**Environmental center grows**

Good news for nature lovers: 43 acres of land was just purchased by the state Department of Environmental Conservation to add to the Five Rivers Environmental and Education Center. The permanently preserved land will provide increased public access to natural resources and will also expand the wildlife conservation area, birding areas and hiking opportunities.

See story on Page 3.

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**Pugs die in heated cage**

**By STEPHANIE LUBIS**

An employee at Reining Cats & Dogs, an animal boarding and grooming center on Route 3W in Glenmont, told the Luries that their two pugs, Ollie and Junior, were left unattended in a drying unit after being given a bath and were apparently forgotten, causing the dogs to suffer burns and die as a result. Bethlehem police are currently investigating the incident.

“We’re looking for justice under the legal system,” said Michael Lurie, a certified public accountant who lives in Glenmont. “We’re not looking to place blame. That’s up to the police and our lawyer. Just dealing with our loss is hard enough. We’re not looking to just get mad.”

In a statement, Lurie said he and his wife were driving home from Rochester on Dec. 26 when they received a frantic call from an employee who came upon the dogs and said that Junior had died already and Ollie was on the verge of dying. The Luries instructed the employee to get the dogs to Delmar Animal Hospital, but they were closed so the dogs were taken to a clinic in Latham, where both dogs were pronounced dead on arrival. The cause of death was hyperthermia, and both dogs had internal body temperatures too high to register, according to the statement. The autopsy of the dogs showed red marks on both dogs’ skin, with Junior having burns marks on his stomach and Ollie with broken blood vessels in the ear.

The couple’s lawyer, Fred Wunder of O’Connell and Aronowitz, said that Richard Police, an employee who came upon the dogs, is being charged with a crime.

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**A screening can save**

**By GRAHAM S. PARKER**

Knowledge is half the battle, and on the front lines of the fight against cancer, it can mean the difference between life and death.

If not caught until its later stages, cancer becomes a different animal. It becomes more stubborn and less susceptible to treatment.

When individuals act proactively, certain cancer treatments can be no more than a minor inconvenience, taking up a mere 10 minutes of a person’s time to diagnose, and just days to treat.

A program kicked off in November with the goal of screening 4,000 men over the age of 40 in one year for prostate cancer. The program only requires a phone call, three to five minutes of paper work and about a five-minute screening by a physician. If a procedure is necessary, state-of-the-art surgery can usually have men home the day after.

Screen Savers: Saving Lives Through Screening, is a free prostate screening program headed by Community Care Physicians of Latham in conjunction with the Saratoga Regional Medical Research Foundation.

Since its kickoff on Nov. 12 in Latham, 500 men, their girlfriends and/or wives have since called to make appointment for screening. Dozens of men have already been screened.

“The campaign is to target people that may be missed by the health care system,” said Dr. Badar Mian, assistant professor.

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**Fire razes garage**

**By STEPHANIE LUBIS**

Just a bad sequence of events.

That’s how Rance Gregory of New Scotland Road described the series of errors that occurred in his garage New Year’s Eve at around noon.

“It was almost comical, the way it happened,” said Gregory. Gregory said the fire started when he put more paper towels in his workshop to keep it going. The heat made the paper towels catch fire immediately in his hand. He dropped the towels and stepped on them, then went to the other part of the garage to put the fire out properly. A can of gas in the other part of the garage caught fire, burning down the entire structure.

What wasn’t comical was the loss. Gregory’s garage wasn’t an ordinary workspace with tools and a few lawn chairs. The garage was his main getaway, and the second half was built just last November. Pictures of his mother as a cheerleader in 1945 and his father’s World War II pictures are now gone, as well as three vintage cars Gregory collected throughout the 1970s, and spent time and money restoring at a hobby. Now the cars are gone, and they were not insured. It was a total loss.

Even worse are the burns Gregory suffered in the fire. Second-degree burns on his shin and third degree burns on his foot may require plastic surgery. Gregory said the leg tends to stiffen up, and it’s a little hard to walk. He said it’s just a matter of time before they heal, about four to six weeks. Aside from Gregory, no one was seriously injured. The garage is detached from the house.

“Thank God,” he said.

Gregory’s mother and nephew were inside the house when the fire happened. His wife, Jill, and his daughter and son had just left a few minutes before the fire broke out.
Program helps erase fines, hunger

BY STEPHANIE LUBIS

For members of the Voorheesville Public Library, now is the time to dig under the bed and excavate the closet in an effort to find the library books you are afraid to return because you would have to organize a telephone to pay the fines.

For the month of January, the library is having its annual "Food for Fines" food drive. Book fines will be reduced by $1 for every can of food brought in.

"We used to have 'Fine Free Week,' because we know that some people don't return library books because they're afraid of the fines," she said. That wasn't specifically for food. People would bring almost anything in. Then we thought about what a success it was, and I guess that's how "Food for Fines" got started."

Barbara Vink

"Food for Fines" got started. Most people tend to give to food pantries before the holiday season. After, Vink said, people get exhausted with donations.

"After the holidays are when food pantries are most in need," said Vink. "We thought this was a good month to do it."

Fines are waived in lieu of food all this month, but the library will take food donations throughout the year. Vink said a typical January will yield several very large baskets of canned goods, which the library donates to the New Scotland Food Pantry.

"Some people bring in even more food than they need to get rid of their fines because they know the food pantry needs it," she said, "Some people also donate food items regularly."

The drive hasn't grown much since it started, Vink said.

"One thing it has done is make people more aware that they can bring stuff in," said Vink. "It makes you feel good."

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Police Blotter

Kmart employee accused of stealing

On Wednesday, Jan. 4, at 4:19 p.m., police arrested Michael Kissing, 20, of 129 Orchard St. in Delmar on charges of third-degree felony grand larceny at Kmart located at 329 Glenmont Road.

Officer Travis George received a call from an asset protection associate at the store who reported that Kissing, an employee, stated that he had been stealing from the store since the week after his hire date of Nov. 29, police said.

Kissing worked in the electronics and entertainment section of the store, and said he would take two to four items at a time and put them under his shirt. He then said he took all stolen items and traded them to different stores for other games, and the money that was taken was used to buy video games or go out, police said.

According to police, Sgtp. James Kerr spoke to Assistant District Attorney Renee Merges, who told him to charge Kissing with third-degree grand larceny and recommended $5,000 bail, police said. Kissing was arraigned before Judge Frank Milano and sent to Albany County Jail.

Other arrests

• On Saturday, Jan. 7 at 4:37 a.m., police arrested Angela Stafford, 23, of 16 Equinox Court Delmar on charges of DWI.

Officer James Cross was on routine patrol north on the Slingerlands Bypass when he observed a car on the shoulder of the road with fresh damage to the headlight on the driver's side, police said. When stopped, Stafford said she was traveling south when a deer crossed in front of her car and she lost control of her vehicle. A strong odor of alcohol was detected, and Cross summoned an EMT because Stafford had a bloody nose and a minor abrasion on her left eye.

There were also two flat tires on the passenger side of the car, shredded and smoking. Paramedic Scott Bowman arrived and evaluated Stafford, then released her into police custody, police said. A check of the area did not show any deer.

Stafford failed field sobriety tests and was processed at police headquarters. She is due in court Tuesday, Jan. 17, at 4 pm.

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State purchase increases Five Rivers acreage

By STEPHANIE LUBIS

Good news for nature lovers: The state Department of Environmental Conservation just purchased 43 acres of land to add to the Five Rivers Environmental Education Center. The parcel is located in New Scotland, and will raise the acreage of the Five Rivers to about 440. The permanently preserved land will provide increased public access to natural resources, and will also expand the wildlife conservation area, birding areas and hiking opportunities.

The land, which belonged to the late Walter Miller, was acquired by Five Rivers as early as 1973, but the DEC recently agreed to buy it from the Open Space Institute for $113,000. That money comes from the state’s environmental protection fund.

The acquisition is a coup for Five Rivers and a healthy addition to the 903-acre Five Rivers Environmental Education Center. The state purchased the Five Rivers property in 1953, and has been working for more land acquisitions ever since, said Craig Thompson, executive director of Five Rivers.

"It's one of the premier conservation venues," he said.

"Five Rivers is an open space priority, and that is so important in the face of burgeoning development," said RoseAnne Fogarty, special assistant to the executive director. The acquisition is also a help to Gov. George Pataki’s vision to preserve 1 million acres of open space around the state.

"Five Rivers has made open space preservation a high priority," said Denise Sheehan, commissioner of DEC. "Five Rivers gets about 100,000 visitors per year, and this donation is greatly helping to manage that." Sheehan, a lifelong Capital District resident, said she is glad that Five Rivers will grow and continue to positively affect the lives of children as it did when she was a child.

Although Five Rivers is in New Scotland, it also is in part of Bethlehem. Representatives of both towns are glad to have the land.

New Scotland Supervisor Ed Clark called Five Rivers "a gem." Protection of open space is a high priority in New Scotland, he said.

For Bethlehem Supervisor Theresa Egan, Five Rivers matters personally. "I saw my first bear when I was 3 years old," she said.

Bethlehem’s comprehensive plan makes open space a priority, and Egan said the land acquisition goes a long way toward that.

"I know almost all residents of Bethlehem have taken advantage of the things here," she said.

"All my kids had their first hike here," said Joe Martens of the Open Space Institute, a nonprofit land conservation organization. "We’ve worked with the DEC day in and day out, and they have been very professional. Five Rivers is so important for wildlife and for people."

Friends of Five Rivers is a volunteer organization that helps with fiscal resources at the nature preserve.

"Five Rivers is an open space priority and that is so important in the face of burgeoning development," said RoseAnne Fogarty, president of the Friends of Five Rivers board of directors.

Five Rivers provides year-round educational programs for the public, and hosts many groups from area schools each year. It offers many fun opportunities to enjoy nature.

The property features 10 miles of nature trails for hiking, cross-country skiing and birding. Two of the trails offer universal access for persons of all abilities. Managed wetlands and grassland habitats will be part of the new parcel, Sheehan said, with trails and interpretive signs to help residents learn about nature.

