus and gawk-at them.”

It’s easy to forget, though, that we are a nation formed by immigrants who staked out their own particular turf and kept their cultures going even when the people who made the drive from D.C. and quickly learned that not all the lack of a wastebasket, the presence of a chalky substance on the rug at our room. We asked for a certain level of quality and familiarity. How many of you, when traveling, eschew the local diner for the quick and cheap convenience of McDonald’s? We do. You add bonus to the speed and price is the few minutes of sanity taken us to the land of scrapple and there are still culinary hints that tell us about the people who make this. In spite of the interchangeable food at some of our nation’s eateries, cultures going The hallmark of Pennsylvania Dutch is apparent quantity, and at the Amish Barn, we must realize that the land without electricity, but apparently urban culture. Driving on side roads past Pennsylvania’s Amish farms at dusk, people in long cotton dresses and bonnets still sit at farm stands and here and there, blue, black-clothed boys scooted by on foot–propelled bike scooters. Power lines stood at the sides of the roads, but no windows, no glass, no comforter. Where we once were, now is the country atmosphere. Most of our knowledge about Amish comes from such stories as this. The food and wine is plain” clothes and a broad, straight, strum rush through orange traffic cones by the entrance. My incredibly thoughtful brother-in-law had proposed a bus tour to get the full story on these people who live like all Americans used to, but 15-year-old Christopher displayed a sensitivity that caused me to ask some of his politically right-wing ideas.

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Growing pains

The worst part of my job is the commute, I hate the feeling of traveling boxed in by trucks and stuck in long lines at exits.

According to experts, drastic increases in traffic congestion reflect more on where people live than simply on population growth.

“We depend more on driving to get around,” said Rocky Ferraro, executive director for the Capital District Regional Planning Commission. “We don’t develop to the same density as in the past. Not long ago, people walked to the grocery store. In many new communities walking and mass transit are not an option because large scale development is devoted to only one type of use.”

According to Ferraro, satellite imagery of four local counties; Albany, Schenectady, Rensselaer and Saratoga, taken from 1986 to ‘97 reveals a 15.8 percent increase in land consumption. This undeveloped land converted to some type of use.

During this period, 15,000 acres were developed as local population grew by 4.1 percent, he said. Land consumption is growing longer and longer as motorists are disappointed. Compounding, the gridlock are roadway sites where overcrowded lanes either merge into one or stop completely as traffic crews hold up flags and hand field stop signs. Then there are accidents that stop highways, completely leaving motorists stranded in their cars with no way of knowing when they will reach their destination.

Some fear the day may come when tire tread outpaces asphalt — and the economy for that matter — to a halt.

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Stormy weather

Mother Nature is taking its toll on a number of localities this year including most suburban towns in our coverage area. Heavy rains and severe thunderstorms have caused flooding, washouts and power outages throughout the region, and because it’s summer, we can expect more of the same throughout the season.

One stretch of the Northway was recently completely washed out, forcing travelers and commuters to detour on roads that were not designed to carry such heavy traffic. And even some of those roads were closed because of fallen trees and branches.

What this means, for one thing, is that we need to pay attention to the weather forecasters— even though many of us enjoy hearing them when their reports aren’t right on the money.

So next time there’s a severe storm warning, follow some common sense practices to stay safe and dry.

If at all possible, stay inside until the storm passes by. Otherwise, you could easily get stuck in traffic or way-laid by flooding. It’s also important to keep the roads clear so emergency vehicles can get through.

In electrical storms, it’s a good idea to turn off TVs and computers and to have surge protectors on major appliances.

Keep all animals inside during a storm. Many are frightened by the noise and tend to head for cover until the din is over.

Where possible, try to stay in or near your vehicle. Sometimes it’s best to just pull over and wait it out.

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Bottle recycling should be expanded

The writer is a financial reporter for Northwestern Mutual Financial Network, the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company.

If you’re willing to spend more for things bought on credit or find yourself “winging it” to track your spending, you’re not alone. It seems everyone makes irrational financial decisions— even those with higher incomes and advanced degrees.

A September 2003 study conducted by Synovate for the Northwestern Mutual Financial Network suggests several “blind spots” regularly handicap financial decision-makers from all educational backgrounds and the research, which included a representative sample of doctors, lawyers and certified public accountants, identified the following misbehaviors:

- Loss aversion — it hurts more to lose money than it feels good to gain.
- Framing — how an issue is presented can affect financial decisions.
- Mental accounting — though all money “spends” the same, people treat money differently depending on how they got it.

These “blind spots” are actually three theories in the field of Behavioral Economics, which explains how and why people make logical financial decisions.

Losses loom larger than gains

People tend to be “loss averse” because the pain we feel from losing $100 is much greater than the pleasure we feel from gaining $100. For example, a survey of 1,600 people chose between a 100 percent chance of gaining $20 versus a 25 percent chance to gain $1,000, coupled with a 75 percent chance to gain nothing, more than three-fourths of survey respondents chose the sure gain.

However, when given the choice of a sure loss of $240 versus a 25 percent chance to lose $1,000, coupled with a 75 percent chance to lose nothing, more than three-fourths of the respondents opted for the chance to lose nothing. “Loss aversion” is what tempts people to pull out of the stock market when prices fall.

It’s all in how you ask it

Your potential “blind spots” were your reference point and determines what is most likely to influence you. Survey respondents were asked the same question in two ways to determine if they were susceptible to framing. While rough half said they couldn’t comfortably save 20 percent of their household’s income, 7 in 10 said they could comfortably save 80 percent of their income.

Clearly, decisions are influenced by how the choices were framed or presented and by a person’s point of reference. All dollars are created equal.

“Mental accounting” is a common money mishap because people tend to categorize spending differently for different reasons. Often the same amount of money is regarded differently depending on our mental view of the situation.

For example, in the survey, two bars would be paid for by cash would drive 20 minutes to save $8 on an alarm clock, but almost 75 percent would not drive the same distance to save $80 on a new TV.

Mental accounting is what tempts people to avoid using credit cards when they use cash cards, even though cash cards are less secure.

Most people don’t realize their behavior is getting in the way of financial gain. The best advice for overcoming financial misbehaviors is to learn about your potential “blind spots” and talk with a qualified financial professional to help you understand and improve your financial decision making skills.

President and CEO — Richard K. Keene

Vice President and COO — John A. McNichol Jr.

Executive Editor — Susan Graves
BC grads contribute to peace and justice

Editor, The Spotlight:

High school graduation is upon us, a time not only to celebrate our youth, but to reflect upon the condition of the world into which we are sending them. It is a time as well to ask: What do we wish Bethlehem's children to contribute to the world?

Bethlehem Neighbors for Peace (BNP) hopes to encourage young people to commit some portion of their busy lives to promoting peace and social justice. BNP is a group of more than 500 community members from all walks of life, who practice different religious traditions and participate in different political parties, but who share a common commitment to the peaceful resolution of conflict at the global and community levels.

For two consecutive years, the group has sponsored the Youth Peace Award, to be given to a high school graduating senior. In giving the $500 award, we acknowledge that the pursuit of peace takes hope and hard work. Peace takes perseverance and personal sacrifice. And peace takes courage.

It was my great honor to present the second Bethlehem Neighbors for Peace Youth Peace Award to a student who has demonstrated all these qualities throughout her high school career, Annie Longley. An Honorable Mention was awarded to Petra Marar.

These devoted young women served as president and vice-president respectively of Students for Peace and Survival, co-organizing forums to educate their peers and the larger community about such issues as the Iraq war and military recruitment, lobbying for a sweat-free school policy and participating in various anti-war demonstrations.

Both students were deeply involved in organizing voter registration drives, school-based activities to promote the rights of gays and lesbians, and a variety of worthy projects in the community.

Gail Landsman
Singerlands

Letters policy

Spotlight Newspapers welcomes letters from readers of all ages and interests. Letters are subject to editing for length, style, and clarity. All letters must include the writer's name, address, and phone number.

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It was not as Old Songs celebrated the 20th Anniversary of its festival this past weekend.

"When the dancers are careful, you know it's hot," said Valerie Walon, a regular for the last 25 years. "One other time it was hot," she added.

Most of the time, it rains, added Ann Duncan another regular festival-goer. The last 22 of 25 years or something like that, the festival has gotten thunderstorms, she said. No one has needed medical attention, said Elaine Cowles who massed the information booth.

Rachel Bell of Shinglehouse, Penn., attending her first festival and playing a piano accordion, asked about the instrument that her benchmark Ellie Knickman had.

"It sounds like a tenor banjo," Bell said.

Knickman explained that the instrument "a long stick of wood with several strings across it and tuning pegs on its neck should really be called a traveling guitar. She picked up at a music store in Philadelphia at a bargain price. She came to the festival with her husband and two children and the small traveling guitar was just the right size to bring, she added. "It's not too loud and that's good because I'm not that good," Knickman said.

The two chatted between jamming sessions at the "street corner" late Sunday afternoon. David Kaynor of Montague Center, Mass., was the unofficial leader of the group. He's also been a semi-regular at the festival over the last 25 years. The festival's great, he said, because you see a lot of the same people from years ago.

"The ones who dance look great, he said. As for the musicians, he joked, "they look OK. The ones who sing and dance, they look really good."

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**Go Minis add portable storage options for local homes, businesses**

A local moving and storage company has added its services in order to better provide those moving home, another home, from college and back, easier.

Schaap Moving Systems of Albany has added Go Mini's, portable storage units that can be used for home or business, to safely and economically store possessions on site, in the company's secure location in Albany.

Fred Cole, Sr. who is in charge of the operation at Schapp is guaranteeing the units' success in the area.

"Go Mini's are portable self storage units. They are small mobile buildings just like a self storage unit being driven down the road," said Cole.

The units are entirely portable and come in three different sizes, he said. They are all 8 feet by 8 feet, but vary in differing lengths of 12, 16 and 20 feet. Essentially the units take up the size of a parking space.

However, the biggest unit, if packed tightly can fit the contents of eight rooms in a house, he said. With a few of the units on site people can move the entire contents of their home anywhere up to 50 miles radius out of Albany, he said.

Unlike affixed storage units, the Go Mini can stay on location as the move is completed. Each unit is rented for at least a month. People waiting to move into a home, or awaiting their new home, or awaiting their new homes, can store their belongings in the units on site in order to free up or store their belongings safely and economically store' said Cole.

"Providing portable storage options for local homes, businesses is bringing increased convenience for those in need of temporary storage," said Cole. "The vector for this service is the ability to move, either to a different location, inside of a long distance move, or just to get organized at home. The units are ideal for people who are looking to move or are waiting to move."
Northeast Air Show prepares to take-off toward the skies over Glenville

By MARTY BANNAN

A day of barnstorming aerobatics, aviation history, thrills, fun and thunder, the Northeast Flight 2005 Air Show returns to the Schenectady County Airport on Saturday, July 9, and Sunday, July 10.

Headlining this year’s show will be the AeroShell Aerobatic Team, one of the country’s most skilled civilian aerobatic teams with 20 years of experience, according to event Chairman Jeremy Martelle. The team consists of four pilots - Alan McNeely, right wing slot - who with right/left wing; Steve Gustafson, 9, and Sunday, July 10. County thrills, fun and thunder, the Northeast Flight acrobatics, aviation history,’

The flying lady wing-walker Teresa Stokes along with her partner pilot Gene Soucy will appear at this year’s Flight 2005 Air Show Saturday July 9 at the Schenectady County Airport in Glenville.

The use of water for sprinkling shall be allowed only before 10 a.m. and after 4 p.m.

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Anyone who was in the Glenmont Walmart on June 19, 2005 at approximately 3 p.m. and witnessed a ball exploding please contact Mike or Cynthia at 439-5500

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moments," she said. "They come because you want everything to work perfectly. Otherwise, you would become really anxious." 

Piper, who's also been active in the Bethlehem teacher's union, said keeping a sense of humor is key.

"Shari has a fantastic sense of humor that provides other sides of things," Elsmere first and second grade teacher Robin Reid said.

"Shari's a New Yorker," Whitney said. "She's always brought that kind of reality. She'd say her piece, and you'd know it came from her."

Piper and her husband are off on a trip to Vancouver and an Alaskan cruise.

"It's been a wonderful 18 years," Reid said. "There are wonderful people in this building and district. Elsmere should be proud of the working relationships of the school staff and its families." 

Lucky

In her 35 years of teaching at Elsmere, Carol Smith has taught some of her students' students. "It's great," she said. "I end up calling them by their parents' names." 

Smith said she fell into teaching.

"There were three things a woman could be when I was going through school, a nurse, a secretary or a teacher," Smith said. "I taught at the sight of blood and I can't type. I thought about being an airline hostess, but I got motion sickness." 

So teaching it was for the woman who brought the legend of Lucky the Leprechaun to Elsmere elementary.

"Carol has told the story so many times, but she's a great storyteller," said Reed, who works together with Smith. "Lucky got into her suitcase when she came back from her honeymoon in Ireland with her husband. He jumped out, said thanks, and ran off. Only Carol can hold a room of 60 kids spellbound with the Lucky story."

Lucky is part of the magic that Smith treasures about the first- and second-grade children she's always taught.

"They want to believe in magic," she said. "So, every year around St. Patrick's Day, Lucky leaves his green footprints, a little dust, and plays a few tricks."

"Kids believe they've seen him," Smith said. "We go on a Lucky hunt, and kids love the excitement that maybe there's a leprechaun out there."

Smith said that the kids have brought her magic, too, and she works to make their first grade year a great one.

"I learned when I was student teaching that the first-grade teacher sets the stage," she said. "Whenever the kids feel at the end of first grade has an effect on the rest of their education."

So Smith works to set a positive tone, while being structured, consistent and fair.

"There need to be consequences, too," she said. 

"But if there's something wrong, it's the act, not the child. Never make fun of or attack anyone's character."

While Smith is comfortable with the need for accountability that comes from assessment, she also doesn't want to lose the total child.

"Children used to be allowed to be more creative," she said. "They could play and socialize. Kids have never played 'duck, duck, goose,' and don't know songs and nursery rhymes that we knew."

Smith incorporates play and humor into the curriculum.

"No matter their abilities or needs, kids are still kids," she said.

"Carol Smith is one of the most influential teachers in the school," Whitney said. "She's friendly, fun-loving and down-to-earth." 

Smith has provided a perspective for the whole school to follow.

"We have a saying," Reid said, "walk away. What would Carol Smith do?"

"I'd be spinning my engines, getting nowhere," Whitney said. "And Carol would say it would all work out. She also wouldn't let a child get overly dramatic if an error was made."

"After 35 years, Carol is still writing creative lessons," Reid said, citing the way she threw something good about each kid into her suitcase when she came to every year's program of four blocks, creating a word wall for the kids to see the five words they needed to know every week."

Smith and Bethlehem Central Middle School Principal Dave Ksmannack have been the opening speakers at the teachers' retirement dinner every year: something that Reid says leaves everyone in stitches.

"Kids see the humor and light that Carol brings to life, and it makes them more at ease," Reid said. "Carol's kindness and compassion is huge. She's a person of faith, and she absolutely loves every child. She can tell you something good about each child."

A legacy

They may leave, but they surely won't be forgotten. "These three retiring teachers have made Elsmere the place it is today," said Kate Moss, who has been Elsmere's principal for the past two years. "This is a warm and caring community. What they've spent their lives creating will live on. We have big shoes to fill, but because of their influence, that will continue."
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GAINS FOR HOMEOWNERS

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The law allows capital gain exclusions whether you "buy up" to a more expensive home or "buy down" to a less expensive one. With the new 2003 legislation, any capital gain above the limit must be taxed at the new capital gains rates of 5% (for those in the lower income bracket) or 15% (for those in the higher income bracket). If you sold your home on or after 5/6/03, consult your tax advisor about the implications for your personal circumstance.

For professional advice on all aspects of buying and selling real estate, call me at Coldwell Banker Prime Properties, 518-646-4464 or email me at abbey@cbpp.com.

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**Sunday, July 10th**

1 to 3 p.m.

OPEN HOUSE
Sunday July 10th
1 to 3 p.m.
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BC announces scholarship winners

The Russell Ellers Memorial Scholarship was awarded to Shane Conners.

Conners will receive $1,000 toward his studies at JHACA College. Conners plans to study accounting.

Last year's recipients were Kristina Collins and Thomas Caraco, who each received $2,500 toward their college educations. Collins is studying at The College of Saint Rose. Caraco is attending the University of Albany.

Also this year, the Russell Ellers Memorial Scholarship was awarded $200 to Alexandra McCullough, a Bethlehem Central High School eighth-grader. She will attend a basketball summer camp, called "Samba Basketball," at Union College.

Calling all local actors to play audition

Auditions have been set for a new musical written by a local playwright.

Partial proceeds will be given to help Capital District families fighting cancer.

Still Mysterious, a musical Western comedy, requires a full cast of six adults, three children, and three adults. Auditions are being held on Monday, July 11 and Thursday, July 14 from 7 to 9 p.m. at the Berne Town Hall.

For information, call Penny at 872-9455.

RCS Island to connect schools

Thirty members of the RCS Class of 2005 were inducted into the RCS Hall of Fame this month.

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The inductees were recognized for successfully combining academics with extracurricular activities.

Inductees include: Melissa Ball, Sean McGrath, Kerry Baxter, Joshua Meyer, Sveeta Childs, Aric Mine, Jeffrey Correll, Alexander Olars, Jennia Crandall, Cassie Ostrander, Meaghan Callanan, and Penny Feinberg. Feinberg received $400 the Ellers Memorial Scholarship.

The project was awarded to Callanan Industries, neighbors to the school, by the board of education at its June 27 meeting.

DePaulis, Mandi Palmer, Allison Dibble, Laura Persico, Amanda Elsing, Vanessa Persico, Tiffany Frederick, Samantha Dry, Samuel Hafenstein, Jenny Richter, Judith Henriksen, Dasha King, Molly Salvo, Lauren Behk and Jeffrey Larter.

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It would be 5,000 square feet larger than the White House, 40,000 square feet larger than the late president Franklin Roosevelt's home at Hyde Park, and 57,000 square feet above average, but a proposed Saratoga Springs mansion for Ayco chief executive John Breyo would look like a shot next to Biltmore—America's largest house.

Breyo wants to build a 60,000-square-foot mansion in Saratoga Springs, Biltmore, the former estate of industrial baron George W. Vanderbilt in Asheville, N.C., is almost triple that size and measures about 175,000 square feet.

"We get calls from time to time from people who want to know if a house in their city is comparable," said K.C. Cronin, public relations manager for the company that maintains the estate. "I don't think one has ever said to somebody that's nobody wouldn't build one in the future."

