

McCartney
retires

○ See Page 3

South Pacific sails into
Dark Bluehouse

Pinebush triathlon
keeps growing

○ See Page 38

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The Spotlight

Serving the Towns of Bethlehem & New Scotland

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July 20, 2005

Residents: Comp plan hearing set too soon

Holiday light regulations withdrawn

By LIBBY SCHIRMER

The town board faced criticism from a group of concerned residents about its decision to move the continuation of the public hearing on the proposed zoning regulations up a week, to tonight, July 20.

The residents, who spoke individually during the meeting's second public comment section, said, if anything, the continuation should have been moved back. Director of Economic Development and Planning George Leveille, who in part has taken the reins in the process, announced several staff-recommended adjustments to the draft zoning code at a June 22 public hearing.

The revised draft was put up on the town's Web site and also made available to the public in other formats on July 11.

Town board members defended their positions, citing, first, state environmental quality review timelines that necessitated the date change and said that the process has been open all along, with residents getting each draft of the new regulations.

Leveille announced additional changes and language at Wednesday's board meeting, which would be put into

another revised draft, to be posted on the Web site, prompting the residents in attendance to do some quick math.

Many of the residents said that nine days — or possibly seven days by the time another draft could have been posted — to review the newest, 144-page code was not sufficient.

"This is affecting us for years to come," said resident Nancy Neff, who also spoke at the June 22 public hearing. "The moratorium has until October; we have until next week."

A continuation of a public hearing requires 48 hours of notice to residents, Supervisor Theresa Egan said, also

noting announcements that were in the July 13 edition of *The Spotlight*.

"I don't consider it a rush," Egan told resident Linda Jasinski, who criticized the board for moving up the hearing.

She also cautioned the board that the summary Leveille gave to the board, about a 20-minute presentation, was not listed on the agenda for the meeting, which Egan said was an "oversight."

"I still think it's a very short time for the public to read the laws it has to abide by," Jasinski said.

Board member Thomas Marcelle said each resident can add a unique perspective to the process.

"I know the speakers tonight care very deeply about this zoning law. I've

"This is affecting us for years to come. The moratorium has until October; we have until next week."

Nancy Neff

□ PLAN/page16

Delmar's designation as top place to live brings smiles

By JAMES CUOZZO

Clean air, low crime, a good education, easy work commutes and excellent home prices are just some of the reasons that makes Delmar one of the top places in the country to live, according to information released by Money Magazine.

Delmar is ranked No. 22 of the top 100 towns and cities across America and No. 1 in New York state.

The news is spreading fast in coffee shops, restaurants and other locations around town.

"I first heard the news from my daughter in Albuquerque, N.M. who sent me an e-mail and was so excited to hear about the recognition," said Marty DeLaney, president of the Bethlehem

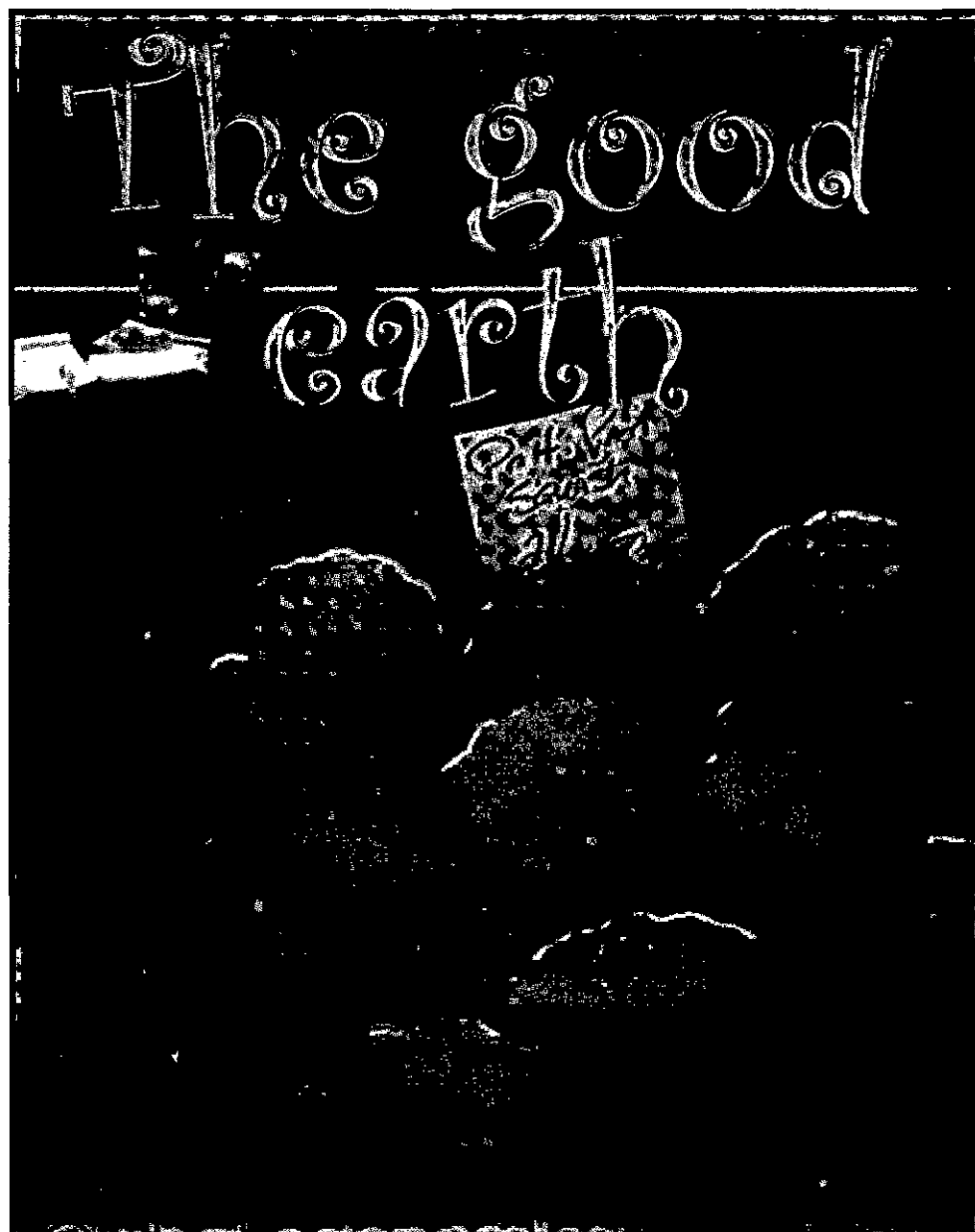
Chamber of Commerce.

The ranking is based on statistics such as household income, education, air quality, arts and culture, golf courses, museums and libraries. In comparison to the incomes of the best places to live, Delmar's household income of \$70,932 was higher than the \$68,160 median household income. There may be a few less colleges around Delmar than in other best places to live communities, but the average student-to-teacher ratio of 15.80:1 is near the top of the list. Many who live in the town of Bethlehem tout the Bethlehem Central school system as one of the reasons they moved here.

Personal and property crime in Delmar is much lower than most best places to live, and even though it feels mighty muggy some days in the summer and crispy cold many nights in the winter, the average precipitation and temperature in Delmar is close to the best compared to other top communities across the land.

Another Bethlehem Town official

□ TOP/page14



Global economies, family dynamics factor into complex trend

Bright yellow squash, huge green heads of lettuce, and scallions the length of arms are amassed on tables under big white tents. Farmers or their helpers — frequently attired in T-shirts and sometimes aprons — watch over the bounty as package-laden shoppers exclaim about freshness, ask questions about price or inquire about whether a specific vegetable is grown organically.

It's the Farmers Market, an increasingly common sight around the nation, state, local towns and villages.

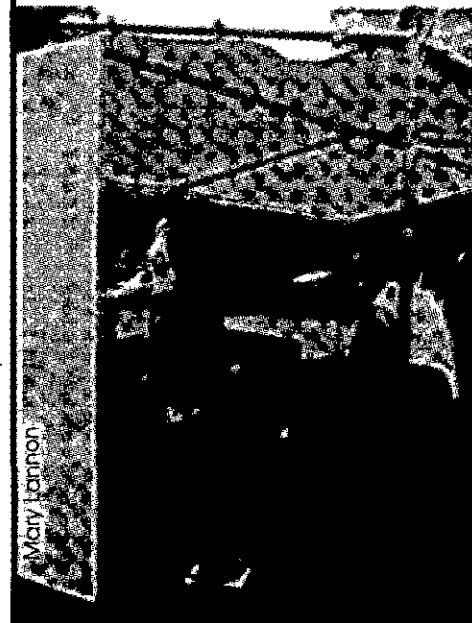
Just this season in the Capital District, markets have opened in Chatham, Ballston and at Stuyvesant Plaza in Guilderland.

They are part of a national trend that has seen the number of officially registered markets double from 1,755 in 1994 to 3,706 in 2004. The largest increases — about 500 each — occurred between 1994 and 1996 and 2002 to 2004,

according to statistics from the U.S. Department of Agriculture. State statistics from a 2000 survey tell a similar story with the number of farmers selling directly to consumers in 2000 at 6,667, up by 542 from the 1987 figure of 6,125.

Changes in rules of trade, shifts in domestic policy, shifting global markets and new technology have continually changed farming and contributed to the rise of farmers markets, according to a USDA press release.

✿ EARTH/page 39



Above: Wayne Pooler offers patty pan squash at the Schenectady Farmers Market. Left: Alexandra Lusak of Troy buys fresh produce from Jenn Ward of Our Farm in Easton, Washington County, at the Troy Waterfront Farmers Market recently.



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DA: Guilty plea gets career drug dealer off streets

By LIBBY SCHIRMER

A Schenectady man who was arrested in March for attempting to sell 500 grams of crack cocaine for \$30,000 in Bethlehem pleaded guilty last week, marking his second drug offense conviction.

Clarence Jackson, who is also known as Beano, faces seven years in state prison for first-degree attempted criminal possession of a controlled substance, a felony, when he is sentenced Sept. 7 by Judge Stephen Herrick. Jackson could also be subject to five years of supervision after his release from prison.

Jackson's March 24 arrest followed the arrest of a Bethlehem couple that Albany County Sheriff's deputies from the Drug Interdiction Unit

arrested after a period of surveillance on their 21 The Concourse home.

The charge Jackson, 28, pleaded guilty to was a downgrade from the A-1 felony charge he faced of criminal sale of a controlled substance and third-degree criminal sale of a controlled substance, a B felony, when he was originally arrested.

The back-to-back arrests of Jackson, of 1076 Baker Ave., and William and Alefina Turner, got an estimated \$150,000 worth of cocaine, marijuana and heroin off the streets, police said at the time. The Turners allegedly had drug customers throughout Albany County, including Bethlehem, Guilderland and Albany. Police said they sold mostly heroin and cocaine.

The Turners' then-6-month-old daughter was present at the time

of their March 23 arrest.

Sometime on or around March 24, an informant phoned Jackson and ordered a kilo-and-a-half of cocaine. Officers then set up a surveillance location in Bethlehem, to which Jackson arrived later, around 5:30 p.m., with the cocaine to sell it for \$30,000, at which point he was arrested.

"The two arrests were linked. Albany County Sheriff's deputies picked up Turner and flipped him," said DA's office spokesman Richard Arthur. "Turner called Jackson, told him to bring over the stuff, and the deputies got him."

Jackson, for his part, was sentenced to four years determinate, which, according to Arthur, means he will do all four years.

District Attorney David Soares

called Jackson a career criminal.

"Clarence Jackson is a career criminal and a significant distributor of crack cocaine in the Capital District," said Soares, who made Rockefeller Drug Law reform the major issue in his campaign for district attorney.

Jackson was on federal probation for another conviction in November 2000 for distributing cocaine, according to the Albany County District Attorney's office.

Sheriff's deputies, at the time of the arrest, said both operations were sophisticated and well-established.

**Got a gripe?
Write a letter.**

Patrol nets 26 on DWI charges

In the 46th Albany County driving while intoxicated blanket patrol, held this past weekend between 7 p.m. Friday night and 4 a.m. Saturday, July 15 and 16, 656 traffic stops were made.

A total of 26 DWI arrests were made. Police report one drunk driving-related crash over the course of the patrol.

Albany County Stop-DWI announced the patrol Thursday afternoon, perhaps accounting for the 71 designated drivers officer throughout the county encountered.

Because of the patrol, police also made three total arrests for aggravated unlicensed operation including one that was alcohol related.

Sixty-one police officers issued 171 vehicle and traffic tickets.

Departments from 11 Albany County municipalities participated in the patrol, along with the county Sheriff's Department, University at Albany police and New York State Troopers from Troops G and T.

Meetings of theater artists scheduled

A network of Capital Region filmmakers, actors, screenwriters and media artists meet the first Tuesdays of each month.

The next meeting is Aug. 2, at 6:30 p.m. at the Bulme Telecommunications Center at Hudson Valley Community College Center.

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McCartney ends 35-year career at V'ville

By JAMES CUOZZO

From his first job as a teacher in Sacket's Harbor in 1970 to his last day as superintendent of Voorheesville schools, Alan McCartney's 35 year career in education has been both a rich and rewarding one.

On his last official day of work, McCartney was casually dressed in shorts away from his office, which is now being occupied by Linda Langevin, the new school superintendent. He talked about his years as Voorheesville school's top official and how he came to be a teacher after wanting to play professional football in his youth.

"I was a full back and running back in high school and went on to play at Thiel College in Pennsylvania. I thought that I wanted to play football, but I majored in social studies because I just found history to be fascinating," said McCartney. After receiving a tryout after graduation that didn't work out from the Dallas Cowboys, McCartney then set his sights on a teaching career. "I got a teaching position and with the teaching position ended up coaching and playing semi-pro football at the same time. I found coaching to be rewarding because I was able to see kids move forward."

McCartney continued to put his dual skills in football and teaching to work in his next position at Sacket's Harbor where he taught social studies and worked as an assistant football and basketball coach. It was also at Sacket's Harbor where the urge to administrate began to set in.

"There was an administrator there that I had some words with, and his comment was, 'If you think you can do a better job, then get your degree and do it.' I tend to have a very strong personality, and if you challenge me, nine out of 10 times, unless it's a student, I'm going to take the challenge," said McCartney.

It was then that McCartney enrolled at SUNY-Oswego and received a master's degree in administration. After an internship in Mexico, and a position as assistant middle school principal, he enrolled in Columbia University to obtain a doctorate. McCartney said he can relate to the student who needs the motivation because that's the way he was when he was young. "I've always believed your bright kids are going to learn in spite of you. It's the kids in the middle you really have to watch out for, you can't let them stray too far."

McCartney was working as assistant superintendent in Crowne Pointe when he received a call in 1989 to apply for the position of Voorheesville School superintendent. "I applied and was lucky enough to be hired, and it has worked out to be a very good fit. It has been a really tremendous run. The community is demanding, but highly supportive, and the staff's No. 1 concern is the welfare of the kids. It's just a really good place," said McCartney.



McCartney

Voorheesville School District recently held a Relay for Life fundraiser to benefit the American Cancer Society, and the event was a complete success. "When somebody says to this community, 'We need help, we can't do it,' they prove over and over again that we can do it, and the kids are the same way. If you throw a challenge at them they will get it done," said McCartney. McCartney said the community and school district put this same kind of effort together for the Creative Playground when it was first built. "The key is this district is always looking for a solution to a problem. Everybody just pulls together whether it's a time of crisis or a time of joy," said McCartney.

McCartney said there is always a struggle to maintain quality education at an affordable cost to the community, and he believes the method of funding education through a combination of state aid and community property taxes has to change. "Property tax as a way of funding education does nothing but create dissension between the community and the district and that is a bad thing," said McCartney.

The first year as superintendent is the most exciting, McCartney said, but the last year has been the most difficult. "Because it's the end and I feel pulled in 80 different emotions and directions. It's almost as though I don't have time. If I know I'm back next month, next week, OK, I've got time, but I almost feel like I'm in a rush," said McCartney.

McCartney said he would recommend administration to anyone who wants to give it a try.

"When you watch students performing in a play, or hugging after a school basketball game, or on graduation day when those kids cross the stage that's what makes it all worthwhile."

McCartney said he feels lucky to have had this opportunity but wishes he had a chance to work further on curriculum development. "We don't have a big administrative staff, and I wish I was more hands-on there but the staff has done a great job in that

area," McCartney said.

Middle School Principal Theresa Kennedy said the success of expanding the junior and senior high school into the Voorheesville Middle School underscores McCartney's determination and strong foundation. "The parents, students and staff are all very satisfied with the success of the Middle School. It is a safe place to learn. He understands all levels of

□ MCCARTNEY/page 24

Red Cross volunteer returns to Glenmont

By LIBBY SCHIRMER

For almost four years, Tom Pillsworth has been a self-proclaimed "focused" man.

After spending 10 nights at Ground Zero from the day of the 9/11 attacks with the American Red Cross, it would be hard not to be.

And now, after spending five months in the middle of a war zone in Baghdad, Iraq, Pillsworth, now back in his Glenmont comfort zone, is again focused, this time, on his family, he said.

"They were completely opposed to me going," Pillsworth said, though lighthearted. "No support whatsoever. But they knew I was committed."

As Pillsworth trained with the Red Cross to volunteer to spend a tour assisting the U.S. military, he said his wife was the most hesitant about him going. In the end, Pillsworth said, she was the one to voice the most compelling reason she could let him go.

After seeing what Iraqis endured to vote, Pillsworth said his wife saw that she could support her husband's trip.

He worked from the day he landed to the day he left; 130 days total for break-free, 12-hour shifts.

Pillsworth, 65, worked passing emergency messages back and forth between soldiers and the military and families. He also worked what he called more traditional Red Cross duties.

"It's very difficult to phone home from there. Phone cards are real big," Pillsworth said. "I'd say to the soldiers, 'Here's a phone card, call home.' It was always nice to see, out of the desert and the dust, these white teeth through the dust, knowing they were going to call their wife or girlfriend or family. It was one of the real nice thing we got to do."

Coffee, too, is a big commodity over there, and good coffee is apparently rare enough that getting a cup can make someone's day. Part of Pillsworth's job, along with the other three Red Cross volunteers stationed in Baghdad — 10 volunteers total were spread out over three stations —

was to make sure the soldiers could have a good cup of coffee when they needed one.

"Just the traditional, feel-good stuff," Pillsworth said. "The nicest parts of being over there were the thank-yous. That made it worth the trip."

Three volunteers replaced Pillsworth and the three other volunteers stationed in Baghdad, a Red Cross station that Pillsworth said was the busiest, hardest station because it served as a Red Cross headquarters of sorts, when their five-month tour was over.

"There's only so many people willing to deploy there," Pillsworth said.

The Red Cross volunteers are the only people in the area without weapons.

Pillsworth, who worked a night shift for a stint, was still adjusting to daylight by Thursday last week. He arrived home Friday, July 8 at Albany International Airport, marking the conclusion of a hectic trip home that included layovers in at least three different countries and at least as many cities.

"I'm tired, but there's really no other manifestation of the trip in me," Pillsworth said, noting that he hadn't been sick once while he was over there.

Not that there would have been time for him to be sick; his days consisted of his 12-hour shifts, eating, sleeping and sometimes doing laundry. He wrote many letters to his family back here, his wife, children and grandchildren.

"I'm proud of what I did over there," Pillsworth said, adding that this trip may be "it" as far as volunteering in a war zone. "If I kept at least one person from having to spend six months over there, that's why I volunteered. I'm very proud of what I did."

Pillsworth now, besides focusing on his family, will continue volunteering in national disaster areas with the Red Cross, a habit that got him started on this worldwide volunteering effort.

"I just said 'give me a job. I'm healthy. I'm retired. Give me something I can do to help out with the war effort,'" Pillsworth said.

Town to crack down on code violators

By JAMES CUOZZO

The town of New Scotland has hired an attorney to prosecute code violations.

Attorney Peter Barber has been hired on an as needed basis at a rate of \$185 per hour to prosecute any code violation cases that end up in court. The Town Board voted unanimously in favor of the choice and Supervisor Ed Clark believes Barber will do a good job prosecuting cases for the town. "Peter Barber is an excellent attorney who worked with the town before and did an excellent job. He will represent the town in any case where a code violation is prosecuted," said Clark. Barber will have to come to the town board first to discuss any potential code violation case before it can end up in court. Code violations that are a public safety hazard and cases which have lasted a lengthy period

of time will be the first to get the code violation prosecutor's attention.

In other town news, a moment of silence was recognized for Marilyn Holmberg who served as town tax collector since 1988. Holmberg passed away on July 11 following a long illness. Clark called Holmberg a good friend to the town staff and to all residents of New Scotland. "Marilyn was a faithful servant to the job she held for seventeen and a half years. She did her job well and we're going to miss her," said Clark.

Holmberg was also a member of the New Scotland Republican Party. In May, the New Scotland Town Board approved the elimination of elected town tax collector. The position will go under the jurisdiction of the town clerk's office in January of the coming year.

A special town board meeting was held prior to this month's regular meeting to establish new water rates for the Clarksville and Font Grove water districts. After a lengthy discussion, it was decided that rates will increase in Clarksville from \$52.50 to \$63.75 for water usage up to 15,000 gallons. The minimum water usage charge in Font Grove for residents will change from \$100 to \$125 for 5,000 gallons and under.

A request to reduce the speed

limit on County Road 308 to 45 mph was approved by the board. Town resident Linda Haskell has petitioned both the town and Albany County requesting the speed reduction. A formal letter will be sent from the town to Albany County also asking for the change.

Chuck Voss will replace Michael Cavanaugh as the newest member of the New Scotland Planning Board.

The town board accepted Cavanaugh's resignation due to time constraints and moved Voss from the alternate member to new acting member of the planning board.

The town will begin a search for a new alternate to the planning board in the next few weeks.

A series of resolutions were approved allowing the town to amend an existing agreement with the village of Voorheesville ambulance workers, the New Salem Volunteer Fire Dept., and the Onesquethaw Volunteer Fire Dept., in regard to the Length of Service Award Program.

Volunteers of these agencies will receive an increase in the amount of service credit received from \$480 to \$700 a year.

The resolutions allow for a referendum and a special election to be held on the matter in the fall.

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Room is a disaster and likely always will be

By KATHERINE MCCARTHY

Our mission: clean up Cormac's room. I alone had chosen this mission; Cormac submitted to it, I think, in the hopes that cooperating with one of Mom's periodic episodes of insanity might procure him enough good will to increase his chances of a shopping trip to purchase (with his own money) a toy from whatever number the latest Star Wars movie was.

In my ongoing efforts to co-opt my children, I tried the insane thing his big brother's nursery school teachers had always advocated: Let the kids decide how to do a project.

"So how do you think we should do this?" I asked in what I hoped was a tone that conveyed, "Isn't this going to be great? We're doing something together! We'll revel in the sense of accomplishment when we're done! You'll feel more at peace with yourself when you can walk from your door to your dresser without the distinct possibility of breaking your ankle!"

He shrugged, a gesture that I think of as quintessentially 13. It's just a movement of the shoulders, but I swear, it's a snotty shrug.

"Pick up, I guess," was his answer.

I gritted my teeth, biting back

COMMENTARY:

*Mom's
the
Word*



the sarcastic "yeah, right" that models the very behavior that makes me shudder.

All that stuff strewn across his floor to create a new kind of carpet belongs to him and of course he should take care of it and of course it's his responsibility and he could repeat verbatim Mom's Lecture No. 475. That's the one that applies to respect for person, property, the amount of money spent on the goods, and the thoughtfulness and love that came with the items from loving family members.

The sad truth about Cormac's messy room — and he would be first to tell you — is that it's all my fault.

Just as I did my best parenting before I had children, I kept a cleaner, neater house before our children were born. I thought the relative order (strong emphasis on the word relative there) that Chris and I maintained before our kids were born would carry over to our days as a family.

For a while, it did, and my dream of a neat, dusted house-

hold with a place for everything and everything in its place and classical music on the radio came true.

It was kind of easy when Christopher was a baby: he'd nap, I'd pick up his few belongings, do the dishes, change the kitty litter, and on occasional days, run the vacuum.

There are people who derive pleasure from cleaning; I love the way a clean house looks, but the intrinsic satisfaction of running a vacuum still eludes me. When my days were filled with diapers and strollers, it didn't take long to notice the futility of putting the dog and the person back into the Fisher Price Discovery Cottage; of putting all the children's books back onto the book case; of neatly alphabetizing all the CDs within category.

When Cormac was born, we started on the typical American journey: too much stuff, too little time. As the kids have grown, so has the amount of stuff in our house. Cormac's insistence that he keep every single toy he ever owned "for my own children" means that the basement is lined with plastic bins full of an assortment of toys and pieces of toys that the next generation will probably not swoon over. The playroom is full of toys that are in the current rotation. At the moment, battle-ready figures from Star Wars and Gundam Wing hold sway.

To his credit, Cormac is taking excellent care of his current collection, keeping the packages of all his Star Wars toys and returning the figures to them at the end of each day. They all go in an enormous Rubbermaid bin which goes from room to room with Cormac and has been on all the car trips we've taken since the release of The Revenge of the Sith.

I think often of George Carlin's riff about our stuff and how our homes are really just big boxes to hold our stuff. When we get too much stuff, we get a bigger box. This family — to the disbelief of the realtor who sold us our current box and would like to see us move up the real estate ladder — plans to stay in this home, so figuring out what to do with the

stuff we insist on collecting is a challenge. And that's why it's my fault that Cormac's room is a mess. In today's parenting style, I accept full and total responsibility for not modeling appropriate room cleanliness, and feeling like I'd rather have positive moments with my children than constantly battle with them.

I like to think of our room as a testament to the full and happy lives we lead. Our shelves are overflowing with books; school supplies spill from their corner;

pictures sit in boxes, waiting to go into albums; last winter's clothes sit atop the beautiful wood storage chest my brother made for us, as if they will

magically store themselves in it; and the books that we'll never finish in three life-times cover spaces we never knew existed. Cormac is also-lutely justified to observe that I'm hardly the person to talk about the importance of a clean room.

To make matters worse, his brother's room is immaculate. It is, however, the newest room in the house, since we did acknowledge our need for more space by adding it on two years ago. When Christopher made the move into his own space, he left behind the things of a child and the incredibly observant builder John Wooster put in recessed shelves to hold Christopher's growing collection of reading material. Christopher keeps his room in a precise order that is almost alarming and gets tense when people move things. "Nothing's worse than a convert," a friend observed about his new traits.

We go out of our way to not compare our children, but periodically, it becomes Stunde Null in one room or another of the house.

This week, it was Cormac's room. I called to mind a friend's comment once about my dissatis-

faction with the clutter in my house.

"Well, if it bothers you, why don't you just clean it?" she asked.

Standing in Cormac's room with a handful of tiny bits of toys that I knew were important, I felt the annoying feeling I get when I start any sort of project that requires organization. Where would these go? Were there other parts that went with them? Could anything be thrown away? Every nerve in my body stood at attention as I looked around

Cormac's room and watched him begin to put books back on shelves. Was this really how I wanted to spend the next hour, sorting little pieces of nothingness into plastic bins (buy stock in Rubber-

maid, that's my advice) just so they could be re-distributed later? Cormac has a new Charlie Bone book; there are four books I'd like to read piled on my nightstand and that day's paper awaited; I had three articles to work on and an idea for a short story; Cormac wanted to have a friend over, which meant he would go outside and get a little exercise; and the dog looked hopeful that she might get a walk. The sort of fatigue came over me that only does when a large unpleasant task awaits and I thought how wonderful an afternoon nap would be.

My brain offered justification for abandoning the project. When I go to meet my maker, do I want to explain to him or her the finer points of how a Swiffer works, or do I want to be able to find Jane Austen and chat about how to work the details of everyday life into a piece of writing.

Sigh. We'd both feel better if things were neater and as the grown-up, I must teach my children how to finish what they start. And how to parse out a job.

"Crank up the volume," I told Cormac as he put on a Weird Al CD. "We'll spend an hour now and then get the heck out of here."

Got news or views?

Spotlight Newspapers welcomes announcements of programs or events occurring in our coverage areas.

All announcements should include the date, time, location and cost (if any) of the event, along with contact information. Announcements are published space and time permitting.

Submissions can be faxed to 439-0609, e-mailed to graves@spotlightnews.com, or mailed to P.O. Box 100, Delmar, 12054.

The deadline for all editorial copy is noon on Friday.

Spotlight Newspapers also welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length.

All letters must include the writer's name, address and a daytime telephone number for verification.

Unsigned letters receive no consideration. All letters that are published must carry a signature.



