

'Family friendly' Centi re-opens Township

By Tyler Schuling

KNOX — The Township Tavern, a long-time fixture in Knox, will soon be re-opening under a new owner.

Paul Centi, with 34 years of experience in the restaurant business, plans to open the bar and restaurant at the end of this month or the beginning of June.

Located at 1412 Township Road, the site was formerly Lucky's Tavern and the Hilltop Café. The building has been vacant since last fall.

The Township Tavern will be a sit-down and take-out restaurant and will also feature a full bar, said Centi.

"I'm going to be family-friendly," Centi said, adding that he will offer a full kids' menu. He will offer "standard family fare," he said. "Menus are one of the last things you can do."

Centi, 49, was most recently an executive chef at the Ginger Man on Western Avenue in Albany. Before that, he owned the Rosewood Café on New Karner Road for five years. "I just wanted to work for myself again," he said.

Centi also likes the building in the Knox hamlet of Township because of its history; the building in the Knox hamlet is about 180 years old. Once the Township Hotel, the way station

served as a half-way point between Schoharie and Albany, he said.

The tavern, for many years, had been owned by Harry and Delia "Barney" Palombo and was most recently owned by Owen and Mickey Rivenburg.

As well as serving as a restaurant and bar, Centi said the Township Tavern will also host banquets — wedding receptions, anniversaries, birthdays, and retirement parties.

The community has been enthusiastic and friendly, said Centi. Neighbors have been stopping by, he said, and someone has already asked him about holding a reception.

To get the tavern up and going, some of Centi's family will help out at first; he plans to hire between seven and 10 employees.

At first, Centi plans to open from 3 p.m. to midnight. Once his restaurant is more established, it will be open from noon to midnight, he said. Centi said he will not have a pool table in the bar nor will he book bands at his establishment. He might put in a jukebox, he said.

Centi will be spending much of his time in the kitchen, he said, and will be serving specials — seafood on Friday nights as well as pasta dishes.



Equipment is sized for kids at the new Active8 Kidz Fitness Club in Delmar.

Fitness club just for kids

BETHLEHEM — An exercise center just for kids aged 8 to 14 opened in Delmar last month.

"The idea was thought up by my 11-year-old daughter, Kristen Guastella, who wanted a place to exercise in town with kids her own age," said co-owner of Active8 Kidz Fitness Club John Guastella. "We started off by using steppers and a Hydraulic Circuit that matches the effort of users at any fitness level, and then her older brother, Nick, suggested adding boxing bags to make it cool. Finally, co-owner Shannon DiPisa and her daughter, Leah, added in mini trampolines for even more fun."

After stretching, kids rotate through each station while a fitness leader monitors, safe use and provides motivation. A strobe light and chime goes off every 35 seconds, signaling the kids to change stations. There are also kid-sized recumbent bikes and elliptical machines.

There are no scales, mirrors or TVs in the fitness club. "Everyone is equal," said Guastella.

The club is open after school from 3 to 8 p.m. during the week and Saturday's from 9 a.m. until noon. Parents are encouraged to drop off their kids or have them walk over from school, said Guastella.

"Understanding that our kids need to establish healthy nutritional habits, they utilize the MyPyramid.gov taught in schools across the country," said Guastella. "Every new member gets to take home a nutritional handbook, tracking sheets and handouts designed to promote healthy habits."

"We want this to be a family effort. Our biggest success so far has been that the kids themselves are bringing in their friends to join. We hope to have 150 new members by June and offer a free workout to all 8 to 14 year old kids in town."



Greg Zeh

Zeh promoted to VP at Golub

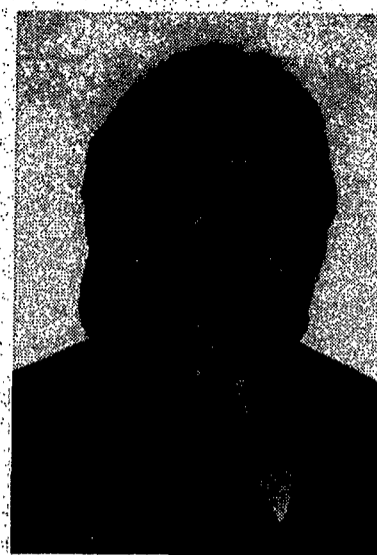
Greg Zeh of Westerlo has been promoted to the position of vice president of Enterprise Business Systems by the Golub Corporation which owns Price Chopper Supermarkets.

In his new position, Zeh will manage all aspects of Computer Systems Development for the 115 store chain and the main office complex.

He has been employed with Price Chopper since 1977, most recently holding the position of director of accounting systems.

He holds a bachelor of science degree in Accounting from the University at Albany, and is a town councilman in Westerlo. He is also assistant chief of the Westerlo Volunteer Fire Department.