Planning board slims application process

By STEPHANIE LUBIS

One of the goals of Bethlehem’s comprehensive plan is to streamline the development process by combining departments and trimming the few special application processes, which waste time and money. Special use permits, which were once handled by the zoning board, are now being handled by the planning board.

Special use permits are defined as permissible within a certain zone, but may create impacts that are incompatible with that zone. The planning board is empowered to review and approve, or to approve with modifications and/or conditions or to disapprove special use permits.

Mike Morelli, assistant director of planning, presented a special use permit guidelines to the planning board at its Jan. 3 meeting.

"I wanted to go through this again, because it’s now the planning board’s responsibility," said Morelli. "We’re streamlining the process. Many of the applicants that had to go through the zoning board had to come to the planning board anyway, and the process is more structured and giving the applications a more coordinated review."

Part of the process includes breaking down different applications so required is less confusing and cutting down on the number of copies required.

"Many people were confused by the one size fits all, " said Nanci Moquin, secretary of the planning board.

The town’s development committee meets once a month to discuss applications. Agendas will be sent to planning board members to get a jump on potential issues with an application, Morelli said. Efficient service is the development process. Also, an overall list of requirements will be made by planning board members to head off conflicts with applicants.

"We don’t want applicants to get too far ahead of things. It would save developers money if they knew ahead of time what is required," said Dan Odell, town supervisor.

"It would save developers money if they knew ahead of time what is required," said Odell.

Also, building applications that were submitted before the changes were made will be reviewed in order of completeness.

"It’s in their court to make sure they have everything they need," said Nanci Moquin, deputy town planner. "We used to have a lot of applications that were so big the application was so much stuff missing, but not anymore. If anything is missing, the application doesn’t move until the information is complete."

Review on pending applications is not arbitrary but is reviewed once all information is complete.
Why not add a partridge in a pear tree too?

By KATHERINE McCARTHY

For every sigh of regret that another Christmas has ended, there’s a sigh of relief for the return to the routine. In our household, the clanging of the old clock on Christmas Day and the fly-by of the snowman out the window do not bring the same sense of loss as the same day is Chris’ birthday.

We allow ourselves to be seduced by the glow of the lights after Christmas Day and invoke the 12 days of Christmas — which run from Dec. 25 until Epiphany on Jan. 6 — as our reason for keeping our tree up for such a very long time. We’re still looking for a reason to tear out the last two pages of our calendar and really love Christmas” for keeping it post-Little Christmas, another name for the day the three wise men brought their totally impractical gifts to an infant child born to a tradesman and his wife.

In modern America, maybe the scent of some frankincense would do wonders for our holiday cheer, but we live in a land where we’ve let go far too much of its origins. There may be 12 days of Christmas, but really, the two that count are Christmas Eve and Christmas Day: a chronicle of calm before the storm.

Indulge in a third cup of coffee to Tuesday, January 17, 1994 the Northeast was in the extreme cold. -20' at Rochester was a January freezer. "Merry Christmas," we all say, reaching up for a hug. "Merry Christmas," we’re thinking in a slightly darker shade of the same color. We allow ourselves to be seized by religious fervor right after Christmas.

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By Dawn Bright

Chapter 2, before we dive. 6:30 p.m. Laugh at Chris’ first joke. Laugh harder when Uncle Bud steals the punch line of the second. 7:45 p.m. Neatly fold in the pew listening to the church choir; the first time I’ve sat down for a prolonged period of time in church. We’re all feeling a bit of relief that 13-year-old Cormac will still lean his head against my shoulder, if only for a minute or two.

This year, I don’t pray not to cry during the candelit singing of “Silent Night.” This was the year with the prayer last year, and we had to hustle Grandma Kate out of the church when she nearly fainted. She was fine, thank goodness.

8 p.m. Rise in a sea of red sweaters as the organist plays the opening strains to “Joy to the World.” Open my mouth to sing; find only an ache in my throat and tears in my eyes.

8:45 p.m. Silently sob through “Silent Night.” Overwhelmed by the beauty of the candles, the darkness of the church, the reverent voices of the congregation singing, and the possibility that one baby could give us eternal life.

Surreptitiously wipe nose on red plaid, sniffing the woman who didn’t bring tissues and why I thought mascara was a good idea.

9:30 p.m. Home again; everyone boy extra tight. “I woke up at 6 but waited, Merry Christmas.”

"Merry Christmas, honey,” I say, reaching up for a hug.

10 a.m. Stretch out on couch; gaze at tree. Nod off, with visions of sugarplums dancing in my head.

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The Spotlight

by Mike Bono

Chief Meteorologist

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The Spotlight

by Mike Bono

Chief Meteorologist
Book teaches readers how to build a boat

By JOSEPHINE ORSINI

For those who are interested in seeing what it's like to experience woodworking first hand, the idea of building a boat may seem daunting.

But for Michael J. Olivette and John D. Michne, building a boat is not so farfetched, and the two authors have collaborated to share their experiences in a guidebook filled with history and steps on how to build an Adirondack guideboat.

Building an Adirondack Guideboat
Wood Strip Reproductions of the Virginia focuses on a boat that is similar in structure to a canoe, but is the fastest, fixed-seated traditional rowboat in the world.

"The Adirondack guideboat was used as the main mode of transportation in the middle school students about Saturday, Jan. 14, from 10 a.m. to 3 p.m.

Flying Wild: An Educator’s Guide to Celebrating Birds will provide activities that educators can use with their middle school students about birds, bird migration and what people can do to help birds. Participants will receive a free “Flying Wild” curriculum guide detailing a range of classroom activity ideas.

The Adirondack Loom (May/June) will also introduce their new curriculum, “Science on the Fly: Loom Migration: Linking People and the Environment.”

This program is free. Register by Jan. 12. In-service credit can be arranged through the Greater Capital Region Teacher Center.

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Five Rivers Center to host teacher workshop

Five Rivers Environmental Educational Center, 56 Game Farm Road, is holding a teacher workshop about birds and bird conservation on the late 1800s, early 1900s, with John." That's when I 'hooked up outdoors, he is a canoe guide. For his forum he announced his For interested in building a guideboat. been a large part of his life. Mostly, he has built furniture. Along with an avid interest canoeing, camping and the outdoors, he is a canoe guide. He has built one guideboat.

"It’s simply for enjoyment," said Michne. "I build more than I use."

For Olivette, a professor of sports medicine at Syracuse University and a Canaenio resident, woodworking has been a large part of his life. Mostly, he has built furniture. Along with an avid interest canoeing, camping and the outdoors, he is a canoe guide. He has built one guideboat.

"The book was mostly written before we met each other," said Michne. "I learned a lot writing this one. It was a lot of work," said Michne. "But it was fun doing it."

"I would probably write another book as an updated edition," said Olivette. "Maybe a version of different variations on that [guideboat] design."

This book contains 260 photographs and 16 drawings of a work in progress. The authors recommend that anyone attempting to build a guideboat have some woodworking skills.

"It is not a first-timer project," said Michne. "The operation requires some experience in woodworking." The book is also filled with enough background and information that even someone who would like to build in the future would enjoy reading it now.

"There are a lot of folks interested in guideboats," said Olivette. "There are people who have built canoes and wanted to build a guideboat but did not have what was needed and a good set of plans."

Building an Adirondack Guideboat includes information on materials, patterns, building, finishing and maintenance. It is published by Nicholas K. Burns Publishing and sells for $29.95.

"There doesn't seem to be any" he said. "I've built a lot of things, and this is one of them."

Many companies have donated materials, and Michne has worked with John." That's when I 'hooked up outdoors, he is a canoe guide. For his forum he announced his For interested in building a guideboat. been a large part of his life. Mostly, he has built furniture. Along with an avid interest canoeing, camping and the outdoors, he is a canoe guide. He has built one guideboat.

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For both men, Building an Adirondack Guideboat was their first book.

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Building an Adirondack Guideboat includes information on materials, patterns, building, finishing and maintenance. It is published by Nicholas K. Burns Publishing and sells for $29.95.


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What do you see? Do you see your favorite chair… a great book… a delightfully warm afternoon sun with the sound of stacks playing in the distance… do you see YOU in this picture?

In your “mind’s eye” do you see the perfect setting to just relax and enjoy… an ideal retirement scene?

Can you picture the perfect retirement? What is it like to you? Do you see yourself in a single retirement bedroom or a retirement apartment?

Or, in your imagination, is the chair empty; because you made a mistake when handling an IRA rollover – got unlucky in the stock market, or still pay your mortgage and then penalties – how can you afford to retire?

Is your retirement vision missing you because a company won’t pick up the tab for you by being here? Sadly, a mistake in your retirement plan, (or a mistake in your investment strategy) can put an end to your retirement of leisure and keep you from ever leaving the work force. Thousands of retirees have experienced the end of their “Golden Retirement” before it ever began…

Do you find yourself looking at five minutes to insure that you don’t make a mistake that could keep you from your perfect retirement?

Pick up the phone right now and get yourself a booklet worthy of your time... it can change your life!

Call 786-3300 (24 hours a day) for your free copy of “Keep the IRS out of Your IRA”

Securities offered through Albany Financial Group and Linco/Private Ledger. Member NASD/SIPC

Five Rivers Environmental Educational Center, 56 Game Farm Road, is holding a teacher workshop about birds and bird conservation on Saturday, Jan. 14, from 10 a.m. to 3 p.m.

Flying Wild: An Educator’s Guide to Celebrating Birds will provide activities that educators can use with their middle school students about birds, bird migration and what people can do to help birds. Participants will receive a free “Flying Wild” curriculum guide detailing a range of classroom activity ideas.

The Adirondack Loom (May/June) will also introduce their new curriculum, “Science on the Fly: Loom Migration: Linking People and the Environment.”

This program is free. Register by Jan. 12. In-service credit can be arranged through the Greater Capital Region Teacher Center.

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Keep dream alive

By KEVIN M. BRONNER, Ph.D.

