Celebrate spring in Delmar

Spring is a time to put away the heavy clothes, to enjoy the warm sunshine and sit out on the outdoor patio and look at all the bright colors around you. It's also a good time to meet some new ones at this year's Springiest at the Four Corners in Delmar.

See story on Page 3.

It's all Greek at St. Sophia's

You can travel to a foreign country without even leaving the Capital District this weekend. On Friday, Saturday and Sunday, head for St. Sophia's Greek Orthodox Church in Albany for the 56th annual Greek festival, and visit the agora, taste some souvlaki, and take home a box of baklava.

See story on Page 32.

Middle school teacher makes a difference

By JIM CUOZZO

He sends his students off to the Middle Ages to learn about Vikings, Holy Wars, Byzantine empires and Egyptian tombs while at the same time creating a "global coalition" to help poor children in far away lands.

He is an archeologist, Web master and Bethlehem Central Middle School Teacher Bill Reilly, who has been chosen from more than 75,000 nominees as one of 44 teachers across the nation to be honored with the Disney Teacher Award.

"You get 150 kids every year to teach, and if you can inspire them, maybe our world will be better," said Reilly, who will receive $10,000 from Disney and get to spend a week at Disneyland Resort in Anaheim, Calif., for his achievement.

"I am constantly impressed with the level of innovation and commitment Bill brings to his classroom." Les Loomis

Skies Page 47

By GRAHAM S. PARKER

The air trip from New York to Los Angeles is marked by a series of accelerations, deaccelerations, changes in course and direction.

From the perspective of the airplane passenger, the glaciers remain in the north and the deserts to the south. But from the ground, the aircraft's route is cluttered and inefficient. It often shifts miles off course. Yet, all pilots must follow these flight paths.

It's not so much about the shortest distance between two points, but the safest.

Over the last five years, the Federal Aviation Administration has been developing a system to do away with the 1940s era technology that is "to blame for" these peculiar routes. And it is going to fly the safest and most efficient routes possible.

Creating a new system has

Moonlighting track coach

R.J. Harvey isn't a secret agent, but he leads a double life.

By day, Harvey coaches the sprinters on the Colonie boys' track and field team. At night, Harvey dons a football helmet and pads as the newest wide receiver on the Albany Conquest.

See story on Page 46.

Police veteran dies

By JIM CUOZZO

Detective Anthony Arduini, a 30-year veteran of the Bethlehem Police Department, died Thursday, May 11, at Albany Medical Center, after suffering a major brain bleed or aneurysm. He was taking a walk outside his home after work when he was stricken.

The news of Arduini's death is hitting the police department hard. He is the second detective who has succumbed to illness in the last several weeks.

Detective John R. Cox Sr. died at the end of March following a long battle with cancer.

"It's bad enough to suffer one loss but the department has suffered two losses in a very short period of time," said Supervisor Theresa Egan. "The loss and suddenness of this is what everyone is trying to deal with."

Arduini was known as an officer who was very dedicated to his profession and someone who was well known in the law enforcement community, according to Bethlehem Police Chief Lou Corsi. He had served as detective for the past five years.

"He was an old-fashioned cop who loved to go out and knock on doors and shake hands and talk to people," Corsi said. "You don't see that too much anymore."

Arduini was forever making friends according to the chief, and was a decent, proud man.

By JIM CUOZZO

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Arduini was forever making friends according to the chief, and was a decent, proud man.
Drug bust yields several arrests in Ravena and Selkirk

A four month investigation by the Albany County Sheriff's Department Drug Interdiction Unit and the Coeymans Police Department has resulted in the arrests of nine people from the Ravena, Coeymans and Selkirk area of Albany County and the Coxsackie area of Greene County on drug sale and possession charges.

Bethlehem Police charge teen following hit-and-run accident in Glenmont

*Craig James Vroooman, 18, of 19 Oakwood Road, Glenmont was charged with leaving the scene of a personal injury accident, DWI, and driving with more than .08 blood alcohol content.

Bethlehem Police report that on Friday, May 5, Vroooman was involved in a hit and run accident along Route 9W near Route 294. Officers received a description of the suspect from eyewitnesses at the scene then contacted the owner of the vehicle. The owner stated his son had had the car. When officers found Vroooman he had a strong odor of alcohol on his breath. He also failed a sobriety test and was charged. He will appear in Town Court May 16.

*Henry V. Voorhees, 26, of 49 Union Ave., Slingerlands, was charged with leaving the scene of an accident, DWI, and driving with more than .08 blood alcohol content, Bethlehem Police report that Voorhees was leaving the Delmar Marketplace around 5 p.m., May 5 when the vehicle he was driving struck a parked car. When police arrived at Voorhees home he told authorities he left the scene because he did not believe there was any damage to the vehicle. Officers then noted a strong odor of alcohol and subsequently charged him with DWI. He will appear in Town Court May 16, to respond to the charges.

*David Jeldseth Nelson, 37, of 471 Second St. in Albany, was charged with burglary and criminal mischief. Police report Nelson tried to break into a residence along Herber Avenue on the afternoon of May 10. A person inside the home stated she heard the doorbell ring but did not answer. Shortly afterwards she went into the kitchen and noticed a man in her yard. She then told police the next thing she heard was a loud banging on her garage door. The victim then exited the home and contacted police. Nelson was observed along Elmoro Avenue and the witness identified Nelson as the burglar. Nelson was charged and sent to Albany County jail without bail.

*Christopher Schell, 18, of Pine Tree Drive, Delmar was charged with operating a motor vehicle impaired by drugs, operating a motor vehicle intoxicated and unsafe start. Police report that Schell was stopped along Feura Bush Road on May 7, when his vehicle began to stop and started suddenly swerving then causing the engine to smoke. Police noticed drug paraphernalia inside the vehicle. Schell will appear in Town Court at a later date.

From avocados to Amos, you'll find the best things at Delaware Plaza.

At Delaware Plaza, you can pick the freshest produce, then pick the freshest music.

We're home to a 24-hour Hannaford supermarket and more than 30 other shops & restaurants!

Delaware Plaza

THE HEART OF IT ALL

A collection of shops & restaurants for your daily life • 180 Delaware Avenue • Delmar, New York.
Customers look over the selection at the new Ben and Bill's New York Deli at Price Chopper in Slingerlands.

**NY deli finds home in market**

Price Chopper opens Ben and Bill's New York Deli in Slingerlands store

By Jim Cuozzo

The triple-decker sandwich is back and has found a home inside the 10,000 square foot addition of the Slingerlands Price Chopper.

The grand opening of Ben and Bill's New York Deli, a classic throwback to the days of Joe's deli in Albany, is a tribute to brothers Ben and Bill Golub. In 1932, the brothers created Central Markets became Price Chopper and is now a chain of 114 stores.

"This is our way of recognizing them for what they did," said Neil Golub, president and CEO who owns Ben and Bill's Deli along with Mona Golub, vice president. "Joe's was home to the triple-decker sandwich," said Neil Golub. "We wanted to bring back to the area something that was really very special."

Every sandwich is made from scratch, including the eye roast, the pastrami, the roast beef and the pickle. The menu includes Joe's famous "lambget," a hot beef sandwich with mashed potatoes and gravy and a York Deli."

Price Chopper CEO Neil Golub with Executive Chef Dave Hamil displaying the new triple decker sandwiches and fresh baked rye breads at the Grand Opening of Ben and Bill's Deli inside the Slingerlands Price Chopper.

Jim Cuozzo

Music to ring in new season at this weekend's Springfest

by Jim Cuozzo

Spring is a time to put away the heavy clothes, to enjoy the warm sunshine and sit out at the outdoor patios and look at all the bright colors around you. It’s also a good time to see your old friends again and meet some new ones at this year’s Springfest at the Four Corners in Delmar.

Springfest 2006 will take place Saturday, May 20, from noon to 6 p.m. with live music, sidewalk sales and many activities for the children including pony rides, face painting and clowns. Rita Bastow, owner of Perfect Blend cafe said the idea of 'Springfest' began when Feestelijk, another Delmar community spring event, was no longer held.

"As a business person in the community and someone who appreciates music, I didn’t want to see the event die," said Bastow. Since Perfect Blend holds numerous open mics and musical events throughout the year, Bastow drew upon her musician friends to bring Springfest to life. "I appreciate all the musicians that play here and help out along with the local business," Bastow said.

John Guastella, owner of Our Towne publications and a Springfest organizer, said the idea behind the event is two fold. "We want to welcome in spring to the great community, and we want to drive business to the Four Corners," Guastella said. "It keeps business in the town of Bethlehem."

Gustella said throughout the day musical venues will be held at two locations, First United Methodist Church of Delmar, and Bethlehem Reformed Church. Entertainment will continue through the evening as well as Springfest hours are over, with Perfect Blend, Bella’s, Four Corners Luncheonette and My Place I.C. Co., offering entertainment.

Bastow lives in Glenmont and has owned Perfect Blend for three years. Her children are enrolled in the Bethlehem School District and after working for many years in the banking industry, the cafe and events like Springfest give her a greater sense of community.

"Community is very important to me," Bastow said. "I like being a part of the community, relaxing, and enjoying music and meeting with friends," she said.

They will be clearing of parking for visitors and Bethlehem Police will assist with pedestrians and traffic pattern. Bastow’s hope is that Springfest and other seasonal events will continue in the Delmar community. "We normally hold three events a year, in the spring, fall and Christmas," Bastow said. The next event at the Four Corners will be held in October.
Clutter is the monster that surrounds my world.

Clutter is keeping me up at night. I can't sleep because it is closing in on me.

Even in the dark I see it. I know it's there. There's a pile of papers under the bed.

Did you remember to put the papers inside the under-bed storage box my husband bought for me? I reach down and find that I did not.

The papers are still there—loose, messy, and disorganized—and so close to where I barely have to reach past the dust ruffle to touch them. The empty plastic box is down there too.

Clutter is the monster under my bed. Clutter is also the monster on my dresser, my kitchen counters, my dining room table, and the half-wall behind the family room couch.

During the day I cannot get motivated to address the problem. But at night, when I'm drifting off to sleep, I can't sleep because it is the monster that surrounds my life.

The monster on my dresser, my storage box my husband bought for me, is the monster that surrounds my life.
From the tiniest hearts to the young at heart

Last year, more than 9,000 children and adults were treated at Albany Medical Center for comprehensive heart care.

The hospital that knows how to mend a baby's heart can also keep grown-ups on the go. From open heart surgery for children to the most comprehensive adult heart care in the region, the physicians and professional staff at Albany Medical Center make a difference in the lives of so many.*

For experience, range of service and quality of care ... it matters which hospital you choose.

