Former chief pleads guilty
Former Guilderland Chief of Police James Murley pleaded guilty to misdemeanor official misconduct. As a result of the plea he was ordered to pay restitution and fines, and has been ordered to attend a gambling counseling program. See story on Page 3.

Liverpool lads' at the Linda
"Beatlemania Again," a touring Beatles stage show, stops at the Linda - WAMC Performing Arts Studio in Albany Saturday, Jan. 17. "It's a lot of work, but it's a lot of fun," said Rich Morella, the group's manager and Ringo Starr. See story on Page 21.

Lady Dutch down Eagles
The Guilderland girls basketball team executed its game plan perfectly against Bethlehem in last Friday's Suburban Council South Division game. The Lady Dutch won 48-39. See story on Page 32.

Stratton crew performs daring air rescue
Members of the 109th Air National Guard Airlift Wing based out of Scotia and members of the Australian Antarctic Division help Dwayne Rooke, a chef and part-time medic with an Australian scientific research team, to safety Nov. 6, somewhere near the research facility at Davis Camp in Antarctica.

Arctic trip saves life
The freezing rain and snow of an Upstate winter may seem like the worst Mother Nature has to offer, but it is nothing compared to the ice, wind and cold of the Antarctic.

"When you're down there, anything can happen. It's an unforgiving continent," said Maj. Paul Bernasconi of the frigid Antarctic conditions.

Bernasconi, a member of the 109th Air National Guard Airlift Wing based out of Scotia, was on his way in mid-October to his tour of duty in Antarctica, with stops along the way in California, Hawaii and New Zealand.

Somewhere near the research facility at Davis Camp in Antarctica, Dwayne Rooke lay incapacitated with a broken pelvis, two broken legs, a punctured lung and a serious problem: He had no home.

Lafarge releases mercury report
The Lafarge cement plant in Ravena has issued a "voluntary" study of its emissions in the midst of major renovation plans to upgrade its facilities in Albany County. Although the large smoke stack visible along Route 9W across from the Ravena-Coeymans-Selkirk High School is one of the largest emitters of mercury around the state, Lafarge officials say not all mercury is created equal.

John Reagan, the plant's environmental manager, said on Monday, Jan. 12, that the majority of the mercury released from the plant is elemental mercury that comes from the lime stone that is harvested locally, and not directly harmful to human health. The $250,000 study was conducted by Environmental Quality Management Inc. of Durham, NC, which Reagan said was used as an independent and reliable testing firm. Although the plant is currently facing together its draft environmental impact statement (EIS) for the state's Department of Environmental Conservation to renew its permit and upgrade its facility, Reagan said...
Former Assembly candidate arrested

A man who ran at one time for state Assembly in the 108th District was arrested for robbery, according to the Albany County Sheriff's Department.

Kenneth W. Preston, of Slingerlands, was arrested by Bethlehem police on Tuesday, Dec. 29.

The Albany Fire Department reported that Preston had recently been fired and that Bethlehem police discovered firefighting equipment in his home.

Preston was sent to the Albany County Correctional Facility on $15,000 cash bail on second-degree robbery charges, according to Albany County Sheriff's deputies.

Preston ran for the Assembly in 2006 and came in second out of four Democrats in the September primary. Tim Gordon, of Bethlehem, ultimately won the seat and was re-elected last November.

Guiderland house destroyed by fire

The cause of the fire is still undetermined, according to Sean Maguire, information officer for the fire department.

Maguire said the blaze took close to an hour to subdue. Westmere Fire Department responded along with the Fort Hunter, Guiderland and McKownville fire departments, as well as the North Bethlehem EMS.

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Glass Works on the cutting edge

Developer sees 'walkable' village as Guilderland's future

By DAN SABATINO
Spotlight Newspapers
dsbatino@spotlightnews.com

Two hundred years ago, area residents could not have imagined what it would be like to travel miles and miles in a mechanized vehicle to get a crust of dry bread; now people can't imagine otherwise.

Platform Realty President Daniel O'Brien, has a different vision for the future, though, and sees residential development moving toward echoing the quaint comforts of small villages.

Platform is the developer of Glass Works Village LLC, a 57-acre mixed-use development that recently was approved by the Town of Guilderland. It sits on Route 20 near the Guilderland Public Library.

Planning Board Chairman Stephen Feeley said the town of Guilderland is seeing "good growth," but the village is a "large part of that."

"That's an exciting project that I hope they can pull off," Feeley said.

The development got its name from an old glass factory that sits on the site. Platform representatives said they consulted with Guilderland Town Historian Allen Pinfig to help name the village.

People have tried these types of developments before, but O'Brien said, and location is the most important factor in creating a "walkable village."

Platform scoped out 10 to 15 others towns as potential locations for the village, but the Guilderland location fit the bill, O'Brien said.

"Glass Works" is central to Guilderland, and it has all the amenities you as a Guilderland resident would want to have," he said.

According to a platform document based on its location and a lot of the design elements.

It's the most important feature of the village is its "walkable" nature.

Within walking distance of the village is Guilderland Elementary School, a senior center, the Guilderland Public Library and a YMCA. The Price Chopper Plaza and the Western Turnpike Golf Course just down the road.

"Village will be what we needed to create in another part of the town," said O'Brien.

O'Brien's wife, Lisa, a public relations director for Progress Capital, said Platform said the village will be aesthetically pleasing, with bike trails, greenery and an amphitheater providing residents with pleasant scenery.

"Village will be a "fair space" where meetings and small festivals could be held.

"Right now, Guilderland doesn't have a town center," said Lisa O'Brien.

The village is expected to develop close to 180,000 square feet of commercial space. Nearby, 100,000 square feet will be dedicated to shops, boutiques and restaurants, 80,000 square feet of non-retail professional offices and a 10,000-square-foot day care facility.

There will be 200 to 250 residences for sale, made up of cottage homes, townhouses, condominiums and townhome lofts. All of the condominium buildings will have underground parking and elevator service. Required by the Town of Guilderland part of the residences will be designated for seniors 55 and older.

Platform expects to spend close to $10 million over a seven- to eight-year period to construct the village, according to information provided by the company.

"There is a shortage of townhomes and condominiums in Guilderland," Platform President O'Brien said.

Glass Works Village developers intend to fill that hole and provide residents with the opportunity to live in a relatively maintenance-free environment.

There will be no laws to take care of and residents are not responsible for waste removal and plowing.

While no official prices have been set, Platform is hoping to sell 1,000-square-foot lots for less than $200,000. Units for single families could also be purchased for between $500,000 and $600,000, depending on the size.

O'Brien said the village will cater to a large demographic, ranging from recent college graduates to seniors looking for a place to settle down after retirement.

"The one demographic if may skip over is the family demographic," O'Brien said. "It's mostly for young people and empty nesters.

O'Brien said families living in four-bedroom homes on larger plots of land actually have detrimental effects on the economy, costing municipalities more money per child in education costs than the residents pay in taxes. The addition of retail and other commercial buildings in the village will provide a larger tax base and will said it will be able to generate more taxes than will be spent on the education of the children living in the village.

"It's less expensive per square foot, said O'Brien.

Increased traffic in Guilderland, especially on Route 20 was an issue raised at numerous Town Board meetings during the Glass Works approval process. Platform representatives said they continue to address the matter. Platform studies show the bulk of the Village traffic will be on a reverse commute.

"Meaning traffic will move toward and away from the City of Albany at opposite times of normal rush hour traffic.

Joseph Sausto, a partner in Glass Works Village LLC, also pointed out that with whatever additional traffic the village does build it will also bring with it increased commerce and growth. He added many town officials acknowledge the inevitable expansion of the village.

O'Brien said his office is already getting calls inquiring when purchases can be made, and one interested caller commented on the hopes he can cut down on his driving by moving to the village.

"I'd like to move there, and move my office there and never have to use my car again," O'Brien recalled the caller saying.

Representatives said New York state's sluggish economy has not affected Platform's plans, and with the variety of housing options available in the village, Platform officials said they expect success.

"We're not feeling a housing crunch for this sort of project," O'Brien said.

He added that there are not many housing options for under $200,000 in the Capital District that are so close to other community amenities.

David Schultz, a former Guilderland resident, partner and president of Media Logic said public transportation will be a large part of the development.

O'Brien said there are preliminary plans to put a meteoric bus stop in the village, with televisions monitoring weather and the location of Capital District Transit Authority buses using tracking software.

Glass Works Village has cleared most of the major hurdles to get construction underway and the Town Board passed a resolution to rezone the site as a Planned Development on Tuesday, Nov. 18. The Town Board approval was the last "due diligence" approval needed to proceed.

Glass Works Village received approval from the Guilderland Zoning Board of Appeals for a height variance on one of its buildings. On Wednesday, Jan. 7, and the project is now undergoing final engineering for items including water and sewer.

As the development stands now, a two-lane road behind Guilderland Library connects it to the village, however the road cannot be built for at least two years. During that time, other solutions, such as improving Mercy Care Lane can be explored as alternatives, as the representatives of the library oppose the additional traffic behind it.

Bethlehem gets organized for '09

Bethlehem's planning division got an overhaul during the town's annual organizational meeting.

