**Spotlight**

**Volume L Number 40 75¢ October 4, 2006**

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**Report Card Are teachers Making the Grade?**

Tenure provides educators with job protection, but some say it goes too far

**By ANN MARIE FRENCH**

The new school year has gotten under way, and while parents are still learning the names of their children's teachers, discussions abound about which teachers are good and why others are not. Such conversations often end up focusing on tenure. That one word can evoke very strong feelings in parents who think they know what it really means for a teacher to hold tenure in a school district. But do they?

"Tenure is one of the most misunderstood provisions of New York state’s education law," said Carl Korn, spokesman for the New York State United Teachers union (NYSUT). "The biggest myth out there is that it provides teachers with a strong protection, but with the county taking control of the election process under the new law, the costs are estimated at $376,000, which is based on the town’s assessed valuation.

**Back in season**

Along with the bright colors of fall, October also brings with it the start of another season for one of the Capital District’s oldest and most venerable musical organizations, the Troy Chromatics.

See story on Page 27.

**A work in progress**

When the Ravena-Coeymans-Selkirk girls soccer team gives a peak performance, few Section II teams can compete with it.

The trouble is, the Lady Indians haven’t sustained a high level of play through a whole game recently.

See story on Page 40.

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**Slight increases in ’07 budget**

Proposed numbers call for additional 2.75 percent in tax levy and a nominal jump in expenditures

**By JIM CUOZZO**

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The proposed 2007 Bethlehem town budget calls for a 2.75 percent increase in the tax levy and a nominal increase in expenditures.

The budget was released at the Wednesday, Sept. 27, town board meeting and will be the first fiscal plan property taxpayers will deal with under the town’s new reseassessments. The budget uses money from the fund balance to close deficits in both the general and highway fund while maintaining a $3 million surplus for the new year.

This budget comes one step closer to closing deficits in these funds,” said comptroller Judith Kehoe who prepared the budget.

Both Kehoe and Supervisor Lonna Hitchcock said the new budget holds the line on expenditures because of hard work from all departments.

“We told department heads they have to tighten expenses and raise revenue,” said Egan.

One of the greatest changes to the 2007 budget is a $200,000 increase in election charges that stems from the federal Help America Vote Act. Last year the town paid for election workers and all costs total $70,000, but with the county taking control of the election process under the new law, the costs are estimated at $376,000, which is based on the town’s assessed valuation.

**108-year-old Delmar resident dies**

**By JIM CUOZZO**

One of the oldest residents of the Capital District and longtime Delmar resident Agnes Leonard, known to her family and friends as "Nimmie," died Monday, Sept. 25, at 108 years old.

"She was a unique person," said her granddaughter Lonna Hitchcock.

"She had a passion for learning and reading, and she inspired me as a teacher."

Leonard was born in 1898, the same year famous composer George Gershwin was born and the year Teddy Roosevelt and his Rough Riders led the charge up San Juan Hill in the Spanish-American War. She was an accomplished musician who played cello for the Albany Symphony Orchestra for many years, and also an accomplished pianist who took lessons well into her 90s.

Hitchcock believes Leonard’s passion for music is what sustained her health for well over a century.

"I honestly think it was the music," said Hitchcock.

"She would play Beethoven pieces, and her task was to transpose them and memorize them."

Leonard’s last recital was at the Bethlehem Public Library when she was 96.

"She always had her piano music with her when she traveled," Hitchcock said.

Leonard was known throughout the community for baking her homemade bread and rolls daily and entering the nursing home three years ago.

"Everyone was a beneficiary of her music," Hitchcock said.
Bethlehem Police have charged Darlene Kawczak with criminally negligent homicide following an investigation into the death of 49-year-old Joel Melnikoff.

Melnikoff, who lived on Blessing Road at the time of the accident, was riding his bike along the side of State Route 32 in Feura Bush during the morning hours of July 3 when he was struck by a vehicle driven by Kawczak. Kawczak's car went off the road crossing over the white markers, hitting Melnikoff and several guardrails before stopping.

“She failed to control the vehicle, which left the travel lane moving into the pedestrian lane striking the northbound cyclist causing his death,” said Lt. Thomas Hoffmans. Police initially charged Kawczak with DWI following the accident. Blood tests have since revealed Kawczak was impaired with drugs when she was driving and has been additionally charged with manslaughter second degree, criminally negligent homicide and operating a motor vehicle impaired with drugs. A warrant for her arrest was issued last week and under the advice of her lawyer, Kawczak turned herself in. She has since posted bail and has been released. Her license has been suspended. Albany County’s district attorney’s office assisted in the investigation.

Selkirk woman charged with forgery at Kmart

A 22-year-old Selkirk woman was charged with criminal possession of a forged instrument, a second-degree felony. Bethlehem Police report that Kristina DiNozza of 226 Bridge Street was charged following an internal investigation by the loss prevention department of the Glenmont Kmart. The incident occurred on Sept. 2 when DiNozza allegedly created fraudulent money orders and cashed them. DiNozza admitted voluntarily to the crime when questioned. She was arraigned before Judge Ryan Donovan and will appear in Town Court Oct. 17 to answer the charge.

Correction

In last week’s letter to the editor, “GOP chair takes issue with Gordon letter,” The Spotlight incorrectly identified town board member Sam Messina. He is a member of the Independence Party.

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Assessors office awarded for fairness

By JIM CUOZZO

Life in the Bethlehem assessor’s office this year has had its share of ups and downs with a reassessment of 13,500 parcels. Many residents gripped their assessments, and some even took their issue to small claims court. In the end, the State Office of Real Property Services reviewed the town’s reassessment performance and honored them with the “Excellence in Award”.

“This award is for conducting reassessments that meet a high standard,” said Robert Aiken, regional director for State Real Property Services.

“The taxpayer is the ultimate beneficiary for their outstanding work to update the assessment,” said J. Lambertsen, and Karen Boughton.

Bob Aiken, Northeast regional manager for the State office of Real Property Services presents the Excellence in Equity award to Town of Bethlehem Supervision Theresa Egan and members of the town Assessor’s department for their outstanding work to update the assessment rolls in the Town of Bethlehem. Left of photo is Town Assessor David Leafer. Next to him is Karen Boughton, A. Diane Busic, Karen Granito and Laurie Lambert. 

“Fair share of the tax burden,” the state assessors also ensure property owners pay their reassessments, and some even took the assessor’s office this year has had Property Services reviewed the beneficiary for their outstanding work to update the assessment for their outstanding work to update the assessment, and some even took the assessor’s office this year has had the state’s reassessment performance and honored them with the “Excellence in Award.”

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With teens, it’s not always easy to find the right words

Editor’s note: From Robin’s Nest will return next week.

By KATHERINE MCCARTHY

It was good to hear Hugo Chavez lampooned on “Saturday Night Live” this weekend. It was outrageous that the Venezuelan president called George W. Bush the devil in front of the United Nations. And perhaps I had been too peremptory in previous days, or kept my media receptors too far from the right wing outlets, but I don’t remember seeing it get much prominent play in what’s often considered mainstream media, and even fewer protestations from anywhere.

Like him or not, he is the president of our as I see it. What would the outcry be if our leaders did that to another nation’s leader? We’d hit ourselves hardest first, then apologize to the world for our behavior.

I think carefully through any future words that might end up in print – or come out of my mouth.

Thinking about words and their power is something I do a lot of these days, for I am the mother of teenage boys.

I love my sons: they are wonderful, smart, affectionate, intelligent and sometimes kind and generous. But our relationship with words is often a rocky thing. They rarely give up the words that reveal the information I really want, what homework is, whether they witness fights at school, do they see bullying, do they see drug use, are there girls that they like, do their friends have girlfriends, is what’s the real truth about teenage sex, and a million other questions that leave them shirking their shoulders or reaching for their ipods.

They words they willingly say I’d often rather not hear. In spite of a generous allowance, an open door policy as far as friends go, not too many rules around the house, I still hear a lot about all of my faults. I like to think that maybe they weigh as I what to let go, what to answer, and what to deem unacceptable.

And at each dentist visit, the dentist tries not to laugh. “Still chiseling those teeth, I see,” she’ll say.

“Not as often as I’d like,” is my answer, for in spite of knowing that my words can hurt both of us, I often feel I must keep talking with/to at my children.

I also try to keep in mind a wise observation that my father-in-law made when Chris and I were still just dating: “Don’t mention the postponement of child-rearing that has taken place in our society.”

“It means that kids will be hitting the teen years as their mothers enter menopause,” he said. And while that happy event is still a ways off, I notice a recent mean to downplay the magnitude of the change.

Perhaps just different than our own generation, Chris and I are thinking, “How stressful it will be. That’s the way it should be with the college search. While I don’t mean to downplay the magnitude of the process or the decision that the kids will make, these great moments of privilege should be appreciated, not trivialized. We should teach our kids that there are many great things to do in the world at many different places.

A long time ago I started to play “what’s the most important thing to happen?” and, after having survived some very unpleasant wars, I’ve been able to enumerate some very tolerable worst-case scenarios.

At the time I was looking for the right college isn’t a worst-case scenario. It means long roads of trip in the spring; it means watching my college son clearly for signs that a particular place ticks his fancy. It means drawing a deep, heart-achingly breath wondering that far too soon, I will be helping Chris lug a trunk up metal stairs in a candleblock stairwell to conclude the educational journey that started the day I left a 3-year-old boy at nursery school.

I have resolved that the college hunt will be a happy thing for all of us, and that Christopher will understand this is going to be the greatest adventure of his life. Sure, he’ll have to keep up with school work, but I want to keep one eye out for opportunities ahead is a good skill. I also think that if things don’t work out about not getting into his No. 1 choice, there will be a lesson in perseverance.

I refuse to be gloom and doom about the future, something that I think is happening too often in our society, and something that’s impairing our national ability to look ahead.

I read that recent news from Ford — that the company that changed the world the way it worked with its amazing offering buyouts to thousands of workers — was an example of not keeping our eyes on the prize.

Why isn’t Ford or any American company at the forefront of hybrid vehicle development? I know, I know. Big Oil, American dependence on fossil fuels, etc. But come on, some smart engineer or chemist or someone had to have seen that there could be a lucrative market in alternative fuels.

I worry that the lack of innovation isn’t just due to a lack of innovation with stress; that it’s creating an acceptable amount of mediocrity.

What sort of future will we offer our children if that’s the goal we set?

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Bethlehem Soccer Club honors Capt. Moshier

By JIM CUOZZO

Attribute to former Bethlehem Soccer Club member and fallen Army Capt. Timothy Moshier a flag to fly high atop a new flagpole overlooking a stone monument and plaque with Moshier's name on it, savoir-old Anthony Gargalia sang a moving rendition of "God Bless America" and the National Anthem for a crowd of more than 100 who came to pay their respects.

"This is our sanctuary, where everyone comes and can be young forever," said Art Scherzerman, president of the Bethlehem Soccer Club, which sponsored the dedication.

The Army captain and former Bethlehem high school and West Point graduate was killed April 1, when the Apache helicopter he was flying went down in Baghdad on a combat mission. Moshier grew up in Bethlehem and enjoyed playing soccer with the local soccer club before moving away with his wife, Katie, also a Bethlehem graduate and their now 16-month-old daughter, Natalie.

Founding member of the Bethlehem Soccer Club and Moshier's former coach Bill Silverman recalled the young Moshier's inner strength that sparked him and others around him to be better.

"On Saturdays, when the fields were reserved for the players, Timothy would work at it and work at it where his chest was red, thighs were red, and knees were beat up," said Silverman.

"He was a fantastically determined individual even at 12 and that's the kind of man he became."

Mary Ellen Moshier, Timothy's mother, told the club how fitting it is for her son to be honored in his hometown with the American flag, a symbol of what he stood for and fought for.

"We can never adequately thank everyone in the Bethlehem community for all that you have done," said Mary Ellen Moshier. "The picnics, the parties and the friendships — it was just a wonderful time of our lives."

Katie Moshier and daughter Natalie recently moved from Texas back to the area to live in Guilderland. She thanked the community for its generosity and support during the past several months.

"This flagpole serves as a reminder that freedom is not free, and Timothy Moshier will be much loved in this community," said Katie Moshier. "Thank you from the bottom of our hearts."

More than 2,700 Americans have been killed in Iraq since the start of the war.

Kids can learn to manage anger at counseling center

Getting angry is a normal part of life, but because it is such a powerful emotion it's often important to learn to make good choices.

Bethlehem Counseling Services offers psycho-educational groups for school age children and adolescents to learn to resolve anger and communicate more respectfully.

Fall offerings include an eight-week "Making Friends with Your Anger" group for special needs boys in first through fourth grade, and groups for older young people.

The special needs boys group starts Wednesday, Oct. 11, at 6 p.m. at BCS's Delmar location at 24 Oakwood Place.

Also offered is a boys and girls anger-resolution group, for children in grades four through eighth, as well as a teen group, in Albany starting Thursday, Oct. 5 at 5:15 and 6 p.m.

Through activities that are interactive and fun, students will learn important life skills for dealing with angry feelings safely, and to help them make good choices in times of conflict.

Skill development will focus on identifying angry feelings, recognizing triggers and practicing healthy responses.

The groups are facilitated by Mary Baker, M.A, who has been counseling families and youth for over 15 years.

Her specialty is giving children and adults the tools they need to communicate compassionately.

Deaths

Spotlight Newspapers will print paid Death Notices for relatives and friends who do not or have not lived in the coverage area for each of our weeklies. The charge for a paid death notice is $25.

We will continue to print Obituaries of residents and former residents of the coverage area for each of our weeklies at no charge.

In Memoriam, and Cards of Thanks will also be printed for $25.
Schools need to send a strong message

It's shocking to think that nearby Albany is struggling to find ways to end violence in the school district.

Last week's debate started with a stabbing, punctuating the school year. It doesn't make sense to allow them to remain in the mainstream when they have already proven they have no respect for it.