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Killings not the answer

Disturb a twig in a wetland and you're almost cer-
tain to upset the local wildlife. In fact, you may find
yourself in the middle of a feeding frenzy. Just ask any
developer in the region and you'll hear about projects
due to be delayed or canceled as a result of wildlife
interference. The fact is, protecting wetlands is more
than just a matter of preserving habitat; it's a matter of
protecting our way of life. The wetlands are a crucial
link in the food chain, providing a safe haven for
endangered species. Should we really try to solve an
environmental problem that has been caused by our
own actions? The answer is no. We need to take a
long-term view of the issue and work towards finding
sustainable solutions that will benefit both the envi-
enment and our society.

The desire to protect undeveloped land is a positive,
but reason and common sense should prevail.

The village of Scotia is defying reason and common
sense with its plan to capture and euthanize
geese. While the village is trying to protect its
water supply from contamination, it is doing so at
the expense of innocent creatures. The village has
determined to capture and euthanize the birds by
gassing them. The innocent creatures will then be
dug up and nothing is done to address the geese
season. What, in effect, that meant was an entire season
mined to be too high and swimming was banned for the
entire season. What, in effect, that meant was an entire season
of slaughter. The innocent creatures' carcasses will then be
buried, leaving not a trace that they ever existed. This all-out
slaughter is not a solution to the problem.

Environmental issues like global warming and
preservation of open space are getting more attention
today. We need to try to solve an environmental problem
by such severe measures that some predict will have
little or no effect on the whole, and the geese.

So the birds are now destined to die. We would hope
that there is still time to reconsider this decision.
It is simple to make no sense to take such drastic action.
When we wait too long and nothing is done to address the
geese season, we continue to suffer the consequences of
our actions. We need to take a holistic approach and
consider the long-term effects of our decisions.

We need to protect the environment and respect the
rights of all living beings. This is not only the right thing
to do, but it is also necessary for the well-being of our
society and future generations. We cannot continue to
ignore the environment and expect it to continue to
support us. We must take responsibility for our actions
and work towards creating a sustainable future.

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Parents of BCHS seniors are asked to stay away

Editor, The Spotlight:

For some unknown reason, high school seniors for some reason, high school seniors are asked to have their parents stay away at their all-night celebration that is held at the high school.

The seniors have, however, been allowing their parents to spend months in preparation for this fantastic event, but it is reported that they will not let them share in the actual festivities.

"How rude!" said one disappointed party volunteer.

A crack reporter uncovered what is rumored to possibly be the truth behind this outrageous scandal of these wonderful, hard working and loving parents.

It seems that it all began many years ago when one senior, who was kindly chaperoning the celebration, actually had the audacity to dance... in front of everyone at the party... including her grad! The scandal was the talk of Bethlehem for weeks, and the grad had to endure college in Hawaii in order to escape the shame of it all.

Alas, ever since that unfortunate incident the parents of BCHS juniors have been asked to volunteer to staff the senior night celebration.

Another unfortunate side effect of that terrible night is that the people who recruit the volunteers have to endure extreme anxiety as they ask (beg) for people to work the early (or late) shifts. (Rumors say that the chairs of the volunteer committee often require years of therapy afterward, but it is kept very quiet so future parents aren't scared away from the post.) Miraculously the parents of junors always come through with flying colors!

This year, the kind people running the volunteer committee are requesting that they be spared the minty antacid tablets, and ask that junior parents step forward soon to sign up for the June 23 event.

The rewards are immeasurable and will be fully realized in 2007, as they get to sleep while their newly graduated cherubs are safely celebrating... under the watchful (bloodshot) eyes of some wonderful junior parents.

For information - or to volunteer - call 439-4087! Thank you!

Senior Celebration Volunteer Committee
Audubon chief: Keep Colonial Acres golf course green

Editor, The Spotlight:
Colonial Acres Golf Course in the town of Bethlehem is on the market. We hope this important green resource and leader in environmental stewardship can be preserved in this community, rather than developed into additional housing.

LAST YEAR, a local paper profiled Colonial Acres as an environmental gem in the golf industry — right in our own backyard. Audubon International has worked with the course for years and has recognized its environmental stewardship by certifying it as an Audubon Cooperative Sanctuary. Through our Audubon Cooperative Sanctuary Program for Golf Courses, Colonial Acres’ superintendent Patrick Blum, has conducted a site assessment and prepared an environmental plan of the property and applies best practices in wildlife and habitat management, water conservation, water quality management, chemical use reduction and safety, and outreach and education.

A golf course like Colonial Acres, properly managed for wildlife habitat by converting six acres from managed turf to naturalized area with fill from an irrigation pond project, and planted 50 native trees.

Colonial Acres also demonstrates that a golf course can be a good neighbor environmentally, by carefully protecting and using natural resources. Among other things, it has expanded its irrigation pond, fed entirely by rain and run-off, to provide habitat for birds; added berry-producing shrubs and bluebird nest boxes to increase food and cover sources for birds; built a half-acre naturalized area with fill from an irrigation pond project, planted 50 native trees.

Colonial Acres also demonstrates that a golf course can be a good neighbor environmentally, by carefully protecting and using natural resources. Among other things, it has expanded its irrigation pond, fed entirely by rain and run-off, to provide 100 percent of its irrigation water needs; and follows a chemical use and reduction strategy that minimizes pesticides and fertilizers. Thus, the course uses much less in the way of water and chemicals than would be typical on agricultural land or residential developments of similar size.

Mr. Blum is also showing that practices protecting and enhancing the environment save resources and money, as he has stretched his shrinking maintenance budget by reducing equipment, chemical, labor and other costs. These efforts have won Colonial Acres and Mr. Blum recognition in New York and nationwide as a model for good environmental practices, garnering a Governor’s Pollution Prevention Award in 2000. Chosen as the best example of an environmentally responsible golf course in the U.S., Colonial Acres and Mr. Blum won the national Environmental Leaders in Golf Award in 2002. The U.S. Environmental Protection Agency selected it as the first golf course to participate in the National Environmental Performance Track program, which recognizes top environmental performance, including preventing pollution at its source.

Audubon International urges the town of Bethlehem to do all it can to help save this model of good environmental stewardship from development and preserve Colonial Acres Golf Course’s valuable green space benefits for the town and its citizens.

Ronald Dodson
President and CEO
Audubon International
Selkirk

Thanks, community, for support

Editor, The Spotlight:
Once again, the generosity of Delmar’s business people warms my heart.

On Sunday, May 7, Diane Kelly and Bea Higgin’s Salon 282 at 282 Delaware Ave. opened their shop for haircuts and styling and donated all the proceeds to To Life! It is this kind of community spirit and generosity that make Delmar such a great place to be. The funds raised will directly support To Life’s breast cancer education and support services available to anyone in the 10 counties of the Capital District.

Thank you, everyone who stopped by on Sunday and thank you, Diane and Bea. Good luck in your new shop!

Thea Hoeth
Executive Director
To Life

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The Audubon Cooperative Sanctuary Program for Golf Courses is a national program that recognizes golf courses for their contributions to the conservation of biodiversity. The program encourages golf courses to adopt environmental management practices that protect and enhance habitat for wildlife, reduce water and chemical use, and foster community outreach and education. Colonial Acres Golf Course is one of the many golf courses that have been certified by Audubon International as an Audubon Cooperative Sanctuary.

Colonial Acres Golf Course is located in the town of Bethlehem, New York, and is owned and operated by Audubon International. The course is known for its beautiful natural landscape and its commitment to environmental stewardship. The course has been recognized by Audubon International as an Audubon Cooperative Sanctuary, which is an indication of the course’s dedication to protecting and enhancing wildlife habitat and natural resources.

The course features a variety of habitats, including wetlands, woodlands, and grasslands, providing a home for a wide range of wildlife species. Colonial Acres Golf Course is also known for its commitment to reducing its environmental impact through practices such as water conservation, chemical use reduction, and habitat restoration. The course has implemented a number of sustainable practices, including the use of native plants and the use of rainwater harvesting to reduce its water use.

In addition to its environmental efforts, Colonial Acres Golf Course is also a popular destination for golfers of all skill levels. The course offers a variety of golfing experiences, including a 9-hole par 36 course and a 18-hole par 72 course. The course has a pro shop, a clubhouse, and a variety of amenities to enhance the golfing experience.

Colonial Acres Golf Course is an excellent example of how golf courses can be a force for good in our communities, providing opportunities for recreation and community outreach while protecting and enhancing natural resources. The course is a testament to the importance of environmental stewardship and the value of preserving green space for future generations.
Church seeks peaceful co-existence with skateboarders

We could prohibit them from coming on our property, but that runs contrary to our belief that a church should be a welcoming place for all people. Besides, if we prevent them from using our place, we know they will just move on to other locations in town; the problem will still exist and the animosity will only increase between the teens and our townpeople. We are searching for a more adequate solution to this ‘problem.’

We encourage parents of these youths, our town and school leaders, local businesses, the police department, civic groups and other churches to come together to address this situation with a constructive spirit of cooperation. We offer our services and resources for the dialogue that we feel must take place in order to come up with a workable solution for all involved. Specifically, we advocate for our community’s consideration:

- An enforced curfew for youth after 11 p.m.
- A “no-skateboarding” zone in the Four Corners area of Delmar.
- A skateboard park for the Bethlehem youth.

We hope that in the future there will be a way in which our youth can take pleasure in each other’s company, while we in the town can once again enjoy the charm of our wonderful community. Whatever Skateboarders have our property (which they permission) and vandalized our buildings, fences and lamp posts with graffiti.

Our senior pastor recently had to break up a fistfight that broke out among the teens who gathered in our parking lot behind his parsonage located next to our church building. Foul language and rude behavior have often greeted many of our members and guests who visit our facilities. Our peaceful co-existence is not so peaceful.

The deadline expires on May 23rd to challenge your real property tax assessment increase!
Town officials concerned about deficit

By Jim CUOZZO

Although Bethlehem’s town fund balance is two times the state recommended figure, officials continue to prepare for potential future deficits. Town Comptroller Judith Kehoe outlined the town’s 2005 end of year fiscal report to the board showing an end of year fund balance at $8 million, in an overall $16.58 million budget. However, the report also shows a $574,000 end of year deficit in the town’s general fund that has officials concerned.

“Last year was the first year we had to draw funds down,” said supervisor Theresa Egan. “The fund balance is good, but a deficit is looming,” she said.

The town’s highway fund is another area of concern even though that fund ended with a surplus of $347,000. “The highway department took a significant drop when Niagara Mohawk can do that before you run into a extent possible. We are making sure we have a plan to stop drawing from our savings account or our fund balance,” said Egan.

Sales tax revenues in 2005 totaled $9.26 million, up close to 3 percent from the prior year. Expenditures in the town however increased almost 9 percent forcing fund balance to be used. “At some point in time you can calculate how many years you can do that before you run into a debt or raise taxes significantly,” said Darryl Purinton, the town’s independent auditor representing Marvin and Co. “It’s a challenge and something that is not easily predicted,” said Purinton. Mortgage tax revenues, which make up a larger portion of the general fund is down.

