Police welcome new officer

Although the Bethlehem police are retaining the same number of officers in the department, there's one new face and a handful of new promotions, including the town's first female police sergeant. See story on Page 3.

Taking a dive off the plank

With the 2008 Summer Olympic Games currently going on in Beijing, television viewers are getting a chance to see some of the world's top divers. However, those wowed by those feats, including the number of officers in the police department, are getting a chance to see some female police officers. See story on Page 3.

On the road to World Cup

Melissa Kanuk is going places.

The 1999 Bethlehem Central High School graduate is in England this week for the start of the Nations Cup — an international tournament that serves as a warm-up for the 2010 World Cup.

Race Course attracts diverse crowds of gamblers, entrepreneurs and fun-seekers

By ROSS MARVIN
Spotlight Newspapers
newsw@spotlightnews.com

The walk along East Avenue toward the main entrance of Saratoga Race Course is an immediate reminder of the sheer diversity of the summer racing crowd.

Stable workers lead their horses in and out of their barns while a truck carrying bales of hay pulls out from the busy feed stores.

Next door, men in dark suits and a startling number of women with bouffant hairdos gather outside the Fasig-Tipton pavilion where three horses, a trainer and popular jockey Edgar Prado have just been inducted into the Hall of Fame.

Across the street, on a narrow strip of city-owned grass that lines the sidewalk, teenagers, and even a few twom, hawk bottled water, soda and homemade cookies to the general admission crowd.

"Soda, $1, $3 inside," says Phil Krioss, 13, of Saratoga Springs. "It's Krioss's second year selling water and soda. Where other teenage salesmen have their own stall and tent, Krioss simply sits in a folding lawn chair behind two large coolers."

Krioss said he makes about $80 a day, not bad for a kid who can't legally work at a fast-food restaurant for another two years.

On the road to World Cup

Grisly murder ends the life of Bethlehem grad in Guatemala

Family: Dan Dryden's charisma, enthusiasm will not be forgotten

By JARRETT CARROLL
Spotlight Newspapers
carroll@spotlightnews.com

Former Faura Bush resident and 1960 Bethlehem Central graduate Dan Dryden, a free spirit and an inspiration to many who knew him, was killed on Lake Izabal in Guatemala on Sunday, Aug. 10, while defending his wife and his sailboat from four machete-wielding assailants.

The Dryden family reported that on Saturday, Aug. 9, at around 9:30 p.m., they received a call from a woman in Guatemala informing them that Nancy Dryden was in the hospital and that Dan Dryden, 66, was dead. The woman again spoke with the family later that evening and described the events that took place.

"As they made dinner, anchored away from the marina in the harbor, Dan and Nancy heard a knock outside the cockpit. Dan emerged and found four men armed with machetes who had either swam or
drove out to place once targeted.

By JARRETT CARROLL
Spotlight Newspapers
carroll@spotlightnews.com

"There's a spot off of Forsten Drive and Haswell Drive in the Haswell Farms development that you can hike to, but even if you don't know about it, you're teen-aged son or daughter might."

Most likely they won't tell you about it either.

Underneath National Grid power lines lies a dirt trail that heads up a steep hill a little less than a quarter mile. At the top of this hill is a place that most every parent wishes wasn't there.

Hundreds of assorted beer cans lay strewn about, along with a variety of colorful plastic cups and the occasional ping-pong ball. All of the trash is heaped around two fireplaces covered in melted cans, cups, cigarettes, trash and even half-melted patio furniture.

One can follow the beer cans and broken glass that line the path to an old place, as well as wrappers, containers and other trash.

According to Bethlehem police, the patrol spot is just one of several throughout town.

"We do periodically check these known party spots," said Lt. Thomas Heffernan. "There's several different known locations," said Lt. Thomas Heffernan. "There's a problem just in central Delmar, we have it in Glenmont, Schenctady, Selkirk and Faura Bush."

Heffernan said the department attempts to target specific known spots but that it generally leads to the creation of other party spots in the town.

And when the police do come across an underage drinking party in progress, Heffernan said, "When they see officers coming in, the kids run."

"Quite honestly, it seems when we target these areas it seems to move from one place to the next and then to the next," he said. "As the geography changes and de-
A Delmar man was arrested for his third alcohol-related offense when police saw him driving across Delaware Avenue while dragging his front bumper.

Ryan P. Conley, 27, of Delmar, was arrested on Sunday, Aug. 3, on Kenwood Avenue for felony DWI; felony operating a motor vehicle with a blood-alcohol content of 0.08 percent or greater; consumption of alcohol in a motor vehicle; and failure to keep right.

Bethlehem police say they saw Conley driving south on Kenwood Avenue while he was crossing over to Delaware Avenue, police heard a loud dragging noise and saw an unknown dark object caught under the front end of the vehicle’s motor.

Police also saw that Conley’s vehicle “made an abrupt movement, crossing the double solid yellow line then turn back to the fog line,” according to the arrest report.

The officer following Conley activated his emergency lights, but Conley continued to drive “a few hundred feet” before stopping at the entrance of the middle school, the report states. When interviewing Conley, police reported that they could smell alcohol on his breath.

When asked if he had been drinking, Conley told officers he had three glasses of wine at a friend’s house in Guilderland, “the report states, and when asked if he knew he was dragging something, Conley said “no.”

Conley told police he had hit a speed bump leaving his friend’s house in Heritage Village Apartments and officers observed the vehicle’s plastic guard hanging down and also noted that his radiator was bent.

Police said they called the Guilderland Police Department about any hit and runs, but none had been reported, and Conley was given a field sobriety test, which he failed, and he tested positive for alcohol.

Officers found an open bottle of beer on the passenger-side floor of Conley’s vehicle, and he was taken into custody and transported to the Bethlehem Police Department, the report states.

Police said after his vehicle was towed, Conley submitted to a chemical test and it was discovered that he had been convicted of prior alcohol-related charges in February 2004 and January 2001.

Bethlehem Town Justice Paul Dwyer sent Conley to the Albany County Correctional Facility in lieu of $7,500 bail.

Other arrests
- David Weekes, 44, of Troy, was arrested by Bethlehem police on Saturday, Aug. 2 for felony second-degree burglary; second-degree criminal mischief, a misdemeanor; and a license plate violation.
- Police said Weekes was driving south on River Road without a license plate displayed on his vehicle, and he was stopped at the Greenmont Road intersection.
- A check revealed that an active arrest warrant for burglary was issued for Weekes out of the town of Schodack, according to the arrest report, which was confirmed by Schodack police.
- Weekes was transported to the Bethlehem Police Department and processed before being turned over to Schodack police.

- Trevor J. Lemier, 24, of Delmar, was arrested on Wednesday, Aug. 13, for DWI, operating a motor vehicle with a blood-alcohol content of 0.08 percent or greater; operating a motor vehicle with a suspended registration; failure to notify a change of address on his driver’s license; and failure to notify a change of address on his registration.
- Bethlehem police say Lemier was initially observed stopped in the eastbound of Delaware Avenue waiting to make a left-hand turn, when a registration inquiry by an automatic license plate reader revealed that his vehicle’s registration was suspended.
- Police activated their emergency lights, but Lemier did not stop until he pulled into the driveway of his home on Salisbury Lane, according to the arrest report. Police said a check showed that his registration was suspended due to a lapping of insurance coverage.
- When interviewing Lemier, police said they could smell alcohol on his breath and that he was showing signs of intoxication, and Lemier admitted to officers that he had been drinking last night in Albany.

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**New Scotland weighs building guidelines**

**Advisory panel considers mixed-use zone and building size cap**

**By DAN SABBATINO**
Spotlight Newspapers
dsabbatino@spotlightnews.com

The New Scotland commercial zone advisory committee presented the Town Board with a progress report at the Wednesday, Aug. 14, meeting and suggested a moratorium extension might be necessary.

The committee outlined some of its proposed guidelines, including the desire for a mixed-use overlay zone, which would allow for some residential commercial establishments with a “regional draw.” The committee also stressed a need for a cap on commercial building size and having provisions that provide leniency for exceeding the cap. It has not, however, agreed on a building size cap itself.

New Scotland currently has a moratorium on commercial development, meaning no new commercial buildings over 3,000 square feet can be constructed until the moratorium expires on Nov. 21.

The moratorium was put in place in 2003 in response to outcry against the proposed $4 million development of a 1.75-acre plot of land known as the Bender melon farm. Sphere Development LLC, a company owned by James Van Dyke, had plans to develop the land owned by MLF Enterprises, but the Town Board decided to place a moratorium on large commercial developments until the town can study the comprehensive plan.

The advisory committee has been charged with overhauling the commercial zoning regulations to better fit with the “comprehensive plan,” set forth by the town. The “comprehensive plan” lays out the overall vision as to how New Scotland should be zoned.

Everyone seems to be content with the progress reported said John Biscone, one of the advisory committee members.

Biscone said the advisory committee will most likely be finished with its final recommendations for meshing the zoning regulations and the comprehensive plan within the next two months, however, the Town Board might need additional time to review those recommendations before extending past the end of the moratorium.

“We will probably be done with our recommendation in 60 days,” Biscone said.

He said, though, that by the time the Town Board reviews their recommendations and conducts its own public hearings, it could be an additional 60 or 90 days. Then they have the option of extending the moratorium or reviewing the committee’s recommendation without extending it beyond its deadline.

New Scotland Town Supervisor Tom Dolin said an extension on the moratorium is “50/50” at this point.

“According to what [the advisory committee] gets through,” he said. “It’s a matter of how fast [the advisory committee] gets their report in.”

Tom Dolin
Still barefoot after hours of shoe shopping

By ROBIN SHRAGER SUITOR
Spotlight@daytondailynews.com

I envy Cinderella. Not because she got Prince Charming, but because she was able to dance in glass dress pumps. We’ve all seen the movie and those shoes were NOT comfortable. Slippers do not have heels.

OK, so she got the shoes from her Fairy Godmother, which explains the perfect fit, but what about the comfort?

Cinderella is not alone. I see women walking, dancing and even running in all sorts of heeled footwear. I don’t know how they do it.

Even my “high-heeled” wedding shoes only sported a 1-inch heel. And I had a pair of lacy white sneakers on stand-by for the reception.

Forget high heels. I can’t even stand on them. Even some of the most beautiful shoes are destined for the back room.