Keeping the kids in the mainstream means there is really no punishment for their actions. It sends the wrong message to the entire student body, which is the kids can and do get away with acts of violence.

In our area, major violence has yet to spill out into the school environment.

In certain areas, violence occurs on a regular basis, with shootings, stabbing and other heinous crimes. Kids see this type of behavior from adults as a way of life, a way to solve problems. So it is not surprising that the behavior that occurs in the neighborhoods is brought to school.

The first thing that should be established is that any violent act on school property will be punished.

Kids found guilty of a violent act should be removed from the environment and not allowed back until they are willing to cooperate and follow the rules. Otherwise, these same kids will be more likely to get into trouble again.

Kids must learn that there is zero tolerance for violence, and that they jeopardize their future when they engage in it.

The vast majority of students at Albany High who would never engage in violence deserve to know that they will be safe and protected in their school environment. They should not be held hostage by the few who resort to violence in school.

We urge school leaders to enforce severe penalties on those students who flagrantly violate disregard the safety of their fellow students, in fact, the safety of everyone in the school community.

by Mary Brizzell

The writer is supervisor of the town of Colonie.

I would like to take this opportunity to remind people that next week, Oct. 8-14 is fire prevention week. This year's message is "Prevent Cooking Fires: Watch What You Heat." This year, Colonie's 12 fire departments will be spreading the word that on average more fires start in the kitchen than in any other part of the home — and teaching families and kids how to keep cooking fires from starting in the first place. I encourage everyone to take a few moments to recognize the importance of fire prevention week and all the wonderful strides we've made to make Colonie — like our neighboring towns — a great place to live.

The town of Colonie should be proud of our 12 volunteer fire departments. These dedicated individuals continue to freely of their time to ensure the safety of our citizens. Fire prevention week is no exception. Therefore, these men and women will be actively reminding adults and children of the importance of fire prevention, family evacuation planning and smoke detectors.

These days, the town of Colonie's Mobile Safety House and Sparky the Dalmatian bring the fire prevention message to a new level. Under the supervision of trained instructors, children benefit from hands-on experience, including fire safety and escape techniques. The fire prevention mobile safety house has been visiting elementary schools, and will continue to be featured throughout the town's various town and village gatherings.

Fire prevention is not new to the town of Colonie. The town's Department of Fire Prevention and Investigation was established as a town department in 1970.

Town volunteers and fire safety officials are available 12 months a year to educate individuals, schools, businesses or first responders interested in fire safety.

Firefighters are busy throughout the town preparing for their open house activities andunderwriting the arrival of their visiting visitors; however, they know that the reality is that Fire Prevention Week really occurs every day of the year. Believing in the value of education as the key to prevention, we want to go to schools and have their trucks at picnics and other community events, as well as help people develop fire escape plans for their buildings or homes.

This Fire Prevention Week, take an opportunity to visit your local fire department and meet the volunteer firefighters whose efforts and commitment keep us safe every day of the year. If you are interested in joining your fire department as a volunteer firefighter, be sure to ask for information while you are at the open house.

Tips for staying safe

Hope that you and your family will take advantage of some of the programs. Also, don't forget to help the kids find in your smoke detectors as part of fire prevention week.

Before we begin the call of the Town of Colonie Department of Fire Prevention and Investigation Department at 783-2121 or visit the National Fire Protection Association's Web site at www.nfpa.org.

NFPA reports that cooking fires are the No. 1 cause of home fires and home fire injuries. Most of the damage is associated with the ignition of common household items, like food, food or grease, paper or cardboard, wall coverings, paper or plastic bags, curtains, etc. Some NFAP facts and figures from Home Cooking Fire Patterns and Trends:

• Between 1999 and 2002, there were 17,000 reported home fires associated with cooking equipment every year, resulting in an annual 290 deaths and 4,380 injuries.
• Unattended cooking is the leading cause of home cooking fires.
• Three in 10 reported home fires start in the kitchen — more than any other place in the home.
• Two out of three reported home cooking fires start with the range or stove.
• Electric ranges or stoves have a higher risk of fires, and property damage, compared to gas ranges or stoves, but gas range or stoves have a higher risk of death.

Stay safe in your home

NFPA provides the following tips to keep your kitchen — and your family — safe from fire.

• Always use cooking equipment tested and approved by a recognized testing facility.
• Never leave cooking food on the stovetop unattended, and keep a close eye on food cooking inside the oven.
• Keep cooking areas clean and clear of combustibles like pot holders, towels, rags and food packaging.
• Keep children away from cooking areas by enforcing a "kid-free zone" of 3 feet (1 meter) around the stove. Keep pets from underfoot while cooking. Also, keep pets off cooking surfaces and nearby areas to prevent them from knocking things onto burners.

Eye what's cooking doesn't burn

| Point of View |

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The leadership of the Rensselaer County Democratic Party, who worked so hard during the campaign and who voted for me on primary day in my attempt to be the Democratic candidate for the 108th Assembly District.

A heartfelt thank you

Editor, The Spotlight: This summer I had the privilege of managing a Tri-Village Little League baseball team. During a game in June, one of my players, Brayton Morehouse, suffered a terrible leg fracture. This is a heartfelt thank you to the men and women of our town's police and rescue departments who came to our aid.

Bethelehem Police Officers Craig Sleers, Albany County Sheriff Paramedics Chuck Giga and Chris Smith, and Delmar Rescue Squad members Lori Newell and Chris Palmieri all showed excellent skill, teamwork and most important, great compassion to a suffering 10-year-old boy. It is comforting to know we are protected by such competent and caring individuals.

Additionally, I would like to thank the umpire, Christian Frese, the parents and other coaches, who offered assistance during the crisis and comfort to the players of both teams.

Coach Barbara Brazis

Slingerlands

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FOLLOW THE PUMPKIN SIGNS FROM ROUTE 32

Matters of Opinion

Primary participant throws support to Tim Gordon

In retrospect, I wish I had made my intentions known earlier, but I appreciate the opportunity to run in the primary for the Democratic nomination. The leadership of the Rensselaer County Democratic Party was especially grateful to members of the Working Families Party who voted for me on that line.

As we look ahead to the election, I believe that Tim Gordon best embodies the principles of the Democratic and Working Families parties. With his name on the Democratic and Independence lines, and with this being a strong election for Democrats, Tim Gordon has a real chance at winning the seat for a Democrat — for the first time in many years. This is an opportunity we cannot allow to pass.

Therefore, I encourage all of my supporters — regardless of party affiliation—to vote for Tim Gordon. Even though my name appears on November’s ballot on the Working Families Party line, I do not intend to campaign for the seat any longer. The Assembly race cannot be won on that line alone, nor can I personally afford to run a campaign against the well-funded major parties.

Any vote for me on the Working Families Party line will, in my belief, actually support the Republican Conservative candidate and would not be in the best interests of members of the Working Families Party or the

Assembly District — Tim Gordon.

Keith Hammond
Rensselaer County Legislator
Poestenkill

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WEST END RESOURCES
The proposed legislation that is supported by the independent garages in The Spotlight article, has been promoted under the pretext that automobile manufacturers are not providing the information and diagnostic tools necessary to service and repair vehicles. However, even the Automotive Services Association (ASA), which represents independent after-market repair shops, opposes this legislation. In 2002, auto manufacturers and ASA signed an industry agreement keeping independent repairers and franchised dealers on a level playing field with regard to access to vehicle service information and tools.

This private sector agreement, along with a task force designed to resolve any information issues that may arise, is working and is preferable to a government mandated and controlled process.

The legislation proposes that the government takeover of the flow of information (running contrary to the trade secrets provisions of the Clean Air Act in regard to auto manufacturer’s calibration codes).

Since private industry has already adopted a process to deal fairly and effectively with service information, why should the government intervene? This is a very complex issue, in a very safe and clean bounce environment. I loved watching college and high school students and keeping them safe. Many of these people were playing field, and overhead costs skyrocketed in 6 years. This girl helped so much behind the scenes and at standard(s) to reduce costs. Lastly, thanks to my 12-year-old daughter, Shannon, who rarely saw her father on the weekends from May through October, and only went on one family vacation in 6 years. This girl helped so much behind the scenes and at new and exciting party option chores and behind-the-scenes work, while holding down a full-time job. And to “Granny Rose,” who vacuumed many carpets and answered many phone calls—my private “underpaid” secretary. Thanks to Action Bounce of Delmar, the residents of Bethlehem helped make the dream come true in 2001. Local businesses, churches, fire departments, the parks department, newspapers, and other publications all helped spread the word. There was a new and exciting party option named Action Bounce for various family and civic celebrations in the Bethlehem area. However, it was the customer base in Bethlehem which made my dream come true—the many family birthday parties and picnics that helped make Action Bounce a strong contender.

This year, insurance premiums and overhead costs skyrocketed and it came down to lowering my middle class. There were many who helped make the dream come true—the many family birthday parties and picnics that helped make Action Bounce a strong contender.

For example, my 12-year-old daughter, Shannon, who rarely saw her father on the weekends from May through October, and only went on one family vacation in 6 years. This girl helped so much behind the scenes and at

action Bounce Company in Bethlehem and the Capital Region.” I cannot change the stepping backward and change my “Lysol Cleaned, Fully Supervised, Fully Insured” standard to reduce costs.

Thanks to all my Action Bounce staff, who for 6 years spent so many hours in the blazing heat (or frigid cold), being vigilant at all times watching the children and keeping them safe. Many of these people were college and high school students who gave me their weekends (and some weekdays) as they really bought into the philosophy of the clean, safe and supervised bounce experience. They are the reason we stood above the rest.

Thanks to my former partner, Peter Ziobroki, and his wife, Cathy, who helped make a dream come true. Special thanks to my wife, Kris, for putting up with all the extra chores and behind-the-scenes work, while holding down a full-time job. And to “Granny Rose,” who vacuumed many carpets and answered many phone calls—my private “underpaid” secretary. Lastly, thanks to my 12-year-old daughter, Shannon, who rarely saw her father on the weekends from May through October, and only went on one family vacation in 6 years. This girl helped so much behind the scenes and at

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Your Opinion

Gordon’s record shows he’s not a reformer

Editor, The Spotlight:
Mr. Tim Gordon rode into elected office three years ago on a theme that 150 years of one-party control was too much. In that short time, Mr. Gordon’s long record has demonstrated he is not a reformer.

Within months of taking office, Mr. Gordon approved an incredibly expensive net-gain contract with the City of Albany for water. Ever since, my water and sewer taxes have been exorbitant.

Also, a part of those taxes are included on my property tax assessments as was in the past. He wants to be part of the Democratic incarcerated Assembly that sends our tax dollars downstate.

Since he has taken office, Mr. Gordon has voted for every town fund. Most recently, Mr. Gordon voted for an arbitrary 10 percent increase in the police budget.

This is not a reformer. In fact, he’s lost two senior respected police officers. It wasn’t until our County DA deputized a billion-dollar corporation to fill the void.

Mr. Gordon ignored the procedure that has elected him three years ago on a theme that 150 years of one-party control was too much. In that short time, Mr. Gordon’s long record has demonstrated he is not a reformer.

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IN BRIEF

Bird seed sale at Five Rivers

The Friends of Five Rivers (FFR), the nonprofit volunteer citizen group that supports the work of Five Rivers Environmental Educational Center and a series of environmental educational programs at the center, is selling bird seed now through Tuesday, Oct. 10. A special Friends of Five Rivers tote bag will be given to the first 50 customers ordering $100 or more.

Premium quality seed from Lyric, black oil sunflower, cracked corn, thistle, safflower seed, sunflower hearts and cardinal and woodpecker mixes are available. Fine Tree Farms suet balls, cakes and holders are also available. A variety of feeders from Droll Yankee will complete your backyard bird feeding needs.

While the bird seed sustains our feathered friends through the winter, the proceeds from this annual fundraiser benefit the entire Capital District, especially school-aged children. The bird seed sale allows thousands of children to participate in curriculum-based environmental education programs throughout the year at Five Rivers.

Preschool teachers on up, children explore the outdoors through a variety of themes including insects, animal signs, stream and pond ecology, and the maple sugaring process. Older children can enjoy the "Winter Challenges" programs that include snowshoeing and tracking animals in winter.

Birdseed sale proceeds also support the Trails By Mail series of teaching kits for classroom use, the Wildlife Garden and special projects like the center’s Nature’s Accessible Backyard Trail designed specifically for mobility-impaired visitors.

Bird seed orders must be placed by Tuesday, Oct. 10, to get an order form, stop by the Visitor’s Center at Five Rivers at 56 Game Farm Road in Delmar; call the Friends at 476-2055; or visit the FFR website www.FriendsofFiveRivers.org.

Your order will be ready to pick up on Saturday, Oct. 21 between 10 a.m. and 3 p.m. (rain or shine). Our volunteers will help you to load your order into your car.

Curves auction to aid breast cancer walk

On Saturday, Oct. 7, Curves of Glenmont will be holding a silent auction, bake sale and open house to benefit the "Making Strides Against Breast Cancer Walk." The silent auction will have prizes from local merchants, artisans and Curves members, including free memberships. There will be membership specials that day with a portion of the fees going to the walk. The hours of the auction and the bake sale will be 8 a.m. to 1 p.m.

Curves is located in the Price Chopper/Kmart plaza. Call 427-0729 for information.

Delmar Fire Dept. to hold open house

The Delmar Volunteer Fire Department will hold its annual Community Open House on Sunday, Oct. 8 from 1 to 4 p.m. at Delmar Fire and EMS Station #1 at the corner of Adams Street and Nathaniel Boulevard. The open house will feature fire and safety education for all ages, and children’s activities. There will be a live fire demonstration at 3 p.m. Kids will have chance to sit in the driver’s seat of a fire truck and ambulance. Come enjoy a day of fun, learning, music, and refreshments. It’s neighbors helping neighbors.

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CDTA IT'S MY RIDE
At the village board meeting on Tuesday, Sept. 26, three Voorheesville residents asked the board if they would be allowed to hook up to a proposed extension of sewer lines that would accommodate a six-lot subdivision off Moss Road, which is still in the early planning stage.