Biltmore was a product of that kind of ambition. George Vanderbilt built it to outdo his brother Cornelius, whose circa 1893 "cottage" called Breakwater in Newport, R.I., measured about 114,000 square feet. Breakwater was one of the first palaces in Newport, and it inspired some of America's wealthiest citizens to erect their own giant-sized estates.

And it inspired Americans to dream big. The average size of a house in this country has increased from about 1,900 square feet in the early 1980s to almost 3,000 square feet today. Local architects and contractors said they routinely design and build houses that are about 4,000 square feet, and several of them said it's not uncommon to see homes around here that are between 6,000 and 10,000 square feet.

But Breyo's proposed Saratoga manse is in a class of its own—or at least in a class with few others. Microsoft chairman Bill Gates' home on Lake Washington near Seattle, Wash., is about 65,000 square feet. Television producer Aaron Spelling's home near Los Angeles is about 30,000 square feet. The mansion at Yaddo measures 45,000 square feet.

"It's unusual for this area, and I say that it's definitely way above the norm," said Don Minery, a residential architect with The Saratoga Associates firm. "It's huge."

Minery said the largest house he has designed was about 20,000 square feet.

"When you hear 60,000 square feet, it's like you scratch your head and wonder, What are they going to do with all that space?" he said.

Probably whatever they want. "There are certainly all kinds of things that could be done. Exploring the possibilities could be endless," said Richard Siden, an architect designer in Londonville. "Options would be limited only by budget and the owners' tastes."

The house would likely include several guest rooms, a few large areas for entertainment, a state-of-the-art gym and a top-of-the-line home theater. Construction of the house could take a few years, and so could decorating the interior. Both projects could cost several million dollars.

"Whatever does it would probably give up their other work and make it their main priority for about two years," Siden said.

The mansion would probably also serve as a setting for Breyo's work-related entertainment functions. It would be "very much a business house," according to Minery. "The Ayco Company, which has headquarters in Saratoga, provides financial counseling for corporations and chief executives all over the world. It is a subsidiary of the Goldman Sachs group, which manages the financial affairs of some of the world's wealthiest people. Even if some in the very jet set visit Breyo in Saratoga, they probably will not want to buy his house—if it ever goes on the market."

"There's a market for everything, but when you are talking about a house that large and so customized to one owner's tastes, you will find that there are only a handful of people who can afford to buy it," said Bill Alston, a realtor and manager of the Realty USA office in Bethlehem. "And when people can afford to spend that much money on a house, they want it designed their own way. They would probably look at [Breyo's house] and think, I'm going to have to re-do the whole thing. So, it might be a hard sell."
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The intersections with Wolf Road, Malta, and Van Keuren are two of our most difficult," said CDTA spokeswoman Kristina Young.

Both intersections are in Colonie, the largest town in the region, but data from the federal Census Bureau shows that the fastest population growth is being seen farther north. There three communities forming a corridor along the Northway — Clifton Park, Malta and Wilton — have seen each population increase by at least 400 percent between 1960 and 2000.

And there is no end in sight to the move up the Northway.

During the brief two-year stint between July and July 2002, the latest period for which complete information is available, the three towns added a total of 2,834 residents for an average growth of 5.5 percent, according to David Wardle, director of information services for the Capital District Regional Planning Commission.

That growth was five times faster than the region-wide average of 1.1 percent and took place while the Capital District's three largest cities — Albany, Schenectady and Troy — only saw an estimated total of 1,025 people.

According to Colonie officials, the town sees the construction of 200 homes a year. A schedule of 25 developments, boasting thousands of residential lots slated or under way in persuading local school districts. Recently, Colonie extended its moratorium on the fastest growing portion of the town for another six months. Both residential and commercial developments of Colonie are now in the late 1980s. More

### Roads

"The trend of cities losing the building and development opportunities, forming the shape of a corridor along the Northway — Clifton Park, Malta and Wilton — have seen each population increase by at least 400 percent between 1960 and 2000.

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A hike on the North Loop Trail will be held Wednesday, July 6, at 9 a.m. at the Five Rivers Department of Environmental Education Center in Delmar.

The North Loop is the longest trail at Five Rivers and is one that is enjoyed by cross-country skiers and snowshoers in the winter. This trip is to see the marvels of this trail during the summer.

The trail is the only area at the center where you can see black oak and chestnut oak trees. This program is free. Participants should dress for the outdoors.

**Thacher has walks**

Weekly walks in the woods are scheduled every Thursday morning in July and August at Thacher Park. The walks will begin at 9:30 a.m. and last until approximately 11 a.m.

**Art class offered**

Summer park art classes at Thacher Park will begin in July. The first class of the summer is Paper Petroglyphs and participants will learn how to create their own "cave art" using paper, charcoal and pastels.

The program will meet July 12 at 9:30 a.m. at the Hop Field shelter in Thacher Park.

Participants should come prepared for a short hike and dress in casual clothing for working with charcoal.

**Summer events scheduled**

The Town of New Scotland Recreation Committee has announced a second Albany Aqua Ducks Tour July 20 from 2 to 4 p.m.

Children must be accompanied by an adult. The cost is $15 per person. Pick up and drop off is at the New Scotland Town Hall.

The Town also will offer a drawing and painting class at the Voorheesville Elementary School in the small gym from July 11 to 15. The class runs from 9 a.m. to noon.

This class is for children entering grades 5 and up. Class size is limited to 15.

The fee is $45 with a materials fee of $15 that will be collected on the first day of class. Participants should dress for a mess.

**Library offers programs**

The 2005 Summer Reading program will hold its summer kickoff Wednesday, July 6, with the Ellen Sinopoli Dance Company - "Harry Potter and the Creative Movement" - at 7 p.m. at the Voorheesville Public Library.

The Ellen Sinopoli Dance Company will present a workshop that is designed to nurture the creative potential of all participants.

The books will come alive as participants discover the way to jump inside a moving picture, wave a magic wand to see what happens and dance with a talking shadow.

Monday, July 11, children in grades 1 through 3 are invited to go on a creature hunt with George Scotland. He'll be bringing pond water to search for living creatures from damselflies to tadpoles.

Monday nights, beginning July 11 at 7 p.m., will be "Read Me A Book." Children will be able to choose a book to read with a volunteer at the library.

The town of New Scotland will have a movie night Friday, July 8, at Wallace Park. The movie "The Pacifier," rated PG, will be shown.

Please bring blankets, chairs and snacks. Movies begin at dusk/darkness.

The first of the summer concerts, sponsored by the town of New Scotland will be held Wednesday, July 13, at the village gazebo at 7 p.m.

Sally Mac, a four-piece harmony drive acoustic rock band.
Hair of the Dog to play at Elm Ave. Park

The Bethlehem Parks and Recreation Department invites area residents to listen to Hair of the Dog while they take a late-night dip in the pool at Elm Avenue Park.

The late-night swim will be held Friday, July 8, from 8 until 10:30 p.m.

Music by local artist for sale locally

Valerie Webb, the local teen artist who just released her first CD, "Chords and Chaos," has announced where residents can buy a copy for themselves. The CD is available for purchase at A Perfect Blend at 2466 Rt. 9W, (1 Mile from Rt. 9W), Ravena Mon. - Thurs. 8 a.m.- 8 p.m.

Two BC grads honored by university

Two area residents who are undergraduates at St. Lawrence University in Canton, were presented with awards at the recently held Moving Up Day ceremonies.

Shannon E. Boynton, of Salem Road in Delmar, was presented with the Inger Jo Hanson Memorial Citizenship Award. William D. Courtney, of Coventry Road in Glenmont, received the Bradley R. Evers '34 Outstanding First-Year Student Award and the First-Year Cup Trophy.

Boynton, a Bethlehem Central High School graduate, is a junior at St. Lawrence majoring in biology. Boynton has participated on campus as a resident assistant and in ultimate Frisbee.

The Inger Jo Hanson award is presented to a woman member of the junior class who best exemplifies the qualities of good citizenship at St. Lawrence. The trophy is presented to the college that gained the most points attending cup events during the year.

Other News

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June 5, 2005 — PAGE 19
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Got Ghosts?

Location: Colonie

This course will explore the fascinating subject of ghosts among the living. Intriguing photos and Electronic Voice Phenomena (EVP) obtained by the instructor, as well as from other ghost investigators, will be presented. Do you have a ghost? Learn how to tell and how to collect evidence! Tips on what tools to use and how to conduct your own investigations will be provided. 

Topics: instructor’s experiences on investigations across the country – how, where, and when to conduct a ghost hunt – tools used in ghost hunting – voices of the dead; Electronic Voice Phenomena (EVP) – how to collect and analyze EVP – evaluating photographic evidence: When is a “ghost” not a ghost; discussion of reputed “remedies” for hauntings. 

Instructor: Dr. David Moore has studied the paranormal for decades, traveling to and staying at many haunted places across the nation. He conducts local ghost investigations as a member of the Albany Ghost Investigators. 

Course fee: $45 Members: $35 

One time only: #6814 Thur Sept 14 6:30-9:30pm

Thoroughbred Racing Saratoga Style

Location: Colonie

Enjoy the track? Want to learn more? This is a seminar that will focus on introducing you to thoroughbred racing - and specifically to racing in Saratoga. Our goal is to demystify the game of Thoroughbred Horse Racing - make it understandable, and more enjoyable, for the casual fan. As racing season approaches, we would like to encourage you to learn more about what Saratoga has to offer. 

Topics: brief history of the Saratoga Meet, and what makes it so special – terms and concepts that will help you understand the sport - basic handicapping skills and wagering options. 

Instructor: Neal Benoit grew up in Saratoga region and has been an avid thoroughbred racing enthusiast for over 25 years. He is a regular at the Saratoga track and has traveled to other racing capitails in Kentucky and Florida. Neal is also an award-winning member of Toastmasters. 

Course fee: $30 Members: $25 

One time only: #6355 Thur July 14 6:30-9:30pm

Power Vocabulary Workshop

Location: Colonie

Get ready to reap the benefits of a powerful vocabulary! According to the New York Times, your chances for success are directly related to the size of your vocabulary. And as a bonus, when you increase your vocabulary you empower yourself to communicate more clearly and effectively. For more engaging, persuasive communication, you need to make a habit of expanding your vocabulary. In this seminar, discover how to master language through core meanings and essential definitions. Gain a historical perspective of English and learn about various types of words and the small pieces of language used to transmit thoughts and ideas. You’ll be encouraged to assess your current vocabulary and obtain the best methods for building on it. 

Instructor: Don Woodruff 

Course fee: $45 Members: $35 Materials: $15 

One time only: #6826 Fri Sept 9 6:30-9:30pm 

Sign up for this class and bring a friend for FREE!

Raise Your I.Q. with the Kangaroo!

Become a Power Learner and Unlock Your Potential

Location: Colonie

In today’s world, who wouldn’t benefit from the ability to read, listen, and learn more quickly? If you’d like to read with greater focus, strengthen your knowledge base, absorb information more quickly, understand better, and retain more, participate in this supercharged learning experience. Discover a practical reading and learning method that can enhance your ability to comprehend more quickly and to stay focused and alert. Learn about the hidden barrier to learning that puts the brakes on your ability to read and understand information. You will master the Kangaroo Method - a tool that enables you to read without mentally “tuning out,” getting tired or bored, or forgetting what you’ve read. In addition, you’ll learn to create interest in “boring” subjects, discover how to get want you want from books and documents, and tap into the part of your brain that never forgets. 

Instructor: Don Woodruff, developer of the Kangaroo Method. Mr. Woodruff is the director of the Professional Vocabulary Institute and an adjunct faculty member of the University of Texas. 

Course fee: $45 Members: $35 Materials: $16 

One time only: #6827 Sat Sept 10 9am-12pm 

Sign up for this class and bring a friend for FREE!

Master the 40 Words Successful People Use

Location: Colonie

Only 40 words could be holding you back! Gain more control in your personal and professional life, develop instant credibility and high regard among peers, write more clearly and persuasively, ace job interviews, and improve academic and test scores. Studies have shown that a strong command of the English language is directly linked to academic and career success. In just over three-hours, learn to use the 40 words that will make the difference! 

Instructor: Don Woodruff, director of the Professional Vocabulary Institute and an adjunct faculty member of the University of Texas. 

Course fee: $35 Members: $25 Materials: $20 

One time only: #6828 Fri Sept 9 2-5pm

Media Zero to Media Hero

how to get your 15 minutes (or more) of fame

Location: Colonie

With dozens, hundreds or even thousands of competitors around the world, how do you make yourself known amid all the noise and confusion? You may or may not have a budget for marketing and promotion but you want to get the most bang for your buck. That’s where media relations comes in. Publicity is a far more powerful tool than advertising and a successful campaign lends credibility to you and your company. Are you tired of wasting your time sending out information to the media that no one responds to? Stop struggling to figure out how to get the media interested in writing about you and your expertise. In this high-energy, content-rich workshop, you’ll learn the secrets of getting the kind of publicity that helps shape your company’s image and increases your credibility within your community. 

Topics: write press releases that attract a reporter’s attention; get in a reporter’s little black book of experts; develop a 300-word power pitch that catches the attention of thousands; piggyback onto national stories; create an online media room that attracts reporters; be prepared when the reporter calls you. 

Instructor: Shannon Cherry, president of a local communications company, and co-author of the book, “Become Your Own Great and Powerful: A Woman’s Guide to Living Your Real, Big Life”. As a former TV and newspaper journalist, she works with small business owners and entrepreneurs to help them be heard. Her clients have appeared on the pages of USA Today, the New York Times, Entrepreneur, First for Women, Popular Photography, and Parenting and have been featured on the Today Show, CNN, The History Channel, Good Morning America, and Oprah. 

Course fee: $30 Members: $20 

Upcoming Class Schedules: 

#6770 Wed Aug 31 7-9pm

#6771 Tues Oct 4 7-9pm

How to Write a Book in 3 weeks or Less

Location: Colonie

Forget “old school” methods of writing that have you slaving for years. Best-selling author Ginie Sayles will explain how prolific writers glide from one book into another. 

Topics: learn a simple writing method that will virtually write the book for you; learn how to psyche yourself up to get started; how to overcome excuses and procrastination; technique can be used for fiction and non-fiction; how to complete your writing project in as little as three weeks. 

Instructor: Ginie Sayles, a best-selling author for major publishers including Avon and Berkeley Books, has three non-fiction books on the market. She has appeared on 48 Hours with Dan Rather, the front page of The Wall Street Journal, Cosmo and talk shows: Jenny Jones, Susie Montel, and Oprah. 

Course fee: $45 Members: $40 Materials: $15 

One time only: #6514 Thur Oct 13 7-10pm
NYS DMV-Approved
Defensive Driving

Location: Colonie

Save 10% on Vehicle Insurance: State law requires all insurance companies to provide a minimum 10% reduction - for a period of 3 years - in BOTH the liability AND collision premiums of principal drivers who complete the program. If you have more than one vehicle and one driver on your insurance, each principal driver must take the program to get the maximum insurance reduction.

Up to 4 points reduced from your DMV record: This applies to points for violations and convictions which occurred within the 18 months immediately before program completion. This program will reduce those points.

Instructor: David Gill is a certified Defensive Driving and Point Insurance Reduction Program Instructor and is approved to conduct the ACCIDENT PREVENTION WORKSHOPS (APW) through the Empire Safety Council of New York.

Course fee: $35

Upcoming Class Schedules:

#6501 Sat July 16 9:30am-3:30pm
#6502 Sat July 30 9:30am-3:30pm
#6503 Sat Aug 13 9:30am-3:30pm
#6504 Sat Aug 27 9:30am-3:30pm
#6505 Sat Sept 10 9:30am-3:30pm
#6506 Sat Sept 24 9:30am-3:30pm
#6507 Sat Oct 8 9:30am-3:30pm

Texas Hold 'em!

Location: Colonie

Currently one of the fastest growing card games across the country. Do you know enough to be dangerous sometimes at Texas Hold'em, but can't seem to get over that hump? Or have you played, and wondered why you lose even though you thought you understood the game? Some people blame losses on just their bad luck or someone else's good luck, but there is more to winning or losing than how the cards are dealt. Learn to play for fun and/or recreation or competition. Jason will teach you basic and advanced Hold 'em strategies.

Topics: how the pro's read other players hands • learn about pot odds vs. card odds, position, tight and loose play, bluffing and semi bluffing • see how important money management is so that you can keep the money you win • also included in this class is an in depth look at how card cheats can take advantage of your card game • class time includes lecture and practice

Instructor: Jason Ladanye has been playing and studying Hold 'em for over 18 years. His card skills have taken him around the world lecturing, performing card magic, and demonstrating crooked gambling techniques used by cheats today. Within the first five minutes of the course, you will learn that Jason is an expert at his craft, a dedicated teacher, and someone you should never play cards with!

Course fee: $25 Members: $20

Upcoming Class Schedules:

#6754 Tues Sept 20 7-8:30pm
#6755 Thur Nov 3 7-8:30pm

Geocaching

treasure hunting with GPS

Location: Schenectady Central Park

Whether you are experienced in the outdoors or new to hiking and exploring, this course will teach you how to use a Global Positioning Unit (GPS) in one of the country's fastest growing outdoor activities-geocaching. The perfect activity for outdoor enthusiasts or families looking for adventure, geocaching involves using a GPS unit to receive satellite signals, directing you to a hidden treasure-a waterproof box with trinkets and a logbook. The terrain is easy and participants should expect to walk 2-3 miles throughout the morning.

Topics: how to use a GPS unit • finding geocaches in different types of terrain • how to find geocaching resources and begin searching on your own • using maps and aerial photos with a GPS unit • outdoor safety and ethics

Instructor: Rebecca Sanborn has over eight years of wilderness leadership experience, including time as a board member of the William's Outing Club and Director of the freshman outdoor orientation program. She has worked as an educator and trip leader for three years for the NYS DEC Environmental Camp system.

Course fee: $45 Members: $35 Materials: $3

One Time Only: #6752 Sat Aug 20 9:30am-12:30pm

You and the Pet You Love

working with Tellington Touch

Location: Colonie

Would you like a gentler, more effective way to help your dog stop barking and pulling on the leash, or to help your timid cat be more people friendly? Tellington Touch is a positive, cooperative approach to working with animals. Using bodywork techniques and training exercises, work with your pet's nervous system to make them calmer and more confident.

Topics: how to increase focus and attention for learning • how to reduce stress, nervousness and fear • addressing chewing, barking, leash pulling, aggression, noise phobia, and separation anxiety • pain reduction/alleviation due to aging or injury • use of leashes • instructor will demonstrate techniques on her dog in class.

Instructor: Dyana Wells is a Certified Tellington Touch Practitioner and Certified Professional Dog Trainer.