I strapped them on for a friend’s wedding, but what about the comfort?

Bottom line: I like shoes, but my feet do not. Well, my left foot is happy wearing my Stilettos only sported a 1-inch heel. And I have a l-inch heel. And I had a 1-inch heel. I never run. Are your shoes still on your feet? (If your child runs out of the shoes, this is an indication that the size is too large.)

That was back in the day when all we needed to buy her were sneakers. "Now we need to find black flats.

It seems like such a simple task. I hold her stinky socks

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It seems like such a simple task. I hold her stinky socks

...
Bethlehem welcomes first female sergeant

Police department names new hire, promotions at ceremony

BY JARRETT CARROLL
Spotlight Newspapers carroll@spotlightnews.com

Although the Bethlehem Police Department is retaining the same number of officers in the department, there’s one new face and a handful of new promotions, including the town’s first female police sergeant.

The police department held a swearing-in ceremony at Town Hall on Monday morning, Aug. 18, for its newest police officer, Michael Malatino, and the promotions of its fellow officers.

Several members of the Bethlehem Police Department joined town officials and residents to commemorate the event.

Police Master Sgt. James Kerr was promoted to the position of first sergeant. Officer Regina Cocchiara was promoted to patrol sergeant; and school resource and DARE Officer Chad Rice was promoted to detective.

Bethlehem Police Chief Kyle Kotary and former town supervisor, Teresa Egan, said: "We’re very proud of your accomplishments," Cunningham told the officers, who were surrounded by friends and family at the Town Hall auditorium. "This is a big milestone in the town of Bethlehem, because Gina will be our first female sergeant."

As for new officer Malatino, Cunningham said, "He comes to us from Rensselaer with a good record, and we’re looking for good things from him."

Malatino is a five-year veteran of the city of Rensselaer Police Department, and he will be assigned to the patrol division. Malatino’s father pinned on his badge and his mother held the Bible during his swearing-in.

Corsi told Spotlight Newspapers on Friday, Aug. 15, about the three officers being promoted.

"Master Sgt. James Kerr (now first sergeant) was hired in 1982, and he was promoted in 1989," Corsi said. "He’s the longest tenured supervisor in the department."

Patrol Sgt. Cocchiara is a 10-year veteran of the Bethlehem Police Department, and with her new position she will now take on a supervisory role. "Officer Chad Rice was hired in 2001. He’s a former DARE officer at the department, and currently working as a school resource officer," Corsi said. "He’s been promoted to detective."

Corsi congratulated all the officers, and the Bethlehem Police Benevolent Association provided food and refreshments after the ceremony was finished.

---

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IN BRIEF

Hamagrael Preschool has program openings

Hamagrael Preschool is a non-denominational, cooperative preschool located at the Delmar Reformed Church, 386 Delaware Ave. Currently, there are openings in the 3-year-old and 4-year-old classes for the 2008-2009 school year. For information or questions about registration, contact Mary Amodeo at 430-8006.

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By ARIANA COHN
Spotlight Newspapers
cohn@spotlightnews.com

The writer is the Colonie, Loudonville reporter for Spotlight Newspapers.

A new age of voting

Conventional wisdom has it that youth and, possibly until recently, the ability to vote, is wasted on the young.

Young people tended to be the first group cut from pollsters’ target lists of potential voters. Seniors have always been seen as America’s most dependable voters; they are more likely to turn out and vote in all elections and contests on the ballot.

But recent statistics and, more importantly, political candidates’ reactions to those statistics, can be trusted, it’s quite possible that we have a young electorate that — gasp — may just possibly care about the future these elected officials will shape for them.

In the 2004 presidential election, younger voters turned out in the highest percentage they had since 1952, and in the third-highest percentage since a constitutional amendment in 1971 lowered the voting age to 18. And while young people currently favor Democrats, most analysts say they are not yet permanently attached to any political party.

Because of the way society functions, this political parties and campaigns this year are lavishing attention on a new generation of young voters. The are using new technologies and marketing legislation geared toward their first interests. In the race for the 21st Congressional District, only two of the seven remaining candidates are not using social networking sites like Facebook or MySpace to reach out to voters. For their part, the two that don’t use Facebook — one Republican, one Democrat — do have Web sites.

While most people are focused on the exposure of our young men and women to the unbridled information that the Web can deliver, politicians have discovered the flipside of that exchange: a heretofore unseen level of influence that the younger generation has on our society.

If a young voter has Internet access, cable TV and a cell phone (and what teenager respecting 18-44-year-old doesn’t have all of these things and more), they are not only able to take in the messages that politicians are sending, they are also able to disseminate it at an alarming rate.

In this sense, politicians have gained an incredible tool for marketing their platforms. We can only hope that our younger voters realize the vital role they play in the electoral process that our younger voters realize the vital role they play in the electoral process.

While they may not even be voting this year, they are certainly using the power they have been given to shape their future and the future of the nation.

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While they may not even be voting this year, they are certainly using the power they have been given to shape their future and the future of the nation.
Information sought on senseless hit-and-run

Editor, The Spotlight:

I have written this letter to discuss an issue that has been overlooked for far too long.

I am speaking about shoulders.

Yes, I am not referring to the shoulders that attach your arms to your torso; I am referring to the spaces between the roads and the drainage ditch.

Yes, I am aware that the town has probably faced this issue many times before, but as a bicyclist, I see this as more than just an issue. For me, it is the difference between life and death everyday.

Every day I wake up, eat breakfast and get ready for work. Then I hop on my bike and ride until I reach Feura Bush Road. This is where the "life and death" part comes in. As I ride down the terribly cracked shoulder, I do my best to keep myself aware of the speeding bodies of metal that surround me, as well as the road, which is riddled with cracks and holes just big enough to catch and trap a bike tire. Weaving in and out of these holes that could send me spinning helplessly under the wheels of an oncoming vehicle before I even know what's happening, I slowly make my way to my workplace.

So far I haven't been injured or killed (obviously), but I have had too many close calls to list. Too many times has a truck whizzed by so close to me that if I had turned my head to look, I would have lost half of my nose.

So please, just expand or at least repair the shoulders. It's needed is just a few places, so I can't imagine that it would cost too much money.

Please at least consider it. My life, as well as many others, may depend on it.

Improved shoulders might even encourage more cycling, which would improve health, reduce fuel usage and reduce carbon emissions into the atmosphere.

Brian Supple
Glenside

Local deli a cut above the rest

Editor, The Spotlight:

I am writing to express my gratitude to the staff at the Delmar Marketplace and McCarrol's butcher and deli.

I frequent these establishments and the reception is always friendly and helpful as well. Lauren is always there in the morning with a warm welcome.

Jim, his wife and son, as well as the other staff, are always welcoming and their food is fantastic.

In a small village where it is safe for my boys to walk to the marketplace, it is great to know they are welcomed and treated with such a sense of being a part of a great community.

Thanks Marketplace and McCarrol's.

Karen Green
Delmar

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IN BRIEF

Grant program applications available

The Hudson River Valley Greenway recently announced that the 2008 Greenway Conservancy Small Grant Program applications are now available. A total of $56,000 is available for grants in this year’s program. Applications can be requested by calling 473-3835 or by emailing the Greenway at hrvg@hudsongreenway.state.ny.us. All applications must be received or postmarked by 4 p.m., Sept. 8.

IN BRIEF

The Hudson River Valley Greenway recently announced that the 2008 Grant program is available for grants in this year’s program. Applications can be requested by calling 473-3835 or by emailing the Greenway at hrvg@hudsongreenway.state.ny.us. All applications must be received or postmarked by 4 p.m., Sept. 8.

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Your Opinion in the Spotlight

Henry Hudson celebration off by more than just a few miles

Editor, The Spotlight:
The Town of Bethlehem is preparing to celebrate the Henry Hudson quadracentennial. The state’s Hudson-Fulton Champlain committee has encouraged localities to observe the sweep of four centuries, not just the one moment. Certainly Bethlehem has had a long and distinguished history, as chronicled in the bicentennial book, “Bethlehem Revisited,” and in the many publications of former Town Historian Allison Bennett.

But I see in the Aug. 6 Spotlight (Town prepares for quadracentennial) a statement by the present town historian that “We are very excited to commemorate Henry Hudson’s September 1609 arrival in what was to become the town of Bethlehem.”

This despite the fact that after a similar statement of hers was published, I wrote to her that this never happened: Hudson sailed past Bethlehem without stopping. This “visit by Hudson” is not even an old folk tale, but rather the creation of former Town Historian Ed Mulligan (a political appointment if ever there was one), although several real historians showed him the evidence to the contrary. He even bandied the Town Board into erecting that silly monument to the non-event that sits in Henry Hudson Park, where it makes the town government and citizenry look like uninformed yokels. The present town “historian” seems to prefer this kind of stuff to history. And she is hardly alone: when I pointed out at a meeting of the Town’s Quadricentennial Committee that the nearest landing by members of Hudson’s crew was at either Green Island or Troy (we don’t know on which side of the river they set foot), the response I got from an appointed member of the board was, “What’s a few miles?”

If you do not see any actual historian involved in the quadracentennial celebration it will be because neither the committee nor the town historian are interested in promoting Bethlehem’s history. No true historian would want his or her reputation compromised by association with what can only be termed deliberate fraud.

Peter Christoph Selkirk

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Creative Arts Studio
The Voorheesville Library will be hosting “The Family Place Parent-Child Workshop” on Wednesdays from Sept. 10 to Oct. 8, from 10:15 to 11:45 a.m.
Each workshop will consist of playtime, art projects, rhyme, and song segment. This is an opportunity to meet other parents with young children, represent the children’s organizations or community agencies that can help with parenting questions, and to have fun at the library.
The five-week workshop is for parents, caregivers and children through age 3. Participants must commit to attend at least three sessions. Older children are welcome but the program is geared for toddlers.
Registration is necessary. For information or to register, call 765-2791.

Free family concert in Hattiling Park
There will be a free family concert at the gazebo in Hattiling Park on Wednesday, Aug. 20, from 6:30 to 8:30 p.m.

The Voorheesville Library will be hosting a free family concert at the gazebo in Hattiling Park on Wednesday, Aug. 20, from 6:30 to 8:30 p.m.