The writer is a member of the town board of Colonie and is a professor/lecturer at the University at Albany.

It is apparent in 2005 that there are significant problems in the area of energy policy in New York and throughout the United States.

The cost of oil, gasoline and home heating oil has increased dramatically. Natural gas prices are at all-time highs. We are still dependent on foreign oil supplies, and there is a problem with the concentration of too many energy supplies and refineries along the Gulf Coast.

While there is some talk of conservation efforts and alternative fuels, it is questionable whether we have a comprehensive energy policy.

I worked as an energy policy analyst for the New York State Energy Office in 1979 and 1980. New York published its first energy master plan in March 1980. The 1980 energy master plan was the first document that made an assessment of the complete energy picture.

We analyzed issues for conservation, renewable resources, nuclear power, electricity, petroleum, and coal. Other issues were analyzed, such as our consumption of foreign oil, the problems with developing nuclear power plants; state and national energy issues; and problems with financing new energy supplies.

New York developed a series of 10 broad policy goals in 1980. If we review those goals today, we will find that many of the problems we tried to solve 25 years ago are still problematic.

The first goal was that the New York energy policy should be one that we must reduce the consumption of petroleum products since the source of supply is uncertain. In 2005, we can see that the use of petroleum products is still a major issue. We are dependent on the environs of oil markets, and the refining capacity cannot keep up with demand. In essence we have not solved this problem since it was recognized in 1980.

The second broad goal was that conservation and renewable resources must make a greater contribution to energy supply and that the federal and state governments support to do so, at least in the near term. While there is some recognition that conservation and renewable resources are important, it is hard to see how the federal and state governments have made a substantial contribution to fuel the current debate.

The third recommendation in the New York state energy master plan was that the use of natural gas supplies should be increased to lessen the dependence on foreign oil. Since 1980, natural gas usage has increased dramatically in the transportation sector and as an alternative fuel for energy conservation and renewables.

The third recommendation in the New York state energy master plan from 1980 was that the use of natural gas supplies should be increased to lessen the dependence on foreign oil. Since 1980, natural gas usage has increased dramatically in the transportation sector and as an alternative fuel for energy conservation and renewables.

While there are still national energy bills in Congress to give some support to these technologies, one must question what happened over the past 25 years to support the development of a large-scale use of petroleum products for energy conservation and renewables.

The New York state energy plan was the concept of providing choices for consumers among energy supplies. While 'there have been changes in New York and many other states have developed competitive electricity markets, New York and many other states have developed competitive electricity markets. New York and many other states have developed competitive electricity markets. New York and many other states have developed competitive electricity markets. New York and many other states have developed competitive electricity markets. New York and many other states have developed competitive electricity markets.

New York's energy plan also offered the idea that programs must be innovative and that the amount of petroleum used in the transportation sector. Some programs were made in this area with increasing fuel prices. In 2005, there was still a massive increase in the price of petroleum and this is one of the biggest energy problems facing us today.

The New York state energy plan included four other recommendations that were relatively minor in nature. It is clear that in 2005 the United States and New York are facing a vast array of energy problems. In the past there was some progress in implementing energy policy such as was done in 1980. While there have been some progress in implementing energy policy such as was done in 1980. While there have been some progress in implementing energy policy such as was done in 1980. While there have been some progress in implementing energy policy such as was done in 1980. While there have been some progress in implementing energy policy such as was done in 1980.

While there have been some improvements in the environmental equipment installed on some coal electric power plants, there are numerous issues in 2005 concerning pollution from coal facilities. We can hardly say that looking back 25 years we have solved the problems with coal technology have been solved. New York's energy master plan included another recommendation calling for regional coordination by interconnecting electric grids. Some progress was made in this area, particularly with the use of independent system operators. There is still a large issue to be solved here, as evidenced by the 2000 blackout in the Northeast where there were serious issues about the coordination of the power grid.

The New York state energy plan included a recommendation that "new nuclear power plants should not be required to buy into the state's electricity supply plan at this time." New York completed a landmark energy study including the Nine Mile Point Unit 2 facility in upstate New York. The Shoreham nuclear plant project was completed in the 1980s but never entered operation except for some limited converter tests. Issues with its evacuation plan, the plant was eventually dismantled. The New York state environmental plan should be reviewed across the nation at this time since there exists a number of opportunities to construct new nuclear plants to help alleviate some of our energy problems.

One recommendation included in the 1980 New York state energy plan was the concept of...
BC, RCS schools should OK speaker

What your children need to be taught right now are values and morals, and what better place to be taught those important characteristics than at school?

Do something for the youth of Bethlehem and stop pretending that this is the first time that something "illegal" or "bad" has happened in our school. And urge our principal’s school administrators to allow Reggie Dabs to speak; it might just be what we need.

C.L. Davis

BCS student

Editor, The Spotlight:

We would like to thank Thrivent Financial for Lutherans, a Lutheran-based financial company, through its Care Accounts in Communities Program for their generous donation to the Bethlehem Food Pantry of $804, which was used to purchase specific items for the food pantry in December.

The food pantry is located at 445 Delaware Ave., Delmar at town hall. It is run through Bethlehem Senior Projects with help from Bethlehem Senior Services Outreach workers and is kept stocked with canned goods and non-perishable items through the generosity of individuals and groups within the community. Senior Services volunteers keep the shelves in order.

More than 20 programs and services are made possible through Bethlehem Senior Services and Bethlehem Senior Projects, including the funding and operation of the food pantry, Bethlehem Senior Transportation Service and the Community Loan Closet, all of which benefit elderly and or low-income residents.

It is through the continued help of the community that we are able to help those in need.

Karen Pelletier

Bethlehem Senior Services

When you have something to applaud our principal and superintendent on, it can start with the accepting of guest speaker Reggie Dabs. Mr. Dabs has been described as "...one of the most in-demand speakers who help teenagers meet their problems head-on and overcome them." Local churches, in search of helping Capital Region youth, have pooled a large sum of money to get Reggie to hold assemblies at BCHS, BCMS and RCS, and speak about issues that teens face and ways to appropriately handle them. Reggie appeals to teens in a way that most adults cannot and could appropriately handle them. Reggie appeals to teens in a way that most adults cannot and could be very beneficial to our student population.

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Matters of Opinion

Should we resurrect Feestelijk event?

Editor, The Spotlight:

Remember how nice it was to walk down Delaware Avenue on a warm spring night and stop at a bar, a church, or a parking lot and hear a band, a poet, or a storyteller; gaze down, magician, or artwork; or even dance outside? The whole family could be there. Children could stand a few feet away from real live entertainers, rather than see them on TV or the Web, inspiring careers or hobbies. Bethlehem used to have a night like that. It was called "Feestelijk," the Dutch word for "festival." It was a celebration of spring, Bethlehem artists, and community pride.

Feestelijk started as an afterglow from Bethlehem's 200th Anniversary celebration in 1993. It was held from 1997 through 2004. Feestelijk was initiated by a group of volunteers who were involved in the Towa Centennial. As the lives of the volunteers changed, people moved away, or maybe as they tired from volunteering year after year, the group shrank, and new members didn't come forward. Finally, in 2004, like a clock whose spring had run down, Feestelijk didn't happen. People asked "Why didn't they have it?" Unfortunately, "they" is "us." Why didn't we have it?

Is this a sign of the times: cost cutting, working longer hours, staying at home and starting at our various screens, don't bother with local live entertainment since world-class entertainment is just a click away? In towns pride a thing of the past? I hope not. I would like to see Feestelijk come back.

Tell me what you think by e-mailing feesthlet2006@aol.com or send a letter to PO Box 1, Delmar2004. Should we have Feestelijk again? If you're willing to spend one of your 168 hours each week from now until early May please tell me that too. If enough helpers sign up, maybe we can wind that clock again and have some fun this spring!

Paul Syple
Glenmont

Prom ‘traditions’ upset some parents

Editor, The Spotlight:

A “tradition” is becoming established at Bethlehem Central High School that is disturbing to me and some other parents.

This “tradition” happens on senior prom night, costs hundreds of dollars, and endangers the health and safety of high school students. This “tradition” has two parts that are objectionable to me.

The first involves the custom of students renting limousines to ferry them back and forth to the dance, at a cost of $500 to $1,000. I am wondering why we parents can’t rent a bus that would pick up students at the high school and take them to the prom, then bring them back to the high school afterward.

The second involves renting motels at Lake George and traveling up the Northway after the prom to spend the night. Do we really want our seniors to drive up the Northway after midnight? Couldn’t we adults sponsor a party for them after the prom in some large public space so that those seniors who wish to continue the festivities into the night could do so safely?

Terry Rooney
Delmar

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Awards our newest physician

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Schools to close for Martin Luther King holiday

Schools in the Voorheesville School District will be closed Monday, Jan. 16, in honor of Martin Luther King.

Local office to offer free health lectures

Dr. Ron Braun, a prominent doctor in integrative medicine, and his complimentary practitioner staff including naturopathic doctors, acupuncturists, massage and therapeutic touch practitioners are offering free health lectures every third Thursday of each month: All events will be held at Voorheesville Public Library. For information, call 689-2244 or visit www.clhh.net.

The Jan. 19 lecture topic is natural approaches to cholesterol reduction. Learn how to reduce your cardiac risk factors, reduce cholesterol and improve your health with less dependence on medication through diet, herbal therapies and exercise.

Art association to host meeting

The Bethlehem Art Association will meet Thursday, Jan. 19, at 7 p.m. in Bethlehem Public Library Community Room, 451 Delaware Ave., Delmar. There will be a presentation by children’s book author/illustrator Sylvia Wickstrom. New members are always welcome, as are guests to our monthly meeting.

Teacher workshop

Five Rivers Educational Center is holding a teacher workshop about birds and bird conservation Saturday, Jan. 14, from 10 a.m. to 1 p.m. Pre-registration is required for information or to register, call 872-1237. For information about New York State Parks, visit nys.com.

