A political report card
State leaders weigh in on Gov. Spitzer's first 100 days

By JIM CUOZZO - cuozzo@spotlightnews.com

The first 100 days of Gov. Eliot Spitzer's administration is almost complete, and several officials have weighed in with their observations as the April 1 deadline for a new state budget nears.

"The most refreshing direction I have seen in my 11 years here," said state Sen. Neil Breslin, D-Delmar. "The governor is out there in front and willing to take a chance."

Others have a different opinion.

"My fear is Assembly Speaker (Sheldon) Silver, D-Manhattan, and the Democrats, along with Gov. Spitzer, are in their groundhog hole, and if they don't come out, we are not going to get this thing done," said state Assemblyman Jim Tedisco, R-Schenectady, the Republican minority leader, referring to the "open and transparent" process touted by the Spitzer administration.

Tedisco said the process is having a hard time getting off the ground because so many state officials with differing views are digging in their heels.

"There has only been one meeting of the (legislative) leaders so far," said Tedisco in a March 22 interview.

A conference called Wednesday, March 21, by state Senate Majority Leader Joseph Bruno was the only one.

"This was a very difficult decision because I love what I'm doing here," said Egan. Egan made her decision on Thursday, March 22, and informed town staff later that afternoon.

"I think everybody was in shock," said Town Comptroller Judith Keloe. "We're happy for her, but sorry to see her go."

Egan has been the supervisor in the town of Bethlehem for the past three and a half years, after being the first Democrat elected to the post in more than 150 years. In January, she had announced her intention to run for another term. Instead, deputy supervisor and town board member Daniel Plummer will

Two school board seats will be open

Departing incumbents receive praise for their tenure

By JIM CUOZZO

Stuart Lyman, D.V.M., current president of the Bethlehem Central school board and Richard Svenson, a past president of the board, will not be running for re-election in May when their terms run out. Both veteran board members made their announcements at last week's meeting of the school board.

"For me, it was an evolution of 13 years, and serving on the school board is very dynamic, very exciting and stressful," said Lyman. "I came to the board last year.

Egan Page 20

Path to the future?
Study shows the way to make room for foot traffic in town

By JIM CUOZZO

The town has always wanted Bethlehem pedestrians to feel as motorists, and the long-established importaot races in the month Delmar Dash and the first run/walk, which was started by friends of the Army captain killed in Iraq last year. Both races begin at the Bethlehem Middle School.

See story on Page 3.

Jogging our memory
Delmar will host two important races in the month of April: the long-established Delmar Dash and the first ever Timothy J. Mosher 5K run/walk, which was started by friends of the Army captain killed in Iraq last year. Both races begin at the Bethlehem Middle School.

See story on Page 3.

Svenson, D.V.M.,

"Our conversations with the governor ... are very frank and open. For us, the relationship has been positive."

Stuart Lyman

"This governor speaks very loudly, carries a big stick, and hits you over the head with it."

Jim Tedisco

"It's the most refreshing direction I have seen in my 11 years here."

Richard Breslin

Nothin' but the blues at Cap Rep
Capital Repertory Theater comes alive about an hour before showtime. Box office attendants chat between phone calls; the vacuum cleaner starts humming; the ushers begin to arrive; and from the cafe, there's the sound of clinking glassware and the scent of fresh espresso.

See story on Page 28.

Baseball preview
The more things change in the Suburban Council baseball world, the tougher the league gets.

See story on Page 42.
A former employee of Verstandig’s Florist faces additional charges

A former employee of Verstandig’s Florist, working as an employee at Hotard-Gadani, of 56 Woodside Drive, Albany, was arrested on first degree felony charges for having falsified business records after allegedly stealing from the company.

Bethlehem police report that 52-year-old Amy Louise Gadani was last fall with possession of first degree felony charges terminated from her narcotics now faces an additional 30 felony counts of falsifying business records after an active warrant employment and a follow-up investigation revealed numerous acts of larceny that took place at the business during 2006 including concocting fraudulent business records. Gadani was processed on the 30 felony counts of falsifying business records and four petty larceny charges. She was processed and arraigned in Bethlehem Town Court and released on $5000 bail bond. Gadani will return to Town Court April 17.

Ravenna 52-year-old Amy Louise

Hotard-Gadani, of 56 Woodside Drive, Albany, was arrested on first degree felony charges pursuant to an active warrant issued by Bethlehem Town Justice Ryan Donovan.

Gadani was charged last November with a felony count of criminal possession of a controlled substance while working as an employee at Verstandig’s. Gadani was terminated from her employment and a follow-up investigation revealed numerous acts of larceny that took place at the business during 2006 including concocting fraudulent business records.

Ravenna Amy Louise

State Police from the town of New Scotland arrested a 27-year-old Ravenna man on several charges, including grand larceny and identity theft.

Jose A. Vasquez Jr. was charged following a three-month investigation by the State Police computer crime unit.

The investigation revealed Vasquez had been advertising laptops, game systems, and baseball cards for sale on numerous auction sites, including eBay, and eBid, that he had no intention of shipping and did not possess.

Vasquez, according to police, would receive payment for these items through a check, money order, or PayPal, and then never ship the merchandise.

State police were able to identify more than 100 possible victims located across the United States as well as Canada and the United Kingdom.

Vasquez was charged with scheme to defraud, first degree; identity theft, first degree; grand larceny, fourth degree, and a variety of other charges, according to police.

He is due in court for his arraignment on Wednesday, March 28.

Residents who arrive in Bethlehem Town Court on Monday, April 2, will see a new Magnetometer security scanning system outside the courtroom. Everyone who enters court will first have to go through the safety-screening device. The purchase was made through a state contract from the Office of Court Administration.

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On your mark, get set ... |

Delmar Dash and Timothy J. Moshier race make April a big month for runners

By JIM CUOZZO
cuozzoj@spotlightnews.com

Delmar will host two important races in the month of April: the long-established Delmar Dash, scheduled for Monday, April 1, and, later in the month, the first Timothy J. Moshier 5K run/walk, which was started by friends of the Army captain killed in Iraq last year. Both races begin at the Bethlehem Middle School.

The Smile Delmar Dash, now in its 19th year, is sponsored by the Hudson Mohawk Road Runners Club and winds through residential neighborhoods. The event draws some of the best runners in the area, including more than 600 adults and 400 children signed up to participate.

Runners can register the day of the race at 8 a.m. Race time is 9 a.m. There is a $12 fee for Hudson Mohawk Road Runners Club members and a $15 registration fee for non-members. Awards will be presented following the race to the male and female winners and the top age group finishers. This year’s sponsor is Bryant Asset Management. Information about the Delmar Dash can be found online at www.hmrr.com.

“By supporting this event with a donation or by participating in the run/walk, we can each in our own way keep his memory alive.”

Marty DeLaney

Staples opens doors at Town Center

By JIM CUOZZO
cuozzoj@spotlightnews.com

You’ve heard of ribbon cutting. It was more like ribbon shredding when the Staples office supply store in Glenmont—which carries paper shredders of all sizes—celebrated its grand opening Saturday, March 24. The store is the latest to open at the Bethlehem Town Center, which is also home to Panera Bakery and Cafe, Five Guys Burger and Fries, and Supercuts. Pep’s Potato Express is expected to open in a few weeks.

“Today is number 1,705,” said Larry Robbins, Staples store manager, at a community preview held Wednesday, March 21. “This store is a new prototype layout for this area with a different configuration to make shopping easier.”

“This is the epitome of a new business coming into town and being a good neighbor,” said DeLaney.

Tracy Bussano, co-president of the Glenmont PTA, said the money, from the Staples Foundation for Learning, will go toward school programs. “It’s great. We were looking for more scholarship opportunities and ways to fund projects.”

William Brigham, director of the University of Albany’s Small Business Development Center, said it’s great to have Staples town in as a resource.

“Really, we need to get out to events like this and let people know that we are here,” said Brigham.

The Glenmont Staples store will employ 30 full- and part-time people and be open 8 a.m. to 9 p.m. Monday through Friday, 9 a.m. to 6 p.m. Saturday and 10 a.m. to 6 p.m. Sunday. According to information provided by the company, Staples Inc. began operating as an office supply superstore in 1986, and, with 74,000 employees, it is the world’s largest office products company. Sales in 2006 totaled $18.2 billion.
Prairie settlers found joy without Nintendo

By ROBIN SHRAGER SUTTIN
news@spotlightnews.com

There’s very little mention of the outhouse in the Little House book series. That’s not to say there was very little use of the outside toilet. As one daughter recently said she wished she lived back in those days.

“I guess you have to live a simple life in order to enjoy the simple things in life.”

All Charles Baudelaire said was, “The Ingalls children each get a single present and maybe a pencil or two each year they go to the store.” They were delighted. Prior to that, Laura and Mary had been sharing a cup.

I realize that these semi-autobiographical chapter books are aimed at children, so much of the hard times may be glossed over. Maybe Laura Ingalls’ reasons her mother wasn’t truly as wise and patient as the character portrayed in the books, but so what?

Everything isn’t sugar coated, and every character regularly admits to having feelings of impatience, anger and frustration. They are not perfect. While they always come across as the good, but always falls short of their older sister’s proper behavior, at least, in her own eyes.

I have a vivid memory of my fourth grade teacher reading one of the books to our class.

“I’m not sure if this is how it actually happened, but in my recollection the class is gathered in the hallway in an area between classrooms and near a stairwell. We are sitting on the floor by a large window, or else in a group of windows, and the teacher is sitting in a chair. Sunlight is streaming through the window and the teacher pauses to show us the pictures. It’s a peaceful memory of a simpler time in my life.

Yes, I must say my life was easier back in the fourth grade. I had the luxury of indoor plumbing and no one had ever heard of Nintendo DS!

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Got views?

Spotlight Newspapers welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length and should be contained to 200 words or less.

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Board votes to add position to budget proposal

By ROB IRWIN
irwin@spotlightnews.com

Due to increasing enrollment at the elementary school, Voorheesville Central School District officials are looking to add a new full-time teaching position to meet the needs of growing classroom sizes.

According to Superintendent Linda Langevin, the elementary school’s population is reaching a point where hiring a new teacher may be necessary to keep class sizes from becoming too large. Enrollment has been steadily growing from 500 students in 2003 to 636 expected to enroll in the fall.

The need for a new teacher caught Langevin’s eye more than two weeks ago, when she said she was doing another analysis at the elementary school and noticed the large number of students entering the fourth grade.

“There might be a problem here,” Langevin said she thought to herself at the time.

“This is an unanticipated growth. The elementary school is growing faster than we thought it would.”

Next year, the fourth grade is expected to be the largest class at the school, with an anticipated enrollment of 103 students. With 103 students, there would be three classes with 26 students and one class with 25.

By adding a fifth teacher at that level, it would drop the class sizes to around 20 students per class, and continue to keep the district below its contractual obligation of fewer than 20 students per class.

“As far as teaching these kids well in this day in age, it’s very difficult with 30 kids,” said Langevin.

“Increasing class size is a dilemma,” said Principal Ken Lein. “It is important that we consider the financial impact while realizing the demands of teaching have changed since most of us were students.”

Also in response to enrollment issues, a third-grade teacher is slated to move to a second-grade classroom next year to accommodate the 94 students at that level expected in the fall. That shift will increase the number of second-grade teachers to five.

The proposed position would be added to the 2007-2008 budget proposal at a cost of approximately $57,300. At the Monday, March 26, school board meeting, the board voted to add the full-time teaching position to its budget proposal.

According to Langevin, the school district evaluates class sizes each year, and she said she is usually notified sooner of any expected enrollment issues.

“Usually that’s something that’s brought to my attention earlier in the year,” said Langevin.

Fortunately, Langevin said, the problem was noticed early enough in the budget process to allow the administration to tweak the budget proposal to find room for the additional cost of adding a teacher, with the hope that it doesn’t radically affect any of the existing programs.

According to Langevin, even if it had been feasible to only add a half-time teacher to address the growing enrollment, the full-time position would have to be added eventually. The elementary school currently is facing an increase of 20 to 23 students each year.

“It’s either pay now or pay later,” said Langevin, who said the students are best served by adding a full-time teacher.

Currently, the elementary school has three unoccupied classrooms that can be used for classrooms. Two of these rooms would be used for swing space.

Which Spotlight do you read?

The Spotlight, Colonie Spotlight, Loudonville Spotlight, Guilderland Spotlight, Niskayuna Spotlight, Scotia Glens Falls Spotlight, Rotterdam Spotlight, Burnt Hills Spotlight, Malta Spotlight, Saratoga Spotlight, www.spotlightnews.com

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*Annual Percentage Rate. Rates require 10% equity line of credit origination, 5.25% prior two years of the line. Home equity lines of credit are subject to a minimum interest rate increase of 2% after the first year. The line of credit is a closed-end line of credit for up to 20 years from closing. All loans are subject to credit approval. Please contact your local office for more details. Home Equity Line of Credit provided by SEFCU. SEFCU is not responsible for any errors or omissions in these rates. Not available for all lending institutions. This is an advertisement. For the time being, the middle and high schools are able to absorb increases in student enrollment, Langevin said, but at some point, additional classrooms may need to be built at the elementary school.

If trends continue as they are now, the elementary school is expected to reach capacity by 2010, at which time the idea of a new capital project would be considered, said Langevin. One option, she said, would be to demolish the bus garage adjacent to the elementary school to make room for more classrooms.

The elementary school currently is facing an increase of 20 to 23 students each year. These classrooms will occur in the next school year. These classrooms will be available upon completion of the capital project if the growth continues.

Citizens Bank

THE SPOTLIGHT

March 28, 2007 — PAGE 5
Matters of Opinion

Spotlight

Thanks, Sue

She was an anomaly in so many ways, she was—really iconic.

Innumerable frequent job swapping. Spotlight Newspapers’ Executive Editor Susan Graves retired last week, after nearly 20 years at the news helm of our organization.

Sue came to the paper as managing editor of The Spotlight, the 50-year-old publication that serves the towns of Bethlehem and New Scotland.

Under her leadership, our news coverage expanded as we grew to the 11 newspapers we are now.

Along the way, Sue kept track of town supervisors, town board members, school superintendents and school board members, tax rates and the students who collected canned food at the holidays. She always had time to talk with concerned citizens and to be listened to equally and with great measure to those with complaints and with compliments.

She trained up a whole phalanx of reporters, from fresh college graduates to seasoned reporters. She would grow at the word “look”—”look it up”—and speak encouragingly to the person who just needed a little hand-holding in the pursuit of truth and the correct way to phrase it.

She was an acclaimed novelist (“Shining Porcupine,” 1960) and wrote many short stories; her works are said to be largely autobiographical—revealing her own personal turmoil and moral conflicts, but also her acute political consciousness of the international climate of the post-WWII years, World War II, and the rise of Communism and fascism.

Ever the brilliant and sensitive artist, Katherine Anne Porter (as she came to call herself) had alternate stretches of immense productivity as a writer and bouts of melancholia and writer’s block.

Her work in it, and fuss with it a mind and fragile health, while trying to persist in her writing and financially support her nest of artists and the “house of [her] own.”

The dream of South Hill was to continue to hold the mortgage. This financial arrangement caused the Williams to live in luxury and to be able to work to keep the Williams to purchase the house, on which Porter would continue to work her problem of having to maintain South Hill. Arrangements were made for the Willisons to purchase the house, on which Porter would continue to work in it. So the Williams became Malta residents by the late 1940s and flourished at South Hill.

They named a stretch of Malta Creek, “House of My Own,” in honor of that, the house became too much for her, and she abandoned her initial notion of buying her, permanent home.

In 1946, Katherine Anne Porter received a phone call from William Hill, a prominent and another acclaimed American novelist, George William Hill (1905-1965), one of whose writings Porter had reviewed. Mrs. Williams informed Porter of their plan to sell their home and search for a house in upstate New York, where they could purchase the home of Thomas Nolen and be able to work there. Porter moved in on May 15, 1941, her 50th birthday.

The importance she attached to this house emanated from deep psychological and financial roots. It was the product of her independence, stability and security—things she had not had in her own life from childhood to adulthood. The joy she took in buying and planning and caring for her home, to which she moved in late 1940, was the fulfillment of her dream house—a became too much for her, and she abandoned her initial notion of buying her, permanent home.

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Neighbors don’t speak for everyone

Editor, The Spotlight:

Regarding the anti-war demon­strations which have been staged by the Bethlehem Neigh­bors for Peace, and which have been patiently endured by this community for the past four years, please allow me to set the record straight. These people do not speak for me, nor, I suspect, for the great majority of loyal town residents.

Not that their antics have gone unnoticed. We have given careful attention to the wording on their placards, their description of the American flag (by replacing the stars with the so-called “peace” symbol), their chants and slogans and their general attitudes toward us and our country. All of which are not so much anti-war as anti-U.S.

Worse, when placed in the context of high-tech communications capabilities available to our enemies as well as to us (the terrorists have satellite TV, PCs, cellular phones and all the rest), it becomes painfully obvious that, rather than serving the cause of peace, the anti-war movement in this country and abroad has actually done irreparable harm to our military and diplomatic initiatives and reduced our chances for ultimate victory.

In short, while I am duly impressed with the organizational abilities and sheer persistence of this group, I don’t share The Spotlight’s laudatory view of their efforts (in the March 21 article “Anti-war group keeps the peace”), nor of the probable consequences thereof.

John Collier
Delmar

Town board member thanked for support

Editor, The Spotlight:

On behalf of the children at Hamagrael Preschool, I want to thank our town board member Joann Dawson for joining us on March 12 in delivering nearly 100 letters to the Bethlehem Public Library board of trustees. The letter-writing campaign asked the library to reinstate story time at Hamagrael Preschool.