“People should know we are not in a fiscal crisis,” said board member Kyle Kotary. “We have major projects pending and a healthy surplus.” The town board will receive a current year’s budget report at the end of the month and continue to be on top of the town’s fiscal condition. “We are making sure we have a plan to stop drawing from our savings account or our fund balance,” said Egan.

Kehoe’s analysis of Town expenditures to the fullest extent possible.

Kehoe was commended by Bethlehem’s town officials concerned about the first mortgage tax revenues, $747,000 in 2005, which make up a large portion of the town’s savings account or our fund balance.

“We are making sure we have a plan to stop drawing from our savings account or our fund balance,” said Kehoe.

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To achieve success, eliminate fear and maintain a positive outlook

By JOYCE WEILER
Vice President, KeyBank N.A.

When Lyn Donohue approached her first job site in New Bedford, Mass., she looked to the group of workers and construction equipment, the two city blocks of sidewalks that had been jackhammered out, and kept driving. "What," she wondered, "possessed me to think I could ever pull this off?" Then she found a parking spot and for the first time many years walked to the construction site where she would be the only woman.

For Lyn Donohue, author of the award-winning book Brick by Brick and founder of the multi-million dollar Argus Construction firm, her life is full of these moments at the crossroads of opportunity and fear. Having dropped out of junior high school at age 15, she readily admitted she was passing through life without direction. Then she read an article about women in construction earning $17 an hour. It sounded good to her. So she took a class on masonry, snuck into a constructor union and landed her first apprenticeship. At every step she encountered one primary obstacle—she was a woman in a man’s world. Or, as a skilled and respected mason once told her: "Kid, you've got three strikes against you. You're not strong enough, you're not tall enough and you're a woman!"

Nearly 30 years later, Donohue has proven all of her doubters wrong. From becoming the first female apprentice bricklayer to win the Massachusetts state masonry competition to founding Argus Construction, she has come to command the respect of everyone in the industry. Along the way she has made herself a millionaire and provided opportunities for people to pursue their own dreams through the Brick by Brick Foundation.

The theme of your presentation is "Be Unstoppable." Can you put into words what this means to you?

It means to be a success against all the odds. For me, it was a matter of finding a passion, and as unlikely as bricklaying might have seemed, I felt it in my skin. What I realize now that I did not when I was younger and beginning my career is that I was not taking things as day to day. I thought I had usually a system for handling the series of situations I encountered, and I had specific goals. I had a focus.

How important is it to achieving goals?

You have to focus on creating the most of your opportunities. Some people will focus on vacation and not spend a lot of early effort on improving their lives. So you have to focus on the right things. I like to say you should make a to-do list for life.

I think it would be safe to say you've accomplished many of your goals and that to do so you've overcome many obstacles. But as determined as you were, you did not do it alone. You asked for and received help. How important is reaching out for help?

This is where being a woman was a gift for me. In a trade dominated by men, I was not too proud to ask for help. Sure, there were many people who didn't want to help, but I found that I could always search someone out who wanted to share. You can also learn a lot by picking up a book. I've imparted books to me were Relays and Wins by Lloyd Winter and Think and Grow Rich by Napoleon Hill. I read them at important times in my life.

Reading your book, Brick by Brick, the theme of wanting to turn back and being overwhelmed by fear repeats itself. How did you find the strength to keep going?

I didn't have an option to stop. I loved my work. It's like an artist, a painter, being told they can't paint. So by day I had to keep doing it, and I found myself in situations where I never would have put myself. But these obstacles I faced were also the reason for my success. They made me stronger and more skilled. And while there were definitely times I felt like I couldn't keep going, I finally got to the point where I could say: "I can do this and I am fortunate that I did it. Every day had its challenges.

Does everyday still have its challenges?

You always encounter obstacles, and I don't think you can ever really feel comfortable. But knowing that you are going to encounter obstacles makes them easier to deal with. Early in your book you write: "It's these random events that change our lives—we go a different route, we bump into somebody, we read something and this small, unlikely event propels us into a whole new universe."

"What is your advice to women who might be taking advantage of such random events or opportunities? You really need to see more out-look to take hold of opportunities. It's too easy to say I can't do that or it's too hard. And that's too bad.

Many people don't realize it's only when you take the opportunities to succeed become automatically, and many of us are too afraid to fail.

Another theme in your book is self-improvement. How important is this to being unstoppable?

I think it is very important to make a commitment to living a life of learning. We should always be trying to learn something. In many ways, I feel disadvantaged because of my background. As a junior high school dropout and having worked in construction, learning makes me feel vibrant and young. This was really true when starting my story. I had started to dig a hole, and there I was, writing a book. Not that I thought anyone would read it.

Not only have people read your book, you have earned the Ben Franklin Award for best autobiography for your efforts. But the Ben Franklin Award is just one of many accomplishments for you. What is the one accomplishment you are most proud of?

Winning the apprentice contest. I felt like I could do so many things so poorly for so long that holding that trophy was like the culmination of a long journey.

What are you doing now?

I'm back in school. I just earned my bachelor's degree in management from Lehigh University in Cambridge and I'm now working on my master's in women's studies. I enjoy teaching, and not having my master's has limited my opportunities. With my master's I can be an adjunct professor. I'm also president of the Brick by Brick Foundation. And I will love building. So I devote my time to my rest for most consulting and my two children.

Do you have any advice to women about finding balance in their lives?

You seem to juggle a lot. Do you have any advice to women about finding balance in their lives?

Keep moving, pursue what you love and learn some relaxation techniques. I like to try out for a run first thing in the morning.

About the author: Joyce Weiler is the publisher of KeyBank's Business Banking Division and relationship manager of the KeyWomen initiative in the Capital Region. She can be reached at 391-1438 or joyce_b_weiler@keybank.com.
Staff shortage in Police Department

By JIM CUOZZO

Bethlehem Police Det. Bruce Oliver, in a strong but emotional statement to the Bethlehem town board, asked for more police officers in the department.

"I don't complain a lot, but we have major crisis in staffing," said Oliver.

The force is currently down eight officers for a variety of reasons. "I apologize if I am griped, but guys are working their butts off," Oliver said. "We need less talk and more action."

Oliver's remarks to the board came just days after Police Detective Anthony Arduini died as a result of an aneurysm. The Bethlehem Police detective division is down three employees due to the retirement of one detective in April and the death in March of John Cox, another longtime member of the detective division and police department.

"Bruce was expressing emotion because of the circumstances," said Supervisor Theresa Egan. "This is the third vacancy in the detectives bureau in the past 60 days." Egan said a request for two full-time officers was included in the proposed 2006 department budget, and since that request was made, both positions have now been filled.

"I'm worse off now that I was a year ago," said Bethlehem Police Chief Lou Corsi, who will present the town board with an official staffing proposal at the next meeting.

"We're going through a difficult transition, and it is very difficult to maintain services," said Corsi.

The department's request comes on the heels of a $34,000 contract awarded by the town to the Center for Technology in Government, which will work with Corsi and the police department to assist in developing a set of recommendations that will help maximize management efficiencies. Full-time officers are currently working several overtime hours because of the staffing shortage. "You don't manage a police department on an overtime budget," said Corsi.

Egan said it became very clear in the 2005 budget process that the town needs to review department by department the different efficiencies. "I think we have a very well trained police force," Egan said, "but it is difficult to manage safely.

Teresa Prado, deputy director for the CTG at the University of Albany, gave a presentation of the information sharing that will take place with the police department in several workshop sessions to be held over a four-to-six month period.

"There is an increasing emphasis on performance measurement in government," Prado said. "Our information will show how information can be used differently in the department and town so it can be used in a more proactive way," said Prado.

The vote to approve the study was not unanimous, with board member Daniel Plummer voting no.

"I am uncomfortable voting for this now," Plummer said. "My concern is of course the police budget is a very serious budget problem for this year and for the future." Plummer was commenting on Comptroller Judy Keboe's 2005 completed audit report warning future town deficits are looming.

"I intend to support this study," said board member Sam Messina. "It is worthwhile and should be implemented."

Egan said the CTG will provide the board with a formal presentation of its information gathering after several meetings and workshops over the spring and summer.

Top: Paulinehers bring Detective Anthony Arduini's casket into Bethlehem Lutheran Church. Below: Area police salute Arduini's funeral procession as it arrives at the church Tuesday morning.

Tony Gray

**Veteran**

(From Page 1)

and humble man. "It has been a big hit to the agency and the guys are hurt, but we are really close and we'll pull through," said Corsi. Egan said the police department's solidarity of support and brotherhood, along with the communities support has been amazing. "The department is there for one another and for Tony's family," Egan said.

"We lost a good one, a real good one," said Corsi. Arduini is survived by his wife Kathy and three children.

*Who are they and What are they saying?*

(Extra credit if you can date the photo)

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or mail them to: Spotlight 50th Contest, P.O. Box 100, Delmar, NY 12054; or fax to: 439-0609.

**Who are they and What are they saying?**

The teachers are currently working with a series of projects in Reilly's class including writing, producing and editing a commercial about the Middle Ages and working to raise money for an International Children's Art Auction to be held June 7 at the middle school.

"We are receiving artwork from students all over the world to put in the auction to raise money," Reilly said. Block prints from Japan, watercolors from students all over the world, it shows us how we are all cooler."

"Mr. Reilly makes it cool," said Reilly, superintendent of harbor the day terrorists crashed into the World Trade Center.

"I still have a hard time talking about it," said Reilly, "but it made me feel something, something like something we do here is better as a teacher."

Last year Reilly challenged his students to come up with a way to make the world a better place for one month. "Students cleaned parks, schools, one even put together an educational project on the monarch butterfly," Reilly said. "It does make me feel something we do here is working." Reilly said he has found his niche in life teaching. Parents and the community can check out the work Reilly and his students are accomplishing by going to http://hsd12.ny.us/middlelobal/global.htm.
Businesses, consumers network at Chamber expo

By JIM CUOZZO

More than 35 businesses took part in the Bethlehem Chamber of Commerce Spring Business Expo held at the Nathaniel Adams American Legion Post on W. Poplar Drive.

"This is the second year we have been holding the business exposition," said Marty Delaney, Bethlehem Chamber of Commerce president. "A lot of people in the community do not know what some of the businesses do and it is good to have this number of business representatives under the one roof," Delaney said. "We make it very affordable for our members.

"This is all about networking and talking to business people, and meeting with the public. It's a win-win situation." Bill Alston, chairman of the Bethlehem Chamber, said it is good for the community to see area business representatives and talk to them one on one in an informal setting because it allows for more trust between the local businessperson and the consumer.

"This is all about networking and talking to business people, and meeting with the public," Alston said. "It's a win-win situation." Austin said there has been a marked increase in business participants to the expo since the first year they were held.