On Wednesday, Jan. 14, the Bethlehem Town Board unanimously appointed Daniel Coffey as a Planning Board member. He replaces Planning Board Chairman Parker Mathias, who died in November. His appointment was made by Supervisor David Mehari. Bethlehem's former director of economic development, George Levicke, was appointed to be the town's new zoning administrator and chairman of the board.

Assistant Director of Economic Development and Planning Michael Morelli has moved in as director for the town since Levicke left at the end of December.

Supervisor Jack Cunningham said the town would not have a replacement in place in time for the board to be able to get a "lot of confidence" in Morelli.

Morelli said he is ready to tackle the job, and the newly formed office would continue to run smoothly through the transition.

"I think (Cunningham) and the Town Board did a great job," Morelli said. "Everyone's adding to do more with less in the private and public sector, and we are going to be fine.

Morelli described Levicke's appointment as "perfect."
Thoughts of roast chicken move marathoner

This past fall, I ran a half marathon. It was hard work, the training and the race. I followed a schedule I had made a year before, for the Columbus Day race. All that training put me in pretty good shape, but I had never been in a race before. I was both exhausted and exhilarated. I could scarcely believe my legs would carry me that far.

The morning of the race, I sat out with a carload of friends. Women who had trained all summer, and many who had worked harder than I. Excited and nervous, we didn't say much in the car.

Our coach took us past the finish line, and we drove to the place where the race would start, it became painfully real how far we would be running that day.

The starting gun sounded, and we were off. It was cool, crisp, and October air felt good as we started. The cool, crisp air felt good as we started. Women and exhilarating. I could scarcely believe I would start, it became painfully real how far we would be running.

The temperature of New York was 70°, 46° and 35° as of Wednesday. Thursday, and Friday from 7:20 am to 7:22 am.

Our coach took us past the finish line, and we drove to the place where the race would start, it became painfully real how far we would be running that day.

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The temperature of New York was 70°, 46° and 35° as of Wednesday. Thursday, and Friday from 7:20 am to 7:22 am.

I was at mile 10, I started to think about the potatoes. For a moment, I thought I was at mile 10, that running put me in pretty good shape, but I had never been in a race before. I was both exhausted and exhilarated. I could scarcely believe my legs would carry me that far.

I preferred this to a cold and snowy morning with a big smile on her face, don't be surprised. It's me. And I'm thinking about lemon chicken soup. The author is the food writer for Spotlight Newspapers and the mother of three children, Lucy, age 9, Zoe, age 7, and Elliot, age 4. Zoe can be reached at news@spotlightnews.com.

During the race, we had to get down, to ski down this hill, Mama No. runaway. But then I limped to the car. My body was so low-fat potatoes. They would be piping hot and crispy on the outside, soft on the inside. I ran at least a mile, contemplating the pros and cons of roasted vs. mashed. My family watched me as I crossed the finish line, happy and proud. They brought me water bottles and waited patiently while I limped to the car. My body was sore and tired. Every step was agonizing. Bending down was agonizing. Bending down was agonizing. Bending down was agonizing.

It adds good chicken-y flavor to the broth, with a rich, flavorful meat base. The soup became an instant classic in our house.

We have tried this soup with many different variations. We particularly like the combination of the zesty lemon with sweet, crisp carrots and the tiny pieces of pasta. With a salad and slice of bread, this makes an easy, light winter meal. The recipe makes enough for lunches the next day. Zucchini, especially, loves lemon.

Although it's cold and wintry outside, I still try to get out and run on occasion. So if you happen to see a woman running on a cold and snowy morning with a big smile on her face, don't be surprised. It's me. And I'm thinking about lemon chicken soup. The author is the food writer for Spotlight Newspapers and the mother of three children, Lucy, age 9, Zoe, age 7, and Elliot, age 4. Zoe can be reached at news@spotlightnews.com.

Lemon Chicken Soup with Orzo became an instant classic in Caroline Barrett's house.

The temperature of New York was 70°, 46° and 35° as of Wednesday. Thursday, and Friday from 7:20 am to 7:22 am.

There is no way that I am going to ski down this hill, Mama. No way. I can't do it. She stopped and wouldn't move. First, I tried the impatient approach, telling her that we had to get down, it was totally fine and just go! Remembering that this parenting technique is useless, I took a deep breath and tried to find something to distract her with. And then I remembered the half marathon.

So I started to ask her about the soup we would eat that night for dinner. Should we put rice or noodles in? And would pesto or lemon be a better flavor? By the time we reached the bottom of the hill, we had made up our minds to have Lemon Chicken Soup with Orzo. Focus and camaraderie worked against the half marathon.

The recipe makes enough for lunches the next day. Zucchini, especially, loves lemon.

Although it's cold and wintry outside, I still try to get out and run on occasion. So if you happen to see a woman running on a cold and snowy morning with a big smile on her face, don't be surprised. It's me. And I'm thinking about lemon chicken soup. The author is the food writer for Spotlight Newspapers and the mother of three children, Lucy, age 9, Zoe, age 7, and Elliot, age 4. Zoe can be reached at news@spotlightnews.com.

Lemon Chicken Soup

1 small whole chicken
1 rosemary sprig (adds good chicken-y flavor)
1 tablespoon chicken broth concentrate (see note)
1 teaspoon sea salt
4 carrots, peeled and cut on the diagonal
8 oz. orzo, stars or other small pasta

Remove and discard the neck and gizzards from the bird. Rinse and place in a large pot. Put enough water in to cover. Add the chicken broth concentrate and salt, cover and bring to a boil. Simmer for 20 minutes, and gently remove the meat from the chicken. Pull all of the meat from the chicken and shred with a fork. Turn off the soup, and add the chicken. Allow to cool for a few minutes, and add the pasta. Serve with a green salad.

A note about chicken broth concentrate: I buy a product called Better Than Bouillon. It adds good chicken-y flavor to soup, pasta and cooked meats. For this soup, I used the chicken broth variety, but there are many others available in the supermarket near the canned broth. You can also find an organic version in the natural section. Also, I've tried the vegetable and beef concentrates from the same company and wouldn't recommend them. The flavor is not as good as the chicken broth.
Kehoe takes top Bethlehem Central biz job

Former town comptroller is district's new chief financial officer

BY JARRETT CARROLL
Spotlight Newspapers carroll@spotlightnews.com

Bethlehem Central has named a new chief business financial officer during a year of money woes as state aid to local schools is cut the hard way by Gov. David Paterson.

Judith P. Kehoe, the former Bethlehem town comptroller who recently took a job at Bethlehem Central, was named to the post on Friday, Jan. 9. She spent 16 years as the town's controller.

"We are very pleased to announce the appointment of Judy," Superintendent Michael Tebano said. "She is someone whose professional record points not only to stellar and stable leadership in municipal and school finance, but also someone who is bringing her talents to bear for the good of her own community. She will continue to be an asset to the district.

Kehoe has replaced former Assistant Superintendent for Business Steven F. O'Shea, who died in October. District officials said that there were 20 applicants and three rounds of interviews for the post.

Bethlehem Central spokesman Matt Leon said the top business official is responsible for all aspects of the district's finances, including budget planning and implementation, financial reporting, cash management, investing and debt service. Kehoe will be part of a series of public forums or on the school board being held at the Bethlehem Middle School library, which began on Monday, Jan. 12.

Her responsibilities also include oversight of district operations such as food services, operations and maintenance, and transportation, according to Leon.

Kehoe's appointment comes during a time school districts are dealing with an economic crisis and a potential loss of state funding.

"The Board of Education has already had the opportunity to work with Judy Kehoe over the past several months and is delighted to make this appointment," said Board of Education President James Lytle. "With very significant budgetary challenges ahead of us, we know that Ms. Kehoe will play a critical role in assisting the board, the district and the community in putting together a sound budget plan in these uncertain times.

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

"I am very excited about the appointment and eager to continue my work at BC," Kehoe said. "Clearly dealing with the impacts from the economy will continue to require great attention. The budget preparation process will require considerable input from the community, as we work to create a responsible financial plan that provides the highest quality of services to our students."

Kehoe has recently overseen the district's entry into a regional energy consortium, which could help the district control energy costs by locking in energy prices and undergoing a thorough audit to ensure it spends only what it needs.

She is also overseeing efforts to ensure the district's compliance with federal regulations regarding 403(b) retirement plans.

The district has now posted Kehoe's former position of school business administrator and will be accepting applications through Tuesday, Jan. 20. District officials said they hope to fill the job by March 1.

"The coming year will be a challenging time, but also an opportunity to pool our collective talents and ideas to best respond to the issues at hand," Kehoe said.

G'land library program to look at 'silent war'

During the Cold War, nuclear submarines were used to conduct special intelligence operations to acquire much-needed information about America's adversaries.

Spying, a vital and unseen enterprise, they were — and are — able to execute a wide array of missions, not the least of which was to provide a long-term signals gathering platform that yielded information that remained classified to this day.