Dawson’s support really meant a lot to the parents of Hamagrael Preschool. For her to take time and lend her support clearly shows she cares about the community’s needs.

Although often taken for granted, public libraries play a major role in helping children discover the love of books and reading. Research studies state that beginning reading programs at a young age have a direct and dramatic effect on children’s reading abilities in later school years. Hard to comprehend why the library cut this program? It’s merely a four and a half hour program per year — once a month, for 30 minutes, only nine months of the year.

Hopefully the library will take a cue from concerned parents, and community residents including town board member Joann Dawson, and County Legislators Jack Cunningham and Howard Schaffer in realizing that the smiles on the children’s faces during story time are indeed priceless.

Christine DeCamino
Seltkirk

Group homes should be welcome

Editor, The Spotlight:

For many years, Delmar residents have had a proud history of welcoming group homes regulated by the state Office of Mental Retardation and Developmental Disabilities.

That enlightened history has always set our community apart — not so anymore. Some “neighbors” on Orchard Street have embarrassed themselves and our community by fighting a proposed Living Resources home.

Frankly, I think these individuals owe all of us an apology for their uneducated action. Neither Living Resources, nor the New York ARC, nor the Center for Disability Services have ever given any of us any reason not to be proud and honored to have their homes in our community. Shame on the Town Board for playing into any part of this hysteria.

Robert G. Wakenan
Singerlands

One too many

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Confidence is Beautiful
Some worry voters won’t buy 4.94 percent tax hike
By Jim CUOZZO
cuozzj@spotlightnews.com

The school budget presented to voters last May, which carried a 4.94 percent tax increase, was the first budget defeated in more than 20 years. Information provided by the district at the budget committee meeting showed that, in the past 11 years, school budgets in Bethlehem have been approved by majorities of anywhere between 51 and 69 percent. Voters narrowly approved a school budget in 2005, by only 162 votes.

``4.94 percent for the tentative budget too high, and if that’s too high, how would you like to reduce the budget?'' asked Superintendent Les Loomis of the group, which has been working since the beginning of February to come up with a solid school budget that voters are expected to approve in May.

Loomis told the committee that it takes about $500,000 in reductions to decrease the tentative school budget by one percentage point.

"I represent the older groups in the community, and every year it’s another 4 percent, another 5 percent," said budget committee member Carol Portman. "It’s very difficult for people to accept that when they are on a fixed income."

Mac Carlton, the district director of technology, and a member of the budget committee, said a 3 percent increase, normally a cost of living increase for most residents, is not a large increase."

Loomis told the committee that the tentative budget increase is slightly above 3 percent when you take out the debt service the district has to pay for the many construction/renovation projects in full swing, including renovations to the middle school and high school and high school building a new elementary school next year.

The bottom line is what people see in their tax bill," said vice president of the school board, James Lytle, who presided over the committee meeting.

"Trying to keep costs well below 5 percent would be the preferred outcome here," Lytle added.

The committee once again held a lengthy discussion on the possibility for the proposed changes in the leadership structure at the middle and high schools. These proposals included replacing 1.6 full-time equivalency deans at the high school with two full-time deans, considered to be junior administrative positions. The proposed change at the middle school would return 1.4 house leaders back to the classroom full time and replace them with two full-time house leaders, also administrative positions. The proposed change, including benefits, for the four new administrative positions at both schools totals $298,000.

At their regular meeting Wednesday, March 21, the school board addressed the proposed administrative structure at the high school but eliminated the proposed house leadership at the middle school.

"We want to be proactive and get involved more," said high school principal Chuck Abba, referring to how the high school proposal will assist in the area of student discipline.

Loomis said the middle and high school principals need the extra help.

"So much of their time is taken up with school discipline," said Loomis. "We expect to see the institutional leadership improve with the extra help."
IN BRIEF

Church to host Baroque concert

The Clarksville Community Church will host an Adirondack Baroque Concert Sunday, April 22 at 3 p.m. at the Clarksville Community Church on Route 443, seven and a half miles west of the Delmar Four Corners. Music by Bach, Boyce, Handel and other classical composers. Cost is $10; seniors and students $8.

For information, call 756-2273.

Jubilate group to perform at church

The Jubilate Singers and Orchestra will perform "Joy in the Spirit" Sunday, April 1, at 7 p.m. at the Bethlehem Lutheran Church in Delmar.

J.S. Bach’s motet "Jesus, Priceless Treasure" and J. Rutter’s cycle of spirituals "Feel the Spirit" will be performed.

Individual tickets are $15 and family tickets are $25. Reservations can be made by calling 478-9476.

Stoke screenings planned in Selkirk

Residents living in and around Selkirk can be screened to reduce their risk of having a stroke.

Lifeline Screening Radiology will be at the Bethlehem Grange Community Center, Route 396, in Selkirk, April 2.

Screenings are $108. Sign-up for the complete vascular package including the osteoporosis screening for $129.

To schedule an appointment, call 877-257-1344. Pre-registration is required.

Chabad House to host Passover Seder

Join the Chabad House of Delmar, 106 Elmere Ave., for a Passover Seder. The first Seder will be held Monday, April 2, at 7 p.m. and the second Seder will be Tuesday, April 3, at 7 p.m.

Below the modos, discover the eternal meaning of the Haggadah and enjoy a community Seder complete with hand baked Matzah, wine and a dinner spaced with unique traditional customs.

For information or reservations, call 439-8280.

Town holding times for tax assistance

Bethlehem Senior Services has begun accepting reservations for AARP’s Income Tax Assistance Program to be held on Tuesdays through April 10 from 9 a.m. to 3 p.m. at the Bethlehem Town Hall, 445 Delaware Ave. in Delmar.

To schedule an appointment for tax assistance, call 439-9035 ext. 4.

Bring copies of 2005 Federal and State returns with W-2 forms, 1099 forms and receipts for contributions, interest, medical bills and property and school tax receipts.

Petition forms available for library board seat

Nominating petition forms are available for a vacancy on the Bethlehem Public Library board of trustees. The seat is for a full term of five years.

Petition forms and information packets may be obtained at the library information desk.

Petitions must contain at least 118 signatures of voters residing in Central District School No. 6 of the Towns of Bethlehem and New Scotland. Petitions must be filed with the District Clerk, 9 Adams Place, Delmar by 5 p.m. on April 16.

Elections will be held on May 15 from 7 am-9pm at Bethlehem Central Middle School.

Voorheesville library has board vacancy

Petitions are now available at the Voorheesville Public Library circulation desk for any school district resident over the age of 18 who is interested in running for the five-year position on the library board of trustees which will be vacated by Catherine Anderson.

Candidates are required to obtain signatures from 25 qualified voters and return the notarized petition to the library by 4 p.m. on April 13.

The election will be held on May 15 at the Voorheesville High School.

Baptist Church to hold open house

Albany Baptist Church, 361 Krumkill Road, invites the community to a get-to-know event you open house Saturday, March 31 from 11 a.m. to 1 p.m. following its move from Delaware Avenue in Albany to a new contemporary worship service for spirituality, which includes meditation, discussions, Christian teachings, music and song.

Children are welcome at the service, and child care will also be provided.

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**Town honors longtime public servant**

New Scotland resident Ronne sat on zoning board for two decades

**By ROB IRWIN irwin@spotlightnews.com**

For his 30 years of service to the town of New Scotland, the town board issued a proclamation honoring former zoning board chairman Ronald Von Ronne.

The board thanked Von Ronne for his leadership to the town, his understanding of the community and his extensive knowledge.

Additionally, the proclamation reads: "Mr. Von Ronne is known for his dedications to the ideal of individuals' property rights as well as the importance to the community of a well designed and enforced zoning code; his knowledge of laws governing land use; his objectivity; and most important, his integrity."

Supervisor Ed Clark called Von Ronne's longtime commitment to the town rare.

"He's been very diligent and persistent in his application of the law and the leadership of the zoning board of appeals," said Clark.

Von Ronne, who grew up in Delmar, has been a New Scotland resident since the 1970s, and said he joined the ZBA in 1986 as a means to serve the rights and needs of the people in his community.

"I thought it was a good idea to get involved, and I did and I hung around a long time. ... I had an opportunity to help the residents as well as uphold the zoning laws of the town." 

Ronald Von Ronne

In his 20 years, Von Ronne said, the town had grown and the residents changed, but the function of the zoning board had not, although one side effect of the town's growth was an increase in the number of hearings.

"I remember back in '86, we wouldn't have had a hearing every month," said Von Ronne. "Now, he said, there's a hearing every month with four or five issues brought before the board. "That's growth."

Von Ronne said one of the biggest issues he faced during his time on the board was the placement of cell phone towers within the town.

"That's become a very, if not popular problem, a very visible problem," said Von Ronne. "That has been the biggest issue of irritation in the case of the zoning board."

With communications technology rapidly developing, Von Ronne speculated that the issue would continue.

Von Ronne left his post Dec. 31, saying it was time to move on.

"You pass it on to somebody younger who has a lot more energy than me," said Von Ronne.

Now Von Ronne said he is focusing his energy elsewhere.

Von Ronne and his wife work for the Double H Ranch in Lake George, a camp for children with disabilities. Von Ronne is the ski school director and teaches disabled children how to ski, snowboard and other winter sports.

Von Ronne said he was honored by the proclamation issued by the town.

"I love the town of New Scotland, it's a great place to live," said Von Ronne. "I'm happy I could help."

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**Soft hands**

Andreas Karatzolis and Arex check out a plant at the annual Capital District Flower and Garden Show at Hudson Valley Community College.

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**Seats open on RCS Community Library Board**

There are two seats open, both five-year terms, on the RCS Library board of trustees. Candidates must be residents of the Ravena-Coeymans-Selkirk Central School/Library District.

Nominating petitions, which require signatures of 30 residents who are registered voters, are available at the library, 15 Mountain Road, Ravena.

Completed and notarized petitions must be returned to the library by Saturday, April 14. Voting for the seats takes place Tuesday, May 15, the same day and place as school district elections.

The seven-member board develops policy, oversees financial affairs, and sets the course for library development.

For information, call 756-2053.
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THE SPOTLIGHT
Parents fight to fix mental health system

Michael and Lisa Carey seek state to improve oversight of facilities for disabled

By ROB IRWIN irwin@spotlightnews.com

The parents of Jonathan Carey continued their fight for reform of the state's system of care for the disabled following the death of their 13-year-old autistic son, allegedly at the hands of two workers at O.D. Heck, a facility that cares for the disabled.

Michael and Lisa Carey met with state lawmakers Friday, March 16, to call for an investigation of two state offices, the Office of Mental Retardation and Developmental Disabilities and the Commission on Quality Care, following the alleged mistreatment of Jonathan at the Anderson School in Dutchess County, which led to him being transferred to O.D. Heck.

Jonathan Carey died Thursday, Feb. 15, after he was allegedly restrained at the school, where the Carey family said it was in the boy's hands of two workers at the school's care.

The Carey's contend that this system prevents individuals, families, and even state agencies from being held accountable by the criminal justice system.

"They don't go to police, they don't let parents know and they seal their findings ... and tell parents it wasn't abuse," said Carey. "We think it's happening left and right ... and they're disregarding the law.

In a statement read by the Careys at the press conference, the family said, "The CQC, by their own admission, says that 95 percent of cases they investigate for suspected abuse, are reported to be unfounded.

The Carey's also said that they believe the social services law that the CQC uses to investigate and declare un­childed abuse allegations is weak. The law states that injury or risk of injury leads to "a substantial risk of death, serious or protracted disfigurement, protracted impairment of physical or emotional health or protracted loss or impairment of any bodily organ.

The Carey's said that they were told by a CQC representative that the agency's definition of "protracted" meant permanent rather than for an extended period.

The Carey's cite state law that requires certain individuals, including physicians, school officials, and employees or volunteers in residential care facilities, to report any reasonable suspicion that a child is being abused or mistreated. This is something the Carey's said did not happen while Jonathan was enrolled at the Anderson School, where the Carey's believe employees and school officials had knowledge of alleged abuses Jonathan may have suffered while in the school's care.

The Carey family is dedicated to bringing justice for their son's death, they said, as well as improving the care for the disabled following the death of their 13-year-old son.

"Simply put, a crime is a crime, whether it is committed in a school, a state run facility, or on a public street. ... The branch of government empowered to investigate crime is not, and never was, a regulatory agency that lacks the resources and expertise to conduct a criminal investigation."

Harvey Weisenberg

"We're going to stay active in any way necessary," said Michael Carey.

Last week, the Carey's had a meeting with Gov. Eliot Spitzer and Inspector General Kristine Hamann.

The couple had previously sought meetings with the governor and the inspector general in the Pataki administration prior to their son's death.

Parents fight to fix mental health system
Demystifying credit offers: A guide for smart home improvement financing

By ANTHONY J. LANZILLO, Senior Vice President, Retail Banking, KeyBank N.A.

When it comes to credit offers, the writing is always on the wall. By law, it has to be. The problem is, sometimes the writing can be as cryptic as clues in a Hollywood crime thriller.

Chances are, if you are like most Americans, you know what I’m talking about. Credit offers slide through our mail slots and pop up on our computer screens everyday. And it doesn’t matter if we have poor credit, good credit or excellent credit, the advertisements are usually littered with the same enticing catch-phrases for everyone: preapproved, pre-qualified, or APR, up to as low as, no annual fee, no interest and no payments, low money down, free rewards program, cash back, and so forth. The list goes on and on.

You are probably also familiar with footnotes and asterisk symbols—what direct mail pieces call the “IMPORTANT DETAILS.” They are usually relegated to the back of offers or hyperlinks and are often hard to read. However, these details, if you take the time to read them and know what to look for, can be the difference between wasted money and financial freedom.

**First impression**

When you pick up a new credit card offer that has a $150 offer and/or a digital camera as an incentive, you might.? call junk mail can be overwhelming. However, if you’re looking to borrow money to finance your home improvement project, these details will help you understand what the offer is.

Credit offers are based on a number of factors, including income and credit rating. However, they are more than invitations to apply, meaning that terms and conditions will be based on a number of factors, including income and credit rating.

If a line offers a great introductory rate, it is important to have a clear understanding of how long the rate applies and what the rate will be when the introductory period closes. Other terms look for include repayment period, fees and prepayment penalties.

For credit cards that offer zero percent APR for balance transfers, be mindful that a late payment can trigger the rate to rotate over 20 percent and that new purchases will carry interest and may not be able to be paid off before the start of the balance transfer is paid in its entirety.

Consider the reputation and accessibility of the lender. Do they have local offices and people you can speak with who know the needs of people within your region? How can you have any questions regarding a company’s credibility? You can contact the Better Business Bureau, www.bbb.org.

Regardless of whether the loan or line you are interested in is a preapproved or prequalified, you still need to go through the application process. Items you will need to complete your application include:

- **income current:**
- **pay stubs:**
- W-2 or two years of tax returns (self-employed)
- **current expenses:**
- **the approximate value of your home (if you are interested in applying for a home equity line of credit or home equity line of credit)**

If you have a loan application denied, you are entitled by law to a written explanation as to why from the lender.

Financing home improvements: Decreasing loans from lines of credit

For most Americans, financing even minor home improvements out of pocket is not possible. This means that financial institutions are lending a great deal of the more than $100 billion people are putting into their homes every year.

Among the most popular way people finance these improvements are through home equity lines of credit and credit cards.

Home equity is the value of a home minus any mortgages or liens owed on the property. A home equity loan provides a fixed loan amount that the borrower repays in equal payments over a fixed period of time. Home equity loans are generally considered stable and are ideal for financing projects or events that have a predictable cost.

A home equity line of credit (HELOC) is more flexible and provides cash needs at various points over time. As the loan is repaid, more funds become available and the line is replenished, much like a credit card (for more on the difference between credit cards and lines of credit, see the sidebar). This makes a credit line ideal for homeowners who plan to use borrowed funds for home improvements they will make themselves or over a period of years.

The bottom line is that no matter how much you love your house and the improvements you should always be mindful of selecting projects that will increase the value of your home, because not only is your home the roof over your head, it is also an investment on which you can make money.

About the author: Anthony Lanzillo is senior vice president of KeyBank and heads the Capital Region’s Retail Banking team. He can be reached at 518-257-6598 or anthony_lanzillo@keybank.com.
Business Spotlight

If you don’t want to say good-bye, say hello

Change is inevitable. That’s something we see in the business world on a regular basis. In today’s constantly moving world, permanence is fleeting and just when one tends to get comfortable, then everything changes.

At Spotlight Newspapers, change seems to come in waves. Reporters move on, the art department staff morphs, and in the more recent year, we have witnessed a turnaround in the management of many departments. There are certain consistent threads that have kept all of our newspapers grounded. Some folks with a sense of history of the papers have remained on board, affording those of us the critical background needed in any long-term business situation. The eyes, ears and mind of the past are, in many cases, as important as the newswires and editors that look to the future.

For nearly 20 years, one of the consistent threads here has been Susan Graves. Sue was one of the foundations of the editorial staff. Executive editor of the papers for years, she lightened her load about a year ago to become the opinion pages editor. As Kathy McCarthy took over the full-time editorial duties, Sue’s position kept her in the newsroom, involved with the community, and continuing to work with the reporting team.

This past week, Sue retired. She made the decision to enjoy herself and see what life has to offer without the pressure of deadlines.

Sue has become a friend during my tenure here. I have enjoyed our discussions about past history that intertwined. I learned about honing writing skills, picking up skills about editing and making each word more meaningful.