Course fee: $25 Members: $25 Materials: $2

Upcoming Class Schedules:

#6599 Wed Sept 21 6:30-8:30pm

Mah Jongg

Location: Colonie

Come join us and learn the exciting game of Mah Jongg. The game originated in China dating back to Confucius. When was Mah Jongg introduced in the USA in 1920, the American public quickly embraced the game, as did Europe. For 66 years, the National Mah Jongg League has standardized the game so that all Mah Jongg players would play the same hands and rules. Each year the league changes the hands and rules to add more excitement to the game. By the end of the second session you will mastered the elements of the game.

Instructor: Phyllis K. Levy has been playing and teaching Mah Jongg for over 40 years.

Course fee: $30 Members: $25 Materials: $5

One time only: #6769 Thur Aug 11, 16 6:30-9:30 pm

Geocaching

treasure hunting with GPS

Location: Schenectady Central Park

Whether you are experienced in the outdoors or new to hiking and exploring, this course will teach you how to use a Global Positioning Unit (GPS) in one of the country's fastest growing outdoor activities-geocaching. The perfect activity for outdoor enthusiasts or families looking for adventure, geocaching involves using a GPS unit to receive satellite signals, directing you to a hidden treasure-a waterproof box with trinkets and a logbook. The terrain is easy and participants should expect to walk 2-3 miles throughout the morning.

Topics: how to use a GPS unit • finding geocaches in different types of terrain • how to find geocaching resources and begin searching on your own • using maps and aerial photos with a GPS unit • outdoor safety and ethics

Instructor: Rebecca Sanborn has over eight years of wilderness leadership experience, including time as a board member of the Williams Outing Club and Director of the freshman outdoor orientation program. She has worked as an educator and trip leader for three years for the NYS DEC Environmental Camp system.

Course fee: $45 Members: $35 Materials: $3

One Time Only: #6752 Sat Aug 20 9:30am-12:30pm

You and the Pet You Love

working with Tellington Touch

Location: Colonie

Would you like a gentler, more effective way to help your dog stop barking and pulling on the leash, or to help your timid cat be more people friendly? Tellington Touch is a positive, cooperative approach to working with animals. Using bodywork techniques and training exercises, work with your pet's nervous system to make them calmer and more confident.

Topics: how to increase focus and attention for learning • how to reduce stress, nervousness and fear • addressing chewing, barking, leash pulling, aggression, noise phobia, and separation anxiety • pain reduction/alleviation due to aging or injury • use of leashes • instructor will demonstrate techniques on her dog in class.

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Upcoming Class Schedules:

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Instructor: Phyllis K. Levy has been playing and teaching Mah Jongg for over 40 years.

Course fee: $30 Members: $25 Materials: $5

One time only: #6769 Thur Aug 11, 16 6:30-9:30 pm

Special Features

Making Your Living Off
The Stock Market Pt. 1

Location: Colonie

Our education system tells us how to work for a living; it doesn't teach us how to make money work for us. This workshop will. Whether you want to work independently, supplement your current income, plan for an early retirement or pay for college, you will discover how you can make a full- or part-time living from the stock market with this prudent and practical approach. These strategies work whether you have $1,000 or $500,000 to invest in the stock market.

Topics: a "working model" integrating psychology behind success and failure in the markets • creating your personal stock market business plan • simplified Technical Analysis techniques • the three basic investment styles used in the stock market • macro concepts that drive the market • understanding Stock Selection Technique I • Value Buying

Instructor: Tom Linzmeier

Course fee: $55 Members: $45

One time only: #6498 Sat Sept 24 9am-Noon

Making Your Living Off
The Stock Market Pt. 2

Location: Colonie

This class builds on the skills taught in Part One.

Topics: stock selection technique 2 • Technical Stock Selection • risk management techniques that can protect your money • when and how to stop losses • Tom's strategy for turning $5000 into $1 million • when and how to take your profits and losses • trading styles of the top traders/investors • a Q & A session on what's working and what's not

Instructor: Tom Linzmeier

Course fee: $55 Members: $45

One time only: #6499 Sat Sept 24 1-4pm

Take Two & Save!

Signup for both Making Your Living Off the Market I & II and take $10 off the total

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Frontier Days
Location: Troy
Let’s take a trip back to Frontier days, learning about age-old skills like beading, basketwork, storytelling and more! For one whole week, you’ll see what it was like to live during the times when Native Americans and early settlers first came together, as you create a homestead, look at the kinds of clothing those early people wore, make hats from the period, and learn the ways of those long-gone days.
Course fee: $250  Studio fee: $25
#6612 Mon-Fri July 18,19,20,21,22

A World of Wizardry
Location: Troy
There’s a different sort of magic in the air at the Wizard’s Shop this week. And only your sorcery skills can help break a mysterious spell that’s come over The Arts Center. Not to fear, though, because the magic wands, sorcerer’s hats, and other wonders of wizardry that you will create are just a few of the ways that you’ll save the day, using all the wondrous things you learn about the magical arts of painting, sculpture, working with clay and more!
Course fee: $250  Studio fee: $25
#6815 Mon-Fri July 15,16,17,18,19

Vacation Art Camps for Kids
(ages 6-11)
All camps run from 9 am to 4 pm
presented in association with the Arts Center of the Capital Region

How Did They Do That?!
Location: Troy
Why does oil float on water? How does a roller coaster work? Why is clay so easy to form into different shapes? How do your eyes and brain play tricks on you? Sound too scientific for art camp? Well, guess again! Both scientists and artists use their minds and imagination to invent, solve problems and come up with something that’s never been before. This week you will create some incredible works of art while finding answers to the questions asked above. So, get ready to stretch your imagination and make some fabulous discoveries. You won’t believe how fun and creative science can be, as you explore Optical Illusions and Puzzles, Chain Reactions, Silhouette Drawing, Marbleized Paper Books, Clay Creations, and Sleight of Hand Tricks, and much more.
Course fee: $250  Studio fee: $25
#6818 Mon-Fri Aug 22,23,24,25,26

Superhero Illustration
Location: Troy
Learn about the fascinating world of Superhero Illustration and spend a fun-filled week learning how to bring your own characters to life! You will make larger than life stories, working with clay and more! For one whole week, you’ll see what it was like to live during the times when Native Americans and early settlers first came together, as you create a homestead, look at the kinds of clothing those early people wore, make hats from the period, and learn the ways of those long-gone days.
Course fee: $250  Studio fee: $25
#6617 Mon-Fri Aug 15,16,17,18,19

RockFest 2005!
Location: Troy
Have you ever wondered what it’s really like to be in a rock band and what being a rock musician is all about? Well, here’s your chance to meet professional rock musicians who’ve agreed to share their experiences, learning inside industry secrets! They’ll show you what you need to do in order to get started forming your own band and learn the business of the music world! How do you record a CD? How do you know what’s legal to record and download from the internet? How do you market your band and set up tours? What’s a studio experience like? We’ll visit local resources in Troy, see inspiring videos, hear some excellent music and make some of our own!
Course fee: $310  Materials: $25
#6617 Mon-Fri Aug 15,16,17,18,19

Get Ready for Takeoff!
Location: Troy
Want to build your own flying machine out of papier mache? Sculpt model airplanes from clay? Well, you will do that and much, much more in this fun-filled week exploring the fabulous world of flight in all its forms. Try out your wings in creative activities taking in everything from Leonardo da Vinci’s early flying machines to birds, balloons, blimps and airplanes. Along the way, you’ll also let your imagination take flight when you create winged costumes for theater games and a whole lot more!
Course fee: $250  Studio fee: $25
#6613 Mon-Fri July 25,26,27,28,29

Games Galore
Location: Troy
Everyone has a favorite game they love to play. Whether yours is chess, Monopoly, Twister or Clue, this is the week for you to explore games galore! You will design your own board game, sculpt the pieces and make up the rules. We’ll create puzzles, word games, riddles and codes! Then we use the things you like most about your favorite game and create a life-size game that we will play with friends and family at the end of the week. So bring your favorite game on Monday and let’s play!
Course fee: $250  Studio fee: $25
#6630 Mon-Fri Aug 20,21,22,23,24

Trading Spaces
Location: Troy
Are you ready to design your own apartment and a place to call your own? We’re ready to meet the challenge to redesign someone else’s space! This is a week to plan your floor plan, your wildest space to be you, but in someone else’s space! The art of furniture design will be covered from head to toe. You’ll brainstorm, sketch, render, and create special spaces and color schemes. Faux painting techniques, furniture, sculpture, stencil, and other tricks of the trade are just some of the techniques you’ll learn in this week filled with creative fun.
Course fee: $290  Materials: $25
#6616 Mon-Fri Aug 1,2,3,4,5
Stained Glass Workshop
Location: Scotia
Create your own multi-colored, 8x10 hanging stained glass panel in this four-week, hands-on class. Your instructor, whose forte is custom windows, will get you started on your project right away. Learn how to cut glass, use tools and solder as you make your panel. The finished piece will be a lovely addition to your home or a fantastic gift. The materials fee is between $15-$100 depending on what you need - grozer/breakers, glass cutter, soldering iron, solder, glass and finishing products - all our available at class.
Instructor: Steve Kodesch, owner of a local stained glass shop, has been working in stained glass for over six years. He creates one-of-a-kind Commissioned works and Tiffany reproduction lampshades.
Course fee: $85 Members: $75
Materials fee: $15-30 for glass
One time only: #6798 Tues Sept 20, 27; Oct 4, 11 6:30-8:30pm

Scrapbooking & Photo Albums
the hottest new trends and methods
Location: Colonie
Everybody has old albums and boxes filled with vacation, holiday and family photos. Learn a variety of ways to sort, organize and store your photos and memorabilia safely. Holiday and family photos. Learn a variety of ways to sort, organize and store your photos safely. Enjoy for generations to come! Learn different ways to show off your photos beautifully and safely without spending a fortune. It's time to take action, with this hands-on workshop, to create family heirlooms with the latest techniques!
Topics: preservation • lay out • color • embellishing your albums • proper supplies and resources • creating specialty albums such as: family vacations, special events, family pets, family cookbooks • safe storage techniques for stamps, coins and other collections
Instructor: Diane Campion, see Hovel to Haven (pg 11)
Course fee: $20 Members: $15 Materials: $3
One time only: #6404 Thur Sept 15 6:00-9:00pm

Beaded Jewelry
Location: Colonie
Learn to design and create your own beaded jewelry! From the basics to the advanced, various methods of bead stringing and design are covered in this one-night course, enabling you to create your own beaded jewelry. Working with flexible wire, crimps, clasps, and a large selection of beads, hands-on instruction is provided to get you from start to finish. Take home your own beaded jewelry creation at the end of this class, and the knowledge to work on your own!
Topics: discussion and demonstration of bead stringing materials • flexible and stiff wires, gauges, needles and threads, hemp and macrame • clasps & earrings • tools & their uses • types of beads, styles of beadwork • finding your own personal design creativity
Instructor: Frenchy Loeb, formerly of family-owned Adela-Loeb Jewelers, has been an artist of multimedia her whole life. She is most known for her colorful watercolor paintings of Caribbean island scenes. Ms. Loeb has taken on beaded jewelry as her latest venue to express her artistic nature.
Course fee: $45 Members: $35 Materials: $10
Upcoming Class Schedules:
#6543 Wed Aug 3 6:30-9:30pm
#6758 Tues Sept 20 6:30-9:30pm
#6759 Wed Oct 19 6:30-9:30pm

Floral Design
Location: Colonie
Floral arrangements come in a wide variety of shapes and sizes. The objective of this course is to gain a comprehensive understanding of floral design by identifying types and styles. Our study will include a survey of flower and plant species, an examination of fundamental color and design concepts, and the identification of arrangement styles. Professional grade floral tools, along with instruction on their proper use, will be provided. Each week you will be guided through the creation of a striking and original arrangement which you will bring home to share with your family and friends.
Instructor: George Pisegna has a background in architecture and design, coupled with a passion for gardening and cooking, that delivers a well-rounded entertaining experience. Justin Hoin studied Art History and architectural preservation and brings a unique approach to design. Jointly they form a creative, exciting, and motivating duo.
Course fee: $70 Members: $60 Materials: $120
Upcoming Class Schedules:
#6785 Tues Aug 2,9,16,23 6:30-8:30pm
#6786 Wed Oct 5,12,19,26 6:30-8:30pm

Router Workshop
Location: Troy
Enhance your woodworking project with the ultimate finishing tool - the router. Routers can be used to produce decorative mouldings, raised or engraved signs, wood frames, and structural joints like dovetails and mortise and tenons. You will learn the basic techniques beginning with safety, as well as advanced methods of work that will enable you to choose and use a router. You may bring your own router, but it is not required.
Instructor: George Rutledge
Course fee: $95 Studio fee: $7
One time only: #6803 Sat July 30 9:30am-3:30pm

Make Great Photographs
Location: Colonie
Learn the basic ingredients for designing a good photograph - subject, framing and perspective. We'll look at the work of others to understand what components are required to make stronger and more elegantly composed photographs. Bring your own photographs for constructive criticism. You must have a camera that is not solely automatic.
Topics: lighting • electronic flash • lenses • filters • light meters • film • bring your camera, lenses, flash & manual • not suitable for point & shoot automatic cameras
Instructor: Curt Miller, a third generation photographer, has produced exhibition quality prints for over 30 years, winning numerous awards for his work.
Course fee: $45 Members: $35
One time only: #6522 Thur Sept 22 6:30-9:30pm

Digital Camera Essentials
Location: Colonie
Digital cameras have revolutionized today's photography. The amazing power and versatility of the digital camera is only a button and menu away: however, sometimes they seem more complicated than a traditional film system. Practice taking pictures in class, using your own camera. A demonstration will be given to discover how easy it is to download images to a computer, adjust them and output them to your printer or the Internet. This is our beginner's class; we will be covering the basic features of digital cameras in a generic format.
Topics: improving the quality of your digital pictures by mastering a few simple camera adjustments • changing image resolutions • controlling your flash • adjusting color balance • programming modes editing and playback features
Instructor: Curt Miller see 35mm Camera (above)
Course fee: $45 Members: $35
One time only: #6593 Thur Sept 8 6:30-9:30pm

How to Use Your 35mm Camera
Location: Colonie
Learn how to use all those buttons on your 35mm camera so you can create beautiful and interesting photographs. Bring your camera and learn about its key manual functions and how to control them to get the pictures you want.
Topics: focusing • shutter speeds • f-stops • lenses • filters • light meters • film • bring your camera, lenses, flash & manual • not suitable for point & shoot automatic cameras
Instructor: Curt Miller, a third generation photographer, has produced exhibition quality prints for over 30 years, winning numerous awards for his work.
Course fee: $45 Members: $35
One time only: #6592 Thur Oct 6 6:30-9:30pm

For the latest in arts & crafts classes visit our website at www.knowledgenetwork.org
Tell A Family's Story From a Photograph

Location: Colonie

You cannot stop time, but you can relive it through pictures that tell your family's story. Using your own photo, you will be transported through time, Photo Mapping the events, location, period, and possible reasons for the picture. The family photo and the newly acquired genealogy knowledge can be combined to craft a family story. Come and solve the mysteries and stories behind the past lives of loved ones in a forgotten time.

**Topics:**
- Explanation of how to get started using a photo for a family story
- Changing the process of evaluating the photo for “Photo Mapping” - locating the required archival material - tools of the trade and what to do with them - hands on creation and exercises

**Instructor:** Kathleen M Gill MA MSW has been a professional storyteller for over 15 years. Ms Gill while researching family papers for the publication of her book developed an entry-level method of learning genealogy from a family photo.

**Course fee:** $30
**Members:** $25
**Materials:** $2
**One Time Only:** #6670 Wed Sept 7 7-9pm

Conversational French

Location: Colonie

This program offers a congenial atmosphere in which to learn the basics of French, so you can introduce yourself, use polite expressions, obtain directions, describe food and shop. Participate in role-play exercises with emphasis on conversation. There will also be some instruction in grammar and writing. Classes are designed for students planning business or pleasure trips as well as those who just want to learn the French language.

**Instructor:** Heather Duncan-Whiteman

**Course fee:** $110
**Couples:** $199
**One Time Only:** #6824 Tues Oct 18, 25, Nov 1,8,15,22 6-7:30pm

Conquer Your Fear of Public Speaking

Location: Colonie

Face it: we all have some apprehension when it comes to public speaking. This class will briefly present the cause of stage fright using a psychological framework. The balance of the class will pinpoint common manifestations of stage fright (e.g. fear of audience not liking you, fear of your voice sounding shaky, fear of feeling short of breath, fear of boring your audience, etc.).

**Topics:**
- 17 practical strategies to manage the effects of these fears, resulting in being more polished, confident, public speakers - come away with a new perspective about the word P.H.O.B.I.A.

**Instructor:** Dale Klein, MA, is a corporate communication specialist, professional speaker and author. She has a private practice in communication coaching. Ms. Klein has over a decade of management experience where she trained professional staff to improve their communication skills in the workplace.

**Course fee:** $35
**Members:** $25
**One Time only:** #6775 Thu Sept 29 6:30-8:30pm

Speed Spanish

Location: Online

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

**Instructor:** Dan Mikels is a college instructor who has been teaching Spanish for more than 20 years. He holds a Master's degree and has authored and coauthored more than 20 educational products, including Speed Spanish, Fast French, and a variety of reading programs.

**Course fee:** $79

The Ghosts of Halloween

a Knowledge Network Special Event featuring Robert Moss

Location: Albany Institute of History and Art

It is the most magical, crazy, shivery night of the year. It is a night when the doors between the worlds swing open, when the dead walk among the living and the living move among the dead. The last night of October is the start of Samhain, the great Celtic festival when the dead walk among the living, the fires are extinguished and rekindled, the god and the goddess come together in sacred union, and as the year turns from light to dark, the seeded earth prepares to give birth again. It's a time to honor the friendly dead, and the lordly ones of the Sidhe, and to propitiate the restless dead and remember to send them off and to set or re-set very clear boundaries between the living and the hungry ghosts. It's a time to look into the future, if you dare, because linear time is stopped when the hollow hills are opened.

The best Halloween stories - apart from our own - come from Ireland. Robert will retell some of his favorites, thrilling and twitchy tales that bring us awake. We will also share ghost stories from our own lives, and we will explore how the dead come calling in our dreams. We will discover what our ancestors knew: that contact with the departed is entirely possible.

**Instructor:** Robert Moss survived three near-death experiences in childhood in his native Australia and has been dreaming with the departed all of his life. He is the creator of Active Dreaming, an original synthesis of dreamwork and shamanic techniques for empowerment and healing. A former university professor of ancient history at the Australian National University, he is a bestselling novelist, a shamanic counselor, and the author of Conscious Dreaming, Dreamgates, Dreamways of the Iroquois and The Dreamer's Book of the Dead (Inner Traditions, October 2005). He lives in upstate New York.