Learn to swim classes

This winter Voorheesville Central School District is offering learn to swim classes Saturdays, from Jan. 21 to March 25. Registration will be held Tuesday and Wednesday, Jan. 17 and 18, from 7 to 8 p.m. in the pool foyer.

For information, call Barb Messina at 765-3513, ext. 712, or 765-4846.

Board to meet

The New Scotland town board’s next regular meeting is set for today, Jan. 11, at 7 p.m., in the town hall on Route 85, Slingerlands.
Bethlehem Central School District residents may register for winter story times next week according to the following schedule:

- Stories for 2s: call Tuesday, Jan. 17, 9 a.m. to 5 p.m.
- Stories for 3s: call Wednesday, Jan. 18, 9 a.m. to 5 p.m.
- Stories for 4s-6s and family sessions: call Thursday, Jan. 19, 9 a.m. to 5 p.m.

Call 439-9314, ext. 3021; this line will be dedicated to storytime registration on the days listed above. Registration is by phone only; no voice mail or e-mail registrations will be accepted.

Nonresidents may register for any level by phone or in person Friday, Jan. 20 and thereafter, during library hours; call 439-9314 and press 4 for Children's Place. Residents may also register this way.

Storytimes will run Monday, Jan. 23 through Thursday, April 6, when Bethlehem schools are open or have a delayed opening. Storytimes are cancelled when school is closed.

Winter storytime sessions are:
- Stories for 2s: Tuesdays, 9:30 a.m. or 11:30 a.m.
- Wednesdays, 9:30 a.m. or 11:30 a.m.
- Thursdays, 10:15 a.m.
- Stories for 3s: Mondays, 10:15 a.m.; Tuesdays, 1:30 p.m.
- Wednesdays, 10:15 a.m.
- Stories for 4s-6s: Tuesdays, 10:15 a.m.; Thursdays, 1:30 p.m.
- Family sessions: Tuesdays, 7 p.m.; Wednesdays, 1:30 p.m.

New children's book award
The New York Library Association's Three Apples Award will give children a voice in honoring their favorite books. In March, students in grades three to six will have the opportunity in their schools and public libraries to nominate their favorite books. The top 15 choices will be announced in April. Between April and October, children will be encouraged to read the top 15 books in school and library programs statewide. Voting for the best book will take place in January 2007, and the winner will be announced at special school and library celebrations.

More information, guidelines on our library website; www.bethlehe publiclibrary.org.

Book ends
Holiday hours
Bethlehem Public Library will be open from 9 a.m. to 5 p.m. Monday, Jan. 16, for the Martin Luther King holiday. Patrons may access the catalog and other library services online at www.bethlehempubliclibrary.org.

Downloadable audio books
Discover the library's downloadable audio books and e-books at three information sessions. Library staff will demonstrate how to set up a free account and download audiobooks and e-books to a home personal computer. The three sessions are Thursday, Jan. 25, at 9:30 a.m. and Wednesday, Feb. 1, at 2:30 p.m., and Wednesday, Feb. 22, at 7 p.m. Call 439-9314 for information.

Louise Grisce
• All library programming is free and open to the public.

The Bethlehem Public Library is located at 451 Delaware Ave., Delmar. For information, call 439-9314.

Nominate BCHS grads for Hall of Fame
Nominations for Bethlehem Central High School's Alumni Hall of Fame are being accepted through Jan. 31.

BCHS Alumni Hall of Fame, in its second year, honors graduates of the school who have brought special recognition to themselves and demonstrated through their educational accomplishments and/or career achievements.

To be nominated, an individual must be a BCHS graduate and at least five years out of high school. Nomination forms are available at http://bchs.k12.ny.us/news/051201halloffame.htm or pick one up at any BC school office, the district office or at the Bethlehem Public Library.

A committee will screen all nominations this spring before selecting one or more inductees by March. Inductees chosen in 2006 will be recognized during the BCHS graduation ceremonies, and their names will be inscribed on a plaque to be displayed at the high school.

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FREE FACIAL REJUVENATION SEMINAR: Tuesday, January 17, 7:30 p.m. • Register online at 438-0505 or call 438-0505.

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Fair for young on tap

Bring your child to meet Mother Goose at the 3rd annual Fun Fair for the Very Young Tuesday, Jan. 17, at 3 p.m. at the RCS Middle School.

The event is free and takes place during the first kindergarten registration fall for 2006.

There will be crafts and activities for toddlers and preschoolers. Speech, occupational, and physical therapists from the school district will answer your questions about their services. Head Start, Lollipops Nursery School, Creative Play Preschool, and Circle of Friends will provide information on their programs and registration procedures.

For kindergarten registration information, call 756-5000. For information about the Fun Fair, call 756-2053. The snow date is Jan. 18.

Download Digital Books

You can download digital audio books and eBooks as library loans to your computer or many portable players, or burn them to CDs. One welcome feature of audio downloads is that they never are overdue. Access simply expires at the end of the loan period. Directions, previews, and links are at http://digitalcollection.ufils.org.

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GET NEWS?
Call Spotlight at 429-4949.

Bible school sign up under way

Registration for the 27th annual February Sunshine Vacation Bible School at Bethlehem Lutheran Church, 85 Elm St., is under way and continues through Feb 10.

The Christian Camp is from 1 to 3:30 p.m. Tuesday, Feb. 21 through Thursday, Feb. 23, and costs $15 per student.

Classes are for students from kindergarten to fifth grade. Plus a 4th grade preschool class.

This year’s Bible stories, crafts, exercise and music will all focus on Jesus, the carpenter.

Students will be invited to donate to the kids’ constructor to help repair the Capital City Rescue Mission in Albany.

For information, call the church at 439-4328 or visit www.bethlehem.org.

Executive Director Position

Small non-profit seeks leader to help it fully realize its potential as a major source of service to non-profit and government agencies in this area. ESCOT, the Executive Service Corps of the Tri-Cities, provides low-cost management consulting service through its corps of volunteers. It is looking for a hands-on manager for its activities including development of new clients, fund raising, public relations and recruitment and supervision of volunteers.

The position will average 15 hours a week. Compensation is negotiable in the Capital City Rescue Mission in Albany.

REQUIREMENTS: Managerial experience in the non-profit sector and broad knowledge of that sector; experience with fund raising and volunteer recruitment and management; computer competency; strong interpersonal and communication skills.

For further information see www.escot-inc.org.

To apply: Cover letter, resume and three references to ESCOT, 517 Western Avenue, Albany, NY 12203 or peter@escot-inc.org.

EDWARD JONES RANKED NO. 1 IN SMARTMONEY

SmartMoney magazine has named Edward Jones the No. 1 full-service broker in its annual brokerage survey. Edward Jones placed ahead of seven other firms and received the highest rankings in all four categories surveyed by the magazine: stock picking, customer satisfaction, trust and customer statements. The ranking was reported in the magazine’s August 2005 issue.

Thanks to you, our clients and friends, for helping us achieve this accomplishment.

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The high cost of gas may be setting up the American home as a cash flow hazard. While the cost of heating fuel has increased, the fuel savings from your energy efficient home may be well worth the investment. For a free Home Energy Analysis, call 518-439-4949.

GOD GARAGES?

The God garages of the past are giving way to the more modern God garage. Whether there’s room enough amid the clutter to park a vehicle there, a garage can add to the value of a home. According to the University of Florida State University study, that is more value than a fire safe (9.9%), extra bathroom (8.7%), or an extra bedroom (7.8%). And, there seems to be no end to the seemingly insatiable desire for garage space.

According to the National Association of Home Builders, over one percent of all new homes now offer garages that can accommodate two cars or more. Almost a third of these homes bringing into today’s two-car-garage.

Whether you currently use your garage for storage or to park your car, a garage is an important asset to any home. Understand what buyers want in a car in your area, and can help you decide where you place your best value and best value for the price of your property. It helps you find QUA. QUA buyers and will provide you with a worry-free estimate, if you request one.

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Your landlord's insurance covers the building, not your stuff inside. Be smart. For the cost of a 15% a month, you can get Renters Insurance and protect the things that make up your place, your home. And if you move your car too, you may qualify for a discount.

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Small non-profit seeks leader to help it fully realize its potential as a major source of service to non-profit and government agencies in this area. ESCOT, the Executive Service Corps of the Tri-Cities, provides low-cost management consulting service through its corps of volunteers. It is looking for a hands-on manager for its activities including development of new clients, fund raising, public relations and recruitment and supervision of volunteers. The position will average 15 hours a week. Compensation is negotiable in the Capital City Rescue Mission in Albany.

REQUIREMENTS: Managerial experience in the non-profit sector and broad knowledge of that sector; experience with fund raising and volunteer recruitment and management; computer competency; strong interpersonal and communication skills. For further information see www.escot-inc.org.

To apply: Cover letter, resume and three references to ESCOT, 517 Western Avenue, Albany, NY 12203 or peter@escot-inc.org.
Lions and tigers and bears, oh my!
The library has tigers in the display case this month (and a few bears, too, — look in the office window).
Rory Alit has loaned the library his wonderful collection of stuffed tigers, from huge to small, to put in the display case. Alit also has included some of his original artwork.

**Book ends**

Art party

Go wild with paint and markers with Christie Stafford. Jan. 23, at 6:30 p.m. Kids of all ages are welcome to bring their own T-shirt or tote bag to this fun decorating project offered by the Library Friends.

Loads of paint, markers and fabric decorations will be available. Participants can also bring their own sparklers or beads. Younger children should be accompanied by a parent.

Library book bags will be available for purchase. No signup is necessary.

**Children's book discussion**

Hey, second and third graders. Freddy has a really big problem: he is the only one in his class who hasn't lost a tooth.

All of the other students in Mrs. Washy's first grade class have signed their names on the "Big Tooth" poster that celebrates children who have lost a tooth. Freddy is determined to get his name on it, too, even though his pesky tooth won't fall out on its own. Find out how Freddy gets rid of his tooth in a book titled, *Ready Freddy: Tooth Trouble* by Abby Klein.