On Thursday, Jan. 15, at 7 p.m., Ray Milaewicki, who recently retired from the Knolls Atomic Power Lab in nearby Niskayuna, will talk about the "silent war" at Guilerland Public Library. He will cover how the Knolls Lab provided much of the propulsion systems and crew training that enabled nuclear submarines to complete their Cold War spying missions.

The presentation marks the 55th anniversary of launch of the world's first nuclear-powered submarine, the USS Nautilus (SSN 571). It was the Nautilus that made the first transit of the North Pole and the first submarine to journey 20,000 leagues under the sea.

Jazz Dance relieves the winter grays

On Sunday, Jan. 18, at 1 p.m., tap dancer and Lindy Hopper Rusty Frank presents a free, multimedia program exploring the history of jazz dance through dance demonstrations and historic video footage.

Frank is a choreographer, writer and artist, but also a historian.

The program is presented in cooperation with the Empire State Plaza Performing Arts Center Living Legacy Project with funding provided by The National Endowment for the Arts.

Tax preparation assistance

Starting Monday, Feb. 2, and continuing until Monday, April 15, the volunteer AARP TaxAide Program will provide free tax preparation and e-filing services at the Guilderland Public Library on Mondays and Saturdays, for taxpayers of all ages who have low and moderate incomes.

To make an appointment, call 458-3400 extension 7.

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Jarrett Carroll, Managing Editor-
Editorial Staff-
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Matters of Opinion in the Spotlight

Point of View

In the aftermath of the storm

Whether you thought it was a substantive address or not, Gov. David Paterson made a point in the Jan. 7 State of the State Address that put officials throughout The Spotlight’s coverage area on notice:

Local governments need to trim the fat.

“We have to lower the cost of doing business in New York state, property taxes are too high, and we need a cap,” Paterson said. “Out state mandates are too cumbersome... our local governments are too expensive and we have to find ways to make them more efficient.”

While Paterson’s address lacked details as to how to cut local expenses, we at The Spotlight have some suggestions. We weighed in as to how we feel about Paterson’s proposed property tax cap when he first visited the subject last June.

We think the focus should be on capping the spending of these taxing entities, rather than trying to control the “necessary” local government services that will be affected by these cuts. We only ask our local governments to take into account the 19 million other people who may be affected if these cuts are made.

Over the next few months, we will hear about all of the “necessary” local government services that will be affected by any state budget cuts as municipalities strain to at least maintain the status quo in their communities and within the walls of their town and city halls.

We don’t presume to think that cuts won’t affect towns and their residents in adverse ways. We only ask our leaders to take into account the 19 million other people who may be affected if these cuts are not made.

Point of View

Editorial

The writer is a Delmar resident and a self-employed advertising and technical writer. This is the continuation of a two-part article. The first installment appeared in the Jan. 7 edition of The Spotlight.

I found a contractor friend who has an ultra-portable generator he promised to have over by 11 a.m. By 11, it was warming up, and we were bailing out water non-stop until our friend arrived with his generator at noon. I expected him to run a wire to our circuit breaker in West Springfield. Instead, he said, “Go turn your main breaker off. Be sure you do that. If not, you could electrocute someone working on the line or cause a breaker to blow and burn out their appliances and electronics.”

This method of early restoring power is illegal, but you’re not likely to find anyone reprimanding you for taking financial responsibility— the state will find another avenue to get that money.

We feel the state needs to look at cost-cutting measures, such as school district consolidation and shared municipal services, before trying to control the spending of those taxing entities. Without it, taxes on these taxing entities do, rather than trying to control the need to trim the fat.

...our local governments are too expensive and we have to find ways to make them more efficient.

But by being in disagreement with this approach to tax control, The Spotlight finds itself in agreement with another: Local governments need to trim the fat.

Of course, for a weekly newspaper that makes its bread and butter reporting on the actions of these local entities, this is not the most popular stance to take. We’re not advocating that local governments and school districts tear down and rebuild wholesale, but we do ask that they take a long, hard look at what’s necessary and what can be done without.

In the next few months, we will hear about all of the "necessary" local government services that will be affected by any state budget cuts as municipalities strain to at least maintain the status quo in their communities and within the walls of their town and city halls.

We don’t presume to think that cuts won’t affect towns and their residents in adverse ways. We only ask our leaders to take into account the 19 million other people who may be affected if these cuts are not made.
No way to spin failed Five Rivers deal

Editor, The Spotlight:

This is in response to Mr. George E. Leveille’s letter in the Dec. 31 edition of The Spotlight, “Beth, Planning Department supports whole community.”

Mr. Leveille states that the Planning Board recommended to the Town Board that Mrs. Richards fulfill her parkland set-aside requirements by providing (donating) a 20-foot-wide corridor from Fisher Boulevard to Five Rivers.

It seems to me that Mrs. Richards’ willingness to sell 24 to 25 acres to the Open Space Initiative for ultimate resale to New York state as an addition to the Five Rivers Center for Education could have reduced the absolute bargain price of $50,000, more than meets the spirit, if not the letter, of any parkland set-aside requirements.

Mr. Leveille also states “the purpose of this conveyance as an addition to the Five Rivers Boulevard.”

Jeff Bull
S. Bethlehem

Pinch pennies at the library

It seems that everywhere you look these days, people are pinching their pennies ‘til Lincoln scream. But even when money is tight and the future seems uncertain, it’s not a good idea to pare all the fun out of your life while you pare all the last of your budget. What to do? Come visit the library, and see how much fun free can be.

• Books: With even a paperback for $7.99 each, avid readers can run up quite a tab with their favorite book seller. The library has a wide variety of new and old titles, graphic novels, genre fiction, large print, and audiobooks, and what we don’t have we are happy to request from other libraries. All free.

• Movies: The deal you get at the library! As many DVDs as you can watch – for free.

• Music: Top 40, classical, jazz, show tunes, oldies – if we don’t have it, we will try to find it. iTunes are $.99 each, but any tunes are FREE at the library.

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G'land organizes in face of tough economy

Planning Board chairman remains hopeful for future

German-American Club hosts wurstfest

Colonial Golf & Country Club presents: MICHELE BALAN

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IN BRIEF

German-American Club hosts wurstfest

On Saturday, January 24, celebrate the “Wurst Night of the Year” at the German-American Club of Albany, where there will be serving a hearty German wurst dinner platter and German beer always flows.

Live music by Vic Meister. Doors open at 4 p.m. Dinner served at 5 p.m. Our wurst platter will include a choice of two wurst (choose from baurernwurst, braunschweig, knockwurst, or weisswurst), a choice of salad (mixed field greens, potato pancakes and apple sauce at $5.75 per person) and desserts are served with a garden salad and dessert.

Walk-ins are welcome for live music and dancing at $6 per person. For reservations, call 489-0831 or 265-6102.

In the event of inclement weather, the event will be held the following Saturday, Jan. 31.

Altamont library to host organization workshop

Is this the year you’re finally going to get organized? Join professional organizer Ronnie Style at the Altamont Free Library for some tips on taming the chaos. Thursday, Jan. 15, at 7 p.m. For information, contact the library at 861-7239 or e-mail altamontfreelibrary.org

Troops to host dinner

On Tuesday, Jan. 27, BSA Troop 58 will host an all-you-can-eat pancake dinner at Blanchard American Legion Post, 16 Poplar Drive, Delmar, from 4:30 to 7:30 p.m. Cost for adults is $7, kids $5.
Ethics panel clears Guilderland town attorney

By DAN SABBATINO
Spotlight Newspapers sabbatino@spotlightnews.com

Guilderland Town Attorney Richard Sherwood was cleared of accusations that there was a conflict of interest regarding his role in discussions about lowering the assessment of the Walgreens at the corner of routes 155 and 20.

The Guilderland ethics committee announced its determination at the Thursday, Jan. 9, Town Board meeting that Sherwood was not in violation of any ethics code.

Republican Town Board members Mark Grimm and Warren Redlich had earlier accused Sherwood of having a conflict of interest in the settlement of litigation involving the assessment. Grimm and Redlich said Sherwood’s relationship with the co-owner of the store, Kenneth B. Segel, was suspect because Segel is the CEO of the real estate developer Schuyler Companies and a former partner with the law firm Segel, Goldman, Mazzotta & Siegel, P.C., who Sherwood worked for at one time.

The ethics committee, though, did not find it was Sherwood’s legal responsibility to disclose his relationship as former partner in the firm, and there was nothing to gain from a lowered assessment.

“We did not find a conflict of interest,” said Robert Roche, the attorney hired to counsel the ethics committee. “Neither an economic, financial or professional relationship.”

In discussions that took place in an executive session at a June Town Board meeting, the assessor at the time, Carol Wysomski, recommended a decrease in the assessment of close to $500,000, and 3-2 vote by the board approved the settlement.

At the June executive session, councilmen Grimm and Redlich were the two dissenters to a lowered assessment and said Sherwood seemed “anxious” to have it lowered.

Roche said the ethics test Sherwood needed to pass was two-pronged and thoroughly conducted by the review committee. First, the committee examined if Sherwood had a conflict of interest, and secondly, if he had the “appearance” of a conflict of interest.

“This is a test that is very searching,” Roche said.

Roche said Sherwood passed both tests and did not violate any portion of the town ethics code.