Mike Fluster, Eileen Draves and Tom O’Connor said they wanted approval from the village to hook up to the subdivision, which would be built around the homes of the three residents.

“The board has no objection to additional people hooking up to the sewer lines as long as the village does not have to acquire any additional expenses,” said Mayor Robert Conway, adding that the possibility of the three existing houses accessing the sewer lines is subject to planning board approval of the proposed subdivision.

Conway added that, in the absence of the proposed subdivision, the village has no intention of extending the lines out to the three existing houses.

Several months ago, developer Eric King of Equinox Construction approached the board about hooking the subdivision up to the sewer, and was told there was capacity for the six proposed homes, as long as King would be covering the expense of hooking them up.

What is at issue for the board is assuring that any additional hookups can be adequately handled by the sewer district.

“Somewhere, somebody is going to have to do a study and somewhere, someone is going to have to pay for a study,” said board attorney Bill Hotaling.

The board estimated such a study would cost approximately $7,500.

Fluster asked if the board is going to respond to each request to hook-up on a first-come-first-served basis.

In other village board news:

• Hotaling reported that bids on a sidewalk that will traverse the railroad right-of-way along the east side of Voorheesville Avenue to Pine Street were due Friday, Sept. 28. The sidewalks on the other side of the railroad track will be done sometime next year.

• Bids on the expansion of the firehouse will be opened on Thursday, Oct. 26. The project involves renovation and expansion of the existing structure. Previously, voters approved a $1.2 million bond issue for the project.

• The Voorheesville portion of a joint water interconnection project with the town of Guilderland, along North Main Street has been bid. This is expected to take approximately two weeks, according to Director of Public Works Will Smith.

• Joe Tassone of Highpoint Consulting on behalf of Global Communications, responded that the Consulting on behalf of Global Communications, is asking if a proposed approximately two weeks, said Tassone.

“Cingular is asking for additional land for its equipment,” Tassone said.

“The proposed amendments are for the re-location of Verizon and Cingular and not new service, acquiring additional land,” said Village Attorney Anne-Jo McVeague.

In the whole point of this exercise is to get the additional land for Cingular," responded Tassone.

If the elevation of the cell tower needs additional land, then they should pay for the additional said," said board attorney Jack Sorens.

Tassone said that Verizon is willing to pay an additional $600 per month to put antennas on the tower and keep its equipment with the equipment compound, and Cingular is willing to pay for the additional lease needed outside of the existing equipment compound. It is not willing to pay an additional leasing fee as well.

The board unanimously passed an amendment allowing for Verizon to lease the additional space for $600 per month, but deferred acting on the Cingular amendment until the board reviews its options.

The next board meeting is scheduled for Tuesday, Oct. 24 at 7 p.m.
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Property owner upset over tree cutting

By Jim Cuozzo

National Grid is not the favorite name of Selkirk resident Ray Denney these days. Denney, who lives on Beaver Dam Road, called The Spotlight recently to express frustration about 10 trees that were cut on his property by National Grid while he was at an appointment for his business, Normanskill Septic.

“I came home from a service call, and these guys are chopping my trees,” said Denney, who planted those trees 40 years ago. The 10 trees were Norway Spruce, and according to Denney, they were not interfering with any National Grid power lines.

“These trees taper at the top, they don’t lean over,” Denney said. National Grid cuts branches and even trees on a semi-annual basis in the spring and fall, when the trees may pose a danger of falling on top of a power line.

Before the company comes out, a letter is usually sent to the property owner before any tree-cutting takes place, indicating the company’s intent to come out for fieldwork followed by a time and date when they will arrive.

Denney said he thought the company was also supposed to place a noticeable tag on his door to indicate they will be around, but none of that was done, he said. “This is destruction to my property that has now devalued,” said Denney.

Foresters from National Grid did come out to inspect the work that was done after receiving an irate call from Denney.

“We are working with Mr. Denney to discuss concerns he had,” said Patrick Stella, National Grid regional spokesperson.

“He (Mr. Denney) does feel trees cut were on his property, and we are looking at property deeds now to see if they were indeed on his property,” Stella said.

Denney also contacted Bethlehem Supervisor Theresa Gagen to notify her of the situation.

Egan said she spoke with Denney about his concerns, and she assisted in getting members of National Grid to inspect the situation.

“National Grid is addressing it, and they sent a claims person to speak with the resident,” Egan said. Denney said he urges other residents to be on the lookout for any National Grid tree-cutting trucks that may be entering their neighborhoods.

“I can’t undo what has been done, but other people should be aware of what could happen to their property,” said Denney.

Stella said this is the season for workers to go out and remove overhanging trees that could pose an electrical problem.

“We have regular routes this time of year where there is growth around power lines,” said Stella.

National Grid has earned national recognition from The National Arbor Day Foundation for its tree-pruning program. The main reason trees are pruned or cut is because trees are diseased, weakened or in a poor location that could cause damage to a nearby buildings or cars. Fallen trees are one of the major causes of power outages in the state.

National Grid serves 1.5 million customers throughout the state and owns 36,000 miles of electric lines.

If anyone has any questions about National Grid’s tree-pruning program they can call (800) 642-4272.

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Bethlehem Central School District Superintendent of Schools Leslie G. Loomis was inaugurated as president of the New York State Council of School Superintendents (NYSCOSS) on Monday, Sept. 25. He will serve a one-year term in the post.

Loomis previously served as dean of the NYSCOSS Superintendents’ Academy and chairman of the professional development committee. This is Loomis’ 20th year as superintendent of Bethlehem.

Loomis received his doctorate in education from Harvard University’s Graduate School of Education and a master’s degree in business administration from Harvard University’s Graduate School of Business Administration.

“Dr. Loomis brings a relentless focus to the role of leadership in improving student learning,” said NYSCOSS Executive Director Thomas Rodgers. “We’re looking forward to his leadership as our organization advances its service to all of the state’s top educational leaders.”

During his presidency, Loomis will head the executive committee, co-chair the commissioner’s advisory council meetings and act as a spokesman for superintendents across the state.

“As president, I look forward to continuing to contribute in a significant way to improve the quality of education in New York state,” said Loomis. “Superintendents are the policy-makers in the state who are closest to the students, and when we advocate, we advocate for the children.”

The New York State Council of School Superintendents is a professional and advocacy organization advances its service to school superintendents in the state.

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<tr>
<th>Year</th>
<th>Model</th>
<th>Color</th>
<th>Condition</th>
<th>Options</th>
<th>Price</th>
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<tr>
<td>2004</td>
<td>Ford Freestar</td>
<td>Low miles, Auto DVD/TV, V6 - Advancetrac</td>
<td>New</td>
<td>$15,995</td>
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<tr>
<td>2005</td>
<td>Ford F-350</td>
<td>Reg cab - 8 ft box diesel! XLT w/ tow pack</td>
<td>Used</td>
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<tr>
<td>2005</td>
<td>Ford Explorer</td>
<td>XLT - 4 door - V6 auto - Advancetrac blue - third st.</td>
<td>Excellent</td>
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<td>Mercury Mountaineer</td>
<td>Premier - black loaded - every option</td>
<td>Good</td>
<td>$15,995</td>
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<td>2004</td>
<td>Ford Ranger</td>
<td>XLT - supercab 4x4 - V6 - tow</td>
<td>Excellent</td>
<td>$16,995</td>
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<td>2003</td>
<td>Ford Focus</td>
<td>4-door power equipment 5 spd</td>
<td>Fair</td>
<td>$8,995</td>
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<tr>
<td>2006</td>
<td>Ford Fusion</td>
<td>Auto - FWD - low miles</td>
<td>Good</td>
<td>$17,995</td>
<td></td>
</tr>
<tr>
<td>2005</td>
<td>Ford F-150</td>
<td>FX-4, leather, sunroof, rhino, every option</td>
<td>Excellent</td>
<td>$25,995</td>
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**IN BRIEF**

**Vendors wanted for Ravena craft fair**

Vendors are sought for an Oct. 14 craft fair at Ravena-Cosmymans-Selkirk Middle School. The craft fair will run from 9 a.m. to 3 p.m. at the middle school, located at 2025 Route 9W in Ravena.

The event supports the school’s Holiday Program, which provides gifts for middle school students and their families who are experiencing difficult financial times during the holiday season. Middle school faculty and staff, as well as the Natural Helpers Club, run the holiday program, which last year provided assistance to more than 30 students and their families. Officials hope to expand the program this year.

Vendor space costs $15. Anyone interested in selling wares at the event should call 756-5300 ext. 3016 or 928-3979.

**Rotary Club accepting foreign study hopefuls**

The Rotary Club of Delmar is now accepting applications for the 2007-2008 school year for ages 16 to 19 to spend a school year abroad. Students spend 10 months studying at a high school abroad and live with host families.

We currently exchange with several countries, including Japan, Germany, France, Belgium, Bolivia and Brazil, among others. This is a fantastic opportunity for students to become fluent in a foreign language before going to college. There is no program fee.

A student is responsible for airfare, insurance, some processing expenses and spending money. The Rotary Club in the host country often provides a dimmension. Applicants could be well rounded, hard-working, outgoing and enthusiastic about learning another language and culture.

Rotary is a worldwide volunteer service organization. Rotary has conducted international Youth Exchanges since 1927. Annually, more than 8,000 students participate throughout the world. Host family opportunities are also available in the RCS and Bethlehem school districts for the 2006-2007 and 2007-2008 school years. To become a host family or apply to be exchanged as student, call 85-0242 or e-mail vladnya@nycap.rr.com as soon as possible.

**Children’s Fair at Methodist Church**

The First United Methodist Church’s annual Children’s Fair takes on a new name and a new dimension this year. The Children’s Fair “Wish List” Sale will be combined with a huge book sale. Children can delight in colorful toys, games, puzzles, stuffed animals, dolls, doll clothes, accessories and furniture. Audio tapes, CDs, DVDs, and videos add to the mix. Playground equipment, skates, skateboard, bikes, and ride-on toys will appeal to active child. Most items are in excellent to new condition.

There will also be a large number of adult books, including autographed books, first editions, old and rare books, large print books and books on tape.

The fair is Friday Oct. 6 from noon to 8 p.m. and Saturday, Oct. 7 from 9 a.m. to 5 p.m. at 428 Kenwood Ave in Delmar.

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Ultimate Terrors will operate select evenings this October at the Altamont Fairgrounds.

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**THE SPOTLIGHT**

**PAGE 14 — October 4, 2006**
If you have small children, you may have seen us at last Sunday's Tri-Village Nursery School Fall Family Festival in Bethlehem Town Park. Youth services staff were on hand with information about library programs and services for kids and teens. Look for us at the following events this fall:

- **Thursday, Oct. 12, 10 a.m.** to 2 p.m. at Bethlehem Central High School. We'll be registering students for library cards and helping teachers and students get in touch with library programs, materials and services relevant to them, online and on the shelf.

- **Wednesday, Nov. 8, 10 a.m.** to 2 p.m. Community Health Fair at Bethlehem town hall. We'll be helping seniors and others find the best health and wellness information for themselves and their families.

**Help your business: Book a librarian**

We can help your Bethlehem business identify and use the best library resources for your needs. Learn how to create customer lists, find up-to-date consumer information, download an audio-book on business strategies, and locate tax and investment information. For customized one-on-one sessions at the library, call 439-9314 ext. 3013, nobleg@uhls.lib.ny.us.

**Library tests**

- **Chamber breakfasts**
  - **Thursday, Oct. 5, at 7:45 a.m.**

**Check It Out**

**Bethlehem Public Library**

- The second session of the three-part breakfast series “Marketing on a Shoestring,” sponsored by the Bethlehem Chamber of Commerce and held at Bethlehem Public Library. Experts from chamber member businesses will share marketing tips. This is a useful forum for any size organization and all kinds of employees. The breakfasts are open to the public, but reservations are required: e-mail info@bethlehemchamber.com or call 439-0512.

- Cost is $10 per session. Sessions run from 7:45 until 9 a.m. Tomorrow’s session is entitled “The Right Tools for the Job.” The final session, “Create your marketing plan,” is scheduled for Thursday, Oct. 26.

**Extra bus for Friends trip**

A second bus has been added for the Saturday, Dec. 2, trip to New York City sponsored by Friends of Bethlehem Public Library. The bus will leave CDTA’s Delaware Avenue park-and-ride lot promptly at 7:15 a.m. Bryant Park is the arrival and departure point in New York. The bus will leave the city promptly at 7:30 p.m.

- Reservation deadline is Friday, Nov. 17. Your check is your ticket. For information, call 439-9314 ext. 3013

**Library bookmarks**

- Chamber breakfasts
- Book a librarian
- Marketing 101 (opposite)
- LIVE ENTERTAINMENT
  - Dinner for Two
  - Tuesday & Wednesday

**The Bethlehem Historical Association Invites you To a card & game luncheon**

Cedar Hill Mansion  
(opposite the schoolhouse, former Elks Club)  
River Road, Selkirk  
**Saturday, October 14**  
12:30-3 p.m.

- Door prizes, white elephant table
- Luncheon reservations: $13. Per person

Send checks, by 10/11, payable to BHA, to:  
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767-9072

**Holy hound**

The Rev. Kevin Maskin, president of Siena College, blesses Donna Melvin’s dog, Nakita, during Siena’s Blessing of the Animals on Saturday. (Jim Franco/Spotlight)

**Siena’s Blessing of the Animals**

There is no limit on the number of animals brought for blessing. The Rev. Kevin Maskin, president of Siena College, will bless the animals at 10:30 a.m. on Saturday, Oct. 14, in the school’s Commons. The event is free and open to the public.

- Cost is $10 per session. Sessions run from 7:45 until 9 a.m. Tomorrow’s session is entitled “The Right Tools for the Job.” The final session, “Create your marketing plan,” is scheduled for Thursday, Oct. 26.

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Eagles Fly!