Parents are welcome to participate or socialize with coffee and desserts while the kids discuss the book and enjoy book-related activities Friday, Feb. 3, at 7 p.m. Sign up at the reference desk and pick up a copy of the book to talk about with your friends. (Library will be closed except for program.)

**Storytime news**

If you have a child 2 years or younger, mark your calendars for Feb. 7, for a storytime and performance for a variety of children by Abby Klein. About "Big Tooth," the book will be available for purchase. No signup is necessary.

**Book club forming**

Middle school girls who would like to join a group of girls who enjoy reading and talking about books and food, call Joyce Lalons at 765-2791.

**Wipe out hunger, fines**

The Food for Fines program is running for the month of January. It's time to bring in overdue books, tapes and videos with a non-perishable food item to reduce library fines. Each item can replace $1 of fine — up to a maximum of $3. Donations will benefit the New Scotland Food Pantry.

**Group sessions**

Thursday Night Poets meet Jan. 12 and Lifelines Prose Writers meet Jan. 19. No signup is necessary for either group. Both begin at 7 p.m. Poets are reminded to bring and e-mail copies of their anthology submissions.

**Adult book discussion**

The Distance Between Us by Masha Hamilton will be discussed Wednesday, Feb. 1, at 7 p.m. Sign up at the reference desk and receive a copy of the book.

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**New Year, new you.**

www.spotlightnews.com
Greyhounds up for adoption after breeder loses license

BY STEPHEN PAUSE
pauses@spotlightnewson.com

It took one greyhound to save another, as an old converted Greyhound bus was used in November to transport dozens of retired greyhounds from a racetrack near Miami, Fla., with the help of Forever Home Greyhound Adoptions.

The group, which took possession of the dogs on Nov. 20, held a meet-and-greet at Pet Supplies Plus on Western Avenue Sunday to allow people to see the saved animals. The group will hold a similar session this Saturday in the hopes of finding homes for 24 rescued greyhounds.

The pack of dogs was rescued after a series of unfortunate events almost led to their demise.

Most came from a single breeder who lost his license to board the dogs at the racetrack, and with no place to race them and no one willing to purchase them, some of the 60 dogs were scheduled for destruction. Their situation became worse when Hurricane Wilma hit Florida. The storm knocked out the power to the track, and the dogs were left for more than a month in 80-degree weather, many of them crated in pairs.

Of the 60 that were owned by the one breeder, 42 were saved, and about half found homes with other groups around the country. The remaining 24 ended up with Forever Home.

Now that the dogs are saved, they need homes. Many are boarded at various kennels throughout the area, including 10 in Westmere Kennels.

Paula LaPorte, the founder and president of Forever Home, said that the organization is always searching for families not only to adopt the dogs, but to act as foster homes to care for them a little at a time.

"Foster homes allow the dog to get out of the kennel and become familiar with home life and even become housebroken," LaPorte said. "They offer homes often adopt the dogs, which is a blessing and a curse. While it means the dogs have a permanent family, after adopting one or two, the families no longer have room to foster any more.

The group is also responsible for the initial veterinary costs associated with treating the dogs, including worming, teeth cleaning, spaying or neutering, and injections, which can cost up to $400 per animal.

The process of adopting one of the greyhounds is thorough, to ensure they are well cared for.

"There is a four-page application for prospective families to fill out and a $50 fee that is refunded if application is denied, or applied to adoption fee of $250. In addition, the group makes home visits to make sure the dog is comfortable with its surroundings.

Although not a necessity, a fenced backyard is big advantage. "These dogs are bred to chase things," LaPorte said. "They can see for half a mile, they're sight hounds, and are very curious by nature."

Forever Home, which LaPorte founded in October 2004, has found homes for more than 60 greyhounds, far surpassing its target.

"We thought we'd be doing well if we placed 35, which was our original goal," said LaPorte.

The Forever Home Greyhound Adoptions meet-and-greet will be held on Saturday, Jan. 14, from 11 a.m. to 3 p.m. at Pet Supplies Plus, 1235 Western Ave. in Albany.

For more information, call 518-6143 or visit the group's Web site, www.foreverhomegreyhounds.com.

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Gregory's first vintage car was a 1930 Model A Ford he bought in 1972, which he converted into a street rod. The car won a trophy at this year's Plum Fest in Clarksville. His second was a 1948 Chevrolet he purchased in 1977, and the third was a 1968 Camaro purchased in 1979. The 1948 Chevrolet was his favorite. “I restored these cars a little at a time, because I didn’t have the money to fix them all up right away,” he said. “I did it for fun, and it hurts even more to lose them because it took so long to fix them up.”

The cars were not insured, and homeowner’s insurance will not cover the damage to the cars because they were not part of the home. Right now Gregory doesn’t know if he will purchase any more cars to restore. “I lost all the money I put into them, so I don’t know if I will do it again. It was just awful, there were a lot of old memories in that garage, but I praise the lord that my family was unhurt,” he said.

The fire is still under investigation by the New Salem Fire Department. Craig Shufelt, captain of the New Salem Fire Department, said they received mutual aid in putting out the fire from the Voorheesville, Onesquethaw and Slingerlands fire departments. They have not yet received a full report of the fire.

The Lurie’s have had Ollie, 5, and Junior, 2, since each was about 10 weeks old, and considered them part of the family. The loss has been devastating, but the Lurie’s have already begun the healing process. The couple just bought an 11-week-old pug from a breeder in Groton who they named Hogan. The couple loves pugs and also loves to breed them, but they have not yet decided if they will breed Hogan or get another dog.

“We’re taking each day as it comes,” said Lurie. “We didn’t get Hogan because we think we can replace Ollie and Junior, but because we want to love, not hate.”

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The Spotlight welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for length and clarity. All letters must include the writer’s name and phone number.

Write to Letters to the Editor, The Spotlight, PO Box 10, Delmar, New York 12054. Letters must be legible; typewritten letters preferred.
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Real Estate Spotlight
January 11, 2006 — PAGE 15

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Real Estate in the Spotlight

$299,000 Delmar
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$204,000 Glenmont
Completely renovated end unit town home with new baths, kitchen, hardwoods, windows, siding, 2 bedrooms, 2 baths, 2 car garage.

$140,000 Selkirk
Full attic waiting for master suite.

$269,810 Delmar
Victorian ranch with hardwood floors, family room, sun room and gas heat. Elegant home in excellent condition.

$206,000 Delmar
Completely renovated end unit town home with new baths, kitchen, hardwoods, windows, siding, 2 bedrooms, 2 baths, 2 car garage.

$140,000 Selkirk
Full attic waiting for master suite.

$424,900 Delmar
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$140,000 Selkirk
Full attic waiting for master suite.

$269,810 Delmar
Victorian ranch with hardwood floors, family room, sun room and gas heat. Elegant home in excellent condition.

$206,000 Delmar
Completely renovated end unit town home with new baths, kitchen, hardwoods, windows, siding, 2 bedrooms, 2 baths, 2 car garage.

$140,000 Selkirk
Full attic waiting for master suite.

$424,900 Delmar
4 bedroom. 3 1/2 bath colonial in Westchester Woods with new roof, furnace, central air, granite kitchen, private yard. Hamagrael school.

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$424,000 Delmar
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$204,000 Glenmont
Completely renovated end unit town home with new baths, kitchen, hardwoods, windows, siding, 2 bedrooms, 2 baths, 2 car garage.

$140,000 Selkirk
Full attic waiting for master suite.

$269,810 Delmar
Victorian ranch with hardwood floors, family room, sun room and gas heat. Elegant home in excellent condition.

$206,000 Delmar
Completely renovated end unit town home with new baths, kitchen, hardwoods, windows, siding, 2 bedrooms, 2 baths, 2 car garage.

$140,000 Selkirk
Full attic waiting for master suite.
Margaret Blaney
Margaret Ellis Blaney, 95, of Beverwyck Retirement Community, died December 27. Mrs. Blaney, a former teacher at Bethlehem Central School District and taught until her marriage in 1938. During 65 years as a member of Emmanuel Baptist Church of Albany, she participated in many aspects of congregational life including teaching Sunday school, singing in the church choir and serving as a trustee and moderator of the church.

Other volunteer activities included the presidency of the PTA at School 16 in Albany and leading a Cub Scout pack. She organized the Call for Action problem referral service at station WROW and directed that program for ten years. In 1998, the Capitol Region Senior Housing Project recognized her service by presenting her with a Senior Lifetime Achievement Award.

Survivors include three sons, Eugene H. Blaney II of Forestburgh, David E. Blaney of Delmar and Richard J. Blaney of Alexandria, Va.; a sister, Sarah E. Ward of Slingerlands; and 10 grandchildren.

A memorial service is scheduled for 1 p.m. Saturday, January 14 at Emmanuel Baptist Church, 275 State St., Albany. Contributions may be made to Emmanuel Baptist Church or to Equinox, 95 Central Ave., 12207.

Carol A. Neri
Carol A. Keim Neri, 72, died Thursday, Dec. 29, at Albany Medical Center. Carol was born and lived all her life in Selkirk. She was a waitress, employed by many area restaurants including Alteri's. She spent her entire life caring for others.

Carol was the widow of Albert Neri. Survivors include three sons, Louis Neri of Voorheesville, Thomas Neri of Selkirk and Lawrence Neri of Schenectady; a daughter, Tina Grisanti of Delmar, a sister, Dorothy Tisdell of Texas; and seven grandchildren.

Calling hours were at the Babcock Funeral Home, Ravena and funeral services were held at First Reformed Church of Bethlehem in Selkirk. Burial will take place in the spring. Contributions may be made to the Bethlehem Volunteer Ambulance Service, P.O. Box 246, Selkirk, 12158.

John Y. Short
John Y. Short, M.D., 80, died Wednesday, Dec. 28.

Dr. Short was born in Philadelphia. He graduated from Dwyer High School in Philadelphia in 1943 and served in the Navy aboard the USS Saratoga from 1943-1946. Dr. Short graduated with a B.S. from Ursinus College in Pa. in 1950 and an M.D. from Temple University School of Medicine in 1954.