**Course fee:** $40
**Members:** $30
**One Time Only:** #6787 Wed Oct 26 7-9 pm

How To Read People

with William J. Morrissette forensic psychophysiologist and former CIA agent

Location: Colonie

How can you truly know a person you have only met once? It's easy if you take the time to read the hidden messages they are sending. This seminar will show you how! Over 90% of human communication is nonverbal. This seminar is excellent for professional interviewers, law enforcement officers and students, and individuals who want the skills to easily see through social veneer, lies, frauds, and phonies.

**Topics:**
- how to tell what other people are really saying • lie detection skills • professional interrogation techniques that will get you information on anyone without them ever suspecting a thing

**Instructor:** William J. Morrissette served as a Federal Police Officer and forensic psychophysiologist in Washington, DC, and as the Deputy Chief of a CIA field office in LA. Mr. Morrissette's specialty is behavior analysis and he currently offers training to human resource professionals throughout New England.

**Course fee:** $45
**Members:** $35
**Materials:** $10
**One Time only:** #6659 Wed Sept 21 6-9pm

Ten Steps to Stronger Writing

Location: Colonie

Some writers use only periods and commas in their writing because colons, semicolons, and dashes seem too complicated. Writers in this course will practice using these punctuation markers and will also look at other ways to make their writing more direct, more clear, and more effective.

**Topics:**
- punctuation (commas, colons, semicolons, and dashes) • point of view • active voice versus passive voice • word choice (especially verbs and adjectives) • similes and metaphors • sensory details • allusions • showing rather than telling.

**Instructor:** Jim LaBate, MA English, works as the Writing Specialist in The Learning Assistance Center at Hudson Valley Community College. He has over 20 years of teaching experience and has written two novellas and one full-length play along with many other shorter works.

**Course fee:** $45
**Members:** $35
**Materials:** $15
**One Time only:** #6542 Mon Aug 15 6:30-9:30pm

Paper & Piles to Organized Files

Location: Colonie

Swamped with mail, magazines, catalogs, clippings, school or work documents and other paper clutter? Missing deadlines, payment dates or obligations? This class will explore simple and effective solutions to get paper under control based on what works for you personally. The general nature of this course makes it effective for both home and work paper.

**Topics:**
- setting up a system to deal with mail • controlling the "flow" of paper through your home • creating basic follow-up and filing systems • organizing your finances to save $ • what to keep and what to "trash" • timesaving strategies for storage • setting up an office for personal or business use.

**Instructor:** Diane Campion, see Hovel Today (pg 11)

**Course fee:** $35
**Members:** $25

Upcoming Class Schedules:

- #6541 Wed Aug 24 6:30-8:30pm
- #6791 Tues Oct 25 6:30-8:30pm
Explore the Tarot
Location: Colonie
Come explore the fascinating world of the Tarot. The tarot is a deck of 78 picture cards that has been used for centuries to reveal hidden truths. You do not have to have “psychic powers” to use the tarot successfully. All you need is the willingness to honor and develop your natural intuitive abilities. The tarot can help you understand yourself better and tap into your inner resources more confidently.
Topics: you will receive an overview of the major Arcana • various Tarot decks will be examined to discover the many interpretations of characters and symbols • a short history of the Tarot • open discussion of Tarot • what the images mean to you, and what you see in the cards
Instructor: Prudence J. M. Theriault - Certified Tarot Master MA/cmstructor, member of the American Tarot Association; Certified Hypnotist, member of the National Guild of Hypnotists. She has also been doing readings for 8 years including four years at Caynon Ranch in Lenox, MA.
Course fee: $35 Members: $25
One time only: #6772 Tues Oct 4 6:30-8:30pm

Past Life Regression
Location: Albany
Have you lived before? The idea of reincarnation and past life regression need not remain a mystery. Gain a fuller understanding of your past lives and experience the willingness to honor and develop your natural intuitive abilities. Chakras are major energy centers that allow flow of life energy throughout the body’s energy system. In traditional yogic philosophy, the chakras are subtle force centers that vitalize and control the physical body. The Sanskrit word chakra means “wheel”, indicating that these force centers are wheels of energy.
Topics: exploring the layers to new ways of sensing reality. First learn about the history and development of parapsychology. Then discover how to identify and evaluate your psychic strengths and weaknesses through meditative exercises.
Topcis: telepathy: the ability to communicate with the mind • clairvoyance: the visualization of situations and events • psychokinesis: the ability to move things with your mind • meditation exercises to explore your psychic realm • ten psychic experiences • the power of psychic events • your potential to recognize psychic events • how to communicate better with others • how to capitalize on your intuition
Instructor: Ann Fisher, professional psychic, has lectured throughout the US, Canada, England, and Iceland.
Course fee: $35 Members: $25
Upcoming Class Schedules:
#6519 Tues July 12 7-9pm
#6765 Wed Sept 14 7-9pm

Hawaiian Shamanism
Location: Colonie
Huna Kalani, or Hawaiian Shamanism, often refers to the philosophy, healing methods and other skills used by mystics and healers. The old Hawaiians developed their healing techniques and esoteric rituals for health and harmony. Learn how to awaken that balance through journeys, meditations, healing methods, and philosophy.
Topics: Huna philosophy • guardian spirits - connect to Family Spirits • power of breath and manifestation • bring spirit back to wholeness • work with the forces of nature • symbolically explore the levels of consciousness • create your personal sanctuary
Instructor: M.E. Harding, Huna practitioner, healer and spiritual consultant is in private practice in Saratoga Springs. She has produced over 40 CD’s and authored several teaching manuals and booklets. She was also the producer and host of Infinite Potential - a TV show in Chicago for many years.
Course fee: $35 Members: $25
Upcoming Class Schedules:
#6778 Thur Aug 25 6:30-9:30pm
#6779 Fri Oct 21 6:30-9:30pm

Psychic Skills for a Psychic Life
Location: Albany
Everyone has psychic powers and abilities. The Capital District’s leading psychic, Ann Fisher, will explore the psychic world with you and help you to open yourself up to new ways of sensing reality. First learn about the history and development of parapsychology. Then discover how to identify and evaluate your psychic strengths and weaknesses through meditative exercises.
Topics: telepathy: the ability to communicate with the mind • clairvoyance: the visualization of situations and events • psychokinesis: the ability to move things with your mind • meditation exercises to explore your psychic realm • ten psychic experiences • the power of psychic events • how to communicate better with others • how to capitalize on your intuition
Instructor: Ann Fisher, professional psychic, has lectured throughout the US, Canada, England, and Iceland.
Course fee: $35 Members: $25
Upcoming Class Schedules:
#6519 Tues July 12 7-9pm
#6765 Wed Sept 14 7-9pm

Travel With Spirit
discover your personal guides
Location: Colonie
All Shamanistic cultures believe a guideline system resides within nature. In this class you will discover your Spirit Guide, your Totem, or animal helper, a Master Guide, healers and other sacred messengers. Messages are all around you. Learn to discover these messages. Enjoyed by anyone who desires an alternative approach to spiritual connection and self-awareness.
Topics: what do you want answered • best ways to work with guides • a code of spiritual ethics • group meditations & recognition of group energy • learn to surrender and trust • messages from guides • your totem • spirit paintings • sand reads • meet spirit guide • honoring and respect • journeys to meet a master teacher • journey on behalf of another • your daily practice • a sacred space • altering circumstances
Instructor: M.E. Harding, see Hawaiian Shamanism...
Course fee: $35 Members: $25
Upcoming Class Schedule:
#6780 Thur Sept 1 6:30-9:30pm
#6781 Wed Sept 26 6:30-9:30pm

Buddhism
Embracing Everyday Life
Location: Colonie
How and why do a religion that has lasted for more than 2,500 years still claim over 300 million followers? To many, Buddhism goes beyond religion and is more a way of life. Buddhists believe that Buddhism can offer a purpose to life, a code of practice and lead to true happiness and contentment. Find out why these ancient teachings are becoming more popular in many Western countries. Learn an understanding of the many aspects and teachings of Buddhism, on the road to enlightenment.
Topics: historical origin of Buddhism • development and spread of Buddhism throughout Asia • Buddhism Zen meditation • living Buddhism in everyday life as a path to deeper understanding of ourselves and the environment
Instructor: Tenshin Chris Gilhooly, CSW-R, is a meditation leader and books holder of Infinite Potential - a TV show in Chicago for many years.
Course fee: $45 Members: $35
One time only: #6603 Wed Sept 28 6:30-9:30pm

De-Mystifying the Chakras
Location: Colonie
Chakras are major energy centers that allow flow of life energy throughout the body’s energy system. In traditional yogic philosophy, the chakras are subtle force centers that vitalize and control the physical body. The Sanskrit word chakra means “wheel”, indicating that these force centers are wheels of energy.
Topics: exploring attributes of the chakras & what aspects of consciousness they correlate to • how the chakras interact with the physical body • affirmations and activities to activate and support each center • balancing exercise that invites harmony and balance to the body/mind/spirit
Instructor: Donna Lochner, MS Ed, NCC, has been a counselor/psychotherapist in private practice for 12 years. She helps people manage a wide range of life issues and concerns to enhance life satisfaction, personal development and emotional health.
Course fee: $30 Members: $25
One time only: #6791 Tues Sept 13 7-9pm

Witchcraft!
Location: Colonie
This class will dispel the myths and enlighten you with the truth of the Witch’s way. One’s path is a code of spiritual ethics and a code of spiritual ethics. Learn about how Witches practice their Craft and how the religion of Wicca factors into the contemporary Witch’s experience.
Topics: How does one become a Witch? • What is Witchcraft? Which Witch is which? • Do Witches have holidays? • Why is the moon so important? • Who is the Goddess? • What is Magic? • What is a spell? • If being a Witch is right, why do some people prefer to keep it a secret? • Where can I find information about, and meet • other Witches and Wiccans?
Instructor: Carolyn Maroney is a practicing Witch, and holds a Master of Science in Educational Psychology
Course fee: $35 Members: $25 Materials: $5
One time only: #6795 Sat Oct 29 6:30-9:30pm

Ghosts & Hauntings
Location: Colonie
If you question the existence of ghosts or haunted houses, prepare yourself to be amazed at what you’ll see and hear during this two-part series with renowned psychic Ann Fisher. In the first evening, learn about the different types of ghosts including those right here in the Capital District. View slides of haunted places Ann has visited in England, Canada, Iceland and the U.S. Learn how to record ghost activity and how to protect yourself from them. On the second night, we’ll attempt to experience the real thing: join Ann and your classmates on a field trip to Ten Broeck Mansion, the 1798 home of Revolutionary War General Abraham Ten Broeck for a séance.
 SPACE is extremely limited. Register today!
Note: Students are responsible for their own transportation to the field trip location. There will be a $3 fee collected to contribute to the Ten Broeck Mansion.
Instructor: Ann Fisher, see Past Life Regression (left)
Course fee: $45 Members: $35 Materials: $3
Upcoming Class Schedules:
#6766 Tues Oct 18, 25 7-9pm
#6767 Thur Oct 20 & Wed Oct 26 7-9pm
Fitness & Recreation

Fall Discovery Hike
experience the forest at its peak
Location: Petersburg Pass, Petersburg, NY
Fall is one of the best times to get out and explore the trails and mountains of New York and New England. Hiking trips can be even better if you have an awareness of the natural history of the area - trees, flowers, wildlife, geology, and ecology - and how to safely and comfortably spend the day in the outdoors. This course will teach basic outdoor skills and some beginning natural history, while taking the scenic Taconic Crest Trail. The terrain is moderately difficult and participants should expect to cover approximately 5 miles.
Topics: how to use field guides and identify species in the wild • common sights and species in New England forests • how to dress and what to pack for a day in the Woods • emergency survival, first aid, and navigation techniques • safe and comfortable travel in the woods • "Leave No Trace" wilderness ethics
Instructor: Rebecca Sanborn, has over eight years of wilderness leadership experience. She has worked as an educator and trip leader for three years for the NYS DEC Environmental Camp system. Rebecca has led multi-day trips (winter and summer) in the Adirondacks, White Mountains of NH, Green Mountains, and Berkshires.
Course fee: $45 Members: $35 Materials: $3
One time only: #6573 Sat Oct 8 9am-Noon

Fly an Airplane
Location: Schenectady Airport
Experience the thrill and challenge of piloting an airplane while enjoying breathtaking views of the Capital District.
Topics: 1/2 hour orientation to the Cesna 152 dual-control, single-engine • learn about controls and the route of your flight • instructor will pilot the plane for take-off and landing • each participant has 30 minutes at the controls to practice turning, climbing and descending • learn about the elements of navigation, instrumentation and air control • in poor weather, flight will be rescheduled • limited to a maximum of three (3) students per class
Instructor: Richard Kaylor, veteran pilot and instructor, directs a team of FAA-certified instructors.
Course fee: $95 Members: $85
Upcoming Class Schedules:
#6606 Sat July 16 9:30am-12:30pm
#6671 Sat Aug 13 9:30am-12:30pm
#6672 Sat Sept 17 9:30am-12:30pm
*class time dependent on number of students enrolled.

Move to Live!
Location: Albany
Kick-start your healthy lifestyle with this unique program that emphasizes physical activity, healthy eating habits, and weekly group support to encourage weight loss. For four consecutive Wednesdays you'll meet with a fitness expert from Plaza Fitness who will motivate you and your group toward long term weight loss! Together you will share the everyday challenges and the long term satisfaction of reaching your healthy lifestyle goals.
Instructor: Korey McCoy holds a M.S. in Kinesiology, B.S.in Exercise Science, is a certified Health/Fitness Instructor.
Course fee: $59
Upcoming Class Schedules:
#6577 Wed Aug 3,10,17,24 7:15-8:15pm

Experience a Soaring Flight
Location: Saratoga Springs
Come join us for the opportunity to experience the thrill of soaring flight! First you will have a one-hour ground school class consisting of basic sailplane aerodynamics, sailplane familiarization and nomenclature, pre-flight and ground handling operations, and aero-tow procedures. The student pilot will then get to assist the instructor in pre-flying the sailplane, then aero-tow to 2000 feet. Once released, you will get to experience the joy of motorless flight by actually flying a Blank sailplane.
Instructor: Thomas MacFerrett, FAA Certified flight Instructor-Glider, FAA Certified Advanced Ground Instructor. NAFI, Master Flight instructor.
Course fee: $75 Members: $65
Enrollment includes a 30-day membership in the Adirondack Soaring Club
Upcoming Class Schedules:
#6433 Sat July 30 10am-1pm
#6434 Sat Sept 10 10am-1pm
#6435 Sat Oct 1 10am-1pm
#6436 Sat Nov 5 10am-1pm

Bike Maintenance
Location: Albany
If you own a bike and like to ride, save yourself future time and aggravation by understanding how to maintain and perform repairs on your cycle yourself. Learn the basic procedures that keep your bike in tip-top shape, ranging from emergency road repairs to money saving maintenance. Space and time constraints do not permit students to work on their own bikes but you'll get hands-on experience with bikes on the premises.
Topics: proper seat and handle bar position • changing a flat tire • brake adjustments and cables • derailleur and cables • cleaning and lubricating the chain • general lubrication • the appropriate adjustments of wheels, handlebars, brakes, seat, pedals, bottom bracket • tools you need
Instructor: Eric Whalen and Mike Allard have over 20 years of combined experience. Eric, Mike, or a qualified staff person will instruct your class.
Course fee: $35 Members: $30
Upcoming Class Schedules:
#6521 Thur July 21 6:30-9pm
#6673 Thur Aug 18 6:30-9pm
#6674 Thur Sept 15 6:30-9pm

Nia
Location: Albany
Nia is an expressive workout and lifestyle practice that uses the Body's Way to achieve physical, mental, emotional, spiritual fitness and well-being. It is a fitness fusion program that combines movement elements from Yoga, Tai Chi, Tae Kwon Do, dance and body awareness training is the solution for stiffness. When you have ribs that don't bend, shoulders that are tight and a back that is stiff, it is often an indication that you are overstressing some joints and muscles while not using others. The Feldenkrais Method® is about how you walk, hold your coffee cup, drive your car, talk and sit to mention just a few of the habits that we have developed. Habits can be useful, they can also be limiting. See the possibilities of movement that can come to life for you. We all know that you can't even move your little finger without direct orders from your brain, but you can learn to move smarter, not harder.
Topics: gentle exercises that will ease chronic pain, improve flexibility and balance • movement using all of your body parts, to bring a sense of well-being to every aspect of your life.
Instructor: Dyann Wellf Guild Certified Practitioner of the Feldenkrais Method®
Course fee: $50
One time only: #6596 Wed Sept 7 6:30-8:30pm

Women's Self-Defense
Location: Colonie
Learn practical methods of self-defense using the principles of Bruce Lee's Jeet Kune Do. Descended from Wing Chun Gung Fu, a Chinese art developed by a woman for women in the 16th century, Jeet Kune Do allows practitioners to overcome the disadvantages of size and power through speed, directness and simplicity of motion.
Topics: Violence prevention and safety awareness • basic striking techniques • worst-case scenarios training • a brief history of Wing Chun and Jeet Kune Do
Instructor: George Ilyadis see Jeet Kune Do (pg 9)
Course fee: $50
Upcoming Class Schedules:
#6633 Sat Aug 13 9:30am-1pm
#6834 Sat Sept 10 9:30am-1pm

White Water Rafting
Location: North Creek, NY (1½ hours from Albany)
Join us for an exciting ride down the Hudson River Gorge — voted one of the ten best rivers in America. The trip takes you 17 miles from Indian Lake to North Creek through some of the most beautiful wilderness in the world. It starts on the dam-controlled Indian River, which drops 170 vertical feet in 3.5 miles before reaching the confluence of the Hudson. The next 13 miles on the Hudson are continuous Class III and IV whitewater. Age minimum is 12 - children must be able to swim. This is the experience of a lifetime.
Guides: our rafting company — now in its 28th season — provides licensed Adirondack guides and veteran white-water pros who will guide you safely on this exciting trip.
Summer Rafting
Swim in the river and bask in the summer sun!
$75 per person
June 15 - September 6
Tues, Thurs, Sat, or Sun
Rafters Check-In at 9am
Necessary Gear & River Snack Included

FELDENKRAIS®
awareness through movement
Location: Colonie
Would you like to regain some of the ease and flexibility of movement that you had as a child? Fluidity of movement is the solution for stiffness. When you have ribs that don't bend, shoulders that are tight and a back that is stiff, it is often an indication that you are overstressing some joints and muscles while not using others. The Feldenkrais Method® is about how you walk, hold your coffee cup, drive your car, talk and sit to mention just a few of the habits that we have developed. Habits can be useful, they can also be limiting. See the possibilities of movement that can come to life for you. We all know that you can't even move your little finger without direct orders from your brain, but you can learn to move smarter, not harder.
Topics: gentle exercises that will ease chronic pain, improve flexibility and balance • movement using all of your body parts, to bring a sense of well-being to every aspect of your life.
Instructor: Dyann Wellf Guild Certified Practitioner of the Feldenkrais Method®
Course fee: $50
One time only: #6596 Wed Sept 7 6:30-8:30pm
**Your Personal Fitness Plan**

**Location:** Guilderland

Treat yourself to a one-on-one fitness assessment with a personal trainer, devoted exclusively to you. Learning and living the basics of a fit and health lifestyle, based on American College of Sports Medicine recommendations, can also help with weight control and stress management. Includes a written fitness assessment customized to achieve your personal goals, strengthen your weak areas and utilize whatever resources you have available to you. After we receive your registration, you will be called to set-up a mutually convenient date/time; your written assessment and follow-up review will give you the information you need to get started or refine your workout plan.