Get out your walking shoes and walk for Bethlehem Athletics.

Due to the new budget, 3 Bethlehem sports teams and all non-league games for other teams have been cut. The community is joining forces to show their support for the students of Bethlehem!

It's as easy as 1,2,3!
Sunday, October 8, 2-6 p.m.

We need to raise $52,000!

1) Come to the Bethlehem High School track
2) Place a donation in the container
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Every student is a winner... together all the Eagles will fly!

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We will not fail our children!
See you there ... rain or shine.

For more information contact: 439-0357 or http://bcasd.k12.ny.us/community/bcaa.htm
New Scotland set for soccer sign-ups

The New Scotland Soccer Club is holding two registration sessions, for its 2007 Spring Traveling Soccer Season at the Voorheesville High School, The sessions will be Saturday, Oct. 7 & 14, from 10 a.m. to noon. Players are needed for teams in the under-eight to under-17 age groups. A copy of the player’s birth certificate, health insurance information, a photograph that can be mounted on an ID card, together with the registration fee, are needed to register.

For information, call 765-4622 or 765-5388 or refer to the Web site at www.timesunion.com/community/news.

Town of New Scotland plans activities

• The Town of New Scotland Recreation Committee is organizing a trip to New York City to see the Broadway Play "Macy Poppins" on Sunday, Nov. 19 at 3 p.m. Cost for the bus and ticket to the play is $97 per person. For information, call 475-0385.

• The Voorheesville Fire Department is auditioning for the play, "The Best Christmas Pageant Ever." Auditions will be held on Monday and Tuesday, Sept. 25 & 26 at 7 p.m. at the First United Methodist Church, Maple Avenue, Voorheesville. Roles available for all ages. Show dates are Dec. 1 to 3 and 8 to 10. For information, call 356-3197.

Helderview Garden Club plans meeting

The next meeting for the Helderview Garden Club will be held at the Voorheesville Legion Hall on Thursday, Oct. 5, at 6:45 p.m. The public is welcome. For information, call 765-5632.

Sixth annual Fall Classic Road Race and Walk

The sixth annual Fall Classic Road Race and Walk will be held on Saturday, Oct. 21, at 9:30 a.m. Check-in and finish will be at Indian Ladder Farms on Route 156 in Voorheesville. There is plenty of parking on location and the proceeds will benefit the Voorheesville Community and School Foundation. Make checks payable to the VCSF and mail to VCSF Fall Classic, 271 New Scotland Rd., Slingerlands 12159. For information, call 439-0153. Registration fees are pre-race are due by Monday, Sept. 30, $14. Late and day of race fee is $16 and can be paid between 7:30 and 9:15 a.m. Long-sleeve T-shirts are given to the first 150 registrants and awards to the top three male and female school district residents and top three in age groups 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

Friends of Music plan meeting

There will be Friends of Music Meeting on Tuesday, Oct. 10, at 7 p.m. at Indian Ladder. All are invited to attend.

Cabaret concert set for Saturday, Nov. 4

The Voorheesville Friends of Music will be hosting its annual Cabaret concert Saturday, Nov. 4, at the high school. The community is invited for a musical evening of entertainment with many new additions to the show.

The program will begin at 7 p.m. and the doors will be open at 6:15 p.m. The cost is $5 for adults and $4 for seniors and students. Fire Department sponsors poster contest

The theme of this year’s poster contest sponsored by the Voorheesville Fire Department for Voorheesville Elementary School students is grades kindergarten through 5 is Fire Safety. Prizes are awarded to the top three in each grade. You need not be present to win. Bring your drawing to your teacher, who may leave them at the school office where they will be picked up by a member of the fire department.

The last pickup will be Friday, Oct. 13. Drawings will be judged on Saturday, Oct. 14, by votes cast at the open house at the fire house.

The open house for the Fire Prevention week will be at the Voorheesville Fire Department on Saturday, Oct. 14, from 3 to 6 p.m. Treasure Trunk Theater to entertain children

Treasure Trunk Theater will be held on Saturday, Oct. 7, from 9 a.m. to noon and the cost is $30. Our theatre trunks all will contain something new for you to discover during our class time together. The multi-sensory objects that you find will inspire different interactive dramatic adventures and every activity will engage your voice, body and imagination. Designed for children in grades kindergarten through 2.

American Legion hosts barbecue

The Voorheesville American Legion chicken barbecue will be held on Sunday, Oct. 8. There will be half chicken, baked potato, sweet corn and the cost is $8.50. Reservations can be made by calling 765-4412 and also for any further information.

Dollars for Scholars to sell Entertainment Books

Dollars for Scholars in the Voorheesville School District is selling Entertainment Books for $30. They are available at the high school guidance office or by calling 765-3314.

Schoools in the district to close for holiday

Schools in the Voorheesville School District will be closed on Monday, Oct. 9, to celebrate Columbus Day.

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The Spotlight

October 4, 2006 – PAGE 17
Fundraiser to help Eagles rebuild nest egg

Money will go to sports programs that suffered in wake of budget cuts

By Jim Cuozzo

Just one lap around the Bethlehem School High track on Sunday, Oct. 8, could mean the difference between restoring $52,000 worth of funding to three different school sports programs in the district.

The event is called "Eagles Fly," and from 2 to 6 p.m., residents are encouraged to come out and walk one lap around the school track off Van Dyke Road. At the end of the lap, walkers can place a donation in the container with proceeds going to defray the cost of school athletic programs that suffered a blow in May when the first district budget in more than 20 years was turned down by voters.

"Every student deserves an equal chance in their athletic programs," said Beth Garbo, event organizer.

The Bethlehem school board cut funding to the high school's ice hockey, gymnastics and cheerleading programs after the budget defeat. The funding was restored fully when the second budget passed in June, continuing the hardship for the many students who participate in these three programs and truly shocked this has happened," said Garbo. "These students are Bethlehem's pride."

Superintendent Les Loomis said he was sorry for the cuts and understands the parents' concerns.

"I know that it is painful," said Loomis. "One of our strengths is the great parents in the district, and I am grateful the parents' organizations have stepped up the way they have."

The ice hockey team needs to raise close to $40,000, and the cheerleading and gymnastics teams need to raise an additional $10,000 each.

"The only way we can raise this money is by fundraising," said Garbo. The ice hockey team has already raised $17,000, and Garbo said she believes the entire $52,000 can be raised at Sunday's event.

A media blitz will include newspaper, radio and TV advertising along with more than 5,000 fliers being distributed to every student in the district.

The flier reads, "Every student is a champion, and all Eagles will fly together," in recognition of the school name. "We believe all eagles fly together," Garbo said.

"Dr. Loomis and high school principal Mr. (Chuck) Abba have been very supportive," Garbo said.

Money raised on Oct. 8 will not only support the three sports teams but will also go a long way in restoring a full-time fitness center supervisor at the high school. The position was reduced in the wake of school board cuts made before final budget adoption.

People who can't attend the event, can make donations to the BCA-EAGLES FLY attention Jeff Wendth, treasurer, P.O. Box 332, Delmar 12054. The event will be held rain or shine.

Budget

(From Page 1)

"Communities are split," said Egan on the voting charges. "The majority feel we should pay something, but this is way too much being proposed."

Egan has been on a letter-writing and phone campaign to the county leaders to try to have the election costs reduced.

Salaries and fringe benefits account for more than half of the town's overall costs at $19.7 million. That figure is up $570,000 from the previous year. Total appropriations are $36.5 million, with a workforce of more than 245 employees.

"I think we are providing the best service possible," said Egan. "This budget is a credit to all employees as they have worked hard to serve the community.

"We are up to 93 capital projects that we will look at refinancing and prioritizing them," said Egan.

Kehoe said mandated cost increases in health insurance and retirement are also causing an increase in expenditures. The 2.75 percent proposed tax increase according to Kehoe doesn't give the whole financial picture.

"It's about the overall dollar impact to taxpayers," Kehoe said.

Sales tax revenues held steady in 2006 at $9.4 million. Estimated projections increase those revenues by $350,000 next year. Mortgage tax revenues are expected to decline by $300,000.

Budget workshops are set to begin Oct. 9 and Oct. 11 with a public hearing on the budget scheduled for Oct. 25 and budget adoption tentatively slated for Nov. 8.

Resident

(From Page 1)

Lonna Hitchcock

The name "Nimmie" comes from her grandchildren being unable to pronounce the word "grandma" when they were young.

"She was a unique person. She had a passion for learning and reading, and she inspired me as a teacher," Lonna Hitchcock, Bethlehem resident Christopher Port said.

The name "Nimmie" comes from her grandchildren being unable to pronounce the word "grandma" when they were young.

"She would read bedtime stories to me in all the voices," Port said.

Leonard died peacefully in the early morning hours at the nursing home, but the people who knew her well will always remember Nimmie. Survivors include her two sons, two granddaughters, five grandchildren and four great-grandchildren.
Fears of flying keep some would-be travelers grounded

Airport offers course aimed at helping aviotrophobes overcome fears

By GRAHAM S. PARKER

The fear of flying is not that unusual. It's no Anglophobia, the fear of English or English culture, or zemmiphobia, the fear of the great mole rat.

But to some, particularly phobia, sufferers often experience the same level of anxiety and panic.

Some may have better fortunes when it comes to living with their fears. Aviotrophobes can manage their lives to some degree by keeping a safe distance from the English and their culture or the fear of a rat. The only time one would come in contact with the overgrown rodent would be in the Afro-alpine communities of Ethiopia.

However, for aviotrophobes, those afraid of flying, it is common to fear or see planes overhead at any given time. And many will be forced to confront their fears head on, as they weigh the convenience of flying against the fear of doing so.

Aviotrophobia, or aviofobia in some circles, has had a big impact on some people. Avoiding air travel may seem like an easy solution, but for some, avoiding flying can cut off family ties or stop a career dead in its tracks.

For years, the Albany International Airport has offered courses to those looking to overcome the fear of flying, or at least make a step in that direction.

"They are very, very afraid," said Dr. Shirley McMorris, a psychologist with Karin Mahler Psychological Associates, which operates three offices in the Capital District.

McMorris led her first group of "graduates" last weekend on a flight out of Albany to Baltimore, Md., as part of the most recent course offered through the airport.

Of the 10 who joined the airport's Fear of Flying course, seven felt they were ready to meet their fears head on.

The airport offers the classes to provide people with coping skills and cognitive strategies so that they may overcome their fear of flying, said McMorris. McMorris has more than 20 years of experience with anxiety and panic disorders.

How they came to fear flight varies, she said. Some had traumatic experiences while flying, such as rough landings. Others have never flown before. The fear can become so entrenched that some obsess over press accounts of airplane crashes and accidents around the world, she said. The basis for the fear and how to combat it are unique to the individual, said McMorris.

"One of the eight out of residents harbors a fear of flying," said David Langston, chairman of the Albany County Airport Authority in a written statement. "This program will assist our passengers to overcome their fear and help them experience the benefits of air travel."

The most recent course began Wednesday, Sept. 20. From there, they attended two three-hour seminars with McMorris that addressed safety issues with commercial pilots and even sat onboard a commercial airliner on the airport tarmac. McMorris said many were noticeably stricken by the last exercise.

Typically the response for most was acute anxiety and claustrophobia for some, she said. Regardless of their fear, many are ready to put it behind them, said McMorris. Some in the class have avoided family gatherings and weddings, while others avoid doing business outside ranges they cannot drive, just to avoid flying.

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**Book sale**
You’ve been waiting since May for the annual Friends of the Library Book and Bake Sale. That means good news on two fronts. First, you won’t have to wait much longer as the sale is scheduled for the weekend of Oct. 20 – 22. Second, the extra months have expanded the book offerings to an unbelievable extent. The storage shed is bursting with books and bargains.

The first order of business is to carry in the boxes on Saturday, Oct. 14 and get the sale arranged in the community room. Volunteers are always needed for this phase of the operation and we are counting on you to help. High school seniors needing to complete community service requirements for graduation can do so by helping out with the book sale. Please call the library to volunteer. There will be no activities in the community room during the week, we are setting up.

**Paws for reading**
Sanmi the golden dog has a lot of fun listening to children read to him! If your child is in first through fourth grade and feeling unsure about his or her reading progress, you can schedule a 15-minute reading appointment with this comfortable canine and his “mom” Gall Brown. Call the reference desk at 762-2791.

**Ongoing programs**
• Instructor Mira Lechowiz will resume her free monthly yoga program on Wednesday, Oct. 11 at 7 p.m. All are welcome.
• Lapsit story time for babies
• Ongoing programs

**It’s fall:** Altamont Orchards hosts Apple Season Weekend
Altamont Orchards will be hosting a series of Apple Season Weekend events to be held on the farm at the Altamont Orchards Farm Market, 664 Dunnsville Road in Altamont. From Oct. 7-9, there will be an antique show and flea market, live entertainment, Dr. Jonathan Pasternack and Dr. Hilaire Meuwissen (toxic shock)
 announce that he has miraculously recovered and is back in business (toxic shock) We also offer the most comprehensive footcare in upstate New York including treatment for the following conditions:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Foot Delicacies</th>
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<tr>
<td>Plantar heel pain</td>
<td>Dr. David Lambarski, the district’s first certified podiatrist</td>
</tr>
<tr>
<td>Ingrown toenails</td>
<td>using extreme cold medicine</td>
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<tr>
<td>Adult foot pain</td>
<td>Trauma</td>
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<tr>
<td>Chronic diabetic wounds</td>
<td>Neuromas</td>
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<tr>
<td>Ulcers</td>
<td>Nail fungus</td>
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<tr>
<td>Burns, haemorrhites</td>
<td>Custom orthotics</td>
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<tr>
<td>Ingrown toenails</td>
<td>Sports medicine</td>
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<tr>
<td>Children’s foot deformities</td>
<td>Adult and pediatric flatfeet</td>
</tr>
<tr>
<td>Plantar heel pain</td>
<td>Reconstructive foot surgery</td>
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For the latest information on library events, our online catalogues and helpful links to important websites, visit the VPL homepage at www.voorheesvillelibrary.org.