He and his wife, Andrea, have a daughter, Theresa.



Laurie Carey

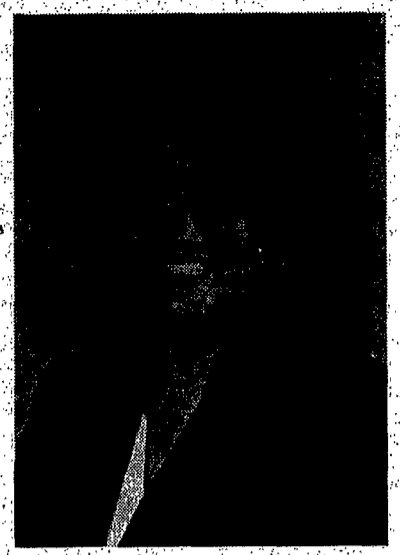
Carey wins award for DigiGirlz

Laura Carey, who grew up in Altamont and now lives in Cold Spring Harbor, N.Y., is being given the Achievers' Award at the 28th Annual Achievers' Award Gala of the Long Island Center for Business and Professional Women on May 10.

Carey has created DigiGirlz, a camp focused on attracting high-school aged girls to consider the technology field by providing exposure to information, opportunities, and mentors.

Carey had more than 25 years of information technology experience in state and local government, before joining Microsoft Corporation.

She has won numerous industry awards for designing and implementing large enterprise identity management and business process management solutions.



Jennifer Carron

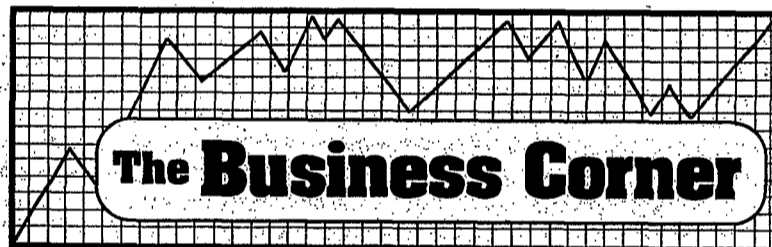
Carron named UAlbany director of marketing

Jennifer Carron has been named director of marketing for the University at Albany's Office of Media and Marketing. Carron will help manage a major branding initiative that the university is currently undertaking, according to a release from UAlbany.

Prior to joining UAlbany's staff, Carron served as senior manager of marketing sales and support at Verizon Business, where she was responsible for developing, implementing, and managing marketing programs for 20,000 employees worldwide.

Carron's responsibilities at UAlbany include managing web and design services teams; overseeing the development and execution of communications that carry the brand messages and essence of the university; and developing and executing integrated marketing communications plans for university units.

She received her bachelor's degree in communications arts from the College of New Rochelle in 1993.



Perlmutter named chief of ophthalmology at St. Peter's Hospital

Lawrence Perlmutter, M.D., of Slingerlands, has been named chief of ophthalmology in the Department of Surgery at St. Peter's Hospital.

Perlmutter received both his undergraduate degree (*summa cum laude*) and his medical degree from the University of Vermont. He has been a member of St. Peter's Medical Staff since 1976.

Perlmutter is board-certified by the American Board of Ophthalmology. He is a fellow of the American Academy of Ophthalmology and Otolaryngology, and sits on the Advisory Board of the New York State Multiple Sclerosis Society. He is in private practice in Albany, where he specializes in cataract surgery. He has performed more than 15,000 cataract procedures to date.

Perlmutter succeeds Stephen Sills, M.D., whose appointment ended in February, 2007. Perlmutter's appointment will be effective for three years with the opportunity for one reappointment.

He is married to Wendy Perlmutter. They have three children: Amy, Dana and David.



Albert D'Amato

D'Amato joins Weichert

GUILDERLAND — Albert D'Amato, a Guilderland native, has joined the sales team of Weichert, Realtors - Northeast Group.

He offers a full range of real estate services to clients in Albany and Schenectady counties. He is a member of the Greater Capital Association of Realtors.

D'Amato is a native and 17-year resident of Guilderland. He has earned an architecture/engineering certification, National Fire Protection Association Life Safety Coded certification, and a Fire Safety Evaluation Systems certification. Prior to real estate, he worked in the architectural and engineering field.



Joey Kelley-Cartwright

Kelley-Cartwright joins Weichert

GUILDERLAND — Joey Kelley-Cartwright has joined the Guilderland office of Weichert, Realtors - Northeast Group as a residential specialist.

She serves the Capital District as a member of the Greater Capital Association of Realtors and the Capital Region Multiple Listing Service.

The Rensselaer native is a lifelong-area resident currently of Albany. She attended Sage College of Albany and earned a paralegal certificate. Following college, she worked in the paralegal field for 17 years, including sales of legal services. She serves the community as a volunteer with the Special Olympics.