Infor'mation or to·

This week will feature 2 Broads with Ailotta Sound. They are returning for a second engagement and will perform music from all eras. Variety is the name of the game for this fun filled eclectic electric performance. There will be a hot dog cart on site.

Village board to meet
The next meeting for the Village of Voorheesville will be held on Tuesday, Aug. 26, at 7 p.m. in the Village Hall.

Community Preschool has openings
The Voorheesville Community Preschool has openings for the 2009-2010 school year. For information, contact Jennifer Hampston at 765-0135 or you can e-mail her at jenhampston@yahoo.com.

Thacker has plans for summer programs
- There will be a drum-making workshop on Saturday, Sept. 14, from 9 a.m. to 5 p.m. The workshop will be held at the Yellow Rocks picnic shelter in Thacher Park. Instructor and storyteller Zelda Hotaling will teach participants how to create their own unique leather and wooden framed 12" drum and pounder. Participants will also learn some drumming basics. The fee for the class is $125. Class size is limited and the deadline for registration is Aug. 25.

- Weekly walk in the woods are currently scheduled for each Thursday from approximately 9 to 11 a.m.

All walks are easy to moderate and participants may wish to bring a snack, drink, umbrella and insect repellent. Participants should plan to meet at the Paint Mine Picnic shelter parking lot.

In the event of inclement weather, the walks will be rescheduled to the following Friday, same time and place.

For information, call 872-1237.

- There will be a migrating hawk watch held at Thacher Park Overlook on Saturday, Sept. 13, from 10 a.m. to 2 p.m.

Experienced hawk enthusiast Will Aubrey will lead the Seventh Annual Hawk Migration Program at the Thacher Park Overlook. Come and join other hawk enthusiasts - beginners and experts alike - and witness the annual “winged migration” of several species of raptors over the Helderberg escarpment. At this time of year, Monarch butterflies may also be seen making their annual migration.

Information will be on hand for those interested. Hawk watchers and monarch viewers may wish to bring binoculars. The program is free and open to the public.

Aubrey will also be available at the Thacher Park Overlook beginning Sept. 9, through the following week for additional hawk migration viewing.

For information, call 872-1237.

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High Peaks Juggling to perform as reading program winners honored

Voorheesville Public Library

High Peaks Juggling will be entertaining you at the 2008 Summer Reading Program finale on Wednesday, Aug. 27, at 7 p.m.

With a background in children's theater; Ringling Brothers, Barnum and Bailey Circus; and the Give and Take Jugglers, Eric Geoffrey has over 23 years experience in entertaining children and adults.

His High Peaks Juggling show is a highly interactive, comedic juggling experience with elements of vaudeville, theater and the flavor of a variety show.

The whole family is invited and the Reading Program grand-prize winners will be announced and awarded their prizes. Refreshments will be served.

Sign up for September programs
- The Family Place Parent-Child Workshop for parents, caregivers and children through age 3 to be held on Wednesdays, Sept. 10 to Oct. 8, from 10:15 to 11:45 a.m.
- Healthy Choices, a six-week workshop for seniors and/or caregivers on healthy living begins Wednesday, Sept. 3, from 1 to 4 p.m.
- Program notes
  - Don't forget Part 2 of the HTML workshop for teens (grade 5-plus) on Tuesday, Aug. 26, at 9 a.m.
  - Philosophers 101 meet Wednesday, Aug. 20, at 6:30 p.m.
  - The Every Other Thursday Night Poets meet Aug. 28 at 6:30 p.m.
  - Lapsits for Babies will be held on Thursday, Aug. 28, at 10:15 a.m. Sign up, please.

Barbara Vink

www.Spotlightnews.com

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Three join district’s administrative ranks

At its Wednesday, Aug. 13, meeting the Bethlehem Board of Education appointed three new administrators, two of whom will be working directly with students and a third who will be in the district’s business office.

The appointments included Mark Warford as assistant principal at Bethlehem Central Middle School; Thomas McGurl as one of two Bethlehem Central High School deans; and Judith Schoe as the district’s school business administrator.

All three come from outside the district and fill vacancies created this spring. "We are pleased to welcome Mark, Thomas and Judi to BC," said Superintendent Michael Tebben. "They come to us highly recommended, and we are excited about the leadership abilities and experience they bring to the district."

Warford was selected as assistant middle school principal after two rounds of interviews with a committee of administrators, parents, board members, middle school teachers and support staff. Warford, who is currently an assistant principal at Howard L. Golf Middle School in the East Greenbush Central School District, recently moved to Delmar.

"I am very excited to be part of the Bethlehem Central School District and am looking forward to working with Middle School Principal Sandy Morley and the entire administrative team, as well as the school board and community," Warford said. "I am anxious to contribute to the excellent programs at the middle school and across the district and am particularly pleased that I will be doing so in the community where I now reside."

McGurl comes to Bethlehem Central with 16 years of educational experience as a teacher, coach, curriculum specialist and administrator. In the past year, he has been the director of pupil personnel services, a grade 7 through 12 social studies teacher, and the varsity soccer coach in the Bellton Central School District in Bolton Landing. McGurl was also appointed after an interview committee made up of high school administrators, teachers and support staff, as well as district administrators and Board members screened candidates and conducted two rounds of interviews for the position.

"Having grown up in the Capital Region, I am very much aware of the reputation for quality education that Bethlehem Central enjoys," McGurl said. "In my capacity as a dean of students, I look forward to working with the entire Bethlehem Central community to continue this tradition of excellence."

Kehoe is the longtime Bethlehem town comptroller who recently announced her retirement from the town to take the position with the school district, and she has also served on the district’s Citizens Budget Group for the last two years.

"I am honored that the school board and the leaders of the administration have chosen me for this position," she said. "I look forward to serving the community and the district in the management of the school’s business affairs, and I am eager to work with the team of professionals throughout the district."

Kehoe is a certified public accountant and a past president of the New York State Government Finance Officers Association.

Food pantry contributions needed

What are at least 600-plus excellent reasons to contribute items to the Bethlehem Food Pantry?

The 600-plus individuals who utilized the Food Pantry during the past year, plus the 600+ folks who are expected to seek assistance from the Food Pantry in the upcoming year.

The Bethlehem Food Pantry, located at Bethlehem Town Hall, 445 Delaware Ave., Delmar, is sponsored by Bethlehem Senior Projects Inc., with help from Bethlehem Senior Outreach Staff.

Boxes for donations are located conveniently at Bethlehem Town Hall, in the lobby at the YMCA, 900 Delaware Ave., Delmar; and Del Lanes, 241 Delaware Ave., Delmar.
Schools announce reduced meal prices

In recognition that children need healthy meals to learn, Bethlehem Central announced its reduced meal costs through the 2009 school year.

Currently, breakfast costs $4 at the elementary and middle school level and lunch costs $1.75 at the elementary, middle school and high school level. Children from households that meet federal income guidelines are eligible for free meals.

Elementary, middle school and high school level.

For those who receive food stamps, Temporary Assistance to Needy Families (TANF) for any children in the household, or participate in the Food Distribution Program on Indian Reservations (FDPIR), the application must include the child's name, the household food stamp, TANF or FDPIR number and the signature of an adult household member.

For applications, submit a direct certification or reduced price meals.

Reduced price meals cost 25 cents at each level and lunch costs the elementary and middle school.

For information, visit www.fs3.k12.ny.us/foodservices/FAR0809.

— Jarrett Carroll

National database puts library in top 50

Earns ranking for circulation per capita

Last month, Gannett News Service released a searchable database that compares trends in public libraries between 2002 and 2006. Gannett used data from the National Center for Education Statistics (NCES) and numbers collected from libraries' state reports.

Among other things, the database provides a list of public libraries serving populations of 10,000 or more that have the highest circulation per capita.

In a field of approximately 9,200 library systems across the country, Bethlehem Public Library ranks in the top 50.

The report also revealed that library visits, number of visits, operating expenses, and the number of public-one computers. Check it out at http://data.gannettnewservice.com/libraries/library_start.php.

Our library's high national ranking reflects your vitality and involvement. We're proud to be a cultural, educational and social resource for this community.

Drama-Rama

Join us tonight, Aug. 20, at 7 p.m., for a performance by our Drama-Rama Reader's Theater. The family program features a play, a puppet show and more staged and performed by our Summer Reading Club teens. The program will be repeated tomorrow, Aug. 21, at 10:30 a.m.

— Louise Greeco

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Outs ide

(Krishna said he buys soda and water at grocery stores or con-
venience stores to sell to drivers looking for a profit. He sets up his wares
about three or four days a week along the dogleg at a popular hotel.
He thinks he’ll make $1,000 by the end of the meet. He’s saving for a
guitar.

Many of Krishnan’s best clients are his neighbors, he says, but he also has his fans among customers who seem to follow the same
rhythm everyday.

One of the customers on the strip have a certain appeal to families who stop and buy sodas from the boys as they run after kids running a lemonade stand.
But one gets a sense that some of the soda sales are more like used car dealers.

Fifteen-year-old Nicholas By-

rne, of Saratoga Springs, has
dealt drinks on the strip since
he was 10. His coveted spot on
the corner of Page and Avenue
A makes him the area’s top salesman. He brings in more than $400 a day. He says he sells souvenirs and has a crew of his friends work for him.

He has a day-by-day way with
the weather, but he said $400
my first summer, which wasn’t bad for a five-year-old, and I’m doing a lot better than that now,” said Byrne.

—Byrne said he’s had a good
morning. It’s Monday, Aug. 4,
and its one of the first days of
the meet where rain isn’t likely. It’s a Sunday, and the Saratoga
general admission crowd continues to pour in. Most in the crowd are oblivious to the induction festivi-
ties going on across the street. They have one thing in mind: get out of there and plop down their lawn chairs.
If they’re lucky, they might find a picnicker in the stands, like it’s a Monday. On the weekends, families arrive as early as 6 a.m. to put down their tablecloths and stake out a spot.

These general admission folks, who may pay $3 a piece to enter the racing grounds, drag roll

ing coolers full of cold drinks. A preponderance of the men wear brimmed hats that are part of the Saratoga style.

Others dress up for the support of the residents and we encourage tips,” Heffernan said.

“You are something special, and about a party or you see lots of cars packed and kids heading into the woods with backyard
calls us. Don’t wait until the next day.

Besides being illegal, and the obvious health and personal risks
involved with underage drinking, Heffernan points out that there is also a safety risk for both police and teenagers that many overlook.