Barbara Vink

**All library programming is free (unless otherwise noted) and open to the public.** Voorheesville Public Library is located at 51 School Road, Voorheesville. For information, call 762-2791 or visit www.voorheesvillelibrary.org.

Dr. Jonathan Pasternack and Dr. Hilaire Meuwissen are pleased to announce that Dr. Meuwissen will continue his practice of Allergy and Immunology at the office of Bethlehem Pediatrics.

Dr. Jonathan Pasternack and Dr. Hilaire Meuwissen are pleased to announce that Dr. Meuwissen will continue his practice of Allergy and Immunology at the office of Bethlehem Pediatrics.

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Meg and Traci will provide nursing care for Pediatric patients.

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Maternity leave gives moms and babies time to bond

Knee replacement tailored to women's needs

Make time for romance

LONG-TERM CARE INSURANCE

Strategies to Lower the Cost of Long-Term Care Insurance
Relief from the back pain of motherhood

By KIMBERLY DELVECCHIO

Motherhood and back and neck pain seem to go hand in hand. Ever wonder why? Well, there are structural and hormonal reasons for the pain, and there are remedies for it.

How it begins: During pregnancy, the expanding uterus elongated and essentially rendered the abdominal (stomach) muscles useless. The abdominal muscles are responsible for core stability. 'They are particularly felt along the sacral ligaments of the low back. In order to protect the spine against this decreased support, it is crucial to lift properly and maintain good posture throughout all activities of daily living.

Some helpful tips:
• Keep the back as straight as possible when lifting, bend at the knees and use the legs as the source of power for the action.
• Hold all objects against the body or as close as possible, keeping the arms to your side.
• Avoid twisting, particularly bending and twisting together.
• Push rather than pull.

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New surgery takes much of the pain out of hysterectomies

I t is estimated that each year 600,000 women in the United States undergo hysterectomies, making hysterectomy the second most common surgery for women. The majority of these surgeries are performed using the tradition­al open abdominal method, which typically means a painful and long recovery. Fortunately, this is changing with minimally invasive techniques. One such alterna­tive is Laparoscopic Supravisceral Hysterectomy (LSH), which can transform the hysterectomy expe­rience for most women.

LSH is less stressful to the body than the traditional open abdomi­nal hysterectomy. It was developed to reduce pain, minimize scarring and shorten recovery time. The procedure can be done on an outpatient basis, which means a woman can be home resting com­fortably within 24 hours and back to her normal activities in less than a week.

Dr. Stephen G. Cohen at Albany Medical Center is one of a handful of physicians in the Albany area performing the LSH proce­dure.

"My patients always com­ment that hav­ing LSH didn’t mean having to put their lives on hold," said Co­hen. "They always say that they were honestly surprised by how little pain they felt."
The LSH Procedure uses a thin, lighted telescope-like instru­ment called a laparoscope, which acts like a video camera, along with small surgical instruments that are all inserted through three to four tiny incisions in the navel and abdomen. Using the instruments, the surgeon care­fully separates the uterus from the cervix and removes it through one of the openings. The cervix, which is the bottom part of the uterus, is left intact. Because this type of surgery does not re­quire the surgeons to make a large abdominal incision, a woman will not have the same kind of visible scar that is typical with non traditi­onal, "open" surgeries.

Some research suggests that preserving the cervix may help to reduce the risk of vaginal floor prolapse, urinary incontinence and other complications associ­ated with total hysterectomies. However, with the cervix in place, it means that following an LSH, a woman must be willing to con­tinue getting annual Pap smears to screen for cervical cancer.

As with all surgery, any type of hysterectomy involves risk, including potential blood loss, infection and damage to other internal or­gans. That’s why every woman should discuss the surgery with her doctor to learn all she can about the procedure.

A hysterectomy is generally an elective procedure, not an emer­gency, so a woman has the time to explore and thoroughly under­stand all of her options, including LSH. For more information about LSH visit www.LSHinfo.com.

Take a break from stress

E veryone experiences stress, but sometimes it’s harder to handle than at other times. Occasionally, you need to take a break and get away from the little annoyances that plague daily life. Follow these tips to help you man­age your stress.

Take a break for a while. Even an hour away from your children, spouse and house can refresh and relax you. Make sure you do some­thing you enjoy. Don’t use the time to clean house or run errands. Take in a movie, visit a coffee shop with a good book or just run a hot bath and relax in the tub while your favorite music plays in the back­ground.

If you can’t get away, at least change the view. Pack a picnic lunch and take the children to a park, or visit a museum or gallery to break out of the normal rou­tine. Besides getting away from household tasks, it’s a great way to spend quality time with your fam­ily.

Treat your children to their favorite movies or video. They will get a good time, and you will get a chance to catch up on all the things you need to do without interfer­ence. It’s a winning combination for both sides.

Call a friend and talk about your day. Listen to any advice offered and let your anger and bad feelings slip away. Who knows — you may pick up some insights that will help you cope with your situation.

Take a time out for yourself. Close the door to your room and let out your feelings. Pound a pil­low, throw things into the closet or do some exercises. It’s a great way to reduce stress. Make sure your children and family know that your anger isn’t directed at them and give yourself permission to cut loose.

Make a point of doing some­thing every day to reduce your stress. Work out at the gym or at home, take a class or participate in some activity or exercise that makes you feel better. Establish a routine and make sure you accom­plish something daily. Get the help you need from family members and your spouse or significant other.

It’s not easy being a wife, moth­er and coworker and fulfilling all the roles you must in today’s world. You need a break now and then to stay at your best.

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SPOTLIGHT NEWSPAPERS • WOMEN’S HEALTH
October 4, 2008 • Page 53
By SLOANE DELUKE EUSEBIO

You have just gotten the news... You doctor says that you need to eat less and exercise more to improve your health. As you drive home from the doctor's office, you think to yourself, "Who cares? Doctors are paid well to say that stuff, and I'm not going to buy into it."

After all, you're employed, you're married, you're 50 and you've made it this far. So who cares what the doctor says?

Well, even if you do not care, some of the people in your life do. Think of your spouse. If you lose your health or worse, your spouse, who will help him? Who will be his friend, companion and more? Who will attend his graduations and weddings? Who will attend his birthdays, his children's graduations and weddings?

Think of your grandchildren. Who will attend their school plays and soccer games? Who will spoil them with toys and sugary treats? Who will tell them stories about the "good old days"? Who will attend their play dates and birthday parties? Who will protect and comfort them? Who will watch them grow from babies to adults?

Think of all the people whose lives you have an impact on every day. They care about you and they care about your health. Without your health, time, money and relationships lose their value. It does not even have to be a life or death issue. If you are in poor health and just getting out of bed is an effort, think of all that you are missing out on.

Think of your grown children. Who will they call for advice? Who will protect and comfort them? Who will babysit their kids? Who will keep them company on a lazy summer's eve?

Think of your pets. Who will feed them, bathe them, cuddle with them and love them? Who will take them to the vet and protect them from the dog next door? Will they end up abandoned or in a shelter because no one but you wants them?

Think of all of the people whose lives you have an impact on every day in every way. They care about you and they care about your health. Without your health, time, money and relationships lose their value. It does not even have to be a life or death issue. If you are in poor health and just getting out of bed is an effort, think of all that you are missing out on.

Who will help him? Who will be his friend, companion and more? Who will care what the doctor says?

Who will babysit their kids? Who will watch them grow from babies to adults? Who will protect and comfort them? Who will attend their school plays and soccer games? Who will spoil them with toys and sugary treats? Who will tell them stories about the "good old days"? Who will attend their birthdays, their children's graduations and weddings?

Think of all the people who will miss you because you are sick or are no longer around. There is no time like the present to make some simple changes which can ensure you years of vitality and longevity. A healthy lifestyle does not have to be difficult or costly to attain. It would suggest that the grim alternative is where the difficulty and unbearable cost come into play.

The writer, Dr. Sloane DeLuke Eusebio, is a chiropractor with an office in Clifton Park.

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Check out a local book club

Book clubs have been around for generations, but the latest spark of interest in book clubs is relatively new. Women are joining book clubs and discussion groups in large numbers, looking for both mental and social interaction and stimulation.

Book clubs can expose you to the classics and to new authors and genres outside of your normal reading. If you are used to reading mysteries or romance novels and your club chooses science fiction for its next outing, the result can be a whole new perspective for you.

Joining or starting a book club can also cut your book-buying costs. Perhaps you can buy in bulk or get a special rate from your local bookstore or Internet dealer. Along with saving money, there's the opportunity to meet new people and form lasting friendships.

With a book club, there's always going to be someone with whom you can discuss the book, regardless of whether you loved or hated it. This forum for ideas and opinions can also spark a love of reading in others, including your children if they become involved in your club and its activities.

Don't be put off of joining an existing club. If you're interested, talk to friends or coworkers to see if they are aware of any clubs that might be seeking new members. Check out your local library or bookstore, or look in the newspaper, especially in the arts or entertainment section, to find meeting notices and other information.

Don't forget online sources — some clubs are even set up for online members, with Web sites and discussion boards.

If you choose to start a club, you'll have more control and more responsibilities. Start by inviting friends, family, coworkers, neighbors or anyone you think might be interested. Find out an approximate number who might attend a meeting and see if a particular day or time is best for most people.

Once you've got members, you'll need a place to meet. Consider libraries, bookstores, churches, schools or private homes. Decide if the location will be set or if it will change with each meeting. Select a time and a date for your first meeting and the book you plan to read.

Establish rules for the group at the first meeting. Questions such as how many books will be chosen, how often meetings will be held and where, what format discussions will follow and who will provide refreshments all need to be ironed out. Get input from the group and gauge others' feelings when making decisions.

Book clubs can help renew an interest in reading and books for women of all ages, ability levels and interests. Turn a page in your life and get set to read, enjoy and discuss a good book.
Keep your holiday budget in check

Whether you’ve been hit by higher fuel and energy prices or you just want a little more control over your money, consider making and sticking to a holiday budget. A few easy steps can limit the financial pain and lead to financial gain during the holiday season.

It’s easy to blow your budget around the holidays. Check out last year’s spending and take an inventory of what you expect to need this year. Don’t overlook the extras, such as gift wrap, cards, and postage and shipping costs.

Along with an inventory from the past year, make a note of any changes that have need to be considered, such as births, marriages and divorces. These can have an impact on your gift-giving plans. Examine this area closely and see if cans be made. Maybe you can send a nice card and a letter to distant friends or relatives and cut down on your spending.

Once you’ve made a holiday spending budget, the next step is to make a list and divide your funds to cover your needs: Creativity can mean less spending and more meaningful gifts. Homemade lookes are a thoughtful gift, and a personalized scrapbook can have much more meaning than a commercial present.

Look for sales but stick with your budget. Don’t purchase something just because it’s on sale or a great deal. It’s not saving if it isn’t on your list and you can’t really use it. Only purchase items on your list and within your budget. Comparison shop and, if you’re computer savvy, check out online sales and auctions. Be sure to factor shipping and postage costs into any online purchase.

If you’re having too be, stay within your budget. Reduce spending in other holiday areas as a way to compensate. Cutting back on holiday travel, decorating or entertaining can mean more funds to spend on gifts. Substitute less costly decorations, or invite friends and family to visit you instead of traveling.

The holidays are a time to celebrate. With some planning and a little work, you can also make it a time to save money while still making sure friends and family have great gifts.

Lymphedema management helps swollen limbs

By HEATHER CARANGELO and MARY RYAN

Inside you is a highway of lymph nodes and vessels, and here’s the traffic pattern: lymph vessels carry fluid to the lymph nodes; those nodes filter out waste materials and return the clean fluid to your blood. If the vessels or nodes are missing or damaged, the fluid cannot move freely and can build up and cause swelling. This is lymphedema. It can occur in the arms, legs, breast, trunk or head.

“This condition can sometimes be found in women after surgery or treatments for breast cancer, uterine cancer or ovarian cancer,” said Mary Ryan, PT, CDT-LANA, St. Peter’s Rehabilitation Services.

There are two types of lymphedema:

Primary: lymphedema can be inherited and appear at birth or later in life.

Secondary: lymphedema is most common, usually occurring after various cancer treatments. Surgery, lymph node dissection or radiation treatments can change lymph nodes/vessel function, causing fluid to accumulate. Lymphedema may occur immediately after treatment or several years later.

Areas affected by lymphedema can have visible swelling, or may just feel full or heavy. The skin may appear thicker or have a dusky color. In some areas, the skin may have ridges. The skin may feel too tight and have a lack of movement. It can be a distressing disease, but managing symptoms can help to restore function and keep the condition from worsening.

Lymphedema patients need to be cautious. Even minor skin injuries (a scratch, insect bite, athlete’s foot) can cause an infection. Those with lymphedema should consider using electric shavers instead of blades, wearing gloves and protective clothing during house/yard work, and wearing insect repellent and sunscreen.

St. Peter’s was one of the first facilities in the Capital District to offer a lymphedema management program. Their therapists are certified by the Lymphedema Association of North America (LANA).

They use a multi-faceted approach to help reduce limb size, improve function, decrease the chances of recurrence, and most importantly, teach patients about long-term lymphedema management. This approach includes:

- Manual lymph drainage: a gentle massage technique that removes lymph fluid to the healthy lymph nodes.
- Compression bandaging: special bandages are used to provide limb support and prevent fluid build-up.
- Education: patients are instructed in skin care, massage, bandaging and gentle exercises to help manage their lymphedema at home.

St. Peter’s Rehabilitation Services offers lymphedema services to inpatients at St. Peter’s Hospital, and to outpatients at St. Peter’s Physical Therapy & Fitness in Slingerlands.

Writers Heather Carangelo and Mary Ryan are part of St. Peter’s Rehabilitation Services.

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Most appointments are available within 48 hours of receiving physician’s referral.
Heart disease is the leading cause of death for women, killing more women over age 65 than all cancers combined. Knowing your risks and taking measures to prevent heart disease and stroke can help you lead a longer and healthier life.