**Topics:**
- 30-minute fitness assessment and 60-minute personal fitness session
- Cardio-vascular, flexibility, and resistance training recommendations
- Examining your goals, body type, equipment availability, and preferences to design a plan to suit your needs

**Instructors:** Kory McCoy holds a M.S. in Kinesiology, B.S. in Exercise Science, is a certified Health/Fitness Instructor.

**Course fee:** $55  **Members:** $45

#3117 90-minute assessment, followed up with a customized, written exercise and nutritional plan.

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**Learn to Play Golf!**

**Location:** Western Turnpike Golf Course, Guilderland

Our popular outdoor class held at an area golf course gets to the heart of the matter of golf - swinging the club and hitting the ball. This class is for beginners as well as for golfers with established handicaps.

**Topics:**
- Fundamentals for hitting the golf ball accurately: grip, stance, alignment and swing
- which clubs to use: woods, irons or putters
- Hands-on instruction: golf terms, rules of the game, course etiquette

**Notes:** clubs will be available for those who do not have them. Each student must rent a bucket of balls - in case of rain, your class will be extended by one week.

**Instructor:** Tim Podeswa, Golf Professional, has been teaching our classes in Guilderland for eighteen years.

**Course Fee:** $99  **Members:** $89

**Materials Fee:** $5 per night for a bucket of practice balls

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**Indoor Horsetrack Riding**

**Location:** Schenectady

This course is a thorough introduction to the basics of English style horsetrack riding. The first class is a barn orientation on horse interaction and care. Riding instruction (three lessons: length determined by number in class - 45 min to 1 & 1/2 hours) will be scheduled based on your skill level at the first class.

**Topics:**
- Horse anatomy, equipment, grooming, saddling and bridling
- Mounting/dismounting, riding positions
- Hands-on ground/riding instruction
- Riding academy has a lighted indoor riding ring so classes are held rain or shine

**Instructor:** Peggy Aedjan is one of this region's top horsewomen and has been teaching for over 20 years. She directs her staff of experienced instructors.

**Course fee:** $95  **Members:** $85

**Choose a start date (4 total lessons):**
- #6588 Tues July 7 6:7-7:30pm
- #6773 Tues Aug 5 6:7-7:30pm
- #6774 Tues Sept 6 6:7-7:30pm

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**Tennis**

**Location:** Albany

Beginners will learn the fundamentals: forehand, backhand, serve, volley, grips, positioning, footwork, scoring and rules. Experienced players will learn basic strategy for singles and doubles. Old strokes will be refined and new advanced strokes will be added. The course fee includes instruction, racquets and balls. Classes are limited to four students per instructor for personalized training.

**Instructor:** William Yaiser, tennis pro, has been teaching racquet sports throughout the Capital District for over 20 years.

**Course fee:** $65  **Members:** $55

**Couples:** $110  **Member Couples:** $100

#6546 Sat July 30, Aug 6,13,20 10-11am (Beginners)

#6547 Sat July 30, Aug 6,13,20 11am-Noon (Advanced)

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**3 Minute Tai-Chi**

**Location:** Colonie

The benefits of Tai-Chi, Yoga, Meditation, and the Martial Arts are well known, but difficult to attain, until now. 3Minute Tai-Chi provides a holistic approach to improving your mind, body, and emotions. In the simple and easy 3Minute modules, you will gain all of the benefits of these complex systems, without any of the mystery or years of practice. By the end of this short program, you will have a three minute routine that will improve flexibility, sharpen mental abilities, and allow you to feel your life force as the ancient masters learned how to.

**Topics:** a simple 3-Minute program that can be done anytime, anywhere. Visualization, autogenics, flexibility, balance, breathing, energy, form/formlessness, meaningful movement.

**Instructor:** Matthew Papa, M.A. and B.S. in Physical Education, is a certified Health/Fitness Instructor, and has over 20 years experience in the Martial Arts.

**Course fee:** $35 **Members:** $30  **Materials:** $3

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**Sunrise Row on the Mohawk**

**Location:** Rexford

Rowing, also known as sculling, engages all the muscle groups, yet doesn't cause excess wear and tear to the joints or muscles. If you are used to moderate physical activity and can swim, you can enjoy the early morning tranquility of the Mohawk River as you get some wonderful exercise. Students with boats should bring them; those without boats will pay a $10 boat-use fee. We start early in calm waters to beat the motorboats. Classes are limited to four, so register now!

**Topics:** how sliding-seat boats work - how to handle and care for them on land · on-land instruction in a dry-land rowing machine · rowing in the water with one and two person shells

**Instructor:** Bud Halsey has been teaching rowing for over 23 years.

**Course fee:** $45  **Members:** $35

**Boat fee:** $10 (paid at class)

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**Bennington Bike Trip**

**Location:** Bennington, VT

Here is an invigorating way to spend a beautiful summer day and at the same time learn some fascinating local history! Meet at the Bennington Battle Monument, where the colonist's protected supplies were stored. Bicycle from the monument, though three historic covered bridges. The pace will be just right to enjoy beautiful and scenic Bennington, VT. Arrive at an exquisitely furnished Victorian mansion and take an optional guided tour. Calmly the ride back at the Bennington Monument with an optional elevator ride to overlook a spectacular tri-state, panoramic view.

**Trip details:**
- total distance cycled 16 miles · terrain, somewhat hilly · rain or shine

**Instructor:** Kyle Jenks

**Course fee:** $35 **Members:** $30  **Materials:** $2

**One time only:** #6398 Sat July 16 10am-3pm
**Latin Dance Classes**
Whether you dance in local clubs, NYC or even South America, these are the dances to know. No partner is necessary for these classes. Just come ready to have some fun!

**Course fee:** $45  **Couples:** $85

**Latin Club**
Featuring the most popular dance steps of the Latin club scene: Salsa, Merengue & Cumbia

**Instructor:** Jerry Durovic teaches club style and all levels of Latin dance.

#6500 Thu July 7,14,21,28 8-9pm
#6679 Fri Aug 5,12,19,26 7-8pm
#6680 Fri Sept 9,16,23,30 8-9pm

**Spicy Latin Sampler**
Latin dance that sizzles: Rumba, Mambo, Cha-Cha, Sambo

**Instructor:** Susan Andrews is a competition dancer.

#6509 Mon July 11,18,25, Aug 1 6-7pm
#6694 Tues Sept 6,13,20,27 8-9pm

**Belly Dancing**
**Location:** Albany
Learn how to move your body, wrapped in chiffon and jewels. Toss your head in defiance, ripple your arms in snake like movements, roll and strengthen your belly muscles, shimmer your hips, and seduce the world with Middle Eastern Belly Dancing.

**Topics:** Warm ups · isolations and combinations · dancing moves · the cool down

**Instructor:** Suzanne Ranencourt has been dancing for 15 years. She has trained in both Cabaret and Folklore Gypsy styles, as well as training with internationally known dancer and choreographer Richard Gonzales. Her spirited dance of Latin dance that sizzles: Rumba, Mambo, Cha-Cha, Salsa, "to dance wherever you go - parties, weddings, night clubs and dinner dances - you'll socialize and have fun at the same time. Before you know it you'll be dancing with self-confidence and poise.

**Course fee:** $45  **Couples:** $85

**Upcoming Class Schedules:**
#6558 Mon July 11,18,25, Aug 1 8-9pm
#6677 Tues Aug 2,9,16,23 7-8pm
#6678 Thur Sept 1,8,15,22 8-9pm

**Hip Hop**
**Location:** Albany
It's more than just dance. Hip Hop is an expression of feeling, let it consume you!

**Topics:** lunge · hops · spins · syncopated steps · balance · rhythm · timing

**Instructor:** Christine Douglas has danced both Jazz and Hip Hop at the Flynn School of Dance. Cori Irwin studied Hip Hop at the Manhattan Studio and has been a student of dance since the age of five.

**Course fee:** $45

**Upcoming Class Schedules:**
#6564 Mon July 11,18,25, Aug 1 8-9pm
#6683 Thur Aug 4,11,18,25 7-8pm
#6684 Fri Sept 6,13,20,27 6-7pm

**Swing!**
**Location:** Albany
You've asked for it -- here it is. Swing, one of America's greatest dance forms, is enjoying a magnificent rebirth! In this class practice basic steps and cut the rug to the latest hot Swing music.

**Topics:** singles or partners are welcome · double turns · hand slides · points and kicks with crossexes and spinwhips

**Instructor:** Corliss Bull, Michael Muller or Susan Andrews will conduct this class.

**Course fee:** $45  **Couples:** $85

**Upcoming Class Schedules:**
#6558 Mon July 11,18,25, Aug 1 8-9pm
#6677 Tues Aug 2,9,16,23 7-8pm
#6678 Thur Sept 1,8,15,22 8-9pm

**Country Sampler**
**Location:** Albany
Learn the basics of Country 2-Step, Country Waltz, Country Cha Cha, and West Coast Swing.

**Instructor:** Tom Hourigan has been dancing and teaching for eight years. Tom has trained in both Cabaret and Folklore Gypsy styles, as well as training with internationally known dancer and choreographer Richard Gonzales. He is a graduate of four different programs from The Grove School of Music.

**Course fee:** $45  **Members:** $35  **Materials:** $25

**Upcoming Class Schedules:**
#6685 Tues Sept 6,13,20,27 7-8pm

**Learn to Dance**
**intro to Ballroom Dancing**
**Location:** Albany
Approach a dance floor with self-assurance wherever you go · parties, weddings, night clubs and dinner dances - you'll socialize and have fun at the same time. Before you know it you'll be dancing with self-confidence and poise.

**Topics:** Swing · Foxtrot · Waltz · Rumba · lessons are taught in an easy and relaxing manner · polish your skills, expand your repertoire and perfect your style as you practice.

**Instructor:** Corliss Bull has been teaching for over 13 years. Michael Muller is an accomplished dancer and teacher since 1980. Erick Singleman, has been teaching for 10 years. Susan Andrews is a competition dancer.

**Course fee:** $45  **Couples:** $85

**Upcoming Class Schedules:**
#6675 Mon Aug 4,11,18,25 7-8pm
#6676 Mon Sept 12,19,26, Oct 3 6-7pm

**Exotic Dancing for the Everyday Woman**
**Location:** Albany
Exotic dancing is much more than just dancing sexy. It is a journey to self-empowerment and self-explorations. It is finding your own inner beauty and grace, then transforming it into sensual movement. Through Exotic Dancing, you will learn how to empower yourself, boost your confidence and self-esteem, overcome your fears of self-expression, and enhance your relationship. This class is for women of all ages and sizes.

**Instructor:** Grace (Mondays) has been a full-time professional exotic dancer for the past six years. Nicole (Thursdays) has been dancing for eight years and was a Miss Exotic USA runner-up.

**Course fee:** $45

**Upcoming Class Schedules:**
#6686 Mon Aug 1,8,15,22 7-8pm
#6687 Thur Aug 4,11,18,25 8-9pm
#6688 Thur Sept 1,8,15,22 7-8pm
#6689 Mon Sept 12,19,26, Oct 3 8-9pm

**Private Music Lessons**
Whether you are a beginner or have taken music lessons before and wish to continue, we have private lessons available:

**Guitar Lessons**
Learn basic theory and engage in lessons drawn from a progressive traditional and contemporary repertoire, including folk and blues.

**Instructor:** Cathy Winter is a songwriter and guitarist who tours nationally and records for Flying Fish records.

**Course fee:** $85  **Members:** $75  **Materials fee:** $5

**Schedule:** #1407-four 45-minute sessions

**Song Writing**
This is a private lesson for anyone who has ever wanted to create music. No previous songwriting experience needed. We will take it from a simple written tune, to a fully produced song that you can have forever. Learn the various styles of songwriting and putting your work to music.

**Instructor:** Don Warren, has been playing guitar and writing songs for over 25 years. He has recorded with the Bob Warren Band, members of the W.W.F. and more. Soulful, Expressive, Understanding, Compassionate, these are some of the words used to describe Don Warren and his songwriting.

**Course fee:** $60  **Members:** $50  **Materials:** $5

**Schedule:** #5347-five 30-minute private sessions

**Singing Lessons**
Discuss goals and vocal background and learn about posture, phonation, respiration, resonance, and articulation. Bring a piece of music you want to learn or your instructor will provide one.

**Instructor:** Carol Juris, B.A., M.A. Vocal Performance, is a solist who has performed with Glimmerglass Opera, Lake George Opera, Boston Conservatory, and in other regional performances and as a competitive finalist.

**Course fee:** $85  **Members:** $75

**Schedule:** #1406-four 45-minute sessions

**Electric Guitar & Bass Lessons**
Learn to play the songs of your favorite musicians or become proficient in Rock, Blues, Metal, Progressive, Alternative, Jam-Band etc. Let Don help you discover your most natural way of learning. Be empowered to reach your desired goals in very little time. Don will show you how to fulfill your musical desires, from casual strumming to high level performing.

**Instructor:** Don Warren.

**Course fee:** $60  **Members:** $50  **Materials:** $5

**Schedule:** #5349-five 30-minute private sessions

**Piano Instantly**
for people with no spare time
**Location:** Colonie
Discover why thousands of students from total beginners to those with years of experience and lessons have learned to play the piano in just one class. Traditional instructors teach hours and hours of note reading and exercises, but professionals who play contemporary music use chords.

**Topics:** learn 72 chords and 156 hand positions · how to read music from a lead sheet and fake books · play popular songs in any key · learn about special tools that will make you sound like a pro · then master the class by using your cassette tape and study guide · also this will prepare you for taking other "Piano Magic" classes · if you can read the notes C, D, E, F, G, A, B you already know enough to enroll.

**Instructor:** Todd Walker has taught music to more than 10,000 students and has performed as a pianist and actor in off-Broadway shows in N.Y.C. He is a graduate of four different programs from The Grove School of Music.

**Course fee:** $45  **Members:** $35  **Materials:** $25

**One time only:** #6792 Thur Oct 6 6:30-9:30pm
Keeping It Off
A guide to lifetime weight loss
Location: Colonie
Losing 100-pounds may be a major accomplishment to most people, but often “Keeping It Off” proves to be a greater challenge than losing the weight in the first place! Having done both, Bob Belive explains the techniques he used in successfully keeping 100-pounds off for over six years. Bob shatters the myths behind the gimmicks, diets, drugs, and trendy approaches that ultimately fail. This is an inside look at the process from real life experience, no medical jargon or statistical formulas. Bob tells you what makes him successful, day in and day out, and even throws in some recipes of what he eats on a daily basis. Bob’s class is a MUST for anyone who wants to succeed with losing weight and “Keeping It Off”.

Instructor: Bob Belive has lost 100-pounds and kept it off for over six years. No special diets or gimmicks.

Massage
Location: Colonie
Massage your way to stress relief, improved flexibility, increased circulation, release of painful muscle tension, and increased energy and vitality. Learn how to give massages on friends, family, and yourself, anywhere.

Instructor: Bob Belive has lost 100-pounds and kept it off for over six years. No special diets or gimmicks.

creating a healthier home
Location: Online
Many experts point to indoor air quality as a contributing negative health factor. In order to increase energy efficiency, we have effectively reduced ventilation. At the same time, we have increased the quantity and types of chemicals we use to construct, furnish, decorate, and maintain our homes. This course is filled with practical tips you can put to immediate use to begin improving the quality of the air in your home. Creating a healthier home is often as simple as changing your mindset. This course will have you thinking quite differently about the products you bring into your home and yard.

Instructor: Kim Markesich is a freelance writer specializing in health and science topics. She has written for various publications including Green Profit and Family Motor Coaching magazines, and was a health and science correspondent for a local daily. Her ten years of research in the healthy home industry led to the construction of two healthy homes, the second where she now resides with her family.

Course fee: $35 Members: $25
Upcoming Class Schedules:
#6539 Thur Aug 12 7-9pm
#6790 Wed Oct 5 6:30-8:30pm

ABCs of Wine Tasting
Location: Colonie
Sit back and enjoy this great evening out while you savor wonderful wines from around the world. Includes wine and a selection of cheese, crackers and grapes.

Instructor: Bill Johnston has trained at the Culinary Institute of America, where he finished his certification level as a member of the Court of Master Sommeliers, Napa California. Bill has spent seven years in the wine business, both in the wholesale trade and at the retail level.

Course fee: $45 Members: $35
Couples: $75 Member Couples: $65
One time only: #6761 Sat Sept 17 5-7pm

Complete Makeovers for Women
Location: Colonie
This class is a subtle adaptation of the hit TV show “Extreme Makeover” without the surgery. Your look will be transformed during this personalized class. If you have been stuck in a rut, depressed, looking for a change, going to a special event, need a boost of confidence, newly separated or divorced, need some honest critiquing of your hair or make-up, this is the class for you.

Instructor: Marlene Brustle, personal image consultant, and her team of make-up artists.

Course fee: $50 Members: $40
Upcoming Class Schedules:
#6459 Fri Aug 12 6:30-8:30pm
#6796 Fri Oct 7 6-8:30pm
#6797 Sun Nov 6 1-3:30pm

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Pamper Yourself
Small Business Start-Up & Survival Seminar

Location: Colonie

Interested in owning your own business, but not sure how or where to begin? Learn the basics from experts with proven experience. A variety of speakers will cover the topics needed for business success. Hear how to stay in business in addition to starting one. Small group setting will allow for discussion and questions. Participants will leave the seminar with a wealth of information and resources. Follow-up opportunities will also be available.

Topics: business plan development, legal structure of a business, bankers perspective on obtaining financing, tax considerations, business regulations, record keeping, business promotion, personal factors, resources, additional assistance

Instructors: Sponsored by Cornell University Cooperative Extension of Albany County, the Small Business Development Center University at Albany, TD Bank, & the US SBA. Professionals and business providers from the community that have years of teaching experience and assisted thousands of individuals successfully start and stay in business.