“It’s hit or miss for the known
spots, but when we do catch people drinking, we get more information
about the kids run, which is another concern,” Heffernan said. “It’s
dark, and running through the woods at night can be dangerous for my officers and the kids.”

Especially if one is intoxicated, Heffernan said, adding that the
situation is made even more dan-
gerous because many of the party areas found by police are located near power lines and waterways.

An other problem police have
with possession of alcohol by
minors consuming alcohol on
their property.

Currently parents can only be charged with possession of alcohol. Heff-
ernan said teenagers caught drinking are usually charged with possession of alcohol by a
person under the age of 21, an offense for which there’s no license to sell.

He’s been hit with $334.20. And it’s not much of a difference for the other lucky attendees, lived on for another race.

The picnic area is packed with families and race enthusiasts at the Saratoga Race Course on Saturday, Aug. 9.

The picnic area is packed with families and race enthusiasts at the Saratoga Race Course on Saturday, Aug. 9.
21st Candidates debate health care

By JARRETT CARROLL
Spotlight Newspapers carroll@spotlightnews.com

Five of the seven congressional candidates for the 21st District located in Saratoga County, including Congressman Michael McNulty came out to discuss health care issues in an interview which was described as a spirited and, at times, tense debate.

The Capital District Alliance for Universal Healthcare, Inc. (CAUHAI) sponsored the debate and co-sponsors included Social Responsibility Council of FUUSA and the Hunger Action Network of New York State.

The debate lasted for about two hours and although some of the discussion deviated from the topic at hand, the debate centered on health care issues and allowed each candidate ample time to share their views.

Democrat candidate Darius Shahinfar and Republican candidate James Burhmaster were both Bethlehem graduates who were prodded in the debate over the issue of whether or not the nation should have a single-payer health care system or system.

The debate was held in the Stephen D. Cooky Memorial Room of the Schenectady County Legislature. He was attending a public hearing on the Schenectady County Community College budget at the same time. Candidate and Coeymans Democrat Tracey Brooks spoke first; followed by a prepared statement from Albany Democrat Shahinfar; Colosse Democrat Phil Steck; Albany Democrat Joseph Sullivan; Amsterdam Democrat Paul Tonko; and Saratoga Republican Steven Vasquez.

Each candidate was given an equal opportunity to introduce himself or herself and highlight their views, and then asked a round of questions selected by the sponsors of the debate. The final half hour of the debate was reserved for questions from the crowd.

Although the debate began in high spirits and intermittent laughter, it quickly turned serious and even contentious at times.

The main point of difference between all the candidates during the debate was whether they supported single-payer health care coverage. In a single-payer system, one person would make decisions on health care for the entire nation.

Five candidates had different responses, but responded as follows:

Scott, a self-proclaimed "conservative Democrat'' and former Republican who was "conversational answers appeared the most out of line with all the other Democrats, eliciting the biggest reaction from the crowd throughout the night."

Sullivan said he was against the single-payer plan, saying he is on Medicare and wasn’t "particularly happy with it." and that the government couldn’t be trusted to functionally run anything, and that he wouldn’t support any measure that would raise taxes.

In America, he said, don’t you “force” people to do things, and that people need to be responsible and take care of themselves. He also said he didn’t want to see the government pay for some of the $700 billion in “death of infants.”

Tonko cited his involvement with the American Lung Association, which addresses insurance policy limits, while serving in the state Assembly, and that the issue of health care would need dialogue and investment “from all of us.”

The debate ended on an upbeat note, with the candidates agreeing that there are "interesting people and such" to introduce single-payer health care coverage if elected to office.

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Beverwyck to hold open meet and greet

The Beverwyck retirement community in Slingerlands is holding an open neighborhood room that Beverwyck makes available for educational meetings and gatherings. The event is free and open to all, and refreshments will be served.

For information about the event, call Beverwyck at 451-1003.

Students clean up

Glenmont Job Corps staff and seven facility maintenance students celebrated National Recreation and Parks Month by organizing a beautification and clean up project at Henry Hudson Park in the town of Bethlehem. "These community service projects are a great way for our students to give something back to our community and to use their Job Corps training to benefit others," said Nick Kudenaszky, Logistics Manager. Over the last 42 years, Job Corps has made a difference in the lives of more than 2 million economically disadvantaged young Americans.

Annual Five Rivers Fall Festival set

The Annual Five Rivers Fall Festival will be held Saturday, Sept. 20, from noon to 4 p.m. at Five Rivers Environmental Education Center on Game Farm Road in Delmar. Called "One of the greatest seasonal festivals in upstate New York," thousands of people attend the festival each year. The 400 acres of Five Rivers include broad fields, towering forests, tranquil ponds and wetlands—and the various forms of wildlife that live in those habitats.

This year’s event will feature many new activities for the whole family to enjoy. Stop by the community campfire for stories, songs and safety tips; join in painting a life mural; attend a Passover"; and collect showing different natural habitats; decorate your own habitats. The festival will be held rain or shine. Admission and refreshments will be served.

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School of debt: how to financially survive graduate school

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

O n average, today’s college undergraduate leaves school with $26,000 of student loan and credit card debt. For those who go on to graduate school, the debt load rises to $42,000—or more—up to $125,000 for those who make it through medical school. Short of buying a house, it’s easily one of the biggest and arguably the most important investments an individual will ever make.

The question is, is it worth it? If so, can it be more affordable?

In most cases, the answers are yes and yes. In fact, according to the U.S. Census Report, individuals with a master’s degree generally earn at least $10,000 more than those with just a bachelor’s degree. The range varies according to industry with people in professional fields (law and medicine) getting the biggest returns on their investments. However, financial aid is not as readily available for students attending graduate school, so reducing the cost is largely a matter of diligence.

Find the money

You all know Cuba Gooding Jr., right? Jerry Maguire. "Show me the money, Jerry." Unfortunately, as a graduate student, you’re probably your own Jerry and represent your best chance at making grad school more affordable. So, if you’re going to make it happen, you better know when and where to look, and you better be ready to work. Here’s a list of some common ways current graduate school students make it—without incurring an astronomical amount of debt.

1. Get hired. It may seem anti-

thesisical, but getting a job prior to beginning graduate school can sometimes be the most cost-effective way to finance your continued education. Why? Because many employers offer tuition reimbursement as a part of their benefits package. Important things to consider when weighing if this option is right for you is the amount of time you will have to commit to work and study, your post-degree obligations to the company (for example, if you leave within a predefined timeframe, will you need to repay the cost of your education?) and minimum grade requirements for continued support. An upside to this option is that you will be advancing your career at two fronts—in the office and in the classroom—which could help you earn more money and push you up the corporate ladder more quickly.

2. Score an assistantship. If assis-
tantships are one of the most common and practical ways students (and some faculty) who are considering cheap labor. In fact, experts estimate that nearly half of all students in this category have an assistantship. Typically, assistantships translate into stipends and a stipend. In return, students teach an undergrad course, help with research assistance or perform administrative tasks within a university department. Assistantships can be competitive and are usually made at the department level, so the earlier you inquire about your options and lobby on your behalf, the better it is. As with most financial aid options, you must have all your loan documents ready before signing up to ensure you qualify.

3. Calculate how you will repay your consolidated loans. Once you have decided which loans to make and have evaluated your alternat-

ives, you can use an online tool to determine a projected repayment schedule. Rather than pay from borrower to borrower, but securing a good rate can save you a lot of money in the future.

Loan consolidation can generate a significant cost savings, but it is not a universal solution. To determine if it is the best option for you, work with an education lender.

Key Education Resources provides online information and tools at www.Key.com/education that can help you find the best loan and repayment option for your situation.

Financially surviving graduate school is not all about financing your education. It also includes all of the financial decisions you make while you are in school, particularly those with your credit card. Avoid charges that can add up to a large balance before your statement arrives. Protecting your credit rating, as well as your identity, while you are in school is also important. College students are popular targets for identity thieves. To ensure that you are not victimized, or to minimize the damage if you are a victim of identity theft, check your bank and student accounts regularly.

Also obtain and review your free annual credit report online by going to www.annualcreditreport.com.

Secure your future

The key to financial freedom is making sound and informed decisions. In addition to considering graduate school, this starts at estimating the value of the self-employment. As a student having a master’s degree will not necessarily earn you more money. In fact, depending on your path, a master’s degree may do little to nothing to advance your career while dramatically increasing your debt burden.

Another important consideration is your projected income versus your debt load. Generally, your total student loan debt should not be greater than your projected starting salary. It’s in your best interest that you are going to start your professional life in a deep finan-
cial hole, so that you may not be able to dig yourself out of. So do your re-
search. Make sure you understand your projected income and advancement poten-
tial because at the end of the day, the bottom line of a college degree is to maximize your earning potential and help you financially independent future.

About the author: Anthony Lanzillo is senior vice president of KeyBank and head of the region’s Retail Banking team. He can be reached at 518-257-8598 or Anthony_lanzillo@keybank.com.

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Anthony Lanzillo
Senior Vice President Retail Banking, KeyBank
Summertime fair

Delmar Place held its second "state fair" at its Delaware Avenue location on Sunday, Aug. 17. "Fairgoers" played games, got fake tattoos and caricatures painted. Delmar fire and rescue squads also took part in the event. Delmar Place is an assisted living residence at 467 Delaware Ave, Delmar.

IN BRIEF

Thacher Park to host reunion
There will be a reunion for the descendants of Teunis Cornelisse Slingerland on Saturday, Aug. 23, in the Glen Doone area of Thacher Park. A meet and greet begins at 10 a.m. and lunch is at 1 p.m., followed by speaker Martha Slingerland at 2 p.m. For information, call 768-2184.

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Robert H. Gericke
Robert H. Gericke, 84, of Ravena, died Saturday, Aug. 9, at the Stratton VA Hospital in Albany.
Born in Bluepoint, Long Island, Mr. Gericke grew up in Yorkville, lived in Westbury, and after retirement he moved to Ravena.
He was an Army veteran who served during World War II, during which he was captured as a POW and received the Purple Heart and Bronze Star.
Mr. Gericke was a member of the Chicago, IL; 30th Infantry in the invasion of Anzio.

Ravena Knights of Columbus, a member of the Chicago, IL; a son, Environmental Education Center, the Babcock Funeral Home in Albany.