"I would say we have a 20 percent increase in business participation since the expo's inception," Alston said. Bethlehem business expos are held in the spring and fall.

"The Spotlight was on hand for the expo along with businesses including Four Corners Pharmacy, Tangora Technologies, Aflac, Verizon and the Holiday Inn Express, Berkshire Bank had a large display with representatives on hand. Officials from Berkshire Bank said a grand opening for its new Delmar location in the Hannaford Delaware Avenue Plaza will take place this month.

Delaney said about 250 people showed up for last spring's business expo. "The nice thing about these gatherings is that it is free, there is no commitment and we have unbelievable door prizes," Delaney said. This year's door prizes included airline tickets, gift baskets and a DVD player. "The people of this community are very generous," Delaney said.

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Sally Fezard
Josie Aronovits
Margret Harvey
Doris Reed

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IN BRIEF

Kidney Foundation to hold screenings

The National Kidney Foundation is sponsoring a free kidney screening on Saturday, May 20, from 11 A.M. to 3 P.M. at Whitney Young Health Services, 920 Lark Dr. in Albany and on Sunday, June 4, from 9 A.M. to 2 P.M. at Corning Preserve in Albany. Another free kidney screening will be held on Saturday, June 17 from 9 A.M. to 2 P.M. at Morning Star Missionary Baptist Church in Albany.

Participants will be given a blood pressure test, a simple blood test and a urine test to assess their risk for developing kidney diseases. The process takes approximately 30 minutes, and pre-registration is encouraged, but not required. For information, call 1-800-959-9097 ext. 2 or by sending an email to Sabrina@nkfny.org.

Class on transition to middle school set

Parents for Excellence is hosting an informal transition to middle school discussion Monday, May 22, at 7:30 p.m. at the Bethlehem Central Middle School library.

Come with questions for a panel of middle school students and parents.

Bethlehem to host Bike Expo 2006

On Saturday, May 20, from 11 A.M. to 2 P.M. at Elm Avenue Park, the town of Bethlehem Parks and Recreation Department, police department and YMCA, will together host Bike Expo 2006. Some of the day's events include a bike rodeo, bike inspections and registrations with the town, a bike auction and prizes that include bikes and bike accessories for various age groups. Come along with family and be sure to bring your bike.

Energy talk planned in Voorheesville

The New York State Energy Research and Development Authority (NYSERDA) and Cornell University Cooperative Extension will host the third in a series of energy town meetings on "Renewable Energy" in Voorheesville Thursday, May 18, from 10 to 11:30 a.m. at the Cooperative Extension Center.

This evening will discuss the benefits and financial incentives available for wind and solar energy systems. Pre-registration is required; call 765-3510 or 765-3621.

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Delmar resident named ‘Best Lawyer’

Amelia (Amy) M. Klein, of Delmar, has been included in the latest edition of The Best Lawyers in America, in the employee benefits law category.

Klein is a partner in the law firm of Bond, Schoenbeck & King, PLLC and is resident in the firm’s Albany office.

She practices in all areas of employee benefits law, including design and implementation of qualified and non-qualified pension, health and welfare benefits plans and incentive compensation arrangements.

Sloane joins Weichert sales team

New sales associate Jaron M. Sloane has joined the team at the Delmar office of Weichert, Realtors — Northeast Group. Specializing in residential sales, with emphasis on first-time homebuyers and those seeking to relocate, he will serve clients in the Capital District.

A native of Albany, Sloane works as a manager at a local restaurant prior to entering the field of real estate sales.

AAA announces employee of the year

Laurie Prividera, automotive safety conscious and skilled, certified child passenger safety technician for AAA Hudson Valley, has been named employee of the year for 2005.

Prividera’s tireless dedication, loyalty to her work, passion and commitment have earned her this top spot among her peers.

“AAA Hudson Valley has long been a place where friendly, helpful service is not just a slogan, but a commitment,” said Robert C. Seroka, president and CEO of AAA Hudson Valley. “When we think of those who truly personify the positive and dynamic spirit of this association, we immediately think of Laurie Prividera. Laurie goes out of her way to help everyone. She always goes the extra mile in all she does. We are proud to have Laurie on our team!”

Prividera resides in Loudonville with her husband Salvatore and her son Dominic, 12. A son Jason, 24, lives in Georgia.

Bettini named 2006 realtor of the year

Marcie C. Bettini, CBR, CRB, e-PRO, GRI, broker/owner of Albany Realty Group in Albany, was named 2006 Realtor of the Year by the Greater Capital Association of Realtors, Inc. (GCAR) at its 2005 Annual Education & Trade Show and Awards Luncheon.

The honor is given in recognition of a realtor’s involvement in both organized real estate and community activities.

Bettini currently serves as secretary/treasurer of the board of directors of GCAR and chair of member services for the New York State Association of Realtors. She also serves on the board of directors of the New York State Association of Realtors. Bettini is a New York state certified real estate instructor and is on staff at Manfred Real Estate Learning Center.

Bettini is active in the lector ministry at St. Thomas the Apostle Church in Delmar. She also volunteers for Habitat for Humanity and Vanguard of the Albany Symphony Orchestra.

Marking its third anniversary, Albany Realty Group LLC is a real estate firm serving Albany, Saratoga, Schenectady, Columbia, Greene and Schodack counties.

Chamber announces end of May events

Join the chamber’s mixer on Wednesday, May 17 from 5:30 to 7:30 p.m. at the new SEFCU branch in Glenmont.

This is your opportunity to mingle with other Chamber members and get a look at SEFCU’s new facility.

Open to all; cost is $5. Please register by calling our office or e-mailing info@bethlemscham­ber.com.

Would you like more time in your day? Find important e-­ mails quickly?

Then come to the Business For Breakfast on May 24 at Delmar Reformed Church at 366 Delaware Ave.

Breakfast and networking starts at 7:30 a.m. and the program begins at 8 a.m.

Experts from Micro­ Knowledge Computer Training & Consulting will show you strategies for using Microsoft Outlook as a life organizer.

The cost is $5 at the door. To register, call 439-0512 or info@bethlemscham­ber.com.
Check It Out
Bethlehem Public Library

The Center reports that there are more than 90,000 Americans on the waiting list for an organ transplant. The quilt highlights the generosity of donors and their families.

Adamsville Ancients
The Adamsville Ancients Fife and Drum Corps has assembled an informational display in the library's exhibit case. The Corps was established in 1988 and bears Delmar's 19th-century moniker; Nathaniel Adams was one of the original landowners in the area now known as Delmar.

The Corps marches in local and regional events around New York and New England. It is open to folks 16 years and older who are interested in early American music and history. No musical experience is necessary; lessons on fife and drum are given at the group's weekly rehearsals.

Children's writing workshop
Registration will begin on Monday, June 5 for the library's annual writing workshop for children entering grade 5 and up. Registration is ongoing during library hours.

Book ends
Sonny and Perley
Husband-and-wife duo Sonny Daye and Perley Rousseau perform songs by Porter, Rogers, Bacharach, Flaut, Jobim and others about the many faces of love in "Tell 'Tale Romance" at the library Tuesday, May 23 at 7 p.m.

Book talk
BookChat, Bethlehem Public Library's discussion group for boys and girls in grades 6-8, will talk about "Eldest," by Christopher Paolini, on Thursday, June 1, at 7 p.m. In this sequel to "Eragon," our hero is sent to finish his training as Dragon Rider so he can further help the Varden in their struggle against the Empire. New members welcome; no pre-registration necessary.

"There's been an accident."

“Memory,” a mixed media exploration by artist Michiko Kubotera, is on display in the southwest hallway this month. Born in Hokkaido, Japan, she emigrated to Ann Arbor, MI, as an adult, and settled in Delmar in 1996. Her art draws from her Japanese heritage.

Her parents still live in Japan, where her father suffers from Alzheimer’s disease. “I try to think, what the world is like for my father and what thoughts and images go through his head. I want to capture my memories of him in my work.”

“Passages,” a collection of acrylics by Joan Krathaus, is on display in the northwest hallway. She describes painting as “a tremendous inside-out experience,” with which she hopes to achieve “a temporary sanctity in this world of frightful givens.” Krathaus is a past co-president of the Bethlehem Art Association. Her award-winning work is displayed in galleries from Massachusetts to California.

Quilt honors organ donors
Also on display this month is the “Kaleidoscope of Memories” quilt lent by the Center for Donation and Transplant in Albany. The quilt commemorates those who gave the gift of life through organ and tissue donation. Informational material will also be available.

A Gold Mine in Bedroom Drawers
Newswire: People are selling their old scrap gold that is gathering dust for broken and outdated items like chains, charms, rings and more. “Everyone has bits of gold just lying around which can be turned into cash,” says Richard Zatkoff, VP of marketing. “Even old dental gold has value.” GoldKit.com processes over 10,000 recycle Kits per month. People can get a free GoldKit at 1-800-283-4700 or GoldKit.com.
Teachers to take on coaches in charity basketball game

The Voorheesville faculty and CYO coaching staff will be holding a charity basketball game Tuesday, May 22, at 7 p.m. in the high school big gym. Tickets are $5 to help raise money for the 2006 Relay for Life Campaign.

PTA to meet

The next meeting for the Voorheesville PTA will be Thursday, May 18, at 7 p.m. at the elementary school library.

Spring concert set for tonight

The spring concert for the Voorheesville elementary school will be held tonight, May 17, at 7:30 p.m. in the school gym. Voorheesville PTA will be holding this free event.

Archery class offered

The Albany County 4-H Shooting Sports program will be offering three outdoor archery sessions at the William Rice Extension Building in Voorheesville. The sessions will take place in July and September. Each session will be limited to 12 participants and the cost is $25 for 4-H members and $30 for non-members. Participants must be between 12 and 19 years of age. For information, call 765-3500.

Kiwanis Club serving pancake breakfast

The Kiwanis Club of Delmar will hold its annual Spring Pancake Breakfast Saturday, May 20, from 8 a.m. to noon at the Delmar Presbyterian Church at 885 Delware Ave., Delmar. The event is all-you-can-eat and features orange juice, milk, coffees and a variety of syrups, as well as pancakes.

The motto of Kiwanis is "Serving Children of the World," and we meet this goal by supporting projects to reduce bone density Syndrome. Kiwanis, along with UNICEF has almost eradicated disease caused by polio and retardation in children. Its major local project is support for families with children from the Children's Hospital at Albany Medical Center.

Kiwanis has received almost $40,000 for this worthy project. The Delmar Club alone gives almost $10,000 each year for pediatric trauma. Kiwanis counts on community support for these fundraisers in order to continue to serve the children of our community and the world.