That being said, I dislike saying goodbye. While I won’t be seeing Sue on a daily basis, or sharing jokes across our common shared office wall, passing along e-mail jokes or swapping office gossip, I hope that she will not pass out of my life permanently.

There was a show on Broadway many years ago called “Milk and Honey.” The show has a song entitled “Shalayon.” It occurs in the play when two of the characters must part and one tells the other to say goodbye with shalom: “It means a million lovely things like peace be yours, welcome home. When your voice says I don’t want to go in it, you say good bye with shalom.”

So I would say to you, Ma’am. Graves, welcome home; don’t be a stranger here; enjoy your well-deserved time for relaxation, and exploration... Shalayon.

Around town these days, there’s lots going on... Hugh Kelley Riley, MD, MBA has been appointed medical director by CDPHP... Senior Whole Health of NY, a voluntary health care benefits plan for low income seniors, has named Joseph P. Bryant of Guildcrest team leader for provider services... On the real estate front, Weichert Realtors, Northeast Group welcomes Hilary M. Strani, Patrick M. Jennings and Lisa Danziager to their offices... while Dan Frichette joins on at ProRealty of New York... Sunnmark Federal Credit Union opened its Capital District branch on March 14th with ribbon-cutting ceremonies at 2 Tower Way at the intersection of Routes 9 & 146 in Clifton Park... Capital Communications Federal Credit Union has secured the services of Judy Vopelak as vice president of marketing and business development... Kueckert Advertising will be handling the PR reins for the New York State Broadcasters Association’s 46th annual convention this June at the Sagamore on Lake George...

Try Traveling, Ltd., will be the recipient of the U.S. Small Business Administration’s Small Business Excellence Business Award this May... education is in the air, as Mark Bryant of Bryant Asset Management has returned from attending a Fidelity Advisor Due Diligence Seminar in Boston, Mass., and Krista Vasto-Kolar of the Rick Shrade Agency has completed the All-State-certified professional representative program... along those lines, most of you here at Spotlight Newspapers will be off to the New York Press Association annual convention later this week, to hone our skills and learn about the latest and most important in the newspaper world... That about clears the clutter from my desk for a few weeks. Be sure to check out my online blog for updates or catch me right here. As always, if you have anything you’d like to see in the column, feel free to e-mail me at kellertw@spotlightnews.com. We can’t guarantee they will all get in, but we’ll give it our best shot.

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Extra helpings program comes to New Scotland

Extra helpings is a cooperative buying program providing a pre-selected menu of groceries to individuals through a host site.

Regular orders cost only $20. There are specialty orders that range from $16 to $20, and a meat box is offered for $30.

Orders must be placed and paid for in cash at New Scotland Town Hall or St. Matthew’s Church by noon on April 30. Pick-up is on Thursday, April 26, at New Scotland Town Hall between 7:45 and 10:30 a.m.

Fire Department fish fry

The New Salem Volunteer Fire Department is serving its annual fish fry dinners on Fridays now through March 29, from 4:30 to 7 p.m.

Dinners include fish fry or clam, French fries or baked potato, cole slaw and a beverage. New England clam chowder is also available. Take outs can be ordered by calling 760-2244.

Ambulance to serve breakfast

The Voorheesville Area Ambulance Service is holding its annual fundraising breakfast on Sunday, April 1, at the American Legion in Voorheesville. Adult price is $5 and children eat for $3.50.

Teen dating talk to assist parents in strategies for safety

The Bethlehem Central Community Organization (High School PTA), the Bethlehem Middle School PTA and Bethlehem Opportunities Unlimited (BOU) presents a talk at 7 p.m. on Thursday, April 19, at the Bethlehem High School’s Library Media Center titled “Teen Dating: Another Coming-of-Age Milestone to Celebrate.”

The talk will be given by Narcisa Reyes, speaker, founder and CEO of the Latham-based United Holistic Practitioners Association. Reyes’ aim is to assist parents to overcome concerns of their teen dating and to develop open communication, gain strategies for safety, and find ways to enjoy and celebrate this wonderful transitional time between childhood and adulthood.

Which Spotlight do you read?


Call 439-4949

Ramal Hobbies presents the 15th Albany TOY SOLDIER SHOW & SALE

Sun, April 1, 9-3pm Best Western Inn
200 Wolf Road, Colonie (Albany)
Over 65 tables - Vendors from five states
Call 235-9048 for details
Admission $5.00 (under 12 free)
Visit Ramal Hobbies at 62 Broad Street, Waterford 235-1850
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Seeking 100+ acres for development of large, partially underground educational research and collections facility with total building footprint up to 1,000,000 S.F.

Site must be within fifteen miles of downtown Albany with good access to major roads or highways.

Additional Site Requirements:

Zoning consistent with proposed development; topography and soil conditions sufficient for underground construction; availability of all utilities including electric, water, sewer.

Extremely high quality sites slightly beyond the above criteria will be considered.

Submissions are due no later than April 30, 2007.

Submit detailed property data, including current zoning classification, location map, directions to property, site map, asking price and contact information to:

Ellen Manning
Bureau of Land Management
NYS OGS
20th Floor, Tower Building
Empire State Plaza
Albany, New York 12242
(518) 474-0638

Thacher walk in the woods

Thacher Nature Center will be holding a spring walk on Saturday, March 31, at 10 a.m.

Bring your preschoolers for some muddy fun. Participants will hear a tale of mud, take a mud walk and look for mud-loving critters, and then make some mud to play with. Press warmly. Call 872-0080 to register.

New Scotland volunteer day

The Town of New Scotland will hold its annual Town Wide Volunteer Day on Saturday, May 5.

All volunteers will be appreciated as work such as raking yards, cleaning flower beds, washing windows, painting, house cleaning, installing air conditioners and making minor house repairs will need to be done from 9 a.m. until noon.

Individuals needing help with the above chores may be elderly or disabled, with limited finances or no family to help.

To sign up or to volunteer, call Kidder at 439-9083.

Christian Mosher, of Glenmont, give high fives to marchers during the annual St. Patrick’s Day Parade in Albany, Saturday.

Jim Franco/Spotlight
Clarksville students read to feed

For the past several years, Clarksville Elementary students have been participating in a reading incentive program called Read to Feed, which aims to change the lives of hungry, impoverished families through out the world.

Heifer International, designer of the Read to Feed program, is a nonprofit organization, founded in 1944, that has been working to end world hunger and provide livestock to families with limited income and resources.

"The heifer project provides our students with the opportunity to step outside of their own wants and needs and prioritize the needs of children very much like themselves — but (who are) living, growing and learning under conditions of extreme poverty," said Clarksville Principal Dorothy McDonald.

Students in third through fifth grade who elected to participate in the program were asked to find sponsors for each book they read from Dec. 1 to Jan. 19. During that seven-week period, students tracked their progress by recording the title and author of each book they read.

At the end of the program, students collected their pledges, pooled them together at school and then worked together with help from board of education president and veterinarian Stuart Lyman, to determine what type of livestock available from Heifer International they'd like to donate.

"You wouldn't believe how the students rationalized choosing the animals, deciding which ones would do the most good — flocks of bunnies, ducks, chicks, or a water buffalo," said elementary teacher Barb Riegel. "In the end, we were able to purchase one of each, and then some."

After the animals are selected, the organization determines where the greatest need is and where the animals would be most appropriate.

"Before Heifer International donates animals, it provides families with extensive training in animal care and earth-friendly farming practices. It also shows families the many ways animals can help them.

For example, families can obtain milk from a cow, goat or water buffalo, increase from the sale of eggs and even warm wool from llamas.

"The design of Heifer's program is particularly powerful because it is about passing on the gift," said McDonald. "Families who are the beneficiaries of a gift of livestock then become the benefactors of other families, and the cycle of empowerment continues. In giving, our students change the lives of children, families, the world and themselves."
Summer Ensemble Workshop
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July 16th - August 10th
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Audition and interview required for STI applicants.
Application deadline: May 1, 2007
stiladventure@nystl.org · 518-3296

July 2 - August 10
Make Saint Rose a part of your plans this summer—the place to be for kids entering grades 6-10.
Our exciting 15th annual Summer Academy provides parents and students many different flexible and convenient programs to choose from, including art, cultural studies, music, science, technology, theater, and writing.
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The College of Saint Rose
www.albany.edu/summeracademy
Egan

(From Page 1)

I was surprised when I heard the news and asked for working with her on several town projects,” said town board member Sam Messina. “It’s a wonderful opportunity for her to work with the state because she has leadership, expertise, diligence and honesty.”

Messina said the town board will work through the many options available to them to continue to conduct business following Egan’s departure.

“We have some real challenges coming up, like how do we bridge the situation on April 11 when Terri leaves until when an election is held,” Messina said. Egan’s new boss at DMV will be David Swarts, former Erie County DMV commissioner/her who was appointed to the state post in January.

“She made this such an attractive offer,” said Egan. “The commissioner and executive deputy commissioner seem like phenomenal people, and I am excited to be with their team.”

Her new salary will be anywhere between $114,000 to $140,000 annually. As supervisor, Egan said she is being paid currently.

Egan reflected on her past years, as supervisor and the people who have supported her along the way, from town staff to the community.

“I will miss the people I worked with and the initiatives that started,” Egan said.

“The people inside town hall will miss the supervisor as well. She has worked alongside and has been so knowledgeable, so effective,” said Keloe.

“I am going to miss her an awful lot. She is a great lady.”

“We really felt in three and a half years we have become a small family, and it makes it hard to leave,” said Egan. Upgrading the town zoning laws and implementing a new town comprehensive plan are what Egan feels were her biggest accomplishments as supervisor.

“Uncontrolled growth was clearly the biggest concern on residents’ minds when I took office,” said Egan. “What came out of that was: we were public meetings, listening to others, and I believe a confidence I earned from the residents.”

Town Economic Development Director George Leavell (whose name was created after Egan took office) said this is a great opportunity for Egan.

“New York State just got a heck of a lot better,” Leavelle said of Egan’s appointment. “It’s the loss of a tremendous leader, a person with vision and a great listener to the residents of the town.”

Leavell said that Egan has made the difficult job of leading a town look easy because of her skills.

Prior to serving as town supervisor, Egan was a town justice from 1998 to 2003. She has remained in private practice with Waite & Associates, P.C. of Albany. Egan said she will be able to use her legal skills in her new position as deputy commissioner.

Board

(From Page 1)

Egan

point, it was the appropriate time for me.”

Lyman has been a member of the Bethlehem board of education since 1994, serving 12 years. She then returned to the board in July 2001 after serving a three-year term from 1997 to 2000. Egan has spent nine years on the board of education. Svenson and Lyman decided to announce their decision jointly at the board’s Wednesday, March 21, meeting, when they both came to the realization they each had made the same decision to not run.

“It’s been an honor and a privilege to serve this community,” said Svenson. “It’s been a lot of work and has had its ups and downs, but I like being involved in the community. I think people should consider community service.”

The time it takes to fulfill the duties of serving on the board is greater than ever before, and Svenson calculated that a Lyman has been a member of the board since 2000. She served a three-year term from 1998 to 2000. Lyman has spent nine years on the board of education. Svenson and Lyman decided to announce their decision jointly at the board’s Wednesday, March 21, meeting, when they both came to the realization they each had made the same decision to not run.

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Write, eat, sculpt: It's 'Chocolate Night' for teens

How can you go wrong when chocolate is served? Come to eat (chocolate fondue), come to make gifts (chocolate spoons), come to sculpt (edible chocolate clay) and come to write (an ode to chocolate?). Just come! The event is Tuesday, April 10, at 7 p.m.

Registration is required.

Book discussions

• April is poetry month, so teens are reading a novel in verse called Shakespeare Bats Cleanup by Ron Koertge. Faced with writing poems, a 14-year-old Kevin Boland becomes to write poems, using a book from his father's collection to guide him.

Join us at the high school library on Thursday, April 19, from 2:35 to 3:30 p.m. to talk about the story. Refreshments are included in our discussion and kids can take the after-school bus home.

Copies of the book are available at either library.

• Kids in grades four and five can sign up now for a hilarious read called The Best School Year Ever by Barbara Robinson. When anything goes wrong at Woodrow Wilson Elementary School, it's sure to have a Herdmans behind it!

The Herdmans are more than just famous — they're outlaws! They smoke cigars, lie, and set fire to things, and that's only when they bother to come to school! Is it possible to find something good about this crazy clan?

Sign up at the reference desk and pick up a copy of the book to read and discuss on Wednesday, April 18 at 7 p.m. Parents are welcome.

• Grades two and three meet on Friday, March 30, at 7 p.m.

• Adults meet on Wednesday, April 4, to discuss Intuition by Allegra Goodman.

Paws for Reading

After a winter vacation, Sammi is back and eager for children to read to him!

If your child is in first through fourth grade, feeling unsure about his or her reading progress, call the reference desk at 765-2791 to schedule a 15-minute appointment with Sammi and Gail Brown.

LAPSHs for Babies

Parents and caregivers with babies (newborn to 24 months) participate in a program that emphasizes sharing books, music, rhymes and playlist together on April 5 at 10:15 a.m. Older siblings are welcome, but the program is geared for babies. Registration is required.

Beat the crowd

Sign up early for School's Out — Library's In! April Vacation Programs.

• Jr. Nimbledingers meet on Tuesday, April 10, from 1 to 3 p.m.

• The Collage Art of Eric Carle is on Wednesday, April 11, at 10:30 a.m. for ages 5 and older

Irish stories and songs

Don't forget the evening of Irish stories and songs with international storyteller Batt Burns on March 28 at 7 p.m. Barbara Vick

• All library programming is free (unless otherwise noted) and open to the public. Voorheesville Public Library is located at 61 School Road, Voorheesville. For information, call 765-2791 or visit www.voorheesvillelibrary.org.

County schedules rabies vaccination clinic for pets

The following series of Rabies Vaccination Clinics for dogs, cats and ferrets has been arranged by the Albany County Department of Health in cooperation with the Capital District Veterinary Medical Society. All dogs, cats, and ferrets must be on leashes or in carriers. A record of prior vaccination will be required for a three-year immunization. If no record is presented, a one-year vaccination certificate will be issued. All clinics are open to any Albany County resident. Any inquiry can be directed to Division of Environmental Health Services, 447-6400 or 447-4625.

• Tuesday, June 5, 4 to 7 p.m., Bethlehem Town Park, Elm Ave., Bethlehem

The allotted times for Saturday clinics are:

• 1 to 2:30 p.m. for cats and ferrets

• 2:30 to 4 p.m. for dogs

The allotted times for Tuesday clinics are:

• 4 to 5:30 p.m. for cats and ferrets

• 5:30 to 7 p.m. for dogs.

The donation is $5 per animal.

ITALIAN TOUR SEPT 18TH-OCT. 1ST

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1 NIGT SAN MARINO
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—Thomas, Glenmont

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**an Open House on Saturday, March 31, 11:00 a.m. to 1:00 p.m.**
and **Dedication Services with thanksgiving for God's blessings**, Sunday, April 1, 11:00 a.m. and 2:00 p.m.

(for further information call 462-6364)

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DELMAR UNITED METHODIST CHURCH

**Holy Week Service Schedule**
All are welcome!

**PASSION/PALM SUNDAY, APRIL 1**
9:30 AM in Sanctuary; 11:15 AM in Chapel
A celebration of palms and joyful music:

**Maundy Thursday, April 5**
7:00 PM Communion Service of Holy Communion
A moving and inspirational service for the whole family

**Good Friday, April 6**
2:00 noon Service at St. Stephen's Episcopal Church
7:30 PM Service at Delmar Presbyterian Church
Sponsored by the Bethlehem Area Clergy Association

**Easter Sunday, April 8**
9:00 AM Celebration services in the Sanctuary with brass, Easter choir, prayers, litanies, and the Word
Come celebrate the resurrection!

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to HOLY WEEK & EASTER SERVICES

**Maundy Thursday April 5**
- 7:30 p.m. Holy Eucharist

**Good Friday April 6**
- 12 p.m. Ecumenical Service
- 7 p.m. Stations of the Cross
- 7:30 p.m. Good Friday Liturgy

**Holy Saturday April 7**
- 7:30 p.m. The Great Vigil of Easter; with a reception to follow

**Easter Day April 8**
- 8 a.m. The Holy Eucharist followed by Easter Breakfast
- 10:30 a.m. Holy Eucharist with music by the St. Stephen's Choir, followed by a Festive Coffee Hour!

Come and celebrate the joy of new life!

ST. STEPHEN'S EPISCOPAL CHURCH
AT THE CORNER OF ELMERE AVE & POPLAR DRIVE, DELMAR
For further information call 439-3265
Support your body’s immune system

You might be surprised if someone told you that one small change in your daily diet is one small change that can make a big difference.

A diet rich in these essential vitamins and nutrients will yield short-term benefits, such as helping the body to battle the common cold, as well as aid in long-term disease prevention, potentially helping the body fight chronic diseases such as cancer, heart disease, and Alzheimer’s,” she adds.