Mrs. Gericke gave nature walks to elementary school classes, and started the outdoor nature program at Slingerlands Elementary School.

Mrs. Gericke enjoyed traveling with her family, whether it was camping in the Adirondacks, hiking through Saguaro National Park in Tucson, Ariz., or visiting her parents in Marion, Mass.

She will always be remembered for her compassionate spirit, cheerful attitude and the positive impact she had on all those whom she touched, her family wrote in a tribute.

Wendy Suozzo
Wendy (Bequest) Suozzo, 57, of Slingerlands died Thursday, Aug. 7, at her home.

She was an environmental educator at Cape Cod National Seashore, Sharon (Conn.) Audubon Center, Five Rivers Environmental Education Center, Capital Region BOCES, and Friends of Five Rivers.

As program coordinator for the Friends of Five Rivers, Mrs. Suozzo worked with volunteers to teach students about the environment.

Her passion for the environment led her to see the spiritual aspect of life, and she was involved in Qigong, meditation, Tai Chi, yoga and the Course in Miracles.

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Wendy’s life was full of joy and love, her warmth and enthusiasm were felt by everyone she met, her family wrote.

Wendy will be missed by her family and friends.

Survivors include her husband, Jeanne Locke Foley; two daughters, Patricia Gericke of Chicago, IL; two great-grandchildren; and several nieces.

Services were from the St. Patrick’s Church in Ravena, and arrangements were by the Babcock Funeral Home in Ravena.

A chemotherapy pill worth talking about
Imagine an effective option to treat your metastatic breast cancer without some of the challenges of other therapies.

There is a convenient chemotherapy that could mean more flexibility in how and when you take your treatment.

Now that’s worth talking about.

Find out more about an oral chemotherapy product at www.aboutoralchemo.com.

Save The Date!
BCHS Class of 1978
30-Year Reunion
Saturday, October 11th, 2008
Comfort Inn, 9W, Glenmont
7pm-12am

Invitations & Announcements
Featuring Carm’s Stationery,
Kate Spade, William Arntzt, Vera Wang and more
Come in for a free consultation today!

Stuyvesant Plaza, Albany, NY
518-438-8409

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Stuyvesant Plaza, Albany, NY
518-438-8409

John F. Foley
John Francis Foley, 57, of Glenmont, died Sunday, Aug. 10.

Born in Boston, he was the son of the late Thomas F. and Jeanette Mlewecki Foley Jr. Formerly of South Boston, Mr. Foley was a longtime employee of the Marriott Hotel Corporation.

He was an avid sports fan and member of the Columbus of Columbus.

Survivors include his wife, Jeanne Locke Foley; two daughters, Patricia Gericke of Chicago, IL; two great-grandchildren; and several nieces.

Services were from the St. Patrick’s Church in Ravena, and arrangements were by the Babcock Funeral Home in Albany.

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Ow11er:

John Matey Jr.

John Matey Jr., 84, died Saturday, Aug. 10, at Ellis Hospital in Schenectady.

Born in Johnson City, he was the son of John Sr. and Susan P. Matey, and he enlisted in the Navy after graduating from high school. Mr. Matey served aboard the USS Palmer in the Pacific Theater in World War II. Mr. Matey joined the New York Telephone Company after the war and began a career in engineering and network administration. He was a member of the Telephone Pioneers and the Institute of Electrical and Electronic Engineers and was active in local events. Mr. Matey was also a communicant of the First Lutheran Church of Albany, where he was a member of the choir.

His hobbies included golfing, travel and grandparenting. Survivors include his wife of 51 years, Jane McGowan Matey; two daughters, Pamela A. McVeey of Oneonta, and Mary-Sue Storey of Prescott, Ky.; a son John Matey III of Newburgh; and seven grandchildren.

Arrangements were by the Frederick Funeral Home in Albany, and services were from the First Lutheran Church of Albany. Inurnment took in GraceLand Cemetery in Albany. Contributions may be made to the First Lutheran Church of Albany, 646 State St., Albany 12205.

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James F. Warden

James F. Warden Jr., 65, of Delmar, died Saturday, Aug. 9, at Albany Medical Center.

Born in Carlsbad, N.M., he was the son of the late James Frederick Warden Sr. and Mary Gardner Warden.

Mr. Warden attended Carlsbad High School and then Colorado College in Colorado Springs, Colo. He volunteered for two tours of duty in Vietnam as an artillery officer in the Army.

During his service in Vietnam, Mr. Warden was awarded two bronze stars and continued to serve as a lieutenant colonel in the Army Reserve until 1994. After returning from Vietnam, he entered school at Cornell Law.

Following graduation from law school, Mr. Warden took full responsibility as a single father to raise his oldest daughter, Mary Elizabeth Warden. He began to work as an attorney for the Public Service Commission in the early 1970s and then soon moved to the Consumer Protection Board.

Retiring in 2003 from the CPB, he ended his career there in the position of general counsel for the agency. Mr. Warden was also a long-time member of the Do Not Call registry.

"In his private life, James was a very talented jazz and ragtime pianist, at one time supporting his baby daughter at the Honey Bucket in Colorado Springs," his family wrote in a tribute. "He was also a skilled sudoku player, author of an unpublished novel, 'The Making of Perfect Soldiers,' a dedicated gardener, and a very proud father and grandfather."

He was married to the late Constance Rhoads Warden for 18 years.

Survivors include his daughters, Mary Elizabeth Warden of Delmar, Melissa Rhoads Warden of Palo Alto, Calif., and Sarah Smith Warden of Delmar; a brother, Tillman Warden of St. Paul, Texas; and his three grandchildren.

Services were from the Applebee Funeral Home in Delmar. Interment services with full military honors were held on Wednesday, Aug. 13, at the Bethlehem Cemetery in Delmar.

Joseph F. Sapienza

Joseph F. Sapienza, 75, of Slingerlands, died Monday, Aug. 11. Born in Brooklyn, he was the son of the late Frank and Sadie Sapienza.

Survivors include his wife of 54 years, Rose S. Sapienza; a son, Frank J. Sapienza; three daughters, Deb Piazza, Lisa Hendicups and Rosanne Sapienza; a brother, Vincent F. Sapienza; nine grandchildren; and three great-grandchildren.

Services will private at the convenience of the family. Contributions may be made to Koinonia Primary Care, 553 Clinton Ave., Albany 12206.

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NOTICE

WATER CONSERVATION

Town of Bethlehem

Water District No. 1

The use of water for sprinkling of lawns, shrubs and gardens shall be prohibited between the hours of 10:00 a.m. to 6:00 p.m.

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Twist Ice Cream Shoppe

Located at the Jericho Drive-In
19 Jericho Road, Glenmont
518-767-3399

Now Serving a Full Lunch Menu!!

Cheeseburgers, Hamburgers, Hotdogs, French Fries, Cheese Fries, Pizza Rolls, Chicken Tenders, Mozzarella Sticks, Mini Hot Dogs

Served Daily 11AM-10PM
Current Flavor of the Week: Strawberry Cheesecake

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Kids.gov

The Official Kids Portal for the U.S. Government

A public service message from the U.S. General Services Administration.

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Reillys celebrate 50 years

Herbert and Susan Reilly of Voorheesville celebrated their 50th wedding anniversary on Saturday, Aug. 16, at a celebration hosted by their children at their son’s house in Voorheesville.

The couple married Aug. 16, 1958, at Our Lady of Mercy Church. They renewed their vows Saturday, Aug. 16, at Our Lady of Mercy Church in Colonie.

The former Susan Brown worked for Reilly and Son Funeral Homes in Colonie and Voorheesville.

Herbert Reilly worked for Reilly and Son Funeral Homes in Colonie and Voorheesville and was an Albany County legislator. The couple’s children are Herbert and Silvana Reilly, James and Anne Reilly, Margaret and Michael Quay, David and Cheryl Reilly, John and Bonnie Reilly, Peter and Cheryl Reilly, Daniel and Michele Reilly, Catherine and Matthew Navin, and Richard and Molly Reilly.

The couple has 27 grandchildren.

Bethlehem YMCA to present musical
The Bethlehem Area YMCA is presenting a musical production of “Annie” from Friday, Aug. 22, to Sunday, Aug. 24.

The Friday show is at 8 p.m., Saturday’s show is at 7 p.m., and Sunday’s show is at 2 p.m.

Tickets are available at the door and cost $10 for adults and $8 for children and seniors.

Golf tournament raises money for local care
The annual Delmar Kiwanis Foundation charity golf outing on Monday, Aug. 4, helped to raise more than $10,000 to support services for the Kiwanis pediatric trauma unit at Albany Medical Center.

This year’s outing was dedicated to the memory of Jan Warren, a longtime supporter of the event, who died in April.

Just married or engaged?
Call 439-4949 for an announcement form.

Dean’s List
University of Delaware
Danielle Kaplan of Glenmont

Got news?
Call Spotlight at 439-8498.

Milestones in the Spotlight
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Nature of a hike, 25 years later

Twenty-five years changes people and places. Both grow up and nature and both show the effects of time and nature.

I recently witnessed the aftermath of a place left alone for nearly three decades with my childhood friend Tracey on a long trek in the woods where we used to wander as kids. While the land was changing under Mother Nature's tutelage, we too were changing and branching out. Now both of us and our places were to be reunited.

With no route in mind, we set off to find our "cardboard valley," "fort," and "the bridge." These names were pretty straightforward, but we would find that the paths to them were not.

Like most kids growing up in the '70s, our neighborhood was our playground to do with as we wished. Our neighborhood was one of those "young subdivisions." Not all of the land was cleared, and much of it was under some phase of construction and up for grabs as far as we were concerned.

Our walks always meant gathering wheat pods in our hands as we strode through fields, woods and streams. As Tracey recently reminded me, "Remember when we thought about making bread from that wheat we carried around?" Now we were walking through those same fields, only they weren't filled with wheat, they were filled with knotted, thick, mosquito-infested vegetation.

As usual, Tracey was the first to step into the woods. Neither of us said much, we were 11. Our minds got rational, and we decided to find our way out. The paths to changing seasons in your backyard.