WEEKLY WEATHER

Chief Meteorologist Mike Bono

Albany Almanac

Record high/low/year

AVERAGE HIGH 83° AVERAGE LOW 60°

Day	High/Year	Low/Year
Wednesday, July 20	97°/1991	49°/1974
Thursday, July 21	101°/1930	45°/1974
Friday, July 22	102°/1926	47°/1970
Saturday, July 23	96°/1955	45°/1981
Sunday, July 24	96°/1941	45°/1985
Monday, July 25	97°/1963	46°/1953
Tuesday, July 26	96°/1963	46°/1876

ANNUAL PRECIPITATION

23.13 inches as of Friday, July 15th
2.6 inches above average

This week in weather

On July 21, 2003, severe weather caused extensive damage from the Schoharie Valley to the Hudson River. An F-1 tornado hit Greene County from Palenville to Catskill to Coxsack. In Columbia County, Kinderhook had an F-2 tornado with damage in Stuyvesant as well.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	5:35am	8:27pm
Thursday	5:36am	8:26pm
Friday	5:37am	8:25pm
Saturday	5:38am	8:25pm
Sunday	5:39am	8:24pm
Monday	5:40am	8:23pm
Tuesday	5:41am	8:22pm

Moon Phases

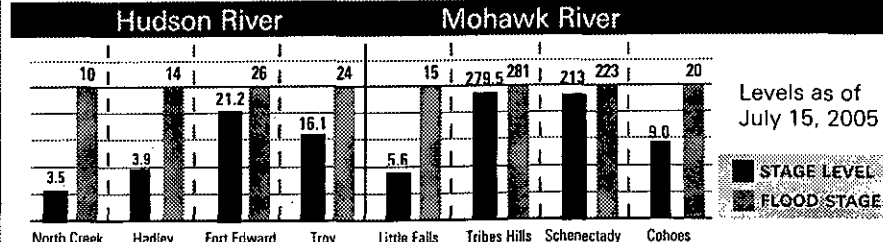
July 21	July 27
Full	Last

Planets

When	Where
Jupiter	Evening Bright, SW
Venus	Dusk Low, WNW
Mars	Morning High ESE

Rivers & Recreation

River Levels



Water temp

Lake George	72°
Bolton Landing	74°
Sacandaga Lake	74°
Saratoga Lake	75°
Jersey Shore	76°
Cape Cod	69°

Tides at Albany

Day	High	Low
Wednesday	4:35am, 4:54pm	11:27am, 11:29pm
Thursday	5:26am, 5:48pm	12:00am, 12:17pm
Friday	6:16am, 6:40pm	12:20am, 1:05pm
Saturday	7:05am, 7:32pm	1:13am, 1:53pm
Sunday	7:54am, 8:24pm	2:06am, 2:41pm
Monday	8:44am, 3:17pm	3:00am, 3:30pm
Tuesday	9:36am, 10:12pm	3:56am, 4:20pm

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Transition year goals laid out at Voorheesville school board meeting

BY JAMES CUOZZO

A new superintendent, combined with a new school board president and two new board members, make this year a year of transition in the Voorheesville Central School District.

Linda Langevin has begun her official duties as superintendent, replacing retiring Alan McCartney (see related story). Shortly after taking the oath of office, Langevin announced she will hold two three-hour retreats with the new school board. One of the main areas to be discussed will be the district's curriculum.

"I have been conducting interviews with the board to get their impressions of the district, and they are very revealing," said Langevin. "You began the meeting with curriculum questions, and as I am talking with everyone, it is an issue."

The first retreat will be held at the end of September with just school board members and the follow-up session, which will include district administrators, will be held a few weeks later.

"I would like the whole process completed by the end of October," said Langevin.

The superintendent said it is her goal to have the new school agenda for the year completed after the retreats.

Joseph F. Pofit takes over as the new president of the board and said that making a smooth transition from a longtime superintendent to a new

superintendent will be a key factor in the success of the district.

"I certainly want to give Linda Langevin an opportunity for her to get her feet wet and get a sense of what is going on from a variety of perspectives — the learning environment, the curriculum and the facilities — and have her come back to us with some of her thoughts," said Pofit.

Maintaining the high standards of academic excellence in Voorheesville will be another challenge, Pofit said, as will having to live within the constraints of the voter-approved district budget.

"As you know, we are under more and more pressure to be a watchdog over all the money spent," he said. "I know taxes are a big issue in all communities and in this community, particularly. We have to make sure what money we are spending, we are spending it wisely."

The new school board went right to work at the first regular meeting, questioning many expenditures, including the 2005-06 fall continuing education program. Pofit questioned the increases in teacher salaries for the fall program when expenditures are higher than anticipated revenues. "This program needs to carry itself and be self-sustaining. I myself don't particularly like giving increases in payroll when the program itself is running in the red," Pofit said. Board member Rich Brackett asked that the resolution approving the continuing

education program and the corresponding salary scale be tabled until the next meeting. New school board member David Gibson said he understands the board's concerns but the program does have merit in the community.

"This is a very valuable program, no questions about it," said Gibson.

A compromise was reached approving the fall continuing education program without approving the actual cost at this time.

An update was received on the status of an outstanding water bill owed to the Village by the school district. School District Business Official Sarita Winchell explained that, after meeting with village officials, they have agreed to adjust the total cost of the water meter bill, but negotiations continue.

"I would really like to try and have another conversation with the village board to see if they will reconsider our water rates," said Winchell.

The Voorheesville School District is currently billed at \$8 for every thousand gallons of water used at the high school.

Since the high school is located outside the district the rate is double what is charged to water users inside the village.

"They have a perfect right to set whatever rate they want, but the rate I am most interested in is the rate inside this building," said Winchell, referring to the high school.

The district uses an average of 900,000 gallons of water annually at the high school. The current bill adjustment brings the total cost down from \$50,000 to \$35,000, according to Winchell.

Gibson and Kevin Kroenke were both given the oath of office as the two newest members on the board. C. James Coffin was chosen as vice president of the school board for the next year.

The next meeting of the Voorheesville school board will be held Aug. 15 at 7:30 p.m. in the high school cafeteria.

Swimming program still has openings

The Voorheesville Central School District Learn to Swim program is underway. There is still room in Session 3, which runs from July 25 through Aug. 5. Classes are held Monday through Friday for each two-week session for 45 minutes each day. Various time slots are still open for both sessions.

Classes are by ability level using Red Cross guidelines. For information, call 765-4846.

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Matters of Opinion

The producers

This week *Spotlight* staffers took a close look at farmers markets throughout the region. Many markets operate for three seasons — spring, summer and fall — and offer quality homegrown produce that is vastly superior to the big markets' offerings.

Some of the produce is not even close to the genuine article when stacked up against local farmers' offerings. Take cucumbers, for example. The store-bought varieties are usually much larger with a waxy coating, probably to preserve them longer. Home-grown cukes are plump, but smaller than their store-bought cousins, but taste fresh and can be savored right off the vine. Home-grown cucumbers are succulent, as opposed to the nondescript taste of the supermarket varieties.

Farmers who grow and sell their produce pay a lot of attention to their fruit and vegetable charges, and it shows in their appearance and taste. Many of us in the Northeast wait hungrily every year for the taste of farm-fresh tomatoes, corn, summer squash and other delicacies from local gardens.

Of course, home-grown and handmade items come pricier than most store-bought offerings during the local growing season. But jump ahead to winter and think of the exorbitant costs of produce (that mostly tastes of cardboard) in supermarkets at that time of year.

Even shopping at a farmers market is more enjoyable than taking a trip to a big box store. People take the time to socialize and share recipes and swap gardening stories with patrons. They also share tips on how to store and care for the freshly grown goods.

People often leave the supermarket in a harried state for any number of reasons. But farmers market patrons leave with smiles on their faces and arms loaded with fresh produce headed straight for the dinner table.

Patrons also enjoy the personalized and relaxed service so different from the hurried pace in commercial markets.

We're fortunate to be able to get a taste of the good culinary life for at least part of the year. If you've never stopped to browse through a farmers market, you're in for a treat. It can also be a learning experience for both adults and children about how food is grown and nurtured before it's ready for sale.

Our advice is to take advantage of nature's bounty at the many farmers markets throughout the region.

Check out our stories this week to find out more about the local markets and what they offer.

Editorial

The good, the bad and the ugly

By MEL JONES

The writer is a graphic designer at Spotlight Newspapers.

The humid, sticky morning makes me long for air conditioning as I stand on the corner. I check my watch for the fifth time as I adjust my over-the-shoulder briefcase. As I look up, my limo pulls up to the curb and the driver opens the door, signaling for me to enter. That's how every day begins on my way to the office. However, I'm not "The Donald" on my way to Trump Tower, and my limo is public transportation. I'm but one of several thousand people in the Capital District who uses the bus for my morning commute to work.

The humanity

As I step on the bus, often times filled with a grand assortment of people on their way to start their day, I am showered with the now-trademark "please God, do not let him sit next to me" stare. I know this because I often do it too. It's nothing personal, just that everyone likes having space and I am certainly no exception. After sliding my dollar into the toll machine, I sit in my usual seat on the front right-hand side of the bus. It always makes my commute more comfortable if I can have my usual seat waiting for me when I get on the bus. It's like the tourniquet that binds shut the gaping wound otherwise known as waking up early in the morning. For poorly padded plastic, the seats are relatively comfortable on a more or less smooth ride.

I often get questions about how convenient the Capital District Transportation Authority's bus system is, and whether it's better than driving.

The truth is, there are a host of pros and cons to busing it in this area. Most of the cons validate most people's fears and peeves about public transportation.

As a person cursed with an unusually keen sense of smell, one of my biggest pet peeves is someone who rides the bus with a personal hygiene issue. On occasion, some lost soul who

Point of View

smells like he or she has been cave hiking in a New Jersey sewer or bathing in a frat boy's liquor cabinet will wander in and sit upwind of me. Being in such close quarters, the intensity can be strong enough to gag a maggot, so I don't stand a chance. I have a simple rule that I apply to both friends and strangers: if I can smell you, we can't be near each other.

So I abruptly move from my seat, even if it means standing for the duration of the ride.

Universal precautions

As with many people nowadays, the spread of germs is of great concern to me with regard to public spaces. This is especially a concern during the flu season. During that particular time of year it is not uncommon to board a bus that seems to be a petri dish full of coughing, hacking, and sneezing children and adults whose various ailments make the air feel more diseased than that monkey from "Outbreak."

During those months I often opt to sit toward the rear of the bus. The logic is that most people face forward when riding the bus, so I don't have to worry about anyone coughing or sneezing on the back of my neck. Just in case some Typhoid Mary manages to launch a little spittle in my direction, I also wear an extra layer of clothes that I can cast off when I get to work.

Can't beat the price

However, the benefits of public transportation somewhat outweigh the drawbacks. With today's gas prices hitting the stratosphere, it's easy to figure the cost difference between a commute on a bus line and a trip down I-90 in a Ford Explorer. CDTA has a variety of bus pass options such as weekly and monthly passes and has recently introduced an all-day pass for commuters good for more than two bus trips during their day. These are distributed on the bus for \$3, the price of three bus trips.

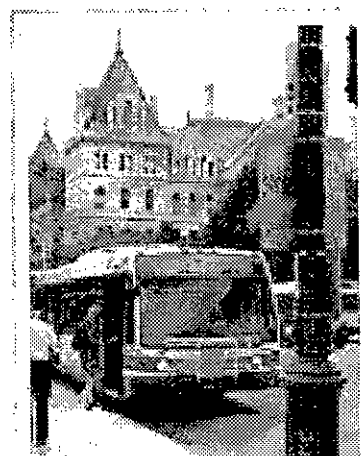
Always on time

Another benefit for me is the way I have to schedule the events of my day around when I'm going to be commuting. This is particularly useful for work as I don't have to fool myself into taking a few extra minutes to get ready, which for some drivers can mean the difference between being behind or ahead of an accident or traffic jam that may make you late for work.

In the winter months, it is reassuring to not have to deal with careless drivers and difficult road conditions. In the harsh upstate New York winters, the buses are often more reliable than cars, and I often arrive at work notably earlier than many of my co-workers with cars during extreme weather conditions.

Warm clothes, a few extra minutes

If you are thinking about choosing public transportation to get you where you need to go, there are a few tips I can share with you that might help you



Passengers board a CDTA bus on Washington Avenue in Albany.

Mel Jones

make your commute a little easier.

• Dress for the occasion

There is nothing worse than sweating or freezing to death at the bus stop while you're waiting for your bus to arrive. The same way parents dress their kids before sending them off to their school bus stop is probably the same way you should dress while waiting at yours.

• Plan your trip

Know when and where you need to be at your destination so that you know when you need to leave. Always keep a bus schedule on hand in case you need to change you need to change your plans. They are usually available on the bus or can be found online. CDTA is very good about keeping commuters informed of schedule changes.

• Be on time

You should be at your stop at least five to seven minutes before your bus is scheduled to arrive. I personally take a bus or two earlier than the one that would get me to work at 9 o'clock. That way, if the buses are running late, there is inclement weather or there is a traffic obstruction that would slow down my travel, I have a better chance at still getting to work in a timely fashion.

• Be courteous

Don't be "that person" on the bus who makes everyone else's ride as painful as a root canal. Don't have your conversations as if you're in a live minefield. Don't take up too much room in the seats with your shopping bags, briefcases or other accessories, since other people may need a place to sit if the bus gets too full. Don't demand the world from the bus drivers. Their jobs are to get you from A to B safely and on time. Don't nit-pick if you can't get the window open or the bus is running later than usual.

• Be smart

Know the best time to travel on the bus line. For instance, I for one would rather have bamboo shoots stuck under my fingernails than ride to the mall on a Saturday afternoon. There may be a few times during which your trip may be uncomfortably crowded and it may behoove you to take an alternate bus. Keeping a schedule on hand is a great way to be mindful of this as well.

For information on fares, schedules and bus stops, please visit CDTA.org.

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New energy plant needs to be better neighbor

I read the article regarding the new Bethlehem Energy Center in the July 13 Spotlight with great interest.

While the accomplishment of markedly decreasing air and thermal emissions is to be commended, I must take note of the article's failure to cite a very noticeable increase in another environmental emission.

Surely, there are standards for allowable noise emission.

Despite its other shortcomings, the old Albany Steam plant remained relatively quiet during the nearly 20 years that I have lived in close proximity.

Early this spring with activation of the current plant, area residents were subject to noise that could best be described as sounding like a static engine test for all four engines of a Boeing 747 at full power, often beginning at 3 a.m. and lasting for hours on end.

Numerous attempts to telephone PSEG at the number listed in the local directory went unanswered. No Web site contacts were listed. It was only through the efforts of the town Building Department that I was later informed that this process evidently to purge the new system with high pressure steam, would be temporary.

After cessation of this process, we are now periodically presented with what sounds like the world's largest-vacuum cleaner, again running for hours on end, often beginning in the middle of the night.

Knowing that telephone efforts would be to no avail, I followed the lead of a neighbor by going directly to the security gate to make my own direct inquiry.

I was met by a guard who regarded my concerns as being quite humorous and was told that his supervisor would give me a call.

Well, it's now six weeks later and I'm still waiting.

Can plant officials be reached in actual emergencies?

One possible explanation for

Mr. Flynn of the PSC not having heard any complaints is that he can't hear over the noise emitted in his own backyard.

To better keep its promise to be neighborly, this power producer should increase efforts to keep its neighbors from "being in the dark."

Shine some light on things.

Communicate better and keep residents informed of what to expect, and like good neighbors, have fun, enjoy yourselves, but try to keep the noise down to acceptable levels especially when your neighbors are trying to sleep.

Harry Wilbur
Glenmont

Spotlight Newspapers welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length.

All letters must include the writer's name, address and a daytime telephone number for verification.

Unsigned letters receive no consideration, and all letters that are published must carry a signature.

The deadline for submitting letters is Friday at noon.

Write to Letters to the Editor, *Spotlight Newspapers*, P.O. Box 100, Delmar 12054. Letters can be faxed to 439-0609 or e-mailed to gravess@spotlightnews.com.

The editorial staff also welcomes ideas for Point of View columns.

These columns are 1,200 words in length.

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Matters of Opinion

Audubon society says thanks to GE

Editor, The Spotlight:

The Audubon Society of New York (ASNY) would like to extend a great big thank you to General Electric Advanced Materials for the wonderful work they did on "Global Community Day" this year. Global Community Day is a program whereby employees from GE's all over the world are encouraged to go out into their local communities, on company time, and work on projects that serve the public interest.

The Audubon Society of new York's Hollyhock Hollow Sanctuary was once again the beneficiary of this program. Sixteen volunteers, led by team

leaders Jennifer Allie and Luis Rizo blazed a new trail through the woods, connecting two existing trails, creating a new perimeter for the Hollyhock Hollow trail system. We offer a heartfelt pat on the back to the team including Mary Barkman, Gary Bates, Bill Beach, Phil Blancato, Jon Dubbelde, Cynthia Gerus, Rick Guilz, Rick Ikaslo, Herb Letarte, Mike Masten, Dan McMahan, Ruud Trion, George White and Brian Whitman.

ASNY had a "Trail Naming" event in mid-June. The event served two purposes: The dedication of a new trail and to act a reminder to our community of this precious natural resource

located right in your backyard.

"First Time, Outstanding," "I agree," and "Best kept secret of the Capital District."

These are just a few of the comments I've seen recently at our kiosk sign-in book. There are several miles of trails ranging in difficulty from very easy to moderately easy.

We are open to the public, free of charge, from dawn until dusk everyday. For information, contact Fred Realbuto at 767-9051 ext.15.

Fred Realbuto

Director, Audubon Society of New York

Reporter's article lays out basics

Editor, The Spotlight:

I really appreciate the article, "What's Next?" by Damian Pagano.

This type of informative article on a "breaking," urgent issue is of great service to the community.

Re: 'what to do with convicted sex offenders.' My gut reaction, given the recidivism rate, is to support the move to restrict their access to children indefinitely. However, I realize this position is not based on a review of all options available to us as a civil society. Pagano's article does a good job of laying out the basics.

I would like to see follow-up on this article and continued coverage on this matter in *The Spotlight*. It might aid in a planful response since we are faced with the ticking bomb of the sobering

statistics: "[Of] sex offenders who live in Albany County, 96 are considered to be at high risk to re-offend and 120 are considered a moderate risk."

Dawn Marar
Delmar

Jimmy Fund event needs volunteers

Nearly 2,220 volunteers come together to help raise money for cancer research and treatment at the Dana-Farber Cancer Institute through its Jimmy Fund at the Pan-Massachusetts Challenge on Aug. 6 and 7.

Volunteers fill jobs that are typically paid positions, enhancing the event's efficiency and culture of giving.

Volunteers are needed to help with setup, registration, luggage transport, medical supports, bike repairs, security, food service, clean up and office support leading up to the event. Massage, occupational and physical therapists are also needed.

Volunteers are also given an opportunity to ride on Aug. 7, the second day of the event, from Bourne to the Wellesley finish.

To become a volunteer, a virtual rider or to make a financial contribution to the PMC through a rider or volunteer from your town, visit www.pmc.org or call (800) WE-CYCLE. Checks can be made payable to PMC, 77 Fourth Ave., Needham, MA 02494.

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TUE 7/26, 5 – 6:30 p.m. Next Session: Tuesday, 8/2

Rensselaer Troy Campus, Heffner Alumni House, Mtg Rm #1 Troy, NY

> Information Technology*

WED 7/27, 5 – 6:30 p.m. Next Session: Wednesday, 8/3

Rensselaer Technology Park, 100 Jordan Road Troy, NY

* Some courses in the Information Technology program will originate on Rensselaer's Hartford campus and will involve campus class meetings in Hartford, CT.

> Human Computer Interaction

THURS 7/28, 5 – 6:30 p.m. Next Session: Thursday, 8/4

Rensselaer Troy Campus, Pittsburgh Building, Rm 5216 Troy, NY

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Dean's List

Berklee College of Music

Darren Conroy of Delmar.

Catholic University of America

Christopher Regal of Delmar.

University at Albany

Andrea Burrieschi of Delmar.

SUNY Genesee

Mark Melcher, Christine Owens, Jaimee Park, Kathie Richardson, Christopher Sgroi, Devin Vanriper, Bethany Reddy, Kevin Gutman, Kelly Boyea, Daniel Donovan, Lindsay Franklin, Carolyn Miller, Christine Owens and Amy Reddy, all of Delmar.

Bates College

Leonard C. White of Delmar.

Wake Forest University

William Nathan of Delmar.

Clarkson University

Peter Bird of Delmar.

Bucknell University

Kathleen Hart and Christine Macmillan, both of Delmar.

Albany College of Pharmacy

Tedi Hill of Slingerlands.

SUNY at Cortland

Stephanie Halbedel of Delmar.

Bryant & Stratton College

Kelly Fish of Slingerlands.

Siena College

Meghan Lohman and Laura Sherin, both of Delmar.

SUNY Plattsburgh

Heather Bradley and Katie Ray, both of Delmar.

John Gluchowski and Andrew Pritchard of Slingerlands.

Bethany Wallin of Voorheesville.

Rensselaer Polytechnic Institute

Melissa Andritz of Selkirk.

Johanthan Berquist, Thomas Cocca, Anne Marinaro, Taylor Osterhout and Jocelyn Pleines, all of Voorheesville.

Laura Beyer, Mathieu Digeser, Adele Godfrey-Certner, Jennifer Keyes, Matthew Pasquini and Matthew Unright, all of Delmar.

Dipti Bhoiwala, Mark Black, Matthew Harvazinski, and William Raible, all of Slingerlands.

Andrew Eckel of Elmsmere.

Jessica Menrath of Glenmont.

Michael Smith of Feura Bush.

SUNY Institute of Technology

Marcy Shultes of Glenmont.

Castleton State College

Matthew Hickling of Delmar.

St. Lawrence University

Amy Gardiner, Chelsea Isdell and Laura Rabinow all of Delmar.

College of the Holy Cross

Marianne DiNapoli of Slingerlands.

Colgate University

Bethany Harren of Delmar.

William Smith College

Clare Kane of Delmar.

The College of Saint Rose

Krina Collins and Kathryn Crookes of Clarksville.

Rachel Bellizzi, Pamela

Hotaling, Laura Manzi, Kayleigh Pankow, Amanda Plog, Adam Reagan and Erin Schucker, all of Delmar.

Meaghan Furst, Alyson Martin, Christine McCann, Aubrey Spaulding and Matthew Zalgoa.

Jeremy Kondrat of Glenmont.

Vacation Bible School has open spots

The Delmar Methodist Church invites area children to be part of the adventure at the Circle G Ranch Vacation Bible School, planned for Aug. 1-5 from 9 a.m. to noon. The school is suitable

Talk to address military draft issues

A draft information and discussion will be held on Tuesday, July 26, at Bethlehem Public Library, from 7 to 9 p.m. Citizens for Selective Service Education will sponsor the talk, which will include information about selective service registration and choices of service in case of a draft, including alternative service as a conscientious objector. For information, call 434-8035 or visit the Web site at <http://selectiveserviceinfo.org>.

Julie Masa, Stefanie McLaren, Colleen Moore, Jamie Philpott, Elizabeth Thorpe and Tera Weddell, all of Selkirk.

Canaan Bump and Maya Tucci of Slingerlands.

Jason Bonafide and Stephen Soulis, both of Ravena.

for children age 4 by Aug. 1 through those entering 5th grade.

Each day at "The Ranch" will be adventure-filled, with music, arts and crafts, games, Bible Stories and much more.

Lasso up some fun with your friends at The Circle G Ranch. Contact Julie Bushart at 439-9976 for more details and registration information.

Town sponsors two family events

The town of Bethlehem Parks and Recreation Department will sponsor the Merry-Go-Round Youth Theater's presentation of "Aladdin" at Elm Avenue Park on Thursday, July 21, at 7 p.m. Admission is free and the event is meant for family entertainment. Then, on Friday, July 29, at 8:15 p.m., the department invites residents to take in a late-night swim and movie under the stars. "Shark Tales" is the feature movie. Admission is free after 8 p.m. In case of rain, both events will be held at Elm Avenue Park large pavilion in the rear of the park.

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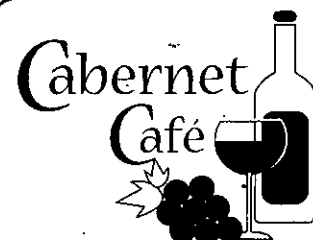
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Spotlight on FINANCE

Don't get taken for a ride this vacation season

By DIANE FAHD
Vice President, Capital Region
KeyBank N.A.

What I am about to tell you, you already know but have most likely chosen to ignore: summer is fleeting and fleeting fast. For those of us in the Capital Region, this means two things: one, the weather is hot and humid, but we're not yet yearning for the cooler days and brighter colors of autumn; and two, people from all over the country are flooding into the region to visit our summer vacation destinations—particularly Saratoga Springs and Lake George.

While this is good for the region and good for our local

businesses, it can sometimes be enough to make you want to plan a vacation getaway of your own. Chances are, if you have not recently had a vacation you are planning one soon. And even if you have taken a vacation this summer, it's likely another one looms on the horizon, even if it is local.

Yet, if you are like most Americans, taking precautions against identity theft and credit card fraud is not part of your prevacation "to-do" list. And it should be—it needs to be. While it may not be as important as making sure Spot the family dog gets fed and that the car is safe for travel, it is just as important as making sure you have directions and travel accommodations confirmed, and it is certainly

more important than making sure the lawn is mowed and the plants and flowers get watered.

Why? Because by the time it has taken you to get from the start of the article to the beginning of this paragraph an identity has been stolen. And in just over another minute, another identity will be stolen. It is, according to the FBI, the fastest growing crime in the United States. In fact, according to the Federal Trade Commission, more than 17,500 New Yorkers were victims of identity last year, at the toll of more than \$20 million, with credit card fraud accounting for 36 percent of all complaints. Across the United States, identity theft cost Americans more than \$547 million dollars



Diane Fahd

in 2004, and experts predict that in the coming years the amount of fraud and identity crimes will double annually.

If you need another reason to be more cautious, consider this: travelers are at a greater risk of being victimized by credit card fraud and identity theft.

So what can you do? First, be aware that fraud on vacation is usually the low-tech kind—pickpockets, stolen credit cards, etc.—and relies on vacationers letting their guard down. So be alert. Fraud never takes a vacation. Use money belts instead of wallets. Separate your cash and drivers license into two separate pockets, and use a money clip for cash. Leave your credit cards and other valuables in a hotel safe when you leave your room. Don't leave them in a bag—that bag is an easy target for someone to watch your movements, wait for you to go for a swim, for example, and just walk over and take it.

Also, don't take all your credit/debit cards on vacation with you. But don't just take one, either. Take two in case one is compromised or if your company shuts down one of them due to a suspicion of fraud from increased activity. If you're in a foreign country, make sure that you are going to an authorized point of sale (POS) location where you'll use your credit card—older addressograph machines can use double entry and run your card through twice.

Other tips for vacationers include:

- Use safe deposit boxes at hotels, as opposed to in-room safes, when available.
- Secure your laptop computer with a tether or leave it in the safe.
- Be careful of what information you access and transmit when working on your laptop wirelessly, as information can be literally stolen over the air.
- Do NOT log in to your online banking account from an Internet café connection. Call your bank's toll-free number.
- Do NOT use a "no name" ATM. Some of these are being used by crooks to steal your debit card or to read all the information

from it and steal your personal identification number (PIN).

Check ATMs for any strange devices, cameras and/or "black boxes." These are known as skimmers, and though rare, they can be used to steal your personal information.

Confirm that your hotel access card (room key) does not contain any personal information, including your credit card number. While most major hotels do not store anything more than your name and departure date on the card, it is worthwhile to check.

Use a stored value card, such as the KeyPossibilities MasterCard. In essence, these cards work like a gift card. They are available in multiple denominations and act as pre-paid credit card.

Just as you must protect your personal information when traveling, you must secure your personal information at home while you are traveling. If you're going to be gone for an extended period of time, place a stop on your mail and newspaper delivery. If you are leaving a key with a neighbor, relative or house sitter, be sure to lock up any documents that contain account numbers or social security numbers. Identity theft and fraud crimes, like most crimes, are often committed by someone known to the victim and can be prevented with even the slightest precautions.

If you suspect that you have been a victim of identity theft, call your bank immediately. Key is a member of ITAC—the Identity Theft Assistance Corporation, which can help you straighten out your credit report. Also, many institutions like Key offer identity theft insurance protection at a low rate.

For residents of the Capital Region, we are well aware of the many great attractions our area has to offer, from historic towns to scenic landscapes and the Saratoga Raceway, and we take pleasure in frequenting them year round as one-day trips or weeklong vacations. So it's no surprise that others enjoy our region as much as we do. It is a great place to live and work, and without question a wonderful place to visit—some might even consider it idyllic. Yet nothing is ever quite as it seems. Fraud and identity crimes happen even in the Capital Region. And you should keep this in mind as you plan your memorable, relaxing and fun-filled family getaway.

About the author:

Diane Fahd is vice president of Retail Banking for KeyBank's Capital Region. She can be reached at 518-257-8616 or diane_fahd@rkeybank.com.

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Thacher Park walk will begin at Hop Field picnic shelter

The Thursday, July 21, weekly Thacher Park walk in the woods will meet at the Hop Field picnic shelter at 9:30 a.m.

Participants should be prepared for an easy to moderate walk that will last approximately 90 minutes. Hikers should bring bug spray, water, a snack and should be prepared to walk in a few areas that may be wet.

NEWS NOTES

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In the event of inclement weather, the walks will be rescheduled for the following day from 9:30 to 11 a.m.

For information, call 872-1237.

Nature art program

A block printing with ink program is scheduled for Saturday, July 23, at the Thacher Nature Center from 9:30 a.m. to noon.

Participants can learn techniques used to create block print artwork with foam board, printing ink or acrylic paint using simple and safe carving tools.

This method of block printing is easy and produces beautiful nature prints.

Some of the prints may be

displayed at the upcoming art show scheduled at the Nature Center in September.

This program is appropriate for ages 12 and up and artists of all levels of ability are welcome. A \$5 program fee will be charged to cover the cost of the materials.

For information, call 872-1237.

Fair 63 years old

The 63rd annual Punkintown Fair will be held Thursday, July 28, Friday, July 29, and Saturday, July 30.

The fair will include games of chance, rides, refreshments and shows. Parking and admission are free.

The Punkintown Fair is a benefit for the New Salem Fire Dept.

Water restrictions set

The Village of Voorheesville is enforcing watering restrictions through Sept 15.

Homes with even numbers may water on Mondays and Wednesdays between 7 and 9 a.m. and 7 and 9 p.m. Homes with odd street numbers may water on Tuesdays and Thursdays between 7 and 9 a.m. and 7 and 9 p.m.

Sprinklers may not be used on Fridays, Saturdays and Sundays.

Summer programs offered

A program will be held on dragonflies on Thursday, July 21, at 2 p.m. at Five Rivers Environmental Center in Delmar.