He and his wife, Janice Larabee of Shareham, Vt., moved to Chester, Vt., where he established a private practice with the Ellsworth Medical Group in Chester. During this time, he served as chief of medicine and president of the medical staff for Springfield Hospital.

Dr. Short and his family moved to Delmar in 1968, where he worked as assistant director, division of clinical research for Sterling-Winthrop Research Institute in Rensselaer through 1975. In 1975, he resumed private practice in internal medicine in Albany which he continued full-time through 1996. He was a highly respected member of the medical community and St. Peter's staff and loved by his patients and colleagues for his medical skills, diagnostic abilities, patient and caring heart as well as his extremely dry sense of humor.

Dr. Short was a devoted husband and father. He maintained a lifelong interest in philately, railroading, the Philadelphia Phillies as well as the Boston Red Sox, classical music, history and literature. He also

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enjoyed time in his adopted state of Vermont.

Survivors include his wife of 74 years, Janice Larabee Short of Delmar; three sons, Jeffrey Short of Drexel Hill, Pa., Timothy L. Short of Waybridge, Vt., and David G. Short of Athelborough, Mass.; and a daughter, Dr. Cynthia L. Short of Burlington, Vt.

Funeral services were from Community United Methodist Church, Slingerlands. Calling hours were at Daniel Keenan Funeral Home. Spring burial will be in Lakeview Cemetery, Shoreham, Vt. Contributions may be made to St. Peter's Hospital Foundation, 319 So. Manning Blvd., or visit www.ewhiskers.com.

Frank X. Koenig
Frank X. Koenig, 81, died Jan. 3, at Our Lady of Mercy Life Center where he had received compassionate and excellent care. Survivors include his wife, son, and grandsons.

Frank was born in Bavaria, Germany and came to the U.S. in early 1950. He worked until his retirement for Process Engineering Co. in Plaistow, N.H. Memorial services will be held at the convenience of the family and his body was donated to Albany Medical College Anatomical Gift Program.

Jacquelyn Stricos

Mrs. Stricos was a Troy native. She worked in the gift shop at Albany Medical Center Hospital for 35 years. She was a member of the East Side Seniors in Troy. She was the widow of Arnold Riede and Charles Stricos.

Survivors include a son, Donald B. Riede of North Port, Fla.; a daughter, and Donna M. Riede of Glennmont; two stepsons, Robert Stricos and Jack Stricos; a sister Evelyn Martin; six grandchildren; and four great-grandchildren.

Services were from the Church of St. Thomas the Apostle in Delmar. Arrangements were by Durant Funeral Home in Glenmont. Spring interment will be in Sand Lake Union Cemetery.

Donald Wilsey
Donald M. Wilsey Sr. of Selkirk died Monday, Jan. 2, at Albany Medical Center Hospital.

He was a lifelong resident of Selkirk.

Mr. Wilsey was a professional engineer and had worked for General Electric, the state Department of Labor, Schenectady Housing Authority and established Wilsey Engineering Co. in Selkirk. He was a member and past president of the Professional Engineers, member and past president of the Instrument Society of America and a member of the American Society of Heating, Refrigeration and Air Conditioning Engineers.

Survivors include his wife, Mary Betty McDonald Wilsey; two daughters, Carol Rose of Voorheesville and Wendy Mentor of Coeymans Hollow; two sons, Donald Wilsey Jr. of Mississippi and A. Curtis Wilsey of Ravena; 11 grandchildren; and 11 great-grandchildren.

Donald Wilsey Sr., of Selkirk, died Monday, Jan. 2, at Albany Medical Center Hospital.

He was a lifelong resident of Selkirk.

Mr. Wilsey was a professional engineer and had worked for General Electric, the state Department of Labor, Schenectady Housing Authority and established Wilsey Engineering Co. in Selkirk. He was a member and past president of the Professional Engineers, member and past president of the Instrument Society of America and a member of the American Society of Heating, Refrigeration and Air Conditioning Engineers.

Survivors include his wife, Mary Betty McDonald Wilsey; two daughters, Carol Rose of Voorheesville and Wendy Mentor of Coeymans Hollow; two sons, Donald Wilsey Jr. of Mississippi and A. Curtis Wilsey of Ravena; 11 grandchildren; and 11 great-grandchildren.

Services were private at the convenience of the family. Contributions may be made to the Bethlehem Volunteer Ambulance, P.O. Box 246, Selkirk 12158.

Pauline Wenzl
Pauline Wenzl, 95, a resident for many years of Delmar, died Saturday, Dec. 31, at Child’s Nursing Home in Albany.

Born in Brooklyn, she was a graduate of what is now SUNY Albany and received a master’s degree from Teachers College at Columbia University. She taught in Middleburgh and Baldwin and also substituted for many years in the Bethlehem Central School District.

She was a member of First United Methodist Church in Delmar and had been active for many years in the League of Women Voters and the Delmar Progress Club.

She was the widow of Theodore C. Wenzl. Survivors include two sons, Thurman B. Wenzl of Cincinnati, Ohio, and Warren T. Wenzl of Charlotte, N.C.; a daughter, Paula A. Gaimari of Silver Spring, Md.; two grandsons; and three great-grandchildren.

Services were from Meyers Funeral Home in Delmar.

Contributions may be made to the National Multiple Sclerosis Society at 1650 S. Ave., Suite 100, Rochester 14602-3061.
Milestones in the Spotlight

Fortuin, Salmonsen engaged

Amy Lee Fortuin, daughter of Michael and Mary Jo Cronin of Delmar, and Christian Salmonsen, son of Keith and Peggy Salmonsen of Plattsburgh, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and Plattsburgh State University. She is a substitute teacher in painting at the University of Connecticut in Storrs, Conn. The couple plans a May 20 wedding.

Christian Salmonsen and Amy Lee Fortuin

Smith, Cooke to marry

Caroline S. Smith, daughter of Kay and Maureen Smith of Stuarts Draft, Va., and Jonathan C. Cooke, son of Donald and Anne Cooke of Selkirk, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and Plattsburgh State University. She is a substitute teacher in painting at the University of Connecticut in Storrs, Conn. The couple plans an Oct. 28 wedding.

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The opportunity to hear a world-renowned musical artist in person is a rare treat. Experiencing that privilege at the beautifully renovated home of the Albany Symphony Orchestra makes it even better.

Especially when the artist is Yo-Yo Ma.

"I think it was divine intervention," explained ASO symphony conductor and musical director David Alan Miller in talking about how the local group landed the legendary cellist for a concert this Friday night.

"He is just absolutely my favorite artist in the whole world," Miller said. "He is every bit as gentle and genuine in person as he is on stage. Yo-Yo is arguably the greatest musician on the planet and he has such a great soul it is wonderful to play with him."

For the past five years, Ma has performed in venues throughout the world as part of what is called The Silkroad Project. Retracing the route taken by Marco Polo centuries ago as he traveled from Europe to Asia, the journey has exposed new audiences to the wonderful sounds of Ma’s cello. It has also exposed the artist to a new world of musical styles and composers. Three young musicians who have played with him during the project’s musical journey — Colin Jacobsen, Joel Fan, and Jonathan Gandelesman — will also join him during Friday’s Albany concert.

Ma’s performance will be dominated by unique selections from Brahms and Beethoven that bring the entire orchestra into play. Unlike most concertos, which feature only a single soloist, both pieces allow for a small chamber orchestra to perform along with the full orchestra.

The result combines the more intimate sounds of a chamber orchestra with the effects of a larger orchestra. It also showcases the full range of Ma’s extraordinary talent.

"The Brahms and Beethoven are full-blown romantic concertos," Miller said. "And this performance is almost all Yo-Yo, all the time."

In addition to bringing a legend to the local stage, Friday evening’s concert also features the work of a Capital District composer who spends much of her time in Rensselaer County. Miller commissioned Bun Chang Lam’s piece, “Poetesskill Pastorale,” as part of the symphony’s 75th anniversary season. To celebrate the ASO’s presence as a dominant force on the region’s music scene, the conductor commissioned a series of composers to write pieces around a theme of “American memories, American dreams.”

Those pieces will be the backbone of a springtime concert that will cap off the 2005-06 season.

Miller has been at the Albany Symphony Orchestra’s helm since 1992. He has led the orchestra in championing the works of American composers and exposing local audiences to a range of offerings that have sometimes been neglected in favor of better-known European composers.

Yo-Yo Ma’s appearance with the symphony highlights the strides made by the orchestra as it draws support from an audience that has grown due to the addition of performances at an array of locations including the Troy Savings Bank Music Hall, and venues in Saratoga and Pittsfield, Massachusetts.

Yo-Yo Ma and the ASO will perform this Friday at 7:30 p.m. at the Palace Theater at 19 Clinton St., Albany. For information, call the ASO box office at 452-4755, or visit the Web site, wwwaso.org.
**JIMMY WEBB**
Singer-songwriter famous for classics such as "Wichita Lineman," "Gambit," and "MacArthur Park," Jan. 21, 8 p.m., WAMC Linda Norris Performing Arts Center, Central Avenue, Albany. $25, Information: 455-5033, ext. 4.

**BOBBIE DUPREE AND LARRY HOPPEN**
Sing-Along singers, Jan. 26, 6 p.m., WAMC Linda Norris Performing Arts Center, Central Avenue, Albany. $15. Information: 455-5033, ext. 4.

**MARY STUART**
Country singer-songwriter, Jan. 27, 8 p.m., The Egg, Empire State Plaza, Albany. $25. Information: 454-1900.

**B.B. KING**
Blues legend steps into town on 60th birthday celebration tour, Jan. 28, 8 p.m., Palace Theater, center of North Pearl Street and Clinton Avenue, Albany. $47-57. Information: 454-1900.

**MARK D'COEUR**

**KELLY WALLER AND THE KELLS**
 Irish music group, Feb. 3-4, 4 p.m., The Egg, Empire State Plaza, Albany. $15-61. Information: 454-1935.