Roche said an appearance of a conflict of interest exists only if the accusing party does not make a “minimum non-investive investigation” of Sherwood’s relationship with Segel.

Sherwood said he does not work for the company, and has no financial stake in it, although he was formerly an associate from 1991 to 1995. He also said Segel retired three years ago.

Roche agreed and said he interpreted the law differently.

Executive Director for the New York State Committee on Open Government Robert Freeman said he interprets New York state’s open meeting law as requiring the meetings to be public, but it would be within the ethics committee’s right to conduct the entirety of its business privately in executive session.

Grimm added that the Town Board should have been able to handle the matter without hiring Roche.

“We could have handled it without hiring a high-priced attorney,” Grimm said. “I believe it was a waste of taxpayer money. I believe it then, and I believe it now.”

Roche charged the town $165 per hour, but has not billed the town yet, Runion stated. The Town Board has the final say on how to handle all ethics matters, and could have sanctioned Sherwood if it saw fit.

Learn to snowshoe at Five Rivers

Five Rivers Center will hold a snowshoe outing geared for beginners on Saturday, Jan. 31, at 1 p.m.

Call the center by Friday, Jan. 30, to reserve snowshoes. If there is insufficient snow, participants will walk on foot.

The center is at 56 Game Farm Road, Delmar. For information, call 475-0291.

“Using the Red Book for that sort of inquiry is like asking a cop to check the phone book for his local criminals,” Roche said.

Democratic Town Board member Paul Pastore said the two names appearing on a Web site are not enough to fault Sherwood.

“There were no underlying facts to support that there was a conflict,” added Pastore.

The Republican board members asked Roche if the committee also investigated Sherwood’s financial connection to Segel, Walgreens, and Roche assured them he has none at all.

“I didn’t even find he bought his Halloween candy there,” said Roche.

Grimm and Redlich also questioned why the ethics committee meetings were not made public, as mandated by the open meetings law.

Grimm said that while most advisory committees are not subjected to the open meetings law, committees mandated “by statute of law” must be open.

Roche disagreed and said he interpreted the law differently.

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**Workers rally to keep jobs**

**PEF, CSEA lead union protest of governor's budget**

By DAN SABBATINO
Spotlight Newspapers
sabbatino@spotlightnews.com

At the same time Gov. David Paterson addressed the economic
state of New York, thousands of state workers lined up outside the
Capitol to address another issue - the governor's executive
budget.

Members of the Public Em-
ployees Federation and the Civil
Service Employees Union, state
employee unions, rallied outside
the Capitol in the freezing rain
and snow to protest proposed cuts in
civil service jobs on Wednesday, Jan. 7.

CSEA representative Brian Cornelius said the workers are
not to blame for the current econ-
omic climate, and should not be
held responsible.

"We are hoping that the gov-
ernor, the senate and the Legis-
lature listen," Cornelius said. "It's not the workers.

Union member Vinny Casta-
do said the state is to blame for the
mismanagement of funds, not civil service employees.

Initial hopes for the rally were
to march 10,000 workers, but
bad weather may have con-
tributed to the number of attendees
coming in at about half that.

One CSEA protestor said the
governor is obligated not to cut
state workers.

"We got a contract and you
got to stick to it," the worker said.

He said there has to be other
ways to save money than to lay
off 12,000 employees.

Assembleymen Jack McEneny,
D-Albany, said his constituency
has many state workers in it and
he has had several conversa-
tions with representatives from
the unions. He said many would
not mind tightening their belts if
other expenses were handled first,
like expensive and bur-
densome "consultants" to state
agencies.

Assemblyman Tim Gordon,
D-Bethlehem, echoed the notion
that the state is hiring consul-
tants at a considerable rate, and
would look to cut them first, be-
fore eliminating jobs.

"This is being abused and
the numbers are being inflated
above reason," he said. "There
are just a substitutes for civil
servants who are more capable
of doing the job.

Albany County Executive
Mike Breslin acknowledged the
issue is a concern, and he said he
is looking into the matter.

"Somehow there has to be
ways to save money than to lay
off hard-working employees.
Breslin said the number of attendees
in the union protest has many state workers in it and they have
contributed to the number of attendees involved in the governor's budget
presentation, and is aware of the
efficiency issue.

"I am interested in eliminating
some redundancies that we may not
get in the future that will make our
services more expensive," he said.
"We'll see how the budget plays
out.

"In Bethlehem and Guilderland,
the town supervisors both listened
to the State of the State Address with
some concern.

"One of the things that I'm con-
cerned about is the drum beat for
a tax," Bethlehem Supervisor
Jack Cunningham said. "We
[towns] don't have any other means
to make expenses, like taxes aug-
ered soda.

Cunningham said he was "all for
efficiency" but was skeptical that
government would have the an-
swers.

"I can't imagine that the state of
New York can come up with a more
efficient solution before the local
residents," he said.

Pointing out that the county ini-
tiatives mentioned by Breslin were
"off bottom," Cunningham said,
"I'm skeptical state management
can ever come up with that
efficient solution to local
residents.

A percentage cut is not neces-
sarily a good thing," he added, say-
ing that a 4 percent raise of a school
or county tax is more expensive than
a 4 percent raise of a local town

Next door in Guilderland, there
was a similar skepticism about the
efficiency issue.

"I think that when you look at ef-
ficiency, you find that local govern-
ments are the most efficient," said
Guilderland Supervisor Jon Ranion.
"As far as spending and controlling
costs, we get burdened by the state.

Ranion said he was skeptical Pat-
sen was referring to the multiple
layers of local government that cause
the most waste, such as town, village
and county services that overlap and
could be consolidated in cut spend-
ing.

State mandates require funding
that the municipalities often do
time to budget for; Ranion said,
cutting retirement funds, storm water
management and electricity costs as
burdensome mandates.

"I don't think we're different from
the other Capital Region towns I've talked to," Ranion said.

The state's only Independence
party assemblyman, Dan Gordon,
D-Bethlehem, was happy with a num-
ber of initiatives mentioned, such as
the $45-
15 green energy program.

The program would set a goal for
the state to meet 45 percent of its en-
ergy consumption through renew-
able energy by 2015.

Gordon, Cocoa, said, some
proposals would have to be reviewed.

By DAN SABBATINO
Spotlight News-

While some spending cuts in
even the most sensitive areas are
clearly needed, "I don't think we're
different from the other Capital Region towns I've talked to,"
Gordon said. "We need to take a close look at the edu-
cation funding cuts so we don't jeopardize our children's futures or shift
property taxes to those among us who make the burden on working families.

The governor already released a proposal to cut $1.2 billion in budget
five weeks before it was due, which is what governors traditionally do
during the State of the State Address.

Other points of the gov-
ernor's address included a Healthy Food/Healthy Communities Initiative,
along with a sugared soda tax; a commitment to complete infra-
structure projects in the Tappan Zee Bridge; a higher education loan
program; and the continuation of an Upstate Capital Initiative.

Still, as thousands of state work-
ers protested outside in the cold
on Capitol steps, the governor
in his speech that lean times are
ahead and the burden would
be shared in all corners of the
state.

"The pillars of Wall Street are
crumbling," said the financial
institution that delivers one of
New York's total revenue. "If we
can't spend more, we have to spend
less.

"We need to come to a

—Reporter Dan Sabbatino

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**Report**

**A view from the balcony level as Gov. David Paterson delivers his first**

State of the State Address to a packed Assembly Chamber at the Capitol in

Albany Wednesday, Jan. 7.

Jarrett Carroll/Spotlight

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**Previous page:**

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Altamont ready to improve trails

Grant-funded developments could begin in two months

By DAN SABBATINO
Spotlight Newspapers
sabbatino@spotlightnews.com

The Village of Altamont has finished the planning stage and is getting ready to develop walking and bike paths, according to Altamont Mayor Jim Gaughan.

The Capital District Transportation Committee awarded the village a $27,000 grant as part of its Linkage Program to be used to improve walking and biking trails.

Village officials designed a Pedestrian and Bicycle Master Plan based on the 2006 comprehensive plan and will use the grant money to make those plans a reality, Gaughan said.

He said the public has had the opportunity to write in recommendations and comment in person, with the last public comment period on Thursday, Jan. 8.

Gaughan said the village could begin implementing the recommendations within two months.

“It will be dictated by our finances,” Gaughan said.

He also said the long-term plans for the village include a "creative" way to connect Altamont to Voorheesville, possibly connecting to the rail trail that will extend from the Port of Albany to Voorheesville.

"This is not going to happen overnight," Gaughan said of bridging the 8 miles between the two municipalities.

Another long-term goal will be the creation of a historical walking tour.

Some short-term goals include improving the safety and signage along the existing trails, installing more bike racks and increasing the connectivity of walking and biking paths.

Jason Purvis, senior transportation planner for the Capital District Transportation Committee, said Altamont is one of seven "priority areas" designated for the CDTC’s linkages program. The program offers assistance in "regional/local planning initiatives that link transportation and land use," according to information from the CDTC.

Altamont was awarded the grant in the spring of 2008 and hired Alta Planning and Design in June to help figure out how to execute the linkage plan.