On this outdoor walk participants can learn about dragonflies, their habits, habitats and identifying characteristics.

Bring binoculars if you have them.

This program is free. Participants should dress for the outdoors.

A program on the American beaver will be held on Saturday, July 23, at 2 p.m. at the Five Rivers Environmental Center.

The program will monitor summer activity of beaver and other pond inhabitants.

This program is free. Participants should dress for an afternoon of outdoors.

For information on either program, call 475-0291.

Library hosts concert

The 2005 Together at Twilight Concert Series at Voorheesville Public Library begins with a bang on Wednesday, July 20, at 7 p.m. with the appearance of "the banjo madman," Tony Trischka.

The evening promises to be filled with his wit and warmth as well as wonderful music. Bring chairs or a blanket for the lawn.

Open swim set

Open swim will be held at the Voorheesville High School pool Monday through Friday from noon to 1 p.m. and Wednesday nights from 7 to 9 p.m.

The fee is \$1 per student/senior citizen.

For information, call 765-3314, extension 213.

Library has home delivery

If you are homebound or without access to the library, library staff can set up your own personal selection and delivery of library materials.

For information, call Bob Bobish at 765-2971.

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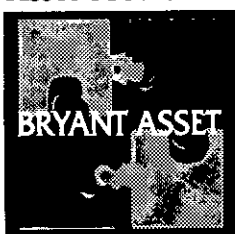
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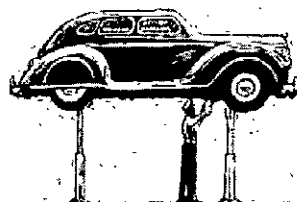
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Top

(From Page 1)

came into the chamber offices in Delmar and hugged DeLaney and said congratulations for the work the chamber has done over the years to make Delmar and the

surrounding communities a better place to live. "I can't say enough how excited we are about this recognition. I'd like to put a sign up at the entrance to town, we are just so thrilled," said DeLaney.

Supervisor Theresa Egan said

the last few days have been a lot of fun since the announcement came that Delmar is on the list of best communities to live. "Those of us that have lived here think Delmar is the No. 1 best place to live, but we'll take No. 22. It's

great," said Egan. Bethlehem is in the process of developing a comprehensive management plan, and Egan believes this announcement shows that the town is on the right track. "When you look at the criteria ranking, it certainly is reflective of our community. The recognition is certainly something that underscores the reason why Bethlehem needs a comprehensive plan for development," said Egan.

Albany County Executive Michael Breslin said he is happy that Delmar is receiving the recognition it deserves. "Delmar represents the very things that Albany County also stands for. We care about our community, and we will assist and support and

strive to do the things that make our communities better, whether it's Memorial Day parades or field days, working toward good education or public safety."

Breslin added "people from Troy came up to me where I attended some meetings today and said, 'Gee, Delmar must be a good community to live, and I said 'Yes, it really is.' Delmar has done the right things to make the community what it is today."

Moorestown, N.J. was ranked the No. 1 best place to live. Other New York State communities that made the list include Hopewell Junction in Dutchess County, East Amherst near Buffalo, Manlius, a suburb of Syracuse and Fairport outside of Rochester.

Local graduate is Army's epitomy of fitness

Army Reserve Spec. Scott M. Rider has been awarded the Army Physical Fitness Test Excellence Badge for achieving a score of at least 270 out of a possible 300 points.

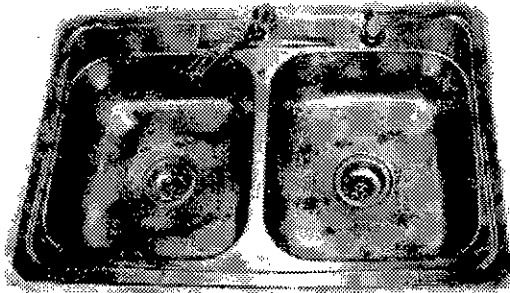
Test events included push-ups, sit-ups and a 2-mile run. The tests were individually scored according to the soldier's age, height and weight category.

Rider is the son of Sharon B. Rider of Delmar.

Rider graduated in 1996 from Bethlehem Central High School and received a bachelor's degree from Rensselaer Polytechnic Institute in Troy.

He went on to earn a master's degree from Georgetown University in Washington, D.C.

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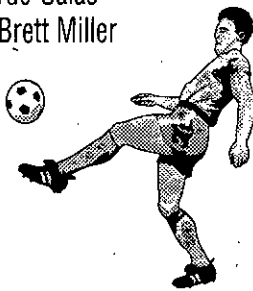
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Wednesday, July 20 • Sunday July 24
(Rain date, July 25)

Registration

6-6:30 p.m. • Try-outs 6:30-7:30 p.m.

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Girls Tryout

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QUESTIONS

MaryAnn Schubmehl 475-1368 or mams@nycap.rr.com

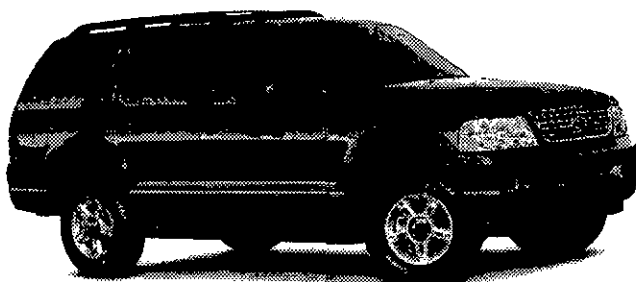


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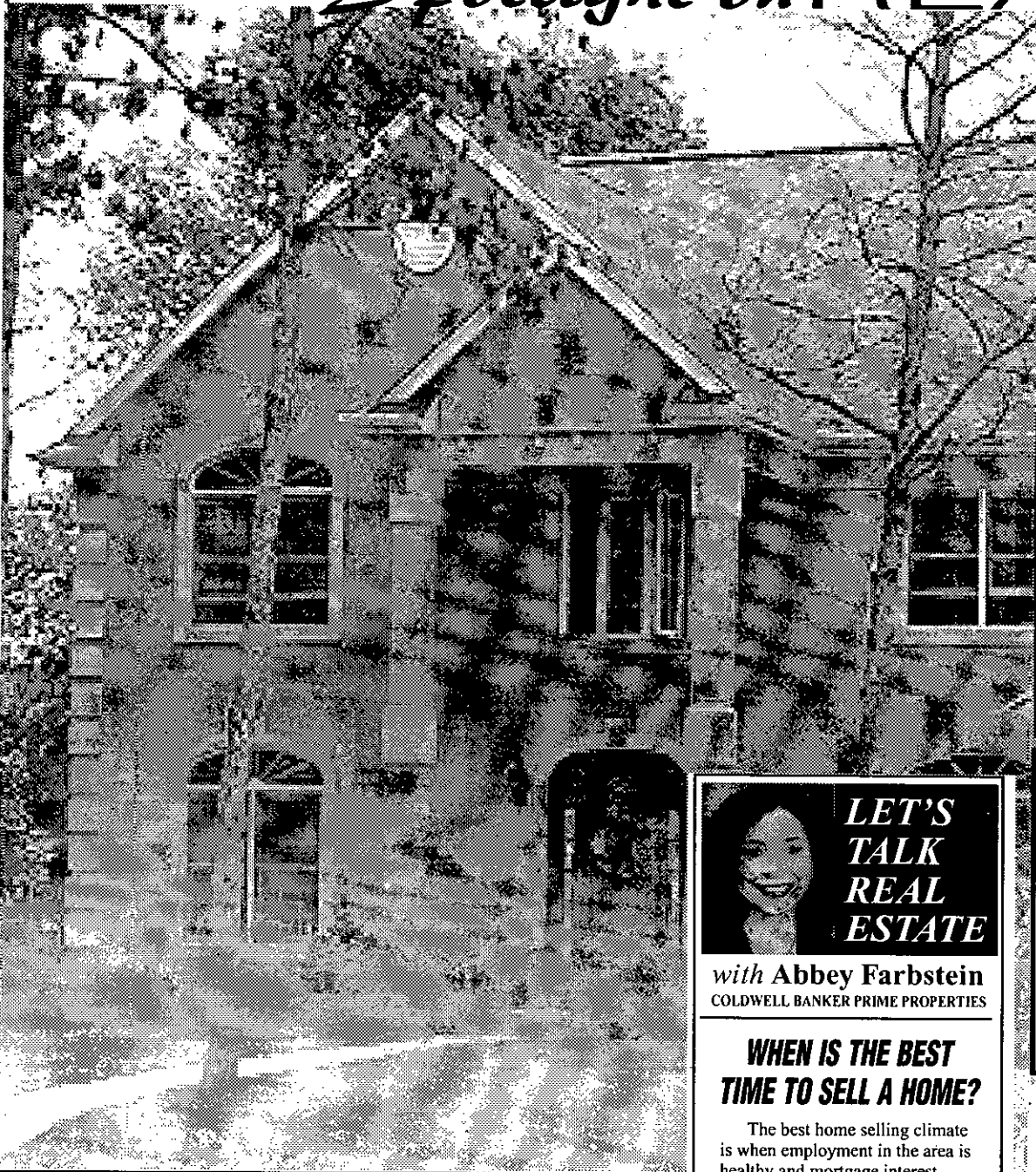


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Plan

(From Page 1)

also noticed that Mr. Leveille, when apprised of suggestions, is eager to make" adjustments, changes and clarifications, Marcelle said. "This is not meant to be an adversarial proceeding. There's no setting of traps meant to be sprung."

The continuation was originally scheduled for July 27. The board announced the adjournment at the three-part public hearing June 22, which addressed each component of the comprehensive plan — the document itself, the zoning regulations and the draft environmental generic impact statement.

"The first thing I noticed was

that you actually decreased the font size, so there's more pages when you increase the font," observed resident Barbara Carkner, who had addressed her concerns regarding minor subdivisions at the June 22 hearing. "There's a lot of little things that just don't make sense. The wording's changed. This will affect people's property."

Carkner thanked Town Attorney Jim Potter for work he did concerning minor subdivisions.

Leveille announced at Wednesday's meeting that land split-offs, useful in leaving property to children or to sell a portion of property for compensation, will be allowed in rural, rural light industrial, residences A, B and C, core residential, rural riverfront and rural hamlet districts.

Resident Val Newell, who spoke at the June 22 hearing, but did not attend Wednesday's board

meeting, said in a telephone interview before the meeting that the minor subdivision issue, among other things in the proposed zoning, concerned her.

Newell, who has three children and owns 50-plus acres in Glenmont, said the right to split her property up is an important one.

Newell told board members at the first hearing to "send it back," referring to the comprehensive plan.

"It's devastating that, instead of pushing (the hearing) back, they shortened it by seven days," Newell said. "It deserves more care and attention. It's a travesty to do this to the residents."

Regarding the minor subdivisions, Leveille said it was important to distinguish between the developed areas and less developed areas of town. Hence, Leveille said, areas served by public sewer and water can get a split every 10 years, while areas not served by sewer or water will get four splits every 10 years.

"Where we are more developed, we have to be a little concerned about the effects on public water and sewer," Leveille

said.

At least one resident who spoke was concerned that some of the regulations infringe too much on residents' ways of life.

At the June 22 hearing, residents criticized the zoning regulations for including a clause that the town could regulate holiday lights. The phrase "pretty police" was used at least once.

At Wednesday's meeting, Leveille announced the revised draft would recant on that issue.

"We're not regulating holiday decorations in any shape or form," Leveille said. "It's definitely out."

Still, George Waldenmaier said the zoning's regulation on what kinds of cars residents can keep in their garages goes too far.

"The question is, why do you even care what I put in my garage?" Waldenmaier said. "Why is that definition even there?"

Tonight's hearing, as a special town board meeting, will begin at 6 p.m. at town hall. The comprehensive plan and the proposed zoning and subdivision regulations are expected to be up for adoption Aug. 24.

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Tips for parents of teens

Summer is a time for family vacations. Remember that spending extra time with your teenager is important. Think about the following:

- Be accessible, Teens want to talk at strange or inconvenient hours.
- Give straightforward advice or feedback on important issues such as sex, drinking and drugs — without nagging.
- Ask questions, but do it sparingly. Show them trust because you would expect the same.
- Give them responsibilities with every privilege. — that's real life.
- Teach them about making good choices by allowing them the freedom to make decisions, and help them accept the consequences of those choices.
- Teach them to understand the difference between wants and needs and make them earn what they want.
- Show them that you care — and give lots of praise and positive feedback. Teens are still kids and they need to know that you love them for who they are.
- Take time to relax and have fun. Teens need to learn positive ways to manage stress.

For information, call Bethlehem Networks Project at 439-7740

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How do you know you are getting the best product for your dollars? It's simple - just purchase products with the ENERGY STAR label and be assured that you are getting products of high-quality design, superior construction, and improved performance, along with money savings from lower energy costs.

ENERGY STAR is a federal program designed to help individuals and businesses protect the environment through superior energy efficiency and it's working! NYSEDA, through its New York Energy Smartsm programs, promotes ENERGY STAR awareness around the state. Once you think about it, the ENERGY STAR message is quite simple: make products we use every day more energy efficient. Energy efficiency saves you money and reduces the need to generate electricity.

ENERGY STAR refrigerators use 50 percent less energy than a refrigerator purchased 10 years ago. With improved design and better insulation, the ENERGY STAR refrigerator works better, has many high performance features and again, saves you money.

Now, let's look quickly at benefits of some ENERGY STAR products. An ENERGY STAR clothes washer will use nearly 7,000 fewer gallons of water a year! This can amount to an astounding savings when you think of the costs associated with buying clean water, heating water for washing, treating dirty water, and maintaining a water supply in times of drought. Also, many ENERGY STAR washers spin out more water so your drying time is reduced. Select from many manufacturers with the features you want while cutting appliance electricity use by 20 to 50 percent to reduce your monthly bill. And ENERGY STAR dishwashers and clothes washers cut your

water usage drastically, saving you money on energy needed to heat water.

If you're replacing your old room air conditioners this summer, buy an ENERGY STAR model and you could save up to \$32 a year on your electric bill. Also, replace your bulbs with ENERGY STAR compact fluorescent light bulbs (CFL), which burn cooler, lasts seven to ten times longer than an incandescent bulb, has good color rendering, and uses 75 percent less electricity.

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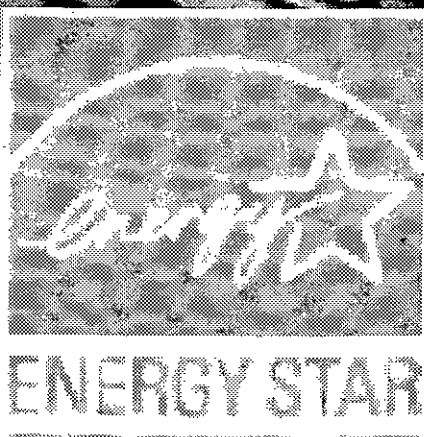
All New York Energy Smartsm programs are funded by a System Benefits Charge (SBC) paid by electric distribution customers of Central Hudson, Con Edison, NYSEG, Niagara Mohawk, Orange and Rockland, and Rochester Gas and Electric. NYSEDA, a public benefit corporation established by

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Tony Trischka kicks off Together at Twilight Concert Series

The "premier banjo madman," Tony Trischka, opens the summer concert series tonight at 7 p.m. The evening promises to be filled with wit, warmth as well as wonderful music.

Opening for Trischka will be Nick Barr, performer and host of WAMC's Bluegrass Time.

Participants should bring chairs or a blanket to sit on the

Voorheesville Public Library

lawn if the weather is good, indoors if it is not.

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You'll find our summer paperbacks on the shelves next to the magazines.

For car trips, you might also consider listening to an audio book on tape or CD to help pass those long driving hours.

Reading club meetings

• Monday, July 25, at 2 p.m. for grades 1-3: "Howl at the Moon with a Wild Thing Tune."

Singer/songwriter Tom Seiling will present a participatory program with humorous songs about our natural world.

• Wednesday, July 27, at 2 p.m. for grades 4-6: "Books that Flip, Flap, Squeak and Pop!"

Paper engineer Carol Smalley will help us create 3-D books about animals in tune. Critter mouths pop from the page and sing (loudly) in the library. The program lasts 1 1/2 hours.

Scene for teens

The Summer Scene for Teens on Monday, July 25, at 7 p.m. will be a wallet-making workshop. Participants can make a cool wallet that floats.

One for yourself, one for a friend – or better yet, bring a friend.

Materials will be supplied.

Ongoing programs

• Mrs. Laiosa will be storytelling in the village park every Thursday at 11 a.m.



Tony Trischka

through Aug. 4.

• Storytimes for preschoolers will be held at the library on Tuesdays at 10:15 a.m. through Aug. 9.

• Sammi, the good listening dog, is available for Paws for Reading appointments. Call to schedule.

• Nimblefingers welcomes newcomers every Tuesday at 1 p.m. No sign-up necessary.

• Yoga class with Mira Lechowicz will be held Aug. 18 at 7 p.m. Free. Wear comfortable clothes. No sign-up is necessary.

• Home book delivery, personal email and Internet training appointments are available by calling Greg at 765-2791.

• There is still time to read *The Sisterhood of the Traveling Pants* by Ann Brashares for the Thursday, July 28 mother/daughter book discussion. Sign up and pick up a copy of the book.

• Visit the library Web site at www.voorheesvillelibrary.org.

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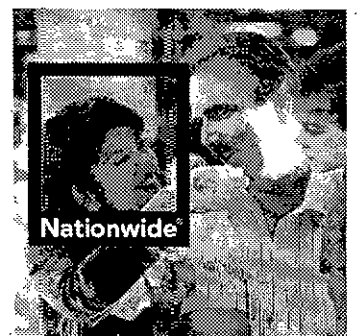
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Gamsjager and Lustre Kings return for Evening on the Green concert

Mark Gamsjager and the Lustre Kings join us for another Evening on the Green tonight, July 20, at 7:30 p.m. at the Bethlehem Public Library.

Led by Gamsjager and his Gretsch guitar, the Capital District combo has performed its brand of rockabilly for crowds from coast to coast.

The group has recently released a third CD, "That's Showbiz" (Wild Boar Productions), which surveys songs of Buddy Holly, David Bromberg, Clay Blaker, Jeff Potter and Steven Clyde Davies.

The Lustre Kings perform regularly at events across the country. Venues include the annual Viva Las Vegas Festival, the Continental Club in Austin, Texas, Dinosaur BBQ in Syracuse and Rochester, The Sutler in Nashville, Tenn., Starr Bar in Atlanta, Ga., the Hi-Tone in Memphis, Tenn., Schuba's Tavern in Chicago, The Charles Playhouse in Boston and the Mid-City Lanes Rock 'n' Bowl in New Orleans.

Bring a blanket or lawn chair.

This free event will be held on the library grounds or indoors in case of rain.

Check It Out
Bethlehem Public Library

Morning stories

A Wednesday morning series of storytime sessions for ages 2-6 and their families begins today and continues every Wednesday at 10:30 a.m. through Aug. 24.

"Morning Stories" features trained middle-school volunteers who team up with librarians to share books and storytime activities.

Puppet show planned

Summer reading program participants can enjoy a retelling of Edith Nesbit's *The Last Dragon* by *The Puppet People* at the library Thursday, July 21, at 7 p.m.

The show features classical music, large rod puppets, mouth puppets, a 7-foot dragon and an unforgettable jousting scene with a life-size knight on horseback.

This event is open to summer reading program participants only. Call 439-9314 to register.

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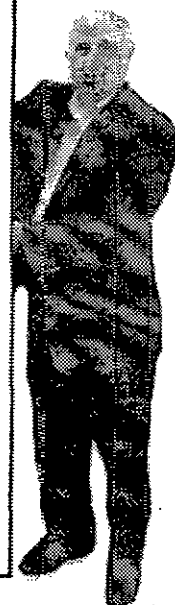
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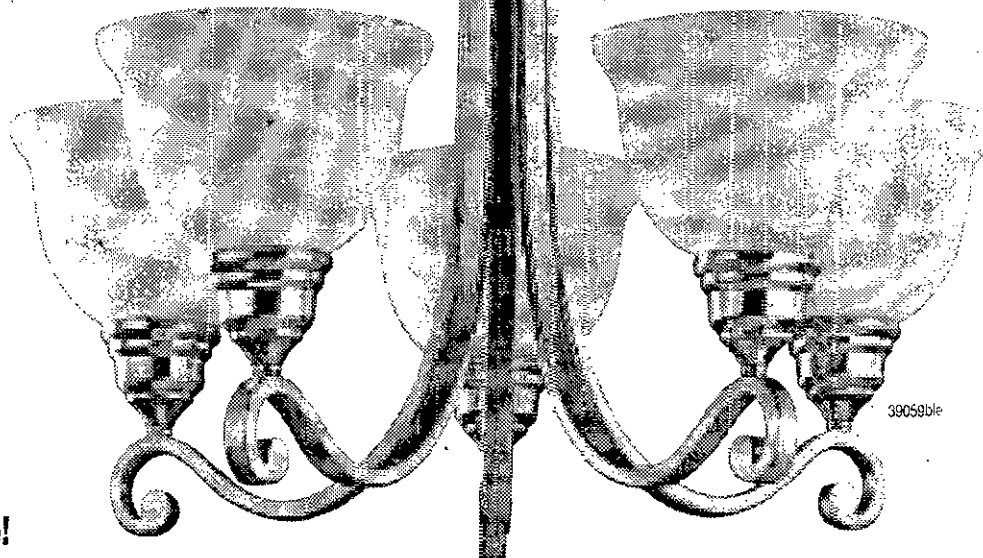
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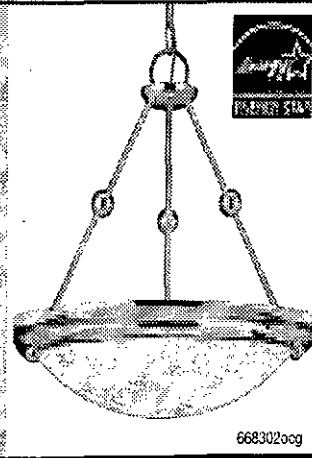
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Obituaries

Constance McWhinnie

Constance Dunster McWhinnie, 95, of Glenmont, died Wednesday, July 6, at St. Peter's Hospital in Albany.

Mrs. McWhinnie was born in Tenterden, Kent, England. She immigrated to the United States with her parents in 1911 and grew up in Middle Granville.

She graduated from Mildred Elley Business School and was employed as Pay Master of Binghamton Hospital.

An avid gardener, she lived in Delmar for the past 54 years and was a member of St. Stephen's

Episcopal Church in Elsmere. She was a lifelong member of The Women of St. Stephen's, the Bethlehem Garden Club, The Order of the Eastern Star and the Delmar Senior Citizens.

She was the widow of Thurlow Weed McWhinnie.

Survivors include two sons, Scott T. McWhinnie of Venice, Fla., and Bruce D. McWhinnie of Glenmont; a sister, Doris Liggett



McWhinnie

of Schenectady; four grandchildren and three great-grandchildren.

Services were from St. Stephen's Episcopal Church.

Contributions may be made to the memorial fund of St. Stephen's Episcopal Church.

Paul Barry

Paul F. Barry, 74, of the Beverwyck community in North Bethlehem died Friday, July 8.

Mr. Barry was born in New York City. He graduated from Stuyvesant High School in New York City.

He was an Army Air Forces

veteran.

He earned a bachelor's degree from the University of Maryland.

Mr. Barry worked for IBM for 33 years, first in Endicott and then in Maryland before retiring in 1992.

Survivors include his wife, Joanne Barry; three sons, Steven Barry of Whitesboro, Christopher Barry of Duxbury, Mass., and Matthew Barry of Issaquah, Wash.; two sisters, Carolyn Barry and Frances Marsh; and six grandchildren.

Services were from Meyers Funeral Home in Delmar.

Contributions may be made to

Community Hospice of Albany County, 315 S. Manning Blvd., Albany 12208.

Audrey DeSantis

Audrey J. DeSantis, 77, of Slingerlands, died Monday, July 4.

Mrs. DeSantis was born in Passaic, N.J.

She graduated from Lake George High School and then attended the state College at Fredonia and graduated with a music education degree and later received a master's degree in education from Syracuse University.

She taught in several public schools and was a prominent piano teacher in the Albany area.

Survivors include two sons, David DeSantis and Mark DeSantis; a daughter, Susan Langlitz; a brother, Carl DeSantis; and four grandchildren. Services were from Delmar Reformed Church.

Burial was in Pine View Cemetery in Queensbury.

Contributions may be made to the ALS Regional Center, 315 S. Manning Blvd., Albany 12208.

Margaret Hayward

Margaret E. Hayward, 91, of Slingerlands, died Wednesday, July 13.

Mrs. Hayward worked for New York state for several years.

She was the widow of Henry J. Hayward Sr.

Survivors include a daughter, Sandra A. Southard of Rotterdam; a son, John M. Hayward of Cape Coral, Fla.; eight grandchildren; and 13 great-grandchildren.

Services were from New Comer-Cannon Funeral Home in Colonie. Burial was in Memory's Garden in Colonie.



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Senior Lifestyles

July 20, 2005

Learn to take charge
of your health care
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Gardening brightens
Seniors' lives
— page S3

Safety devices improve
quality of life
— page S6

a supplement to spotlight newspapers

Patients have key role in reducing medical errors

BY SHARON A. MCNAMARA,
RN, MS, CNOR

If the United States is to ever curb the alarming number of deaths and injuries each year caused by medical errors, patients must learn to take charge of their



healthcare and be vocal in demanding that safe practices be followed.

A landmark report in 1999 by the Institute of Medicine, *To Err is Human: Building a Safer Health System*, estimated that as many as 98,000 people die annually as a result of medical errors.

Unfortunately, a recent analysis of the report concluded that over the past five years there has been no significant overall reduction in injuries or lives lost due to medical errors.

While progress has been slow, the report was a wake up call to the medical community and has prompted the creation of numerous patient safety initiatives by hospitals and various medical associations and groups.

The organization I head, the Association of periOperative Registered Nurses (AORN), has been a long-time advocate for improving patient safety procedures.

Our 40,000 members work on the frontlines caring for patients from pre-surgery, to surgery and through recovery. We know first hand what can happen when proper safety procedures are not followed. What we have found, and many studies have confirmed, is that systems failures cause most injuries, not bad physicians, nurses or clinicians.

What is sometimes lacking in hospitals is a "culture of safety" that nurtures teamwork and produces a commitment on everyone's part to establish and follow specific safety procedures.

To assist and encourage patient safety efforts, AORN last year inaugurated National Time Out Day to urge health professionals to take a time out before a surgical procedure is performed and review a check list ensuring patient safety procedures are being followed.

The success of last year's event led to introduction of a bill now pending in Congress designating a date in June as National Time Out Day. A different aspect of patient safety will be spotlighted each year.

While promoting patient safety among our fellow health professionals is essential, we feel patient safety is far too important to be addressed only by the medical

community. That is why our members encourage patients to take an active, informed role in their healthcare, particularly when they are facing surgery.

Our emphasis this year on reducing medication errors was prompted by a survey of 1,600 hospitals conducted by the Institute for Safe Medication Practices that found that only 41 percent of hospitals always label medications and solutions used in operating room settings. An alarming 18 percent of the hospitals don't label containers at all and another 42 percent apply labels inconsistently.

Medication errors injure as many as 1.3 million people annually, according to the U.S. Food and Drug Administration. The 1999 Institute of Medicine report estimated that 7,000 people die each year from medication errors.

Going through surgery is an anxious experience for patients and the hospital setting can be intimidating. But it is important for patients to speak up and not automatically assume their health care providers have all the answers.

Other tips for patients to follow in order to help reduce the chance of a medication error during surgery and in the hospital include:

- Know your medical history and make sure that your health care professionals know it too. This includes what medications you are taking (name, dose and schedule) and what you've been on previously, including prescribed medications, herbal supplements and vitamins.

- Be aware of the medicines that you cannot take due to allergic reactions, and share those with your doctor or pharmacist. Also tell them if you are taking something unusual.

- Know what your medications look like in order to ensure that you are consistently receiving the right one.

- Do not let anyone give you medication without checking your ID band beforehand. Make sure the nurse checks all the details against your armband to verify it's the right patient, the right medications and the right dose.

- Be vocal — don't be afraid to ask questions in the pre-op area, including "what are you giving me?" and "why are you giving it to me?" and "what are you going to do to keep me safe?"

- Ask if taking the medication requires you to avoid certain foods, beverages, other medicines or activities or if you need to alter your behavior in any way.

- Tell your health care provider how you actually take your medication, especially if this is different from the originally prescribed directions.

- Question anything you don't understand or that doesn't seem right.

Sharon A. McNamara is the president of A.O.R.N. and director of surgical services for WakeMed Health and Hospitals in Raleigh, N.C.

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Gardens help brighten seniors' lives

Rebecca Kolls, star of the syndicated television show *Rebecca's Garden*, is partnering with the eldercare service Home Instead Senior Care this year in a campaign to make gardening fun again for maturing adults.



The public education campaign is designed to bring back the joy of gardening to seniors who are having difficulty maintaining gardens or who have given up gardening altogether because of illness or the conditions of aging.

Kolls, whose own grandparents inspired her interest in gardening, said that gardens supply us with food and beauty,

as well as a healthy mental and physical well being.

"There's a nurturing aspect of gardening where you take a seed and coddle it. Seniors have given up their child rearing, so gardening gives them baby plants and seedlings again. It's a new way of caring for something."

As part of the campaign, Kolls and Home Instead Senior Care have produced a four-color gardening guide complete with gardening tips, and fun and simple gardening projects for seniors to do alone or with their family caregivers. The guide is available free of charge from the Home Instead Senior Care office serving Saratoga, Washington and Warren

Counties by calling 580-1042.