**LAHPITSH ATKIN MAHAEDOE**
Solo artist with band, Feb. 4, 4-8 p.m, Fray Sings Bank Music Hall, Troy. $15-25. Information: 723-0388.

**MARSHALL CRENNAH**
Alternative pop roots singer/songwriter, Feb. 4, 8 p.m., WAMC Linda Norris Performing Arts Center, Central Avenue, Albany. Information: 455-5033, ext. 4.

**LOU AND PETER BERRYMAN**
Walt Disney World's top show tunes, Feb. 5, 8 p.m., The Egg, Empire State Plaza, Albany. $30. Information: 454-1900.

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BETHLEHEM

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THURSDAY, JAN. 12

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EXPLORER POST
Mount Moriah Masonic Temple, 435 Delaware Ave., 7:30 p.m. Information, 489-6779.

Friday, Jan. 13

BETHLEHEM

WORSHIP INFORMATION
Bethlehem Community Church, 201 Elm Ave., 9:30 a.m. Information, 439-3155.

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Sat., Jan. 15

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WORSHIP INFORMATION
4th United Reformed Church, 3058 Waverly Rd., 7:00 p.m. Information, 765-4974.

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810 MONTI, 210 BR, 2 bath, all appliances, excellent condition. Asking $4995. 439-1466.
Blackbirds strengthen their hold on first place

By ROB JONAS

Losing to Cohoes prior to the holiday break proved only to be a momentary hiccup for the Voorheesville boys basketball team.

Peck, Shaffer win at Southern Tier meet

Bethlehem's Kristen Peck and Matt Shaffer each won individual races at last weekend's Southern Tier Classic indoor track and field meet at Cornell University.

Peck claimed the girls 1,500-meter title with a winning time of 4:52.57, seven-tenths of a second ahead of Nicki Junod of Cicero-North Syrinx. Peck's teammate, Kristin Kenney, placed fourth in a time of 4:56.76.

Shaffer won the boys 1,600-meter race with a time of 4:29.35, more than one second ahead of runner-up Michael Sainato of Mechanicville.

The Bethlehem boys, 1,600-meter relay team came placed second at Cornell with a time of 3:42.83, five seconds behind meet champion Corning.

Scott Davis and Darroch Putnam each took top-two finishes for the Bethlehem girls team. Turner finished third in the high jump with a clearing 5 feet, 2.25 inches, while Venezia was sixth in the triple jump with a distance of 33-6.

Mills placed sixth in the 300-meter dash with a time of 44.29 seconds.

The Blackbirds have reeled off three consecutive wins since falling to Cohoes 60-55 on Dec. 21 to build a two-game lead over Mechanicville and Albany Academy in the Colonial Council standings.

Head coach Don Catellier said that lead isn't as safe as it appears, though.

"Our league is so balanced, anybody can go out and lose two in a row," he said.

If the Blackbirds (7-1 league, 8-2 overall) continue to play as well defensively as they have since their loss to Cohoes, they should stand to hold on to first place. They haven't allowed any of their three opponents to make it over the 40-point plateau — and that includes a surprising one-sided loss over Watervliet last Tuesday.

"To win by one point on their home floor is a great accomplishment," Catellier said of his team's victory in Watervliet. "I told the guys that beating them on their court is a great accomplishment because they are a benchmark for our league."

Balanced scoring has also been a factor in Voorheesville's recent success. Four players realized double figures in scoring against Watervliet, led by Greg Klopner's 13 points. Nick Duncan then poured in 17 points to lead the Blackbirds past Broadalbin-Perth 54-30 last Friday, while Andy Catellier contributed 10 points and Evan Christner added nine points.

The Blackbirds will have half of their Colonial Council schedule ahead of them, including re-match with Watervliet, Mechanicville and Cohoes. Their second half begins Friday with a trip to Albany Academy and its high-scoring forward, John Scott.

"They're a young team — they started eight players and a starter," Catellier said of Acad­emy, which lost to Voorheesville in the league opener last week. "They also have a transfer from Lassalle who didn't play the first time (we met). So they've impressed a bit since the first time, but I think we've improved a bit, too."

Eagles break losing streak

The Bethlehem boys basketball team ended a five-game losing streak last Friday by beating Mohonasen 55-34 in a Suburban Council game.

The Eagles (3-4 league, 3-8 overall) built a 25-15 halftime lead and pulled away from there.

Kevin Stempsey scored 19 points and John O'Brien-Carelli contributed 14 points in the win.

LEGAL NOTICE

Notices are hereby given that the Board of Appeals of the Town of Bethlehem for the addition of parking for a new 5,000-square-foot Wawa convenience store at 15 Frontage Road, Glenmont, New York, will hold a public hearing on Wednesday, January 18, 2006, at 7:30 p.m., at the Town Offices, 455 Delaware Avenue, Delmar, New York, to receive comments on application of Robert and Carol Dunn for use variance under Article V, Section 59-39-B, of the Town zoning code.

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Lady Eagles overcome slow starts for two wins

By ROB JONAS

It's not how you start, it's how you finish.

The Bethlehem girls basketball team overcame poor first quarters to defeat Mohonasen 50-44 last Friday and Troy 44-40 last Saturday to raise its record above the .500 mark (8-6).

"It's two games in a row where we've come out flat. We have to change that," said Bethlehem coach Mark Nealon.

The fact that Bethlehem battled back from significant early deficits in both games is a testimony to their determination, Nealon said.

"We wouldn't mind if we had a game where we're comfortably ahead, but these close games will help us in the long run," he said.

The Lady Eagles looked like they were in for a long night against Mohonasen when they fell behind 17-4 after the first quarter. But Bethlehem was able to slow Mohonasen down over the last three quarters to steadily climb back into the game before taking the lead in the fourth quarter.

Kiersten Swete scored 13 points, and Liz Casline added 11 points to spearhead Bethlehem's comeback. Rachel Kimball's 16 points paced Mohonasen, which had knocked off previously unbeaten Averill Park three days prior to its meeting with the Lady Eagles.

Bethlehem couldn't avoid another slow start the next day against Troy. The Lady Eagles fell behind 14-4 in the first quarter and trailed by nine points at halftime, but they made up for it by outscoring the Flying Horses 18-4 in the third quarter to grab the lead.

"We had six different girls score in that (third) quarter, and no one scored more than four points. So, that was nice," said Nealon.

Casline led a balanced Bethlehem scoring attack with 10 points. Five other Lady Eagles contributed at least four points in the win.

"We have a pretty deep team," said Nealon. "So when someone is struggling or is in foul trouble and we have to go to our bench, our bench is expected to contribute.

Bethlehem looked to reach the .500 mark in the Suburban Council Tuesday when it played Columbia in a Gold Division game. The Lady Eagles face another challenge Friday when they host Guilderland at the Junior College of Albany. Bethlehem defeated Guilderland 53-32 in triple overtime to start the season, but the Lady Dutch have won six of their last nine games.

"Friday is a big game. I know it, and the girls know it," said Nealon. "We're not looking past Columbia because they're a good team, too."
Tuesday, Jan. 3

**BOYS BASKETBALL**
Shen 56, Bethlehem 44
Bethlehem leaders: Kevin Stempsey 21 points, Craig Over 10 points.

Voorheesville 59, Watervliet 39
Voorheesville leaders: greg Kepferl 13 points, Andy Catellier 11 points, Nick Duncan 11 points, Mike Hopper 10 points.

**Girls Basketball**
Shen-48, Bethlehem 39
Bethlehem leader: Leish Gillham 15 points.

Watervliet 54, Voorheesville 22
Voorheesville leader: Brigit Feeoney 10 points.

**Gymnastics**
Guilderland 160.10, Bethlehem 153.95
Top all around: Dana Goodnight (Guilderland) 36.55.

Wednesday, Jan. 4

**Boys Basketball**
Mechanicville 57, Ravena 46
Ravena leader: Eric Stott 13 points.

**Boys Bowling**
Mohonasen 19, Bethlehem 13
Bethlehem leader: Jason Burger 239 game, 661 series.

Ravena 19, Schalmont 13
Ravena leader: Brian Walton 279 game, 724 series.

**Girls Bowling**
Ravena 28, Schalmont 4
Ravena leader: Nicole Picerno 664 series.

**Wrestling**
Columbia 43, Bethlehem 30
Bethlehem winners: Mark Boucher (103 pounds), Tolan Sharlow (112), Graham (160), Rich Connell (171),

Thursday, Jan. 5

**Boys Bowling**
Ravena 16, Bethlehem 16
Ravena leaders: Brian Walton 246 game, Dan Irwin 651 series.

Bethlehem leader: Nick Zautner 256 game, 719 series.

**Boys Swimming**
Niskayuna 95, Bethlehem 90
Bethlehem individual winners: Larry Goeckler (200-yard freestyle), Sean Kennedy (200 individual medley, 100 butterfly), Alex Conti (100 breaststroke).

Shaker 104, Guilderland 81
Guilderland individual winners: David Conetti (200-yard freestyle, 100 freestyle), Yadin Yaffe (100 butterfly, 100 backstroke), Collin Mastersen (100 breaststroke).

**Wrestling**
Ravenna 62, Cobleskill 6
Ravenna winners: Joe Pensino (96 pounds), Andy Lyman (103), Emmanuel Hernandez (112), Jordan Lane (119), Doug Wims (125), Cody Legg (140), Joe Clancy (145), Frank McDemah (152), Nate Graham (160), Rich Cornell (171),

13 pounds, Liz Casline 11 pounds.

Saturday, Jan. 7

**Girls Basketball**
Bethlehem 44, Troy 40
Bethlehem leader: Liz Casline 10 points.

**Wrestling**
Saratoga Tournament
Team scores: Ballston Spa 222, Windor 175.5, queensbury 171.5, Greenville 97, Saratoga 90.5, Schuyler 74, Shen 72.8, Ravena 58, Hollis-Brookline (N.H.) 52, Mechanicville 28.