A heart attack happens when an artery in your heart is blocked and the supply of blood and oxygen is halted or reduced. When this happens, heart tissue dies. A stroke occurs when an artery in the brain is clogged or ruptured. That part of the brain is then deprived of blood and oxygen, and brain cells can start to die off within minutes. This causes a loss of function in the part of the body controlled by those cells.

Many people mistake the warning signs of a heart attack with indigestion or stress. Knowing the warning signs can help you seek help at the first sign of distress. Not all people will experience all of these signs, which can range from mild to severe. They also can subside for a while and then return.

The warning signs of a heart attack include pressure, pain or a squeezing sensation in the center of the chest; numbness or tingling of the arms or upper body; pain that spreads to the shoulders, neck, upper back, arms or jaw; sweating, nausea, a lightheaded feeling or fainting; shortness of breath; and fatigue.

A stroke’s warning signs include some or all of the following: sudden weakness or numbness on one side of the body, usually in the face, arm or leg; sudden dizziness or change in vision, particularly in one eye; loss of speech, or trouble talking or understanding someone else talking; sudden, severe and unexplained headache; unexplained dizziness; and sudden falls.

Now that you know the warning signs, you can start to be proactive in your health.

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Sometimes, the best time to further your education is when you’re a little older. It can be a balancing act, but reenrolling or continuing your education at a later stage of your life can be a rewarding and enriching experience.

More older adults are heading back to school for advanced degrees, specialized training or just because they love learning. Whatever your reasons for heading back to school, there are some things to consider before you enroll.

Your choice of school depends on what type of degree or training you’re seeking, what’s available in your area or online, and the level of schedule flexibility you need. You can choose to attend a community college or university during the day when the majority of your fellow students are younger, or at night. Online programs are aimed at working professionals and offer shortened classes and maximum flexibility. You need to remember that you realistically have to devote to school before deciding the number of classes to take. You might need to get done as soon as possible, but you have to have time for study and travel, along with class. Starting slow and figuring out the schedule that works best for you and your family is important.

Have a specific time each day or week set aside for school. Write it down and make sure everyone in the family and your friends stick to it. One way to do this is to get your children involved in a family study time. Doing your homework together is a great way to spend quality time together, and it also reinforces to them the importance of a college education.

Don’t be afraid to ask for help when you need it. Going back to school is a major undertaking, and you don’t have to do it alone. Get your family involved in fixing meals, cleaning and making sure outside commitments are kept. Friends, coworkers and neighbors can also be great sources of assistance in a pinch.

Continuing your education isn’t for the faint-hearted. The payoff, however, in terms of increased earning power and personal satisfaction is more than academic.

Learn more about heart disease

Health

Some or all of the following: ease and strokes can help you lead a longer and healthier life.

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To Life! A source of breast cancer education and support

Ann Krischer, MSW
Director of Support Services

October is Breast Cancer Awareness Month and the perfect time for a breast cancer pop quiz: Are the following statements true or false?

1. I don’t have anyone in my family who has ever had breast cancer so I don’t need to worry about it at all.
2. I’m too old to get breast cancer.

Both statements are FALSE. The majority of women who are diagnosed with breast cancer have no known history of breast cancer in their families. And the chance of being diagnosed increases with age. The most common age group for women to receive a diagnosis of breast cancer is 50 years of age and over.

To Life is a nonprofit breast cancer education and support organization located at 410 Kenwood Avenue in Delmar that seeks to dispel these myths. Founded in 1998 by a survivor who wanted to provide reliable information regarding breast cancer and breast health, To Life offers education and wellness programs, peer monitoring, awareness, connection and education support groups, a library and boutique services including wigs and mastectomy products.

Funder Mara Ginsberg developed a coordinated approach to helping newly-diagnosed women as they assemble treatment terms, deal with family and take care of the practical issues of coping with chemotherapy and hair loss. Peer support is one component of this approach; women who have recently completed treatment mentor women who have just been diagnosed.

To Life is the perfect time for a breast cancer pop quiz:

1) I don’t have anyone in my family who has ever had breast cancer so I don’t need to worry about it.
2) I’m too old to get breast cancer.

Curing the urge to shop

According to studies, millions of Americans, both men and women, can’t control the urge to shop. Often this compulsion to buy comes as the expense of other things in life, even jobs, marriages and families. For these people, shopping is a coping mechanism that fills an empty place in their lives.

Several habits or traits may be found in compulsive shoppers. If you have some of these, you may have a shopping problem. These habits or traits include:

- Thinking about shopping often.
- Shopping when upset or depressed or when you really don’t need to.
- Desiring or lying about the amount you spend.
- Having several credit cards with high balances.
- Continuing to shop even though you are in debt.
- Possessing many unopened or unused items at home.
- Feeling as though your buying is getting out of control.
- Experiencing problems at home due to shopping.

Professional help is available from therapists and others to deal with compulsive shopping. Financial planners or credit professionals can also help sort out the financial issues involved.

Other ways to help you break the shopping habit include:

- Make a budget and stick to it.
- Shop with cash only. That means no credit or debit cards or checks.
- Limit your access to bank or charge accounts.
- Walk away from one item every day.
- Take a friend or family member along for support when you go shopping.
- Write down everything you buy to see if it’s in front of you in black and white.
- Avoid watching shopping channels on television or visiting shopping-related Web sites.
- Take back items you’ve bought but not yet used.
- Get involved in a hobby whenever you feel like shopping.

Getting into trouble with compulsive shopping is easy and getting out of under a shopping problem can be difficult and time-consuming. But once you’ve broken the habit, you’ll be pleasantly surprised by the increase in your self-esteem and the decrease in your stress level.

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Get into the loop and learn about lupus

Lupus is a chronic autoimmune disease in which the body's immune system, instead of serving its normal protective function, forms antibodies that attack healthy tissues and organs causing inflammation.

There are several types of lupus. Discoid lupus affects the skin, causing a rash and lesions, usually with pus. Discoid lupus affects the skin, discoid, can attack any body organ causing inflammation. It can attack healthy tissues and organs, affecting function; forms antibodies that target the body's immune system, in particular, anti-nuclear antibodies.

Lupus is a disease characterized by periods of remission (few symptoms and signs of inflammation), periods of activity (causing inflammation).

What triggers these flares? It varies from patient to patient. Sunlight and other sources of ultraviolet light can cause a rash and can trigger a systemic flare. An infection, whether viral, bacterial or other may cause a flare; bodily injury or surgery may be the cause; stress, nervous tension and emotional upsets can also trigger a flare. In many instances, the triggering factors cause a flare, and being able to recognize these, may help prevent or cure the disease. The research efforts of today may yield the answers of tomorrow.

As current research efforts unfold, there is continued hope for new treatments; improvements in quality of life; and ultimately, a way to prevent or cure the disease. The Lupus Alliance of America, Upstate New York Affiliate now serves Central, Northeastern and Western New York. The main office is based in Buffalo, but education and support programs, public awareness campaigns, professional education and fundraising activities will take place in all the areas covered by the Upstate Affiliate.

The organization is volunteer driven, and those who are interested in helping can contact the office at (800) 300-4198. Volunteer opportunities are also available.

The Lupus Alliance will hold a lupus seminar for patients, their families and health professionals on October 4 at the Claire Hotel on Everett Road in Albany. The registration fee of $10 includes a continental breakfast and lunch.

Kurzega said, "The Lupus Connection meetings, which are designed to assist lupus patients in an informal way to access information and better understand ways to cope with chronic illness. These meetings will be held with individuals who are lupus patients, and also help significant others become better educated about this disease.

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Successful job fair matches seniors with employers

By ROB IRWIN

Hundreds of retirees and seniors came to the Italian-American Community Center last week in the hopes of finding a job.

The Albany County Senior Employment and Volunteer Fair took place on Thursday, Sept. 28, and more than 40 vendors sought potential employees 55 and older.

The event allowed the seniors to learn about employment and volunteer opportunities, while giving employers the chance to hire educated, mature, reliable help.

Positions available at the fair were in the fields of hospitality and travel, insurance, health and human services, retail sales and public relations.

The job fair also offered free information programs and seminars presented by area experts. The seminars addressed subjects such as Medicare, Social Security, resume writing and identity theft.

Jane Schramm, executive director of the Guilderland Chamber of Commerce, said the event was created four years ago after the Guilderland chamber, the fair’s lead agency, was contacted by employers complaining about a lack of quality employees.

“They expressed a great deal of interest in hiring mature adults,” said Schramm. Around the same time, Schramm said she was hearing from older adults that getting back into the workforce wasn’t always an easy task.

Schramm said she often heard that older people seeking work would meet with employers, and as soon as they saw their gray hair, “they could see the prospective employer closing down on them.”

“There’s a lot of myth about mature workers,” said Ed Redfern, associate state director and consultant for AARP.

Myths, he said, include that seniors are averse to change, possess out-of-date job skills, lack knowledge of new technologies and are opposed to answering to younger bosses.

Redfern said studies often paint a different portrait of the mature workforce.

“In our research, we’ve found they are very loyal and dedicated to their organizations,” said Redfern. Seniors, he said, can draw on solid industry and job experience, have low absenteeism rates, solid performance records and perform well in crisis situations.

People searching for jobs showed up on Thursday for a variety of reasons. Some were looking into performing public service, weren’t ready to retire or were exploring opportunities for volunteer work. Many were looking to live out their retirement with additional financial security.

“T.0 looking to supplement my income,” said Dennis O’Hare, a retired banker of two years. “It’s more of an economic need.”

O’Hare said he was looking to work between 15 and 20 hours a week in addition to remodeling a repair work he does on the side.

“Retired people usually fill their days pretty quickly,” said O’Hare.

Laurie Yanni, a representative from Avila, a retirement community, was looking to employ someone for dining room services.

“We did find a receptionist last year, and she’s been there a year,” said Yanni.

Senior Connection, a senior care organization, was recruiting volunteers, and representative Susannah Ford said they too have been successful in matching people with volunteer positions.

“Most of them want to give back to the community,” said Ford.

Redfern said there are stops employers can take to be more attractive to older workers.

Offering flexibility is important, said Redfern. Being able to work part-time, work from home and have time off for care giving are all flexible options that employers can offer.

Training options, benefits programs, a positive work environment and one that is free from bias are all attributes that seniors reentering the workforce find attractive.

“The overall thing is not to have any prejudice or bias in the practices businesses develop,” said Redfern.
Exhibit examines beauty from a different perspective

By CATHERINE LUKE

When photographer and writer Nancy Bruno traveled to Italy, she sat on the beach, shaded, clothed and covered with sunscreen. She noticed that other women—of various shapes, sizes and age—walked, strode and enjoyed their time beneath the Mediterranean sunshine. Bruno noticed that they wore bikinis and that their nonchalance and confidence gave them a unique kind of beauty.

Bruno set out to learn what they had that she did not at that moment. The result of Bruno’s observations and self-analysis has become an artistic endeavor entitled The Beautiful Women Project. The Beautiful Women Project is a gallery exhibit highlighting 35 Capital District women who live their lives “quietly and beautifully.”

Included in the exhibit are 35 20-by-24-inch mounted photos along with written biographies of each woman in the collection. The Beautiful Women Project will make its premier on Friday, Oct. 13, in the pavilion area of the Saratoga Hotel and Conference Center. It will be celebrated in conjunction with To Life’s Pink Ball.

“We are very happy and very proud that Nancy has selected us,” executive director of To Life, Thea Hoeth, said of Bruno’s intended donations to the Delmar nonprofit dedicated to serving women and families affected by breast cancer. “She is clearly a very, very talented photographer. She has a beautiful way with words as well.”

Earnings will come from the sale of a companion book that features a photo and story of each of the women involved in the project. Editors and others have asked Bruno who in her book are people of significance.

Everyone in this book is significant,” Bruno said. “These are not women searching for their 15 minutes of fame. Their beauty just shines through. It is just who they are.”

Bruno’s subjects were sought and found in different locations and walks of life.

“She is the woman in the grocery store, the woman you see at the soccer game,” Bruno said. Some are strangers, some she had been told about, some are women who Bruno has just observed during daily life and whose intrigue urged her to approach them.

“One was a hostess in a hotel restaurant,” Bruno recalls. The Beautiful Women Project comes out during a month dedicated to breast cancer awareness. Bruno wished for this not only because of the relation of her project to the Pink Ball, but to remind women that they are so much more than their scars, Beards, and imperfections in a society that is increasingly placing high priority on body perfection.

“In October we are told to look at our bodies for an important reason,” Bruno said, referring to self-checks and breast scans. “But then we start to look at our bodies in another way. We begin thinking that maybe our thoughts are jiggling a bit too much.”

Bruno has written the stories of women between the ages of 3 and 80-something. Each woman comes from a different background, each with her own tale. She tried to follow a common thread in each of their lives. Bruno’s photos and biographies shine a light on a source of beauty found in simplicity and the similarity of human experience.

“Beauty is the sum of your experiences and how you carry them; how you use them to help others,” Bruno said. The Beautiful Women Project was fueled by Bruno’s hope that from her work people might shift or redefine their idea of what a beautiful woman is.

“Also, that they might see themselves in one of these stories; that they won’t feel so alone. That they will giggle, laugh, and find comfort,” Bruno said. “I see myself in the past, present and future of these women.”

“I’m very passionate about this project. It has been a greater learning experience than anything in my life so far,” Bruno said of the creative journey. Though The Beautiful Women Project is only one of Bruno’s many artistic investigations into the complex details of everyday living, Bruno has delved into a great many ventures including a documentary on the ties of the Saratoga Race Course community and a World War II exhibition.

The Beautiful Women Project has taken Bruno about one year to complete. She began the work with a prestigious artist’s grant through the Saratoga County Arts Council. The program is funded in part by the Decentralization Program.

To learn more about The Beautiful Women Project, visit www.beautifulwomenproject.org.