Statistics from the National Gardening Association show that 81 percent of households age 55 and over (26 million households) surveyed participate in one or more types of lawn and garden activities, spending an average of \$495 per household per year.

A further breakdown of the latest gardening statistics from 2004 reveals that 44 percent of over 55 gardeners participate in flower gardening and 26 percent in vegetable gardening, while 47 percent raise indoor houseplants, according to the National Gardening Association.

Home Instead Senior Care, a company that employs CAREGivers to go into the homes of older individuals to assist them with day-to-day living such as errands, shopping and activities, can attest to the benefits of this popular pastime.

"We have clients who love caring for plants and flowers, and we see how this hobby enriches their lives," said Nelson Carpenter, owner of the Home Instead Senior Care office serving Saratoga, Washington and Warren Counties. "Many of our CAREGivers also enjoy this hobby and are pleased

to help seniors in their gardens or with indoor gardening projects."

Kolls said her Austrian grandfather was passionate about gardening and as a child she carried kitchen scraps to the compost pile of natural fertilizer he always kept in his yard.

"One day, when I was about 10 years old, he grabbed my scrawny little arm and shoved it into the center of the pile and explained to me how the wheel of life was churning inside that pile.

"He dug down and pulled out a handful of beautiful humus and threw it at me. He said: 'See, this is what it turns into. This is what it's all about. We always have to give back to Mother Nature.' I'd never seen him so passionate about anything."

This past summer, Kolls gave the same compost lesson to her own 12-year-old daughter.

"This time, I was the passionate person talking about the wheel of life. And I know someday my children will do the same. And so the legacy lives on."

Kolls said that seniors often appreciate the help of a caregiver or friends when they can no longer garden themselves.

"We have a friend down the street who is 88 years old and his wife is 86. He used to have a

meticulously clean, beautiful yard, but he just can't do it anymore. So every year, for his birthday, I plant a garden for him in his front yard. But I had to be

careful when I approached him, because seniors want to do as much as they can for as long as they can.

"At first he didn't want me to plant the garden but since it was his birthday present, then it was different. In addition, my kids go to their house once a week each summer and ask if there's anything they can do to help. It's an opportunity for families who don't have their grandparents or grandchildren living close by to have a wonderful relationship."

Creativity can help make gardening more fun for seniors,

Gardens /page 7

Many seniors who may have had to give up gardening because of illness, disability or the conditions of aging can enjoy this popular hobby again with the help of a family member or professional CAREGiver from Home Instead Senior Care.

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Senior volunteers have big impact in communities

Volunteering is a perfect way for older adults to remain active, creative and productive in their later years. In fact, more than ever before older Americans are volunteering to help others in their community.

Over half a million Americans age 55 and over now lend a hand to local nonprofits, public agencies and faith-based organizations. And thanks to the Internet, and a nonprofit Web site called

www.VolunteerMatch.org to find local opportunities.

Volunteers can also search by specific interest and even individual keyword to generate a personally customized list of ways to give back. Once an opportunity of interest is found, a simple click is all it takes to make contact and get involved.

As a result, VolunteerMatch has generated more than 2 million new volunteer referrals to these

organizations since 1998. More than 30,000 nonprofits post over 30,000 volunteer opportunities on VolunteerMatch.

Many of the volunteer organizations, including RSVP (the Retired and Senior Volunteer Program) and Elder Wisdom Circle, provide unique opportunities for seniors looking to connect to good causes in their community.

For volunteers looking to get out of the house and stay active, RSVP puts the skills and life experience of people age 55

and older to work addressing community needs.

Opportunities to get involved run the gamut from mentoring at-risk youth and organizing neighborhood watch programs, to teaching English to immigrants



and lending business skills to community groups.

Currently, there are nearly 200 RSVPs throughout the country that post volunteer opportunities on VolunteerMatch.

For those preferring to volunteer from the comfort of home, Elder Wisdom Circle pairs online advice seekers with a nationwide network of volunteer seniors, aged 60 to 97, who share their hard-earned knowledge and wisdom.

Elders participate individually via their home computers, or in groups at assisted living communities, allowing seniors to give back to the community without leaving home. Elder Wisdom Circle is an extremely popular way for seniors to volunteer, as indicated by the fact that it has generated more than

15,000 volunteer referrals through VolunteerMatch.

The VolunteerMatch service is without cost for both volunteers and nonprofits, as VolunteerMatch relies upon grants from charitable

foundations for most of its funding, and also works with companies such as Gap, Medtronic and Nike to make it easier for employees and retirees to volunteer.

Volunteering allows seniors to participate more fully in the life of their community. Whether sparing an hour a week, a day per week, or a week per year, seniors' contributions make an important difference in communities nationwide.

If you'd like to make a difference, consider visiting the VolunteerMatch Web site at www.volunteermatch.org and connect to a good cause today.



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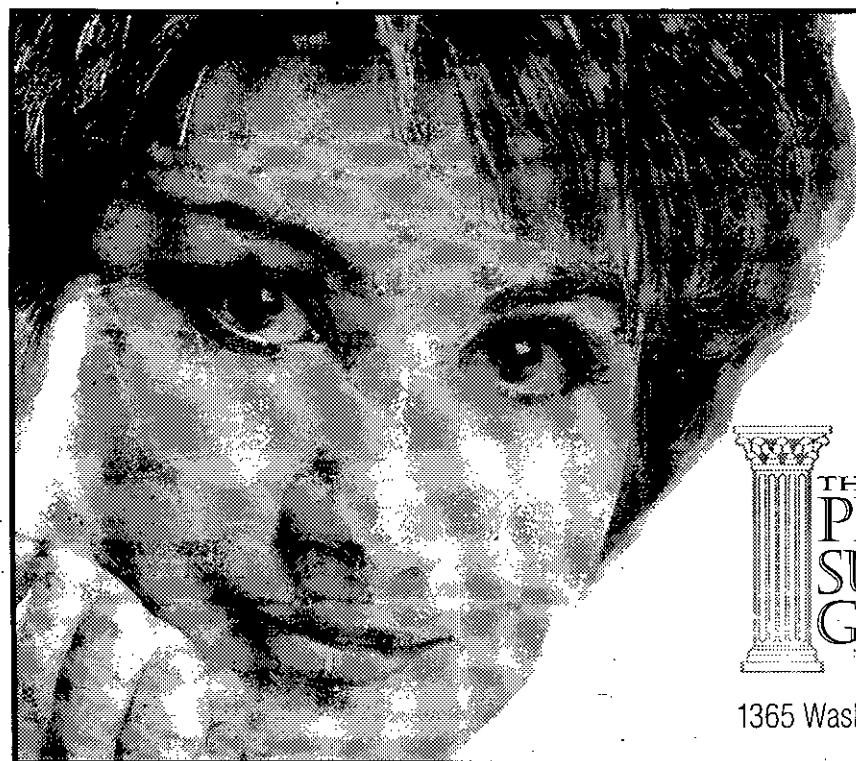
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High blood pressure: the facts you need to know

BY LEAH BERKERY, M.D.

What is high blood pressure?

Blood pressure measures the force with which your heart is pumping your blood into your blood vessels. The blood pressure is written as two numbers – the

This happens because your blood vessels become stiffer with time. Often, high blood pressure runs in families – if one or both of your parents had high blood pressure, you are at risk. Also, if you have high blood pressure, your children are at increased risk.

Does high blood pressure always cause symptoms?

Not necessarily. In fact, according to the American Heart Association, up to one third of adults with high blood pressure have not been diagnosed because they do not have any symptoms. This is why it is so important to have your blood pressure checked regularly – at your doctor's office, at work, at the pharmacy or on a home blood pressure monitor.

What can happen if high blood pressure is not treated?

If your blood pressure is not brought down to normal levels, the increased pressure results in damage to the walls of your blood vessels. This puts you at increased risk of heart attack, stroke, heart failure and kidney failure.

How is high blood pressure treated?

Lifestyle changes: For mild cases, the high blood pressure may resolve with lifestyle changes alone. This includes dietary changes, such as decreasing sodium to less than 2400 mg per day, decreasing fat and decreasing sugar intake. Exercise is also important – you should exercise every day for at least 30-45 minutes. If you are overweight, you should lose weight. If you smoke, you should quit as soon as possible.

Medications: For moderate high blood pressure, your doctor will start you on a blood pressure medication. There are now many alternatives; your doctor will choose the medication that is best for you taking into account all of your medical conditions. For severe high blood pressure, your doctor may choose to have you start a combination pill. These pills contain two different medications that work together to lower your blood pressure. After you have started the medication, you will need to visit your doctor frequently over the next few months as your body gets used to it. Once your blood pressure is controlled, you should continue to visit your

doctor at least once every three months for a blood pressure check.

Where can I get more information on the Web?

American Heart Association at <http://www.heart.org>

WebMD: <http://my.webmd.com/content/article/100/105691.htm>

National Heart, Lung, and Blood Institute <http://www.nhlbi.nih.gov/hbp/index.html>

Leah Berkery, M.D. is Board Certified in internal medicine and practices at the Community Care Physicians office located in Suite 100, Slingerlands Medical Arts building, 1240 New Scotland Road, Slingerlands. The practice is accepting new patients. For information, call 478-9933.

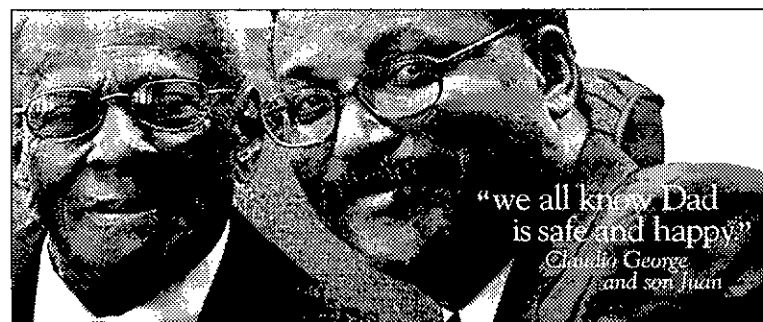
Senior Lifestyles



first (top) number is called the systolic pressure, and the second (bottom) number is the diastolic pressure. Ideally, your blood pressure should be 120/80. If your systolic blood pressure is 140 or higher, or your diastolic blood pressure is 90 or higher, you have high blood pressure, or hypertension. This means that the force of the pumping blood is abnormally high.

Who gets high blood pressure?

Anyone can get high blood pressure! According to the American Heart Association, almost one third of American adults have high blood pressure. Blood pressure can rise as you age – especially the systolic pressure.



"we all know Dad is safe and happy!"
Charlie George and son Juan

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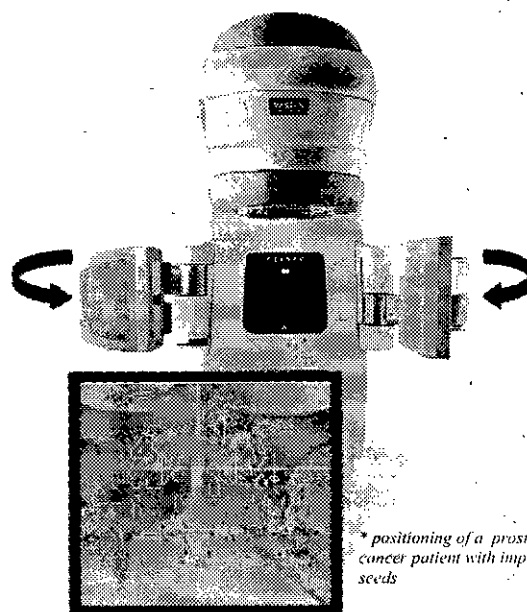
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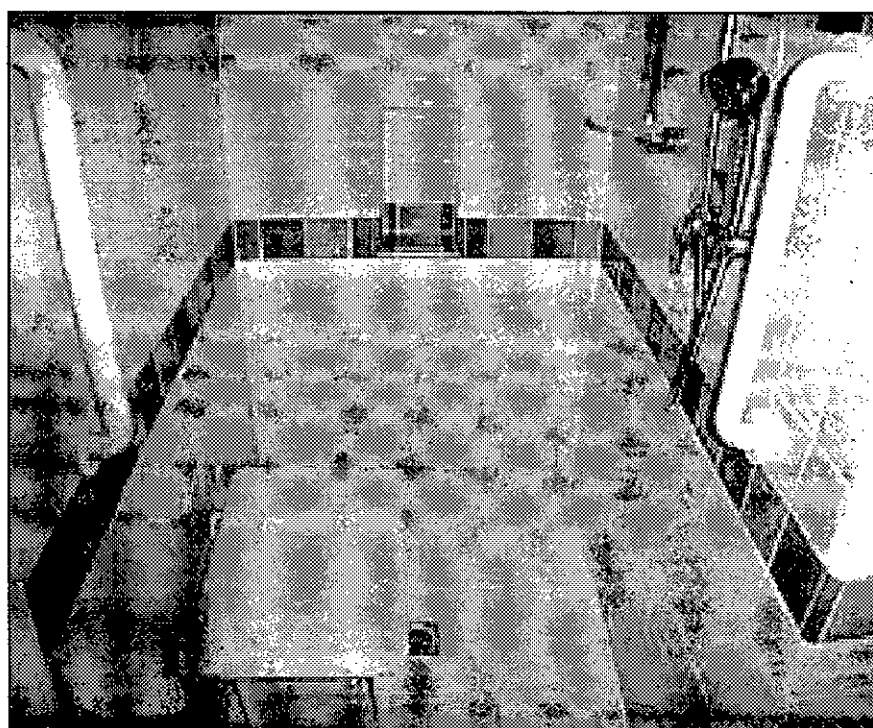


The best safety devices for seniors

When it comes to safety, it seems seniors everywhere are taking heed to the old adage "an ounce of prevention is worth a pound of cure." Seniors are stocking up on home safety items — particularly bath safety products — as an important precaution.

The Centers for Disease Control (CDC) cites falls as the number-one cause for injury among older adults. In 2001, more than 1.6 million seniors were treated in emergency rooms for fall related injuries and nearly 388,000 were hospitalized. Now seniors are doing something about it.

"It is not uncommon today to find seniors and their relatives outfitting their homes with safety devices, like grab bars and all-in-one commodes before an accident happens," says Eric Taylor,



Columbine Medical Equipment. "Bath safety items like grab bars, shower benches and elevated toilet seats are actually our fastest selling products."

Unfortunately, many seniors on fixed incomes become discouraged when they learn that bath safety items are not covered by Medicare.

"We often see customers think twice about safety concerns, because they simply can not afford to buy the products," says Christie Brown, certified rehabilitation therapist, SPC Home Medical Equipment.

"What is sad is that all of the non-covered bathroom safety items are inexpensive."

"It's a shame that the kids running Medicare today spend too much time worried about coverage formulas and don't use common sense. Not covering bathroom safety items might be penny-wise but it is pound-foolish," says 78-year-old George Corral. "I want to play golf till I'm 99 so I'll find a way to take precautions now with or without Medicare."

With Census Bureau projections indicating that by 2030 one in five Americans will be age 65 or older, manufacturers are busy

working to meet the demand.

Chicago area medical manufacturer and distributor Medline Industries has seen tremendous growth in this market.

"In the past 10 years we've literally seen about a 1,000 percent increase in our business. We've significantly increased our product line to meet the needs of the senior population. Now we offer everything from shower heads to grab bars to rollators (walkers with seats)," says Dave Jacobs, president, Medline's Durable Medical Products Division.

He also notes that seniors don't just want institutional safety products.

"Our senior customers are demanding more than just quality in home safety products. They also want style and comfort. We used to just design products from an engineering standpoint to make sure they performed. Now we include design experts in the process to ensure our products are more comfortable and more stylish for use inside and out of the home."

Manufacturers are also making products that promote increased independence.

"Medline has also gone to great lengths to make it easier for folks to use our products. Many of

Medline's bath safety products are now tool free which allows seniors to assemble and use the products without assistance from anyone else," says Jacobs.

Mobility is another important area in which seniors should consider safety. There are literally dozens of mobility aids including canes, walkers, rollators, transport chairs and scooters.

And Jacobs adds that Boomers are looking for all these aids in sleek models with a wide range of color.

Home safety consultants recommend that seniors focus on any areas that they might be experiencing a deficit — whether it's an abnormal gait, impaired vision or mobility. Seniors should also take a walk through their homes and consider overall accessibility.

"I ask my clients very specific questions about how they go about their daily activities and also take a look at the layout of their homes, the size of the doorways

and halls, the way the furniture is placed and most importantly I take a look at their bathroom. Most falls happen in the

bathroom so this is really a primary area to secure," explains DeAnne Redder, OTR.

Maintenance is also a critical area of concern.

"I'll see seniors who have worn down the caps on their walker legs all the way to the aluminum. That is dangerous because the legs could catch on something and cause a dangerous fall," says Taylor. "We always counsel our customers to check the protective glides on their walkers. We also urge our customers to buy shower chairs that have suction cups on the legs."

For more information about safety devices manufactured by Medline Industries, log on to www.medline.com.

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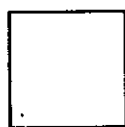
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Gardens

(from page 3)

Kolls said. "Imagine growing almost everything you needed for a recipe in one container, and what a great gift idea," Kolls says. She offers the following ideas:

•How about a pizza garden? If your senior isn't a pizza fan, he or she may enjoy growing a pot for a child or grandchild, or enlisting a family member to help. Whiskey barrels are ideal for growing tomatoes, but some can be expensive. Why not use a laundry basket and cut drainage holes in the bottom? Plant a Roma tomato in the center, onions along the sides of the tomato and basil around the edge.

"Gardeners will have the makings of a great pizza garden, but you're on your own with the pepperoni," Kolls said.

•Why not grow a salsa garden? It's like a pizza garden, but instead plant tomatoes, onions, hot peppers and cilantro.

Vegetable gardens can be universally popular. Take bamboo poles and make a tee-pee in the center of the pot. Plant beans at the base of each bamboo pole, Kolls recommends. The horizontal space around the pot can be used for carrots, beets or other favorite vegetables. Make sure the pot is at least 10 to 12 inches deep.

Carpenter from the local Home Instead Senior Care office says that the company strives to match its CAREGivers with clients of similar interests to help build relationships doing whatever seniors love most. The company's Activity Training Guide for CAREGivers helps generate creative ideas.

"Our CAREGivers not only garden, but participate in other

activities that clients enjoy such as cooking, scrapbooking and attending special events. We try to involve seniors as much as we can in the kinds of interests they've always enjoyed."

What's great about gardening as a senior activity, says Kolls, is that it is timeless.

"The beauty of the garden, if done well, will provide four seasons of color. Seniors in

warmer climates can garden year-round. But those in cold-weather climates should not despair. In the winter, snow catches in seed heads and birds find refuge in shrubbery and feed off seeds from the cone flowers. So, no matter where you live, there's always something growing in the garden."

To learn more about Home Instead Senior Care visit www.homeinstead.com.



Vegetable gardens are a classic favorite. A deep container (10 to 12 inches) provides plenty of room for fresh, favorite veggies that seniors can enjoy from right outside their own

Challenges of the future are here today for seniors

BY EDWARD NEARY & JAN MEDVED
Colonie Senior Network Advisory Board
Co-Chairs, Colonie Senior Network
White House Conference on Aging Event

The majority of today's seniors and future seniors want to stay in their own homes and remain connected to their community. They say that to do so will require reliable services, affordable housing and sufficient transportation. To do this we must understand what this universal desire means and plan effectively.

Then, as a community, we can help make the transition from today's seniors to future generations a successful one. This is the message we will send to the Policy Committee for the White House Conference on Aging.

The program and services committee's comprehensive older adult survey generated a great deal of useful information, which, after careful analysis, raised many new questions about services like transportation, home repairs and affordable housing.

This committee will be digging deeper into the data with focus groups and compare the data to see how the results differ by zip code and age cohort. They will

assist the network and the town by providing information that can be used for planning.

Faith-based and civic organizations, that are the informal service providers, were recruited through the community development committee's survey. The committee recognized that these organizations were so busy that they had no opportunity to get together with other organizations to find common ground and ways to work together to make their work easier and more effective.

To bring them together, the committee facilitated collaboration and sharing of information by initiating and hosting community breakfasts for networking and connecting.

Many organizations have begun participating because they are eager to share information and work together.

The public relations, marketing and education committee has taken important steps to get information to the senior population. It is important that they continue to

find ways to distribute information about services to educate the public to help seniors and their families with planning for future needs so they are better prepared.

The housing and zoning committee's focus will be to follow up on housing related survey results and to implement their process for commenting on senior housing proposals before the town. Seniors and the network must also continue to make sure the needs of seniors are recognized in the town's comprehensive plan.

So what's next for the Colonie Senior Network and the advisory board?

The challenge is to understand the data and identify the gaps in services, ensuring that there are reliable services, affordable housing and sufficient transportation for seniors today and tomorrow.

By meeting this challenge, seniors will stay in our neighborhoods longer, be healthier and continue to make valuable contributions to our community.

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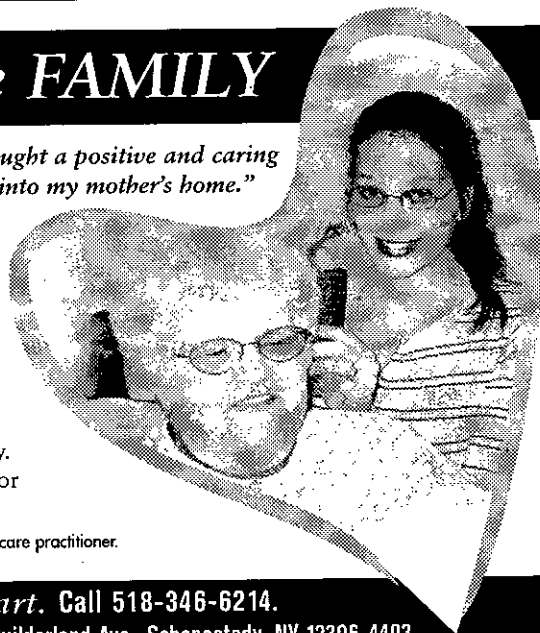
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More work is needed to manage arthritis pain

Despite tremendous advancements in treatments available for rheumatoid arthritis (RA), a nationwide survey by the Arthritis Foundation shows that nearly 70 percent of people currently receiving RA treatment still experience pain, stiffness and fatigue on a daily basis. Results also reveal that more than one-third rank their quality of life with

RA at only a five out of 10.

To identify unmet needs of the RA community regarding treatment options and quality of life, the Arthritis Foundation, in collaboration with Harris Interactive, surveyed 500 adults with RA.

The most common medications used to treat RA include disease-modifying antirheumatic drugs (DMARDs), such as leflunomide or methotrexate and biologic response modifiers (BRMs), such as etanercept, adalimumab, anakinra and infliximab.

While half of the people surveyed report that some symptoms, such as joint pain, stiffness and swelling are reduced by medication, 49 percent report they continue to change their daily household activities as a result of their arthritis.

"This survey brings to light the need for aggressive research in the treatment of rheumatoid arthritis, a

disease affecting more than 2.1 million Americans," says Dr. John H. Klippel, president and CEO, Arthritis Foundation. "It is a clear indication that we still have a great deal of work to do to improve quality of life for people with RA when more than one-third of the people surveyed feel their condition affects their ability to control their own future or perform daily activities, in spite of taking their medication. The Arthritis Foundation encourages people with RA to play an active role in their treatment by asking their physicians about the latest treatments available, as well as promising new research on the horizon."

Despite significant improvements in treatment for RA over the past 10 years, the survey also found that among those affected by the disease:

- More than 50 percent are extremely concerned about their ability to take care of themselves or the likelihood of becoming disabled in the future.
- The two most important factors in possible new treatments for RA are that the medication relieves pain more completely or provides longer periods of relief from their pain.
- The top three concerns about RA treatments are the potential for long-term consequences for

overall health, an increased risk of infection and inadequate relief of fatigue.

• Nearly three-quarters are very or extremely interested in having their treating physician tell them about new RA therapies.

• Nearly two-thirds are very or extremely interested in having their treating physician tell them about new RA clinical trials for which they might qualify and spend more time explaining RA medications.

"These findings clearly show that patients desire more information and heightened communications with their treating physicians," says Dr. Eric Ruderman, medical advisor to the Arthritis Foundation and assistant professor, Feinberg School of Medicine, Northwestern University. "This represents a call-to-action to the healthcare community to expand our dialogue with patients about current treatments, discuss new RA clinical trials and keep them abreast of emerging research, such as different approaches to impact the immune cell interaction in RA."

Arthritis is the nation's leading cause of disability, costing the U.S. economy more than \$86 billion annually. RA is an autoimmune disease in which the body's immune system attacks healthy joint tissue and causes inflammation and joint damage.

The disease often persists for many years, typically affecting many different joints throughout the body and causing

damage to the cartilage, bone, tendons and ligaments of the joints.

RA affects women three times more often than men, primarily in the childbearing years of a woman's life.

For more information about steps you can take to improve your quality of life with RA, contact the Arthritis Foundation at (800) 283-7800 or visit www.arthritis.org.

The Arthritis Foundation offers free information, materials and access to "RA Connect" an interactive online community and comprehensive resource created by and for people living with rheumatoid arthritis as a creative means to connect with others who have been touched by the disease.

Senior Lifestyles

What you need to know about retirement financing

Non-retired Americans are largely optimistic about their retirement finances according to a recent national survey conducted by Thrivent Financial for Lutherans. Unfortunately, the survey also revealed that this optimism may be misguided based on people's actions, or lack thereof, surrounding retirement planning.

The Thrivent Financial survey found that while seven in 10 Americans are confident or hopeful about their retirement finances, most respondents revealed their personal lack of attention to financial actions that are essential to ensure a secure retirement.

The survey found that most Americans (53 percent) have never estimated how much money they will need for retirement and most (51 percent) fail to regularly monitor their retirement assets.

In addition, three in five have not met with a financial services provider; seven in 10 have not

sought retirement advice from books, magazines, television or the Web.

Also, one in four Americans have personally saved less than \$5,000 for retirement and one in four have no idea how much they've saved. In short, many Americans' feeling of comfort is built on wishful thinking.

"Our survey reveals many Americans are operating in the dark when it comes to their retirement needs," says Nikki Sorum, Thrivent Financial senior vice president. "True confidence can only be built by determining one's financial needs and then developing a strategy for reaching those goals."

Sorum suggests the first step people need to perform to prepare for retirement is to take a financial inventory of both their current needs and resources. Once done, they can then select the financial goal they hope to achieve. The larger the goal, the more time and/or resources people should expect to devote to meeting it.

"Many people develop a

strategy for reaching their retirement goals, but then fail to follow through," says Sorum. "There will always be reasons to delay your plan, but procrastinating will never help you reach your goals."

Once a strategy is in place, Sorum recommends that people carefully monitor their progress.

"Too often people believe once a plan is set in motion that their work is done," she notes. "Life is full of change, so it is important to periodically evaluate one's progress and adjust one's plans as needed."

Sorum notes that part of this evaluation process may include getting rid of financial holdings that are poor performers.

"Feeling confident about the future can be a very good thing, so long as it's based on real actions and planning," says Sorum. "Being optimistic about one's retirement isn't a problem. The key is to build one's future on tangible actions rather than wishful thinking."

For more information about finances in retirement, visit www.thrivent.com.

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Obituaries

Ruth Travison

Ruth W. Travison, 72, formally of Glenmont, died Friday, July 1, at her residence in Sebring, Fla.

Mrs. Travison was born in Brooklyn and moved to Albany as a child. She was a graduate of Philip Schuyler High School. She worked with her parents at Howard & Bettys Restaurant in Albany until its closing. She was employed by Local 471 Hotel & Restaurant workers Union until her retirement 13 years ago.

Survivors include her husband, Thomas E. Travison of Sebring, Fla.; a daughter, Michelle Waldenmaier of Glenmont; two sons, Thomas E. Travison Jr. of Sebring, Fla., and Timothy H. Travison of Albany; three sisters, Elma Carroll of Hudson, Fla., Barbara Loveling of Wilbraham, Mass., and Betty Duncan of Baltimore, Md.; and a brother, Howard Wright of Annapolis, Md. Services were held in Sebring, Fla.

Contributions may be made to Good Shepard Hospice, 4418 Sun 'N Lake Blvd. Sebring, Fla. 33872.

Ruth Voorhees

Ruth S. Voorhees, 75, of Slingerlands, died Friday, July 7, at Camp Journey's End, her family's camp at Arnold Lake in Milford.

Mrs. Voorhees was born in Albany. She attended Albany High School.

She worked as a secretary for the state Law Department, Slingerlands United Methodist Church and Bethlehem Youth Employment Service and retired as the secretary to the assistant

superintendent of instruction for the Bethlehem Central School District.

She was a member of Bethlehem Garden Club, Delmar Progress Club, Bethlehem Beautification Committee, D.A.R., VFW Auxiliary and Slingerlands United Methodist Church.

Survivors include her husband, Henry V. Voorhees; a son, Jeffrey E. Voorhees of Glenmont; a daughter, Alison V. Kurtessis of Delmar; a sister, Marian S. Davis of Slingerlands; and four grandchildren.

Services were from Applebee

Funeral Home in Delmar.

Services were from Delmar Reformed Church.

Burial was in Bethlehem Cemetery.

Contributions may be made to the Bethlehem Garden Club, P.O. Box 485, Delmar 12054.

Bruce Hughes

Bruce A. Hughes, 55, of Starr Road in South Bethlehem, died Thursday, July 7, at Northeast Center for Special Care.

Mr. Hughes was born in York Harbor, Maine. He was a graduate of Traip Academy.

A resident of South Bethlehem for 15 years, he was a self-employed contractor. Previously, he was a meat cutter for 25 years.

He was a member of the Harley Owners Group (HOG).