Purvis said 75 percent of the grant is federal funding, while the remaining 25 percent is local.

Alta, the Village of Altamont and the CDTC are the primary driving force behind executing the plan.

"We are right there. Those three parties run the program,” Purvis said.

"However", Purvis said, the public and an advisory committee, which includes Albany County officials, the New York State Department of Transportation and Mayor Gaughan, discussed the direction the pedestrian and bike plan would take.

"The scope of work is hammered out before the consultant is hired," Purvis said. "The public input really drives the process and comes up with the plans.”

An embattled former Guilderland High School principal will serve as interim principal for Doyle Middle School in Troy pending a Board of Education vote that is scheduled for after the Spotlight goes to press.

Michael Paolino was originally scheduled to appear before the Troy board on Wednesday, Jan. 7, however that meeting was canceled due to inclement weather.

Paolino instead is scheduled to appear at a Monday, Jan. 12, meeting to determine if he will hold the position of interim principal. The meeting was held after The Spotlight's deadline.

The appointment would pay per diem, and would last until June 30, according to school officials.

Paolino resigned from the Guilderland position amid accusations of racist and homophobic language, although the district never took any formal action.

Check www.spotlightnews.com for an update on the appointment.

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Weslon Paxton, PT, OT, SLP, PLLC
Bethlehem Memorial Veteran's Association
Prant & Associates
School's Out, Inc.
Bethlehem Police Benevolent Association
Community Care Physicians, PC
Stewart Shops Corp.

Business Members ($25 and up)
Bethlehem Central Teacher's Association
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The new frontier of surgery: Robotics

The year is now 2009, and robots are being used in operating rooms across America. In fact, the Capital District has three high tech robots at St. Peter's Hospital, Saratoga Hospital and Albany Medical Center. My first contact with robotics in the OR was about 8 years ago when I was asked to trial what now is viewed as a very cumbersome robot. Its name was ESOP and it responded to verbal commands by the surgeon. I spent countless hours teaching ESOP my voice and various commands. The robot was never formally used in the operating room and soon lost favor across the nation.

The need to perform more advanced robotic surgeries and focus on incontinence and pelvic prolapse treatment was the main reason I relocated my practice and helped develop the Capital Region Institute for Pelvic Medicine. Drs. Murray, Yamada, and I have combined our skills to provide the most comprehensive healthcare in the Capital District. This ever-changing field of medicine requires focus and dedication to advancing treatment options and robotic surgery is just one of those options.

Many health conditions - most notably high blood pressure or heart failure - can be traced to the salt shaker while cooking or sitting down to eat, you may still be consuming a high salt intake that might work against you if you have heart disease. For anyone, following a low-sodium diet can be a challenge.

Women's personal trainer, motivational coach and reality-based entertainer, Vinny has helped hundreds of women achieve their health and fitness goals and look their best. He has worked and done personal training at many prominent New York City health clubs. Vinny has helped hundreds of women achieve their health and fitness goals and look their best.

If you stop adding salt while you cook or when you sit down at the table, you can cut your sodium intake as much as 30 percent.

Take these simple steps to reduce sodium in diet

Salt is simply everywhere, from frozen dinners to cooking soups, and fast food to fine dining fare. Even if you never touch the salt shaker while cooking or sitting down to eat, you may still be consuming a high salt intake that might work against you if you have heart disease. For anyone, following a low-sodium diet can be a challenge.

Many health conditions - most notably high blood pressure or heart failure - can be traced to the salt shaker while cooking or sitting down to eat, you may still be consuming a high salt intake that might work against you if you have heart disease. For anyone, following a low-sodium diet can be a challenge.
Sodium

(From Page 13)

Salt, have a bit less sodium, but a low-sodium salt does not exist. Beyond table salt, sodium is a mineral found in many foods. Fortunately, FDA-mandated food labels now prominently list the amount of sodium in foods.

So how can you cut back on sodium? The Heart Failure Society of America, an organization aimed at improving quality of life for people diagnosed with heart failure and helping prevent the condition, offers a few helpful tips:

- Lose the salt shaker.

If you stop adding salt while you cook or when you sit down at the table, you can cut your sodium intake as much as 30 percent.

Instead of adding salt to make food taste better, substitute more healthful seasonings, like black, capers, lemons, or lime.

- Choose low-sodium versions of favorite foods.

Instead of preparing a home-baked or bought-from-salt-free-salt content — cook a fresh, lean pork roast. Substitute freshly cooked chicken, turkey, roast beef or pork for lunch meats that usually contain a lot of sodium. Instead of buying canned soups, chop up fresh veggies and cooked meats, toss them in the slow cooker and season with herbs and spices. If you must buy canned soups or vegetables, look for labels that say "sodium-free," "no salt," "low sodium," "reduced sodium" or "unsalted."

- Pick foods naturally low in sodium.

Generally, you can eat as much fresh food as you want without counting the sodium content. Fresh fruits and vegetables, including freshly squeezed fruit and vegetable juices, have very little sodium. The same is true for fresh meat, poultry and fish. If you're not eating fresh foods, choose other unsalted foods as much as possible, such as cooked fruits, plain frozen vegetables and dried beans, peas, rice and lentils.
Finding motivation and the power of group support

By Virginia Plaisted, DDS

Years ago, when my brother-in-law was 15 and his father asked him why he hadn't cleaned the garage as he had been instructed to do, Kurt responded, "I don't know...I guess I'm just not motivated." To which his father sympathetically responded, "Well, GET MOTIVATED!!"

"Tis the season to be bombarded with ads hawking THE solution to losing weight, but I'm willing to bet that most of us know what to do (eat less, move more). We also know why we should maintain a healthy weight (more energy, disease prevention, better quality of life). And we know how to begin (baby steps: walk more, eat more fruits and vegetables, and drink more water/less soda or wine). Some steps are more adult than them in turn. In short, we canDepending on your personal goals, the general dentists at Bethlehem Dental Arts are permitted to drive a car or motorcycle for 24 hours following their appointment.

Bethlehem Dental Arts provides a wide range of services, including:

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- Periodontal Therapy
- Digital X-Ray
- Bonding/ Porcelain Veneers
- Patients Seen On Time
- Crowns Without Impressions (Digital-ito)

Bethlehem Dental Arts is at 74 Delaware Ave., Delmar.

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Dentistry, anxiety and sedation

Most people don't really like going to the dentist, but they go for many important reasons. Some of us have such dental anxiety that we cannot go to the dentist even when we are in pain.

If you are afraid of the dentist, sedation dentistry may be what you need to relax in the dental chair. There are different types of sedation techniques, which include inhalation conscious sedation, oral conscious sedation (pills) and intravenous conscious sedation (IV).

The most common type of sedation used is laughing gas (nitrous oxide sedation). Approximately 35 percent of U.S. dentists use it. It is easy and convenient. Most people who use it recover promptly and can leave the dental office unescorted and resume normal activities, like driving, immediately.

Oral conscious sedation is becoming more prevalent and the dentist must have a state license to provide this service. It is the use of oral medications taken before the dental appointment and sometimes nitrous oxide (laughing gas) is used during the dental appointment. There are numerous medications used to relieve anxiety. The dentist evaluates each individual patient to determine the medication to use. This technique works very well for most patients.

Some negative is that patients receiving oral conscious sedation are not permitted to drive a car or operate a motor vehicle for 24 hours following their appointment.

IV sedation is another effective technique for management of more severe levels of anxiety. Most oral surgeons use techniques in this area, but few general dentists have this training.

The general dentists at Bethlehem Dental Arts are trained and have their license to administer oral conscious sedation. Oral conscious sedation works well for patients with high anxiety, a severe gag reflex, difficulty getting numb or for long dental appointments. The best part is that appointments seem to go very fast for the patient who is sedated and that most patients remember little or nothing about their dental appointment. If you have not been to a dentist out of fear or other problems in your dental past, oral conscious sedation may help you to keep your teeth a lifetime and avoid pain and discomfort.

No one can make us do what we are not ready to do. But when we're ready to take charge of our health, we don't have to do it alone. By enlisting the support of a person or a group, whether online or face to face, we dramatically increase the odds of our success.

Yoga time

So take a deep breath, do your research, and surround yourself with positive, supportive people who can help you reach your goals. Life will always hand us surprises, and not all will be pleasant. What we do have control over is how we react to what we are handed. So let's be fearless, relying on both our inner strength and the strength of others. And know that if we so choose, we don't have to do it alone.

First Advantage Dental/Bethlehem Dental Arts is at 74 Delaware Ave., Delmar.
Public hearing to be set for retail size-cap law

The New Scotland Town Board is scheduled to set a date for a public hearing regarding a local law that would limit the size of retail developments in the town's commercial zone, according to Supervisor Tom Dolin's office.

The Town Board will hold its next meeting at 7 p.m. on Wednesday, Jan. 14. They are expected to schedule the hearing at that time.

"The limitations incorporate the concepts and goals set forth in the town's Comprehensive Land Use Plan and the Citizens' Zoning Advisory Committee Report. They prohibit large, regional developments in Delmar, Eastوف the Hudson River shoreline and or by calling town officials.