Over the following weeks and months, this column will offer suggestions for places to go and activities for all ages to engage in nature. Although we didn't know it at the time, my friend Tracey and I were gaining insight into how to get through parts of life. Our jaunts helped us look for signs of changing weather, taught us to use natural landmarks, strengthened our sense of direction and gave us goals to achieve. If you were a part of a similar generation and are raising kids now, think of what a great gift you'll be giving them by showing them things about the natural world on a scale accommodating to 2008.

The trails of Hollyhock Hollow are year-round. Hikes can be anywhere from 10 to 45 minutes long depending on your chosen route, and the difficulty level ranges from very easy to moderate. Directions may be found online at audubonint.org/programs/asny/hollyhockhollow.org or by phoning (518) 356-3300.

With one landmark hit and a few missed, our adult minds got rational, and we decided to find our way out. The paths hadn't changed our ambition, but our bodies needed lunch. On our way out we passed again through "cardboard valley," and as we turned around, we saw a lone willow standing majestically on top of a hill. It seemed to be a testament to our finding the valley, so we visited it. It was new to our eyes, and we figured it must have been a sapping there on our last walk.

That was a different time, and roaming in such places was almost commonplace. Not so in 2008. For so many reasons, it would now be unheard of to let kids go out and roam like most of us did. On the surface, there seem to be so many limitations now to interacting with nature, but there are still ways to enjoy it.

A great natural area to visit in the town of Bethlehem is Hollyhock Hollow Sanctuary in Selkirk. Visit a nature trail and start creating memories with your children. Bring a notebook on a hike, and pick one or two things to search for. For example, in spring, look for flower buds and listen for birds that were absent during winter. Make a few notes and take a few pictures.

It time doesn't allow for a short trip, put your observations skills to the test by looking for signs of the changing seasons in your backyard.
Entertainment in the Spotlight

Left: Divers Kelsey Orten (left), Kelly White (right), and "Captain" lan Hogan execute a tandem dive. Below: Crew members get the crowd wet during a performance at the Great Escape & Splashwater Kingdom theme park in Lake George.

By ERIC JONES
Spotlight Newspapers
news@spotlightnews.com

With the 2006 Summer Olympic Games currently going on in Beijing, television viewers are getting a chance to see, among other athletes, some of the world's top divers. However, those wowed by those feats need not go halfway around the world. They can see the same diving up close and personal, as the Great Escape and Splashwater Kingdom Theme Park in Lake George features one of the premiere diving shows in the entire country. Titled "Pirates: The Search for the Treasure of the Lost Lagoon," the performance combines death-defying dives, spectacular stunts, and a load of laughs for some wet-and-wild fun for the whole family.

"Pirates!" is a production of Mirage Entertainment, a California-based company specializing in the production of live shows for amusement parks. The show is managed by Eric "Bones" Bohnert, a Minnesotan native and longtime diver who began working with the company while living in Germany.

"I started diving when I was about 16 years old, then I started working with a couple of other companies, and then I started with Mirage," said Bohnert. "I started working my way up about six years ago, and now I'm the boss." Bohnert took over production of the "Great Escape's" diving show approximately four years ago, and transitioned it into the extremely popular swashbuckling performance it is today. The performance regularly draws huge crowds and was named the top-rated show in all six Flags theme parks for 2007.

The storyline of "Pirates!" features a group of young sailors under the command of a greedy captain who nothing more than the treasure hidden at the bottom of Lake George. What follows are some stunning high dives from a troupe that has included divers from all over the world, as well as some circus acts and some crowd interaction as the performers douse the first five rows with water. The show climaxes with an incredible dive from Bohnert while engulfed in flames, as well as an enormous high dive by Kirby Mattocks from the very top of the ship's mast.

Mattocks, originally from St. Peter, Minn., had been diving for over a year when he received a call from Bohnert. "Bones called me up one day and had me come here to do this show, and I'm definitely happy with the switch," he said.

The performance also features several area divers, including lan Hogan, going into his senior year at Ballston Spa High School. "Love it...it's a lot of fun, entertaining, it's just making people laugh, it's just a good experience to be in front of huge crowds," said Hogan.

In addition, the show will go on the road later this year at the conclusion of the Great Escape's 2006 season, as much of the "Pirates!" crew will be heading to perform overseas in China. "I'm really excited for it," said Mattocks. "I love traveling, and it'll be a great experience.

"Pirates!" The Treasure of the Lost Lagoon" has multiple shows every day at the Great Escape and Splashwater Kingdom. For show times, contact the park office at 792-3500.

BOB BAHNERT PREPARES TO PERFORM A DEATH-DEFYING FIRE DIVE.
**MOTHERS OF PRESCHOOLERS (MOPS)**
Christian fellowship group for mothers of preschool children. Drop-In/Reformed Church, 385 Delaware Ave., Sunday care provided, 9:30 a.m. until 11:30 a.m., Information, call Jeri at 439-9609 or e-mail, vinda@msn.com.

**BETHLEHEM LIONS CLUB (NOT IN JULY OR AUGUST)**
Normandy Country Club, Delmar, 7 p.m., Information, 439-4857.

**ALZHEIMER'S SUPPORT GROUP**
Northshire Alzheimer's Association Meeting for caregivers, caregivers, and friends. Delmar Presbyterian Church, 385 Delaware Ave., Wednesday, 12:30 p.m., Information, 439-9629, ext. 229.

**SOLID ROCK CHURCH**
1 Kensington Road, Feura Bush, 10:15 a.m. Sunday school, call 765-2615, study, 7 p.m. Information, 765-2655.

**ENEWING ON THE GREEN**
Bethlehem Public Library Free Summer Concert Series, 7 p.m., Information, 439-9841.

**BC SCHOOL BOARD**
When School is in Session, meeting at 7:30 p.m. 439-7098.

**ZWINGLIAN LIONS CLUB**
Bethlehem Town Hall, 445 Delaware Ave., 7 p.m., Information, 439-9850.

**CHSU'S TRASH PICKUP**
Albany County, 7 a.m. to 1 p.m. in the nursery. For information call 439-9629 or e-mail, vinda@msn.com.

**BETHLEHEM LIONS CLUB**
Normandy Country Club, 7:30 p.m., Information, 767-2650.

**PLAYGROUP MEETING**
First United Methodist Church of Voorheesville will meet from 10:30 a.m. to noon in the nursery. Playgroup provides opportunities for children and pre-kindergarten age children to socialize in a relaxed atmosphere. Information, call 439-9617, ext. 229.

**BETHLEHEM**

**FAITH TEMPLE**
Bethlehem Baptist Church, 7:30 p.m. Information, 439-8020.

**NEW SCOTLAND**

**FAMILY TEMPLE**
Bible study, New Harlem, 7:30 p.m., Information, 439-8020.

**PRAYER MEETING**
Evening prayer meeting and Bible study, Mountaintop Evangelical Free Church, Route 19, 7 p.m., Information, 439-7091.

**NEW YORK STATE ONE-STOP**
Youngsters Opportunities, 66 Main St., Delmar, at 7:30 p.m., Information, 439-7047.

**WEDNESDAY, Aug. 21**

**DELAR**

**WEDNESDAY, August 22**

**BETHLEHEM**

**YMPA MUSICAL ANNIE**
Bethlehem Barn and YMPA is presenting a musical production of "Annie" from Aug. 21 until Aug. 24. Door hours from 6:30 p.m. to 8 p.m. YMPA Schoolhouse, 2232 Route 78W, Bethlehem.

**NEW SCOTLAND**

**NEW YORK STATE ONE-STOP**
YMPA MUSICAL ANNIE: "Annie" is the story of a young orphan who needs a new home. Thanks to the kindness of her adopted parents, Annie learns to trust and love again. This musical is suitable for all ages. Run time: 2 hours, 45 minutes.

**WEDNESDAY, Aug. 24**

**BETHLEHEM**

**YMPA MUSICAL ANNIE**
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**CALL 439-9677 or Information.**

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**BETHLEHEM**

**PEACE VIGIL**
Bethlehem Heights for Peace, every Thursday from 6:30 p.m. to 7:30 p.m., 5-6 p.m. Information, 439-1958.

**DELMAR KINNANS**
Too's Family Restaurant, Delmar Avenue, 7 p.m., Information, 439-9320. Petey's Deli, 439-3020 in Geneva at 439-9299:

**NEW SCOTLAND**

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**WEDNESDAY, Aug. 27**

**BETHLEHEM**

**DELAR**

**WEDNESDAY, Aug. 27**

**BETHLEHEM**

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**BETHLEHEM**

**ZOWN BOARD OF APPEALS**
New Scotland Town Hall, Route 60, 7 p.m., Information, 765-3506.

**V'VILLE VILLAGE BOARD**
Village Hall, V' Ville, 7 p.m., Information, 765-2881.

**PLAYGROUP MEETING**
First United Methodist Church of Bethlehem will meet from 10:30 a.m. to noon in the nursery. Playgroup provides opportunity for children and pre-kindergarten age children to socialize in a relaxed atmosphere. Information, call 439-9617, ext. 229.

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**ALZHEIMER'S SUPPORT GROUP**
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**SOLID ROCK CHURCH**
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**CHSU'S TRASH PICKUP**
Albany County, 7 a.m. to 1 p.m. in the nursery. For information call Jeri at 439-9629 or e-mail, vinda@msn.com.

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1 Kensington Road, Feura Bush, 10:15 a.m. Sunday school, call 765-2615, study, 7 p.m. Information, 765-2655.

**CHSU'S TRASH PICKUP**
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**The Spotlight**

August 20, 2008 • Page 11
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The Brewers and Cubs eliminate the Dodgers and Phillies, thus creating Bud Selig's dream. National League Championship Series match-up (remember, Selig was once Milwaukee's owner before he became überlord of Major League Baseball).

Around this same time, the New York Giants are being questioned by no one thinks to ask why he's starting 2-4 because Brett Favre has thrown into turmoil when Tom Brady announces he needs some time away from a strip club at 3 a.m. Jones claims it was all a setup orchestrated by Eli Manning to keep him from playing in Dallas' No. 2 game against the Giants.

The Rays beat the Cubs 9-0 (ex 0-0) to win the World Series in seven games. In related news, hell freezes over, cats call a truce with mice and Hank Steinbrenner makes plans to trim the Yankees payroll to $40 million.

Siena beats Tennessee, Georgetown and Michigan State to win the Old Spice Classic men's basketball tournament during Thanksgiving weekend.