To honor the women in your life, stop by the exhibit during its premier evening between 5 and 8 p.m. on Friday, Oct. 13, as well as Saturday and Sunday, Oct. 14 and 15, between 11 a.m. and 3 p.m. The Saratoga Hotel and Conference Center is at 534 Broadway in Saratoga Springs.

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The result of Bruno’s observations and self-analysis has become an artistic endeavor entitled The Beautiful Women Project.
suited for teaching. With others, it’s not immediately apparent. You’re affecting kids’ lives, and there ought to be a stronger, tougher standard. "

Korn countered that New York’s three-year probation is one of the longest among states. He said that many of the prospective candidates for tenure do not measure up and that many need to undergo remedial training.

Interim Superintendent for Ballston Spa Central School District Bob Colucciello agreed that districts should weed out unqualified staff long before the recommendation for tenure even begins. "The only people who should go into teaching are those who are good, motivated teachers. It does not mean at year eight or nine that a teacher is not good, a good, motivated teacher, yet your flexibility is very, very limited," said Ernst, who added that NYSSBA is in favor of abolishing tenure in favor of renewal contracts.

"There is tenure at all," said Korn, who equates renewable contracts to a permanent probation period. "A probation period would be a breeding ground for mediocrity."

Parents say teasured teachers are more apt to seek new ways to help kids learn by trying new or different instructional methods. Another benefit, Colucciello said, is that having job insecurity, a teacher will worry about what unhappy individuals could do to their livelihood.

"There are so many variables in learning," said Colucciello. He said charges of incompetence are often difficult to prove, but said "provisions for dismissing a tenured teacher should be less onerous."

Ernst said the current dismissal process, aimed at finding a fair and fast way to dismiss a teacher without hesitation. He said NYSSBA is looking for a more realistic process to be put into place.

"The vast majority of teachers are hard-working, dedicated, responsible people," said Ernst. "At the end of the day there are too many teachers who are not meeting the obligations."

Korn said the lack of support among many school boards for the tenure law stems from their failure to demand accountability from the supervisors who are responsible for reviewing the job performances of teachers. "The job of the administration is to evaluate the teacher, supervise the teacher, and make sure the teacher and then, if he or she doesn’t improve, use the law to remove them," said Korn.

Colucciello agreed that administrators have a responsibility to select appropriate candidates for tenure. "We really must do our job and look carefully," said Colucciello.

Ernst agreed that administration plays a vital role in the nation’s public education system but said budget cuts in recent years have limited their ability. "It’s an important factor that administration in public education is very thin, and there is an enormous amount required of them," he said. Ernst said the United States Bureau of Labor Statistics numbers indicate public education has the lowest wage in the public sector.

Colucciello and Korn cite several improvements in recent years that increase teacher knowledge and performance. Districts receive grant money for providing mentor programs, a new teacher is paired with an experienced teacher with whom they can compare lessons, collaborate, ask questions, work with and observe.

Ernst agreed that those cases involving accusations of incompetence are hardest to prove, but said "provisions for dismissing a tenured teacher should be less onerous." Ernst said the current dismissal process, aimed at finding a fair and fast way to dismiss a teacher without hesitation. He said NYSSBA is looking for a more realistic process to be put into place. 

The continuation education obligation is being phased in, and, ultimately, every teacher will have to meet that requirement.

While Korn believes significant changes made in 1994 to the state tenure law has resulted in a fairer and faster process, Ernst disagrees. "The changes set a series of timelines for incompetence and death," said Ernst. "While there were a few failures, I'm not sure they have not been sustained."

Colucciello said administrators have a responsibility to select appropriate candidates for tenure. "We really must do our job and look carefully," said Colucciello.

Ernst agreed that administration plays a vital role in the nation’s public education system but said budget cuts in recent years have limited their ability. "It’s an important factor that administration in public education is very thin, and there is an enormous amount required of them," he said. Ernst said the United States Bureau of Labor Statistics numbers indicate public education has the lowest wage in the public sector.

Colucciello and Korn cite several improvements in recent years that increase teacher knowledge and performance. Districts receive grant money for providing mentor programs, a new teacher is paired with an experienced teacher with whom they can compare lessons, collaborate, ask questions, work with and observe.

Colucciello and Korn also point to legislation changes that have made New York one of the only states to require a master’s degree for teachers in elementary and secondary education. In addition to the advanced degree, the state has instituted a requirement for teachers to participate in 175 hours of in-service credits to maintain their certification every five years, amounting to about 35 hours of training each year.

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IN BRIEF

Altamont craft fair seeks vendors
Craft vendors are wanted for the Altamont Elementary School Craft Fair on Sunday, Nov. 5. Call 861-6200 or visit the Web site, www.altamontcraftfair.com for information.

Dance Dimensions partners with Giffy’s for fundraiser
Dance Dimensions is hosting a pancake and sausage breakfast on Saturday, Oct. 21, from 8 a.m. to noon at the Bethlehem Community Church, 201 Elm Ave. in Delmar. The cost is $6 for adults and $5 for seniors. Children age 12 and younger are $3.

Classical Theater Guild accepting festival submissions
Classical Theater Guild is accepting submissions for its third new play festival. The performance dates are Nov. 17-19 at Old Songs in Voorheesville. The deadline for submission is Friday, Oct. 20. Full length and short plays are accepted. Please send your submissions to: Classical Theater Guild, 349C Madison Ave., Albany 12210. Artistic Director. For information, call 424-6579.

Danceflurry hosts swing dance at Hibernian Hall
There will be a Capital Swing Dance on Friday, Oct. 6 at the Hibernian Hall, Ontario St. in Albany from 8:30 to 11:30 p.m. Live music is to be announced. Admission is $12 and includes 7:30 p.m. beginner's lesson. The cost is $9 for Danceflurry members and $6 for students.

For information, visit www.DanceFlurry.org/new/calenday.html.

Saint Rose unveils faculty art and design exhibition
The College of Saint Rose Art Gallery will present an exhibition of varied media by artists and teachers who serve on the Saint Rose art and design faculty. "The Art and Design Faculty Show" will be on view through Thursday, Oct. 12 at the gallery on 324 State St. in Albany. Gallery hours are Monday through Thursday from 10 a.m. to 4:30 p.m. and 6 to 8 p.m.; Friday from 10 a.m. to 4:30 p.m. and Sunday from noon to 4 p.m. The gallery is closed Saturdays and Monday, Oct. 9.

The exhibit is free and open to the public.

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Georgette Denn

Georgette F. Denn, 78, of Slingerlands, died Tuesday, Sept. 26.

She was a communicant of St. Catherine of Siena Church for more than 50 years. She retired from the State University of New York in Albany in 1985.

Survivors include five sons; William J. Denn Jr. of Voorheesville, Joseph Denn of Rye Brook, James Denn of Goldsboro, John Denn of San Antonio, Texas, and David Denn of Delhi; two daughters; Joanne Denn-Dunn of Garland, Texas and 17 grandchildren survived.

She was the widow of William J. Denn Sr.

Services were from the Meyers Funeral Home, Delmar. Contributions may be made to the St. Catherine of Siena Building Fund, 35 Hurst Ave., Albany 12208.

Anna A. Kohler

Anna A. Kohler, 98, of Slingerlands, died Monday, Sept. 25.

Born in Mexico, N.Y., she enjoyed reading and especially spending time with her family and friends. She was the widow of Edward E. Kohler.

Survivors include four sons; Edward R. Kohler Jr. of Troy, George R. Kohler of Richmond, Va., William Kohler of Delmar, and Edward Kohler of Clarksville; a daughter; Noreen Denn-House of Colonie; sister Rita Gordon of Whitehall; a daughter, Margaret Ann Scharff of Scotia; a sister-in-law, Margaret J. Kohler of Slingerlands and 17 grandchildren survived.

She was the widow of John A. Kohler.

Services were held under the direction of Meyers Funeral Home.

Leslie J. Wiley

Leslie J. Wiley, 89, of Slingerlands died Sept. 29.

Born in Chazy he graduated from Chazy Central Rural School and was awarded a bachelor's and master's degrees from University at Albany. He began a 35-year career in education as a teacher in Schenevus. After serving in positions in guidance and high school principal of Cobleskill Central School, he ultimately became superintendent of that school, retiring in 1975.

He was a member of the Cobleskill Rotary Club and the Cobleskill Methodist Church. He served on the church's administrative board and its Music Committee and sang in the choir for 45 years.

Survivors include his wife Ruth Wiley of Beverwyck, Slingerlands; a daughter, Helen Doane of Harwich, Mass; a son, Stephen Wiley of Glenmont; and four grandchildren.

Services were from the Robert A. Guffin Funeral Home, Cobleskill. Contributions may be made to the Organ Fund of Cobleskill United Methodist Church, 108 Chapel Street, Cobleskill.

Carrie Mahler

Carrie Mahler would like to welcome all her clients to visit her at THE HAIR COMPANY located in Crestwood Plaza between Whitehall & New Scotland Ave. 16 Picotte Dr., Albany 525-1388.

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MARGARET SCHARFF
Margaret Ann Scharff, 70, of Glenmont, died Monday, Sept. 25. She was the widow of John W. Scharff.

Survivors include two sisters; A. Jane Dunn of Glenspan; Sister Fredrica Dunn D.C. of Binghamton and a son; Fred J. Dunn of Delmar.

She was a member of the Hudson Mohawk Chapter G.U.I.L.T. Club, St. Thomas Circle and the Caring Club of Albany. She also enjoyed bowling, gardening and flowers. Services were from the Meyers Funeral Home, Delmar. Contributions can be made to the Epilepsy Foundation of Northeastern N.Y., 3 Washington Square, Albany 12205.

Methea A. Ostrander

Methea A. LaRose Ostrander, 89, formerly of Bethlehem died Sept. 23. She was the widow of Charles C. LaRose. She is survived by many nieces and nephews. Services were held under the direction of Meyers Funeral Home.

The compassion to heal.

The science of medicine.
The companions to need.
Galka, Charest engaged

Kimberly Galka, daughter of Casmir and Anita Galka of Latham, and Andrew Charest, son of Thomas Charest and Cynthia Charest, both of Springfield, Mass., are engaged to be married.

The bride-to-be is a graduate of Shaker High School and SUNY Albany. She is employed by Premier Education Group in Springfield, Mass.

The future groom is employed by the United Parcel Service in Springfield, Mass.

The couple plans a September 2007 wedding.

Cerones celebrate 50 years

Sam and Millie Cerone of Colonie celebrated their 50th wedding anniversary on Sept. 16 at a dinner party with their family at the Italian American Community Center. They were married on Sept. 16, 1956, at St. Frances DeSales Church in West Albany.

Sam worked at Tobin Packing for 31 years and is now employed at the town of Colonie Golf Course.

Millie, the former Millie Leach, retired from the state Department of Taxation and Finance in 1994.

The Cerones are the parents of Michael Cerone of Colonie and Ana Marie (Reith) Reckler of Guilderland. They are the grandparents of Kyle Hussey and Andrew and Benjamin Cerone.

Announcements

Spotlight Newspapers welcomes your engagement, wedding or anniversary announcements. There is no charge. Only legible, readable printer-generated photos acceptable.

For information on an announcement form, call 518-234-9919.

INDIVIDUALS NEEDED TO SEE HOW GENES DETERMINE DRUG EFFECTS

Ordway Research Institute Drug Development Center (ORIDDC) will be conducting a brief research study to determine the effect of genes on drug response.

There is no charge for this test. We are looking for participants, age 18 and older, who will earn $25 for their travel time for this single visit. Participants can either be healthy or have preexisting medical problems.

Please call ORIDDC at 518-429-2000 or email: krubke@ordwayresearch.org for more information.

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Jewelry


Jewelry

The Troy Chromatic Concerts begin with Trio Solisti

With a slight chill in the air and area trees taking on a beautiful hue, the change of seasons is upon us. Along with the bright colors of fall, October also brings with it the start of another season for one of the Capital District's oldest and most venerable musical organizations, the Troy Chromatics Concerts. Staffed exclusively by local volunteers dedicated to bringing classical music to the Capital District, the group has been successful in bringing classical music artists with worldwide reputations to the Troy Savings Bank Music Hall so the families through the region can enjoy their rich sounds. Their efforts have put some of the most extraordinary musicians in the world within our reach, and this season is no exception, with the well-regarded Trio Solisti taking the stage on Saturday, Oct. 7 at 8 p.m.

Considered one of the finest chamber ensembles currently playing in the United States, the trio has drawn rave reviews at performances at Lincoln Center in New York City, the Kennedy Center for the Performing Arts in Washington, D.C. and a series of other high-profile venues. After an appearance in the Big Apple, a critic for The New York Times said the trio was "compelling and consistently brilliant." After an impressive debut performance at Wolf Trap in the suburbs outside the nation's Capitol, a Washington Post reviewer also offered his praises. "Trio Solisti dove into this music with unrelenting passion and zealous abandon," the reviewer said. "At times zeal gave way to tender lyricism in a transcendent performance." Along with performing live, Trio Solisti has established itself among listeners nationwide with the appearances on the National Public Radio show "Performance Today" and "St. Paul Sunday" broadcasts as well. Working in a more permanent form, the ensemble has recorded several pieces for the Marquis Classics and Arabesque labels.

This weekend, their performance will highlight the works of three composers with strong popular appeal: Schubert, Moravec, and Tchaikovsky. Both Schubert and Tchaikovsky are perhaps best known for their larger works including the latter's "1812 Overture" that has been recorded by several of the world's best symphony orchestras with cannons firing as the piece nears its conclusion. But by design chamber music is composed with a more intimate setting in mind, allowing the clarity of each note and melody to be clearly heard. "The Troy Music Hall setting is ideal for this type of music," Ursula MacAffer, Troy Chromatic Concerts publicity chairwoman said. Tickets for Saturday's concert can be purchased at the Troy Savings Bank Music Hall's Box Office before the 8 p.m. show. For information on Trio Solisti's appearance or Troy Chromatic Concerts season tickets, call 273-0038 or visit www.troycromatics.org.
**Super Crossword**

**THEATER**

**Music**

**Theater**

BROOKS BROS Publishing by the New York State Theatre Institute, Schenectady Arts Council, Albany, 518-377-7777.