According to NYS45ED the law is co-sponsored by Town Supervisor Tom Dolin and Town Board Member Doug Largrando, and would change the Zoning Law to limit new retail or wholesale buildings at 50,000 square feet for individual developments and a group of retail or wholesale stores at 100,000 square feet within the commercial zone.

-Dan Sabbatino

Historical Society to host trolley tours of Bethlehem

Town's historical society holds 'A Bethlehem Voyage 400 Event'

Bethlehem's history abounds with remarkable characters, Albert Burnt, Teunsingerland, Ruth Minor, Nathaniel Adams, Governor Gannett, Barnet Winne and Hannah Callanan are just a few.

Hear their stories on this year's Trolley Tours of Historic Bethlehem. This year also marks the 400th anniversary of Henry Hudson's voyage along the river that bears his name and the 200th anniversary of Robert Fulton's successful steamboat voyage. The tour will visit part of the town's 8 miles of Hudson River shoreline and discuss the ways that Hudson and Fulton influenced Bethlehem's development.

The tour guide will be Town Historian Susan Leath. Tour dates are as follows: Friday, Feb. 6, 10 a.m. (snow — Monday, Mar. 6, 10 a.m.); Friday, March 20, 10 a.m. (snow — Monday, March 23, 10 a.m.); Saturday, April 4, 10 a.m. (snow — Sunday, April 5, 1 p.m. and Friday April 24, 10 a.m.)

Tours include heated trolleys from the Albany Aqua Ducks & Trolleys, a stop at the Bethlehem Historical Association's Cedar Hill Schoolhouse Museum, some treats provided by the Aqua Ducks, and a chance to win an Aqua Ducks tour.

The price is $23 per person, regardless of age and includes a donation to the Bethlehem Historical Association. Reservations can be made online at www.albanyaquaduckstours.com or by calling 462-3825. Tours will begin and end at the public parking lot at the Four Corners in Delmar.

The tour experience has been made possible by the Town of Bethlehem, Bethlehem Historical Association, Bethlehem Chamber of Commerce and Albany Aqua Ducks & Trolleys.

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It was in Hawaii where members of the 109th learned they would attempt the daring rescue of Rooke, traversing Antarctica in the longest trip its transport plane has made down there.

Members of the 109th include locals from Saratoga, Schenectady and Albany counties, and they fly out of the Stratton Air National Guard Base in Scotia.

The crew made the dangerous rescue on Nov. 5, and, along with members of the Australian Antarctic Division and a chef and part-time medic with an Australian scientific research team, to safety despite 80 mph winds and subzero temperatures.

Rooke’s injuries were from an allergic side effect that broke some bones and punctured his lung. The team’s medic has also been away for nearly two weeks until the 109th was able to respond, but he was not healing well and needed treatment at a medical facility.

"It was a rewarding mission to do, and it was a success," said flight commander Maj. Dave Lafrance, a Saratoga native and mission commander.

The crew regularly shuttles supplies, tools and equipment to research locations in the South Pole region, in LC-130 transport planes, also known as a "Heracles." They have the heat and science down there," Bernasconi, copilot and Delmar native, said of the necessary fly by so many miles.

The team works closely with the National Science Foundation, which oversees operations for NASA in addition to other scientific outfits. The NSF actually owns four of the transport planes used by the 109th, the Department of Defense owns the rest.

In the southern hemisphere’s summer months, October through February, the crew flies in Antarctica from April through September, they fly transportation missions in Greenland.

The flight time from New York to McMurdo Station in Antarctica was 41 hours. From McMurdo Station, the southern tip of Ross Island to Davis Station, where Rooke was located, was five additional hours.

Rooke was then transported to McMurdo Station in Antarctica was by an LC 130 Hercules aircraft. The flight time from New York to McMurdo Station in Antarctica was 41 hours. From McMurdo Station, the southern tip of Ross Island to Davis Station, where Rooke was located, was five additional hours.

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The state of your bank account: Catch the upside of the downturn

By Anthony J. Lanzillo
Senior Vice President
KeyBank

Traditionally, January is the month of fresh starts, resolutions and politicians grabbing airtime to speak about the state of our union and the mismanagement of some of our country's most important institutions.

However, the future outlook is not so bleak. Downsways have their bottom, and many prognosticators are forecasting that 2009 will move us away from the current one. In fact, the Wall Street Journal recently published an article by Alan Murray titled, "2009 Could Be Better than You Think," stressing that great financial opportunities will be available in 2009 for those who are well positioned and not afraid to go after them.

By Anthony Lanzillo
Senior Vice President
KeyBank

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• IRAs and certain other retirement accounts — $250,000 per owner.
• Trust accounts — $250,000 per beneficiary, subject to specific limitations and requirements.

For more information about FDIC insured accounts, visit the FDIC Web site: www.FDIC.gov

*On January 1, 2010, the standard coverage limit will return to $100,000 for all deposit categories except IRAs and certain other retirement accounts. It will continue to be insurable up to $250,000 per owner.

Being smart tomorrow will make you stronger tomorrow.

There is good debt and there is bad debt. Good debt fuels a" return. Examples are student loans, real estate loans and business loans. Bad debt declines in value. Clothes and electronics are charged to your high-interest rate credit card fall into this category. So it is vitally important to avoid the bad debt. Do not borrow more than you can afford to repay. If you are ever in this situation, restructure your debt, pay it off—as quickly as possible. No other investment will work to get you out of this situation. They are failing to avoid future interest payments on high-interest-rate lines of credit. If you are carrying debt, one option is refinancing your mortgage. For many homeowners, the downturn in the real estate market makes this a good time. The value of your house may be lower than what you owe on it. For homeowners, the downside is that you have equity available, or even if you have a fixed rate, rates are historically low and seem poised to drop more, so now is a good time to see if you can save yourself money by locking in a low-term rate. If you haven't borrowed against your home equity in the past, you will surely make a huge difference over the life of your loan.

The important thing to remember is that the future is only a moment away—or a decision away. By beginning to make smart choices today, you'll be able to see your future more clearly—tomorrow: "The state of your bank account is strong." About the author: Anthony Lanzillo is senior vice president of KeyBank and heads the Consumer Lending Division. He can be reached at 516-257-4599 or anthony_lanzillo@keybank.com.

KeyBank is a totally registered state-chartered national bank.
Betty June Yelich

Betty June Yelich (Ringgo), 81, of Delmar, died Sunday, Dec. 27.

Born in Buffalo, she was the daughter of the late Louis and Louise (Nicholas) Ringgo.

Mr. Yelich was a graduate of Kensington High School in Buffalo and received a bachelor's degree from Canisius College while working full time at Pierce and Stevens in Buffalo. She was employed at Eastern Kodak Co. in Rochester and was a chemistry and math teacher at Kensington High School in Buffalo. Mr. Yelich left employment to raise her family and returned to work for New York State before retiring from the Department of Transportation in 2000 as a statistical analyst.

“She was a woman of great determination and independence despite financial obstacles,” her family wrote in a tribute. “Her determination and independence was only exceeded by her love for her family.”

She was the wife of Steve N. Yelich for 56 years.

Survivors include three sons, Bruce (Linda Marie) of Malone, Glenn (Linda Sue) of Rensselaerville and Jeff (Carolyn) of O'Fallon, Mo.; a daughter, Leslie (Charles) Valentine of Shoreham; nine grandchildren; several nieces and nephews; and a sister-in-law.

Arrangements were by Applebee Funeral Home in Delmar and private funeral services will be held at the convenience of the family.

Contributions may be made to the charity of one's choice.

Steve N. Yelich

Steve N. Yelich, 85, of Delmar, died Tuesday, Dec. 30.

Born in Lackawanna, he was the son of the late Nicholas and Virginia (Malone) Yelich.

Mr. Yelich was a graduate of Lackawanna High School and attended Canisius College, University of Rochester and the University of Buffalo. He held a bachelor's and masters degree.

He was the captain of the Lackawanna High School football team and a member of the Niagara Frontier All-League Team in his senior year. He played varsity football at Canisius and the University of Rochester.

Mr. Yelich served as a platoon leader and a company commander with the 22nd Marines 6th Division in the South Pacific and China during World War II.

He was recalled to duty in the Korean conflict and served with the 8th Marines 2nd Division.

He was discharged as a first lieutenant.

Mr. Yelich began his professional career in Erie County in 1948 and was an Erie County probation officer prior to his employment with the state Division of Parole. He had assignments as a parole officer and senior parole officer at Rochester, Attica State Prison and Buffalo.

He came to the Albany area in 1956 and held various positions as the Director of Executive Clemency and Director of the New York State Institutional Parole. Mr. Yelich was the Director of Parole Field Services at the time of his retirement in 1985.

He was a member of the American Legion, Blanchard Post 116 in Delmar. Mr. Yelich was a past president of the Bededekham Central High School Athletic Association and coached Pop Warner football team for a number of years.

Mr. Yelich died shortly after leaving his wife Betty's memorial service, to whom he was married for 59 years.