The immune system is a complex and integrated series of processes that require a readily available supply of vitamins and minerals in order to function properly. To help support your immune system for a lifetime of proper function, Peeke recommends incorporating foods with the following nutrients:

- **Vitamin C**: One of the most powerful antioxidants, vitamin C plays a key role in helping to support the immune system’s ability to fight routine illnesses such as the common cold. Vitamin C also helps neutralize free radicals that can cause cell and tissue damage over a lifetime, could lead to chronic diseases, including cancer and heart disease.
- **Folate**: Lack of folate is a common vitamin deficiency for adults, though it is essential for a healthy immune system. In addition to reducing the risk of certain birth defects when consumed during early pregnancy, folate can also help lower homocysteine levels in the blood. Homocysteine may contribute to inflammation, which is believed to be related to coronary artery disease and cognitive impairment associated with Alzheimer’s disease. Also, lower intake of folate as an adult has been associated in some studies with certain types of cancer.
- **Vitamin B6**: The immune system needs vitamin B6 to function effectively. It helps maintain the health of lymphoid organs that make white blood cells, which fight infections. Studies show that a vitamin B6 deficiency can decrease antibody production and suppress immune response.
- **Carotenoids**: Natural pigments found in plants, carotenoids, provide many fruits and vegetables their bright red, yellow and orange coloration. Some carotenoids have provitamin A activity, which has been clearly associated with enhancing immune function and may have an impact on the risk of certain types of cancer as well as anti-inflammatory benefits.
- **Iron**: A lack of iron in the body can slow down an immune response. Iron is an essential mineral for helping to carry oxygen in the blood as well as the formation of red blood cells. In addition, consuming foods rich in vitamin C aids the body in the absorption of iron.

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Health

Health Spotlight Newspapers
Programs encourage healthy living for seniors

Colonie Senior Service Centers serve a dual role—meeting the needs of today’s seniors while planning to meet the needs of the baby boomer generation in the future. To fulfill those roles, new and innovative ways to meet some of their needs are explored, developed and implemented. Designed to increase the amount of older people who stay active and healthy both mentally and physically, CSSC has directed efforts to those not yet of retirement age with its Healthy Aging programs, which focus on age-related conditions such as osteoporosis, arthritis, diabetes or heart disease. For many of these health issues, exercise is critical to managing the condition successfully. In addition to nutrition, education and socialization, one of the core components of CSSC’s Healthy Aging programs is exercise, with a focus on strength and balance. Balance is a considered a strong indicator of fitness level and declines rapidly without exercise. Studies have shown (Reuters Health Information, Feb. 2, 2007) that “those who began exercising after retirement fared almost as well as those who exercised in the past but stopped, and who maintained control balance that was almost as good as those who never exercised. Individuals in this study who exercised regularly had balance test scores similar to inactive people who were 10 to 15 years younger.”

Starting an exercise program at any age has enormous benefits. It’s never too late to start. Another important aspect of CSSC’s Healthy Aging programs is to encourage exercise in a style-related manner. All adults make healthy choices, like not smoking, eating plenty of fruits, vegetables and fiber, and getting at least 30 minutes of moderate exercise a day. (Reuters Health Information, March 31, 2007) On March 7, working in collaboration with the Arthritis Foundation of NENY, CSSC presented a Train the Trainer program and successfully recruited enthusiastic class leaders.

The next Healthy Aging program being offered is Arthritis Wellness & Exercise in April. Using the same model as other programs, the main component is exercise designed specifically for people with arthritis. The gentle activities help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. Integrated with the exercises are discussions on a variety of topics aimed at encouraging positive lifestyle changes. Participants also learn techniques for coping with the anger, fear, frustration, depression, stress and fatigue related to arthritis as well as information about the purpose and effective use of medications and the role of nutrition and supplements in arthritis management.

A new exercise arthritis and wellness class begins on Monday, April 16, from 1 to 2 p.m. at the Delmar Foot Care. The program is modeled after CSSC’s osteoporosis exercise and wellness classes that have been so successful in helping participants with osteoporosis and other debilitating conditions. The arthritis version is for those with rheumatoid and/ or osteo-arthritis. The main component of the program is exercise designed specifically for people with arthritis. Integrating with the exercises are discussions on a variety of topics aimed at encouraging positive lifestyle changes. The suggested contribution for the year-round program is $30 per year, but 459-2857 today to sign up.

CSSC’s goal with these Healthy Aging programs is to persuade older adults to take that first step and start making some simple lifestyle changes that will benefit them for years to come. Call 459-2857 today to make some positive changes.

Watch out for household poisons

The statistics can be grim. Of the people who died in 1992, the U.S. Centers for Disease Control and Prevention reported the death certificate said 10.9% died, “accidental poisoning by household substances.” In a February 2007 study in the journal Injury Prevention, researchers reviewed 15 studies and estimated that 1 in 3 children aged 1 to 4 years has been exposed to a household substance. Each year, more than 1 million children are accidentally poisoned by household substances. About 250,000 of these victims are hospitalized; 3,000 children will end up in intensive care. Even fewer will die. Thousands of children and adults are permanently disfigured or injured through contact with chemicals in the home, each year. Incredibly, the most common exposure to poison children are household cleaners. Many of these products are considered safe. Think of your own home. You probably have dozens of bottles of cleaners, containing hundreds of chemicals. Could an accident happen in your home? Check off the products you use in your home and evaluate your risks. According to Poison Control,oint, household cleaners account for more accidental poisonings than any other household substance. The active ingredient in many household cleaners is phosphoric acid. Swallowed, it causes internal burns due to acid exposure, potentially damaging vital organs.

Accidental poisoning is not the only component of this type of poisoning that could compromise your health. Chemical levels can be up to 70 times higher inside the home that out. More than 100 chemicals that commonly found in homes have been linked to allergies, birth defects, cancer, psychological disorders, skin reactions, headaches, depression, joint pain, chronic fatigue, control disorders, loss of sleep and asthma. Housewives have a 50 percent higher risk of getting cancer than doctors working outside the home. This

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Patient anxiety. There are books devoted to it. Web sites. There's even "White Coat Syndrome," which causes a patient to have high blood pressure and other symptoms only in the doctor's office. The fact is, when it comes to visiting the doctor, anxiety-induced symptoms can range from mild fear to a full-blown clinical phobia.

Is it the medicinal smell? The stark white walls? The long wait? A bad previous experience? Perhaps it's the fear of finding out something you really want to know. For some people, it's all of these things. But there are staff members in every doctor's office trained to help patients feel more comfortable -- staff members like the medical assistant. The medical assistant is not only trained to handle both administrative and clinical duties, but is also someone who can make or break a patient's office experience.

Humor is an important tool medical assistants use to help anxious patients. A patient with breast cancer, for instance, felt that her interactions and runnings jokes with the doctor's office staff made her experience much more pleasant, according to Donna Patterson, former certified medical assistant.

Patterson, now the curriculum manager for the medical assisting program at Corinthian Colleges, which owns and operates Bryman Colleges, Georgia Medical Institute and Florida Metropolitan University, added, "We never treated people like sick patients, but rather like human beings. That's what kept people going."

Ellen McKinley, an instructor at Georgia Medical Institute in Norcross, Ga., agrees. "A medical assistant uses good eye contact and body language to show the patient he's important and taken seriously," said McKinley.

Medical assisting is a booming field, projected to grow by 27 percent or more through 2014, according to U.S. Department of Labor - growth that is largely due to the increase in the number of group practices, clinics and other health care facilities that need a high proportion of support personnel.

Because the medical assistant is often the first person a patient meets in a medical office, he or she is often the first person a patient interacts with. According to Andrea McDaniel, who runs a private practice in Charlotte, N.C., "The medical assistant has a way of making the patient feel welcome, comfortable and at ease."

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The number of group practices, clinics and other health care facilities that need medical assistants has increased tremendously over the last 20 years, making it physically impossible for a doctor to spend time reassuring anxious patients, "says Fred Valderrama, M.D., medical program director for Florida Metropolitan University in Pensacola, Fla. "In today's typical medical practice, the role of 'comforter' has been assumed by the medical assistant, who can establish a personal touch which is so much a part of the healing process."

Medical assistants also help minimize frustration and anxiety by processing such paperwork as insurance forms and test results, said Debra Lynn Penman, Doctor of Chiropractic and program chairperson at Bryman College's City of Industry, Calif., campus. "A medical assistant can recognize patient anxiety just by observing body language," she said. In some situations, patients actually feel more comfortable talking to a medical assistant or RN than the doctor. Today, as doctors' patient loads become heavier, that sense of comfort with the medical assistant or RN becomes even more important.

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Spring ahead into movement and health

Now that we have sprung ahead into daylight-saving time, into longer hours of sunlight and warmer weather, many people also plan to move ahead into action. Spring is the season of rebirth and awakening. It is also the time for many to follow through with New Year’s resolutions of exercising, losing weight, improving health and quality of life. Trees and flowers begin to bud, the songbirds return, the animals come out of hibernation and life simulates with vibrant new energy.

Our bodies feel this stirring as well, do they not? So why not take this opportunity of natural resting heart rate. If a general improvement in overall health is desired, which may include having more energy, less fatigue, improved digestion, detoxification, increased strength or flexibility, improved sleep and enhanced circulation system, then a world of options of movement are available. The type of movement, choice of exercise and the amount — including duration and frequency — can vary greatly from a very little to hours. If the reason to spring into action is to decrease pain you are wisely on the right track. Movement is a powerful remedy for pain reduction. Ironically, when in pain, the tendency for most people is to splint an injury because, initially, it hurts to move. Unfortunately as inactivity becomes a habit, the factors that cause pain and disease grow.

Right movement for the type of pain becomes more essential in this case, and seeking the support of a physical therapist or movement health specialist may be indicated, according to Kimberly DelVecchio. In the beginning, a commitment to a small, regular amount of movement is the key. A 15-minute daily movement of the body can increase circulation, metabolism, blood flow, respiration, flexibility and energy. Just 15 minutes can do all that, and everyone can find 15 minutes.

People always seem to come up with reasons for not moving: not enough time in the day, too many other tasks on the todo list, too tired. They blame kids, work, family, weather, pain, fatigue and more.

It’s time to stop blaming and start taking responsibility for your health. Exercise (even a little) can reduce stress, pain and fatigue.

If you have been a couch potato for a long time, then start with five minutes. Then simply add one minute to your routine every day or each time you exercise. After you have reached 30 to 45 minutes you can add a different challenge in very small increments to keep you moving in the right direction.

Another key to success is to pick a movement/exercise that you enjoy, or think you would enjoy. Exercise can be fun, and there are many activities that count as exercise and that move the body for creating health and well-being. There is yoga, Pilates, walking, aerobics, light weights, swimming, taekwondo, tennis, fitness training, walking the dog course, jogging, frisbee, skiing, stretching, martial arts, dance classes, Qigong, kayaking, bicycling, basketball, playing outside with the kids and so much more. There are exercise shows on TV and tons of videos at the library, bookstore or online.

Create a regular time in your schedule and commit to three to five times a week. We are creatures of habit: this is particularly true for the body. So regularity and scheduling helps to create success and a good habit.

The natural movement of the season makes it easy to spring into action, now.

Kimberly DelVecchio is the director of Integrative Physical Therapy in Clifton Park.
Group provides cancer support and education

P op quiz: Are the following statements true or false?
• 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.
• 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 with breast cancer increases with age. The most common age group for women to receive a diagnosis of breast cancer is 50 years of age and older.

To Life is a nonprofit breast cancer education and support organization located at 410 Kenwood Ave., 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 mentoring, support groups, a library and boutique services including wigs and mastectomy products. At To Life’s Abracadabra Boutique in Delmar, women in treatment for any cancer can find wigs, scarves and hats, and women who need mastectomy products are fitted in private and comfortable surroundings.

To Life also offers a satellite wig boutique at the Mollie Wood Ave., Delmar, with free and low-cost services for any cancer can find wigs, scarves and hats, and women who need mastectomy products are fitted in private and comfortable surroundings.

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Jump start your joint health

Osteoarthritis – just the sound of the word cries pain and discomfort. Unfortunately, it’s an all-too-familiar name to nearly 21 million men and women in the United States.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) confirms that this inflammatory disease is the most common form of arthritis. While most sufferers are older, it can strike people as young as their mid-20s and does not discriminate by gender or race. Everyone is a candidate for the soreness, stiffness and pain that comes with osteoarthritis.

No matter what a person’s age, osteoarthritis and joint pain can vary from being a constant nuisance to an outright hindrance in the daily lives of afflicted individuals.

For Sarah, a retired, 58-year-old resident of Tustin, Calif., osteoarthritis isn’t just a pain in the neck; it’s a pain in the knees and hips, too. Diagnosed with moderate osteoarthritis five years ago, Sarah didn’t think the disease would affect her life as much as it did.

“I think the hardest part about it is not being able to pick up my grandchildren or play with them the way I want to,” she says.

But living with osteoarthritis doesn’t mean you can’t do anything about it. A diagnosis can be the starting point to finding ways to enhance your quality of life from taking supplements to regularly walking and stretching. NIAMS and the Arthritis Foundation both are resources for suggestions to improve health and maintain happiness while living with osteoarthritis.

People who are overweight are more likely to develop osteoarthritis. That’s why staying physically active is one of the best methods to improve joint health. Exercising and committing to a nutritious diet can help people lose weight, strengthen muscles and build bone density to put less strain on joints. Younger people who keep in shape are less likely to develop osteoarthritis as they age.

Staying active is easy. Walking is ideal for people with osteoarthritis because it doesn’t stress fragile joints. Aquatic exercises are another great way to build muscles without putting too much strain on joints. Doing simple stretches every day is an easy way to increase flexibility and keep your muscles strong.

Jump start your own health with Judi England of the Alba-
ny Kripalu Yoga Center will be offered from 6 to 7:15 p.m. on Thursdays, March 29, April 5, 12 and 19.

Mary Bilik, MA, LCAT, will offer The Art of Wellness creative art therapy group from 6:30 to 8 p.m. on Wednesdays, March 12, April 18, and May 16.

Shirley Uner will offer Healing Touch on the first two Tuesdays of each month by appointment.

All programs are free of charge and first preference is given to survivors. Call To Life to register at 439-5975.

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Glove gives support to arms in motion

People whose hands are constantly moving put their health in jeopardy by subjecting their hands and wrists to repetitive motions.

Wrist supports in front of the keyboard and attached to the mouse pad may help for those who are stationary, but what about office workers who go back and forth from typing to writing? Let's not forget about the laptop users, gamers, people who travel for business, students, even wheelchair users. Their hands and wrists go unsupported virtually all the time.

With all that is known about repetitive stress injuries and the effects they have on the tendons and nerves in the hands, it's not a question of if it will happen, but when. It's just a matter of time before the symptoms of repetitive stressors appear.

What are those symptoms? Tingling and numbness in the fingers, aching in the forearm, and reduced strength in the grip — all worsen at the point that using your hands becomes a painful chore and your livelihood, play time or even mobility is jeopardized. Over time, repetitive stress injuries result in diagnoses like carpal tunnel syndrome and tendinitis. In serious cases, surgery is required to fix the problem and afterward hand and wrist strength are rarely 100 percent.

So what is a full-time repetitive motion to do? Wrist support, such as the IMAK computer glove, can help.

Designed by Dr. Ian MacMorran, an orthopedic surgeon, and Aurelia Koby, president of IMAK Products Corporation, the glove supports your wrists to help reduce the injuries caused by repetitive motion.

"Trauma to the median nerve causes suffering in millions of people," states MacMorran. "The computer glove provides a soft and very comfortable stabilization system that helps to prevent injury while allowing all use of the hand and fingers."

For information, visit the Web site at www.IMAKproducts.com or call (800) 231-8526.

Libraries can help medical Web search

An Internet search for information on a medical condition, drugs or the latest treatments will usually return thousands of Web sites. Many of them are from people trying to sell you something. Their claims sound good. How do you know whose advice to take? Librarians may have the answer.

Librarians are information specialists who are trained to look at the source and purpose of information to decide what is good and what is questionable.

What Web sites do librarians use? For basic information on all kinds of health topics and medicines, the first resource librarians often go to is www.medicinenet.com, from the National Library of Medicine and the National Institutes of Health. The information is accurate and current. Here you can find information on clinical trials, advice for seniors and videos of surgical procedures, current health news.

For cancer information, librarians trust www.cancer.gov from the National Cancer Institute. Types of cancer, usually return cancer statistics, research and the latest developments in cancer treatment are some of the topics covered.

If you want to do more thorough research on a disease or condition, look for links to databases on your library's Web site. The Voorheesville Public Library's is under "Research A Topic" at www.voorheesvillelibrary.org. You may need to type in your library card number to get into the databases.

A database is simply a collection of information from published works. The information in medical databases comes from professional health experts in the fields, unlike Web site content, which is often based on opinion or conjecture. Although they may not all be as easy to use as Google, it's worth spending time with databases when looking for information on something as important as your health. If you're not sure about the best ways to search, call or e-mail a librarian. They can show you how to use the databases, or find the information for you.

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Key to good health is all in your head

Is the key to good health all in your head? It might be. Although exercise routines tend to focus on improving areas below the neck, studies have shown that activities we do to shrink our waistlines can be influential — or even detrimental — to the health and functioning of the brain.

“We all know by now that overeating and bad habits like smoking and not exercising can make us look and feel bad,” says David Perlmutter, MD, FACN, a neurologist and author of The Better Brain Book. “What people may not realize is that other activities perceived as healthy may in fact harm the brain as well as the body.”

Perlmutter suggests these five tips for achieving better physical and cerebral health.

Use your head while browsing the supermarket
Many foods marketed for dieting – such as low calorie entrees and sugary treats – are commonly found in the frozen food aisle, right next to full fat ice cream, frozen pizzas and other foods that may be too tempting to resist. By shopping the outer ring of your grocery store you’ll find yourself buying fresh foods and eating a more brain-healthy diet. A diet considered brain healthy is one that also reduces the risk of heart disease and diabetes, encourages good blood flow to the brain and is low in saturated fat, cholesterol and calories.

Fruits and vegetables are good sources of antioxidants, which help the body neutralize harmful free radicals and enhance the process by which the brain makes its energy. The more color in the fruits and vegetables, the more antioxidants.