Survivors include his wife, Charlessa Marhafer Hughes; a daughter, Tammy Jobmann of Albany; two sons, Robert Elwertowski of Schodack and William Jobmann Jr. of Saratoga

Springs; his parents, M. Kathryn Hutchins Hughes Kunkel of Kittery, Maine; his stepfather, William Kunkel of Kittery; a sister, Diana Lover of New Hampshire; and five grandchildren.

Services were from Light's Funeral Home in Schenectady.

Burial was in Orchard Grove Cemetery in Kittery, Maine.

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Obituaries

Alfred Basch

Alfred David Basch, 96, of Delmar died Monday, July 11.

Mr. Basch was born in Brooklyn. He graduated from state Teachers College with a bachelor's and a master's degree.

He was a Navy veteran of World War II.

He retired from the state Department of Commerce in 1972 as principal statistician, Bureau of Business Research.

He was husband of the late Louise Warner Basch.

Survivors include a son, Larry Basch of East Greenbush; a daughter, Judith Stamwitz of Fort Wayne, Ind.; three grandchildren; and five great-grandchildren.

Mr. Basch showed his collection of his handcrafted furniture and carvings, to-scale miniatures of several buildings including the Troy Savings Bank Music Hall, the Troy Court House, and several dollhouses. He volunteered as a set designer with the Slingerland Players, and enjoyed writing poetry, some of which were published.

Services were from Meyers Funeral Home in Delmar.

David Pratt

David Michael Pratt, 58, of Selkirk died Monday, June 27.

He worked for CSX Railroad Transportation, retiring as a foreman after 30 years.

He was a Marine Corps veteran of the Vietnam War. He retired as a staff sergeant after 19 years in the Army National Guard, serving B Company of the 210 Armor Division as a tank

commander. He was with the Med. Com. Unit and was at ground zero on 9/11 for the first six weeks and later received the state Defense of Liberty Medal from Gov. George Pataki in New York City.

Mr. Pratt was a 30-year member of the Bethlehem Volunteer Ambulance in Selkirk as an EMT. He was a board of

directors' member, past president, CPR and first aid instructor. He also was a past captain of the Selkirk Fire Police and member of Selkirk Fire Co. 1.

He also received the Albany Medical Center Hospital Achievement and EMS Award.

Survivors include his wife, Dawn Flagg Pratt; a daughter,

Tracy Hogan of Selkirk; a son, David Sponable of Troy; a brother, Douglas Pratt of Colonie; and a grandchild.

Services were from Meyers Funeral Home and Bethlehem

Lutheran Church, both in Delmar.

Contributions may be made to the Bethlehem Volunteer Ambulance, P.O. Box 246, Selkirk 12158.

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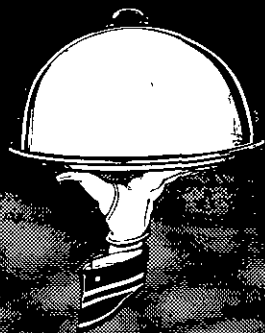
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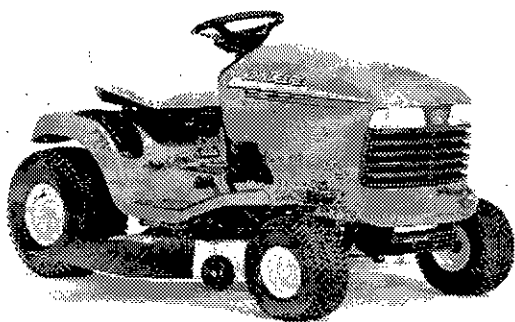
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Obituaries

Marilyn Holmberg

Marilyn R. Klapp Holmberg, 80, of Delmar died Monday, July 11, at St. Peter's Hospital in Albany.

Mrs. Holmberg was born in Albany. She was a graduate of Bethlehem High School.

She worked at Albany Engineering Depot at the Port of Albany during World War II and then operated her own beauty salon. Most recently, she was the tax collector for the town of New Scotland, having been elected in 1988.

She was a member of the town of New Scotland Republican Party.

She was the widow of Greger Holmberg.

Survivors include two daughters, Judith Ann Fritz of

Delmar and Linda Jeanne Holmberg of Oakland, Calif.; two sisters, Kathleen Frasier of Delmar and Margaret Parker of Feura Bush; and three grandchildren.

Services were from Daniel Keenan Funeral Home in Albany and Unionville Dutch Reformed Church.

Burial was in Holy Spirit Lutheran Cemetery in Glenmont.

Contributions may be made to American Heart Association, NE Region, 440 New Karner Road, Albany 12205-3890.

Judith Dolan

Judith Marie Twardowski Dolan, 49, of Second Avenue in Watervliet, formerly of Delmar, died Wednesday, July 13, at Community Hospice Inn at St.

Peter's Hospital in Albany.

Mrs. Dolane was born in Delmar.

She resided in Watervliet for most of her life and was employed by Northwestern Mutual Life Insurance Co.

At one time, Judy was a Girl Scout leader.

Survivors include her parents, Walter and Beatrice Twardowski; her husband Pat Dolan; a daughter, Tracy Dolan Pickel; a son, Jason Dolan; two brothers, Jackie Twardowski and Jerry Twardowski; and three grandchildren.

Services were from Parker

Bros. Memorial and Our Lady of Mt. Carmel Church, both in Watervliet.

Burial was in Memory's Garden in Colonie.

Contributions may be made to the Susan G. Komen Breast Cancer Foundation, P.O. Box 13535, Albany 12212-3535.

McCartney

(From Page 1)

education, and I'm going to miss working with him," said Kennedy.

McCartney may be retiring from teaching but not work altogether.

"I'm going to work as a

consultant for Collins and Scoville architects in Albany," said McCartney, who will also spend some time working as an independent contractor for the New York State School Boards Association.

Hawaii will be the first two-week vacation McCartney and his wife have been able to take since becoming superintendent.

"We're going to go in October, which is another thing I have never been able to do. September and October are a busy time for schools," McCartney said.

Having to get up at 4:30 a.m. on a snowy winter's night and decide whether or not a school should be closed is one of the hardest decisions a school superintendent has to make, according to McCartney, and it is one of the jobs he will miss the least.

McCartney said he will miss the daily contact with people the most.

"I'm going to miss being under the gun, the pace, that 24/7 pace. It's going to take me a while to get used to that," said McCartney.

High School Principal Mark Diefendorf was hired as a teacher in the Voorheesville School District shortly after McCartney became superintendent.

Diefendorf said he realized during his job interview that he and McCartney played on opposing football teams in college when he was a defensive back at Case Western Reserve and McCartney was a running back at Thiel College.

"I was probably 30 pounds lighter and it was at that homecoming game in October 1967 that I think he was responsible for knocking me out. We have now become close friends and colleagues, and I will miss his vision, his personality. He's larger than life," said Diefendorf.

"I've always believed one person can't make a difference all by themselves," McCartney said. "I just feel that we made a difference in this school system during my tenure here. Everybody involved, the community, the faculty and the staff have had a major part in helping make that difference."

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Semans, Smith marry



Michael and Jennifer Smith

Jennifer Semans, daughter of Scott Semans of San Jose, Calif., and Janice D'Aleo of Orange County, Calif., and Michael Scott Smith, son of Lorraine and Thomas Smith of Delmar, were married June 18, 2004.

The ceremony took place in Paso Robles, Calif.

The matron of honor was Kelly Isselhardt. The bridesmaids were Ashley Maas and Lena Smith, sister-in-law of the groom.

The best man was James Mack.

Groomsmen were Stephen Smith, brother of the groom and Nazeer Jalal.

The bride is a graduate of University of California at Berkeley.

She is a project manager for Neilson Architects in Orinda, Calif.

The groom is a graduate of Bethlehem Central High School and California Polytechnic State University at San Luis Obispo. He is an inventory control analyst for Cost Plus world market in Oakland, Calif.

After a wedding trip to Europe, the couple resides in Walnut Creek, Calif.

Letters policy

Spotlight welcomes letters from readers on subjects of local and regional interest.

Letters are subject to editing for fairness, accuracy, style and length.

All letters must include the writer's name, address and phone number.

Write to Letters to the Editor, *Spotlight*, P.O. Box 100, Delmar 12054.

Letters can also be faxed to 439-0609.

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WEDDING INFORMATION

Bridal Show Dates, Articles: 1st Planning Step, Bridal Experts, Pre-marital Stress, Past Relationships. www.PocketWeddingGuide.com

PHOTOGRAPHY

Personal, Professional Photographic Services. - 469-6551.

E.B. Photography Special Occasion Photography & Video, 281-3113 or 384-0997

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Saturday August 6th

Entertainment *in the* Spotlight



Far Left: Brendan Hoffman as Lt. Joe Cable & Susan Daly as Liat appear in Albany's Park Playhouse rendition of Rodgers and Hammerstein's musical "South Pacific."

Left: Keri Behan as Nurse Nellie Forbush & John Anthony Lopez as Emile de Becque appear in "South Pacific."

Below: Keri Behan as Nurse Nellie Forbush & John Anthony Lopez as Emile de Becque



One Enchanted Evening

By W.K. Aaron

Albany's Park Playhouse opened its 17th season with the Rodgers and Hammerstein 1949 Pulitzer Prize-winning musical "South Pacific." This summer is being billed as Park Playhouse's "comeback season" (after being rained out of half their performances last summer), and South Pacific fits the bill nicely. The love story of nurse Nellie Forbush and Frenchman Emile de Becque is set on a South Pacific island against the background of World War II and issues of racial prejudice. The show contains such classics as "There is Nothing Like a Dame," "Bali Ha'i," "Cockeyed Optimist," "Honey Bun" and "Some Enchanted Evening".

This year's cast members perform admirably with very few exceptions. Lisa Passano Franklin as Bloody Mary makes the role hers, with her strong voice and comic timing. One actually wants to turn and look for Bali Ha'i over the heads of the audience as she sings, lulling audience and actors into a sense of magic and intrigue. Gregory Rose as Luther Billis elicits smiles and laughs whenever he appears on stage and one looks forward to his antics.

The evening however, belongs to Keri Behan as Arkansas nurse, and

self-proclaimed hick, Nellie Forbush. She lights up the stage with her presence. Her voice is strong, melodic and a joy to listen to. One only questions why Nurse Forbush emerges from the shower in one of the show's most memorable numbers, "Gonna Wash That Man Right Out-a My Hair" fully clothed and with dry hair, rather than wrapped in a towel and with a wet head as Mary Martin did night after night during the Broadway run. Otherwise, Michael LoPorto's direction is seamless.

The one downside to the evening would have to be Nellie's love interest, Emile de Becque as played by John Anthony Lopez. Lopez manages to capture de Becque's necessary French accent, but falls short on the musical end of the spectrum. One almost feels as if Lopez is having trouble reaching the notes that have been put down on the score, as his voices tends to fall off throughout most of his numbers. We lose the intensity of turmoil in the man as he presents his music.

Brendan Hoffman as Lt. Joe Cable, the young romantic lead who falls in love with Liat, the daughter of Bloody Mary, has a wonderfully strong tenor

voice that fills the night air.

Charles Franklin and Julia Franklin as de Becque's two half-Polynesian children have lovely voices and Charles' smile and the gleam in his eyes is infectious.

Park Playhouse's Producer Venustiano Borromeo takes on the role of set designer this season. His multi-level set design is well used and admirably evocative of a South Pacific island. The music, under the direction of Patrick Young, and the choreography by Michael Kaleda all

add to the evening's success.

Overall, "South Pacific" is an enchanted evening and one that shouldn't be missed.

The show is free to the public and is presented Tuesday through Sunday at 8 p.m., weather permitting, through Aug. 14 at the Lakehouse at Washington Park in Albany. Reserved seats are available. For information, call 434-0776 or visit the Web site at: www.parkplayhouse.com.

Right: Brendan Hoffman as Lt. Joe Cable & Susan Daly as Liat in "South Pacific."

Below: Keri Behan as Nurse Nellie Forbush & John Anthony Lopez as Emile de Becque.



ARTS and ENTERTAINMENT

Theater

BIRTHDAY SUITE

Robin Hawdon farce presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, July 22 through Aug. 14, 8 p.m. Wednesdays through Saturdays, 2 p.m. Sundays, \$18. Information, 877-7529.

BREAKING UP IS HARD TO DO

World premiere of musical based on the songs of Neil Sedaka, Capital Repertory Theater, 111 North Pearl St., Albany, through Aug. 14, \$15 to \$40. Information, 445-7460.

THE COMPLETE WORKS OF WILLIAM SHAKESPEARE (ABRIDGED)

Comedy that spans the works of "The Bard" presented by the Saratoga Shakespeare Company, Congress Park, Saratoga Springs, July 20-23 and 26-30, 6 p.m., July 24, 2 p.m., free. Information, 884-4947.

GUYS AND DOLLS

Broadway musical presented by the Not So Common Players, Clifton Common, Clifton Park, July 21-24, 7:30 p.m., free. Information, 877-5648.

SOUTH PACIFIC

Rodgers and Hammerstein musical presented by Park Playhouse, Washington Park, Albany, through Aug. 14, 8 p.m. Tuesdays through Sundays, free seating on lawn. For reserved seating and information, call 434-0776.

Music

SIRSY

Capital Region modern rock band, July 20, 11:30 a.m., Ten Eyck Plaza, Albany, free. Information, 465-2143.

THE LOVIN' SPOONFUL

Classic rock band, with the Hurricanes opening, July 20, 7 p.m., Empire State Plaza, Albany, free. Information, 473-0559.

THE MCKRELLS

Popular area Celtic band, July 20, 7 p.m., Freedom Park, Schonowee Avenue, Scotia, free. Information, 370-0662.

TONY TRISCHKA

Bluegrass artist, with Nick Barr opening, July 20, 7 p.m., Voorheesville Public Library, 51 School Road, Voorheesville, free. Information, 765-2791.

LUCY KAPLANSKY

Singer-songwriter, July 20, 7 p.m., Agnes

MacDonald Music Haven stage, Central Park, Schenectady, free. Information, 382-5152, ext. 4.

FIDDLE SUMMIT OF THE CAPITAL DISTRICT

Featuring Peter Sutherland & Peter Davis, Becky Track & Keith Murphy, and more, July 20, 7:30 p.m., Pruyn House, 207 Old Niskayuna Road, Newtonville, \$2 members, \$5 non-members. Information, 783-1435.

THE LUSTRE KINGS

Local rockabilly band, July 20, 7:30 p.m., Bethlehem Public Library, 451 Delaware Ave., Delmar, free. Information, 439-9314.

LITTLE FEAT

Rock veterans, with Boston Horns opening, part of Alive at Five concert series, July 21, 5 p.m., Riverfront Park, Albany. Information, 434-2032.

THOMAS MAPFUMO & THE BLACKS UNITED

African music, July 24, 7 p.m., Agnes MacDonald Music Haven stage, Central Park, Schenectady, free. Information, 382-5152, ext. 4.

GEORGIE WONDERS ORCHESTRA

Big band music, July 26, 6:30 p.m., Cook Park, Colonie, free. Information, 869-7562.

GOOD EARTH

Capital Region jam band, July 28, 11:30 a.m., Ten Eyck Plaza, Albany, free. Information, 465-2143.

LEON RUSSELL

Legendary blues performer, with Folding Sky opening, part of Alive at Five concert series, July 28, 5 p.m., Riverfront Park, Albany. Information, 434-2032.

Dance

NEW YORK CITY BALLET

Performances of works by Gershwin, Tchaikovsky, Stravinsky and others through July 23, 8:15 p.m., Saratoga Performing Arts Center, Saratoga Spa State Park, \$15 to \$59. Information, 584-9330.

Visual Arts

NEW YORK STATE MUSEUM

"Ann Zane Shanks: Behind the Lens," through Feb. 26. Plus permanent collections on the 9/11 recovery effort,

New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

THE CLARK

"Jacques-Louis David: Empire to Exile," through Sept. 5; "Little Women, Little Men: Folk Art Portraits of Children from the Fenimore Art Museum," through Oct. 15; "The Clark: Celebrating 50 Years of Art in Nature" and "50 Favorites," through May 16, 2006; and other ongoing exhibitions. Information, 413-458-0524.

ALBANY INSTITUTE OF ART

"Albany & Troy Arts and Crafts: 1907-1918," through Aug. 31. "Rembrandt & Titus, Artist and Son: Paintings by Thomas Locker," through Aug. 14. Plus exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

ALBANY CENTER GALLERIES

"David Arsenault: Ten Years 1995-2005," through Aug. 27, Albany Public Library, 161 Washington Ave., Albany. Information, 462-4775.

SCHENECTADY MUSEUM

"Dressing for the Racetrack," through Sept. 4, plus Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-

7890.

ALBANY AIRPORT GALLERY

"Precious Little," a multi-artist exhibition, through Sept. 4, plus site-specific installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

THE HYDE COLLECTION

Rembrandt's "Portrait of Saskia van Uylenburgh," "The Wife of the Artist," through Aug. 31. "Painting Lake George, 1774-1900," through Sept. 11, plus ongoing exhibits, 161 Warren St., Glens Falls. Information, 792-1761.

NATIONAL MUSEUM OF DANCE

"Dancing Rebels," an exhibit about the New Dance Group, plus ongoing exhibits, 99 South Broadway, Saratoga Springs. Information, 584-2225.

NEW YORK STATE MILITARY MUSEUM

"New York's Fighting Zouaves," through October, "Battleground for Freedom: New York during the Revolutionary War," and "To the Standard: Civil War Cavalry Flags from the New York State Battle Flag Collection," ongoing, 61 Lake Ave., Saratoga Springs. Information, 581-5100.

SARATOGA AUTOMOBILE MUSEUM

Ongoing exhibits including "East of Detroit" and New York racing, 110 Avenue of the Pines, Saratoga Springs. Information, 587-1935, ext. 20.

Call for Artists

FIRST NIGHT ALBANY

Seeking artists for annual city-run New Year's Eve celebration. Artists should send audio compact disc, tape or video tape, a resume/biography, reviews, photographs and references to City of Albany Office of Special Events, Attn: Maura Gannon, City Hall 4th Floor, Eagle Street, Albany 12207. Deadline is Aug. 31.

DELMAR COMMUNITY ORCHESTRA

Openings in the string, horn and percussion sections. Information, 439-7749.

COLONIE TOWN BAND

Several openings, rehearsals on Mondays at 7:30 p.m. at town hall, Route 9, Newtonville. Information, 783-2760.

COLONIE CENTENNIAL BRASS CHOIR

Openings for brass players, rehearsals on

first Thursday and third Tuesday of the month, at 7:15 p.m., town hall, Route 9, Newtonville. Information, 783-2760.

SUBURBAN SOUNDS COMMUNITY CHORUS

Openings in mixed chorus, rehearsals Sundays at 7 p.m. at Lynnwood Reformed Church, Route 146, Guiderland. Information, 861-8000.

FRIENDSHIP SINGERS

Openings in women's singing group, focusing on old favorites and show tunes, rehearsals Tuesday mornings at Community United Methodist Church 1499 New Scotland Road, Slingerlands. Information, 439-2360.

A CAPPELLA

New, informal, coed a cappella group in Delmar, for adults and teens 16 and older. Information, 439-0130.

SIENA CHAMBER ORCHESTRA AND CHOIR

Rehearsals Thursdays at 7:30 p.m. for orchestra, Wednesdays at 6 p.m. for choir, Siena College, Route 9, Loudonville. Information, 783-2325.

THE ORCHESTRA ON THE COMMON

Openings in the string section, also need French horn, trombone, flute and bass drum players, rehearsals Friday at 9 a.m., Shenendehowa Senior Center, Clifton Common, Clifton Park. Information, 372-

MAGIC MAZE • STAR —

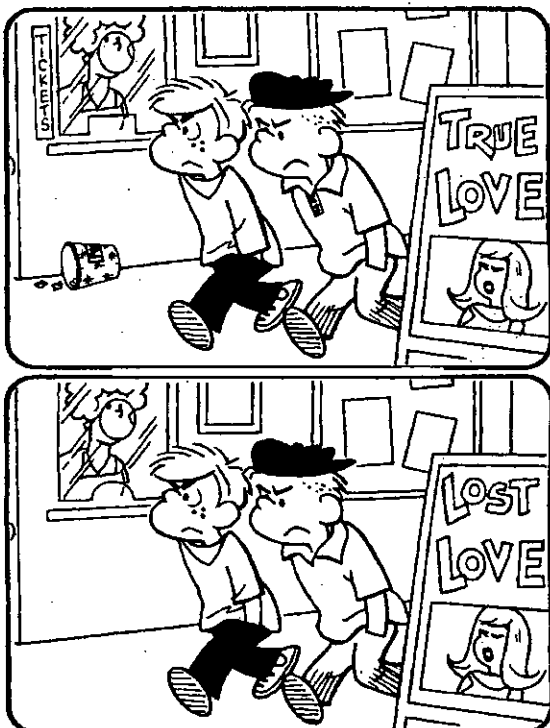
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P I G E A K F R D B P U B F A
A Y X H W U D E P A H S T T O
S Q C P O N L K K C U R T S B

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Billing
Chart
Dust
Fruit
Network
Of David
Of India
Player
Pupil
Shaped
Sprung
Struck
Studded
Trek
Wars

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FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS. Differences: 1. Sign is missing. 2. Window opening differs. 3. Container is missing. 4. Sleeve is shorter. 5. Buttons are missing. 6. Title differs.

The Super CROSSWORD

Crossword puzzle grid with clues and answers.

ACROSS

- 1 Singer
- 5 Home
- 9 Gusto
- 13 Helium and hydrogen
- 18 Israeli
- 19 Cultural
- 20 "Picnic"
- 21 Actress
- 22 Strauss
- 23 "Chacun a son"
- 24 Lassie's father
- 25 Diva
- 26 Start of a remark by Milton Berle
- 30 Iron
- 31 Center of gravity?
- 32 — Pea (Popeye's kid)
- 33 Health resort
- 36 Swore off
- 40 "Little Man"
- 42 Mock
- 46 Polished the Pontiac
- 48 R&B's Johnny
- 49 Harsh
- 51 Latin I word
- 52 Help in a heist
- 53 Baseball's Nolan
- 54 Hiawatha's transport
- 55 Very cold
- 57 King's quarters
- 59 Brilliant bird
- 60 Common antiseptic
- 61 Prone
- 63 Shepard or Sneed
- 64 Poet in the past
- 66 Particle
- 67 Middle of remark
- 72 Writer
- 74 Memo
- 75 Brenda or Brandon
- 76 Grib
- 77 Speaker
- 79 Singer
- 81 "Barry" (75 film)
- 86 Defamation
- 87 Shoelace
- 88 Charity
- 91 French airport
- 92 "Unaccustomed — am ..."
- 93 Storage sites
- 95 Burn remedy
- 96 Steep rocks
- 97 Curl up with Cather
- 99 Ho Chi —
- 100 Mobile home?
- 102 Dogpatch's Daisy
- 103 Famous fellow?
- 105 Scrape by, with "out"
- 106 Stout relative
- 108 End of remark
- 118 "Peter Pan" extra
- 119 Comic
- 120 Seaport or Canal
- 121 Circus
- 122 Put on
- 123 Disoriented
- 124 Run in neutral
- 125 — Taft
- 126 Benson
- 127 Trawler gear
- 128 Tumbled
- 129 TV's "the Press"
- 2 Raines or Wilcox
- 3 "Boss"
- 4 Twisted's nemesis
- 5 Hilo hello
- 6 Croatian capital
- 6 Slaughter or Cabell
- 7 Lobe
- 8 "Cheerio!"
- 9 Ached for
- 10 In reserve
- 11 Taj town
- 12 — do-well
- 13 Lawn ornament
- 14 Comes to terms
- 15 Big rig
- 16 Jack of "Rio Lobo"
- 17 — Bernardino, CA
- 21 Response
- 27 "Heavenly to Betsy!"
- 28 Montand or Tanguy
- 29 Cosmetician
- 33 Trade
- 34 Sunscreen ingredient
- 35 Lipinski leap
- 37 Happiness
- 38 Actress
- 39 — Tin Tin
- 40 Logical
- 41 Declaration
- 43 Rock salt
- 44 — acid
- 45 Transmit by bytes
- 47 LAX letters
- 49 Cul-de —
- 50 Freud topic
- 53 Mend
- 54 Lerner & Loewe musical
- 56 Dutch
- 58 Export roller-coaster unit
- 59 — jongs
- 60 Perfect examples
- 62 — ear
- 63 Furiveness
- 65 Mil. group
- 67 Sheik spot
- 68 Destiny
- 69 Siegfried slew one
- 70 Itch
- 71 Strive
- 72 — plerix
- 73 Great Eos
- 78 Vintage
- 80 Musical syllables
- 82 Postman's Creed word
- 83 Wee
- 84 "Eugene Onegin" character
- 85 AMEX rival
- 87 Tires
- 88 Menu phrase
- 89 Tennis stroke
- 90 "— culpa"
- 94 Hammed up "Hamlet"
- 95 Pianist
- 96 Baby bovine
- 98 Mar
- 100 Powerful pooches
- 101 Maestro
- 104 39.37 inches
- 105 Snowy bird
- 107 —
- 108 In — (archaeology term)
- 109 Mediteranean port
- 110 "No Way Out"
- 111 Scenter of your face?
- 112 Like
- 113 Bare
- 114 Swiss sharp-shooter
- 115 Seep
- 116 Seldom seen
- 117 "Coi:ound it!"
- 118 Oregon hrs.

DOWN

1 Page

The Spotlight CALENDAR

Wed. Jul. 20
BETHLEHEM
DELMAR ROTARY

Normanside Country Club, 7:30 a.m. Information, 767-2930.

MOTHERS OF PRESCHOOLERS (MOPS)

Christian fellowship group for mothers of preschool children, at the Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 9:30 a.m. until 11:30 a.m., Information, call Jennifer at 439-9929 or e-mail, info@drchurch.org.

ALZHEIMER'S SUPPORT GROUP

Northeast NY Alzheimer's Association meetings for families, caregivers, and friends; Delmar Presbyterian Church, 585 Delaware Ave., 7 p.m.

SOLID ROCK CHURCH

1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4314.

CHENREZIG PRACTICE AND MEDITATION

Meditation on the Bodhisattva of Compassion, at the KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 7 p.m., Information, 374-1792.

ZONING BOARD OF APPEALS

Bethlehem Town Hall, 445 Delaware Ave., Delmar, 7:30 p.m. Information, 439-4955.

EVENINGS ON THE GREEN

Bethlehem Public Library's Free Summer Concert Series, 7:30 p.m. Information, 439-9341.

BINGO

Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

BOY SCOUT TROOP 58

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

BC SCHOOL BOARD

district office, 90 Adams Place, 8 p.m. Information,

BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 8 p.m. Information, 767-2886.

TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

NEW SCOTLAND
SUMMER READING CLUB

For grades 4 through 6, at the Voorheesville Public Library, 51 School Road, 2 p.m., sign-up necessary, 765-2791.

TOGETHER AT TWILIGHT

Tony Trischka in concert, at the Voorheesville Public Library lawn, 51 School Road, rain or shine, bring blankets or chairs, free, 7 p.m.

FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

PRAYER MEETING

evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

NEW SCOTLAND SENIORS

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

Thurs. Jul. 21
BETHLEHEM
BETHLEHEM SENIOR CITIZENS

Bethlehem Town Hall, 445 Delaware Ave., 12:30 p.m. Information, 439-4955.

BETHLEHEM ART ASSOCIATION

Delmar Presbyterian Church, 585 Delaware Ave., 7:30 p.m., Information, 439-3948.

ADULT BIBLE STUDY

First Reformed Church of Bethlehem, 7 p.m., Route 9W, Selkirk. Information, 767-2243.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Information, 439-0503.

AA MEETINGS

Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

NEW SCOTLAND
THE CLOTHING CLOSET

A service supported by area Reformed churches to provide clothing to those in need; volunteers welcome. Clarksville Reformed Church, Route 443, Clarksville, 8:30-11:30 a.m. and 4-7 p.m. Information, 768-2916 or 439-5400.

STORIES IN THE VILLAGE PARK

With librarian Joyce Laiosa, at the Voorheesville Public Library, 51 School Road, 11 a.m.

NEW SCOTLAND KIWANIS CLUB

New Scotland Presbyterian Church, Route 85, 7 p.m.

Fri. Jul. 22
BETHLEHEM
CHILDREN'S WRITING WORKSHOP

Bethlehem Public Library, 451 Delaware Ave., 9:30 a.m. - 11:30 a.m., Information, 439-9341.

VISUAL SUPPORT GROUP

Strategies to cope with visual impairment, led by Dr. Edwin Pesnel. Refreshments. Room 101, Bethlehem Town Hall, 445 Delaware Avenue, Delmar, 1-2 p.m. Sponsored by Bethlehem Senior Services. Information, 439-4955, ext. 4.

CHABAD CENTER

Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

NEW SCOTLAND
PIONEER CLUBS

For children grades 1 through junior high; Mountainview Evangelical Free Church, Route 155, 3:45 - 5 p.m. Information, 765-3390.

YOUTH GROUP MEETINGS

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

Sat. Jul. 23
BETHLEHEM
AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

Sun. Jul. 24
BETHLEHEM
WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm Ave., 439-3135.
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.
Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407.
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.
Delmar Reformed Church, 386 Delaware Ave., 439-9929.
Family of God Nazarene Church, Krumkill Road at Blessing Road, North Bethlehem, 453-9953.
First Church of Christ, Scientist, 555 Delaware Ave., 439-2512.
First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.
First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.
Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.
Gospel Fellowship, 10 Rockefeller Road, Delmar, 482-2132.
King's Chapel, 434 Route 9W, Glenmont, 426-9955.
KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 10 a.m. meditation, 11 a.m. tea, 11:30 a.m. study course, 374-1792.
Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.
Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.
Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.
South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.
St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.
St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265.
St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.
Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.
SUMMER EXHIBIT
Childhood Treasures: Toys from the Past, Bethlehem Historical Association, 1003 River Road, 2 to 4 p.m.