**THEATRE**


**NEW YORK STATE MUSEUM**

**Comedy**

**BUYER'S MARKET**

**Super Crossword**

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**THEATRE**


**NEW YORK STATE MUSEUM**

**Comedy**

**BUYER'S MARKET**

**Super Crossword**
The Spotlight

Wednesday, Oct. 4

BETHLEHEM

DELMAR ROTARY

Normandy Country Club, 7:30 p.m., Information, 518-439-1818.

PLAYGROUP MEETING
First United Methodist Church with playgroups will meet from 10:30 a.m. in the nursery, playgroup provides opportunity for childcare and pre-nursery school age children to socialize in a relaxed atmosphere. Information, call 439-0965, ext. 218.

MOTHERS OF PRESchoolERS

Christian fellowship group for mothers of preschool children, at the Delmar Reformed Church, 386 Delaware Ave., nursery care provided. 9:30 a.m. until 11:30 a.m., information, call at 439-0965 or e-mail, sharon@uhaul.com.

OPPORTUNITIES UNLIMITED

Board meetings first Wednesday of each month, open to public, Bethlehem Twp Hall, 445 Delaware Ave., 4 p.m.

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Ave., Park 7:30-9:30 p.m., Information, 439-1053.

YOUTH SERVICES

BETHLEHEM

THE SPOTLIGHT
Half,:445 Delaware Ave., 4 p.m.

BOARD meetings first Wednesday of each month, open to public, Bethlehem Twp Hall, 445 Delaware Ave., 4 p.m.

THE SPOTLIGHT
Half,:445 Delaware Ave., 4 p.m.

BOARD meetings first Wednesday of each month, open to public, Bethlehem Twp Hall, 445 Delaware Ave., 4 p.m.

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Any condition, broken or rusty. Call 683-8053.
Eagles beat Falcons in gridiron bird battle

By BOB JONAS

After two losses in the town of Colonie, the Bethlehem football team enjoyed some home cooking.

The Eagles built a five-touchdown lead and cruised to a 34-13 victory last Friday in a Class AA cross-divisional game at Bethlehem.

"The whole week, the team worked hard in practice and got into a rhythm because we hadn't run the ball well the last two games," said Coach Ron Smith, whose Bethlehem team was coming off back-to-back losses to Shaker and Colonie.

Dan Urright and Brian Paquette did most of the damage for the Eagles (1-1 division, 2-2 overall). Urright rushed for 190 yards and a touchdown, and Paquette contributed 100 yards and a touchdown.

"Every week has been an improvement for him," said Smith of Paquette, who is coming into his third year as starter after being groomed by his brother, Greg Smith, who is now running the offense at Shaker.

"I was disappointed because we had prided ourselves on doing a good defense, and we didn't show it," said Smith.

Paquette got things going for Bethlehem with a 38-yard touchdown run in the first quarter. Ethan Coyne added the extra point to put the Eagles ahead 7-0.

Urright's touchdown came through the air in the second quarter when he hauled in a 46-yard scoring pass from Dave Plummer. Plummer then capped Bethlehem's next drive with a 1-yard touchdown run to give the Eagles a 21-0 halftime lead.

Paquette added scoring runs of six and two yards in the second half to push the Eagles' lead to 34 points. Albany's Chad McCray ended the shutout bid with a 1-yard touchdown run in the fourth quarter, and Rashem Graham added a long scoring run for the Falcons.

Fortier opened the scoring with a 1-yard touchdown run in the first quarter. Plummer then capped an RGS drive with an 8-yard touchdown run to increase the lead to 14-0.

Fortier and quarterback Zack Deering each rushed for touchdowns in the third quarter to double the Indians' lead to 28 points. Fortier scored from 10 yards out, and Deering scrambled 21 yards into the end zone. Deering then connected with Filkins on a 29-yard touchdown pass in the fourth quarter to give RCS a 35-0 lead.

Jones added a 10-yard touchdown run late in the fourth quarter for the Indians, who host Bishop Maginn in a non-league game on Friday.

Voorheesville's defense had a big day against Coxsackie-Athens last Saturday. The Blackbirds held the Indians to minus-27 points in total offense of a 61-9 victory.

Offensively, Voorheesville (4-0) did much the same against an overmatched ground. Pat Filkins gained 230 yards and scored three touchdowns, while teammate Duncan and Brendan O'Keefe contributed two touchdowns for the Blackbirds, who led 34-0 at halftime.

Voorheesville travels to Tamrac for Friday night. 
Section by a Voorheesville defender early in the first half, middle- back Holcomb stopped 16 shots for the Blackbirds.

"This is a much better team athletically and skill-wise, but the goals we gave up were all preventable," said Santos. "With more experienced players, this wouldn't have happened."

RCS has some hurdles to clear in its regular season, including rematches with Schalmont and Mechanicville. But once it enters the Section II, Class A playoffs, RCS must contend with such traditional powers as Scotia-Glenville, Cohoes, Mohonasen and defending champion Burnt Hills-Ballston Lake.

Hummel said she likes her team's chances, but only if the Lady Indians play as well as they are capable of playing. "We can play with anyone. It just depends on what team shows up," she said.

As for Voorheesville, Santos is looking for continued improvement and success will be based on how the players as they try to break into the win column.

"Over the years, we've lost some girls, and now we're working with some girls who are learning the game," he said.

The Blackbirds' next opportunity comes Wednesday night when they travel to Cohoes to face a Bulldogs squad that owns a 1-5 league mark (3-4 overall).

Lady Eagles extend unbeaten streak

The Bethlehem girls soccer team earned two ties and two wins last week to extend its unbeaten streak to nine games.

The Lady Eagles (5-1-4, 6-1-5) tied Niskayuna 1-1 last Tuesday and played Big 10 leader Amsterdam to a scoreless draw last Wednesday. Both games were played at the Blackbirds' home field.

Laura Boucher tallied a goal in each of Bethlehem's two wins last week, and Kiersten Swete recorded three consecutive shut-outs. Kate Halvorsen, Taylor Trau, Julia Cardamone, Tee Ladoeur, Becca Young and Kaitlyn Martin also scored goals during the four-game stretch.

Bethlehem hosts Guilderland Wednesday in a Suburban Council game.
High school sports results for the week of Sept. 25 to Oct. 1

Friday, Sept. 29

FOOTBALL

Bethlehem 34, Albany 13

First quarter
BC — Brian Paquette 38-yard run (Ethan Kolody kick)

Second quarter
BC — Brian Paquette 25-yard pass from David Plummer (Kolody kick)

Warwick Invitational

Boys division
Division II standins: Amsterdam 39, Ballston Spa 55, Cohoes 84, Averill Park 103, South Glenn Falls 108, Albany 145, Catskill 179, Ravena-Coyens-Selkirk 225

Girls division
Division II standins: Shen 31, Smithtown 58, Guilderland 77, West Islip 82, Onteora 45, Bethlehem 46

Fourth quarter
Voorheesville 24, Ravena 15, Guilderland 10, Bethlehem 8

RCS scoring: Lauren Howley 2-0

Third quarter
Voorheesville 24, Ravena 15, Guilderland 10, Bethlehem 8

RCS scoring: Henry Barrowman 1-0

Second quarter
Voorheesville 24, Ravena 15, Guilderland 10, Bethlehem 8

RCS scoring: Henry Barrowman 1-0

First quarter
Voorheesville 24, Ravena 15, Guilderland 10, Bethlehem 8

RCS scoring: Henry Barrowman 1-0

CROSS COUNTRY

BOYS SOCCER

RCS

Deering (Tofinchino kick)

Voorheesville 2, Bethlehem 1

Bethlehem scoring: Bill Barrowman 1

RCS scoring: Henry Barrowman 1-0

COLUMBIA 4, BETHLEHEM 3

Columbia scoring: Bill Bartosz 1-0, Jake Latter 10-yard run

Bethlehem scoring: Jason Daniels 5,2, Mike Kovnowski 19-yard run

BOYS SOCCER

Voorheesville trails: Dom Venditti 1-0, Kevin Klemchzyk 1-0, Matt Miller 0-1

Saturday, Sept. 30

CROSS COUNTRY

Gatway Invitational

Boys division
Division I standins: Voorheesville 14, North Warren 28, Southwestern 115, Bethlehem 118, Mayfield 150, Schenectady Christian 162, Maple Hill 174, Corinth 181, Granville 190, Galway 238, Hawthorne Valley 254, Schodack 406

Top 5 individuals: Jack Cottle (Voorheesville) 13:54, Danny Boulson (Maple Hill) 15:58, Josiah Noonan (May) 16:00, Phil Harrtshern (Berlin) 16:03, Ryan Allison (Albany) 16:21

Division II standins: Averill Park 40, Ballston Spa 51, Albany 118, Ravena-Coyens-Selkirk 137, Albany Academy 172, South Glen Falls 182, Catskill 204, LaSalle 244, Gloversville 256, Ravena 295, Ravena-Coyens-Selkirk 286, Troy 337, Johnstown 361

Girls division
Division I standins: Voorheesville 13, Berlin 71, Mayfield 81, Berne-Knox-Westerlo 114, Schodack 126, Maple Hill 143, North Warren 164, Corinth 195, Mechanicville 207

Top 5 individuals: Kelsey Dennis (Berlin) 18:23, Hilary Edmunds (Voorheesville) 18:38, Kimberly Neitzing (May) 19:14, Charlit Little (Voorheesville) 19:28, Grace Gianpaglia (Voorheesville) 19:36

Division II standins: Amsterdam 39, Ballston Spa 55, Cohoes 84, Averill Park 103, South Glenn Falls 108, Albany 145, Catskill 179, Ravena-Coyens-Selkirk 225

Warwick Invitational

Boys division
Division III standins: Shen 31, Smithtown 58, Guilderland 77, West Islip 82, Onteora 45, Bethlehem 46

Edwards Jones received the highest numerical score by a firm in the 2004 Investor Satisfaction Study with Full Service Brokerage Firms, Two Years in a row. We’ve always believed our way of doing business made sense for our clients. It’s nice to know they agree.
Lady Indians are a work in progress

Young RCS team sits in second place at season's midpoint

By ROB JONAS

When the Ravena-Coeymans-Selkirk girls soccer team gives a peak performance, few Section II teams can compete with it.

The trouble is, the Lady Indians haven't sustained a high level of play throughout a whole game recently.

Fortunately for RCS, its inconsistent play hasn't cost it many wins. The Lady Indians sit in second place in the Colonial Council entering Wednesday's game at Lansingburgh, one game in the loss column behind league-leading Schalmont.

"We have a pretty young team and a pretty inexperienced team, but they're hard workers," said RCS coach Danielle Hummel.

The Lady Indians' lone league loss came last Tuesday at Schalmont, and inconsistency was to blame. RCS (6-1 overall) jumped out to a 3-0 lead, only to watch as Schalmont (8-0, 9-2) rallied with four unanswered goals to pull out a 4-3 overtime victory.

"We stopped playing," said Hummel. "We had a three-goal lead, and we got complacent. We didn't take care of business."

Inconsistency reared its head again in RCS's latest win, a 3-0 victory over Voorheesville last Saturday. The Lady Indians scored twice in the first two minutes, but then they didn't score again until late in the second half, even though they held possession for much of the game.

"We were just playing the ball over the top and hoping someone would get to it, and that doesn't work," said Hummel. "We scored two goals when we want to. We had two goals in the first two minutes of the game, and then we got complacent."

Voorheesville's defense had a part in frustrating RCS. Though the Blackbirds (6-4, 6-8) spent much of the game chasing the ball, they had enough energy to prevent the Lady Indians from having a lot of clean looks at the goal.

"I'm dropping people back because we don't have as much skill up front as we've had in the past," said Voorheesville coach Joe Santos.

Senior Lauren Howley scored two goals to lead RCS. The Lady Indians' other goal came off a deflection.

Hope you have your No. 2 pencils ready

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Pop quiz time, boys and girls.

Get out your No. 2 pencils and choose the correct statement from the choices listed below. Ready?

1. Pedro Martinez needs rotator cuff surgery and will return:
   A) After the 2007 All-Star Game
   B) In time for the New York Mets' September drive
   C) As the Mets' new mascot

2. Roger Clemens just:
   A) Got accused of using human growth hormones in Jason Grimsley's testimony
   B) Pitched his last game as a Houston Astro
   C) Announced he's joining Mark McGwire and Rafael Palmeiro on a new traveling softball team

3. The St. Louis Cardinals narrowly avoided:
   A) Falling out of first place in the National League Central
   B) Missing the playoffs
   C) Being called a bigger bust than "Josey"

4. The Minnesota Twins won the American League Central division by:
   A) Beating the Chicago White Sox on the final day of the regular season
   B) Watching the Detroit Tigers lose to Kansas City on the final day
   C) Making a deal with the devil to avoid a first-round meeting with the Yankees

5. Boston Red Sox fans are dealing with their team's third-place finish by:
   A) Lamenting their late-season collapse
   B) Talking optimistically about all the young talent coming up
   C) Blaming George Steinbrenner

6. By the start of the next baseball season:
   A) Joe Girardi will be managing the Chicago Cubs
   B) Dusty Baker will be managing the Washington Nationals
   C) Terry Francona will be managing a 7-11 team this week!

The New York Rangers were in Lake George earlier this week:

A) For team building exercises
B) To prepare for their season opener
C) To view the spectacular fall foliage and go antiquing

Rob Jonas/Spotlight

Ravena-Coeymans-Selkirk's Lauren Howley (9) battles with Voorheesville's Allie Beligiovina for the ball during Saturday's Colonial Council game at Voorheesville. Howley scored two goals to lead the Lady Indians to a 3-0 victory.

Rob Jonas/Spotlight