Course fee: $50 Members: $40

Upcoming Class Schedules:
#6805 Fri Sept 30 9:30am-3:30pm
#6806 Thur Nov 3 9:30am-3:30pm

Getting Started as an Actor

Location: Colonie

Acting opportunities abound in the Capital District, a popular setting for many major motion pictures -- The Horse Whisperer, Ironweed, Scent of a Woman, The Age of Innocence. There are also dozens of opportunities to act on stage or in commercials. If this is one of your dreams, take this class to learn how to ferret out auditions, build a resume, market yourself, and find out what to do if you don't get cast.

Topics: opportunities in stage, film, commercials, industrials, voiceovers, radio and theater, the lowdown on finding acting auditions, getting paid, acting unions, establishing a presence in NYC without moving, types of representation, agent vs. manager.

Instructor: Frank Dohrau became involved in acting years ago with a local theater troupe. He has produced hundreds of commercials including the infamous American Cancer Society's anti-smoking campaign for which he received a CLIO, a national media award.

Course fee: $45 Members: $35

Upcoming Class Schedules:
#6335 Fri July 15 7-9pm
#6361 Sat Nov 19 1-3pm

How to Set-Up a Home-Based Medical Billing Business

Location: Guilderland

Knowledgeable medical billing specialists -- liaisons between physicians and insurance companies -- are in great demand. Learn what it takes to set-up and operate your own home-based medical billing service. Learn how much you can expect to invest, marketing techniques, how to write proposals and contracts, and more.

Topics: setting up and legalizing the business, start up investments, both time and money, writing proposals and contracts, marketing ideas, resources to assist you with your business, free training information.

Instructor: Wendy Harris is a certified biller/coder who has been working in the medical field for more than 20 years. She is the owner and executive director of an association for medical billers located in Albany.

Course fee: $55 Members: $45 Workbook fee: $15

Upcoming Class Schedules:
#6405 Thu July 14 6:30-9:30pm
#6830 Thu Sept 22 6:30-9:30pm

Small Business Bookkeeping and Taxes

Location: Latham

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

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

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

Course fee: $55 Members: $45

One time only: #6625 Tues Sept 20 6:30-9:30pm

Project Management @ e-Speed

Location: Online

With accelerated schedules driving many technology projects today, the smart project manager must rapidly retool their skill set. This course offers a breakthrough model for dealing with the realities of managing projects at supersonic speeds. Learn to meet and win the challenges of truncated timelines, short-staffed project teams, skimpy budgets and crippling risks.

Instructor: Tom Myers is a certified project manager who has been active in managing information technology projects for more than twenty years.

Course fee: $79

PATENTS, TRADEMARKS, COPYRIGHTS

Location: Colonie

Learn how you can protect your intellectual property and profit from your creative ideas, whether they take the form of inventions, designs, trade secrets, business names, trademarks, or creative works such as computer programs, books, songs and works of art. This class is designed for the individual inventor or author as well as businesspersons or corporations.

Topics: patent and trademark searches, registration and licensing, copyright, subject matter and the scope and duration of protection, protection of software and related products, marketing techniques including licensing, production, manufacturing and sales of foreign patents, and costs associated with each licensing agreement.

Instructor: Arlen Olsen or another qualified attorney from a local law firm that specializes in intellectual property law and are experienced patent, trademark and copyright attorneys.

Course fee: $55 Members: $45

One time only: #6756 Wed Sept 28 6-9pm

Professional Sales Skills

Location: Online

Today, there are no shortages of opportunities for skilled salespeople. In good times or bad, companies never stop looking for sales representatives that can help them meet their financial goals. If you've always dreamed of becoming successful in sales, this course is exactly what you need. You'll learn how to turn prospects into buyers, how to provide proper customer service, how to develop a sales plan, and more!

Instructors: With a Master of Science degree in Training and Learning Technology, and extensive experience as a Human Resources Manager, Dave Paquin has been training, coaching, and managing sales personnel for more than ten years. Gary Paquin is a sales veteran with thirty years of sales experience at IBM, Computer Associates, Software AG, and Applied Data Research.

Course fee: $79

GRANT WRITING SUCCESS FOR NON-PROFITS

Location: Colonie

Grant writing, both a science and an art, requires a creative vision to paint a persuasive portrait of an organization's mission, goals, and objectives. This course will introduce you to the process and improve your understanding of the entire grant writing concept, from planning through writing. Register today, bring a pen and paper, roll up your sleeves and learn how to write a winning proposal. The materials fee is for a 40-page workbook and associated materials.

Topics: the grant writing frame of mind, proposal development, resources and grant sources, grant writing and development system, writing goals and objectives

Instructor: Jack Smith, a sought after grant writing consultant, has over 25 years experience in the field working with over 40 different agencies. He has a Master of Public Administration degree from the University of Maine and is a former Executive/Development director of a non-profit agency.

Course fee: $129 Members: $119

Materials fee: $10 for workbook and materials

One time only: #6608 Thur Sept 15 9am-4:30pm
Be a Notary Public

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

Topics: confusing laws, concepts and procedures are explained in plain English • day-to-day issues you will face in serving as a notary • avoiding conflicts of interest • maintaining professional ethics • charging proper fees • when to defer to an attorney • handle special situations, minimize legal liability and much more • post-class support with instructor via fax and e-mail • NYS notary exam is held every Wednesday in Albany.

Instructor: Nick Tulve, Board Chairman of the American Society of Notaries, is a highly regarded notary instructor and an active, practicing mobile notary, specializing in complex loan document transactions.

Course fee: $75 Members: $65 Materials: $10
One time only: #6724 Wed Sept 14 9am-12:30pm

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

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

Topics: child custody • visitation rights • child support • alimony • the equitable distribution of property • a survey of NYS laws including the latest changes

Instructor: Ian R. Arcus, Esq., a member of the Family Law sections of the NYS & American Bar Associations, handles divorce and custody issues daily.

Course fee: $45 Members: $35
Couples: $55 Member Couples: $45
Upcoming Class Schedules:
#6495 Thur July 28 6-9pm
#6496 Thur Aug 25 6-9pm

Paying For College without going broke

Location: Colonie
Many students do not get financial aid simply because they fail to apply. There is so much confusion, misunderstandings, and misinformation surrounding the financial aid process that some families don’t even complete the form or apply for financial aid. If you know how the system works, you may very well be able to increase the aid you receive by many thousands of dollars. In today’s competitive environment, a college education has become a necessity. Paying for college has become much more difficult but it doesn’t have to be! 

Topics: financial aid basics • applying for aid • Coverdale Savings Accounts • Qualified Tuition Plans and the 529 Plans • IRA’s • retirement accounts • custodial accounts • education tax strategies • grandparent strategies • planning for the affluent

Instructor: Larry Congdon CCPs is a Certified College Planning Specialist. His practice is specialized in the area of college planning and funding.

Course fee: $20 Members: $15
One time only: #6550 Wed Sept 14 7-9pm

Personal Investment Training

Location: Colonie
Whether you want to be a millionaire, build your retirement nest egg, or simply improve your financial health for peace of mind, self-directed stock market investing may be for you. The truth is traditional education teaches as how to work for a living, not how to build wealth. With the ‘right kind’ of education, guidance, and support system, self-directed stock market investing may not only be the right choice for you, but the best choice for you.

Topics: why self-directed stock market investing should be part of everyone’s wealth building plan • how technology has leveled the playing field for the individual investor • basics of making money in an up, down, or sideways market • personal investment training versus financial planner/advisor (and why one has an agenda at odds with your own) • starting with personal investment training

Instructor: Brett A. Stone, Ph.D., CPA has been teaching business students for 15 years, and is an active stock market trader and investor.

Course fee: $30 Members: $20
Upcoming Class Schedules:
#6698 Wed Aug 31 7-9pm
#6699 Thur Oct 13 7-9pm

Winnng Strategies for the Courtroom

Location: Online
Learn what it takes to win in civil court from an experienced attorney who has tried and won hundreds of cases. Master the techniques that will take you from the initial client interview through the discovery of evidence to the preparation of a winning strategy for the courtroom. Then take the steps necessary to actually try and win the case at both the lower court and appeals court levels. You’ll learn how the system really works, and find out how to avoid the common mistakes that often lead to defeat. You’ll learn the fine points of cross-examining witnesses and preparing legal arguments, as well as how to prepare legal briefs and memorandums. This is your opportunity to enter the challenging world of the trial lawyer—it’s nothing like what you may have seen on television or in the movies!

Instructor: Michael Connelly is a practicing attorney who has tried and won hundreds of cases in both state and federal courts, winning several landmark decisions during his years of practice. Connelly retired from active practice in 2000 and is now a published author, freelance writer, and teacher.

Course fee: $79

Money & Legal

The Basics of Investing

Stocks, Bonds & Mutual Funds

Location: Colonie
Learn the basics of investing in stocks, bonds and mutual funds - the cornerstone of any solid investment plan. The goal of this class is to begin or improve your portfolio, cut losses and extend gains in today’s investment environment.

Topics: understand how the industry operates by learning what happens when investments are bought and sold • advantages and disadvantages of stockbrokers, discount brokers, and telephone traders (like Fidelity) • commissions and fees involved • pros and cons of tax-free and tax-deferred investments • U.S. Government bonds • money markets • insurance annuities • principles of asset allocation • investing depending on age, objectives, income and comfort with risk

Instructor: Neal Bevans is a former Assistant District Attorney, who has over twenty years of experience in insurance and financial services. Jim also self-published two books, Make Money Without Going to Work! (And Still Keep Your Day Job, If You Want!) and Network and Grow Rich!

Course fee: $35 Members: $25
Couples: $55 Member Couples: $45
Upcoming Class Schedules:
#6549 Tues Aug 23 6:30-9:30pm
#6580 Thur Aug 30 6:30-9:30pm

20 Ways to Make Money Without Going to Work!

Location: Colonie
This course is PACKED with solid, practical information you can use and profit from now! This is not a financial planning course; it’s not about developing investment or financial products are sold. It is for you if you want to learn how to make some or all of your income to continue long after you stop working. Be there!

Topics: uncover over 20 ways that you can use to generate a customized stream of residual income • what financial planners won’t tell you • the Ten Common Sense Laws of Cash Flow • tax liens & foreclosures • digital/electronic publishing, internet funnels, auto-responders, opt in marketing • how to evaluate the merits of a home based business and so much more!

Instructor: James W. Farnham, MS, MBA, has toured the U.S. and Canada as a professional speaker and author, and he has over twenty years experience in insurance and financial services. Jim also self-published two books, Make Money Without Going to Work! (And Still Keep Your Day Job, If You Want!) and Network and Grow Rich!

Course fee: $15
One time only: #6400 Tues July 12 6:30-9:30pm

Introduction to Criminal Law

Location: Online
If you like Law and Order and CSI, you’ll love this in-depth exploration of criminal law. Step inside the world of prosecutors and defense attorneys and learn the criminal justice system from the inside out. The instructor—a former major-felony prosecutor who has appeared on Court TV—takes you behind the scenes into the real world of murder investigations and other crimes and shows you step-by-step how prosecutors, police officers, and defense attorneys prepare their cases.

Instructor: Neal Bevans is a former Assistant District Attorney. A veteran of over 150 trials, Bevans has tried every major felony from rape, murder, and narcotics to armed robbery. He is also a contributing columnist to Legal Assistant Today magazine.

Course fee: $79

20 Ways to Make Money Without Going to Work!
Real Estate

Real Estate Salesperson Licensing
Location: Colonie
Real Estate offers one of the fastest growing career opportunities in the Capital Region, and this area has one of the healthiest real estate markets in the entire nation. Now is a great time to get started on the road to wealth, financial independence, and a secure future. This 45-hour NYS Department of State approved course is required to become licensed to sell real estate in NYS. Requirements for obtaining the license include successful completion of the course (90% attendance and pass the school exam), pass the NYS Dept of State exam and be sponsored by a broker. This course is also available to the general public, if you don’t want to obtain a license but would like to understand “what the real estate person learns”.

Topics: law of agency • estates • liens • easements • deeds • leases • contracts • closing costs • real estate finance • land use regulations • valuation • environmental issues • construction • Fair Housing regulations • license law • real estate math
Course fee: $199 Members: $189

Upcoming Class Schedules:
#6513 June 20,21,22,23,26,27 (Saturdays)
#6510 June 24,25,26,29,30,31 (Saturdays)
#6513 July 20,21,22,23,26 (Saturdays)
#6513 Aug 27,28,29,30,31 (Saturdays)

Interior Design
Location: Colonie
Learn how to create a beautiful home using the key principles of design. Through class discussion and hands-on work, become familiar with color theory, and discover secrets for solving space problems. Create a personal lifestyle by taking the language of design and blending it with creativity.

Topics: design principles and styles • period styles • selecting furnishings, fabrics, art, flooring • color theory and coordination • space planning • room function and organization • color coordination • lighting
Instructor: George Pisegna has a background in architecture and design, coupled with a passion for gardening and cooking, that delivers a well-rounded entertainment experience. Justin Hoin studied Art History and architectural preservation and brings a unique approach to design. Jointly they form a creative, exciting, and motivating duo.
Course fee: $45 Members: $35
Upcoming Class Schedules:
#6583 Wed July 20 6:30-9:30pm
#6582 Wed Aug 24,25,26,27 6:30-9:30pm

Be a Successful Landlord
Location: Colonie
Being a landlord can be a rewarding experience. It can also be a difficult one if you don’t have the knowledge and understanding of what the process entails. Whether you’re a full-time landlord or just getting ready to purchase your first rental property, this seminar can help you improve your properties value, increase your cash flow and decrease your expenses, while helping you to understand your rights and obligations under the law.

Topics: pros & cons of being a landlord • analyzing any property financially in 20 minutes or less • establishing top market rental rates • power advertising • attracting good tenants • the Fair Housing Act • rental applications • quickly identifying problem residents BEFORE they move in • how to avoid the most costly landlord mistakes • checking credit without violating fair credit laws • preparing a lease or rental agreement • lease paint disclosure information • what to do before a tenant moves in • landlord responsibilities and tenant rights • rent collections • tenant issues • evictions • building maintenance and repairs.
Instructor: Giacomo Smisigalli is the Founder of Landlord Forms.com and the President of New York International Real Estate Corp, a real estate investment brokerage that has bought, sold and managed over 1,500 apartments and more than $75 million dollars of income producing real estate.
Course fee: $55 Members: $45
Materials: $3 for sample documents and materials
One time only: #6829 Tues Sept 27 6-9pm

Online Continuing Education
The Knowledge Network provides online classes in Real Estate topics that have been approved for continuing education by the NYS Department of State. Just log on to www.knowledgenetwork.org to signup today.

Commercial Finance/Investment Analysis - 7.5hrs
Commercial Leases - 7.5hrs
Commercial Sales and Exchanges - 7.5hrs
Methods of Residential Finance - 7.5hrs
Pricing Property to Sell - 7.5hrs
ADA and Fair Housing - 3.75hrs
Intro to Real Estate Ethics - 3.75hrs
Maximize Your Buyer's Borrowing Power - 3.75hrs
Principles of Commercial Real Estate - 3.75hrs
Tax Free Exchanges - 3.75hrs
Asset Management - 3hrs
Basic Residential Real Estate Financing - 3 hrs
Environmental Hazards - 3hrs
Skills for Professional Success - 8hrs
Pricing to Financing Properties - 6 hrs

How to Buy a House
Location: Colonie
Take the guesswork and heartache out of buying a house and learn how to embark upon your home search properly.

Topics: how to work with buyer brokers and seller brokers • when to retain a professional home inspector • how to figure how much house you can afford • the difference between conventional, FHA, VA, SONYMA, adjustable rate, fixed rate and seller-financed mortgages • bank qualifications • property taxes • assessments and insurance • how to protect yourself from long-term interest costs and legal ramifications
Instructor: Gael Casey Vecchio is a Principal Broker of Chandler & Vecchio Real Estate, and has over 25 years experience in the real estate business. Gary Lefkowitz is an attorney in the firm of Sehiller & Knapp, LLC.
Course fee: $45 Members: $35
Couples fee: $55 Member Couples: $45
Upcoming Class Schedules:
#6533 Wed July 13 6:30-9:30pm
#6776 Wed Sept 28 6:30-9:30pm

How to Sell Your House
Location: Colonie
Thinking of selling your house? Take this class and learn the ins and outs of ALL the options available to you in today’s market -- For Sale by Owner, working with a traditional broker, plus many other creative ways you may not even be aware exist.

Topics: time commitments • working with traditional brokers • your potential out-of-pocket expense if you sell on your own • preparing and pricing your property • marketing tactics • advertising • negotiating an offer • how to navigate through the maze of financing options, mortgage approvals and the closing • non-traditional ways to work with a broker
Instructor: Gael Casey Vecchio, see Buy a House (above)
Course fee: $45 Members: $35
Couples fee: $55 Member Couples: $45
Materials: $3, for contracts and various documents
Upcoming Class Schedules:
#6534 Wed Aug 15 6:30-9:30pm
#6777 Wed Oct 12 6:30-9:30pm

Insider’s Guide to Timeshares
Location: Colonie
Dreaming of a vacation home or a dream vacation every year? Discover how you can enjoy years of fabulous vacations without the hassles of owning a second home. Learn the facts and secrets you need to make an intelligent purchase. We take the mysteries out of timeshare ownership and show you how to save 50-70% through the timeshare re-sale market. Sit back and make your dreams come true.

Topics: what is a timeshare • what is a re-sale • evaluating the right combination of price, resort and location • how timeshares are used • costs • where to buy • how to buy
Instructor: Judith Knuit, a timeshare owner since 1995, is passionate about the many benefits of timeshare ownership through re-sale. She is a knowledgeable consultant on timeshare re-sale.
Course fee: $45 Members: $35
Couples fee: $55 Member Couples: $45
Optional materials fee: $5
One time only: #6548 Wed Sept 14 6:30-9:30pm

Join Our Team!
The Knowledge Network is actively recruiting Real Estate professionals to join our staff of instructors.
For information, please call David Gill at 452.2675

CHANDLER & VECCHIO
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Delmar, NY 12054
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Location: Colonie
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Part II: Topics: register as a buyer and seller • set up a PayPal account • pricing strategies • listing formats • research techniques • creating and editing listings • photography tips • monitoring listings • completing the sale • utilizing My eBay • calculate profits • how to get paid

Instructor: Maureen Cody is a certified eBay Education Specialist, and is the owner of M.S. Solutions, which provides customized on-site computer technology training. It is her love and talent for teaching that enables her to succeed as an effective trainer.