NEW SCOTLAND
WORSHIP INFORMATION

All Nation's Baptist Church, 2558 Western Ave., Guilderland, 475-9086, ESL and Bible classes, 9 a.m.; Worship Services, 10 a.m.
Clarksville Community Church, Route 443, 768-2916.
Family Worship Center, 92 Lower Copeland Hill Road, Feura Bush, 768-2021.
Faith Temple, New Salem, 765-2870.
First United Methodist Church, 68 Maple Ave., Voorheesville, 765-2895.
Jerusalem Reformed Church, Route 32, Feura Bush, 439-0548.
Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.
Onesquethaw Reformed Church, Tarrytown Road, Feura Bush, 768-2133.
New Scotland Presbyterian Church, Route 85, 439-6454.
St. Matthew's Church, Mountain View Road, Voorheesville, 765-2805.
Unionville Reformed Church, Delaware Turnpike, 439-5001.
United Pentecostal Church, Route 85, New Salem, 765-4410.

Mon. Jul. 25
BETHLEHEM
PEACE VIGIL

Bethlehem Neighbors For Peace, weekly peace vigil, Four Corners intersection, Delmar, 5-6 p.m., Information, 439-1968.

DELMAR KIWANIS

Tool's Family Restaurant, Delaware Avenue, 6:15 p.m. Information, 439-2437 or 439-6952.

CLASS IN JEWISH MYSTICISM

Delmar Chabad Center, 109 Elsmere Ave., 7 p.m. Information, 439-8280.

NDOOR PISTOL SHOOTING

Albany County Pistol Club, Winne Place, 7 to 9 p.m. Also Tuesday. Information, 439-0057.

EXPLORER POST 157

For boys and girls 14-21, focusing on environmental conservation, 310 Kenwood Ave., 7:30-9 p.m. Information, 439-4205.

DELMAR COMM. ORCHESTRA

Rehearsal, Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-7749.

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m. Information, 489-6779.

NEW SCOTLAND
SUMMER READING CLUB

At the Voorheesville Public Library, 51 School Road, for grades 1-3, 2 p.m., sign-up necessary, 765-2791.

TEEN NIGHT

At the Voorheesville Public Library, 51 School Road, CD swap night, 7 p.m., no sign-up.

QUARTET REHEARSAL

United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.

Tues. Jul. 26
BETHLEHEM
TAKE OFF POUNDS SENSIBLY

Weekly meeting at Delmar Reformed Church, 386 Delaware Ave., Delmar, 10:45 a.m. to 12:30 p.m. Information, 465-8732.

FARMERS MARKET

Market and Chicken Barbeque, 2:30 p.m. to 6 p.m. rain or shine, First United Methodist Church, 428 Kenwood Ave., 9 a.m. to 6 p.m.

CHURCH LUNCH

Sponsored by the South Bethlehem United Methodist Church, Willowbrook Avenue, weekly on Tuesdays, 11:30 a.m. to 1 p.m. Information, 767-9953.

PRAYER MEETING

At Gospel Fellowship, 7 p.m., 10 Rockefeller Rd., Delmar, beneath Normans Kill bridge, Information 482-2132.

BINGO

at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Also Thurs. 2-5:30 p.m. Information, 439-0503.

NEW SCOTLAND
PRESCHOOL STORY TIME

Weekly at Voorheesville Public Library, 51 School Road, 10:15 a.m. Information, 765-2791.

NIMBLEFINGERS/QUILTERS

Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

ZONING BOARD OF APPEALS

New Scotland Town Hall, Route 85, 7 p.m. Information, 765-3356.

V'VILLE VILLAGE BOARD

Village Hall, 29 Voorheesville Ave., 7 p.m. (6 p.m. workshop meeting). Information, 765-2692.

Wed. Jul. 27
BETHLEHEM
DELMAR ROTARY

Normanside Country Club, 7:30 a.m. Information, 767-2930.

MOTHERS OF PRESCHOOLERS (MOPS)

Christian fellowship group for mothers of preschool children, at the Delmar Reformed Church, 386 Delaware Ave., nursery care provided, 9:30 a.m. until 11:30 a.m., Information, call Jennifer at 439-9929 or e-mail, info@drchurch.org.

SOLID ROCK CHURCH

1 Kenwood Ave., evening prayer and Bible study, 7 p.m. Information, 439-4314.

CHENREZIG PRACTICE AND MEDITATION

Meditation on the Bodhisattva of Compassion, at the KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 7 p.m., Information, 374-1792.

TOWN BOARD

Bethlehem Town Hall, 445 Delaware Ave., 5:30 p.m. Information, 439-4955.

BETHLEHEM TOASTMASTERS

The Clubhouse, Adams Station Apts., 1 Juniper Drive, Delmar, 7:30 p.m. Information, 439-0871.

EVENINGS ON THE GREEN

Bethlehem Public Library's Free Summer Concert Series, 7:30 p.m. Information, 439-9341.

BINGO

Blanchard American Legion Post, 16 Poplar Drive, 7:30 p.m. Information, 439-9819.

TESTIMONY MEETING

First Church of Christ, Scientist, 555 Delaware Ave., 7:30 p.m. Information, 439-2512.

NEW SCOTLAND
SUMMER READING CLUB

At the Voorheesville Public Library, 51 School Road, for grades 4-6, 2 p.m., sign-up necessary, 765-2791.

FAITH TEMPLE

Bible study, New Salem, 7:30 p.m. Information, 765-2870.

PRAYER MEETING

evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

NEW SCOTLAND SENIORS

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

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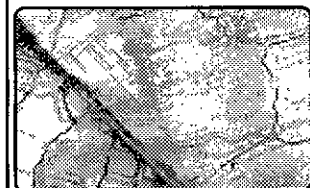
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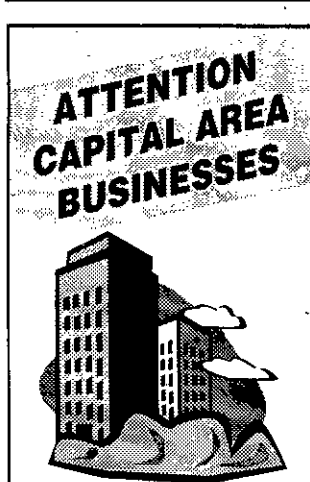
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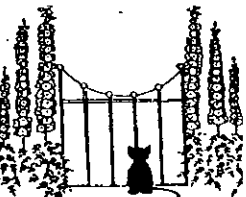
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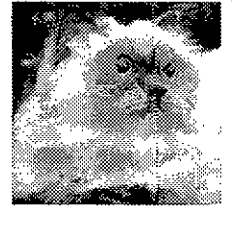
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CAMILLE'S HOUSE CLEANING SERVICE: 20 Years experience. References. Make your house Camille Clean! 892-8073.

DELMAR RESIDENT 16 YRS EXPERIENCE. Exceptional Cleaning, Excellent References. 439-2796.

HOUSE PAINTING, HOUSE WINDOW CLEANING & GUTTER CLEANING. Free estimates, Low prices. Call 452-1551.

PERSONALIZED CLEANING PACKAGES for home or office. For free estimate call Jennifer at HMC: 459-0646.

Residential/Small Business Cleaning. Professional and Reliable. Over 10 years experience. References. Call Ashley 756-2766.

EQUIPMENT FOR SALE

SAWMILLS - \$2,795.00 - LumberMate-2000 & LumberLite-24 - Norwood Industries also manufactures utility ATV attachments, log skidders, portable board edgers and forestry equipment. www.norwoodindustries.com -Free information: 1-800-578-1363 ext300N

FINANCIAL

\$\$\$CASH\$\$\$ Immediate Cash for Structured Settlements, Annuities, Law Suits Inheritances, Mortgage Notes & Cash Flows. J.G. Wentworth-#1 1-(800)794-7310.

DOES YOUR BUSINESS need financing? A national finance company can help. SBA Loans, Equipment Leasing, Credit Lines, Invoice Financing, etc.! Citicapital Financial Group: 718-531-4444 www.citicapitalfinancialgroup.com

TOO MUCH debt? Don't choose the wrong way out. Our services have helped millions. Stick to a plan, get out of debt & save thousands. Free consultation. 1-866-410-0567. CareOne Credit Counseling.

FIREWOOD

2-YEAR DRY SEASONED HARDWOOD: 6 Face Cords Available, \$43/ea. Call 426-WOOD. Free Delivery.

MIXED HARDWOODS: Full cords, \$195; face cords, \$95. Jim Haslam, 439-9702.

SEASONED HARDWOOD - Cut, Split, Delivered. \$75 Face Cord. 756-9419.

FREE PETS

2 Kittens looking for good home. 1 black, 1 orange & white striped. 768-8143.

FURNITURE FOR SALE

Elegant pastel regency style sofa table, 2 drawers, repair to leg, \$200. Large pine harvest table, painted legs, modern, some refinishing needed, \$75. Call 872-9720 or 322-8569.

FURNITURE TRUCKLOAD SALE! Sectionals, sofas, loveseats, recliners - in leather or fabric. Authentic Oriental Rugs...assorted sizes. 1110 Western Ave., Albany. Parking in rear of old church. Friday, Saturday, Sunday, 7/22-24, 8 a.m.-4 p.m. Call Karl at 857-1876.

Harden & Hitchcock chairs, beds, tables. THIS END UP sofa, chairs, & tables. Thomasville student desk w/chair. All excellent condition. 439-2278.

Impressive antique American (early-mid 1800's) chest of drawers, excellent condition, good patination, cherry, deep

drawers. Ideal "low-boy" height. 48" (h) x 21" x 41". \$1200. Call 872-9720 or 322-8569.

Roll-top desk, oak all sides. Dovetail drawers. (57" long x 45" high x 27" deep), \$500. Large framed mirror, dark pine (triple dresser size), \$75. Call 439-0006.

GARAGE SALES

Estate Sale: 5 Constitution Drive, Glenmont. July 22-23, 8-3. House contents, antique furniture, set of hitchcock chairs, 6-piece sterling tea set, collectibles, glassware, oil paintings, & misc. contents. PJ & PJ.

MOVING SALE, GREAT PRICES

Misc. Household., Desk, Curio, Futon. Fri/Sat. 7/22 & 7/23, 8 AM. 16 N Heiderberg Pkwy, Slingerlands.

MOVING: Furniture, household, children, exercise, garage items. 98 Columbine Drive (Country Meadows, Glenmont) 439-5783. Friday, 7/22, 9-6. Saturday, 7/23, 8-12. Follow signs off of Rt. 32.

5 Neighbor- Wilshire & Darren's, Colonie. 7/23, 9-5. Furniture, A/C's, housewares, toys, tools, appliances, laythe, bedding.

HANDYMAN

ALL TYPES OF HOME REMODELING - Painting, Plumbing, Carpentry. Reliable. Senior discount. 331-9508.

BEST BET HANDYMAN, Home Repairs & Maintenance, Electrical, Plumbing, etc., Senior Discounts, Call 434-5612.

HOME IMPROVEMENT

HAS YOUR BUILDING SHIFTED? Structural repairs of barns, houses and garages. Call Woodford Bros., Inc. for straightening, leveling, foundation and wood frame repairs. 1-800-OLD-BARN. www.1-800-OLD-BARN.COM

HOME SERVICES

Door frames, windows, railings, & decks. No job too small. Respectful, neat & clean. Call Flat Stanley Painters at 377-4632.

INSTRUCTION

5 HOUR Pre-Licensing Course. Every Saturday, 9:00a.m. 356-3017. **KATIE'S DRIVING SCHOOL.**

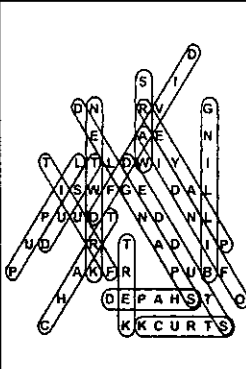
LAWN SERVICES

LAWN MOWING OR YARD WORK by adult. SAVE THIS NUMBER: 439-0610.

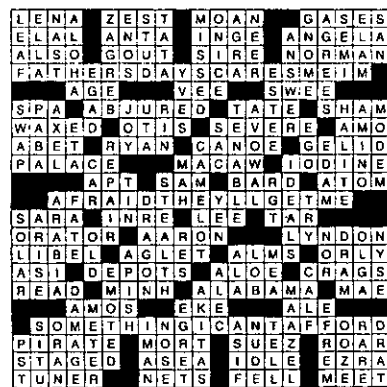
LEGAL

DIVORCE IN JUST 24 HOURS With or Without Travel...With or Without Your Spouse's Signature! AS LOW AS \$1,095 info@divorcefast.com

Magic Maze Answers



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www.divorcefast.com Divorcefast, 365 Boston Post Road, #241, Sudbury, MA 01776 978-443-8387

LOST

Black & White male cat. Lost in Old Delmar near Kenwood Ave. July 12. Answers to Toby. Please call 221-6675.

FIND SOMETHING? Advertise it free. Call 439-4940.

JULY 4, Maine Coon cat, Rocky. Very friendly. Vicinity Farm to Market Rd., Clifton Park. Reward. 928-4284

PET DOG LOST: SMALL WHITE MALE 5-7lb. CHIHUAHUA Named Keko. Lost in area of York Rd., Glenville on 7/05/05. 13 yrs. old-takes heart medication. Reward. 384-0150.

MEDICAL

Power Wheelchairs, Scooters and Hospital Beds, at Absolutely No Cost to You. Call Toll Free 1-800-708-9301

MISCELLANEOUS FOR SALE

MAYTAG REFRIGERATOR. Almost new. Energy

star. Beige. Paid \$1100. Asking \$500. JUST MOVED, WON'T FIT. 885-2637.

Various custom HO-scale model railroad locomotives and rolling stock. All are priced to move. Please call Rich at 785-8751 & leave message or email me at rweriksen@gct21.net.

NEW POCKET ROCKET. 50CC. Electric/Remote and Pull start. Red. Holds 300+ lbs. fast. Cost \$950. Sale \$500 firm. 439-7083.

Classified INFORMATION



Office Hours Deadline

8:30 AM - 5 PM
Monday-Friday
Deadline: Thursday at 4PM for following week



Mail Address • In Person

Spotlight Newspapers
P.O. Box 100
Delmar, NY 12054
125 Adams St.
Delmar, NY 12054



READERSHIP:
11 Newspapers;
113,400
Readers



Phone • Fax

(518) 439-4940
(518) 439-0609 Fax

E-MAIL: spotclas@nycap.rr.com

Classified Ads Appear In All Eleven Papers

In Albany County

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

In Schenectady County

Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight

In Saratoga County

Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight
Malta Spotlight • Saratoga Spotlight

Classified Rates

Private Party Classifieds - Line Ads - Eleven paper combo - \$15.00 for 15 words 50 cents for each additional word.

Commercial Classifieds - Line Ads - Eleven paper combo - \$17.50 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 eleven newspapers, as well as on the internet for the number of weeks requested.

Order Form

Classified Category: _____

Name: _____

Address: _____

City: _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Amount Enclosed _____ Number of Weeks _____

MasterCard or Visa# _____

Expiration date: _____ Signature: _____

Want your business to be seen?



Place your ad in the Spotlights!

With over 100,000 readers every week, *Spotlight Newspapers* are the best place to advertise your services and sales.

Call 439-4940

HELP WANTED

Part-Time Office Assistant

Job duties include data entry and typing.
Maximum 20 hours per week.

Come join our growing team.

Please fax resume to 439-0609

ATTN: John Skrobela, Business Manager

Spotlight Newspapers

The Capital District's Quality Weeklies
125 Adams Street, Delmar, NY 12054

Spotlight CLASSIFIEDS

VIOLA (Glaesel), Excellent condition, 16.5 in., Full size, Will include Kun, chin rest. \$995. 439-2945.

MUSIC

STRING INSTRUMENT REPAIR: Bow Rehairing. 439-6757.

PAINTING

Door frames, windows, railings, & decks. No job

too small. Respectful, neat & clean. Call Flat Stanley Painters at 377-4632.

PET ADOPTION

HOMEWARD BOUND DOG RESCUE: Adoption clinics, Saturdays, Benson's Pet Center, Wolf Rd., 11-3. www.homewardbounddogrescue.com

SPECIAL EVENTS

ARE YOU HAVING A SPECIAL EVENT? Let Everybody know about it in the Spotlight Newspapers. DEADLINE is Thursday by 4 PM. Call Juli 439-4940.

TUTORING

MATH TUTORING HIGH SCHOOL All Subjects In-

cluding SAT Prep. 35 Years Experience. NYS Certified. Also Interested in

Albany Academy Students. 439-0610. SAVE THIS NUMBER!

WANTED

ANTIQUE PAPER ITEMS Photographs, Stereoviews, Daguerreo-

types. Anything Related To Sports, Autos, Motorcycles, Oceanliners, Travel, Politics. Scrapbooks, Photo Albums, Maps, Children's Books, Post Cards. ETC. Tom Jardas- 356-0292.

BUYING: All old costume and better jewelry. Call 439-6129.

WANTED TO BUY PRE-

1955. TELEPHONES, RADIOS, MICROPHONES, TELEVISION SETS, Tube amplifiers, Cameras, Pocket lighters, fishing lures, old tools, pre-1960 Comic Books, Pre-1920 Crocks, Jugs, Firemen hats, Badges, Photos, Pre-1965 toy trains, plastic model kits, toy cars, trucks, boats,

gasoline-powered, toy cars, all plastic toys, Pre-1920 photographs, postcards, penny banks, Pre-1950 Fountain pens, Teddy Bears, Dolls, Plastic costume jewelry World War II/American or Nazi items, Civil War swords, pictures, etc.. Any condition, even broken or rusty. Call 745-8897.

Employment CLASSIFIEDS

HELP WANTED

AVON \$20 free product \$10 start-up fee. Unlimited Earning Potential! Jennifer 439-2359 Nancie 861-8740

C U S T O D I A N : Voorheesville Schools. 3-11:30 p.m. M-F (some Saturdays). \$10-11/hour. Full benefits. Call: 765-3313, ext. 103. EOE/AA.

Earth's largest and fastest-growing tanning/spa franchise is seeking highly motivated individuals with retail sales experience

and great communication skills to work in our new Latham salon. Please send resume to: Planet Beach, P.O. Box 3242, Saratoga Springs, NY 12866.

High-Paying Postal Jobs! No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service

message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

New Health & Fitness Center gearing up to open is looking for Counter/Juice Bar Help, Personal Trainers, Group Exercise Instructors, Aerobics, Tai Chi, Yoga, Kick Boxing, Martial Arts, and Pilates. Please send resume and/or letter of interest to Neighborhood Health and Fitness Center, 172 Main Street, Ravena, NY 12143. 518-756-3487

NORTHEAST NURSING: LPN's & RN's- Staff relief, Referral bonus, Competitive rates, All shifts, Call for interview. 475-9506.

Driver-CONVENANT TRANSPORT. Regional Runs Available. Excellent Pay & Benefits. xp, Drivers, Teams, O/O, & Students Welcome. Refrigerated Now Available. 888-MORE Pay (888-667-3729).

DRIVERS Are you getting a pay raise in 2005? Roehl drivers are! Van - up to .39, Flatbed - up to

.41, plus tarp. Sign-on-bonus. Students Welcome. Class-A required. EOE Call Roehl, 877-774-5313 www.GoRoehl.com

Friendly Home Parties featuring Ideal Gifts and New Karla's Kitchen catalog has openings for Party Plan Advisors. Earn CASH, TRIPS, RECOGNITION. FREE catalogs 1-800-488-4875 www.idealgifts.com

Greeting Card Company needs 1500 people to mail out New Designer greeting cards from home.

Make \$500-\$2900 1-817-273-5330

JOB OPPORTUNITIES: H.S. Grade, age 17-32. No experience needed. Will train in electronics, aviation, and mechanics. Full pay/benefits. Must relocate. Call 1-800-242-4457

WORK WANTED

COMPANION, Home Health Aide. References. Call: 857-8045.

HOME CARE/COMPANION, Meals, Errands, Housekeeping, etc. Days,

Evenings, Weekends. References. 446-9193.

INDEPENDENT CAREGIVERS- Private Duty, Hospice, Long-term Insurance Accepted. 24Hr Elder Care. Reasonable. Alice 573-6399. Linda 312-7404. Not an agency.

LADY wishes live-in, 24-Hour Care. \$1350/wk. 35 years NYS certified. 756-1595.

STARVING ARTIST NEEDS WORK: Maintenance, Yard Cleanup, Gardening. 439-6056.

Real Estate CLASSIFIEDS

REAL ESTATE WANTED

SINGLE MOM + 2 Small Children Seeking Quiet, Clean Bethlehem area realty for rent by 08/30/05. References available. 768-8143.

REAL ESTATE FOR RENT

DELMAR- 2 BR apt. with garage. \$750+/month. Available immediately. Call 436-3938.

COEYMAN: 2+ bedroom, washer/dryer hookup, off street parking, \$575+ utilities, + security. Available 7/29. 966-4661.

Delmar - \$1300 plus Utilities - 3 BR, 2 Bath, 2 story House on dead-end street surrounded by 125 acres; all appliances (new); wood-burning stove; deck; porch; one stall garage. References, security deposit & Lease; Available Sept. 1. Please call Karin at 877-351-8571 for more information; leave message.

Delmar - \$650 incl. H/HW 1 BR. Apt. 1st floor (rear) Village Drive Apartment Complex; Seniors preferred; References, security deposit & Lease; available approx. Sept. 1. Please call Karin at 877-351-8571 for more information; leave message.

DELMAR- Small 2BR Apt. available 9/1. \$715. Heat/Hot water included. Off

street parking, Hardwood floors. Private, screened porch. 66 Delaware Ave. 456-6644.

DELMAR- Studio, Rural Setting, Suitable For 1. Non-Smoker, Utilities, Garage. \$550, heat/elec./cable included. 439-0390.

Glenmont - \$1500 plus Utilities and Park Assoc. Fee. Chadwick Square; 2 BR + Loft; 2-1/2 Bath; C/A; 2 car garage; 2 story Townhouse. References, security deposit & Lease; Available Sept. 1. Please call Karin at 877-351-8571 for more information; leave message.

LOUDONVILLE: 2BR, 2BA, A/C, Non-smoking, No pets, No children. 1 car garage. Fireplace. \$950. 785-5279.

Small studio apartment, Duaneburg, beautiful views, horse stall available, \$575/mo, includes utilities, NS, 895-2244.

REAL ESTATE FOR SALE

CLIFTON PARK: Lexington Commons- 3BR Colonial, 2.5BA, All electric kitchen. Mint condition. Peggy Reagan Realty. 463-9230 or 428-9300.

CUSTOM BUILT LOG HOMES: Many models available. Your lot or ours. Call for info/appt. 463-9230.

WOODGATE CONDOMINIUMS: 3BR, 2BA, gas heat, central air condition-

ing, new windows, all appliances, 1 car garage, gas fireplace. 489-0768.

ASHEVILLE, NC MOUNTAINS. Gated Community. Spectacular View & River Lots. Clubhouse, Paved Roads, Hiking and Fishing. GRAND OPENING AUGUST 12th-15th HUGE INCENTIVES. www.bearriverlodge.net. 866-411-5263

AUCTION OF RENNELAER COUNTY REAL PROPERTY TAX FORECLOSED PROPERTIES! August 10 @ 11 am. North Troy, NY AAR, INC./HAR, INC. 800-243-0061 FREE brochure: www.NYS AUCTIONS.com

FORECLOSED GOV'T HOMES \$0 or Low down! Tax repos and bankruptcies! No Credit O.K. \$0 to low down. For listings (800)501-1777 ext 1095

GEORGIA COAST- Large wooded access, marshfront & golf course homesites. Gated with tennis, kayaking, & canoeing. Limited availability- mid \$70's & up. Call today 1-877-266-7376

MOVING TO LAS VEGAS?? Check out Boulder Cascade MFG Housing Community. New Homes from \$69,900. Relocation Assistance Program. Toll free 1-866-584-0412.

NO DOWN PAYMENT? PROBLEM CREDIT? If you're motivated and follow our proven, no-non-sense program we'll get you into a NEW HOME. Call 1-800-830-2006, visit www.AmericanHomePartners.com

COMMERCIAL FOR LEASE

DELAWARE PLAZA - DELMAR - Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

HOUSES FOR SALE

FORECLOSED GOV'T HOMES \$0 or Low down! Tax repos and bankruptcies! No Credit O.K. \$0 to low down. For listings (800)501-1777 ext 1095

LAND

CHERRY RIDGE SUBDIVISION PRIME BUILD-ING LOTS FOR SALE 5.6 Acres- \$79,900 4.2 acres- \$109,500 Beautiful country setting located near Scranton. Wooded, views & stream- what more could you ask for? EZ financing. Avail. Call today! 866-222-5263 866-383-8423

FREE LAND LIST Lakefront, Mountain Farms, Estates, Berkshire, Litchfield, Dutchess, Putnam and Columbia Counties 1-800-811-3464 ext 396

LAND WANTED

NYS LAND WANTED. Immediate cash buyer. 16 years in business. Fair, honest & quick closing. Highest prices paid for farmland or woodlands. All properties considered. Visit www.nyslandwanted.com or call 1-800-229-7843

LAND FOR SALE

LAND BARGAINS- FREE LIST 3-32 acre parcels in Fulton, Montgomery and Herkimer counties New York. Ideal homesites- Beautiful views- Financing available. Call Helderberg Realty 518-861-6541

VACATION RENTALS

BRANT LAKE CAMP FOR RENT: 3BR, Sleeps 6, Beach, Dock, if needed. \$550/wk. 465-2072.

GREAT SACANDAGA LAKE, FULTON COUNTY, NEW YORK: Right at the lake's edge. Charming cottage. Secluded with a magnificent lake view. Private dock. Walk to everything. Sleeps 6, no pets. \$950/week. (518)458-7465.

OCEAN CITY, MARYLAND. Best selection of affordable rentals. Full/partial weeks. Call for FREE brochure. Open daily. Holiday Real Estate. 1-800-638-2102. Online reservation www.holidayoc.com

Three Seasons Resort, an Ocenafont Resort/Fine Dining establishment overlooking Nantucket

Sound in the heart of Cape Cod. Private Beach. Heated Pool. 508-398-6091 or www.threesseasonsresort.com

Automotive CLASSIFIEDS

AUTOMOTIVE FOR SALE

1998 PORSCHE BOXSTER 5sp, silver & black, only 18,500 miles, excellent condition, 4 new yokohama's, stereo CD, heated seats, cabin wind deflector, air, car cover. \$19,500. 518-439-7755 or 518-265-4485.

1995 Grand AM, Auto, V6, AM/FM/Cassette, power windows/locks, cruise, good condition, blue, 92k, asking \$2,200. 785-8751.

1995 INTREPID, V6, White, Auto, Power windows/locks, CD, cruise, air, special alum. wheels, runs great. 109K. \$1575. 439-3743.

2000 SUBARU Leg. Wgn. 150K, Exc. Cond., Always maintained. \$3995. 765-5163 (pm).

2003 Nissan Murano. 6 Cyl. Basic black SUV. 20,000 miles. Like new. \$21,500. Call 465-7591.

94 Nissan Pathfinder SE. Fair condition, well main-

tained (service records provided). CD/cassette, sunroof, power locks/windows, alloy wheels. 145K (engine has 120K). Worth \$3000, asking \$2600. 331-2129.

1996 JEEP CHEROKEE CLASSIC- No mechanical defects, Good condition, 152K- mostly highway miles. A/C, cruise, new CD, roof rack. \$3,699. Leave message: 727-6886.

AUTOS WANTED

JUNK CARS WANTED: A1 USED AUTO PARTS- HIGHEST PRICE PAID FOR YOUR JUNK CARS. Call: 768-8103.