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Kiwanis has received almost $40,000 for this worthy project. The Delmar Club alone gives almost $10,000 each year for pediatric trauma. Kiwanis counts on community support for these fundraisers in order to continue to serve the children of our community and the world.
RCS library accepting donations for book sale
The RCS Community Library is accepting book and media donations for its annual book sale. Only recent novels, non-fiction, children's books, videos, and CDs in good condition will be accepted. Nik the is not up to date, old encyclopedias, old textbooks, or magazines will not be accepted. The Library already has received many donations.

Sunday closing:
The library will close May 27 and 29 for Memorial Day weekend. No library materials will be due on those days.

Author, illustrator to visit
Matt McElligott is the author and illustrator of four picture books, Backyard and the Birthday Suit, Absolutely Not, Uncle Frank's Ph, and The Truth About Cousin Ernie's Head. McElligott will visit the library on Saturday morning, June 10.

Summer program schedule
The library's summer programs schedule is ready. Its annual budget newsletter also has the schedule. Parents are asked to keep it for reference. If you did not receive a newsletter, you can pick one up at the library. The schedule also is on our Web site, www.uchs.org/vel-

There are schedule changes for Romp & Read, Preschool, and the Chess Club for Kids. The Traveling Library will visit town recreation programs. The Frequent Reader Holiday for teens and adults will be back.

Chess Club and Young Writers Workshop require registration. Call or come in after June 1 to register. The phone number is 706-2053.

- All library programming is free (unless otherwise noted) and open to the public. The RCS Community Library is located at 15 Mountain Road, Ravena. For information, call 706-2053.

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Local office to offer free health lectures
Dr. Ron Stram, 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 the Center for Integrative Health and Healing at 7:30 p.m.

Registration is recommended. For information, call 689-2244 or visit www.cihh.net.

The May 18 lecture topic is autoimmune conditions. MS, Lupus, rheumatoid arthritis, allergies, asthma. Understand how Chinese medicine together with Western medicine can be used to positively affect these conditions.

Milne 50-year reunion set for June
The 50-year reunion of Albany's Milne School Class of 1956, is scheduled for the weekend of June 9, 10, and 11. All members and friends of the class are asked to contact Carl Eppelman at 459-0532 or Ron Keller at 459-1832 for detailed information and reservations.

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As seen on T.V.
Kripalu instructor Mira Lechowicz is offering a free yoga class tonight at 7 p.m. at the library. It is a great opportunity to try out this ancient art of relaxation if you have never tried it before or to add a session to your regular routine. Beginners are welcome. Bring a mat if you have one and wear comfortable clothes.

The last dragon
A magical show by The Puppet People is being held Saturday, May 27 at 2 p.m. at the Old Songs Community Arts Center on South Main Street as a collaboration of the Friends of the Voorheesville Public Library and Old Songs. The Last Dragon is a whimsical retelling of the fairy tale by E. Nesbit and features a 7-foot dragon and a life-size knight on horseback. A contribution from the Library Friends means that all the children's tickets are free of charge, although space is limited. Call Old Songs for reservations and adult ticket information at 765-2815. The performance is also funded in part by the New York State Council on the Arts.

Lifelines
The prose writers group meets Thursday, May 18 at 7 p.m. New writers are welcome. Bring a short piece to share with the group.

Media violence
Cornell Cooperative Extension presents Does Media Violence Affect Children? Evaluate your child's media exposure and learn the latest research on the effects of media on young children May 22 at 7 p.m. Call VPL to register at 765-2791.

June book discussion
Stolen Figs and Other Adventures in Calabria by Mark Kurlansky is the selection for the June discussion group Wednesday, June 14. The evening begins at 6:30 p.m. with a potluck dinner, sign up at the reference desk and receive a copy of the book.

Book discussion gala
Share your literary discoveries with others at the “Book Discussion Gala” Wednesday, May 24 at 7 p.m. Come and talk about a recent favorite or just to listen. Sign up at the reference desk.

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Resident inducted into SU honor society
Jonathan Basilec of Delmar, a senior majoring in economics and political science in The College of Arts and Sciences at Syracuse University, was recently inducted into the University's chapter of Omicron Delta Epsilon Honor Society.
Omicron Delta Epsilon Honor Society recognizes scholastic excellence and honors outstanding achievement among students of economics.
To be eligible, students must have an overall grade point average of at least 3.0 (on a 4.0 scale), have earned a 3.0 grade point average or higher in all economics courses, and have completed at least four upper-division economics courses.

St. Thomas seeks crafters for fall fair
On November 4, the St. Thomas the Apostle School will be having its craft fair to benefit the third-grade Junior Bluebird team.
The fair committee is in search of crafters who would like to showcase their talents during this event and coming holiday season.
Table fees for the show vary. For information, call 756-1344 or 756-3732.

Student earns college award
Emily Miller of Feura Bush received an Outstanding Fourth-Year Student Award at a honors ceremony in April at Champlain College in Burlington, Vermont.
Miller is enrolled in the professional studies program at the college, a private, baccalaureate institution that offers career-oriented programs in business, technology, and human services balanced by a liberal arts foundation.
Miller is the daughter of Edward Miller of Albany, and Barbara Miller of Feura Bush.

Local church to send volunteers to aid in hurricane relief
Volunteers from area United Methodist Churches are heading to the Gulf Coast later this year.
The volunteers will travel to Mississippi from Nov. 10 through Nov. 30 to aid in the long road to recovery for those still left homeless by the devastation of last summer's hurricanes.
A kick-off meeting is scheduled for May 25 at 7 p.m. at the Community Methodist Church, 1499 New Scotland Ave. in Slingerlands.
The program will consist of a team leader quoting personal experiences on previous work trips to the Gulf Coast and a

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Use Your Power To Choose.

In New York’s new competitive energy marketplace, you no longer have to buy your electricity and natural gas only from your local utility. Instead, you can shop among the new Energy Service Companies (ESCs) that are competing for your business. This change should bring efficiencies and innovations that will give you better value for your energy dollar.

The combined services offered by your utility have been split into two parts — supply and delivery, with the supply portion open to competition. You can choose to switch to an ESCO or continue buying your energy supply from your utility.

Regardless of where you buy your supply, your utility will still deliver energy to you through their existing wires and pipes. The safety and reliability you depend on won’t change, and you’ll still call your utility during emergencies or service interruptions.

A new choice for your energy supply

When you shop for electricity, you can now consider selecting Green Power providers for some or all of your supply. Green Power providers supply environmentally friendly electricity generated from renewable fuel sources such as solar, wind, biomass, geothermal and small hydro. For only a few pennies more a day, you can choose Green Power and make a world of difference for generations to come.

The Environmental Disclosure Label

Another benefit of New York’s competitive market is that you now have access to information that lets you assess the environmental impacts of the energy you buy. Twice a year in your electric bill you receive an Environmental Disclosure Label showing the mix of fuels used to generate your electricity and the related air emissions. Knowing about electricity generation, fuel sources and their environmental impacts will help you make informed choices. You can also receive this information by visiting www.PowerToChooseNY.com and entering your zip code.

Strength in numbers

Purchasing electricity and gas with others, called “aggregation,” gives your group greater buying power and may save you money. For example, the Municipal Electric and Gas Alliance (MEGA) members (municipalities and school districts in Central New York) saved approximately $2.7 million on their electric bills last year, which translates into average savings of 12%. The Council of Industry’s Electricity Aggregation Group, representing more than 40 members, saved approximately $1 million in 2005, representing a savings of 10%. You may belong to a community or business association that can coordinate with ESCOs for the best package of prices and services. For a sample of a Request for Proposal for Bills for your group’s use, go to www.PowerToChooseNY.com and click on Contact Us and send us an e-mail, or call us at 518-474-1540.

Choosing a supplier

To shop for an ESCO, evaluate their offerings, compare them with your utility’s offering, and decide which is best for you. You should:

1. Call your utility or the Public Service Commission at 1-888-Ask-PSC1 (1-888-275-7721) for ESCOs serving your area. Or go to www.PowerToChooseNY.com or your utility’s Web site for a list, and then call the companies. The ESCOs and their offers do change, so continue to check periodically.
2. Compare prices, services and terms offered.
3. Consider customer services such as toll-free numbers, Web sites and complaint handling.
4. Check out billing and payment options.
5. Confirm the details of the agreement.

6. Choose your supplier and monitor your bills and service. If you are not satisfied, you can switch back to your utility or to another ESCO, subject to any applicable contract terms.

For a list of ESCOs and more information, visit the Public Service Commission Web site at www.PowerToChooseNY.com, call 1-888-Ask-PSC1 (1-888-275-7721) or contact your local utility listed below:

Central Hudson Gas & Electric
1-877-444-2443
www.centralhudson.com

Rochester Gas & Electric
1-800-253-6888
www.rge.com

Customers of Long Island Power Authority (LIPA) interested in choice/competition may call 1-800-490-0025.

In the past, you had no choice of who provided you with your natural gas and electricity supply – it was your local utility.

Well, things have changed.

In New York State, companies other than your local utility, called Energy Service Companies (ESCs), are competing to provide you with electricity and natural gas. No matter which supplier you choose, your utility will still deliver your energy safely and reliably, and respond to emergencies.

Why Choose an ESCO?

Competition gives you greater choice and better value for your energy dollar in purchasing energy products and services, including:

Fixed Pricing — Some ESCOs offer a fixed price for your natural gas or electricity supply.

Variable or Capped Pricing — You may see a variety of offers from ESCOs, including a variable price and capped pricing mechanisms tailored to meet your individual needs.

Green Power — Some ESCOs offer products from renewable energy sources that are environmentally friendly such as solar, wind, biomass, and hydropower. New York State and the Public Service Commission have made a commitment to promote the use of Green Power and foster the development of renewable energy generation resources. Purchasing Green Power helps the environment and encourages alternative power generation.

Other Value Added Benefits — Ask about other options including appliance repair, service contracts, and other benefits.

Join the over one million New Yorkers who have already made the choice to switch to an ESCO!
**Forever wild, or foxes on the run?**

By JIM CUOZZO

Delmar wildlife is beginning to encroach on homeowners’ land, or is it the other way around? Dick Rudolfsky of Brookside Avenue walked outside his door last week to find two small animals sleeping in the sun next to the front wheel of his car.

"I tried to move them away because I thought they were someone’s pets," said Rudolfsky. "Then I thought they were baby foxes." After a visit by animal control officers, the little red animals were identified as foxes.

Delmar woman to be ordained as rabbi

On Sunday evening, June 4, Congregation Ohav Shalom will host a tribute to Rena Kieval in recognition of her numerous contributions to the synagogue and community. Kieval, currently of which assist in making delmar for many years.

The June 4 event will include a rabbinic installation ceremony in memory of her son, Jonathan. Dozens of community members have participated in the work of this group, which supports individuals and families facing illness and bereavement.