**Road**

(From Page 40)

"We are a good team, and we have great potential," said Kanuk. "So when we do get together (practically), we work really hard to get better." Moving up the international rankings for the first time, the women that the Eagles play against have a higher level of experience than we do. Still, the opportunity to play on the international stage is something Melissa Kanuk never had dreamed of.

"Compared to rugby in the United States, international rugby was a lot more fast and harder hitting," said Kanuk. "And in other countries, the games are a lot quicker. We don't have a lot longer. The teams that we play against have a higher level of experience than we do."

The Rays take the first two games of the Series against the Cubs in Tampa. Suddenly, the north side of Chicago grows very white.

Around this same time, Tom Brady breaks up with Katie Holmes and starts dating Sheryl Crow.

In other NFL news, the league suspends Adam (don't call him Pacman) Jones for failure to stay away from a strip club at 3 a.m. Jones claims it was all a setup orchestrated by Eli Manning to keep him from playing in Dallas' No. 2 game against the Giants.

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**Fall**

(From Page 40)

Mets general manager Omar Minaya contacts Minnesota about trading Johan Santana back to the Twins for Joe Mauer, Joe Nathan and a cup of Joe.****
Giants plan return to Albany next year

The New York Giants announced last week that they will bring their training camp back to the University at Albany in 2009. "We look forward to continuing our relationship with the University at Albany and the city of Albany," said Giants president John Mara. "UAlbany is our summer home, and that's not just because of the great resources we are provided, but it is mostly because the administration and staff have made us feel welcome and have always one out of their way to accommodate our needs."

By picking up their option for 2009, the Giants will spend a team-record 14th year at a summer training camp facility. The Giants spent 13 summers at Pace University from 1975 to 1987.

Attendance for this year's training camp -- which ended Sunday -- exceeded 44,000 fans.

Braves seek players for 2009 season

The Bethlehem Braves Mickey Mantle team is looking for players and coaches for the 2009 season. The team is open to boys age 13 to 16 and plays in four travel leagues. For information, visit the team's Web site at www.bethlehembraves.com.

Academies host fundraiser tourney

The Albany Academies will host a golf and tennis tournament Monday, Sept. 22, at Schuyler Meadows Country Club in Loudonville.

Money raised from the event will benefit the private school's arts programs.

Registration for the event can be done online at www.albanyacademies.org. For information, call 429-2648.

Kanuk joins national elite team on England trip

By ROB JONAS

Melissa Kanuk is going places.

The 1999 Bethlehem Central High School graduate is in England this week with the United States National Elite Rugby Team for the start of the Nations Cup -- an international tournament that serves as a warm-up for the 2010 World Cup.

This is Kanuk's second trip to England with the U.S. National Team. She was there with the Women Eagles during their most recent trip in December.

"We do hope to make a statement out there and turn some heads," said Kanuk before she left Saturday.

Kanuk was chosen out of a pool of approximately 60 players nationwide to join the elite team of the Nations Cup, which will also feature national teams from England and Canada.

"During the year, they have events that they will invite you to," said Kanuk. "You can be invited to events and never be invited to play on the World Cup team."

Kanuk's rugby career started when she arrived at American University in Washington, D.C. in the fall of 1999.

"I went there to try to play soccer as a walk-on, but I soon decided that I didn't want to play a varsity sport. So, I looked for a club sport to try," said Kanuk.

"My roommate and I went to dining hall one day, and the women's rugby team had walked in from a practice. We were pretty much surrounded by them, so I asked them about the team, and they told me all about it."

What Kanuk learned about rugby led her to join the team. By the spring of 2000, she was playing every match, even though the sport -- which closely resembles American football minus the use of protective helmets and pads -- was foreign to her.

"Some things (about rugby) were more natural (to me) than others," she said. "I had come from a background of playing mostly soccer and basketball, so the concept of the game was different."

What wasn't different was Kanuk's role. Like her career as a midfielder on Bethlehem's varsity soccer team, she was placed in a role on the rugby field where she orchestrated the offense -- a role she carries on today.

"In a lot of team sports, what makes you successful is that you can see the whole field," said Kanuk. "That's no more true than in rugby. You have so many different types of players that you have to rely on each other to do what they are supposed to do in order to be successful. Everyone has to work together."

After graduating from American University in 2003, Kanuk still wanted to play rugby. So she signed on with the Maryland Stingers, a club that plays in both a Mid-Atlantic region league and at national tournaments.

"We do travel a bit," said Kanuk, who has played matches as far away as Florida and California. "Being in the east, there are a lot more teams, so we don't always have to travel far."

While playing for the Stingers, Kanuk built up a reputation that got her placed in the National Team pool. Her first call-up to the elite team came last winter.

"It is an honor to be part of that (elite team), but you have to keep working hard to improve," said Kanuk. "When you're part of the (National Team) pool, you have to continue to improve both yourself and as a team."

The Women Eagles have a lot to live up to as they prepare for the 2010 World Cup. The United States finished fifth in the last World Cup in 2006, and the team is looking to break into the top four.

Predictions fall like autumn leaves

If it's the middle of August, then it must be time for some fall sports predictions.

The Tampa Bay Rays win the American League East, thus throwing the earth off its axis (at least, according to Hank Steinbrenner). Boston holds on for second place and the American League wild card, thus throwing Steinbrenner into a fit of rage that results in the firing of Joe Girardi, Brian Cashman and the scoreboard operator.

The Minnesota Twins win the American League Central on the last day of the regular season. Shortly after learning of the Twins' division title, Chicago White Sox manager Ozzie Guillen's head explodes from rage.

The Los Angeles Angels of Anaheim win the American League West. But, we all knew that back when the Oakland A's traded away their remaining good players for a bunch of prospects that no one will see until 2010.

The Philadelphia Phillies win the National League East when the New York Mets baulk in the umpire's time. Mets fans everywhere start reminiscing about the good old days of the Armando Benitez era.

The Chicago Cubs win the National League Central when Milwaukee grabs the wild card after deciding to use a two-man pitching rotation of CC Sabathia and Ben Sheets. Hey, why trust any other pitcher when you have Sabathia and Sheets?

The Los Angeles Dodgers win the National League West, thanks to Manny Ramirez's 26 home runs following his trade from Boston. However, Jeff Kent will remain peeved that Ramirez is stealing all the headlines.

Around this same time, the Miami Dolphins will be mathematically eliminated from playoff contention in the National Football League. Also, Syracuse University's football team will be mathematically eliminated from bowl eligibility.

The Rays and Twins keep the magic going by eliminating Boston and Anaheim from the American League playoffs. Meanwhile,
The only goal of education were the passing on of knowledge, students could be taught in isolation. But that is far from its only goal. Education is also — critically — about learning to grow into the world — the world of other individuals, of circumstance, of hope and of fate. An education of facts and figures is essential. Leaving out the accompanying ends of guiding growth and forging character would be to shortchange both the student and the larger world that awaits him.

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We are Saint Gregory's School, conveniently located in Loudonville and on the web at www.saintgregorysschool.org. Our goal is helping each student reach his fullest potential. To learn. To achieve. To grow.
**Five tips for saving big on back-to-school shopping**

It's almost time for the kids to go back to school, and this year shopping for school supplies will be a lot more difficult for many families. Due to high gas prices and stretched budgets, financially pinched parents are looking for creative ways to save money.

In addition to cutting back on normal back-to-school purchases, parents are comparing prices and looking for bargains so they can get what they need without having to spend a lot of money. Here are some ideas that will help you shave costs on your back-to-school shopping:

1. **Do your back-to-school shopping online.**
   All of the major retailers have an online presence, and many offer significant savings if you shop through their Web sites. Some retailers will even offer free shipping.

According to a recent survey done by the National Retail Federation (NRF), online shopping will experience a significant increase this year. Of the 200 people surveyed in the study, 25 percent said they planned to do their back-to-school shopping online this year. The top two reasons to shop online are to find deals and to save gas money.

But those aren't the only reasons consumers like Marisa Olson of Philadelphia, Pa., will choose to shop online this year. "I like shopping online for the convenience of it, and because it allows me to comparison shop without having to run all over town to check prices," says Olson, who is happy to share her secret for finding the best deals online. Rather than clicking on to

**TIPS** Page S6

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**St. Rose introduces eco-friendly Massry Center for the Arts**

The new $14 million Massry Center for the Arts at The College of Saint Rose gives the regional arts community a prime location to showcase their work to the college community and the general public. The 60,000-square-foot building features a recital hall, art gallery, choral and instrumental rehearsal rooms, teaching studios, piano labs and classrooms. The recital hall will serve as the primary venue for concerts by the college's 10 music groups and the 40 to 50 recitals performed by students and faculty each year.

The Massry Center will rank among the Capital Region's most environmentally-sound buildings. It is expected to attain a LEED (Leadership in Energy and Environmental Design) "Gold" rating. A geothermal heat pump system will tap the constant temperature of the earth to heat and cool the facility, eliminating the need to directly burn fossil fuels or install a noisy outdoor cooling tower. Other energy-saving features will be incorporated throughout. Engineering estimates anticipate that the Massry Center will be 30 percent more energy efficient than the average building of its size.

Saint Rose President Dr. R. Mark Sullivan said, "The arts have always had a large presence in the Capital Region; however, none of the existing performance venues or galleries has the distinctive qualities of combining music and art in a learning environment as will the Massry Center for the Arts. This unique facility represents a clear commitment by Saint Rose to the cultural vitality of, and the quality of life in, our Pine Hills neighborhood, the city of Albany and the greater Capital Region. It is yet another manifestation of the College's sustained investment in our urban campus and is a direct expression of the founding vision of the College."

The Opening Weekend of the Massry Center to the Community is scheduled for Friday, Sept. 26 through Sunday, Sept. 28. During that time, the public can enjoy the inaugural exhibit of internationally-acclaimed artist Judy Pfaff; her exhibit, "Paperworks, Year of the Dog, Pig, Rat, Etc.," will be on display in the new art gallery through Nov. 9. Music events to enjoy include the Saint Rose Camerae: Celebrating Spain and Latin America at 7:00 p.m. on Friday; The DIVA Jazz Orchestra on Saturday at 8:00 p.m., and the jazz ensemble concert Sunday at noon. All concerts will be held in the Picotte Recital Hall.

The public is also welcome to take self-guided tours of the Massry Center for the Arts during this unveiling weekend. For information on these and future events, go to www.strose.edu/calendar.