Survivors include three sons, Bruce (Linda Marie) of Malone, Glenn (Linda Sue) of Rensselaerville and Jeff (Carolyn) of O'Fallon, Mo.; a daughter, Leslie (Charles) Valentine of Shoreham; nine grandchildren; several nieces and nephews; and a sister-in-law.

Arrangements were by Applebee Funeral Home in Delmar and private funeral services will be held at the convenience of the family.

Dorothy Hull

Dorothy L. Hull, 91, of Glens Falls, died at St. Peter's Hospital in Albany on Saturday, Dec. 26.

She was born in Albany to the late Reinhold and Dora (Peters) Helwig.

She attended Albany High School and, in 1937, married the late William M. Hull of Malden-Hudson. During their years of marriage she lived in Japan, Germany, New Jersey and Texas, and during her time at home in the United States she worked in nursing. Mrs. Hull was a devoted mother and grandmother and her kindness and love of nature.

Survivors include her daughter, Elena Linton of Vancouver, Wash.; two sons, Christopher of Bedford, Texas, and Stephen of Albany; four grandchildren and two great-grandchildren.

Arrangements were by Magin & Reesea Funeral Home, 891 Madison Ave., in Albany.

Interment was at Saint Agnes Cemetery in Menands.

William Welburn

William D. Welburn, 73, of Glens Falls, died on Saturday, Dec. 20, at St. Peter's Hospital.

He was born in Troy and was the son of the late Nye and Emilie (Thompson) Welburn.

Mr. Welburn graduated from Troy High School and received a bachelor's degree from Russell Sage College, evening division.

He served in the Air Force from 1956 to 1959, based in Texas, Germany and the Philippines. He achieved a long and distinguished career in New York state government, serving with the Department of Social Welfare followed by 35 years with the Department of Civil Service, Municipal Services Division. He retired in 2001.

Mr. Welburn was also active in the Glens Falls town government. He was elected to and served on the town council from 1986 through 1993. He served on the Industrial Development Agency and the Glens Falls Public Library Board. He was a member of the Western Tuatha De Kousa Klubus for many years.

Survivors include his wife, Donna E. (Brate) Martin; a son, Richard D. (Donna) Martin of Schobor, two grandchildren; a sister; two brothers; and several nieces and nephews.

Services were from the Applebee Funeral Home in Delmar and burial was in the Oneoscquethaw Cemetery in Clifton Park.

Contributions may be made to the Guilderland Animal Shelter, c/o 619 Goodman Rd., Guilderland.

Douglas A. Martin

Douglas A. Martin, 66, of Voorheesville, died Thursday, Dec. 25.

Born in Albany, he was the son of the late Leroy and Anna (Westewell) Martin. Mr. Martin was retired from the Laborers Union, Local No. 190. He was a part-time farmer, enjoyed NASCAR and his coffee time at Stewart's Shops.

"He will be remembered as a wonderful husband, father and grandfather," his family wrote in a tribute.

Survivors include his wife, Donna E. (Brate) Martin; a son, Richard D. (Donna) Martin of Schobor; two grandchildren; a sister; two brothers; and several nieces and nephews.

Services were from the Applebee Funeral Home in Delmar and burial was in the Oneoscquethaw Cemetery in Clifton Park.

Contributions may be made to God's Heart of Refuge, Retreat House Road, Glenmont 12077, or Oneoscquethaw Vol. Fire Co., PO Box E, Clifton Park 12014.

Michele M. Fank

Michele M. Cirilli Fank, 60, of Slingerlands, died Saturday, Dec. 20, at St. Peter's Hospital in Albany.

Born in Albany, she was the daughter of Grace Lomonaco Cirilli of Albany and the late Joseph A. Cirilli.

Mrs. Fank was a lifelong Albany resident and graduated from Cardinal McGuiness High School and Mildred Elloy. She was employed as a clerk with the state Department of Transportation, retiring in 2003.

Survivors include her husband, Martin J. Fank of Slingerlands; a sister, a brother; a niece; a stepdaughter, Erika Fank; and several cousins.

Services were from the Fitzgerald Funeral Home, Ltd., in Cohoes.

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OPEN HOUSE: Sunday, January 25, 2009 • 2-4 p.m.
www.christthekingalbany.org
Senior Services can help combat the winter blues

Do you find yourself feeling the “winter blues”? If so, you’re not alone. Bethlehem Senior Services offers an exciting variety of social programs for the next few months to help folks enjoy a breakfast, lunch or dinner out, attend a dramatic theatre production, or even a Siena basketball game — all for a change of routine from winter weather and being homebound.

Call the Senior Services office for information at 439-4955, ext. 1176.

Program highlights

Friday, Jan. 16
• Free health and wellness program, “Diabetes: Are you at Risk?” Bethlehem Town Hall, Room 101, 445 Delaware Ave., Delmar, 1 to 2 p.m. Discussion of simple lifestyle changes to prevent, delay and manage diabetes. No reservations needed. Lunch Out option (cost on your own) at Windowbox Café, Slingerlands, prior to the program. For lunch and program reservations, call 439-4955, ext. 1176.

Saturday, Jan. 18
• Sunday swim and lap swimming, all ages, middle school pool, 332 Kenwood Ave., Delmar, 1 to 3:30 p.m. $3 fee for ages 5 and older.

Monday, Jan. 19
• Bethlehem Town Hall closed and senior services office closed for Martin Luther King Jr.’s birthday.

Tuesday, Jan. 20
• Free massage therapy workshop, Bethlehem Town Hall, Room 101, 445 Delaware Ave., Delmar, 10:30 a.m. to noon. Learn how to ease pain through simple massage techniques with hands-on training from two licensed massage therapists. Limit of 20 participants with registration required at 439-4955, ext. 1176. Lunch Out option at Windowbox Café, Slingerlands.

Wednesday, Jan. 21
• Matinee movie of choice at the Spectrum Theatre in Albany ($6.75 at the door), followed by early dinner at Mercato’s Restaurant, Delmar. Delmar. For information, call 439-4955, ext. 1176.

Thursday, Jan. 22
• Bethlehem Senior Citizens Club meets for an enjoyable social afternoon of games and entertainment, Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 11:30 a.m. All senior welcome. For information, call 439-4955, ext. 1176.

• Senior grocery shopping for residents of Glenmont, Selkirk and South Bethlehem. For reservations, call 439-5770.

Friday, Jan. 23
• Free health and wellness program, “Mediterranean Cooking,” Bethlehem Town Hall, Room 101, 445 Delaware Ave., Delmar, 1 to 2 p.m. No reservations needed for program. Lunch Out option (cost on your own) at Windowbox Café, Slingerlands, prior to the program. For “lunch and program” reservations, call 439-4955, ext. 1176.

• Seniors in Motion (see Tuesday’s activities for details).

• Seniors grocery shopping for residents of Shaker, Germantown, Senior Housing and Van Allen Senior Apartments. For reservations, call 439-5770.

For information on the above or a list of additional activities, call the Bethlehem Senior Services Office at 439-4955, ext. 1176.

Doris Davis, Bethlehem Senior Services Projects Inc. board member

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Our Landmark Home Improvement Expo Opening this Sunday

Seniors can go FREE to the Expo with this ad.

The Spotlight

Fashion show postponed to April 28

The Town of Guilderland’s Senior Services fashion show has been postponed from Feb. 17 to April 28. Please see its March newsletter for additional details.

Senior Services Fashion Show

Monday, Jan. 19
Town Hall closed

Senior Services Calendar

Monday, Jan. 19
Town Hall closed

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PRIME BUTCHER SHOP

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Wednesday, Jan. 21
Scheduled Shopping
9 a.m. Line Dancing 10:30 a.m. Strong Bones + 10:45 a.m. Strong Bones + 1 p.m. Needlecrafter 1:30 p.m. Strong Bones+

Thursday, Jan. 22
Scheduled Shopping
9 a.m. Strong Bones + 10:30 a.m. Food Stamps 1 p.m. Pinochio/Games

Friday, Jan. 16
Scheduled Shopping
10 a.m. Painting 11:30 a.m. Open Enrollment for Medicare

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Must be available Nights and Weekends.
Wine and Spirit Knowledge Please Call 518-441-5891

Bethlehem Lutheran Preschool

Open House!

Bethlehem Lutheran Preschool
Saturday, January 17, 2009
10 a.m. – 12 Noon
A child-centered Preschool Program serving children ages 3 and 4
R ich Morello was about to get his big break.

"Beatlemania" the Broadway musical review needed a new Ringo Starr, and Morello was in line for the part.

Before he ever took the stage, though, the show shut down.

That could have marked the end of Morello's dream. But when "Beatlemania" ended, Morello and Alan LeBoeuf, who played Paul McCartney for much of the show's run, resurfaced in "Beatlemania Again," a touring Beatles stage show that stops at the Linda - WAMC Performing Arts Studio in Albany on Saturday, Jan. 17.

Morello is the group's manager, and he also plays the drums as Starr.

"It's a lot of work, but it's a lot of fun," he said. "It's a labor of love."

Part of Morello's work includes finding venues for New Jersey-based "Beatlemania Again" to perform. The group has never been to Albany, so Morello called Howard Glassman, the Linda's manager, and made his pitch.