Be mindful of toxins found in healthy foods
Fruits, vegetables and fish are commonly considered healthy foods. However, according to U.S. government data, strawberries, peaches, apples, sweet bell peppers and imported grapes were among the produce found to have the highest levels of residue from pesticides. Those who are routinely exposed to pesticides have a dramatically higher risk of Parkinson’s disease. Look for organic fruits and vegetables whenever possible. And be sure to wash all fresh foods before eating. Certain fish also may be extremely high in mercury, a known brain toxin. Both the U.S. Food and Drug Administration and the Environmental Protection Agency advise pregnant women, as well as children, to limit their fish consumption.

Change your fat, change your brain
Most Americans mistakenly believe that the less dietary fat the better. But nothing could be worse for brain health. The emphasis needs to be on the type of fat we consume, not the amount. Monounsaturated fats are naturally high in antioxidants and are commonly found in olive oil, canola oil, nuts and avocados. Polyunsaturated fats include the all-important essential fatty acids, fats that cannot be made by the body and must be obtained from food. Adequate levels of Docosahexaenoic Acid (DHA), the omega-3 fatty acid found in the brain, eyes and heart, are critical for optimal brain development and function in infants, and ongoing brain functioning in adults. DHA has also been associated with reducing the risk for Alzheimer’s disease, dementia and age-related macular degeneration, a major cause of blindness.

Fatty fish is the primary dietary source of DHA, making it difficult for most people to get enough of this important brain nutrient from diet alone. Experts recommend about 220 mg a day for adults. Fortunately, there is a non-fish, vegetarian DHA source that is derived from microalgae known as life’s DHA. Today dietary supplements and fortified foods with DHA from microalgae are becoming increasingly available.

Get mental and physical exercise
Physical exercises oxygenate the blood, maintains good blood flow to the brain, and actually encourages the formation of new brain cells. For the most benefit, find an exercise or some physical activity that you enjoy, and challenge your mind by varying your program. Bicycle one day, walk the dog the next. Try new activities like wall climbing or fencing. But regardless of what activity you choose, always use appropriate head protection.

While we can replace a damaged limb, precious little can be done to repair a damaged brain. So wear a helmet when bike riding, snow skiing, or inline skating is clearly using your head.

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Water your brain
If you’re feeling sluggish, this may be a sign that your brain needs water. Drinking at least eight glasses of water a day as adequate hydration is critical for optimal brain function. To reduce consumption of chlorides, pesticides and heavy metals, drink bottled water (spring or distilled) or tap water purified by reverse osmosis.

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She knew that pregnancy and motherhood are physically challenging to any woman, so when her mother-in-law found herself pregnant for the first time at age 40, a lot of attention went into staying healthy, strong and flexible. The fact that she was a dancer and is currently a Pilates instructor, gave her a head start. Her goal was to gain a healthy amount of weight and stay as strong and as flexible as possible.

Samantha Binah started each day with breakfast. She is a believer in eating three small balanced meals a day, as opposed to skipping meals and eating one large meal at the end of the day. Breakfast, for example, usually consisted of a slice of whole wheat toast and a soft-boiled egg. She often picked yogurt for a midday snack. Lunch was usually a salad with protein, and for dinner she chose a protein with vegetables, rice or potatoes. She allowed herself one sweet each day. Sometimes that meant fruit and sometimes that meant chocolate.

During her pregnancy, there were certain periods when her hunger increased. During those times she definitely ate more, but always tried to make healthy choices.

Normally her exercise program consisted of three, one-hour sessions of Pilates and three, one-hour walks per week. During her pregnancy, she continued these two types of exercises, but varied the time spent and types of movements performed to support the changes in her body. For example, some weeks she opted to do 20 minutes of Pilates a day instead of the three full hours. As a Pilates instructor, she knew that 20 minutes a day instead of three hours would be an invaluable way to safely stay strong and prepare for pregnancy and motherhood. Pilates is a weight bearing and low impact strengthening technique.

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Taking the fear out of heart failure diagnosis

The words "heart failure" may be among the most frightening you can hear from your doctor. But if you are among the more than 5 million Americans affected by heart failure, this diagnosis by your doctor is not as desperate as it sounds. Recently, there has been much "success" with heart failure, and it now means you can take control of your disease and still live a full, active, normal life.

Despite its ominous sound, heart failure doesn't mean your heart has stopped working or work harder to keep blood flowing. The heart muscle has changed. It's rigid and needs more effort to pump the blood. This is a common condition in which the heart muscle has changed. It's made up of a dense, fibrous matrix that makes it stiff and needs, to a certain extent, to work harder to keep blood flowing through the body. Heart failure is the leading cause of hospitalization in people older than 65. Early diagnosis and treatment can help you manage the disease and its symptoms.

"Many people with heart failure can lead relatively normal, active lives. The key is early diagnosis and treatment," says Dr. Barry Greenberg, HFSA President, and the Director of the Advanced Heart Failure Treatment Program at the University of California, San Diego. "New treatments can be very effective in slowing and stopping the progression of the disease, and in some cases can even reverse the process."

Here are some answers to questions frequently asked about heart failure.

Question: What causes heart failure?

Answer: Heart failure develops following an injury to the heart. Heart attacks, long-standing untreated high blood pressure or an abnormality of one of the heart valves can all cause the damage that leads to heart failure. You are at risk if you have a history of a heart murmur, suffer from enlargement of the heart or have a family history of enlarged hearts, or if you are diabetic. In some cases, the exact cause of heart failure is not known.

Q: What symptoms should I watch for?

A: Symptoms of heart failure include shortness of breath even when lying down, difficulty breathing in a lying down position, weight gain and fluid retention that leads to swelling in the legs and ankles, and general fatigue and weakness. Of course, many other health problems may share some of these symptoms. It's important to talk to your doctor for an accurate diagnosis. Early diagnosis and treatment are vital.

Q: I've been diagnosed with heart failure. What do I do now?

A: Take charge. Working with your doctor, you can find a treatment plan that will help you live the healthiest life possible for you. Your treatment will include diet modifications, an exercise plan and certain medications. Limit your salt and alcohol intake. If you smoke, quit. Lose weight if your doctor advises it and exercise regularly. And be sure to weigh yourself daily and report any sudden weight gain or swelling to your doctor.

Once you've been diagnosed with heart failure, it's important to care for yourself and enlist the support of family and friends. To learn more about living well with heart failure, visit www.abouthf.org to download information or request complimentary materials mailed to you. All the information on this site is designed for patients and is easy to read and understand.

Combat high blood pressure

We all know someone who has high blood pressure or may even have it ourselves. High blood pressure, or hypertension, affects more than 65 million people—that's one in three adults in the United States alone.

According to the National Institutes of Health, an additional 59 million Americans are engaging in pre-hypertensive, having blood pressure measurements slightly higher than the norm. Hypertension usually has no symptoms and, in fact, almost a third of people with hypertension don't even know they have it, which is why it's often called "the silent killer." Untreated, hypertension can lead to several life-threatening conditions, including heart disease, stroke and kidney failure. Hypertension has traditional troublesome or dangerous side effects, such as impotence, emotional distress, insomnia, tiredness and depression. Life-style changes, including proper diet and regular exercise, are often recommended for the treatment of high blood pressure. There has also been much attention focused on the reduction of salt intake as one step in the fight against hypertension. Ongoing changes to our diets and exercise routines have great health and fitness benefits overall, but can be difficult to incorporate into a busy schedule.

For the 70 percent of people with hypertension for whom medication alone is unable to adequately control the condition or those who experience intolerable side effects from the medication, finding a non-drug option that will work for you and your schedule is critical.

"When treating patients for high blood pressure, physicians need to explore all treatment options," says Joseph Mark, M.D., a board-certified cardiologist, Midwest Heart Specialists. "Since medications alone don't work for everyone, hypertension patients, lifestyle modifications and newer treatment options such as device-guided breathing should be considered."

One option available today is RESPeRATE (www.resperate.com), a safe, non-drug treatment, developed specifically for hypertension. This portable electronic device consists of a computerized unit, about the size of a paperback book, a breathing sensor that is fastened around the abdomen, and a set of headphones. It works by interactively guiding the user to slow their breathing rate and change their breathing pattern. The result: muscles around the body's small blood vessels relax, allowing blood to flow more easily, thus reducing high blood pressure.

Dr. Diana DeAngelis, a RESPeRATE user, says she loves the time of day when she gets to use the device. She says, "Besides lowering my blood pressure, I feel more relaxed. The device is very calming."

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Professional snowboarder Chris Klug has been faced with many challenges in his life - whether it be a difficult run or a tough competitor. However, nearly seven years ago Chris faced his greatest challenge, but this time it wasn't on his snowboard. Chris needed a liver transplant to save his life.

The disease progressed, deteriorating Chris' life. He was soon back on his snowboard and participated in the World Cup Circuit only four months after his transplant. Nearly a year and half after his liver transplant, Chris fulfilled his life-long dream - winning a bronze medal in snowboarding.

Regarding winning the medal, Chris says: "It was truly a dream come true. Those were the best two weeks of my life at Salt Lake. It was so much fun."

The New Age of Organ Transplantation and Post-Transplant Care

Chris is one of the millions of people in the United States whose lives have been transformed by transplantation. Currently, more than 29,000 life-saving organ transplants are performed in the U.S. every Hospital. Shortly after undergoing organ transplants, recipients, including the discovery of advanced surgical procedures and the introduction of new immunosuppressant drugs have greatly increased patient and graft survival rates allowing transplant patients to live longer, healthier lives. Because of the advancements that have been made in the field of transplantation, today post-operative (one year) rejection of the transplanted organ remains relatively low. Now one of the most common reasons for organ rejection, loss or failure can be attributed to non-adherence to medication regimens. Post-transplant patients are prescribed a multitude of medications that require multiple dosing at various times throughout the day. Most patients require some immunosuppressive treatment for their entire lives. Despite the importance of adhering to treatment plans, recent studies have shown that non-adherence rates for transplant patients vary and, in some cases can be more than 45 percent.

"The complexity of today's medication regimens presents a challenge for transplant recipients, but once mastered health outcomes and quality of life can be excellent," says Donna Hathaway, PhD, FAAN, Dean and Professor of the College of Nursing at the University of Tennessee Health Science Center, and an expert in patient outcomes.

For treatments across all disease states, non-adherence is expensive, costing the United States about $100 billion per year. Non-adherence expenses include $30 billion in direct medical costs - $25 billion due to hospital admissions and $5 billion due to unnecessary nursing home placement costs – and $70 billion due to lower productivity and premature death. In transplant patients specifically, non-adherence contributes to an increased risk of acute organ rejection, failure and loss. A retrospective analysis found that non-adherence accounted for more than 50 percent of graft loss in one group of kidney transplant patients.

"Adherence to the prescribed medication regimen helps improve health outcomes by reducing the incidence of health problems such as rejection episodes, hypertension, hyperlipidemia and hyperglycemia and in doing so contributes to improving quality of life and reducing costs associated with healthcare," says Hathaway.

For information regarding the transplantation process and/or the importance of medication adherence, visit www.TransplantExperience.com.


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Spotlight Newspapers • Health

March 28, 2007 • Page S11
**Post-radiation swelling can be managed**

Women who have had breast cancer surgery involving the removal of lymph nodes or radiation therapy should be aware of a condition called lymphedema.

Lymphedema is a chronic condition characterized by swelling usually in the hand, arm, or trunk. But there are ways to manage lymphedema.

"Areas affected by lymphedema can have visible swelling, or may just feel full or heavy. Limbs can lose some movement. But the condition characterized by swelling usually in the hand, arm, or trunk is caused by the absence of or abnormalities in certain lymph vessels or nodes at birth. Secondary lymphedema is the most common form. This can develop as a result of such things as infection, cancer surgery, radiation, or trauma.

Lymphedema symptoms include swelling; "full" or heavy sensation in arms or legs; skin tightness; decreased flexibility in hand, wrist, or ankle; or difficulty fitting into clothing, such as a tight bracelet, watch or ring.

While there is no cure for lymphedema, with proper treatment, it can be managed. The goals of treatment are to decrease the swelling, decrease the risk of infection and improve mobility and the quality of life.

Lymphedema treatments consist of manual lymph drainage massage—a gentle massage technique to redirect fluid to intact areas; compression bandaging—a series of non-elastic bandages to help reshape the limb; skin care—good hygiene, avoiding cuts, scratches, bug bites, and sunburn decrease the risk of infection; and exercise—a specialized exercise routine helps move fluid out of the affected area and helps maintain normal body weight.

Cancer patients who have had surgery need to take extra steps to avoid infection. Keeping the skin extremely clean is a good initial step to start. Gloves should be worn to avoid burns or cuts while doing housework, cooking or gardening. Be sure to immediately report any signs of infection to your physician. Signs of infection include fever, chills, skin redness, warmth, and pain. Also, it is best to avoid tight-fitting clothing, shoes, and jewelry.

The Suman G. Komen Breast Cancer Foundation has given St. Peter’s Hospital a grant to broaden its lymphedema management services to the community. St. Peter’s provides free bandages and education to those experiencing the side effect of lymphedema related to breast cancer.

The staff at St. Peter’s Physical Therapy & Fitness in Slingerlands are specially trained and certified from the Academy of Lymphatic Studies to provide management and treatment. For more information about lymphedema, call 475-1818.

**Flowers are a mood lifter**

Get the seasonal doldrums? Too much stress in your life? New research shows that the mere presence of flowers can change people’s moods for the better.

A behavioral study conducted at Harvard University shows people feel more compassionate toward others, have less worry and anxiety and feel less depressed when flowers are present in their home.

"Other research has proven that flowers make people happy when they receive them," says Nancy Escott, Ph.D., who conducted the study. "What we don’t know is that spending a few days with flowers in the home can affect a wide variety of feelings."

Here are some common questions and answers about blooms:

**Question:** How do I keep my fresh cut flowers alive as long as possible?

**Answer:** Re-cut the stems about one additional inch with floral clippers or sharp knife. Dissolve commercial flower preservative in warm water and immediately place the flowers in the solution. Keep them out of direct sunlight and away from drafts.

**Q:** When re-cutting, is it better to cut in warm or cold water?

**A:** Warm water is best.

**Q:** Which cut flower lasts longer?

**A:** Flower life is a function of genetics and environment. Generally, though, chrysanthemums and carnations last the longest.

Q: Does removing leaves harm the flowers?

A: No. In fact, removing leaves that will be under water will help reduce bacteria and fungal growth that can harm the stems and shorten your enjoyment period.

Q: Is a vinegar and water solution better than floral food?

A: No. Nothing exceeds the life of a cut blossom as well as a measured amount of commercial floral preservative dissolved in warm water.

The Flower Promotion Organization also offers recipes for creative floral arrangements on its Web site, flowers possívelities.com. Consider something unique and personal when you purchase flowers for yourself or someone else.

To create a floral arrangement called “roses to go,” you will need a small Chinese food take-out container, five stems of red roses, one stem brown hypericum berries, floral clips and floral preservative. Thoroughly wash the container. Fill with water that has been treated with floral preservative. Insert the fresh cut flowers. Cut the stems short so that just the rose blooms peer out over the Chinese food take-out container. Cut the hypericum so that their berries are a bit taller than the roses, then insert them among the roses.

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Our PT, OT and Fitness programs are now available all in one convenient location. We’ve moved to the Slingerlands Medical Arts building at 1240 New Scotland Road.

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**How to Reach Us**

Rehabilitation Services
Outpatient PT & OT
Suite 100
518-475-7186

Physical Therapy & Fitness
Suite 202
518-475-1818
Delmar Presbyterian Church
Holy Week & Easter Services
Maundy Thursday  April 5  7:30 p.m.
Good Friday  April 6  12:00-3:00 prayer & meditation 7:30 p.m.
Easter Sunday  April 8  10:00 a.m.
The public is invited
Babysitting available at 10:00 a.m Services
585 Delaware Avenue, Delmar, NY 12054  439-9252

See you this Easter
- GOD

Delmar Reformed Church
Easter Worship at 9:30 & 11:15 am
Easter Egg Hunt and more at 10:45am
386 Delaware Ave, at the 4 Corners  - 439-9629

Holy Week Services
Worship With Us!
Bethlehem Lutheran Church

Palm Sunday
8:00 am & 10:30 am

Maundy Thursday
Holy Communion 7:30 pm

Good Friday
Sanctuary Open 9:00 am to 3:00 pm
Tenebrae Service of Lights 7:30 pm

Easter Sunday
Easter Festival Worship Services
8:00 am & 10:30 am

Bethlehem Lutheran Church
35 Erie Avenue Delmar
518-439-4228

Church of Saint Thomas the Apostle
55 Adams Place, Delmar Phone 439-4931

Liturgy Schedule for the Triduum and Easter

HOLY THURSDAY
April 18th
9:00 a.m.  Morning Prayer
7:30 p.m.  Evening Mass of the Lord's Supper
9:00 p.m.  Adoration of the Blessed Sacrament
The Repository for the Blessed Sacrament will be in the Chapel. All are invited to visit and keep vigil until 11:00 p.m.
10:45 p.m.  Night Prayer

GOOD FRIDAY
April 19th
9:00 a.m.  Morning Prayer
5:00 p.m.  Stations of the Cross
7:30 p.m.  Liturgy of the Lord's Passion

HOLY SATURDAY
April 20th
9:00 a.m.  Morning Prayer
8:00 p.m.  Celebration of the Easter Vigil
The Easter fire, Sacraments of Initiation and welcoming new members into the Church, and the Easter Eucharist.

EASTER SUNDAY
April 21st
Easter Masses at 7:00 a.m., 9:00 a.m., 11:00 a.m., 12:00 noon.
ALL ARE WELCOME
Spend your spring break at the library

Something’s going on for kids every day at the library during spring break; April 6 to 13. Why not pay us a visit?