At Wildwood Programs, Kieval and another parent developed and led a workshop program which included a presentation for medical residents about the parents’ perspective on raising a child with special needs. In addition, she has published articles in “Sh'ma” and in the Journal for Pastoral Care and Counseling, and has co-written an article with Rabbi Daniel Ornstein on clergy-congregant relationships that is soon to be published.

For ticket information for the June 4 event, call Congregation Ohav Shalom at 489-4706.

"Red foxes have a tendency to be right around houses," said Ward Stone, state Department of Environmental Conservation wildlife pathologist, whose office is at Five Rivers Conservation Center.

"Red foxes hang around the library because of the wooded area behind the building and along Kenwood Avenue," Stone said. "You’ll find deer, coyotes, red foxes, raccoons, possums, wood-chucks — the wildlife population is peaking in spring." Stone said most likely the foxes were babies looking for food and they tend to find an abundance of it in people’s yards. Rudolfsky said the foxes he saw were in poor condition and since then one of them has died.

"My neighbor found a hole dug under his shed where they most likely were staying," Rudolfsky said. "They don’t appear to have a mother."

Stone said we are seeing more and more encounters of wildlife and people coming together because of the many new homes now being built on what was once all agricultural land in the town.

"The world is changing rapidly," said Stone. "There are large homes in rural settings where wildlife once was, and now we want to remove them."

**Minister celebrates 50th anniversary**

On Saturday, May 21, at 9:30 a.m., the First United Methodist Church at 428 Kenwood Avenue in Delmar, will celebrate the ministry of the Reverend Sherrard "Woody" Carver. The public is invited, especially those from his former parishes and others touched by Carver’s service.

At the service, Pastor Carver’s message will be "The Seed took Root and Grew."

The Anniversary Celebration will continue with recognitions, displays and a light buffet luncheon.

For information, call 439-9976 or visit www.delmarmethodist.org.

"It has been a very special 50 years of involvement with many church communities and I am truly honored by this event," Carver remarked.

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"The world is changing rapidly," said Stone. "There are large homes in rural settings where wildlife once was, and now we want to remove them."
That was the message to county legislators by County Comptroller Michael F. Conners’ “State of the Fisc” address last week.

What raised eyebrows was national studies showing a decrease in the need for such facilities — it doesn’t make sense right now for the Legislature to continue subsidizing the failing facilities.

However, legislators contend that despite their receipt of per person/maintenance payments, the county is not about keeping the beds full, but rather, maintaining an important service.

“It’s kind of saying a county road is a burden on taxpayers. Well, we need a county road,” said County Legislator Timothy Nichols, D-Delmar. “We need to have a safety net, that’s the role of a county-run nursing facility.”

Nichols is well aware of the facility’s ongoing revenue problems, but, until the county can work out the bugs in funding the operation of its nursing facilities, legislators can’t afford to put their replacement on hold as the bureaucracy works through the problems.

That shouldn’t be the case, said Conners.

“What I have been talking about is that we need to make the commitment to a better-run facility,” said Conners.

Currently, both facilities are experiencing declining occupancy rates. According to the comptroller, the county has spent a considerable amount of money to help keep the facilities open. One of the current challenges is keeping tenants totemp agencies and are losing tenants to more people remaining in their homes or opting to privately run nursing homes, said Conners.

The comptroller based its need of a county-run facility at 100 percent occupancy rate, he added. The mentality seems to be “if you build it, they will come,” he warned legislators.

In both facilities, 88 percent of occupants are covered under Medicaid, which means on average the homes receive less reimbursement per room than they would with Medicare, other insurance providers or private pay tenants.

In the nursing homes throughout the state, on average 75 percent of their tenants are covered under Medicaid. Even with the higher paying private tenants — 15 percent in other Albany County homes, or tenants through other insurance carriers — new facilities in Saratoga and Rensselaer counties are experiencing deficits in the $4 to $6 million range, he said.

The goal of the Ann Lee and ACN1.replacement facility is to generate revenue, said Nichols. It is to provide services for those Medicaid recipients that must be done right.

The county has already received a certificate of need from the state Department of Health for a new facility, said Nichols. A state audit committee has approved measures in the year’s state budget to re-base Medicaid payment. Right now the county is in good shape to move on the construction of a new 450-bed nursing home that reflects national trends show, and how neighboring county facilities are performing, he said.

Top the knowledge of financial advisor John Gigliello as he provides the answers to the big questions in IRA distribution today. He has been trained by Ed Stott, CPA, America’s #1 IRA distribution expert and author of the book, *The Retirement Savings Time Bomb* & How to Defuse It.

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The Kenholm Pool Association, located in the Kenholms Desert section of Delmar at 78 Dunbarton Drive, will be holding a fundraiser to benefit the Kenholm Pool.

On Saturday, May 20-21, from 9 a.m.-3 p.m., the Kenholm Pool will be having a first sale and bake sale. You may also donate items for the sale on Friday, May 19.

Items for sale include: Children’s toys and clothing, books, sporting goods, glassware, Tupperware and kitchen goods, books, costume jewelry, as well as antiques and furniture.

While you are there, check out the wonderful improvements to the pool itself! There will be an open house on June 10.

For information, call 439-7976.

**Expert IRA advice.** The strategies you need and want to know about.
Robert F. Bellizzi

Robert F. Bellizzi, 57, of Delmar, died Sunday May 7, at Albany Medical Center.

Born in New York City, he moved to Delmar in 1958 and was the founder of the baseball program at The College of Saint Rose. Under his guidance the team won its first ever Atlantic Collegiate League title. He was past president of the N.U. Collegiate Baseball League.

Survivors include a son; Eric W. Jackson of Juneau, Alaska, a daughter Lyne K. of Delmar, four grandchildren.

Services were from the Durans Funeral Home, Glenmont. Contributions can be made to the Hart Congregational United Church of Christ, Hart, Michigan 49420.

Helen Langenbach

Helen G. Langenbach, 90, of Altamont, died Wednesday, May 10, at the Guelderland Center Nursing Home.

She worked with the Voorheesville schools as a cook for many years. She was a longtime communicant of St. Matthew’s Church, Voorheesville. She was the widow of Edgar Langenbach, who died in 1991.

Survivors include four daughters; Helen Walsh and Dorothy Schmitt of Glenmont, Edna May Mercier of Colonie, Eve Bidosky of Atlanta, Ga., four sons; John and Paul W. of Freehold, Benjamin Salvo of Guilderland and Joseph Szeznaat of Freehold. She also is survived by 18 grandchildren, 14 great-grandchildren and a great-great-grandchild.

Services were from the Fredendal Funeral Home, Altamont. Contributions may be made to Community Hospice of Schenectady, 1411 Union St., Schenectady 12308.

Marjorie Zahn

Marjorie H. Zahn, 91, of Slingerlands, died May 9.

She was the widow of John Zahn.

Survivors include a son; John W. Zahn of Marblehead, Mass., a daughter: Christina Williams of Pine, Colo., four grandchildren; one great-grandchild, sisters, Josephine M. Selbach and Kathryn M. DeMase of Albany.

Services were from the Hans Funeral Home, Albany. Contributions may be made to the charity of your choice.

Anthony S. Arduni

Anthony S. Arduni, 35, of Selkirk, died Thursday, May 11.

Born in Albany, he was a dedicated member of the Bethlehem Police Department. He served the Bethlehem community for over 31 years, the past five years as a detective. He was a hard-working and compassionate man, known to all in the community through his work and many activities.

Survivors include his wife, Kathy and beloved children, Courtney, Lucas and Chelsea. He is also survived by several aunts, uncles and cousins and many friends, in particular Peter Buscaglia of Colonie, who was like a brother to him. The family would like to thank the doctors, medical staff and hospital administration at the Albany Medical Center, ICU and especially, to thank the members of the Bethlehem Police Department and surrounding law enforcement agencies for their support during this time of need.

Services were from the Applebee Funeral Home, Delmar. Contributions in his memory can be made to the Bethlehem Police Department Community Endowment Fund, c/o Anthony S. Arduni Memorial Fund, 90 Adams Place, Delmar 12054.
Albany Medical Center
Girl, Jeyllyne Rose Lorini, daughter of Sarah McCool of Ravena, Jan. 1.
Boy, Edward James Roville Jr., son of Rebecca and Edward Roville Sr., of Selkirk, Jan. 12.
Boy, Logan Edward Pieper, son of Alisha and Todd Pieper of Ravena, Jan. 15.
Boy, Eric Stephen Richardson, son of Julie and Robert Richardson of Voorheesville, Jan. 15.
Boy, Benjamin Peter Sorrentino, son of Mary Ann and Joseph Sorrentino of Delmar, Jan. 17.
Boy, Sean Sorrentino, son of Gregg and Tricia Sorrentino of Delmar, Jan. 17.
Boy, Jack Wray Lanzi, son of Kristie and Christopher Lanzi of Delmar, Jan. 17.
Boy, Christopher Ryan, son of Rebecca and Edward Ryan of Delmar, Jan. 17.
Boy, Benjamin Pieper, son of Robert and Pamela Pieper Jr. of Burnt Hills, Jan. 28.
Boy, Jack Wray Lanzi, son of Kristie and Christopher Lanzi of Delmar, Jan. 17.
Boy, Eric Stephen Richardson, son of Julie and Robert Richardson of Voorheesville, Jan. 15.
Boy, Benjamin Peter Sorrentino, son of Mary Ann and Joseph Sorrentino of Delmar, Jan. 17.
Boy, Sean Christopher Ryan, son of Megan and Christopher Ryan of Delmar, Jan. 28.

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**MacLeod, Luke engaged**


The bride-to-be is a graduate of James Madison University and Boston University Law School.

She is an associate attorney for O'Connor & O'Connor, Brescia and Matthew Harding of Tricity.

**Milen, Hardman engaged**

Kristin Hardman, daughter of Mr. and Mrs. Harry Hardman of Houston, Texas, and Matthew Milnar, son of Mr. and Mrs. Frank Milnar of Charlton, are engaged to be married.

She currently attends UT Southwestern Medical School in Dallas, Texas.

The future groom is a graduate of Burnt Hills-Ballston Lake High School and Hartwick College.

He is employed by Shared Technologies in Dallas, Texas.

The couple plans a May wedding in Houston, Texas.

**Dean’s List**

**SUNY Fredonia**

Amy Christine Van Deusen of Delmar.

Brian Mark Conners of Voorheesville.

**Empire State College**

Lynn Horn of Delmar, chancellor’s award for student excellence.

**Hartwick College**

Meredith Pascale of Glenmont, inducted into Phi Sigma Alpha, National Political Science Honor Society.

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For information or an announcement form, call (518) 439-4043.

Mail announcements to The Spotlight, Attn: Bride Dept. PO Box 110, Delmar 12054.
Kaloos orisate!