AAA Rated Donation. DONATE YOUR CAR, Boat or Real Estate. IRS Tax Deductible Free Pick-Up/ Tow Any Model/ Condition. Help Underprivileged Children 1-800-598-9211 Outreachcenter.org

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LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
Pursuant to Section 206 of The New York Limited Liability Company Law
1. The name of the limited liability company is PROPERTIES BY MECC, LLC.
2. The Articles of Organization were filed with the Secretary of State on July 1, 2005.
3. The office of the Limited Liability Company is to be located in Albany County.
4. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: The LLC, 30 Citation Drive, Latham, NY 12110.
5. The limited liability company is formed for any legal business purpose or purposes.
LD-11875
(July 20, 2005)

LEGAL NOTICE
NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is FIRST COLUMBIA CENTURY-22, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 6, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 26 Century Hill Drive, Suite 101, Latham, New York 12110.
LCD-11735
(July 20, 2005)

LEGAL NOTICE
The name of the LLC is Positive Development, LLC. The date of the filing of the articles of organization with the N.Y. Secretary of State is: 1/06/2003. The office of the LLC shall be in the County of Albany and State of NY. The NY Secretary of State is designated as the agent of the LLC upon whom process against it may be served. The post office address to which the Secretary of State shall mail a copy of any such process served upon him/her is to: Positive Development LLC, 10 Erie Dr., Slingerlands, NY 12159. The LLC does not have a date of dissolution. The purpose of the LLC is to transact any lawful business.
LCD-11749
(July 20, 2005)

LEGAL NOTICE
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: Neighborhood Health Insurance Agency, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 6/06/05. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the The LLC at 1202 Troy Schenectady Road, Latham, New York 12110. The limited liability company is organized for the purposes of soliciting, negotiating, and/or selling accident and health insurance contracts and any other lawful purpose permitted by New York State Insurance Laws and Regulations.
LJ-11756
(July 20, 2005)

LEGAL NOTICE
Equititle, LLC, a New Jersey limited liability company, using the fictitious name in New York of "Equititle Abstract" was formed on 10/10/02, filed an Application for Au-

LEGAL NOTICE

thority with the New York Department of State on 6/7/05. Secretary of State is designated as upon whom process against LLC may be served. A copy of any process served should be forwarded to Equititle, LLC, 1118 Campus Drive West, Morganville, NJ 07751. New York office location: Albany County. The principal office of Equititle, LLC is 1118 Campus Drive West, Morganville, NJ 07751. A copy of Equititle's Certificate of Formation may be obtained from the New Jersey Division of Revenue, 225 State Street, 3rd floor, Trenton, NJ 08608. Purpose: title abstract company.
LCD-11759
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of Dunkin 36 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/9/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 3 Moline Court, Kings Point, NY 11024 Purpose: any lawful activity.
LCD-11761
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of Rapid Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/6/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: PO Box 773, Monsey, NY 10952 Purpose: any lawful activity.
LCD-11762
(July 20, 2005)

LEGAL NOTICE
WINDSOR OF ALBANY, LLC, Notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on May 5, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 596 New Loudon Road, Latham, New York 12110.
LCD-11774
(July 20, 2005)

LEGAL NOTICE
NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is MRP CRESCENT VILLAGE ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 10, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-11776
(July 20, 2005)

LEGAL NOTICE
NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is CRESCENT VILLAGE ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 10, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon

LEGAL NOTICE

thority with the New York Department of State on 6/7/05. Secretary of State is designated as upon whom process against the LLC may be served. A copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-11777
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of 638 West 160 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/15/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity.
LCD-11778
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of MPO of NY, LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/9/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: NY Secretary of State, Division of Corporations and State Records, Albany, NY 12231-0001 Purpose: any lawful activity.
LCD-11788
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of Yosher LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/21/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1728 44th Street, Brooklyn, NY 11204 Purpose: any lawful activity.
LCD-11804
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of 1734-46th Street, LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/20/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1734- 46th Street, Brooklyn, NY 11204 Purpose: any lawful activity.
LCD-11805
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of Land Title Associates Agency LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 4/15/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1979 Marcus Ave., Suite 210, Lake Success, NY 11042. Purpose: any lawful activity.
LCD-11806
(July 20, 2005)

LEGAL NOTICE
NOTICE OF FORMATION OF A REGISTERED LIMITED PARTNERSHIP (L.P.)
The name of the L.P. is CALIFORNIA ASSOCIATES, L.P. The Certificate of Registration of the L.P. was filed with the New York Secretary of State on June 28, 2005. The purpose of the L.P. is to engage in any lawful act or activity. The office of the L.P. is to be located in Albany County. The Secretary of State is designated as the agent of the L.P. upon whom process against the L.P. may be served. The address to which the Secretary of State shall mail a copy of any process against the L.P. is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-11840
(July 20, 2005)

LEGAL NOTICE
NOTICE OF FORMATION OF A DOMESTIC LIMITED

LEGAL NOTICE

LIABILITY COMPANY (LLC)
The name of the LLC is MRP TOWNE TOWER ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 27, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205.
LCD-11841
(July 20, 2005)

LEGAL NOTICE
Integrity Financial Partners, LLC, dba Integrity Plan Administrators, LLC was filed with the SSNY on 6/27/05. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: David I. Katz, Integrity Financial Partners, LLC dba Integrity Financial Administrators, 581 Main Street, 4th Floor, Woodbridge, NJ 07095. Purpose: Any lawful purpose.
LCD-11846
(July 20, 2005)

LEGAL NOTICE
DEAD DOG RECORDS LLC
Notice of Organization: DEAD DOG RECORDS LLC was filed with SSNY 02/15/05. Office: Albany Co. SSNY designated as agent of LLC upon whom process may be served. P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Jerome Leventhal, Leventhal Financial Services Corp., 15 Remsen Ave., Roslyn, NY 11576 Purpose: To engage in any lawful activity
LCD-11870
(July 20, 2005)

LEGAL NOTICE
Steenburg & Patrick LLC
Notice of Organization: Steenburg & Patrick LLC was filed with SSNY 02/04/05. Office: Albany Co. SSNY designated as agent of LLC upon whom process may be served. P.O. address which SSNY shall mail any process against the LLC served upon him: c/o the LLC 16 Woodridge St, Albany, NY 12203 Purpose: To engage in any lawful activity
LCD-11871
(July 20, 2005)

LEGAL NOTICE
FAMOUS CONSULTING SERVICES LLC
Notice of Organization: FAMOUS CONSULTING SERVICES LLC was filed with SSNY 02/15/05. Office: Albany Co. SSNY designated as agent of LLC upon whom process may be served. P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Lauterbach Garfinkel Damast & Hollander LLP 22 W. 38th St., 12th Fl., NY 10018 Attn: Jeffrey Hollander, Esq. Purpose: To engage in any lawful activity
LCD-11872
(July 20, 2005)

LEGAL NOTICE
Rebel Muzic Worldwide, LLC
Notice of Organization: Rebel Muzic Worldwide, LLC was filed with SSNY 03/01/05. Office: Albany Co. SSNY designated as agent of LLC upon whom process may be served. P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Eric Briner, LLC Business Management Inc. 3000 Marcus Ave., Ste. 3W7, Lake Success, NY 11042 Purpose: To engage in any lawful activity
LCD-11873
(July 20, 2005)

LEGAL NOTICE

LEGAL NOTICE
Annarhi Music, LLC
Notice of Organization: Annarhi Music, LLC was filed with SSNY 03/29/05. Office: Albany Co. SSNY designated as agent of LLC upon whom process may be served. P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Michael Mitnick, Berdon LLP 360 Madison Ave., NY, NY 10017 Purpose: To engage in any lawful activity
LCD-11874
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of 655 West 160 LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 7/6/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity.
LCD-11876
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of 129 W56 LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 7/7/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 110 Susquehanna Avenue, Great Neck, NY 11021 Purpose: any lawful activity.
LCD-11877
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of Normandy West Realty LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 7/8/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 26 Prices Switch Road, Warwick, NY 10990 Purpose: any lawful activity.
LCD-11891
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of One Third Karka, LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/16/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1507 Route 202, Pomona, NY 10970 Purpose: any lawful activity.
LCD-11892
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of Nealco Towers LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/27/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 30 Prospect Drive, Brentwood, NY 11717 Purpose: any lawful activity.
LCD-11893
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of CRG Resources LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/22/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 6 Barlett Road, Monsey, NY 10952 Purpose: any lawful activity.
LCD-11894
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of Fair Oaks Estates LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 5/10/05 Office location: Albany County. SSNY is designated

LEGAL NOTICE

as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 246 Seigel Street, Brooklyn, NY 11206 Purpose: any lawful activity.
LCD-11895
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of Rochelle Inger PLLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/28/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1 Dalewood Drive, Suffern, NY 10901 Purpose: any lawful activity.
LCD-11896
(July 20, 2005)

LEGAL NOTICE
1. Name of the Limited Liability Company, (hereinafter LLC) is Poppy's Italian Kitchen, LLC.
2. Date of filing of Articles of Organization with the Secretary of State is 7/13/05.
3. Office is located in Albany County.
4. Secretary of State is designated as Agent of the LLC upon whom process against it may be served.
5. Post-office address to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: c/o 1486 Castlebridge Rd., Castleton, NY 12033. The LLC shall not have a registered agent.
6. The Company has no specific date of dissolution. The LLC is formed for any lawful business purpose.
LCD-11901
(July 20, 2005)

LEGAL NOTICE
Notice of Formation of McCashion Brothers Holding Company, LLC, Art. of Org. filed Sec'y of State (SSNY) 2/24/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: Kevin McCashion, 84 Frederick Ave., Albany, NY 12205. Purpose: any lawful purpose.
LCD-11902
(July 20, 2005)

LEGAL NOTICE
Notice of Qualification of Aon Premium Finance, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/10/05. Office location: Albany County. LLC formed in Delaware (DE) on 7/8/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19301. Purpose: any lawful activity.
LD-11635
(July 20, 2005)

LEGAL NOTICE
NOTICE OF FORMATION OF BENTON ENTERPRISES LLC
The name of the LLC is BENTON ENTERPRISES LLC. The date of filing of the Articles of Organization with the N.Y. Secretary of State is April 15, 2005. The office of the LLC shall be in the County of Albany and State of N.Y. The Secretary of State is designated as the agent of the LLC upon whom process against it may be served. The Secretary of State shall mail a copy of any process against the Company to the following post office address: 135 Church St., Saratoga Springs, N.Y. 12866. The character or purpose of the business of the LLC is to transact any lawful business.
LD-11725
(July 20, 2005)

LEGAL NOTICE
NOTICE OF FILING OF ARTICLES OF ORGANIZA-

LEGAL NOTICE

NOTICE OF DR HUMAN RESOURCES, LLC
1. The name of the Limited Liability Company is: DR HUMAN RESOURCES, LLC.
2. The Articles of Organization of the Company were filed with the Secretary of State on May 26, 2005.
3. The County within New York State which the office of the Company is to be located is Albany.
4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon it is: 6 Wembley Court, Albany, NY 12205
5. The registered agent of the limited liability company upon whom process against the liability company can be served is: DR Human Resources, LLC, 6 Wembley Court, Albany, NY 12205.
6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York.
LD-11726
(July 20, 2005)

LEGAL NOTICE
Notice of Qualification of Pawling Land Co. LLC. Authority filed with Secy. of State of NY (SSNY) on 5/13/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/4/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Lookerman & Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-11729
(July 20, 2005)

LEGAL NOTICE
Notice of Qualification of Cross Atlantic Investors LLC. Authority filed with Secy. of State of NY (SSNY) on 4/28/05. Office location: Albany County. LLC formed in Delaware (DE) on 4/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. The DE address of LLC. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-11745
(July 20, 2005)

LEGAL NOTICE
Notice of Qualification of STC Five LLC. Authority filed with Secy. of State of NY (SSNY) on 5/24/05. Office location: Albany County. LLC formed in Delaware (DE) on 4/14/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-11746
(July 20, 2005)

LEGAL NOTICE
Notice of Qualification of Pearl Carroll & Associates LLC. Authority filed with Secy. of State of NY (SSNY) on 4/21/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/2/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011. DE address of LLC: 1209 Orange St., Wilmington, DE

LEGAL NOTICE

19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11747 (July 20, 2005)

LEGAL NOTICE

Notice of Qualification of Ruby Fishkill Limited Partnership. Authority filed with Secy. of State of NY (SSNY) on 6/7/05. Office location: Albany County. LP formed in Delaware (DE) on 5/27/05. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LP: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11752 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of Watertown Investors, L.P. Certificate filed with Secy. of State of NY (SSNY) on 6/7/2005. Office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Name/address of each genl. ptr. available from SSNY. Term: until 6/6/2104. Purpose: any lawful activity. LD-11753 (July 20, 2005)

LEGAL NOTICE

Notice of Qualification of Vertical Claims Management, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/8/05. Office location: Albany County. LLC formed in Pennsylvania (PA) on 2/20/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011. PA address of LLC: 401 Liberty Ave., Three Gateway Center, 15 North Pittsburgh, PA 15222. Arts. of Org. filed with PA Corp. Bureau, 206 North Office Bldg., PO Box 8722, Harrisburg, PA 17105. Purpose: all lawful purposes. LD-11758 (July 20, 2005)

LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name of LLC: SILHOUETTE OPTICAL TRAINING CENTER, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on June 7, 2005. Office location: Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to Tuczinski, Cavalier, Burstein & Collura, P.C., 54 State Street, Suite 803, Albany, New York 12207. LD-11760 (July 20, 2005)

LEGAL NOTICE

Notice of Qualification of IPA Advisory & Intermediary Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/7/2005. Office location: Albany County. LLC formed in Nevada (NV) on 3/24/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 1250 Barclay Blvd., Buffalo Grove, IL 60089. Arts. of Org. filed with NV Secy. of State, 101 N. Carson St., Suite 3, Carson City, NV 89701. Pur-

LEGAL NOTICE

pose: any lawful activity. LD-11786 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of 131 EAGLE LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/13/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Castro & Remer, P.C., The Hill Bldg., Suite 100, 30 State St., Ossining, NY 10562. Purpose: any lawful activity. LD-11787 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of ARI-ZONA FITNESS, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/13/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Robshaw & Associates, 5672 Main St., Williamsville, NY 14221. Purpose: any lawful activity. LD-11795 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of Nesting Concepts, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/6/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 46 State St., 3rd Fl., Albany, NY 12207. Attn: USA Corporate Services, registered agent upon whom process may be served. Purpose: all lawful activities. LD-11796 (July 20, 2005)

LEGAL NOTICE

Notice of Qualification of Mill Place Capital, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/7/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/26/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. Principal office of LLC: 963 15th Pl., Hermosa Beach, CA 90254. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11797 (July 20, 2005)

LEGAL NOTICE

Notice of formation of a New York Limited Liability Company (LLC). The name of the LLC is A & N CONTRACTING, LLC. The Articles of Organization creating the LLC were filed in the Office of the Secretary of State of New York (SSNY) on May 23, 2005 and became effective on said date. The principal office of the LLC is in Albany County. The SSNY is designated as the agent of the LLC upon whom process against it may be served and the post office address to which the SSNY shall mail any copy of process against it is A & N CONTRACTING, LLC. c/o Michael Rapp, 142 Bushendorf Road, Ravena, New York 12143. The purpose of the LLC is to engage in the construction business and any other lawful activity. LD-11803 (July 20, 2005)

LEGAL NOTICE

Notice of Qualification of Charter Communications Holding Company, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/9/2005. Office location: Albany County. LLC formed in Delaware (DE) on 5/25/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of

LEGAL NOTICE

LLC: 12405 Powerscourt Dr., St. Louis, MO 63131. Arts. of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11810 (July 20, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: T. LEMME ASSOCIATES, LLC Articles of Organization filed with Secretary of State of New York (SSNY) on May 17, 2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to c/o The LLC, 95 Champlain Street, Albany, New York 12204. Purpose: Any lawful business purpose. LD-11811 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of Blue Lion (NY) LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Purpose: any lawful activity. LD-11823 (July 20, 2005)

LEGAL NOTICE

Notice of Qualification of 1644 Stewart Avenue LLC. Authority filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County. LLC formed in Delaware (DE) on 6/20/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. Principal office of LLC: 15 Plymouth St., Apt. 1, Cambridge, MA 02141. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-11824 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of STONE STREET REALTY, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207. Purpose: any lawful activity. LD-11825 (July 20, 2005)

LEGAL NOTICE

Notice of organization of YAR, LLC. Under Section 203 of the Limited Liability Company Law of the State of New York 1. The name of the Limited Liability Company is YAR, LLC.

2. The Articles of Organization were filed with the Secretary of State on APRIL 28, 2005.
3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York.
4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 25 St. Agnes Lane, Loudonville, NY, 12121.
5. None of the members of the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obligations or liabilities of the Limited Liability Company.

LEGAL NOTICE

6. The Limited Liability Company shall have all powers and purposes allowed it by law. LD-11831 (July 20, 2005)

LEGAL NOTICE

Notice of organization of AM Offices. Under Section 203 of the Limited Liability Company Law of the State of New York 1. The name of the Limited Liability Company is AM Offices.
2. The Articles of Organization were filed with the Secretary of State on May 11, 2005.
3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York.
4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 28 Marne Street, Watervliet, NY 12189.
5. None of the members of the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obligations or liabilities of the Limited Liability Company.
6. The Limited Liability Company shall have all powers and purposes allowed it by law. LD-11832 (July 20, 2005)

LEGAL NOTICE

Notice of organization of DB Cohen Commercial Real Estate, LLC Under Section 203 of the Limited Liability Company Law of the State of New York 1. The name of the Limited Liability Company is DB Cohen Commercial Real Estate, LLC.

2. The Articles of Organization were filed with the Secretary of State on June 16, 2005.
3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York.
4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 5 Sage Field Lane, Latham, NY 12110.
5. None of the members of the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obligations or liabilities of the Limited Liability Company.
6. The Limited Liability Company shall have all powers and purposes allowed it by law. LD-11833 (July 20, 2005)

LEGAL NOTICE

PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY FIRST: The name of the limited liability company is B.A. 12 Cornell Road, LLC (hereinafter referred to as the "Company").
SECOND: The Articles of Organization of the Company were filed with the Secretary of State on June 23, 2005.
THIRD: The county within New York State in which the office of the Company is to be located is Albany.
FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is: B.A. 12 Cornell Road, LLC, 4 British American Boulevard, Latham, New York 12110.
FIFTH: The latest date on which the Company is to dissolve is December 31, 2055, unless said period is further extended by amendment of

LEGAL NOTICE

this Agreement or sooner terminated in accordance with this Agreement.
SIXTH: The purpose of the business of the Company is any lawful activity pursuant to Section 203 of the New York Limited Liability Company Law. LD-11836 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of VALUE 17 LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207. Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11839 (July 20, 2005)

LEGAL NOTICE

M&P Real Estate, LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of New York ("SSNY") on June 7, 2005. Office location is County of Albany. SSNY has been designated as an agent upon whom process against it may be served. SSNY shall mail a copy of any process served to The LLC at 10 Thurlow Terrace, Albany, NY 12203. Purpose: any lawful act. LD-11847 (July 20, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RF DIAGNOSTICS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/28/05. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 2135 Morrow Avenue, Niskayuna, New York 12309. Purpose: For any lawful purpose. LD-11848 (July 20, 2005)

LEGAL NOTICE

FOREIGN PUBLIC NOTICE Name of the LLC: CC WATER ACQUISITION COMPANY, LLC App. For Auth. filed with Sec. of State 06/28/05. Jurisdiction of org. DELAWARE ON 05/20/05. NY State office loc: ALBANY COUNTY. Sec. of State of NY designated as agent of LLC. The post office address to which the Secretary of State shall mail a copy of any such process served upon him/her is: c/o National Registered Agents, Inc., 875 Avenue of the Americas, Suite 501, NY, NY 10001. Address of principal office: One Coca-Cola Plaza, Atlanta, GA 30313. Copy of cert. of org. is filed with Delaware Secretary of State, Division of Corporations, John G. Townsend Building, 401 Federal Street, Dover, Delaware 19901. Purposes: is to transact any lawful business. LD-11850 (July 20, 2005)

LEGAL NOTICE

Notice of organization of TCIM PROPERTIES, LLC Under Section 203 of the Limited Liability Company Law of the State of New York 1. The name of the Limited Liability Company is TCIM PROPERTIES, LLC.
2. The Articles of Organization were filed with the Secretary of State on June 9, 2005.
3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York.
4. The Secretary of State is

LEGAL NOTICE

designated as agent of the Limited Liability Company upon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 279 Troy-Schenectady Road, Latham, NY 12110.
5. None of the members of the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obligations or liabilities of the Limited Liability Company.
6. The Limited Liability Company shall have all powers and purposes allowed it by law. LD-11851 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of NACHAS PARTNERS L.P. Certificate filed with Secy. of State of NY (SSNY) on 6/30/2005. Office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: The LP, 1227 E. 27th St., Brooklyn, NY 11210. Name/address of each genl. ptr. available from SSNY. Term: until 6/29/2032. Purpose: all lawful activities. LD-11857 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of CENTER NETWORKING EXCELLENCE LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/27/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 666 Greenwich St., #428, NY, NY 10014. Purpose: all lawful activities. LD-11858 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of ROCK CORPORATE VENTURES LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/27/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207. Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11859 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of SUNRISE INTERNATIONAL HOLDINGS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/30/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207. Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11860 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of RE-GAL CORPORATE SERVICES LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/30/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207. Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11861 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of JAV INTERNATIONAL ENTERPRISES LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/30/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207. Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11862 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of TEMPCO INTERNATIONAL LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/30/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207. Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11863 (July 20, 2005)

LEGAL NOTICE

Notice of Qualification of Navigant Capital Advisors LLC. Authority filed with Secy. of State of NY (SSNY) on 6/30/05. Office location: Albany County. LLC formed in Delaware (DE) on 6/1/01. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: 615 N. Wabash Ave., Chicago, IL 60611. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-11864 (July 20, 2005)

LEGAL NOTICE

Notice of Qualification of The Harbor-Shops LLC. Authority filed with Secy. of State of NY (SSNY) on 7/5/05. Office location: Albany County. LLC formed in Florida (FL) on 2/19/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. FL address of LLC: 221 W. Oakland Park Blvd., Fort Lauderdale, FL 33302. Arts. of Org. filed with FL Secy. of State, 409 E. Gaines St., Tallahassee, FL 32399. Purpose: any lawful activity. LD-11865 (July 20, 2005)

LEGAL NOTICE

Notice of Publication Coeymans Landing Properties, LLC was filed with SSNY on 06/22/05. Office location: Albany County. SSNY designated as agent of LLC against whom process may be served. P.O. address which SSNY shall mail process against LLC served upon him: P.O. Box 45, Coeymans, New York 12045. Purpose: any lawful business. LD-11870 (July 20, 2005)

LEGAL NOTICE

Notice of Formation of TRIDENT CORPORATE VENTURES LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/30/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207. Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11879 (July 20, 2005)

LEGAL NOTICE

LEGAL NOTICE

NOTICE TO BIDDERS
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the construction of an Aquatic Playground at the Elm Avenue Town Park, Elm Avenue, Delmar.
Work includes providing all labor, materials, machinery, tools, equipment and other means of construction necessary and incidental to the completion of the work shown on the plans and specifications including, but not limited to the following: Construction of new concrete sidewalks, construction of two concrete aquatic playground areas, furnish and install play features as well as associated plumbing, filtration, and controls, demolition of existing wading pools and site features, landscaping improvements, and construction of concrete slab and foundation for mechanical building.
Complete sets of the drawings, specifications and bid forms may be examined after July 20, 2005 at the Town of Bethlehem, Town Clerk's office, Town Hall, 445 Delaware Avenue, Delmar, New York 12054. Copies may be obtained upon a refundable deposit of \$25.00 in the form of a check made payable to the Town of Bethlehem.
Bids will be received up to 3:00 p.m. on the 11th day of August, 2005 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Ms. Theresa Egan, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York.
The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.
Owner's Contact: Nan Lanahan, Administrator, Phone: 518-439-4139
Engineer: Clough, Harbour & Associates LLP, III Winners Circle, Albany, NY 12205
Phone: 518-453-4500
An optional Pre-Bid Meeting will be held at 10:00 AM on July 27, 2005 at the Elm Avenue Park Pool Complex.
BY ORDER OF THE
TOWN BOARD
OF THE TOWN OF
BETHLEHEM
Kathleen A. Newkirk, MMC/
RMC
Town Clerk
Dated: July 13, 2005
LD-11881
(July 20, 2005)

LEGAL NOTICE

SECTION 00100
INVITATION TO BIDDERS
Architect: Project
Information:
Collins + Scoville Architects,
P.C. Bethlehem Central School District
40 Beaver Street
Elsmere Elementary
Albany, NY 12207 2 4 7
Delaware Avenue
PH: 518-463-8068
Elsmere, New York 12054

LEGAL NOTICE

FX: 518-463-8069 Roofing and Masonry Restoration
The Owner, the School Board of Bethlehem Central School District, will receive separate sealed bids to furnish materials and labor to complete roofing and masonry restoration at Elsmere Elementary School within the school's district. Each bid shall be on a stipulated sum basis for the following contracts:
CONTRACT NUMBER AND TYPE
Contract No. ER28 - Masonry
Contract No. ER29 - Roofing
Bids shall not include New York State sales and compensating use taxes on materials and supplies incorporated into the Work, the Owner being exempt therefrom. Two copies of sealed bids will be received until 2:00 p.m. Eastern Standard Time, on Thursday, July 28, 2005 at Bethlehem Central School District, 90 Adams Place, Delmar, New York 12054 (phone 518-439-7098). Bids received after this time will not be accepted and returned to Bidder unopened. Bids will be opened publicly and read aloud after specified receipt time. All interested parties are invited to attend.
Bidding Document drawings and specifications may be examined on and after July 14, 2005, free of charge at the following locations:
Bethlehem Central School District
65 Elm Avenue
Delmar, New York 12054
Collins + Scoville Architects, PC
40 Beaver Street
Albany, New York 12207
Sano-Rubin Construction Co., Inc.
624 Delaware Avenue
Albany, NY 12209
Eastern Contractor's Association
6 Airline Drive
Albany, New York 12205
F.W. Dodge Reports
231 Salina Meadows Pkwy
North Syracuse, New York 13212 F.W. Dodge Reports
6 Wembley Court
Albany, New York 12205
Northern New York Builder's Exchange
22074 Fabco Road
Watertown, New York 13601
Syracuse Builders Exchange
6563 Ridings Road
Syracuse, New York 13206
Works In Progress
20 Farrell Street
South Burlington, Vermont 05403
Champlain Valley Builders Exchange
5436 Peru Street
Suite 2 P.O. Box 1097
Plattsburgh, New York 12901
Complete sets of Bidding Document drawings and specifications may be obtained from:
W. L. Coughtry's, Inc.
268 Central Avenue
Albany, New York 12206
(518) 463-2192
Prime bidders may obtain up to two complete sets of Bidding Document drawings and specifications for a refundable deposit of fifty dollars (\$50.00) for each set of documents. Only prime contractors who submit a bid will receive a refund of their deposit. Checks for deposit by prime bidders should be made payable to Bethlehem Central School District.
In addition, Bidding Document drawings and specifications will be available online at iSqFt. For further information contact David Witzel at Sano-Rubin Construction Co., Inc (518) 462-6471.
Each Bidder must deposit a Bid Security in the amount and form per the conditions provided in Instructions To Bidders. All Bids will remain subject to acceptance for forty-five (45) days after the Bid Opening. Owner may, in its sole discretion, release any Bid and return Bid Security prior to that date.
Pre-Bid Conference will be held at 1:00 p.m. prevailing time, Tuesday, July 19, 2005, at Elsmere Elementary School. Unless directed otherwise, immediately upon entering the building, report to receptionist. Use this page to verify identification as a Bidder. Attendance at this meeting is recommended as the Owner, Architect and consultants will be present to discuss the Project. Attendees should anticipate 30 minutes Q & A session. The Architect will transmit to all listed Bidders record of Addenda in response to questions arising at the Conference.
Bids shall not include New York State sales and compensating use taxes on materials and supplies incorporated into the Work, the Owner being exempt therefrom. The Bidders must comply with New York State Department of Labor Prevailing Wage Rate Schedule and conditions of employment.
The School Board of Bethlehem Central School District reserves the right to waive any informalities or irregularities in the Bids received, or to reject all Bids without explanation.
By Order Of:
Bethlehem Central School District
END OF SECTION 00100
LD-11882
(July 20, 2005)

LEGAL NOTICE

SECTION 00100
INVITATION TO BIDDERS
Architect: Project
Information:
Collins + Scoville Architects,
P.C. Bethlehem Central School District
40 Beaver Street
Elsmere Elementary
Albany, NY 12207 2 4 7
Delaware Avenue
PH: 518-463-8068
Elsmere, New York 12054

LEGAL NOTICE

struction Co., Inc (518) 462-6471.
Each Bidder must deposit a Bid Security in the amount and form per the conditions provided in Instructions To Bidders. All Bids will remain subject to acceptance for forty-five (45) days after the Bid Opening. Owner may, in its sole discretion, release any Bid and return Bid Security prior to that date.
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Bids shall not include New York State sales and compensating use taxes on materials and supplies incorporated into the Work, the Owner being exempt therefrom. The Bidders must comply with New York State Department of Labor Prevailing Wage Rate Schedule and conditions of employment.
The School Board of Bethlehem Central School District reserves the right to waive any informalities or irregularities in the Bids received, or to reject all Bids without explanation.
By Order Of:
Bethlehem Central School District
END OF SECTION 00100
LD-11882
(July 20, 2005)

LEGAL NOTICE

Public Notice of Hearing
The Town of New Scotland Zoning Board
Notice is hereby given that the Zoning Board of Town of New Scotland, New York will hold a public hearing pursuant to Chapter 190, Article IX, Section 190-73 of the Zoning Law on the following proposition:
A Public Hearing for Area Variance #339.
Variance request #339: Application submitted Joseph A. Kaiser for an area variance to allow for a portion of lands from tax parcel # 84.-2-28 to be added to Mr. Kaisers' lot. The site is owned by Joseph A. Kaiser, is identified as New Scotland tax parcel id # 84.-2-24., is located at 1958 New Scotland Road (across from the Stonewell Shopping Center) and is situated within the Commercial district. The minimum width for a lot to be created within the Commercial district is 140 feet. This request is for relief of 24 feet from the required minimum lot width to allow for the new lot to be 116 feet wide at the building line. This request is for a variance to Article II, Section 190-17 of the Town of New Scotland Zoning Law. Said hearing will take place on July 26, 2005 at the New Scotland Town Hall beginning at 7:00 P.M.
Ronald Von Ronne
Zoning Board of Appeals
The Town of New Scotland is an equal opportunity provider and employer.
LD-11885
(July 20, 2005)

LEGAL NOTICE

SECTION 00100
INVITATION TO BIDDERS
Architect: Project
Information:
Collins + Scoville Architects,
P.C. Bethlehem Central School District
40 Beaver Street
Elsmere Elementary
Albany, NY 12207 2 4 7
Delaware Avenue
PH: 518-463-8068
Elsmere, New York 12054

LEGAL NOTICE

LEGAL NOTICE
Notice of formation of APC Financial Services, LLC. Articles or Organization filed with the Secretary of State of NY (SSNY) on 6/7/05. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of any such process served to: Arthur Caccamo, 30 Brockley Drive, Delmar, NY 12054. Purpose: any lawful purpose.
LD-11889
(July 20, 2005)