On Monday, April 9, at 2 p.m., check out images of artist Martin Kersels’ gigantic rotating bird’s nest, now on display at the Tang Museum in Saratoga. Then Ginger Erza of the Tang will help you make your own mini-version out of a variety of colorful materials. For grades two and five; call 439-9314 to register.

On Tuesday, April 10, at 2 p.m., stop by to see some gorgouse examples of Russian folk art, brought to you by the New Russia Cultural Center. You’ll examine and learn and about decorated boxes, the famous nesting dolls, painted trays and other crafts. For grades one to five. Mr. Twisty brings his Super

Cowboy fun and games, you’ll rustle up some grub on an edible campfire. For grades kindergarten to second; call 439-9314 to register.

Dance dance revolution
We’ve got something planned for older kids, as well. On Friday, April 6, from 2 to 4 p.m., we’re hosting a dance-off using the music video game “Dance Dance Revolution,” played on a dance pad that responds to the movement of the player’s feet.

You’ll get a workout, so you’ll be glad we’ve got snacks and stuff. For grade five and up; call 439-9314 to reserve your spot on the dance pad.

Holiday closing
The library will be closed on Sunday, April 8, for Easter. Regular hours resume Monday, April 9, at 9 a.m.

Visit us online anytime at www.bethlehempubliclibrary.org to request or return books, download audiobooks, reserve a meeting room, check out our calendar, and more.

Trustee petitions
Nominating petition forms and information packets are available at the information desk for a vacancy on the library’s board of trustees. The seat is for a full term of five years. Petitions must contain at least 118 signatures of voters residing in Central School District No. 6 of the towns of Bethlehem and New Scotland. Petitions must be filed with the District Clerk, 90 Adams Place in Delmar by 5 p.m. on April 10.

Elections will be held on May 15, from 7 a.m. to 9 p.m. at Bethlehem Central Middle School.

The proposed 2007-08 library budget will also be on the ballot. The budget will be published in the May/June issue of the library newsletter, which is mailed to all households in the Bethlehem Central School District.

More upcoming events
• Pianist Morye Hall Sunday, April 15, 2-5 p.m. Recital of music by Chopin, Beethoven and Schubert. Free and open to the public.
• After dinner books Wednesday, April 18, 7-9 p.m. The River of Doubt: Theodore Roosevelt’s darkest journey by Candace Millier.

New members welcome. Books available at the information desk; other formats may also be available. Louise Grecco

• All library programming is free and open to the public. The Library Public Library is located at 451 Delaware Ave., Delmar. For information, call 439-9314.

Get news? Call Spotlight at 439-4949 or e-mail news@spotlightnews.com

IN BRIEF
Host families needed for foreign exchange students
Host families are needed for the American Field Service (AFS) foreign exchange students who will be coming to the Darby School District for the 2007-2008 school year. Students from countries all over the world will come to study, live and participate in all aspects of family, school, and community life.

Interested families who apply early this spring will have the best opportunity to view SpotLight and come to the interview night on Monday, April 9, with special interests that match theirs, such as athletics or music. Local AFS members provide family orientation and student support, as well as social and educational events for students, host families and host siblings.

For more information about hosting, or about intercultural opportunities for U.S. high school students to study abroad for a summer, semester or year, call 439-0016 or e-mail happy12054@aol.com or call 1-800-AFS-INFO.

Town encourages use of special needs registry program
The Albany County Sheriff’s Department has a program designed to assist the special needs community during an emergency within Albany County, whether manmade or natural.

Registrants should be physically or mentally unable to evacuate themselves from their residence without assistance. Applicant information is entered into the County’s E-911 system for retrieval during an emergency.

Local police departments will have the information, as well, and this information allows emergency responders to instantly identify the special needs of callers from their residences. In situations like this, prior medical knowledge of the needs of the caller enhances the response time and efficiency of medical care.

“Currently, we have about 1,000 people registered in the program," said Gary G. Horne, Director of Community and Emergency Services with the Albany County Sheriff’s Department. “The unique thing about our registry is that it is the first in the state that incorporates information about people with disabilities into the E-911 system. Emergency workers will have valuable knowledge about the person before they arrive which could be life saving.”

Applications are available online at www.albanycountysheriff.com or by calling Linda Nadler at the Albany County Sheriff’s Department Office at 720-4800, on the Town of Bethlehem’s Emergency Management Office website, www.townofbethlehem.org, Emergency Management Office, Special Needs Registration. Forms are also available in the Bethlehem Senior Services Office, 456 Delaware Ave., in Delmar, 439-4655.
Muriel M. Webster

Muriel M. Webster, 79, of Delmar, died Sunday, Feb. 25.

Born in Hartford, Conn., she was the loving wife of Frederick C. Webster for 57 years.

She is also survived by two sons, Donald F. (Karen) Webster of Blacksburg, Va. and Joseph A. Pickel.

She was also the loving mother of Jamie L. and Jared Webster of Rockport, Maine.

She was the loving daughter of Lori J. (Mark) Platel of Delmar and a son-in-law, Dustin Prisley, of Blacksburg, Va.

Muriel was a life member of the Elsmere Fire Co. Ladies Auxiliary and a longtime member of Normandsie Country Club.

She had been a resident of Delmar since 1959 and was a retired sales associate of the former Debeby's Department Store.

Services were at St. Stephen's Episcopal Church, where she served as an altar server for 57 years.

Wesley H. Demarest

Wesley H. Demarest, of Naples, Fla., died Friday, March 16.

He was born in Nassau, graduated high school and served in the Navy on the USS Bailey during World War II in the Pacific Theater.

and an avid bowler.

Survivors include Linda Sidick (Edwin), Wesley C. Demarest (Susan), Stephen Demarest (Ginny), Jill Simmons (David), Cyd Quagline (Christopher), Anna Kavanagh (Kevin), John Demarest (Linda) and Cheryl Demarest, widow of the late Gary Demarest.

He was also survived by 16 grandchildren and 11 great-grandchildren.

Mr. Demarest was predeceased by his first wife, Ruthlyn (Harrington); his second wife, Helen (Carlton); and a son, Gary Joseph Demarest. A special thank you to the V.A. Medical Center, Dr. Menidie and St. Peter’s Hospice Inn.

Interment was in Elmwood Cemetery, Selkirk.

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

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Ruth Mary Bouyea

Ruth Mary Bouyea, 86, of Glenswater, died Tuesday, March 20.

Born in Albany, she was the widow of the late Warren F. Bouyea.

She was a graduate of Albany High School, and Mildred Elley Business School.

She worked as a bookkeeper for Mack Drug Co., Mullen Pharmacy of Delmar, Plaza Pharmacy of Delmar, Corsous Pharmacy of Albany and as a sale clerk for B.Lodge Co. of Albany.

She was a communicant of St. Thomas the Apostle Church of Delmar and served as a Eucharistic minister for 13 years.

She also was a member of the Senior Citizens of Bethlehem and the Bethlehem Business Women.

Survivors include two daughters, Christine M. Bouyea, of Glenmont, and Denise M. Borgo, of Rotterdam. She is also survived by several nieces and nephews.

She was a sister of the late Joseph A. Pickel.

Funeral services will be Friday, March 30, at 9:30 a.m. at St. Thomas the Apostle Church, Delmar.

Calling hours will take place on Thursday, March 29, from 4 p.m. to 7 p.m. at the Chicoirelli Funeral Home, 331 Delaware Ave., Albany.

Interment will be in Calvary Cemetery, Glenmont.

In lieu of flowers, donations may be made to the American Heart Association or the American Diabetes Association.

John J. Brady Sr.

John J. Brady Sr., 75, of Delmar, died Saturday, March 24.

He was the husband of the late Della Parker Brady.

Mr. Brady was a self-employed painter and a member of their Masonic Lodge. He was a former member of the Nathaniel Adams Blanchard American Legion Post No. 1040 and a member of their color guard. He was also a former member of the Bethlehem V.F.W. No. 3185 where he served as exalted ruler.

Mr. Brady is the father of John J. Brady Jr. (Julia) of Texas, Mark S. Brady (Mary), Paul M. Brady, both of Delmar, Gary M. Brady of Selkirk, Sharon A. Lam (Sahn) of Delmar, Dean P. Brady (Deanna) of Selkirk, Jeannine Jacques (Brady), Christopher and Neal D. Brady, both of Delmar, and a brother, John Brady Sr. of Schenectady.

Mr. Brady is also survived by 17 grandchildren and three great-grandchildren.

Services were from St. Thomas the Apostle Church, Delmar, and Durant Funeral Home, Albany.

Interment was in St. Agnes Cemetery.

Contributions may be made to the Delmar Rescue Squad, Adams Street, Delmar 12054.

Wesley H. Demarest, of Naples, Fla., died Friday, March 16.

He was born in Nassau, graduated high school and served in the Navy on the USS Bailey during World War II in the Pacific Theater.

and an avid bowler.

Survivors include Linda Sidick (Edwin), Wesley C. Demarest (Susan), Stephen Demarest (Ginny), Jill Simmons (David), Cyd Quagline (Christopher), Anna Kavanagh (Kevin), John Demarest (Linda) and Cheryl Demarest, widow of the late Gary Demarest.

He is the brother of Richard Demarest (Joan), Betty Despauqale and Margaret Rollison.

He was also survived by 16 grandchildren and 11 great-grandchildren.

Mr. Demarest was predeceased by his first wife, Ruthlyn (Harrington); his second wife, Helen (Carlton); and a son, Gary Joseph Demarest. A special thank you to the V.A. Medical Center, Dr. Menidie and St. Peter’s Hospice Inn.

Interment was in Elmwood Cemetery, Selkirk.

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

Got news? Call Spotlight at 439-4949 or e-mail news@spotlightnews.com
Richard Baldwin
Richard L. Baldwin, 51, of Delmar, died suddenly Friday, March 16.

Born in Watervliet, he was a graduate of Watervliet High School and Hudson Valley Community College. He worked for several years at Norton Research and Development in Watervliet and for the past 22 years at the state Dept. of Taxation and Finance.

For the past 15 years, he was a fire fighter with the Elsmere Fire Company where he held various offices within the fire company. He was an original member of the Town of Bethlehem Firefighter Assist and Search Team (FAST) and a member of the American Legion, Nathaniel Adams Blanche Post No. 1040.

In addition to his father, he is survived by his wife, Joanne M. Baldwin; their beloved Golden Retriever, Lucy; two brothers, Robert C. Baldwin of Glenmont and Steven T. Baldwin of Brunswick.

Services were from the Applebee Funeral Home, Delmar. Contributions may be made to the Club, 1 Penny Lane, Latham 12110.

Stephanie D’Angelo
Stephanie (Barone) D’Angelo, 64, of Delmar, died Saturday, March 17, at St. Peter’s Hospital after a short illness. Born in Cohoes, she was a graduate of Amsterdam High School class of 1969, Albany Medical College School of Nursing, and The College of Saint Rose, where she earned a bachelor’s degree in business communications.

At the time of her death she was as director of health services at The College of Saint Rose where she had been employed for the past 20 years. Previously she worked as a registered nurse at Albany Medical Center for 20 years. She was an avid golfer and ardent fan of the Saint Rose basketball team. She was an accomplished pianist and enjoyed bird watching and writing poetry. She loved to cook and enjoyed lavishing family and friends with her culinary creations.

Survivors include her husband, Nicholas S. D’Angelo; a son, Joseph D’Angelo of Rochester; one brother, Thomas Barone of Delmar; two sisters, Krista Clark of Toronto, Ontario, and Marianne Barone of Amsterdam.

Services were from the Daniel Keenan Funeral Home, Albany. Contributions may be made to The College of Saint Rose Alumni Association, 431 Western Avenue, Albany 12203; or Mohawk & Hudson River Humane Society, 5 Oakdale Ave., Menands 12004.

Teresa C. Lawlor
Teresa C. Lawlor, 65, of Delmar, died Saturday, March 17 at home.

Born in Albany, she was a graduate of The Academy of the Holy Names and held many positions in various organizations and businesses, including advertising for WROW and The Spotlight in Bethlehem; noon hour side for Bethlehem school district; and director of advertising for the Legislative Gazette.

She was also a past president of the women’s league of the Bethlehem American Club of Albany, a member of the Bethlehem Tomboy’s Softball League and a member of the NOMIS Club of Saranac Lake.

A special thank you is extended to her close friend, Joann Dunston, who spent many hours with her and supported her during her life and especially during her final illness.

Survivors include her husband, Daniel C. Lawlor Jr. of Delmar; daughter, Teresa Rose Lawlor of Denver, Colo.; son, Daniel C. Lawlor III of Selkirk; and two grandsons.

Services were from the Daniel Keenan Funeral Home, Albany. Contributions may be made to Community Hospice of Albany, 445 New Karner Rd., Albany 12205.

Paul J. Loomis
Paul J. Loomis, 68, of Bonita Springs, Fla., died Saturday, March 10, after a long illness.

Born in Troy, he grew up in Altamont and graduated from Guilderland Central High School in 1976. He moved to the Bonita Springs area in 1996. He was in the restaurant business owning his own tavern in New York City.

He is survived by his sister, Mary Elario of Altamont; nieces and nephews.

Services will be from the Faith Memorial Funeral Home in Altamont.

Memorial contributions in his name may be made to Joanne’s House at Hope Hospice, 2720 Imperial Pkwy., Benita Springs, Fla., 34135.

Ruth M. Bouyea
Ruth M. Bouyea, 86, of Glenmont, died Tuesday, March 29, following a fall.

Born in Albany, she was a graduate of Albany High School and Michael Ely’s Business School. She worked as a cosmetician for Mack Drug Co., Meiler Pharmacy of Delmar; Plaza Pharmacy of Delmar; Corsons Pharmacy of Albany; and B. Lodge Co. of Albany as a sales clerk.

She was a communicant of St. Thomas the Apostle Church of Delmar and also a member of the Eucharistic minister for 13 years. She was also a member of the St. Vincent de Paul Society of Bethlehem and the Bethlehem Business Women.

She was the widow of Warren F. Bouyea.

Survivors include two daughters, Christine M. Bouyea of Glenside, and Denise M. Borgo of Rotterdam.

Services were from the Chilorell Funeral Home, Albany, and services were held Saturday, March 31, at 11 a.m. A contribution may be made to the American Heart Association or the American Diabetes Association.

Stephanie A. D’Angelo
Stephanie (Barone) D’Angelo, 64, of Delmar, died Saturday, March 17, at St. Peter’s Hospital after a short illness. Born in Cohoes, she was a graduate of Amsterdam High School class of 1969, Albany Medical College School of Nursing, and The College of Saint Rose, where she earned a bachelor’s degree in business communications.

At the time of her death she was as director of health services at The College of Saint Rose where she had been employed for the past 20 years. Previously she worked as a registered nurse at Albany Medical Center for 20 years. She was an avid golfer and ardent fan of the Saint Rose basketball team. She was an accomplished pianist and enjoyed bird watching and writing poetry. She loved to cook and enjoyed lavishing family and friends with her culinary creations.

Survivors include her husband, Nicholas S. D’Angelo; a son, Joseph D’Angelo of Rochester; one brother, Thomas Barone of Delmar; two sisters, Krista Clark of Toronto, Ontario, and Marianne Barone of Amsterdam.

Services were from the Daniel Keenan Funeral Home, Albany. Contributions may be made to The College of Saint Rose Alumni Association, 431 Western Avenue, Albany 12203; or Mohawk & Hudson River Humane Society, 5 Oakdale Ave., Menands 12004.
**BIRTHS**

- *Albany Medical Center*  
  - Girl, Chloe Kristen Kosac, daughter of Kara and Brent Kosac of Schenectady, Dec. 11.  
  - Boy, Bennett Mason Jackson, son of Jennette and Brian Jackson of Voorheesville, Dec. 17.  
  - Girl, Mariah Grace Tucker, daughter of Traci Winn of Glenmont, Dec. 11.  
  - Girl, Samantha Shane Cassidy, daughter of Jake and Robin Cassidy, daughter of Traci Winn of Glenmont, Dec. 22.

- *SUNY*  
  - Samantha Cathers of Delmar, bachelor of art in anthropology, summa cum laude.
  - John Turner of Delmar, bachelor of science in environmental studies.
  - Greg Turner, Owner
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**CLASS OF '06**

- *SUNY Fredonia*  
  - Joshua M. Rucinski of Glenmont, bachelor of science in environmental studies.

**UNIVERSITY AT ALBANY**

- Samantha Cathers of Delmar, bachelor of art in anthropology, summa cum laude.

**SPOTLIGHT**

- The Moscow Festival Ballet's "Cinderella" will be Tuesday, April 3, at 7:30 p.m. at The Palace Theatre.
  - The ballet will perform an adaptation of the full-length ballet of "Cinderella in Three Acts."
  - Tickets are $30 and $40 at The Palace Theatre Box Office at 19 Clinton Ave. or Ticketmaster by calling 476-1000 or online at ticketmaster.com.

- "Riverdance" steps in to Albany's Palace  
  - Few shows have touched audiences like Riverdance, the Original International Phenomenon, now in its 12th year. The celebration of music, song and dance returns to the Capital District, May 4 to 6 for five performances at the Palace Theatre. Tickets range from $32 to $57 and are available at the Palace Theatre box office, by calling Ticketmaster at 476-1000 or online at www.ticketmaster.com.

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**IN BRIEF**

- "Cinderella" coming to The Palace:
  - The ballet-to-be is a graduate of Bethlehem Central High School, HVCC and University at Albany.