St. Sophia's welcomes you to its 36th annual Greek Festival

You can travel to a foreign country without even leaving the Capital District this weekend. On Friday, Saturday and Sunday, head for the 36th annual Greek Festival in Connecticut, where a church had people make their favorite food.

The festival started in 1970," said Sokaris, the chairman of this weekend's event. "A group of people went to a Greek festival in Connecticut, where a church had people make their favorite food.

They did it here one weekend, and it worked out great. Although Sokaris described the appetite for Greek food, wine and culture as "insatiable," it is quantifiable.

Between 30 and 40 women have already baked the 22,000 Greek pastries that people will stand in line for: three deep, to purchase. In the tent, which will be twice as big as past years, 8,500 souvlaki and gyro sandwiches will be served. In the sit-down restaurant in the church hall ("decorated to look as if you were in Greece," Sokaris said), volunteers in black pants and white shirts will serve 3,000 full-service meals - think moussaka, spinach pie and pasticcio — while 135 Greek-American children will take turns performing traditional dances from different parts of their ancestors' homeland.

A five-piece band from Syracuse, the Aegeans, will provide traditional music. There are some new numbers to count, too. For the first time ever, the Greek festival will offer octopus ... 1,000 pounds of it. "It's been boiled and tenderized," Sokaris said. "Now it's frozen, and when we thaw it for the festival, we'll marinade it in a nice oil, lemon and oregano, and serve it at $5 for a nice-sized plate."

Sokaris expects some 30,000 people to visit the festival, and for those who will go away wanting more, Shaw Ribadi of BFS Deli on Western Avenue in Guilderland will offer demonstrations of how to cook things like spanikopita (spinach pie) or shrimp saganaki, shrimp pan-cooked with vegetables.

Also new this year will be wine tastings provided by representatives from the Agios winery in Greece. There's a Santorini, an Aghiorghitiko, from Nemeni, where Hercules is said to have killed the lion, and a dessert wine, Muscat of Patra of Rio NV, from the northwestern Peloponnesus.

Between your coldoume meal and the pastries you'll want to bring home, take a stroll through the agora — the marketplace, where you can find everything from jewelry to T-shirts to cookbooks. Because you're sure and go Friday; you may want to return once more before the weekend's over.

St. Sophia Greek Orthodox Church is located at 440 Whittall Road in Albany. In addition to on-site parking, there are free shuttles that run every 15 minutes from the Center for the Disabled at 314 S. Main St. and 1251 New Scotland Road at Route 85. Admission to the festival is $3; $2 with a Price Chopper advantage card. Admission includes a raffle ticket. For information about the festival, call 489-4422 or visit www.stsophia.net.
Arts & Entertainment

**The OPENINGS show**

**Albany**

**THEATER**

- "NOISES OFF" by Michael McKean, presented by Cohoes Free Theater, 315 State St., Albany. Information, 465-3030.

- "SECONDS" by Richard Greenblatt, presented by The Egg, Empire State Plaza, Albany. Information, 474-5877.


**VISUAL ARTS**


- "THE CLARK" exhibit, featuring works for late 19th and early 20th-century artists, through June 16, and other ongoing exhibits. Information, 453-5820.

- "ANALAB INSTITUTE OF ART" exhibit, "Excavating Earth," an exhibit from University of Kansas, through June 6, at the Egg, Empire State Plaza, Albany. Information, 474-5877.

- "GOVERNOR'S ISLAND MUSEUM" exhibit, "City of Islands," through May 21, at the Egg, Empire State Plaza, Albany. Information, 474-5877.

- "LOUDBOND WEATHERagnost" exhibit, "Son of folk singing, May 21, 7 p.m., at the Egg, Empire State Plaza, Albany. Information, 474-5877.


**MUSIC**

- "TWO Images of the PURPLE SAGE" County-our-legend show, May 28, 8 p.m., at the Egg, Empire State Plaza, Albany. Information, 474-5877.


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**CALL FOR ARTISTS**


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**THE CALL**

Friday, May 20

**BETHLEHEM**

- **CHILDREN'S WRITING WORKSHOP (JULY AND AUGUST)**
  Bethel School Library, 410 Delaware Ave., 9:30-11:30 a.m., 439-8341.

**AA MEETING**

- First Reformed Church of Bethlehem, Route 9W, 7:30 p.m.

**GOLDEN EAGLE**

- 1000 Main Street, 6:15 p.m.

**CITIZEN'S LEAGUE**

- 1000 Main Street, 6:15 p.m.

**FARMER'S MARKET**

- Reads Run Park, 2-5 p.m. Information, 787-6230.

**ZONING BOARD OF APPEALS**

- Bethlehem Town Hall, 445 Delaware Ave., 7 p.m. Information, 439-4500.

**LIBRARY**

- Bethlehem Public Library, 311 Washington Street, Bethlehem, 7 p.m. Information, 439-4503.

**SOCCER LEAGUE**

- boys and girls in grades 1-6, 439-3026 or Gary Goss, 439-5028.

**CITIZEN'S LEAGUE**

- 1000 Main Street, First Reformed Church, Route 9W, 6:15 p.m.

**LIBRARY**

- Bethlehem Public Library, 311 Washington Street, Bethlehem, 7 p.m. Information, 439-4503.

**SOCCER LEAGUE**

- boys and girls in grades 1-6, 439-3026 or Gary Goss, 439-5028.

**CITIZEN'S LEAGUE**

- 1000 Main Street, First Reformed Church, Route 9W, 6:15 p.m.
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Lady Eagles wrap up top seed for playoffs

By ROB JONAS

The Bethlehem girls lacrosse team enters this week's Section II, Division I playoffs as the team to beat, yet again.

The Lady Eagles wrapped up the No. 1 seed with a 12-1 victory over Saratoga. Bethlehem finished the Suburban Council season with a 12-1 record, one game ahead of Guilderland.

"I don't think it brought anyone down after our first loss. It just made everyone work harder," Dawn Austin, Bethlehem coach, said.

The Lady Eagles (12-2 overall) pulled out to a halftime lead and held on for the victory over Saratoga.

"I feel like we've earned our wins and earned our record by playing hard and focusing on each game," said Austin. "The Lady Eagles (12-2 overall) pulled out to a 6-2 halftime lead on Saratoga and never let the Blue Devils back in."

Bethlehem's top seed for the Suburban Council season that began on Wednesday when Guilderland edged Bethlehem when Guilderland edged Bethlehem's offense.

"I don't think it brought anyone down after our first loss," said Austin. "It just made everyone work harder.

"The Lady Eagles 12-1. Bethlehem re-gained sole possession of first place two days later when Shenendehowa beat Guilderland 12-8."

"I don't think it brought anyone down after our first loss," said Austin. "It just made everyone work harder."

Bethlehem opens the playoffs Wednesday when it faces either Colonie or Schenectady in the quarterfinals.

Halley Quinnan scored five goals and assisted on three others to lead Bethlehem's offense. Tee Ladoocur contributed four goals, and Cate Quinlan added two goals in the victory.

The win wrapped up a Suburban Council season that began on an inauspicious note for Bethlehem when Guilderland edged the Lady Eagles 12-1.

Bethlehem re-mained one game behind Guilderland until it de-feated the Lady Dutch 10-8 May 2. Bethlehem re-gained sole possession of first place two days later when Shenendehowa beat Guilderland 12-8.

"I don't think it brought anyone down after our first loss," said Austin. "It just made everyone work harder.

Bethlehem opens the playoffs Wednesday when it faces either Colonie or Schenectady in the quarterfinals.
years. Perhaps it’s because they’re still seen as Glenn Mazo- zula’s attempt to soothe Albany’s fans in keeping their franchises in major markets and the Capital District isn’t a major market. Besides, the Conquest have a good product this year — maybe not good enough right now to win the Arena 2 title, but good enough to contend for one. That’s a step in the right direction for a team that finished below .500 the last two years.

Now if the fans start bringing the energy level up at Pepsi Arena, that would be another step in the right direction.

• I’m amending last week’s column and including Shendehowa among the teams to watch in the upcoming Section II Division 1 girls lacrosse playoffs.

Next to Bethlehem, Shen is the hottest team entering Sectionals. The Plainswomen have won their last six games, including victories over Guildford and Saratoga — the two teams I said last week would challenge Bethlehem. They have an explosive attack led by Tara Abstall and Olivia Jarem, and their defense has improved as the season has gone on.

Depending on where they’re seeded, the Plainswomen have a threat to reach the finals. If they face top-seeded Bethlehem in the semifinals, I would favor the Lady Eagles because of their experience in high-level competition. A semifinal matchup with Guildford or Saratoga would be more favorable for Shen, given its recent success against those two teams.

• Without rehashing last month’s column about the change in NHL affiliates for the Albany River Rats, I was pleased to see Carolina knock New Jersey out of the Stanley Cup playoffs in five games. With the exception of game 4, the Hurricanes (Albany’s new affiliate) made all the clutch plays and left the Devils (Albany’s old affiliate) frustrated. With any luck, the River Rats will dominate Lowell next year the way Carolina dominated New Jersey during this year’s NHL playoffs.

On a side note, does anybody around here care about the NHL playoffs now that Detroit, New Jersey, Colorado and the New York Rangers have been eliminated in the first two rounds? It wasn’t for Carolina and Buffalo advancing to the Eastern Conference finals, I think the answer would be a resounding no.

The NHL is at its most interesting when either the most storied or most successful franchises are involved. A Stanley Cup final between Anaheim and Buffalo (which is my prediction) doesn’t attract as much attention as one between Detroit and the Rangers. Anaheim and Buffalo don’t have the history behind them that any of those other teams have. It doesn’t mean that a Stanley Cup final between Anaheim and Buffalo wouldn’t be entertaining. It means that casual sports fans wouldn’t be interested in watching it on TV.

Delmar trio to participate in Pan-Massachusetts event

Three Delmar residents are among more than 4,500 cyclists who will participate in this year’s Pan-Massachusetts Challenge Aug. 5 and 6.

Nathan and Emily Cohen and Beth Huntley will help raise money for the Dana-Farber Cancer Institute through its Jimmy Fund by cycling one of eight routes that range from 70 to 192 miles. The courses include the original two-day, 192-mile trek from Sturbridge to Provincetown and the 180-mile Sturbridge-Bourne-Wellesley route.

The goal of this year’s Pan-Massachusetts Challenge is to raise $24 million for cancer research. The average participant raises $5,200.

To volunteer or make a pledge to a local rider, visit the event’s Web site at www.pmc.org or call (800) WE-CYCLE.
"I love working with these guys. They're like my brothers," said Harvey. "There's a lot of playing that goes on, but they're also serious.

Joining the Conquest has cut into some of Harvey's time with the Colonie track team, but he works with the Garnet Raiders as much as he can.

"Obviously, the Conquest wasn't going on (when I joined Colonie's coaching staff), so I started there full time," Harvey said. "But the Conquest is obviously full time, so that's what I have to concentrate on.