Course fee: $35, Members: $30
Part I: #6527 Thur Sept 8 6:30-8:30pm
Part II: #6782 Mon Sept 19 6:30-9:30pm

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Quickbooks - Level 1
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6738 Fri Sept 23 8:30am-4:30pm
#6739 Thur Jan 5 8:30am-4:30pm

Quickbooks - Level 2
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6741 Fri Aug 19 8:30am-4:30pm
#6742 Tues Nov 15 8:30am-4:30pm

MS Windows XP - Level 1
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6807 Wed Aug 24 8:30am-4:30pm
#6808 Tues Sept 20 8:30am-4:30pm
#6809 Tues Nov 8 8:30am-4:30pm
#6810 Mon Dec 19 8:30am-4:30pm

MS Excel - Level 1
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6712 Mon July 11 8:30am-4:30pm
#6713 Mon Aug 8 8:30am-4:30pm
#6714 Tues Sept 6 8:30am-4:30pm
#6715 Mon Sept 12 8:30am-4:30pm
#6716 Tues Oct 11 8:30am-4:30pm
#6717 Wed Nov 16 8:30am-4:30pm

MS Excel - Level 2
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6821 Tues Sept 13 8:30am-4:30pm
#6822 Mon Nov 14 8:30am-4:30pm

MS Word - Level 1
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6701 Wed July 13 8:30am-4:30pm
#6702 Mon Aug 1 8:30am-4:30pm
#6703 Tues Sept 5 8:30am-4:30pm
#6705 Mon Oct 3 8:30am-4:30pm

MS Word - Level 2
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6635 Thur & Fri Aug 4,5 8:30am-4:30pm
#6636 Thur & Fri Oct 13,14 8:30am-4:30pm

MS Access - Level 1
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6638 Wed July 27 8:30am-4:30pm
#6639 Fri Sept 9 8:30am-4:30pm
#6640 Thur Oct 27 8:30am-4:30pm

Adobe InDesign CS - Level 1
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6657 Mon July 18 8:30am-4:30pm
#6658 Fri Nov 18 8:30am-4:30pm

Adobe InDesign CS - Level 2
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6659 Tues July 26 8:30am-4:30pm
#6660 Fri Dec 9 8:30am-4:30pm

HTML 4 - Level 1
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6695 Fri July 22 8:30am-4:30pm
#6701 Thur Sept 14 8:30am-4:30pm
#6702 Fri Nov 11 8:30am-4:30pm

HTML 4 - Level 2
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6734 Thur Aug 11 8:30am-4:30pm
#6735 Fri Oct 14 8:30am-4:30pm
#6736 Mon Dec 12 8:30am-4:30pm

Adobe Pagemaker - Level 1
Location: Colonie
Course fee: $399, Members: $389
Upcoming Class Schedules:
#6661 Thur & Fri Aug 4,5 8:30am-4:30pm
#6662 Wed & Thu Nov 2,3 8:30am-4:30pm

Adobe Pagemaker - Level 2
Location: Colonie
Course fee: $199, Members: $189
Upcoming Class Schedules:
#6664 Fri Oct 7 8:30am-4:30pm
#6665 Tues Nov 29 8:30am-4:30pm

Adobe Photoshop 7 - Level 1
Location: Colonie
Course fee: $399, Members: $389
Upcoming Class Schedules:
#6748 Thur & Fri Aug 4,5 8:30am-4:30pm
#6749 Thur & Fri Nov 1,2 8:30am-4:30pm

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Swing Docs kick off Evenings on the Green concert series

This summer's Evenings on the Green concert series gets started tonight with a performance by The Swing Docs, Big band music is the specialty of Swing this popular ensemble. Originally made up of medical professionals from Albany Medical Center, the group has been joined through the years by other area musicians keen on playing big-band swing.

The Swing Docs’ many performance venues include the Albany and Saratoga First Nights, Feastelijk Bethlehem, Music on Mainstreet in Canajoharie, Albany Symphony benefits, Troy Music Hall, Canfield Casino and Troy Arts Center.

Evenings on the Green performances take place on the library grounds every Wednesday in July at 7:30 p.m. The event will be held in the library’s community room if it rains.

So bring a lawn chair or blanket and plan on a delightful summer evening. As always, we ask families to supervise their children. In the interests of their safety and the enjoyment of the audience.

The balance of the concert schedule includes:

- July 13 – Ilseit Tyler: Blues guitar.
- July 20 – The Lustre Kings: Rockabilly.

For information, call 439-9314.

Books before bed
Put on your PJs and come to “Books Before Bed” at Bethlehem Public Library Monday evenings beginning Monday, July 11, at 7 p.m.

Storystler Joni Goldberg will keep drowsy eyes open with a half-hour of storytime fun for children ages 2 through 6 and their families. Teddy bears are welcome!

No registration is necessary for this Monday evening series that continues through Aug. 8.

Children’s writing workshop
The first meeting of our 14th annual Children’s Writing Workshop is scheduled for Friday, July 8, from 9:30 to 11:30 a.m.

Youngsters entering grades 3 and up can sign up during library hours. Participants write, illustrate and bind their own books.

Sessions feature talks by guest authors. Children must commit to four of the five sessions.

For information, call 439-9314.

Louise Grieco

Local student named to Who's Who list
Jill Parsons has been selected for Who’s Who Among Students in American Universities and Colleges for the 2004-05 academic year. Jill is a member of the Class of 2005 at Wells College, located in the Finger Lakes region of central New York. She is the daughter of Skip and Linda Parsons of Fears Bush.

Each year, Who's Who bestows this honor on outstanding campus leaders for their scholastic and community achievements. Wells College joins more than 2,000 institutions nationwide in nominating students to Who’s Who Among Students in American Universities and Colleges, which rewards and recognizes individual academic excellence on a national level. With the support of prominent educational institutions in all sections of the country, this program is today a true reflection of the caliber of the American college student.
Uglydolls are a thing of beauty at Voorheesville Library

What's an Uglydoll? You and I may not know, but kids do, and those in grades 4 and above have an opportunity to be making them at the Voorheesville Public Library July 14 and 21. Teens can bring their old, tired, boring CDs, DVDs and games and swap them for someone else's old, tired and boring stuff (but no DVDs). Refreshments, chat and door prizes are on the agenda. Also for teens, don't forget that the library has copies of all the titles that are required summer reading for the school district.

Grand beginning

The 2005 Summer Reading Program kicks off tonight, Wednesday, July 6, at 7 p.m. with the Ellen Siaspoll Dance Company teaching artists presenting a workshop called "Harry Potter's World in Creative Movement." All ages are included. Regular Summer Reading programming begins Monday, July 11, at 2 p.m. when grades 1 through 3 embark on a "living creature hunt" with naturalist George Stevick. Grades 4 through 6 will be "Making Waves" Wednesday, July 13, at 2 p.m. with the Schenectady Museum. Call the library or register online.

Real cooking

The Cook's Club for Families Project begins July 12 at 7 p.m. The project is designed to present science, math and literacy integrated into a fun program that includes good eating.

It is open to children in grades 1 and older. Registration is necessary. The project is a partnership between the library and the Voorheesville Elementary School supported by Federal Library Services and Technology Act funds.

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RIT honors local resident for work

A Delmar resident was recently inducted into Rochester Institute of Technology's Alpha Sigma Lambda Honorary Society. Sumeet Gupta, son of Manmohan and Surinder Gupta of 24 Summit Road, was honored along with 21 other students and their mentors at a dinner in April at RIT President Albert Simone's house. Gupta, a graduate of Bethlehem Central High School, is a fifth-year mechanical engineering student in RIT's Kate Gleason College of Engineering. The Alpha Sigma Lambda Honorary Society inducts new members every year based on the scholarship, active participation and contribution in scholastic and leadership in academic and co-curricular activities.

News and notes

• Youth Services Librarian Joyce Laiosa will be in the village park every Thursday at 11 a.m. through Aug. 4 for storytelling with the village program participants.

• Storytimes for preschoolers will be held at the library on Tuesdays at 10:15 a.m. through Aug. 9.

• Adult book discussion meets July 13 at 7 p.m. to discuss This is Not Civilization, by Robert Rosenberg. There is no August book discussion.

• In the hall gallery, visitors can view oil paintings by Delmar artist/sculptor Lee Grefalda.

• Mrs. Laiosa has commandeered the display case for the summer to display prizes and creations from the reading club program.

• Visit the library's Web site at www.voorheesvillelibrary.org for program information.

Barbara Vink

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OIL DEALERS PITCH IN
- HEAP Help Provides Relief for Low-Income Consumers -

Over the past couple of years, energy prices have soared to an all-time high. Many of us are still paying off the cost of heating our homes this past winter, and the experts tell us not to look for lower fuel prices anytime soon.

For many of us in New York State, higher heating bills means eating out a little less often, or perhaps foregoing that upgraded computer system we’ve had our eye on. For others — including many elderly and disabled people on fixed incomes who are already making tough choices with their limited resources every day — higher fuel costs can spell disaster. We’ve all read the news stories about people who have had to choose between food, medicine, and heat.

Over the past 25 years, the federal government has provided Low-Income Home Energy Assistance Program (HEAP) grants to states that have demonstrated need for the help. New York receives more HEAP funding than any other state. In fact, last year alone, New York received and distributed over $278 million in HEAP funding, more than twice that of any other state in the country.

The State has taken steps to leverage HEAP dollars with natural gas and electric utility companies by requiring a certain number of days of prospective service for a HEAP grant. Additionally, the New York State Public Service Commission regulates the rates charged by utility companies and requires them to offer low-income programs such as rate discounts and debt forgiveness programs.

New York State purchases nearly $60 million of heating oil annually on behalf of HEAP households. In the past, there has been no negotiated discounted pricing nor has the State established a bid to provide lower cost fuel to eligible households. Therefore the HEAP dollars are charged full retail price.

But $60 million is a lot of buying power. For this reason, the New York State Office of Temporary and Disability Assistance (OTDA) and New York State Energy Research and Development Authority (NYSERDA) teamed up a couple of years ago to put in place a successful pilot program that helps improve the oil-buying power of HEAP dollars. With the cooperation of local Department of Social Services (DSS), the pilot program ran in five counties last year (Dutchess, Monroe, Onondaga, Orange, and Tioga) with nearly 100 oil dealers participating. It’s estimated that the program extended the buying power of the HEAP dollars by approximately eight percent last year. This translated into about 23,000 more gallons of heating oil that were available for low-income customers when they needed it most.

Based on the early success of the program, the effort will be expanded statewide over the next three years. In the 2005-2006 heating season, a total of 20 counties will be included: Albany, Broome, Cayuga, Columbia, Dutchess, Greene, Madison, Monroe, Onondaga, Ontario, Orange, Oswego, Rensselaer, Schenectady, Schoharie, Seneca, Sullivan, Tioga, Ulster, and Wayne. By the 2007-2008 heating season, all counties throughout the State (including New York City) will be included.

Oil dealers that participate in the program agree to provide discounted prices to HEAP recipients receiving heating oil or kerosene paid for with their HEAP grant. In addition, some oil dealers offer a discounted price for fuel to HEAP recipients throughout the season. Participating oil dealers select one of two discount options that fit best with their business.

In addition, oil dealers that provide price protection plans for any of their HEAP customers are exempt from applying additional discounts. Price protection plans include pre-buy pricing, fixed-season pricing, or capped prices (also called ceiling prices). These pricing plans provide added protection for consumers throughout the heating season.

While a lot of people are involved with helping to put this program in place, the success of this program has been primarily driven by the exceptional cooperation of the State’s heating oil dealers and the staff of the local DSS offices. They are the real heroes — helping to extend the buying power of those consumers who need it most.

DELIVERING VALUE
Heating oil dealers help to keep us warm in the winter. Thanks to the efforts of many New York State’s heating oil and kerosene dealers, more low-income residents — which includes many elderly and disabled people on fixed incomes — are able to get the fuel they need to stay warm at discounted prices.

Delivering Value
Heating oil dealers help to keep us warm in the winter. Thanks to the efforts of many New York State's heating oil and kerosene dealers, more low-income residents which includes many elderly and disabled people on fixed incomes - are able to get the fuel they need to stay warm at discounted prices.

Sotda
New York Energy Smart
Public Service Commission
NYSERDA
George E. Pataki, Governor

PAGE 24 — July 6, 2005
THE SPOTLIGHT
The fireworks display in Scotia was supposed to be one of the first Independence Day celebrations in the region this past weekend, but was delayed a day due to inclement weather.

"Oh well," Spagnabili said. "I'll just have to get here early tomorrow."

_The Spotlight_  
July 6, 2005 — PAGE 25

**Police**

(From Page 1)

that the New York State Police, the sheriff’s department, are being held

Cori said that each municipal police department still has its own rules and regulations.

Even though the department was in full compliance, Cori said the next process could be streamlined a bit by the department building itself.

"The biggest hurdle, this time, was the building itself," Cori said, noting some of the categories for the process involve the usage of rooms in the building. "You've got storage, how interviews are conducted. We're limited by space. We have not been. It's a struggle, but we get through."

Space, and how it's used in Westervelt, was "a point of attention" this process, Cori said, and recognized by all three assessors.

Being accredited helps keep insurance liability costs steady, Cori said.

Lt. Thomas Heffernan, Jr. is in the department's accreditation manager.

When the department first applied for accreditation, it had to comply with about 160 different standards. Then, standards were merged and shuffled, making 141 the magic number in the years before 2001. Then, in 2002, standards were again merged and shuffled, meaning the department had to meet 130 standards from 2002 on.

For this, the fourth time the department underwent a re-accreditation review, the department had to show it met the 130 standards established for the years up to 2001 and then the 130 standards after 2001.

Both Heffernan and Cori agreed that though the standards have changed a bit over the years, they have not weakened.

"The standard work hasn't changed. Just the folders moved," Cori said.

The three assessors — Donald DeSimone, a chief deputy with the Ontario County Sheriff's Department; Diane Brand, a sergeant with the Clay Police Department; and Joseph Isoldi, a retired captain from Amherst who now works as a private investigator — came from out of the area.

"They were here Tuesday, Wednesday, Thursday, and worked very, very long hours," Heffernan said of the assessors. "Probably 10-hour days. They wrapped up Thursday morning, and we were left in complete compliance."

**GUILTY**

(From Page 1)

According to friends of the couple, Westervelt couldn't accept the fact that Domeny had broken up with him to give her relationship with Gray another shot with.

The jury convicted Westervelt, who took the stand in his own defense, after about 15 hours of deliberation. During deliberation, the jury had asked to see again the video of Westervelt's confession. The jury also asked to hear testimony read back to them, Rossi said.

Efforts to reach Mark Sacco, Westervelt's attorney were unsuccessful with his brainstorm.

Rossi said he's confident the conviction will hold up during any possible appeals processes.

Bethlehem Police Chief Louis Cori said his department is pleased with the conviction.

"We take great pains in interviewing people. The jury looked at the tapes, they saw no confessions," Cori said.

"(Westervelt came in voluntarily to take a polygraph test, which he failed miserably. He gave a full confession.)"

The jury saw a replica of the murder weapon during the trial. Because it was a duplicate, Cori said, there was no DNA evidence on it.

The fact that Gray's death happened at the hands of a jilted lover, while two other high profile Love Stories are in the Albany County Court System because of relationship breakups, led DA David Delong to release a statement regarding stormy relationships.

Paul Cober is currently on trial for allegedly killing his 18-year-old girlfriend. Cassandra Delong won an order of protection dispossesses of their child.

Jason Kutey, a Colonic resident, was recently indicted for allegedly holding his ex-girlfriend hostage at her Guiderland residence.

"(Of the emotional stress of the end of an intimate relationship is increasingly resulting in said violence," Soares said in his statement, encouraging individuals to take every measure needed to them through the law system to protect themselves.

**Free**

(From Page 1)

fireworks display that was scheduled to go off at 9 p.m., but the forecast for cover when the rain fell.

"It took a chance," Spagnabili said as he looked into his blanked copy of the DaVinci Code. "They said on TV it was going to rain, but in case I didn't, I wanted to have a good spot for the show."

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Obituaries

Harry Allen Sr.
Harry L. Allen Sr., 81, of Delmar died Thursday, June 23, at St. Peter’s Hospital in Albany. Mr. Allen was born in Natick, Mass. He lived in Albany most of his life. He was an Army veteran of World War II and was the recipient of a Purple Heart and Bronze Star. He worked as head machinist with the Knickerbocker News- Times Union for over 30 years, retiring in 1985. Mr. Allen was a member of St. Stephens Episcopal Church in Delmar. Survivors include his wife, Lillian J. Woods Allen; a son, Harry L. Allen Jr. of Delmar; two daughters, Marie L. Triffleet of Albany and Mildred L. Mariani of Malta; a sister, Helen Hale of Westmere; seven grandchildren; and six great-grandchildren. Services were from Daniel Keenan Funeral Home in Albany. Burial was in Bethlehem Cemetery in Delmar.

Harry Allen
Mr. Allen was born in Natick. He was an Army veteran of World War II and was the recipient of a Purple Heart and Bronze Star. He worked as head machinist with the Knickerbocker News-Times Union for over 30 years, retiring in 1985. Mr. Allen was a member of St. Stephens Episcopal Church in Delmar. Survivors include his wife, Lillian J. Woods Allen; a son, Harry L. Allen Jr. of Delmar; two daughters, Marie L. Triffleet of Albany and Mildred L. Mariani of Malta; a sister, Helen Hale of Westmere; seven grandchildren; and six great-grandchildren. Services were from Daniel Keenan Funeral Home in Albany. Burial was in Bethlehem Cemetery in Delmar.

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Robert Burns Sr.
Robert H. Burns Sr., 64, of Ravena died Sunday, June 26, at Albany Medical Center Hospital.
Mr. Burns was born in Catskill and lived all his life in Ravena. He was a Navy veteran. He worked for Marshall’s Garage in Ravena, retiring in 1990. He was an avid camper and a member of the Sippin Sams Camp Club. He also as a communicant of St. Patrick’s Church in Ravena. Survivors include his wife, Cara Smith Burns of Ravena; two sons, David Burns of Ravena and Robert H. Burns Jr. of Niskayuna; a daughter, Connie Mortefolio of Ravena; three sisters, Mary Wolfe of South Carolina and Elizabeth Friday and Kathryn DiNapoli, both of Ravena; seven grandchildren; and a great-granddaughter. Services were from St. Patrick’s Church. Contributions may be made to the American Diabetes Association, NYS Memorial Processing Center, P.O. Box 31160, Hartford, Conn. 06150-31160 or the Albany Medical Center, CPS Unit, 43 New Scotland Ave., Albany 12206.

Lorraine Danton
Lorraine Gilroy Danton of Delmar died Monday, June 27.
Mrs. Danton was born in County Sligo, Republic of Ireland. Survivors include her mother, Margaret Gilroy of Delmar; her husband, Bernard Danton; a son, Benjamin Danton of Delmar; a daughter, Casey Danton of Delmar; three brothers, Peter Gilroy, Joseph Noel Gilroy and Martin J. Desmond Gilroy; and three sisters, Erin Lewis, Meg Rock and June Gilroy.