**PHOTOGRAPHY**

- Professional Services
  - 459-4949

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Big-time musicians come to Cap Rep

Left to right: David Malachowski, Bob Green, Gary Burke and Louie Hurwitz are the musicians of "Ain't Nothin' But the Blues," now playing at Cap Rep.

By KATHERINE MCCARTHY

C

apital Repertory Theater comes alive about an hour before showtime. Box office attendants chat between phone calls; the vacuum cleaner starts humming; the ushers begin to arrive; and from the cafe, there's the sound of clinking glassware and the scent of fresh espresso.

The musicians arrive and take their not-at-
customary seats in the audience to talk about working in "There Ain't Nothin' But the Blues," playing at Albany's Capital Repertory Theater until Saturday, April 7.

The band usually begins behind a screen on the set, but quickly becomes part of the show. The first song of the second act belongs entirely to the band, something they're more used to than not.

There's an inherent tension between playing a spontaneous art form versus theater, which is the same, night after night," drummer Gary Burke, a Troy native, said. "We have to modify what we do a little; it's not like a purely musical setting. We try to give the actors a look into the music."

"We've played blues festivals and clubs," said bandleader David Malachowski. "That's our vantage point." Burke quoted keyboardist Louie Hurwitz. "What Louie said to the director was, 'you direct the actors, but we live this,'" Burke said.

Still, the music is said, any of the tension has worked itself out, leaving the actors and musicians on the set of "It Ain't Nothin' But the Blues" with a good rapport.

"The music is really good," Hurwitz said. "The actors work really hard, it's interesting to be part of it."

Malachowski is the musician who pulled the band together. He has worked on Cap Rep's numerous stagings of "Always... Patsy Cline," and pressed some of his fellow Woodstock residents into joining him for "It Ain't Nothin' But the Blues."

"To some people, driving back and forth to Woodstock every day may seem far, but we're not used to it."

Malachowski said, "It's not unusual for us to finish a show and drive 800 miles to the next destination."

The band members have impressive resumes. Guitarist Malachowski has played with Shania Twain and Janie Fricke, and is a member of the seminal British blues band, Savoy Brown. Name a blues festival in the world and he's probably played it. In 2005, he was one of the "British Blues All-Stars." When the Cap Rep run ends, he'll be in Europe, playing with Savoy Brown.

Burke has played on many gold, platinum and Grammy-winning records, and has worked on stage or in the studio for artists like Bob Dylan, Joe Jackson, Aretha Franklin and Chet Atkins.

There are two keyboardists in the show; something that Hurwitz said made it easier to take on the Cap Rep gig. He shares the limelight with Pete Levin, who has recorded with artists like Paul Simon, Annie Lennox and Miles Davis. Hurwitz is known as "Professor Louise" and is a Capital District fixture with "Professor Louie Jackson's "The Irish and How They Got That Way."

For now, the band is putting its heart into the blues on Cap Rep's stage. "Ain't Nothin' But the Blues" traces the history of blues in America, from African chants to Chicago blues clubs.

"There's been a great resurgence in blues in the 15 years," Burke said.

"The blues have a rawness and simplicity that people like," Malachowski said. "In this day of pre-fab bands, people like hearing real musicians who've gone out and played a lot."

As always at Cap Rep, there's art in the cafe meant to compliment the show. Wren Panzella's "Blues and Jazz Art" depicts the vibrancy of these unique musical art forms.

"It Ain't Nothin' But the Blues" runs through Saturday, April 7. Show times are 7:30 p.m. on Tuesday, Wednesday, and Thursday; 8 p.m. on Fridays; 4 and 8:30 p.m. on Saturdays and 2:30 p.m. on Sundays. Ticket prices range from $34 to $42. For information, call 445-SHOW or visit capitalrep.org. Cap Rep is located at 111 No. Pearl St. in Albany.
**Theater**

**Garnder; Theatre, corner of Clinton Avenue and Two bluegrass musicians, April 1, 7 p.m., Schubert, Debussy, Rachmaninoff and Mendelssohn, $28. Information, 415-7433, with special guest Ben Murray, March 31, Schenectady, $12-$15. Information, 587-1935, plus a retrospective collection, April 14, 8 p.m., Featuring the Turtles, Felix Cavaliere's Rascals, Mitch Ryder and the Detroit Wheels and the Happenings, March 31, 7:30 p.m., $30-$47. Information, 281-5283.

**Music**

SPARKY AND RHONDA TUCKER Folk, blues, gospel and balbo, March 30, 7 p.m., 415 South Main St., Voorwijk, $17 Information, 788-4700.

BRIDGET BALL AND CHRISTOPHER SHAW Performing songs and tales of the Adirondacks as told related to the Adirondack Historical Society, March 31, 7 p.m., Chopin's Restaurant, Town of Colonie Golf Course, 418 Colonial Park Drive, Colonie, $30. Information, 445-3900.

**Comedy**

LISA LAMPELLI Using comic superstars, April 14, 9 p.m., Palace, get your tickets at 315 Avenue of the Pines, Saratoga Springs. Information, 584-2225.

SUNRISE SOUNDS, a new, informal, coed a cappella group in the string, horn and percussion sections. Several openings, rehearsals on Mondays at 7:30 p.m., at 49 Wheat fibers Road, Latham, for adults and teens 16 and older. Information, 783-2760.

**Visual Arts**

**New York State Museum**

"The Fire of Power and Good Life," through April 13, 27 permanent collections on the 11th anniversary of the New York State Art and Culture Program. Information, 281-5283.

**Albany Institute of Art & History**


**Schenectady Museum**

Spent of Generations, collection of photographs, Sixth Town Road, information, 362-7960.

**Albany Airport Gallery**


**Local Color Art Gallery**

Wednesday, Mar. 28

BETHLEHEM

BETHLEHEM CHINATOWN

Bethlehem Town Hall, 445 Delaware Ave., 7 p.m. Information, 439-9053.

PLAYGROUP MEETING

First United Methodist Church playgroup will now meet 10:30 to 11:30 a.m. in the nursery. Playgroup provides opportunity for children and pre-school nursery school children to socialize in a relaxed atmosphere. Information, 439-6976, ext. 228.

MOTHERS OF FROSHKIDS (MOPS)

Christian fellowship group for mothers of preschool children, at the Delmar Reformed Church, 365 Delaware Ave., nursery care provided. 9:30 a.m. to 11:30 a.m., Information, Jody Adams, 439-9142 or e-mail, jeebchuch@earthlink.net.

YOUTH EMPLOYMENT SERVICES

Parishes and Recreation Office, 6th Ave, Aquarium Park, 2:30 p.m. Information, 439-2020.

BETHLEHEM LIONS CLUB

Normandy Country Club, Delmar, 7 p.m. Information, 439-4857.

ALZHEIMER'S SUPPORT GROUP

Northway 4th Alzheimer’s Association meetings for family, caregivers, and friends, Bennington Presbyterian Church, 166 Delaware Ave., 7 p.m.

SOLID ROCK CHURCH

1 Kenwood Ave., evening prayer and Bible meetings lor families, caregivers, and friends; Delmar Reformed Church, 365 Delaware Ave., 8:30 p.m.

NEW ZONING BOARD OF APPEALS

Bethlehem Town Hall, 445 Delaware Ave., 7 p.m. Information, 439-9053.

BOY SCOUT TROOP 58

Eyos Lantern Country School, 247 Delaware Ave., 7:30 p.m. Information, 439-9609.

VillageMEADOW PRESCRIPTIONS

Board of Directors Meeting, 421 Kenwood Ave., 5:30 p.m. Information, 765-2876.

BETHLEHEM LUTHERAN CHURCH

Bethlehem Lutheran Church, 7 p.m., 85 Elm Ave, Information, 765-2243.

BETHLEHEM SCHOOLS

Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4855.

Adult Bible Study Thursday

BETHLEHEM

BETHLEHEM LUTHERAN

Parishioners in the church, at 7 p.m., 85 Elm Ave, Information, 765-2243.

BETHLEHEM LUTHERAN

children’s choir, 7 p.m., 85 Elm Ave, Information, 765-2243.

BETHLEHEM LUTHERAN

Music Ministry meet today at 10:30 a.m. at First United Methodist Church, 386 Delaware Ave.

AA MEETINGS

Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 365 Delaware Ave., 8:30 p.m.

NEW SCOTLAND

NEW SCOTLAND

The CLOTHING CLOSET

A service supported by area Reformed churches to provide clothing to those in need, volunteers welcome. Slingerlands Reformed Church, 426 Classie Ave., 8:30-11:30 a.m. and 4:30-6:30 p.m. Information, 766-5519 or 439-5450.

VILLAGE LIBRARY

Library stand to no-sign sales on Saturday, 11 a.m. to 5 p.m. Sign-up required. Call 765-2791.

Saturday, Mar. 31

BETHLEHEM

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7 p.m.

DELMAR

DELMAR

Health Fair

A Health Information Fair will be held Sat., March 15 from 11 a.m. to 4 p.m. at the Delmar Reformed Church, 421 Kenwood Ave. The event is free and open to public with refreshments and fair prizes and over 30 vendors on hand.

Sunday, Apr. 1

DELMAR

DELMAR DASH

10K run/walk. Interior course, 7:30 a.m. Information, 430-3477.

BETHLEHEM

April 2

BETHLEHEM

BETHLEHEM LUTHERAN

Parishioners in the church, at 7 p.m., 85 Elm Ave, Information, 765-2243.

BETHLEHEM LUTHERAN

Music Ministry meet today at 10:30 a.m. at First United Methodist Church, 386 Delaware Ave.

BETHLEHEM

BETHLEHEM

WOMEN'S HEALTH CONVENTION

Bethlehem Lutheran Church, 7:30 p.m.

BETHLEHEM

BETHLEHEM

WOMEN'S HEALTH CONVENTION

Bethlehem Lutheran Church, 7:30 p.m.

Tuesday, Apr. 3

DELMAR

DELMAR

Weight Watchers Dinner

The local chapter of Weight Watchers meets today at 7 p.m. at St. Stephen’s Church, Delmar.

BETHLEHEM

TREASURE CLOSET SHOP

First United Methodist Church, 476 Dixwell Ave. Admission $1.00. usually used brand name clothing and accessories at below prices.

Wednesday, Apr. 4

BETHLEHEM

BETHLEHEM

PUBLIC LIBRARY

Bushnell's Children’s Department will be closed to the public.

NEW SCOTLAND

NEW SCOTLAND

NEW SCOTLAND

BETHLEHEM

BETHLEHEM

WOMEN'S HEALTH CONVENTION

Bethlehem Lutheran Church, 7:30 p.m.

BETHLEHEM

BETHLEHEM

WOMEN'S HEALTH CONVENTION

Bethlehem Lutheran Church, 7:30 p.m.

Thursday, Apr. 5

BETHLEHEM

BETHLEHEM

BETHLEHEM

BETHLEHEM SENIOR CENTER

Bethlehem Town Hall, 445 Delaware Ave., 12:15 p.m. Information, 439-4855.
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NOTICE OF PUBLICATION

LEGAL NOTICE

Notice of publication UFOLUSX LEXUXTEP UEPVITFUEP, LLC, Articles of Organization were filed with the Secretary of State of New York on 01/11/07. Compliance with the provisions of the articles of organization were filed with the Secretary of State of New York on 07/29/2007. 1202 N.Y. St., Brooklyn, N.Y. 11215. Purpose: For any lawful purpose.

LEGAL NOTICE

Notice of publication: Notice of formation of EVT DEVELOPMENT, LLC a limited liability company in the state of New York. The registered agent is: USA Corporate Service Inc. at: 425 South Street, 3rd Floor, Albany, New York 12207. Purpose: For any lawful purpose.

LEGAL NOTICE

Notice of formation of JAMES A. FORBES Holding, LLC a limited liability company in the state of New York. The registered agent is: USA Corporate Service Inc. at: 425 South Street, 3rd Floor, Albany, New York 12207. Purpose: For any lawful purpose.

LEGAL NOTICE

Notice of publication: Notice of formation of THE QUEEN OF TARLS, LLC, a limited liability company formed by the arts of organization were filed with the Secretary of State of New York on 10/09/08. The registered agent is: USA Corporate Service Inc. at: 425 South Street, 3rd Floor, Albany, New York 12207. Purpose: For any lawful purpose.

LEGAL NOTICE

Notice of publication: Notice of formation of OF LIMITED LIABILITY LIABILITIES COMPANIES (LLLCs) Articles of Organization were filed with the Secretary of State of New York on 07/29/2007. Purpose: For any lawful purpose.

LEGAL NOTICE

Notice of publication: Notice of formation of VIECTRIDE LLC. Articles of Organization were filed with the Secretary of State of New York on 10/09/08. Purpose: For any lawful purpose.

LEGAL NOTICE

Notice of publication: Notice of formation of ENTRING LIMITED LIABILITY COMPANY in the state of New York. The registered agent is: USA Corporate Service Inc. at: 425 South Street, 3rd Floor, Albany, New York 12207. Purpose: For any lawful purpose.

LEGAL NOTICE

Notice of publication: Notice of formation of THE NETWORKING COMPANY, LLC. Articles of Organization were filed with the Secretary of State of New York on 10/09/08. Purpose: For any lawful purpose.
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

State of New York

The name of the limited liability company is创造性有限公司 (Creative Company LLC).

The registered office of the limited liability company is located at 555 West 25th Street, 3rd Floor, New York, New York 10010.

The principal business purpose of the limited liability company is 从事各种合法业务 (Conduct various lawful businesses).

The limited liability company has been formed for any lawful purpose.

The limited liability company has been formed by the following individuals:
- Sharon Jackson, located at 555 West 25th Street, Apt. 305, New York, New York 10010.
- John Doe, located at 60 Empire Drive, State Street, Albany, New York 12202.
- Jane Smith, located at 1744 49 St. #4325, Brooklyn, New York 11219.

Any lawful activity.
LEGAL NOTICE

LEGAL NOTICE
Notice of General Election. Albany County, New York has been designated as agent of LLC upon whom process against it may be served. LLC shall mail process to: 54 8th Avenue, Delmar, N.Y. 12054. For any lawful activity. March 28, 2007.

LEGAL NOTICE
Notice of Election and Budget Vote. The Town of Bethlehem Central School District hereby invites the submission of sealed bids in accordance with Section 103 of the Education Law for the following AHS AND ORDINANCE CONTRACTS: (1) AHS AND PERIODICALS PERPETOCA; (2) AHS AND ATHLETIC SUPPLIES 3643-3644. Any bids submitted will be binding on the date of the opening. For any lawful activity. March 28, 2007.

LEGAL NOTICE
Notice of Qualification of Insurance Quotes USA LLC, a Delaware limited liability company, for conduct of daily Metal, New York, 11215. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered wee Party, LLC, Office of the State, Division of Corporations, 245 State St., Albany, NY 12239. For any lawful activity. March 28, 2007.
Moving up won’t be easy at any rate for Ballston Spa. After playing in the White Division the past several seasons, the Scotties are now in the Gold Division with three of the toughest teams in the league — Columbia, Guilderland and Bethlehem.

“The kids know what to expect. Every game, there are no gimmies,” said Sunkes.

**Bethlehem Eagles**
Head coach: Rob Helm
Key veterans: Mike Carroll (pitcher), Oren Rasowski (pitcher), Jason Daniels (pitcher), Kevin Dunacetic (pitcher), Nick Nardacci (second base), Will DeRuivo (shortstop), Kirk Shinkin (catcher), Derek Wolff (centerfielder)

Key newcomers: Matt Nash (pitcher), Lucas Nitsche (outfielder)

**Outlook:** In order for the Eagles to survive in the tough Gold Division, they will need their pitching staff to hold up.

“We’ll see if pitching makes the difference, “ said Helm. “Pitching depth is there — that’s what we’re going to focus on this year.”

Daniels, Carroll, Rasowski and Shinkin all pitch well, which give Bethlehem four veteran arms, and Helm called Nash “one of the best pitching prospects in the program. However, Helm also said the rest of the division will have talented hurlers, especially Columbia.

“There’s some quality pitchers there,” he said. “I think it will be the pitching that’s going to win the division.”

**Columbia Blue Devils**
Head coach: George Czarno
Key veterans: Sean Weber (catcher), Mark Herrington (first baseman/pitcher), Chris Mollodoff (pitcher), Geoff Proper (pitcher), Jeff McMorrow (shortstop), Jeff Sallad (first baseman/outfielder), Ryan Lucas (pitcher), Chris Shaver (leftfielder), Nigel Gorman (pitcher/utility), Tyler Rose (third baseman)

Key newcomers: Matt Montras (pitcher/infielder), Justin Glass (pitcher), Pat Puentes (outfielder), Bobby Peluso (infielder/outfielder)

**Outlook:** The Blue Devils are hoping to avoid a drop-off after tying Columbia for the best regular season record last year.

“This year, we have a really good balance and a really good blend of youth and experience,” said Czarno. “We have a number of players who can play several positions.”

How well everything comes together will determine whether Columbia can remain at the top of a highly competitive division.

“I think the teams within each division will be very competitive with each other. I think it’s just going to be the pitching and defense between everybody,” said Czarno.

**Guilderland Dutchmen**
Head coach: Doug LaValley
Key veterans: Ben Henderson (first base/designated hitter), Greg Clark (second base/outfielder), Nick Poliselli (shortstop/pitcher), Mike Goldstein (catcher), Jake Colatto (third base/pitcher), Andrew Simpson (first base/outfielder/designated hitter), C.J. Soli (pitcher), Ryan Wane (second base), Joe Lima (outfielder), Steve Anderson (reserve)

Key newcomers: Nick Nanafi (outfielder), Ivan Plata (pitcher), James Westervelt (pitcher), Kyle LeClair (pitcher), Kyle LaValley (pitcher), Pat Careas (catcher)

**Outlook:** The Dutchmen suffered a blow in the pitching rotation when Henderson had surgery to repair a damaged rotator cuff. Luckily for Guilderland, Henderson will still play this season, giving the Dutchmen another powerful bat to an already loaded lineup.