"They'll say, 'Wow, we thought you were really from England,'" Morello said. But the real star of the show, according to Morello, isn't the man portraying the Beatles - it's the music itself. Morello thinks the Beatles are unmatched by today's musicians.

"The music is timeless," he said. "It gets better as time goes by."

"Beatlemania Again's" success is testament to the songs' staying power - the group first took the stage in the early 1990s. Over the years, certain songs have emerged as fan favorites, Morello said, including "I Want To Hold Your Hand" and "Twist and Shout."

"Beatlemania Again" will appear at The Linda-WAMC Performing Arts Studio, 339 Central Ave., Albany on Saturday, Jan. 17, at 7 p.m. Tickets are $20 and can be purchased online at www.wamcarts.org or by calling 518-5233, ext. 4.

By JACQUELINE M. DOMIN
Spotlight Newspapers
domin@spotlightnews.com

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January 17
Palace Theatre, Albany
Saturday, 7:30 PM

For tickets: 518-465-4663

GOULD: Top Dance Concerto featuring Ryan VanDenBoom, tap dancer
BRAHMS: Academic Overture featuring The Chiming Quartet of Bard College
BRUCH: Violin Concerto No. 1, featuring William Hagen, violin

University of the Arts College of the Performing Arts

AlbanySymphony.com

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Bea and Bob Herman
Theater

JACQUES MILL IS ALIVE & LIVING ON PARKE

TOWN IN THE WEDDING
Intimate comedy-drama dinner theater, QE Theater at Proctors, State St., Schenectady, through Jan. 18. $39 including dinner. Information, 837-7138.

Music

POOR SOLDIER ORPHEA
Preview of original performance, including a reception catered by the Hula-Mini Restaurant, Jan. 15, Arts Center of the Capital Region, River Street, Troy. $30, sponsored by the Musicians of Troy, Information, 377-2623.

BOOKMARKS
A cappella group playing straight from rock to polka. Jan. 16, 7 p.m., France and Eighth, 346 Delaware Ave., Albany. Information, 512-5108.

NYC NOIRE
New York City trip specializing in old American music, washed down with fine blues, early swing, jump and other time periods. Jan. 16, 8 p.m., Celtic Lane, 57 Pitkin St., Saratoga Springs. $14 cover, $10 members, $16 general public. Information, 583-6822.

STEVE FORBERT
Cringing holiday songs. Jan. 16, 8 p.m., WMAC Performing Arts Studio, 333 Central Ave., Albany. Information, 460-5523, ext. 4.

RAGTIME CARSON

DANCE
SEALVIO
Circling dance troupes featuring dancers, drummers and actors. Jan. 16, 8 p.m., Proctors Theater, State Street, Schenectady. 839-2536. Information, 454-6204.

Visual Arts

NEW YORK STATE MUSEUM

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Visual Arts

NEW YORK STATE MUSEUM
**Calendar of Events in the Spotlight**

**Wednesday, Jan. 7**

**BETHLEHEM**

**DELMAR ROTARY**
Norrmanside Country Club, 7:30 a.m., Information, 767-2381.

**BETHLEHEM**

**DELMAR**
Switzerland Club, 7:30 a.m., Information, 767-0157.

**NEW SCOTLAND**

**WINTER ZONE BOARD MEETINGS**
Village Hall, 50 Albertopolis Ave., 7 p.m., Information, 767-2360.

**NEW SCOTLAND SENSORS**
Worley Greenbush Community Center, New Scotland, call for time, Information, 765-2190.

**PRAIRIE MEETING**
evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30-9 p.m., Information, 767-3300.

**MOTHERS OF PRESCHOOLERS (NPS)**
Christian fellowship group for mothers of preschoolers, Mountainview Church, 428 Kenwood Ave., nursery care provided, 9-11:30 a.m., Information, call Jennifer at 439-5633 or e-mail, momnps@verizon.net.

**OPPORTUNITIES UNLIMITED**
First United Methodist Church of Voorheesville, 5-7 p.m., Information, 765-2109.

**Thursday, Jan. 8**

**BETHLEHEM SENIOR CITIZENS**
Meets Thursdays at 1 p.m. at Town Hall, 445 Delmar Ave., 428-3005.

**NEW SCOTLAND KIWANIS CLUB**
New Scotland Presbyterian Church, 85, 350 a.m., Information, 765-3390.

**VILLAGE LIBRARY**
Up to six stories for newborns to age 1 at 10 a.m. Drop-In Storytime, call 765-3390, First and third Thursday of each month.

**Friday, Jan. 16**

**AA MEETING**
First United Methodist Church of Delmar, 428 Kenwood Ave., 7:30 p.m., Information, 765-2791.

**NEW SCOTLAND**

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Village Hall, 50 Albertopolis Ave., 7 p.m., Information, 767-2360.

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evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30-9 p.m., Information, 767-3300.

**FAITH TEMPLE**
Bible study, New Scotland, 5:30 p.m., Information, 767-3360.

**AA MEETING**
First United Methodist Church of Voorheesville, 5-7 p.m., Information, 767-3390.

**NEW SCOTLAND**

**SABIC**
776-4767.

**Peaceful Neighborings For Peace, weekly prayer, Fellowship Free Methodist Church, Delmar, 5-7 p.m., Information, 439-3274.

**PEACE VIGIL**
Bethlehem Lutheran Church, 428 Kenwood Ave., 7:30-9 p.m., Information, 765-2791.

**ROTOR Y MEETING**
Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155, 6:30-7 p.m., Information, 765-3390.

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Village Hall, 50 Albertopolis Ave., 7 p.m., Information, 767-2360.

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**STORY TIMES**
Weekly at Voorheesville Public Library, 51 School Road, 7 p.m., Information, 767-2791.

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Adoption:
Adopt: Warm, very happily married couple will give your new born a future full of love, security, support and opportunity. Legally allowed expenses. Please call Lauren/Adam 1-888-888-8550

Loving family looking to adopt. Big brother 825-0501 your free at 1-888-287-5976

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$7,800.00

$125

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Pauline and George married couple will give 

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Loving family

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Commercial Classifieds - Line Ads - Twelve paper combo - $20.50 for 15 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.

All line ads must be pre-paid in order for placement. Ads will appear in all twelve newspapers, as well as on the internet for the number of weeks requested.
Employment Classifieds

HELP WANTED

Employment: $600 Weekly Potential $55 Helping the environment PT, No Experience Required. All employment advertising in this newspaper is subject to section 296 of the Human Rights Law, which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, creed, national origin, disability, marital status, sex, age, or arrest conviction record, or an intention to make any such preference, limitation, or discrimination. Title 29, Code of Federal Regulations, 41, excludes the Federal Gov't from the age discrimination provisions. This newspaper will not knowingly accept any advertising for employment which is in violation of the law. Our readers are informed that employment offers advertised in this newspaper are available on an equal opportunity basis.

Avon: Earn extra $5 Sell from work or home. General info: 1-800-444-8006 IND.-STLUPE

Compatriot or caregiver for elderly lady in home M-F 9:30-4 pm. Must have experience and own car. Call after 1 pm 699-4472.

Driver: Homestay! $2,000.00 sign on! Paid Holidays! Vacation! Excellent Benefits! COLA-800-336-3314 x178 www.medHum.com

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We're hiring a wide variety of rewarding positions, including positions that recognize your skills.

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**BC boys earn big road win**

The Bethlehem boys basketball team broke into the win column for the second time this season in a big way. The Eagles limited Guilderland to 19 second-half points to pull a 49-47 victory in last Friday's Suburban Council South Division game in Guilderland.

Bethlehem's defense picked up where it left off against Guilderland as the Eagles held the Colonials to their third sub-50 point game.

Bethlehem's Alex McCullough (32) takes a shot in traffic during last Friday's Suburban Council South Division game against Guilderland.

Bethlehem's Kevin Weddell scored 21 points to help Bethlehem even its league record entering Tuesday's home game against Shaker.

**Dutch ground Eagles**

Keegan's threes, free throws help Guilderland girls

By Rob Jonas

The Guilderland girls basketball team executed its game-plan perfectly against Bethlehem.

The Lady Dutch (2-2 league, 6-0 overall) wanted that half-clock to their advantage in the first half and made their free throws down the stretch to defeat Bethlehem (4-2, 6-4) 48-39 in last Friday's Suburban Council South Division game.

"Tonight, we came in and knew that we had to take them into the second half," said Guilderland coach Frank Caccillo. "If we could get them into the second half, then we had a good chance to win the game."

Guilderland built an 18-15 halftime lead by controlling the game's pace, and kept the Lady Eagles on the defensive. The Lady Dutch often stepped up as the team's other receivers have relied too heavily on their running game. Manning. As a result, the Giants are loathe to give away their best receiver? Do you wait until the 30-second shot clock was below 10 seconds before taking a shot?

"We didn't want to take quick shots," said Caccillo. "It's too good in transition."

"They're very disciplined, and to their credit, they didn't turn the ball over," said Bethlehem coach Mark Nealon.

Alec McCullough kept the Lady Eagles within striking distance in the second half, and made the Lady Dutch's defense play catch-up for one.