Helen Staats
Helen V. Staats of Ravena died Saturday, June 25.
Survivors include two sisters, Nancy, Pearl, a brother Roger; two daughters, Jennifer Staats and Jean Delbene; a son, Marvin J. Staats III; and 11 grandchildren.
Services were from Babcock Funeral Home in Ravena.
Burial was in Holy Spirit Lutheran Cemetery in Glenmont.
Contributions may be made to Senior Projects of Ravena, P.O. Box 142, Ravena 12143.

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Gladys Jussen
Gladys Jussen, 82, of Guilderland, died Tuesday, June 29.
Mrs. Jussen was born in Jersey City, N.J. She was a resident of the Albany and Guilderland area for 50 years.
She was a cosmetic buyer for Flah's of Albany for 30 years. More recently, she worked at Macy's for 10 years.
Survivors include a daughter, Anne Marie Jussen of Brooklyn; three grandchildren; and three great-grandchildren.
Marie Toritto
Marie Felicia Toritto, 96, died Monday, June 27, at Our Lady of Mercy Life Center in Guilderland.
Mrs. Toritto was born in Brooklyn. She lived most of her life in South Ozone Park in Queens before moving to Guilderland in 1954. She was the widow of Frank Toritto.
Survivors include a son, James Toritto of Voorheesville; three grandchildren; and four great-grandchildren.
Thomas Miller
Thomas Gilbert Miller, 49, of Guilderland died Wednesday, June 29, at the Inn at St. Peter's Hospice in Albany.
Mr. Miller was born in Albany. He graduated from Colonie Central High School.
He was co-owner of Tri-City Construction in Colonie with his wife Carmina.
He was a member of St. Paul the Apostle Church in Schenectady.
Survivors include his mother, Marie F. Sullivan Miller; his wife, Carmina Miller; three sons, Anthony Miller, Christopher Miller and Kevin Miller; three sisters, Linda Serritella of Colonie; Elaine Miller-Angorami of Guilderland and Maribeth Orchulick of Wannaskill; and three brothers, Gregory Miller of Ravena and Robert Miller and Scott Miller, both of Colonie.
Survivors were from New Comer-Cannon Funeral Home in Colonie and St. Paul the Apostle Church.
Contributions may be made to St. Peter's ALS Center, 315 S. Manning Blvd., Albany 12208.
Vivian Anderson
Vivian M. Anderson, 80, of Guilderland, died Wednesday, June 22.
Mrs. Anderson was born in Troy.
She was a communicant of St. Madeleine Sophie Church in Guilderland.
Survivors include her husband, James Anderson; four daughters, Christine Anderson of Vermont, Janine Ralbovsky and Kara Johnson, both of Schenectady, and Laurene Manning of Texas; two sisters, Germana Dagostino and Jo Ann Carlson, both of Schenectady; and seven grandchildren.
Services were from St. Madeleine Sophie Church.
Contributions may be made to City Mission of Schenectady, 425 Hamilton St., Schenectady 12054.

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Cyberbullying
Summer is upon us, and many young people are spending time accessing the Internet especially from home. For many children, the Internet isn’t simply a convenient way to research or a fun activity— it’s a big part of their social life. E-mailing and chatting with friends are children’s most common online activities after studying and playing games. But like many other social situations, some kids bully other kids online.
Cyberbullying is similar to other types of bullying, except it takes place online and through text messages sent to cell phones. Cyberbullies can be classmates, online acquaintances and even anonymous users, but most often they do know their victims.
Some ways that kids bully online include:
• Sending someone mean or threatening emails, instant messages, or text messages.
• Excluding someone from an instant messenger buddy list or blocking their email for no reason.
• Creating Web sites to make fun of another person such as a prettiest, ugliest, etc.
• Using Web sites to rate peers as prettiest, ugliest, etc.
• Using Web sites to rate peers as worst, etc.
• Cyberbullying is similar to other types of bullying, except it takes place online and through text messages sent to cell phones. Cyberbullies can be classmates, online acquaintances and even anonymous users, but most often they do know their victims.
Some ways that kids bully online include:
• Sending someone mean or threatening emails, instant messages, or text messages.
• Excluding someone from an instant messenger buddy list or blocking their email for no reason.
• Creating Web sites to make fun of another person such as a classmate or teacher.
• Using Web sites to rate peers as prettiest, ugliest, etc.
• Take time to discuss cyberbullying with your child and be aware of the experiences your child is having online.

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Girls Tryout Elm Ave, Park, behind tennis courts in back of park
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MaryAnn Schumehil 475-1368 or mams@nycap.rr.com

GE Plastics

THE SPOTLIGHT
July 6, 2005 — PAGE 27
Muzios celebrate 50th anniversary

Florence (formerly Lovino) and Richard Muzio recently celebrated their 50th wedding anniversary with a party hosted by their family at the Boat House at New Baltimore.

The couple was married June 4, 1965, at St. Clare's Church in Colonie.

Florence formerly worked for GE in Schenectady and the town of Colonie. Richard was a former employee of GE in Schenectady, and the town of Colonie.

They are the parents of Sandra (Jack) Carona of Delmar, and Susan (Dominic) Coluccio of Albany. They are the grandparents of Anthony Carona and Jacqueline Carona.

Letters policy

To Speak welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for clarity and length. All letters must include the writer's name, address, and phone number. Write to Letters to the Editor, Times Union, 4 Times Union Plaza, Albany, N.Y. 12207. Letters can be faxed to 454-5275.

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**BACK 40**
Capital Repertory Ensemble's annual outdoor staging of "The Importance of Being Earnest," July 6-7, 8:15 p.m. Free. Information, 454-0300.

**SENNERAYA**
Local Latin band, July 6, 7:30 p.m. Proctor House, Oneonta. Information, 431-1717.

**THE SWING DOCS**
Big band music, July 6, 7:30 p.m., Bethlehem Public Library, 451 Delaware Ave., Delmar. Information, 438-9251.

**COLE BRODERICK QUARTET**
Capital Latin-based band, July 7, 7 p.m., Against Modern Music/Modern Stage, Corria Park, Schenectady. Information, 382-9190, ext. 4.

**BANK OF AMERICA BLUESFEST**

**AGED IN THE HILLS**
Local country band, July 6, 5:30 p.m. City Park, Cohoes. Information, 856-7567.

**TEEN-27**
Jazz band, July 6, 7-11 p.m. The Eddy.

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**JOHN PRINE**
Classical singer/songwriter, July 6, 7-9 p.m., Palace Theater, Albany, $18-$20. Information, 274-3255.

**LUCY KAPLANSKY**
Singer-songwriter, July 6, 9 p.m. at the Egg, $27-39. Information, 453-1845.

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Summer has arrived and what would it be without the Saratoga County Fair? Whether you make your way to Ballston Spa to see the demolition derby, hear some local bands, view the agricultural exhibits, or just to eat the sausage and green pepper sandwich that can’t be duplicated at home, you are sure to enjoy yourself. Don’t forget the kids, either, because it’s a family event.

“We’re hoping families understand the value,” said Dick Rowland, general manager of the Saratoga County Fair. “People can spend $27 or $30 and get entertainment all day.”

The fair opens Tuesday, July 12 and runs through Sunday, July 17 and is packed with a number of exciting events. Rowland said over $100,000 was spent on entertainment alone this year, a substantial increase from years past.

Now this year in the Family Center will be the Magic Trunk with Sylvia Markson. An Albany region native, Markson is a talented ventriloquist with a number of different sidekicks. Also in the Family Center will be the puppet theater of the Granpa Cratchet Show. Both acts perform several times daily throughout the week.

Children and parents will enjoy Kachingu and the Alligator. While most of the animal side shows focus on the animals, this one focuses on the handlers. Kachingu and his Alligator are skilled handlers displaying the animal’s remarkable speed, agility, and personality. Kids can get photos with the animal doing four shows daily. Ruth transforms ordinary logs into works of art using only a chainsaw. Throughout the week, Ruth will be carving bears, eagles, fish, scarecrows or anything else the public might request. The carvings will be sold and auctioned off on Saturday evening at 7:30 p.m.

While these new additions to the fair lineup are exciting, many of the old favorites will be returning. J.M. Productions World’s Largest Demolition Derby will take place opening night at 7:30 p.m. and again at 7 p.m. Sunday evening. Other crowd favorites in the grandstand area will be NYFPA Tractor Pull at 7 p.m. on Wednesday and the Professional Rodrodeo Cowboys Association Rodeo at 7:30 p.m. on Thursday.

Don’t forget all the fair’s exhibits. Animals featured include cattle, draft and saddle horses, goats, poultry, rabbits, sheep, and llamas. Demonstrations related to gardening, cooking, and home arts will be held daily. Pages, talent shows, and spelling bees are a few of the other interesting events taking place. Additionally, educational exhibits and commercial vendors will be scattered throughout the fairgrounds.

“It is a record year for commercial vendors. We have 137,” said Rowland, noting that visitors won’t go hungry or lack for souvenirs.

“You could even buy a car here,” he said, noting the presence of a car dealer. Amusements of America will be operating the 35-ride midway again this year. For $20, fairgoers can get a hand stamp and ride all the rides all night. The one-price rides are available Tuesday through Friday between noon and midnight and Sunday from noon to 11 p.m. There is no hand stamp available for Saturday. Riders might note that this year the midway section is entirely paved.

Adults can check out the beer pavilion for a drink and some music. Although open as early as noon, bands don’t start playing until 6 p.m. Tuesday through Friday bands will be on stage until midnight. Tuesday night North 40 Band performs. Wednesday night brings Captain Squeeze and the Zydeco Monsters. The Back 40 Band will perform both Thursday and Friday nights with the Boot Hill Band playing Saturday. On Sunday between 1 p.m. and 11 p.m. Froggy Radio presents the Country Shootout Band Contest.

About 95,000 people are expected to turn out for the fair this year, said Rowland. Noting that prices were raised this year to $10 for an adult day pass, Rowland said, “We are trying to keep it as affordable as possible. It is on par with other fairs and in some cases, lower.”

It’s tough to pay full price for the fair,” added Rowland, noting that general admission Tuesday through Thursday is $7 with discounts offered by The Schenectady Gazette, Times Union, and Ballston Spa National Bank. Friday through Sunday admission is $10. Every day, children 6 to 12 years old get in for $3 and children under six are free.

Wednesday is Senior Citizens Day and admission for seniors over 65 will be $4 until 5 p.m. Parking is free.

Discount packages are available for all sorts of groups, with the best deal probably being the season’s pass. For $25, adults can obtain the season’s pass that provides them entry into the fair all week long. Children pay just $5 for their passes.

For information, visit the Web site at www.saratogacountyfair.org or call the Saratoga County Fair office at 885-9701.
BETHLEHEM

DELMAR ROTARY
Nanomica Country Club, 7:30 a.m., information, 765-3390.

MOTHERS OF PRESCHOOLERS (MOPS)
Christian fellowship group for mothers of preschool children. At Delmar United Reformed Church, 388 Delaware Ave., nursery care provided. Saturdays, call at 11:30 a.m., information, 439-0507 or e-mail, info@delmar-mops.org.

SOLID ROCK CHURCH
evening prayer and Bible study, 1 Knyerved Aue., 6 p.m., program and meeting for total healing, information, 439-2737.

BETHLEHEM BUSINESS WOMEN
Nanomica Country Club, Solitaire Road, Emmet 6, p.m., dinner 6:30 p.m., program and meeting for total healing, information, 439-2737.

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meeting prayer and Bible study, 1 Knyerved Aue., 7 p.m., information, 439-4314.

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Meditation on the Bodhisattva of Compassion, aff the KTC Buddhist Center, 439-2512.

WOMEN'S SERVICES
toll-free line for women in need of shelter or support, information, 1-800-721-4000.

OPPORTUNITIES UNLIMITED
Borough meeting, first Wednesday of each month, open to public. Bethlehem Town Hall, 445 Delaware Ave., 6 p.m.

BETHLEHEM

DELMAR ROTARY
Nanomica Country Club, 7:30 a.m., information, 765-3390.

MOTHERS OF PRESCHOOLERS (MOPS)
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Notice of Organization of AM Offices.

Notice of organization of AM Offices.

Section 203 of the Limited Liability Company Law (the "LLC Law") authorizes each of the following limited liability companies ("LLC") to operate:

1. The name of the limited liability company for which this notice is given is: Union of America Holding Company, LLC.

2. The principal office of the limited liability company is located in the State of New York.

3. The purposes of the limited liability company as stated in the articles of organization:

(a) To conduct any lawful activity; and

(b) To own or deal in any property and to transact any business, corporate or otherwise, either directly or indirectly.

Any person, firm, or corporation desiring to do business with the limited liability company is notified that the limited liability company has been formed and is qualified to do business in the State of New York.

The address of the principal office of the limited liability company is 602 Massachusetts Ave., Cambridge, MA 02139.

The signature of the Corporate Secretary is: Antonio C. Mitchell.

The date of filing of the Articles of Organization was June 2, 2014.

The enclosed copy of the Articles of Organization is true and correct.

July 6, 2015 — PAGE 37
Changes abound for 2005 Saratoga meet

by ROB JONAS

Change — some subtle, some noticeable — is in the air at Saratoga Race Course this summer. On the track, the 46 stakes races scheduled for the six-week season will bring in some of the top thoroughbreds in the nation. But the model of claiming races may go down as a result of an anticipated decrease in horses being shipped to the track.

"(Field size) is smaller than in years past," said New York Racing Association Racing Secretary Mike Veitch following Monday's press conference announcing the 2005 Saratoga racing season. "We have tried to address it. We have increased our purses to be competitive with (New Jersey's) Monmouth Park."

To compensate, Lakow said, Saratoga's daily schedule is likely to include some different types of races.

"What we are doing is running a lot of New York-bred races, which is good for the local trainers and breeders," he said. "But, what we want to do is give people a varied product. We have discussed the possibility of holding some turf sprint races."

If trainers ship fewer horses to Saratoga this summer, it will follow a national trend.

"I follow the smaller racetracks with the smaller purses, but I've talked with the racing secretaries at Monmouth and Delaware (Park), and they've both seen decreases," Lakow said.

A possible cause for fewer claiming horses at Saratoga is the introduction of a security barn this season. Horses must reach one of the 110 secured stalls at least six hours before they are to race. Since claiming races begin each race day at Saratoga, a horse not supposed to be at the starting gate at 1 p.m. must be in the security barn no later than 7 a.m.

"The security barn may be an issue for some shippers," Lakow said.

The security barn does protect the integrity of a race. Private bettors won't be able to visit a horse prior to a race, and any legal drugs the animals will be administered by a NYRA official to prevent blood doping.

While the number of claiming races will be down, the stakes races schedule should remain the same. Ever. Starting July 27 with the Adirondack and concluding Sept. 16 with the Cotillion, Saratoga's 13 graded stakes - not a day on the 36-day racing schedule goes by without at least one graded stakes event to put — is among the top 5-year-olds, the day everyone at the track will be talking about.

"It's an expensive program," said NYRA President and CEO Charles Hayward of Travers Day. "It's an expensive program to put, and the track is making sure the economic success of the program to be very strong," Lakow said. "The 2-year-old division at Belmont has been the little thing this spring, but the trainers said that they're just getting ready for Saratoga." The day everyone at the track is gearing up for is Travers Day on Aug. 27. Besides the annual race (for 2 year-olds), the day will also include the King's Bishop, the Stakes of Fire, and the Hopeful, which is the top stakes race for 2-year-olds during the meet. Preakness and Belmont Stakes winner Artie Schiller — which won the Hopeful last year — is among the top 5-year-olds considering a run at the Travers title.

If you're going to Travers Day, carry some extra cash on you. Ticket prices for grandstand and clubhouse seats will be higher ($65 for grandstand, $50 for clubhouse), but on only that day. Otherwise, tickets remain $3 for grandstand and $5 for clubhouse and a season pass will cost $35 for grandstand and $75 for clubhouse, a significant discount from the introductory prices of $50 and $100 last year.

"We are a company that is losing money. It is an expensive event to put on," said NYRA President and CEO Charles Hayward of Travers Day. "We are increasing prices, but not in the dramatic fashion seen at Belmont."

Six giveaways are also on the schedule.

Mildred Elley's Summer Camps

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Slingerlands resident Anne Hustorf claimed the USAF Air Force Women's 5-kilometer title at the 24th annual Bruegger's Bagel Run June 25 in Albany. Hustorf, an Academy of Holy Names graduate, covered the road course in a time of 18:32 to defeat Rotterdam's Emily Bryans for the title. Bryans placed fourth.

Booster club slates fund-raiser

The Bethlehem Central Booster Club for Swimming and Diving is selling car wash coupons at the town park pool July 16 and 17. The $8 coupons are available for the title. Bryans placed fourth.

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Lacrosse hasn't become as popular as soccer and baseball in the suburbs yet, but it's getting there.

The sport has grown in the Capital District by leaps and bounds over the last decade. Town programs in places like Niskayuna and Guilderland have more than doubled in size, and several area high schools have added — or will add — varsity teams.

"At Niskayuna, our youth program has gone from 60 kids to 150 in two years," said Niskayuna varsity boys assistant coach Chris DeLano. "You see fathers and sons playing catch in the front yard with lacrosse sticks instead of baseball gloves."

Christian Brothers Academy coach Tom Schwan cited the growth of the Capital District Youth Lacrosse League as another indicator of the sport's increased popularity.

"We started it six years ago, and it's gone from seven programs and 11 teams to 17 programs and 47 teams," Schwan said.

What's helped draw attention to lacrosse in the region is how well area high school teams have done in recent years. The Bethlehem girls team has reached the state semifinals each of the last four years and has been to the finals twice.

On the boys' side, Shenendehowa reached the state semifinal round three consecutive years, and this past season, Niskayuna became the first Section II team to reach the state finals.

"To me, the biggest impact Niskayuna playing for the state championship will have is psychological," Schwan said. "Those kids and those programs that really believe that Long Island and central New York are very strong."

It also helps when Section II graduates perform well at the collegiate level. Two area residents — Lauren Stone of Guilderland and Amanda Gersuk of Loudonville — helped their college women's lacrosse teams win national titles this spring, and several more were significant contributors to their teams' success. That — plus the success of area high school and club teams — has led to increased recruiting efforts in the Capital Region by college coaches.

"I definitely think it says we have a lot of potential in this area," said Stone, who was the starting goalkeeper for an undefeated Stony Brook College team that won the NCAA Division II title. "We have a lot of players who can play at the collegiate level."

Getting a younger athlete's attention is one thing. Keeping it is another. That's where the fast-paced (and in the case of boys a very) strong recruiting efforts in the Capital Region by college coaches also play a role. Got a younger athlete's attention, and keep it around if you can.