“We’ll be good offensively but we have to pitch and play well defensively,” said coach LaValley.

“Ideally, you’d like to do all three well, but I’d take two out of three.”

Having Poliselli, Colatto and Soli back to pitch should give Guilderland a solid veteran core for its staff.

“We’re going to be better than I thought we would be on the mound (even without Henderson),” said LaValley.

**White Division**
**Averill Park Warriors**
Head coach: Mike Conroy
Key veterans: Mike Conroy (pitcher), Brice Sheridan (pitcher/shortstop), Justin Brooks (pitcher), Ryan Rogan (pitcher/seals designator), Alex Buck (pitcher), Josh Dill (third base), Sean Lowry (leftfielder), Dave Dowd (first base)

Key newcomers: Chris Dobert (pitcher), Ben Fil (catcher), Mike Herrington (catcher), Mike Berris (outfielder/infielder)

**Outlook:** The Warriors’s strong suit will be its pitching staff, which Conroy said is the best he’s had in his coaching career.

“We should also be very solid defensively,” said Conroy. “We’ll be a little bit inexperienced in the outfield, but we have some pieces to play around with.”

Conroy said a fast start in the league will be the key to his team’s playoff chances.

“We’re going to need some early success because we have some guys who could use some confidence,” he said.

**Burnt Hills-Ballston Lake Spartans**
Head coach: Paul DeLuca
Key veterans: Eddie Shively (shortstop/pitcher), David Chequeto (second base), Billy Nikosis (centerfielder), Billy Purcell (right field/pitcher), David Flik (catcher/pitcher), James Walton (first base), Dave Fischer (pitcher/infielder), Jordan Pienings (leftfielder), Lewis Gelinas (catcher/pitcher/infielder)

Key newcomers: Steve Childs (pitcher), Josh Gagliastri (infielder)

**Outlook:** After serving as an assistant coach for the past decade, DeLuca takes the reins of a veteran-laden team hoping to make a run at the division title.

“Definitely, the senior leadership is a big factor,” said DeLuca. “The fact that some of them have played the last year or two on varsity will hopefully translate into on-field leadership.”

DeLuca retained two volunteer assistant coaches that helped Burnt Hills baseball fans may remember — 2001 graduates Will Horan and Matt Salisbury.

“They came back (over the last three years) and wanted to give back to the Burnt Hills program, which is great,” said DeLuca.

**Mohonasen Mighty Warriors**
Head coach: Jim Huggins
Key veterans: Steven Palkovic (outfielder), Dan Collins (pitcher/outfielder), Dan Anzuniazi (pitcher/outfielder), Nick Clark (first base), Ian Donovan (outfielder/pitcher), Dan Majkowski (third base), George Lawrence (pitcher)

Key newcomers: C.J. Fonda (middle/ infielder), Pat Herrington (catcher), Michael Mora (middle infielder), Alex Massaroni (outfielder), Robert Tedesco (infielder)

**Outlook:** Though the Mighty Warriors have a veteran core of players, they will still be a young team.

“We’re going to be young in a lot of spots, especially in the middle of the infield,” said Huggins. “The faster these guys can gel as a team, I think they’ll be able to play some good baseball.”

Mohonen is hoping to play well enough to reach .500 in the league and earn a berth in Sectionals without having to make an appeal to the Section II baseball committee.

“It’s a good division, and our goal is to do well in the White Division,” said Huggins.

**Niskayuna Silver Warriors**
Head coach: John Fury
Key veterans: Drew Bartlett (catcher), Will Burkey (pitcher/third base), Dan Fury (first base), Matt Kelly (shortstop/pitcher), Lucas (second base/third base), Chris Okonski (outfielder), Joe Privatera (infielder)

Key newcomers: Adrian Mitchell (outfielder), Aaron Staunting (outfielder)

**Outlook:** The Silver Warriors slide into a division where they will be the lone class AA team. They will be joining a five-class A competition within their division, Fury said that shouldn’t influence where they will be seeded come Sectionals.

“Queensbury finished the regular season 19-1 last year tying Averill Park’s rotation, which should help the Silver Warriors compete for the division title.

“I think we’ve got some added strength to our offense and I think we have more speed than we’ve ever had,” said Fury.
Ravenna-Coeymans-Selkirk Indians

Head coach: Bob Dorrance
Key veterans: Adam Wiese (second base); Joey Beanblossom (left field, center field); Bob Nolan (third base/catcher/pitcher)
Key newcomers: Geoff Delucia (first base/pitcher); Garrett Truax (outfielder); Chris Snyder (outfielder/pitcher)

Outlook: The Indians were hit hard by graduation, but Dorrance is optimistic about his team’s chances in the Colonial Council.

"I like the team. I think we should be good," he said. "We won’t have that dominant pitcher like we did last year, but we do have some good returners.

Dorrance said the players’ work ethic will be what helps RC-S improve this season.

They come to work every day in practice, and they want to win. I think we can carry them a long way this season."

The Indians are scheduled to open their season March 26 at Gauri-Durham.

Death Notices

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.

And for some unknown reason, fans started doing the wave in the third period of Saturday’s game, which even puzzled my buddy Gabe.

Be an MVP Gold Strider!

Spring Session kicks off March 21st at Colonie Center

We’re starting a new season of the MVP Gold Strides Walking Club at Colonie Center! The MVP Gold Strides Walking Club at Colonie Center will meet every Wednesday, March 21 - April 25, from 9 am to 10 am (meet at the Food Court). Join us afterward for free activities such as Living Well seminars and health screenings.

The MVP Gold Strides Walking Club is sponsored by MVP Gold, a Medicare Advantage Health Plan that celebrates you — with personal attention and care.

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There are only a handful of cities where you can experience hockey fanaticism at its best.

Fortunately, there’s one only a four-hour car ride away from here — a place where hockey is not only embraced as a sport, but also as part of the culture.

Montreal. Saturday was my opportunity to experience Montreal’s passion for hockey in person.

From the 

Sports Desk

Rob Jonas

St. Lawrence River from the Bell Centre. Nick has season tickets to the Canadiens and offered me the chance to see "Les Habitants" play.

I picked Saturday’s game because not only could I see the Canadiens from the upper level of the arena, I could also see them play the Washington Capitals, which feature one of the NHL’s up-and-coming young NHL players, Alexander Ovechkin.

The first thing I noticed about the seating inside the Bell Centre was that, for an NHL arena, it is huge from top to bottom, but not so large in total space. That’s because the building only takes up one cramped city block, so instead of building everything out like at Albany’s Times Union Center, the construction company built it straight up.

The lower level is as steep as the seating area at the Gens Falls Civic Center, and the upper deck is pitched at such an angle that they installed bars along every row for people who were too scary to stand in the aisle.

In other words, if you have problems with standing down from a chair, you won’t do it in the upper deck.

The next thing I noticed was the crowd. Unlike most American hockey crowds, Montrealers are emotionally attached to everything that happens during a Canadiens game.

Every missed scoring chance elicits a loud roar of anguish. Every Montreal penalty creates a cascade of boos at the referee’s whistle.

Habs goal is celebrated as if the team had just won a playoff game. Unfortunately, there are also a few modern elements that creep in from time to time.

Once in a while, the scoreboard has to get the fans riled up — although that usually happens when the game boggs down with stoppages and too much center ice play.

There is a moment during

Suburban shuttle shuffles divisional play

Baseball squads gearing up for new season

By ROB JONAS

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The more things change in the Suburban Council baseball world, the tougher the league gets.

Changes in enrollment at four league schools have shuffled the make-up of the three divisions. Defending Section II, Class AA champion Colonie Changes divisions with preseason favorite Guilderland, while Ballston Spa and Niskayuna swap divisions after the Saratoga County school grew larger than Schenectady County’s largest suburban school.

Did all of that movement hurt either the Blue, White or Gold divisions? Hardly. Colonie joins a Blue Division that features two-time Sectional runner-up Shenendehowa and traditional powers Saratoga and Shenendehowa.

While the Colonie Blue Streaks head coach, Rich Lanni, was pleased with the new division, he did admit that the Blue Division’s strengths lay mainly in the upper level. Colonie lost several key players at his disposal.

Whether you’re in the Blue, the white or the gold, you’re in a tough division,” he said.

Shaker Blue Bison

Head coach: Pete Mavrja

Key veterans: Thomas Kahale (pitcher), Cody Chaszczewski (pitcher), John Casey (second base), Thomas McDonald (pitcher/shortstop)

Key newcomers: Bryan Cary (pitcher), Mike Petrilli (catcher), Tim Jones (catcher), Crockett Pack (shortstop)

“We struggled at the plate last year, but that was a combination of being a young team and playing in the Suburban Council, where there are a number of good pitchers,” said Lanni.

Adding Colonie to the Blue Division mix will give Saratoga four games against last year’s Sectional class AA finalists, but Lanni said his team would face no challenge in the Blue Streaks’ division.

“Whether you’re in the blue, the white or the gold, you’re in a tough division,” he said.

Saratoga Blue Streaks

Head coach: Rich Lanni

Key veterans: Andrew Jeffries (second base), Brad Elliott (shortstop), Chris Hackett (third base/pitcher), Nick Torres (first base), Colby Hudson (pitcher/outfielder), Mike Gould (outfielder/pitcher)

Key newcomers: Scott Haladik (catcher), Mike Allen (utility), Joe House (pitcher)

Outlook: The Blue Streaks have a solid pitching rotation and a good defense, but to break into the top half of the Blue Division, they will need to find a way to score runs on a more consistent basis.

“We couldn’t get the runs across the plate last year, but that was a combination of being a young team and playing in the Suburban Council, where there are a number of good pitchers,” said Lanni.

“Adding Colonie to the Blue Division mix will give Saratoga four games against last year’s Sectional class AA finalists, but Lanni said his team would face no challenge in the Blue Streaks’ division.

“Whether you’re in the blue, the white or the gold, you’re in a tough division,” he said.

Shenendehowa Plainsmen

Head coach: Jim Careese

Key veterans: Morgan Smith (pitcher), Dave Goerold (pitcher/second base), Tim Jones (catcher), Crockett Pack (shortstop)

Key newcomers: Bryan Marotta (outfielder)

Outlook: The Plainsmen are in an interesting predicament. With graduating several players from last year’s Sectional runner-up team, “I’m really looking forward to working with these kids,” said Careese. “They are a fun group to work with — very coachable.

Having Smith and Goerold in the pitching rotation should help Shen. Smith — who has already committed to pitching at SUNY Binghamton next year — and Goerold both can throw fastballs above 90 m.p.h., and Goerold has some effective off-speed pitches he can rely on.

“Having two veteran pitchers (is) the key to the whole thing because in all of Section II, A lot of the top pitchers have graduated,” said Careese. “You can only name five or six quality pitchers who are back.”

Gold Division

Ballston Spa Scotties

Head coach: Dave Sunkes

Key veterans: Zach Hartman (pitcher/first base), Kyle Baldani (catcher/pitcher), Kevin Baldani (shortstop/option), Tim Spadaro (centerfielder), Tim Tino (third base/pitcher), Ryan Ostrander (leftfielder), Josh Flint (utility), Nick Croce (second base)

Key newcomers: none

Outlook: Several Suburban Council coaches are already touting Hartman as the toughest pitcher in the league, but if the Scotties are going to move up the standings, they’ll need their other veteran hurlers to step up.

“Jimmy Tino has done really well. He’s working really hard in the off-season,” said Sunkes. “Both Baldanis have worked hard as well in the weight room.”

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Budget's health-care proposals get mixed reviews

By ROB IRWIN irwin@spotlightnews.com

Adopting a new state budget for 2007-2008 is a top priority of state legislative leaders, who are facing efforts from interest groups, labor union officials, and constituents of special interest, and workers rights groups are trying to reach an agreement on Gov. Eliot Spitzer's proposed health care budget cuts.

Spitzer's budget would cut health-care spending by approximately $1.3 billion, including a $200 million cut in Medicaid expenditures in the Medicaid program.

Currently, the state's Medicaid program is the most expensive in the United States. In the past, the state has cut Medicaid, and it could cost the state more than $48 billion next year, or 35 percent of the state's total 2007-2008 budget.

The governor's budget would set up programs to make primary care more accessible to Medicaid recipients, rather than relying on more costly emergency room visits. The budget also proposes to reduce Medicaid payments from hospitals that don't use Medicaid as often to those that do. The budget also would try to make Medicaid more easily available to the state's 500,000 uninsured, by streamlining the enrollment process through public outreach and increasing access.

In the Capital District, local hospitals stand to lose $180 million from proposed state and federal cuts over the next three years.

Some hospital leaders have railed against the governor's budget, calling it a "quick fix." Ratcliffe Hamlin, president and chief executive officer at St. Clare's Hospital in Schenectady, called the proposed budget "arbitrary, fire, aim approach," or taking action to achieve a goal without thought of the possible outcome of the changes.

Steve Madarasz, communications director for the Civil Service Employees Association, said in a letter to the governor that he had already cultivated relationships with many of the governor's key staff that he worked in other areas of the state.

"We have had a long history with them in other places," said Madarasz, "and we've placed with the proposed budget that went forward."

Other letters that are issues that the CSEA and the governor disagree on, including aspects of the health-care system and how it affects county-run nursing homes, "We didn't expect to agree with the administration all the time," said Fitzgerald.

"We don't go into any relationship with any governor thinking it will always be racy," said Madarasz.

Iannuzzi said this year's proposed budget increases in the area of education with greater investments in public education.

"For us, we have had the ability to have open dialogue, and there's a willingness to negotiate," said Iannuzzi. "That's all we ask for."

Iannuzzi said the opportunity for dialogue with the past Patkai administration was there, except there was a chasm of differences.

"We had the administration provided an opportunity for conversation, but the starting point was significantly worse," Iannuzzi said.

Breslin said that although he believed the budget is historic, it is a refreshing one, the shroud of secrecy around budget decision-making has yet to be lifted.

"It's as if we were as good as it is," said Breslin. "There's still a lot of back-door decisions.

"This governor speaks very loud, carries a big stick, and he's got very big ears," said Breslin. "You don't have to drink people over the head to convince them.

Powerful union leaders across the state disagree with Tedisco. Iannuzzi said the new administration has objectives in mind.

"We have had discussions with the governor and his staff are very frank and open," said Richard Iannuzzi, president of the New York State United Teachers Union (NYSUT), the state's largest union.

"For us, the relationship has been positive," Iannuzzi said.

St. Clare's is the largest Medicaid emergency room provider in the Capital District.

"First of all, I want to emphasize at St. Clare's...we are an 100 percent support of revising our Medicaid system and restructuring the distribution system," said Perry. "What we're not in favor of is starting that process by whackin the hospitals by $1.3 billion."

Perry said the issue is "enormously complicated." His recommended changes include increasing Medicaid reimbursements to primary care physicians, giving physicians more of an incentive to see Medicaid patients. Perry said he would also like to see HMOs reimbursement reform and mandate the choices of prescription drugs available to reduce costs.

"Everybody is looking for a silver bullet. Let's do this and all the problems will go away," said Perry.

The state's cuts as proposed in Spitzer's initial budget, said Perry, would result in a loss of a little more than $500,000 "for doing exactly what we did in 2006."

"That's a lot of money to us, and we just can't afford it," said Perry.

The losses would have specified that "some can be managed with greater efficiencies and smarter management," commented Spitzer.

"What we're not trying to do is try and squeeze the health-care program, but in fact, it's about the patients and how we take care of them," said Spitzer.

Gov. Spitzer is ignoring the fact that hospitals are the economic force in the Capital Region, and cutting funding to hospitals is not reform," said Gary J. Fitzgerald, president of the Capital Health System, which represents 16 hospitals and health systems in 31 upstate counties.

Budget resolutions were conducted in the state Senate and the Assembly. Both made recommendations to the governor's proposed budget that put more money back into the health-care system.

The Assembly's budget proposal lowers $853 million more to increase access to health care by reducing the trend factor, eliminate prescription drug coverage, and by rejecting $45 million in proposed modifications to the prescription drug program, and by keeping pharmacy reimbursements above the wholesale price for both generic and name-brand drugs.

"While providing a new direction for the future of health care in New York, the governor's cuts to hospitals...the budget...we come on the heels of irresponsible federal actions that will be very damaging to New York health care industries...raised some concerns," said Assembly Majority Leader Sheldon Silver, D-Manhattan.

"Our budget makes clear our continued commitment to ensuring any rethinking of our health-care system is carefully deliberated and carried out responsibly, so that no one is left out or short-changed with it comes to the high quality of care for which New York is so renowned.

The state Senate's health care resolution, supported by Senate Republicans, submitted for negotiation, included a reduction of $54 billion for Medicaid and health programs, including reconstituting $20 billion for health-care providers and $230 million for nursing homes. Senate Democrats voted unanimously in support of the governor's proposed budget.

"The healthcare cuts proposed by the governor's budget first, they put patients at risk," said state Senate Majority Leader Joseph Bruno, R-Brunswick. "Hospitals and nursing homes throughout the state would lose $1.3 billion as a result of the governor's cuts and that would jeopardize health care, cut services, and threaten patient care, and prevent access to our current services and programs. By rejecting these cuts, the Senate Majority is putting patients first, ensuring that we take a stand to protect people's access to quality health care.
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