Bethlehem's students were out in full force for Saturday's home game. Some of Colonie's sprinters were in attendance, as were several Sand Creek Middle School students. Harvey's former high school football coach, Colonie's Mike Ambroso, was also at Pepsi Arena.

"I feel a lot of love from the people here," Harvey said.

A stepping stone

Harvey is hoping to use his experience with the Conquest to restart a football career that had been put on hold following a medi- cal scare after graduating from New Hampshire. A blood test det- ected a possible problem with his liver, but a subsequent biopsy turned up negative. Still, Harvey waited a while before looking for an avenue to a pro football career.

"I didn't think I could go to the (National Football League) combine and give it my best, so I took a year off to get healthy," he said.

Now that he has a hurrying-up point with the Conquest, Harvey is hoping to use it to move to the next level. "I feel I can play with anyone," he said. "There aren't many guys my size (5 feet, 11 inches) that have my speed.

Until then, Harvey will continue leading his double life.

"It's good. I love it," he said.
Living a double life
Harvey restarts football career while coaching sprinters

By ROB JONAS

R.J. Harvey isn’t a secret agent, but he leads a double life.

By day, Harvey works at Sand Creek Middle School and coaches the sprinters on the Colonia boys track and field team.

At night, Harvey trades in his coach’s whistle for a football helmet and pads as the newest wide receiver on the Albany Conquest.

For Harvey — a former standout running back for Colonia and the University at New Hampshire — the chance to play for Albany’s Arena Football 2 franchise is one he couldn’t pass up, even if he had to learn a new position to do so.

“You have to take things as they come, and I’m just glad to take this opportunity,” he said.

Harvey signed with the Conquest a month into the season and has been trying to catch up with his teammates since then. He’s caught four passes for 112 yards and three touchdowns in his first two games, but he’s still learning his routes.

“We need to be ready, and you can only get to where you need to be with practice,” Harvey said.

Saturday’s home game against Manchester is a prime example of Harvey’s progress. After catching several passes from quarterback Ryan Vena in the second and third quarters, Harvey had a breakthrough in the fourth.

After Shaw Murray intercepted a D. Bryant pass at Albany’s 14-yard line, Harvey caught Vena’s number for a deep pass. Harvey took off downfield and made three different cuts to elude a Manchester defender as Vena threw toward the left corner of the end zone.

Harvey sprinted and caught the ball at the wall, for a touchdown that gave the Conquest a 60-49 lead.

“I saw the wall, and I knew I was close to the wall,” Harvey said.

“That’s one thing I’ve got to learn — when the ball is near-the-wall, concentrate on the ball, not on the wall.”

Harvey’s touchdown reception was critical. Manchester made a late comeback, but failed to take the game on a two-point conversion with 33 seconds left, which gave Albany a 63-54 victory.

Harvey played a role in Manchester’s missed conversion too. He was one of three Albany defensive backs that covered Bryant’s receivers on the play, which forced the former Conquest quarterback to throw an incomplete pass.

Coming home
Before Harvey even considered suitting up for the Conquest, he was already back in his hometown of Colonia working at one of South Colonia’s two middle schools.

McCarten sets meet record at Queensbury

Bethlehem’s Shannon McCartney established a record in the 2,000-meter steeplechase at Saturday’s Queensbury Invitational.

McCarten won the steeplechase in a time of 7:47.2 to break a strong Bethlehem contingent in the event. Teammates Claire Hackett and K. Connery took second and third, respectively.

McCarten added a second-place finish in the 800 in a time of 2:27.5, while Venezia won the triple jump with a distance of 33 feet. 6 inches. Mills added a second-place performance in the 100 dash, with a time of 11.7 seconds.

Bethlehem placed second to Burnt Hills-Ballston Lake in the girls state qualifying meet. Burns Hills took the title with 101 points, while Bethlehem finished with 92.5 points.

Bellizzi’s battle should serve as a lesson

By ROB JONAS

Some random observations this week:

• After Bob Bellizzi’s death May 7, I went back into the archives and pulled out the feature I wrote about his battle with leukemia back in 2001.

Bellizzi had to make more adjustments since then, including having an oxygen tank at his side through medication or surgery — we can’t put up a fight. Disease may eventually claim our lives, but it claimed Bob Bellizzi, but we can’t allow disease to take our lives away.

Baseball was Bob Bellizzi’s life, and he didn’t allow leukemia to take baseball away from him. As he said back in 2001, “I wouldn’t say that getting leukemia was good for me, but it has definitely given me a new perspective on things. It’s kind of like sports in a way — you get knocked down, you have to get back up.”

• Attending an Albany Conquest home game Saturday made me realize how much this region misses the Alamosa Firebirds.”

It wasn’t that the crowd of 5,156 at Pepsi Arena wasn’t close to the Firebirds used to draw (in fact, it was a good-sized crowd for the Conquest — or any Arena Football 2 team). I was there, I was there when this happened, but if they were still pining for the days of “Touchdown” Eddie Brown. The public address announcer had to goad the fans into cheering loudly for the Conquest on their final two defensive series when they were protecting a slim lead over Manchester. When Bob Brookman was in the booth, the fans were around, all the P.A. announcer had to say was “Albany’s on the defense!” and people would be on their feet — even if it was in the first quarter.

I’m sure why local fans have been so reluctant to embrace the Conquest the last five years.

Bellizzi’s battle should serve as a lesson.
Pedal to the metal or wheels down?

Consumers weigh cost of flights versus cost of driving

By JIM FRANCO

With gas prices hovering around $3 a gallon of regular, it's no wonder car owners are increasingly looking for alternative ways to get to work. But good sense of humor required!

For example, if gas was $3 per gallon it would cost about $371 to drive a vehicle that gets 20 miles per gallon 1,000 miles round trip from Albany to Orlando, and take about 20 hours one way. A flight on Delta, 1,500 miles round trip, is cheaper and depending on day and time. A direct flight can take a person from Albany to Orlando in only about three hours.

Driving that same vehicle to Washington would take about six hours, according to AAA. Gas prices have risen to about $11.5 a gallon. That means it will cost you about $107. A flight takes just over an hour and a half, and the ticket can go for as low as $101.

On some flights, said Albany International Airport Public Affairs Director Doug Myers, a person can travel for as little as 11 cents a mile.

One drawback to flying, however, is that once you get to your destination, you do not have an automobile to use. When people have to drive, Myers said you do not put your automobile through the wear and tear.

"There is a certain amount of flexibility to having an automobile with you," he added. "But we still want our automobile. That is why we see so many vehicles with one person in them. Gas prices have not caused us to make a real effort to car pool."

The truck family is still a better bargain for a family of four, but when a person opts to fly, the cost is split among everyone on the plane. Burge said. Also, to keep costs down, many airlines are taking planes off line to increase the number of people on each flight. A plane with only 30 percent of its seats empty is more economical than one with 40 percent, Myers said.

Airlines are struggling with high fuel costs as well. But Southwest Airlines, said spokeswoman Whitney Eltichinger, there's a fuel-hedging program that allows them to buy fuel at much lower costs. She said the airline is trying to increase company revenues other than increase fares like offering flights in different cities, implementing different billing strategies and cutting costs.

"For 35 years we have been able to offer people "economy fares," she said. "It has been our business model since the beginning, and we have been in that niche forever."

Despite continued financial problems with the airline industry across the board, there was a record 11.5 million departures in 2005, with carriers transporting 738.6 million passengers, according to the federal Bureau of Transportation Statistics.

Emplacements in Albany, however, decreased by 5 percent this time last year. Over the last five years, the number increased by 30 percent, and Myers contributes the recent decline to the high cost of driving a car and keeping a home leaving little money for people to take trips.

"America's love affair with the automobiles is starting to bit them where it hurts," Burge said.

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been an all-out blitz to drive the country's air traffic into the digital age. And the demand for efficiency that cuts down on travel time, resources and fuel costs.

"We have been running cross-country restructurings in Alaska. It is the last great aviation frontier," said FAA spokesman James Peters. Today's system began as the Free Flight navigation systems. "Essentially (the ADB-S) is a digital flight path. Instead of last minute last minute fuel-consuming corrections to the flight plan, pilots now get directions from digital flight path. Instead of last minute fuel-consuming corrections to the flight plan, pilots now get directions from

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It was to save air carriers $190 million annually due to increased route efficiency. As it nears completion, FAA officials couldn't say just how much the new system could save carriers.

However, almost every car is taking into a win-win situation as technology develops within the cockpits of their fleets. What benefits come of the URET system will certainly piggyback new GPS onboard digital flight plan. The new system was developed and installed in new aircraft.

Last week Eclipse Aviation, a manufacturer of the Eclipse 500, announced it is entering a world-renowned jet manufacturer. The company has been studied, and controllers took their best judgment on a particular route a pilot would request, said Spolingen.

The new system can pick up on-board GPS systems. ERTE will be replaced in 500 million executive jet has customer options such as the Automatic Dependent Surveillance Broadcast (ADS-B) and other early-warning detection systems, said Andrew Broom, company spokesman.

The new system can pick up on-board GPS systems. URET links 20 ground control stations nationwide, so planes equipped with ADS-B will essentially be talking to each other.

Instead of using radar data to keep aircraft on the straight and narrow, the new GPS systems uses real-time information. The system will take speed, direction, altitude, traffic and weather real-time changes and help pilots best implement that path.

It was this system that underwent real-time testing in Alaska. Without visual aids, jet ways and controllers' "best judgments," the pilots sorted out the best possible point to point routes.

In March 2003, a Cassandra Serenga equipped with a prototype ADS-B system was the first U.S. national aircraft using only GPS satellite guidance. The new system featured real-time terrain mapping, airspeed, groundspeed and altitude that was coupled with weather and air traffic information.

Systems like the ADS-B opened 41,000 miles of air space over 1,251 national airways. The system otherwise would have been unavai-lable to conventionally equipped craft.

The ADS-B system has yet to be incorporated into many planes in the air. Systems ranging in applications are beginning to turn up in personal and commercial aircraft like those of the Eclipse Aviation. Best. However, some larger carriers have moved toward the cutting edge technology to get the most cost-effective and efficient use out of their fleets.

Last month, the United Parcel Service announced that it would be equipping its fleet of Boeing 757s and 767s with Boeing-made on-board display systems that support the ADS-B system.

UPS first order of business was to incorporate the SafeRoute ADS-Beam system manufactured by Aviation Communication & Surveillance Systems of Phoenix, Ariz.

According to the company's Web site, one of SafeRoute's functions allows aircraft to display information that guides merging maneuvers and spacing behind other aircraft during flight arrivals. The new system allows pilots to keep engines near idle during descent, which saves hundreds of pounds of fuel at each landing and otherwise would have been unavailable to conventionally equipped craft.

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