**Girls Basketball**
Schalmont 42, Ravena 37
Ravena leader: Jessica Byerwalters 9 points.

Bethlehem 50, Mohonasen 44
Bethlehem leaders: Kiersten Swetek

160.10, Saratoga 59,

104, Voorheesville 22
190, Voorheesville 17

34, Shen 30, Bethlehem winners: Mark Boucher (1st, 130), Cody Legg (2nd, 140), Nate Graham (3rd, 160), Rich Cornell (171),

43, Bethlehem 44
Bethlehem leaders: Kevin Stempsey 19 points, John O'Brien-Carroll 14 points, Glaunett Judd 12 points.

Mohonasen 34
Bethlehem leader: Brian Walton 246 points.

Ravena leaders: Brian Walton 246 points.

Mohonasen 35
Ravena leader: Ron Vinceni 14 places.

Ravena leaders: Kevin Stempsey 35
points, Dan Irwin 651 series.

Bethlehem leader: Nick Zautner 256 game, 719 series.

**Boys Bowling**
Mohonasen 19, Bethlehem 13
Bethlehem leader: Jason Burger 239 game, 661 series.

Ravena 19, Schalmont 13
Ravena leader: Brian Walton 279 game, 724 series.
Four Indians claim individual titles at home tournament

By ROB JONAS

The Ravena-Coeymans-Selkirk wrestling team continued to make its case for a berth in next month's inaugural Section II Duals.

The Indians had eight wrestlers place in the top four of their weight classes, including four individual champions, and ran away with the team title at last Saturday's RCS Tournament. RCS finished with 209.5 points, 38 points ahead of runner-up Beacon.

Cody Legg and Nate Graham both won individual titles for RCS. Graham had little trouble in scoring a 15-2 victory over South Glens Falls' Myles Jarvis in the 140-pound finals, while Legg edged Oneonta's Jason Rury 5-2 for the 140-pound title.

"All the kids stepped up," said RCS coach Henry Mormile. "We started a couple of younger wrestlers because we were missing some guys, and they all stepped up and scored some points for us." 

Emmanuel Hernandez and George LaMountain each scored pins in the finals to earn their weight classes' championship berths. Hernandez defeated 124-pound challenger Nick Lashway for the 112-pound championship, while LaMountain pinned Brewster's Kirk Nielsen with one second left in the second period to win the 138-pound division title.

LaMountain added a third-place finish after being awarded a forfeit over Ichabod Crane's Joe Slyke for a berth into the invitation-only Section II Duals.

Eagles place eighth at Saratoga

The Bethlehem wrestling team had four wrestlers place in the top four of their weight classes at last Saturday's Saratoga Tournament.

Tolar Sharrow led the way with a second-place finish in the 112-pound division. Sharrow reached the finals before losing to Ballston Spa's Josh Bellingter 104, Luke Tress (135) and Sean Mulvaney (170) placed third with consolation bracket finals victories, while Josh Flint (125) finished fourth.

Bethlehem placed eighth in the team standings with 58 points. Ballston Spa won the team title with 222 points.

Potential doesn’t equal reality in sports

By ROB JONAS

Driving into the office last week, I was listening to a sports-talk radio show and heard about a study done by scientists at Los Alamos National Laboratory in New Mexico that stated all of the major sports in the world, soccer is the most unpredictable and time the most exciting major sport, while football is the most predictable and, thus least exciting sport.

That doesn’t mean that soccer is not more exciting to watch than football. As many dedicated American sports fans can tell you, soccer would be at the bottom of that list — below football, below hockey, below basketball, below baseball and possibly below bowing.

The thing is, unpredictability does not equal excitement — at least not in a country where everything has to be fast paced and high scoring in order to capture a fan’s interest. You could have the upset of the century in a soccer game, but it would barely make a ripple in the United States because people don’t have the patience to sit through two hours of a ball being passed back and forth for perhaps 30 seconds worth of actual intrigue as someone comes close to scoring a goal.

Granted, football isn’t easy to watch these days because it is predictable. There are three tiers of National Football League teams — the good (e.g., New England, Indianapolis, Seattle, Pittsburgh), the mediocre (e.g., Miami, Cleveland, Dallas, Atlanta) and the really, really ugly (e.g., Houston, San Francisco, Detroit and the New York Jets). And unless the matchup is between two good teams, it’s usually worth the time to watch a regular season game because an ugly team isn’t going to beat a good team, and a mediocre team can only challenge a good team for three quarters.

What makes a sport worth watching either on TV or in person is a combination of action and suspense. If one of those two elements is missing, you may as well read a book because you are going to get bored really fast. Unfortunately, so many professional sports leagues in this country are plagued either by poor play or predictability.

You could blame some of it on over-expansion. Back when pro leagues had 24 or fewer teams, there wasn’t a lot of room for rosters for what I like to callweakers — athletes who have marginal talent to be in the major leagues but would thrive in a minor league. But as leagues grew in the 1980s, more warriors got into the major leagues because teams needed to fill out their rosters. As more warriors then started playing on a regular basis, the level of overall play began to deteriorate until mediocrity became the norm, in some sports (basketball and hockey in particular).

Coaching strategies have also changed in the last two decades. Basketball, football and hockey coaches became more defensive minded, which in turn began lowering scoring to the point where there was more points in an average Friday night bowling league than in a National Football League game (of course, it might have helped the NBA if their play...
**Save**

(From Page 1)

professor of surgery in CCP’s Department of Urology. “The major focus is to inform people as to whether they may be at risk for the cancer.”

Prostate cancer is the most common cancer found in men. It is also one of the easiest cancers to screen for, said Mian.

The prostate is a gland of the male reproductive system. It produces some of the fluid found in semen. Commonly that size of a chestnut, the gland, located just below the bladder, may increase in size as men get older.

By age 70, more than 40 percent of men will have enlarged prostates. It can be felt during a physical examination according to prostate.com, an information Web site about the cancer.

Although an enlarged prostate doesn’t always mean a cancerous prostate, it can lead to other conditions. By identifying these conditions and ruling out cancer, or vice versa, for free, CCP is hoping that men will take advantage of the screenings. Then continue on with regular check-ups, something they are not usually comfortable doing.

“They (women or girlfriends) want them to come in,” said Screen Savers’ Program Coordinator Karen Carpenter-Palumbo. “They do not as likely to (get screened) unless a close friend has been diagnosed with cancer.”

It’s not always the case,” said Carpenter-Palumbo, but the society continues to educate both women and men to look out for each other and friends when it comes to screening for cancer.

Recently, society’s loud and clear message has been one of promoting early cancer detection and prevention. Screen Savers is one such program.

Karen coordinates CCP’s efforts to get the program’s message out to five counties. The program targets men at high risk for the cancer in Albany, Schenectady, Rensselaer, Colum­bia and Saratoga counties.

Currently, CCP uses a surgery that’s called a robotic assisted laparoscopic prostatectomy. The surgery uses robotic arms and cameras to enter the body via incisions as small as 5 millimeters to remove the prostate with precision. Impacts on urinary and sexual functions, serve and muscle damage and blood loss are nearly nonexistent. The operation is painless and recovery time is greatly decreased, said Mian. Patients can be home within the day after the surgery, he said. Recovery follows in the weeks ahead.

The risk of cancer re-occurrence remains the same, said Mian. And with all forms of prostate removal, men will no longer be able to procreate and in some cases may experience sexual dysfunctions.

The National Cancer Institute estimated last year that 570,280 Americans would die of cancer. The total number of new cases was estimated at 1,372,910—up 4,880 cases from estimates in 2004. New York ranks the third highest nationwide in new cases of cancer reported in 2005, with 87,050 cases. California was ranked first with 135,000.

In 2004 the institute estimated that through screening the number of avoidable deaths in 2004 ranged anywhere from three to five percent, depending on the screening.

**Tale**

(From Page 1)

bone scan revealed that the cancer had not spread to the bones in the hip area, which is common. Whitley had a radical prostatectomy, which removed his prostate gland, and the disease was caught early enough that chemotherapy and radiation therapy was not necessary. He’s been cancer free since that procedure in 1997.

“I wouldn’t exactly say it was painless, because the way they had to cut my stomach looks like I got a C-section,” he said.

At the age of 51, Whitley was young to be diagnosed with prostate cancer, a disease that usually strikes older men. In younger men in their 40s and 50s, the disease is faster moving and more aggressive. Whitley is alive because the cancer was detected early and since his diagnosis in 1997, he has been active in promoting free cancer screenings. He has even taken time off from work to give talks about his experience and the importance of early detection.

“I get a lot of questions about what I’m doing,” he said. “I feel like, because I’ve been spared, it’s something that I’m supposed to do, and it’s very satisfying.”

Three weeks after his surgery, he was back to work at GE as a manager for construction and maintenance, and he began talking to his 150 employees about the importance of screenings. As a manager, he was required to have a yearly physical, unlike many other employees. Since then, he has talked informally to everyone he knows about the importance of early screening, and recently he has been on television promoting a year-long free prostate screening initiative in Latham.

The disease has reached epidemic proportions,” he said. “But compared to breast cancer, research on prostate cancer is still behind in funding. It could be because women tend to take better care of themselves, and men traditionally do’t like to go to doctors.”

In the eight years since Whitley’s diagnosis, medical advances have made treatment less invasive and more pinpointed to where it’s needed, reducing the time in recovery. Whitley’s stepfather died of prostate cancer in 1970, before medical science had developed a blood test to diagnose the disease. Whitley is an advocate for the prostate-specific antigen blood test and rectal exam, since these are the tests that saved his life.

For men without a family history of prostate cancer, it’s recommended that screenings begin at age 50. For men with family history, and for African American men, screenings should start at age 40. Men who consume a lot of fatty foods should also be tested regularly.

Whitley, now 59, retired from GE five years ago. Since then, he earned a master’s degree in educational psychology from St. Rose, and because he has an engineering and technical background, was able to become certified as a technology teacher. Now, he teaches technology at Koda middle school in the Shenendehowa district.

He loves what he does.

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