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**Spotlight Newspapers • Back-to-School**

August 20, 2008 • Page S3
Martial arts give valuable life lessons.

A s the owner of a Martial Arts School, I often asked the question, "How can I or my child benefit from martial arts training?" Typically, my answer starts with, "It depends," followed by a few short questions: I can't give the same answer to everybody. I don't know of any activity, program of sport that offers such a variety of internal and external benefits regardless of age, physical and athletic ability, and mental tenacity. Here are a few answers:

- Physical fitness. Simply put, martial arts classes are great physical exercise that work every muscle of the body. Improvements in gross motor skills, balance, strength, flexibility, agility, cardiovascular endurance and increased energy levels can often be attributed to the physical training of martial arts.
- Life skills and character development. Martial arts classes can enhance character values and life skills that are being taught at home. Self respect and respect for others, courtesy, integrity, self-control, discipline, patience, goal setting, perseverance are inherent in martial arts training. Confidence and self esteem are achieved through encouragement and attainment of short and long term goals.
- Self defense. Along with the basic skills of defending oneself or another individual, good martial arts programs will teach students about conflict resolution without the use of physical force. Increased self confidence and the knowledge that the skills are there if needed translate to a more confident person.
- Fun safe family activity. Because martial arts offers programs for different ages, Moms, Dads, and kids can all participate in the activity. It's a way for the entire family to share an interest and stay connected.

For those looking for an activity for after school or work, martial arts provides a fun, safe and wholesome environment where people can make new friends and get the exercise they need to lead a healthy life while at the same time learn a valuable skill.

Bob Sapito
Owner, Capital Northeast Martial Arts

One of the hardest parts of being a parent is teaching kids positive values and traits that will help them grow up to be respectful, caring adults. Things like giving, sharing and volunteering are all things children should learn, but how can you teach them in a fun and meaningful way? Here are some ideas that make learning these values enjoyable for both parent and child.

Fun ways to teach your kids values

Teaching a child the importance of giving can be complex. One way to do this is to allow the child to get something they want and then give something to charity. With today's struggling economy, the idea of giving is even more important. One organization that holds this value high is the Marine Toys for Tots Foundation, a non-profit organization that collects and distributes toys economically disadvantaged children during the holidays.

Go online to www.ToysForTots.org and look for your local drop-off site. Then take your child to the toy store and help them choose a toy for donation. Maybe they can pick a toy for themselves, but they also have to pick one out that can be given away. Not only will your child be able to get a new toy to play with, but you both can be proud to know you're making a difference.

Value: Giving

The concept of saving money is difficult for many kids to grasp. If they get money for their birthday or the holidays, they are likely to want to head right to the store to spend it. Instead of allowing kids to blow all their cash, encourage them to save money so they can get a larger item that they want, rather than small impulsive purchases. Do they want to get a new Transformers action figure, add to their Littlest Pet Shop minis collection, or get the latest Monopoly game? Ask them to save their money from various sources until they have enough and accompany them to the store so they can purchase the item themselves, making it an exciting and rewarding experience.

If your child doesn't receive a lot of cash as gifts, you can encourage them to save money through various other ways. For example, encourage the child to recycle empty soda pop cans and once you have a decent amount, bring them to the recycling center for a payout that can go directly into savings. Also, if the child wants a particular expensive item, you might consider matching them dollar for dollar, so they still learn savings, but it doesn't take too long to reach their goal.

Value: Volunteering

Volunteering your time is an important component in our society. Without the many dedicated volunteers, many non-profit organizations could not exist. Therefore, volunteering is a value that should be taught when children are young so that in the future they give back to the community they live in.

The great thing about volunteering is it's something the:

- VALUES Page 55
Polka dots took the fashion is both the styles of yesteryear are back school. At www.mead.com, kids the iconic supply of the things on their own, without will color wardrobes this year, school supply purchases. Childhood whimsy Kids continue to demand new bedding and accessories to personalize •~• also has expanded its dark, boring lockers and friendly products means an charged not only with producing ion symbols of the like Mead doing their own. There are so manyion drivers - tweens.

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**Values** From Page 1 whole family can participate in. There are so many opportunities, you can really tailor your volunteer efforts to what interests your family. Does your child have a love for animals? Call the local animal shelter and ask about volunteering requirements. Do they like to cook? The local soup kitchen or food shelf usually needs help. Even if they just want to spend some quality time with other children you might consider volunteering at a women's shelter or group home where mom and dad can work with adults and children can simply have one-on-one time just being kids.

Teaching children important values doesn't have to be difficult or boring. There are many ways to create a fun experience that is both enjoyable and beneficial. Remember to always explain the lesson and how the child is helping others. Before you know it, they might be doing these great things on their own, without requiring your guidance. And what parent wouldn't be proud of that!
As the new school year starts, teens will be diving into history, science, math and English lessons. One important subject they may not be learning about, however, is money management. As the financial choices people must make in their lifetime become increasingly complex, teens need to learn how to navigate the financial world.

Michaela and Joshua are just two of the close to 120,000 teens who have become money savvy, thanks to Boys & Girls Clubs of America’s (BGCA’s) Money Matters: Make It Count program, sponsored by Charles Schwab Foundation. Michaela, 17, says she didn’t know much about money management before participating in the program at her local Club in Tucson, Ariz. With a new understanding of money management, and savings from her part-time job, she feels much better prepared to save and budget for college in the fall. But Michaela’s new personal finance skills have done more than help her alone. After completing the program, she signed up as a Money Matters teen mentor to her peers. She’s also been able to teach her mother how to more effectively budget and organize bills.

Joshua, 17, grew up in a single-parent family of four, and always knew that money was tight for college. After participating in Money Matters at his local Boys & Girls Club in the Washington, D.C., area, he also feels better prepared to make financial decisions to help him reach his goal of college.

As the choices people make become increasingly complex, teens need to learn how to navigate the financial world.

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Family Rec Center Offers Fun All Year Round

With the end of summer and back to school fast approaching, including the CYC (Colony Youth Center) wants everyone to know that our fall schedule includes even more lessons, fitness classes, and more are available to resident and non-resident children, families and adults of all ages. With over 71,000 square feet of indoor gym, exercise and aquatic space the Rudy A. Cicotti Family Recreation Center has much to offer.

If you are interested in improving overall health, participating in a sport engaging in a fitness class, or if staying active and socializing with friends is your goal, our facilities are open year-round to suit everyone’s needs. Whether the kids are participating in CYC sports, taking swimming lessons, developing healthy fitness and exercise habits, or sliding down the huge water slide and splashing in the fountain with overflow buckets overhead, they can’t get enough of the fun they have staying active all year. When it comes to adults, everyone shares in the goal to achieve optimum health and well-being as they exercise, participate in a variety of classes including Tai Chi, Yoga, medicine & stability balls, and X-fit tabs, plus seasonal basketball, volleyball and basketball leagues, walls, run or jog our suspended track, swim in the 4-lane 25-yard lap pool, join a water aerobics class, rush against or coast along with the current of our lazy river, or relax in our warm water spa; everything to get fit, stay active and have fun is here. Everyone’s welcome to come in for a tour and see for themselves how the Rudy A. Cicotti Family Recreation Center makes a difference in maintaining a healthy and fun lifestyle.

There are several annual memberships and rates available, including our most popular family rate and our newest single parent family rate. We also have annual rates available for students, senior couples and individuals. Though you do not have to be a member to participate in some activities, programs, swim lessons or workshops we have to offer, membership gives adults and families added benefits and the opportunity to stay physically active, exercise, swim and play in the water any day of the week all year long this inviting state-of-the-art facility. If you’d like to experience the facility’s features and benefits for a day or two you’re looking for some swimming and family fun, we have day passes available at just $5.15 per person. An annual membership or day passes make great birthday, anniversary, retirement or holiday gifts.

The Rudy A. Cicotti Family Recreation Center is home to the colony youth center’s recreation programs. Colony Youth Center’s (CYC) programs and activities are available at member and non-member rates and our September and fall program schedule and registration form is available by calling our office or visiting our Web site. Since 1959 CYC, a 501c3 non-profit, school-age childcare program – 239 Delaware Ave. • Delmar, N.Y. 12054

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Practical understanding to deal with the financial challenges of our world today." Parents agree that the best way for teens to learn about money is through hands-on experience, according to the Charles Schwab 2008 Parents & Money Survey. Unfortunately, only one in five parents involved in their teen to a great extent in the family's budgeting and spending decisions, and one in four don't involve teens in these important activities at all. The good news is that teens are interested in learning about money. In fact, 60 percent of teens agree that learning about money management is one of their top priorities, according to the previous year's Teens & Money survey. "Whether at home or through programs like Money Matters: Make it Count, it's critical for teens to learn about and begin applying the concepts of budgeting, using credit wisely and saving," says Carrie Schwab-Pomerantz, chief strategist of consumer education at Charles Schwab & Co., Inc. "Teaching them how to use financial tools like checking accounts, savings accounts, debit cards and credit cards can better equip them for the important choices and decisions they'll have to make as adults." As you get your family ready for the new school year, take a few minutes to help your teen learn more about personal finance. A little information will help them make good financial decisions during the busy year ahead. Here are some practical tips: 1. Include them in discussions about the household finances. Make discussions about the household finances a part of everyday life. Current events in the economy provide additional opportunities for family discussion.

2. Be prepared for their financial rites of passage. Whether it's a first job, saving for a car, using a credit card, or saving for college, real-life events provide opportunities to bring basic financial concepts to life.

3. Teach them how to use financial tools like checkbooks, savings accounts and credit cards. While your kids are still under your roof, you can teach them how to save, use a credit card wisely and the importance of balancing a checkbook.

4. Encourage them to participate in the BCGA Money Matters: Make it Count program. Find a nearby Club at www.bcga.org/clubs.

For more tips on how to encourage good financial habits, as well as calculators and tools to help bring money lessons to life, visit www.schwabmoneywise.com. The Money Matters: Make it Count program was created to promote financial literacy among 13- to 18-year-olds by building basic money management skills. "The program aims to provide teens with valuable hands-on experience, which is the way teens want to learn," says Roxanne Spillett, president of BCGA. "Through fun activities and exercises on topics like using a checkbook, financial planning and spending decisions, and one in four make as adults."

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