LEGAL NOTICE

The resolution published herewith has been adopted on the 5th day of July, 2005, and the validity of the obligations authorized by such resolution may be hereafter contested only if such obligations were authorized for an object or purpose for which the Bethlehem Central School District is not authorized to expend money or if the provisions of law which should have been complied with as of the date of publication of this notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty (20) days after the date of publication of this notice, or such obligations were authorized in violation of the provisions of the constitution.
District Clerk
BOND RESOLUTION
DATED JULY 5, 2005 OF THE BOARD OF EDUCATION OF THE BETHLEHEM CENTRAL SCHOOL DISTRICT AUTHORIZING NOT TO EXCEED \$844,000 AGGREGATE PRINCIPAL AMOUNT OF SERIAL GENERAL OBLIGATION BONDS TO FINANCE THE ACQUISITION OF SCHOOL BUSES AT AN ESTIMATED MAXIMUM COST OF \$844,000, LEVY OF TAX IN ANNUAL INSTALLMENTS IN PAYMENT THEREOF, THE EXPENDITURE OF SUCH SUM FOR SUCH PURPOSE, AND DETERMINING OTHER MATTERS IN CONNECTION THEREWITH.
WHEREAS, the qualified voters of the Bethlehem Central School District, Bethlehem, New York (the "School District"), at the annual meeting of such voters held on the 17th day of May, 2005, duly approved a proposition authorizing the issuance of serial general obligation bonds in an aggregate principal amount not to exceed \$844,000 to finance the acquisition of school vehicles;
NOW THEREFORE, BE IT RESOLVED BY THIS BOARD OF EDUCATION AS FOLLOWS:
Section 1. The School District shall acquire school vehicles at a maximum cost of \$844,000, as more particularly described in Section 3 hereof, and as generally outlined to and considered by the voters of the School District at the annual meeting of May 17, 2005.
Section 2. The School District is hereby authorized to issue its serial general obligation bonds (the "Bonds") in the aggregate principal amount of not to exceed \$844,000 pursuant to the Local Finance Law of New York, in order to finance the class of objects or purposes described herein.
Section 3. The class of objects or purposes to be financed pursuant to this Resolution (the "Purpose") is the acquisition of school vehicles.
Section 4. It is hereby determined and declared that (a) the maximum cost of the Purpose, as estimated by the Board of Education, is \$844,000, (b) no money has heretofore been authorized to be applied to the payment of the cost of the Purpose, and (c) the School District plans to finance the cost of the Purpose from funds raised by the issuance of the Bonds and bond anticipation notes hereinafter referred to or by entering into a Contract (as hereinafter defined).
Section 5. It is hereby determined that the Purpose is one of the class of objects or purposes described in Subdivision 29 of Paragraph a of Section 11.00 of the Local Finance Law, and that the period of probable usefulness of the Purpose is five (5) years.
Section 6. Subject to the provisions of the Local Finance Law, the power to authorize the issuance of and to sell bond anticipation notes in anticipation of the sale of the Bonds, including renewals of such notes, is hereby delegated to the President of the Board of Education, the chief fiscal officer.
Section 7. The power to further authorize the issuance of the Bonds and bond anticipation notes, including renewals of such notes, and to prescribe the terms, form and contents of the Bonds and bond anticipation notes, including the consolidation with other issues and the use of substantially level or declining debt service, subject to the provisions of this Resolution and the Local Finance Law, and to sell and deliver the Bonds and bond anticipation notes, is hereby delegated to the President of the Board of Education. The President of the Board of Education is hereby authorized to sign and the District Clerk is hereby authorized to attest any Bonds and bond anticipation notes issued pursuant to this Resolution, and the District Clerk is hereby authorized to affix to such Bonds and bond anticipation notes the corporate seal of the School District.
Section 8. The faith and credit of the Bethlehem Central School District, Bethlehem, New York, are hereby irrevocably pledged for the payment of the principal of and interest on such Bonds and bond anticipation notes as the same respectively become due and payable. An annual appropriation shall be made in each year sufficient to pay the principal of and interest on such obligations becoming due and payable in such year. There shall be levied annually on all taxable real property of the School District, a tax sufficient to pay the principal of and interest on such obligations as the same become due and payable.
Section 9. This Resolution shall be published in full by the District Clerk of the School District together with a notice in substantially the form prescribed by Section 81.00 of the Local Finance Law, and such publication shall be in each official newspaper of the School District. The validity of the Bonds or of any bond anticipation notes issued in anticipation of the sale of the Bonds may be contested only if such obligations are authorized for an object or purpose for which the School District is not authorized to expend

LEGAL NOTICE

SECTION 00100
INVITATION TO BIDDERS
Architect: Project
Information:
Collins + Scoville Architects,
P.C. Bethlehem Central School District
40 Beaver Street
Elsmere Elementary
Albany, NY 12207 2 4 7
Delaware Avenue
PH: 518-463-8068
Elsmere, New York 12054

LEGAL NOTICE

money, or the provisions of law which should be complied with at the date of publication of this Resolution are not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty (20) days after the date of such publication; or if said obligations are authorized in violation of the provisions of the Constitution.
Section 10. The District is authorized to finance the Purpose by entering into an installment purchase contract (a "Contract") as defined in Section 109-b of the General Municipal Law. The power to further authorize the execution of the Contract, and to prescribe the terms, form and contents of the Contract, including the consolidation with other issues, subject to the provisions of this Resolution and the General Municipal Law, and to deliver the Contract, is hereby delegated to the President of the Board of Education. The President of the Board of Education is hereby authorized to sign and the District Clerk is hereby authorized to attest any Contract entered into pursuant to this Resolution, and the District Clerk is hereby authorized to affix to such Contract the corporate seal of the School District.
Section 11. Any Contract entered into pursuant to this Resolution shall contain the following clause: "This contract shall be deemed executory only to the extent of monies appropriated and available for the purpose of the contract, and no liability on account thereof shall be incurred by the political subdivision beyond the amount of such monies. The installment purchase contract is not a general obligation of the Bethlehem Central School District. Neither the full faith and credit nor the taxing power of the Bethlehem Central School District are pledged to the payment of any amount due or to become due under such installment purchase contract. It is understood that neither this contract nor any representation by any public employee or officer creates any legal or moral obligation to appropriate or make monies available for the purpose of the contract."
Section 12. This Resolution shall constitute the School District's "official intent", within the meaning of Section 1.150-2 of the Treasury Regulations, to finance the cost of the Purpose with Bonds and notes or the Contract herein authorized. The School District shall not reimburse itself from the proceeds of the Bonds or notes or the Contract for any expenditures paid more than sixty days prior to the date hereof, unless specifically authorized by Section 1.150-2 of the Treasury Regulations.
Section 13. This Resolution shall take effect immediately upon its adoption.
LD-11897
(July 20, 2005)

LEGAL NOTICE

SECTION 00100
INVITATION TO BIDDERS
Architect: Project
Information:
Collins + Scoville Architects,
P.C. Bethlehem Central School District
40 Beaver Street
Elsmere Elementary
Albany, NY 12207 2 4 7
Delaware Avenue
PH: 518-463-8068
Elsmere, New York 12054

LEGAL NOTICE

Notice of Qualification of TV Sports Network, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/4/05. Office location: Albany County. LLC formed in Delaware (DE) on 4/6/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: c/o The Corporation Trust Company, 1209 Orange St., Wilmington, DE 19801. Cert. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: television or other media sports network.
LD-11908
(July 20, 2005)

LEGAL NOTICE

SECTION 00100
INVITATION TO BIDDERS
Architect: Project
Information:
Collins + Scoville Architects,
P.C. Bethlehem Central School District
40 Beaver Street
Elsmere Elementary
Albany, NY 12207 2 4 7
Delaware Avenue
PH: 518-463-8068
Elsmere, New York 12054

LEGAL NOTICE

SECTION 00100
INVITATION TO BIDDERS
Architect: Project
Information:
Collins + Scoville Architects,
P.C. Bethlehem Central School District
40 Beaver Street
Elsmere Elementary
Albany, NY 12207 2 4 7
Delaware Avenue
PH: 518-463-8068
Elsmere, New York 12054

LEGAL NOTICE

12207. IL address of LLC: 104 Wilmot Rd., MS # 1425, Deerfield, IL 60015. Arts. of Org. filed with IL Secy. of State, Howlett Bldg., 501 S. 2nd St., Rm. 328, Springfield, IL 62756. Purpose: any lawful activity.
LD-11898
(July 20, 2005)

LEGAL NOTICE

C & M REAL ESTATE LLC. Certificate of Limited Liability Company filed by NYS Secretary of State on June 9, 2005. Principal office is located in Albany County. NYS Secretary of State designated as agent of the limited liability company upon whom process against it may be served and the Secretary of State shall mail a copy of any process against it to C & M REAL ESTATE LLC, 175 Van Schaick Avenue, Cohoes, New York. The limited liability company is to be managed by one or more of its members.
LD-11900
(July 20, 2005)

LEGAL NOTICE

Notice of Qualification of TV Sports Network, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/4/05. Office location: Albany County. LLC formed in Delaware (DE) on 4/6/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: c/o The Corporation Trust Company, 1209 Orange St., Wilmington, DE 19801. Cert. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: television or other media sports network.
LD-11908
(July 20, 2005)

LEGAL NOTICE

Notice of Formation of KEYPOINT BUSINESS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/5/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities.
LD-11909
(July 20, 2005)

LEGAL NOTICE

Notice of Qualification of Ironman Acquisition Sub, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/1/05. Office location: Albany County. LLC formed in Delaware (DE) on 5/25/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Principal office of LLC: 2455 Paces Ferry Road, NW, Atlanta, GA 30339. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: all lawful purposes.
LD-11910
(July 20, 2005)

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Give us a Call at:
439-4949

Sports

Premier program tryouts

The Bethlehem Soccer Club is holding tryouts for its premier division teams July 20 and 24.

The teams are open to boys and girls in the Capital District. Tryouts take place at the Bethlehem Soccerplex for boys teams and town park on Elm Avenue for girls teams.

The Bethlehem Premier program offers nationally-certified coaches, including four collegiate coaches in its girls program. Russell Sage coach Barry Balkwell will guide the under-12 team, and Rensselaer Polytechnic Institute men's team assistant coach Dan Lindemann will coach the under-14 girls team. Johann Aarnio and R.J. Bevers from the University at Albany men's soccer team will coach the under-15, under-16 and under-17 division girls teams.

Registration takes place from 6 to 6:30 p.m. on tryout nights, with tryouts following from 6:30 to 7:30 p.m. Any rained-out sessions will be made up on July 25.

Pre-registration forms and directions are available on the Bethlehem Soccer Club's Web site, www.bsc-online.org.

Galuski leads busy life in summer

By ROB JONAS

Some people can take the summer off from work. Not Kevin Galuski.

The Waterford native not only has to take care of business in the University at Albany athletic department, but he also has to help move the New York Giants into the campus every July.

"For me, it's a lot of work," said Galuski, who was recently given the title of assistant director of athletics for equipment and operations at the university. "I'm basically wearing two hats. Sometimes, I'll work until 10 or 11 at night."

From now until the Giants ar-

rive next Thursday, Galuski will be making certain that the team's equipment goes where it's supposed to. A weight room and temporary locker room will be assembled in the Recreation and Convocation Center, and university athletic department offices will be transformed into team offices for Giants personnel.

"I actually have a video of everything (for the weight room and locker room) and then a book that I follow," said Galuski. Once the Giants arrive, Galuski's work isn't done. "Basically if the coaches need something or if something's going on in the dorms ... I'm the point person for everything," he said.

"I'm basically wearing two hats. Sometimes, I'll work until 10 or 11 at night."

Kevin Galuski

If he only had to focus on the Giants while they were in town, Galuski would be busy. But he also has to tend to his role within the university. He fields uniform and equipment requests from coaches, and he handles all travel arrangements for the school's football team.

Things get really busy for Galuski at the start of August, he said. That's when several university teams begin practicing for the fall sports season while the Giants training camp is still going on.

"I'm lucky to have a great sports staff helping me (during that stretch)," Galuski said.

Still, Galuski wouldn't trade any of his duties for a more mundane summer job.

"I get to meet a lot of new people, and it's a great opportunity for the school to host the Giants," he said.

The first practice sessions for the New York Giants training camp take place Saturday, July 30, starting at 8:40 a.m.

Are You a Witness?

Anyone who was in the Glenmont Walmart on June 19, 2005 at approximately 3 p.m. and witnessed a ball exploding please contact Mike or Cynthia at

439-5500

LaFave Law Firm, Delmar

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thru Fri. 4p.m.

\$350

Ages 10-17

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Positive, caring, structured environment helps promote self-confidence, self-esteem and maturity.

JROTC program designated as an "Honor Unit with Distinction," teaches citizenship, responsibility, self-discipline, commitment, and leadership skills.

Greg Rogowski, '05 Lacrosse All-American; Michael Chaires, '07 Section II Class B Wrestling Champion and NYSPHSAA runner-up; Don DeNyse, '07 NYSPHSAA Golf qualifier.



The Music Department participated in the 2004 NYSSMA Festival with ratings of: 10 gold (highest score) & 2 silver (levels 5 & 6); 7 outstanding, 25 excellent.

The Class of 2005 (98 students) received \$6.2 million in college scholarships and 100% received NYS Regents diploma.

CBA Athletics: 2005 Section II Class AA Basketball Champions; Section II Class A semi-finalist in Lacrosse & Hockey.

CBA Forensics Team - NYS Champions 2004 and 2005. Congress Team is #1 in the nation. John Scuito, '05 & Steve Astemborski, '05 named Academic All-American by the National Forensic League.



For information contact Marty McGraw Admissions (518) 452-9809 ext. 3

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District champions



The Tri-Village Little League All-Stars won the District 13 7-8 age division title by defeating Colonie 8-6 in the finals. The team is, from left, (front) Tom Russo and Jake Generali; (second row) Brenden Coluccio, Zach Flagler, Tommy Ganley, Tim Maginn, Jon Ostroff, Kevin Weber and Mitchell Calabrese; (third row) John Sica, Liam Martens and Alex Carlson; and (back) coach Vince Ganley, manager Rick Ostroff and coach John Sica. Missing from the picture is coach Steve Weber.

Surprise

(From Page 38)

euphoria. Perhaps a twinge of sadness because it will be his last ride, but that's about it.

As for Woods, I'll get interested when he closes in on tying Nicklaus for most career major titles (which, at his present pace, should be in another six years). And, I'll only care about the Yankees if they're not in playoff contention by the time September rolls around.

In the meantime, I'll keep looking for something unpredictable in the sports world. Hey, the Washington Nationals are still winning, right? Oh, they aren't? Atlanta is closing in on first place in the National League East? Darn!

Got sports news?
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For Kids of All Stripes

Triathlon

(From Page 38)

1:07:33, Paul Ryan (Scarborough)
1:09:25, Bob Cheney (Cambridge)
1:09:33.

Women 10-14: Johanna Ohm (West Cossackie) 1:11:02, Zoe Edmunds (Voorheesville) 1:25:48.

Women 15-19: Jennifer Adams (Gansevoort) 1:06:10, Heather Schoonmaker (Schenectady) 1:14:45, Meredith McClain (Clifton Park) 1:16:19.

Women 20-24: Emily Kindlon (Brooklyn) 1:06:31, Gillian Sowden (Williamstown, Mass.) 1:08:16, Erinn Flaherty (Clifton Park) 1:12:12.

Women 25-29: Maaik Burr 1:04:35, Colleen Flaherty (Cheshire, Mass.) 1:07:10, Sabrina Krouse (Pattersonville) 1:08:56.

Women 30-34: Kristen Labatt-Simon (East Greenbush) 1:08:57, Shanley Alber (Waterford) 1:14:24,

Cheryl Clark (Gansevoort) 1:14:58.

Women 35-39: Stacie Wetzel 1:04:52, Mary Kogelmann (Slingerlands) 1:07:02, Julie Burke (Troy) 1:07:09.

Women 40-44: Tracey Delaney 1:05:53, Alison Van Dyke (Ballston Spa) 1:11:22, Marilyn Laliberte (Fargo, N.D.) 1:13:04.

Women 45-49: Sandy Mancuso-Lopez (Kingston) 1:09:47, Kathryn Perry (Niskayuna) 1:18:43, Jane Klein (Saratoga Springs) 1:19:35.

Women 50-54: Kathie Hillard (Latham) 1:14:27, Margaret Phillips (East Schodack) 1:17:32, Sue Colgan-Borror (Pound Ridge) 1:25:12.

Women 55+: Dianna Bopp (Schenectady) 1:21:11, Patricia Auer (Saratoga Springs) 1:37:38, Peggy Ostrander (Averill Park) 1:47:55.

Teams

Top three: Spawn of Rovito 57:46, Albany Fire Department 58:12, Team Last Minute 58:55.

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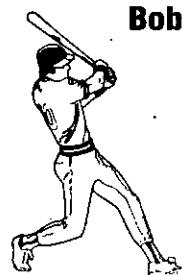
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Elizabeth then saw the statement from her stock brokerage house. Because the market had been on such a roller coaster ride that she knew her accounts were likely to be down. Again.

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How about a surprise for once?

From the sports desk...

By ROB JONAS

Is it me, or is the sports world becoming too predictable?

Lance Armstrong leading the Tour de France by more than two minutes with a week remaining? Ho-hum.

Tiger Woods winning the British Open by five strokes to earn his 10th major? Yawn.

The New York Yankees within a half-game of first place in the American League East? What else is new?

(OK, on that last item, I realize that the Yanks were seven games below .500 in May and their pitching staff is more banged up than Jeff Gordon's car after a NASCAR race. Still, we all knew deep down that they would be in contention.)

Maybe I'm jaded, but I just don't get excited about things that are supposed to happen. Armstrong should win his seventh consecutive Tour de France barring disaster or a failed drug test — an unprecedented achievement, but he already raised the bar when he won his sixth title last year. A seventh consecutive title is nice, but it doesn't seem like a big deal to me. He's already got everything he could want AND Sheryl Crow, too.

Woods should win every time he steps on a golf course. He's the most dominant golfer the world has seen since Jack Nicklaus in his heyday. It should come as a surprise when he doesn't win, especially at a major event. If he has the lead going into the final day, just carve his name into the trophy because the only suspense is by how many strokes he's going to win by.

As for the Yankees, I was really hoping this would be the year when they'd become the most expensive flop in New York City. Instead, they've turned things around and are now poised to take the lead in a division that is showing signs of mediocrity. If they don't finish first now, there should be a federal investigation.

Yet as all these storylines play out with blaring headlines and feature pieces, I don't feel excited. Maybe I'll feel something as Armstrong rides through Paris for his victory lap Sunday because he'll be retiring from the Tour de France, but I doubt it will be

☐ SURPRISE/page 37

Sports



Ballston Spa's Maaika Burr pedals her way along Route 20 in Guiderland during Sunday's Pine Bush Triathlon. Burr won the overall women's title with a time of 1 hour, 4:35. Rob Jonas

Bringing triathlon to the people

Annual Albany-to-Guiderland event attracts hundreds of competitors

By ROB JONAS

No one will ever confuse the Pine Bush Triathlon for the Ironman. Competitors don't have to swim more than a mile, bike more than 100 miles through lava fields of Hawaii and then run a marathon.

But, that's the beauty of the Pine Bush Triathlon. It's not an event exclusively made for professional triathletes. It's made for people who want to try the challenging sport.

"I think this is incredibly well run, in terms of triathlons," said Slingerlands resident Nick Behuniak, who was competing in the Albany-to-Guiderland event for the second time. "I think the mix of the sports is really challenging and a great way to stay in shape — or at least try to stay in shape."

"We cater to the experienced athlete, but it's a great short event for beginners," said race organizer Andrew Linehan.

Not even the threat of heavy downpours deterred more than 400 athletes from taking part in the event Sunday, which featured a 325-yard swim, an 11.5-mile bike ride and a 3.25-mile run. Fortunately, the rain held off for most of the morning, with the exception of a brief shower as the first wave of triathletes crossed the finish line in the Guiderland YMCA parking lot.

"I just kind of pushed through (the humidity)," said East Greenbush resident Matt Petro, who was the first triathlete to complete the course. "I think you have to slow down a bit on the run part because of it."

Petro won the men's 25-29 age division title with his time of 59:01, but Saratoga Springs native Matt Mallet continued his strong

season by claiming the overall title with a time of 54:48.

"It's been a pretty good season," said Mallet, who has also won the Delmar Dash and the Saratoga Lions Duathlon (bike and road race) this year. "I've been kind of lucky, I think."

Ballston Spa's Maaika Burr won the women's overall championship with a time of 1 hour, 4:35, 17 seconds ahead of Stacie Wetzel. Last year's champion, Tracey Delaney, was third in a time of 1:05:53.

"I pulled away on the bike, and I maintained my momentum in the run," said Burr, who is juggling her triathlon career with teaching chemistry at Ballston Spa High School and a summer job as a physical therapist.

Linehan also participated. The 47-year-old Guiderland resident completed the course he was in charge of in a time of 1:17:42 to finish 14th in the men's 45-49 age division.

"I built up a good pack of helpers this year so I could step back and experience the whole thing," said Linehan, who began the event as a team competition in 2001. When asked if he would compete again next year, though, he said, "I think I've got to get back into the organizational end of it. Maybe every five years I'll do it."

The top three overall male and female finishers received trophies, while the top three in each age division received plaques. Several relay teams also earned awards. Proceeds from the triathlon went to Access to Athletes, Inc., a charity Linehan founded.

"Our focus is ... for kids to try sports that they might not be able to because of financial barriers," Linehan said.

Pine Bush Triathlon results Overall

Top three men: Matt Mallet (Saratoga Springs) 54:48, Todd Salvesvold (North Chatham) 57:48, Keith Alber (Waterford) 58:58.

Top three women: Maaika Burr (Ballston Spa) 1:04:35, Stacie Wetzel (Niskayuna) 1:04:52, Tracey Delaney (Lake Luzerne) 1:05:53.

Age groups

Men 10-14: Kyle Roche (Slingerlands) 1:14:57, David Sikule (Westerlo) 1:16:02, Michael Graham (Clifton Park) 1:18:03.

Men 15-19: Andrew Gorczyca (Schenectady) 59:52, Paul Von Schenk (Clifton Park) 1:00:40, Kyle O'Connor (Niskayuna) 1:01:55.

Men 20-24: Christopher Mancuso (Scotia) 1:00:03, Bren Watson (Saratoga Springs) 1:01:29, Jeff Greer (Ticonderoga) 1:02:14.

Men 25-29: Matt Petro (East

Greenbush) 59:01, Topher Robinson (Crown Point) 59:59, Matt Morris (Cold Spring) 1:00:37.

Men 30-34: Matt Mallet 54:48, Keith Alber 58:58, Robert Etien (Watervliet) 1:02:23.

Men 35-39: Todd Salvesvold 57:48, Craig Tynan (Schenectady) 1:00:27, Steve Seabury (Old Chatham) 1:01:31.

Men 40-44: David Hettrich (Delmar) 1:00:41, Alton Ostrander Jr. (Albany) 1:05:09, Santiago Lopez (Albany) 1:05:14.

Men 45-49: Dale Rothenberger (Oneonta) 59:54, Bob Connelly (Stamford) 1:02:11, Thomas Dame (Glenmont) 1:03:36.

Men 50-54: Jay Shelgren (Valley Falls) 1:02:17, Dan Bernstein (Loudonville) 1:07:25, Douglas Tucker (Rensselaer) 1:08:49.

Men 55+: Ken Klapp (Schenectady)

☐ TRIATHLON/page 37



Slingerlands resident Nick Behuniak cools off with his 4-year-old daughter Beth after completing the Pine Bush Triathlon. The Guiderland Fire Department supplied a makeshift misting area in the Guiderland YMCA parking lot by spraying water from one of its trucks. Rob Jonas

❁ Earth

(From Page 1)

The statistics become more than numbers when individual farmers tell their tales as they sell at the local markets, offering several snapshots of the impact of the global marketplace and its effect on the ever-evolving dynamics of the farm family.

One farmer's story

Jim Barber recently opened his farm stand in Stuyvesant Plaza at what local officials in Guilderland hope will grow into a bustling farmers market. Barber has farmed his whole life. A fifth generation farmer, he grows vegetables and has a dairy on his 400-acre farm in Middleburgh, Schoharie County. The story of his family farm and how its market changed over the years provides a snapshot of the globalizing American economy and its effect on one farm.

In the 1940s and '50s, Barber's father sold his vegetables to the mom-and-pop stores that then dotted the rural landscape. In the '70s, when he took over the farm, he sold corn to local supermarkets. That changed in about 1980 as those stores came under more corporate control, and Barber faced the choice of whether to use more spray on his corn or to sell it elsewhere.

The supermarkets could no longer tolerate small infestations of pests—largely an aesthetic problem, Barber said, that requires the customer to cut off the infected part of a cob before eating.

The decision wasn't hard for Barber, he said.

"It's just the way we've always approached it. We found that we could get away with not spraying a lot," he said.

The family's traditional practice was enhanced with the Integrated Pest Management techniques developed at Cornell University in the mid-'70s.

Using that program, Barber rotated the crops on his fields and used biological methods to keep pests away.

The decision also meant a loss of revenue that needed to be replaced, and Barber turned to increasing his direct sales to customers at farm stands and farmers markets.

Life was pretty good.

"I've always enjoyed farming," Barber said. "You are in charge of what you do. In the '70s, '80s



Farmer Wayne Pooler of Burnt Hills proffers fresh produce at the Schenectady Farmers Market last Thursday. Pooler's family farm is in Perth.

and early '90s, it was pretty easy to make a living," Barber said.

But the late '90s and the 21st century brought big-box stores like Wal-Mart selling produce cheaply, making farmers' lives more difficult. Those retailers buy in such large quantities that they have a huge impact on the price that a grower can get, Barber said.

"The big boxes — they have such buying control over the producers," he said, adding, "It has become much more of a struggle."

Efforts to reach Wal-Mart in time for this story were unsuccessful.

Also difficult, Barber said, has been the failure of dairy product prices to increase even as expenses have.

So Barber said building direct sales to consumers has become ever more important as has reducing government regulation and the tax burden on the farmer.

"It's extremely hard work for the monetary return," he said. "The monetary return is really low. It takes a different perspective on lifestyle which is difficult, especially nowadays," Barber said.

Still, people's increasing awareness of the value of farms in their communities for the fresh produce they bring, the green space they provide and the low municipal services that they draw on, give Barber hope for the future of his farm.

Certainly, talks with shoppers at various farmers markets confirm their awareness that their

choice to buy has an impact beyond their dinner table.

"The food is fresher. You're supporting people locally," said Victor Przedpelski of Colonie, who visited the Barber's stand in Stuyvesant's new market last week.

"I like to deal with the people who grow my food. I don't like pesticides and hormones in my food," said Barbara Andrus of Niskayuna who had picked up shelling peas, chicken, pork chops and a ham steak, among other items at a Thursday market in Schenectady.

Alexandra Lusak of Troy agreed, saying she liked to support local farmers and no longer shops at supermarkets. The community spirit of the Troy Waterfront Farmers Market also draws her each Saturday to shop.

Family dynamics of farming

Barber's three children are in their teens and early 20s, and in the end, it will be up to them whether the farm remains in the family.

Whatever their decision, as talks with two other area farmers reveal, the family farm may ultimately pull them back.

Fourth-generation farmer Jenn Ward's family is a case in point. A slight woman, 20-something, with cell phone clipped to baggy green khaki shorts, she does not fit the traditional image of the farmer. Yet the regular at the Troy Waterfront Farmers Market has returned her family's farm to a full-time operation. Her parents only farmed as a hobby and she and her sisters grew vegetables to sell at a family farm stand and to enter in 4-H contests. Ward's grandfather operated the farm as a dairy. Ward has become the first in her family to make a go at farming by selling at farmers

markets. Ward would like to see the farm stay in the family, but whether that happens is not entirely up to her.

"It's my father's retirement," she said.

He may sell it to her, she said, but the price might be too high.



Lettuce from Jim and Cindy Barber's farm on sale at the Stuyvesant Plaza Farmers Market.

Still, Ward said she's hopeful the family farm will stay in her hands. If not, she said, she will find work as a farmer elsewhere.

Past and present

In the Pooler family, the dynamics of the decision to farm took a different turn.

A third generation family farmer, 60-something Wayne Pooler of Burnt Hills was, back in the day, the first generation in his family to opt out of running the dairy farm in Perth. His father, who also worked for General Electric, phased out the dairy because of the workload. But sometime in his 40s, Pooler said, farming interested him again. After 30 years as a salesman, Pooler decided to have a second career as a farmer in hopes that one of his four children — who range in age from 30 to 40 — would return to the farm.

"I wanted to show my kids how you could pay taxes on the farm," he said.

So far, none of his children have really seemed convinced by his efforts. Still, he believes that they may have a similar transforming experience in their 40s.

The crop

Whatever their history or their future, now that it's harvest season, the farmers are thinking of their food.

Small potatoes should be in soon. Melons are due around the first of August. Five types of peppers will find their way into Barber's market sometime in August.

"Eggplants will be coming on then too," Barber said.

Where the produce is

- ❁ Delaware Area Neighborhood Farmers Market, St. James Church, Delaware Avenue, Albany, Tuesdays 4 to 7 p.m.
- ❁ Downtown Albany's Farmers Market, SUNY Plaza, State Street and Broadway, Albany, Thursdays, 11 a.m. to 2 p.m.
- ❁ Empire State Plaza Farmers Market, North End, near Legislative Office Building, Albany, Wednesdays and Fridays, 10 a.m. to 2 p.m.
- ❁ Federal Plaza Farmers Market, Clinton and North Pearl streets, Albany, Mondays, 11 a.m. to 2 p.m.
- ❁ First United Methodist Church Farmers Market, 428 Kenwood Ave., Delmar Tuesdays, 2:30 to 6 p.m.
- ❁ Holy Cross Church Farmers Market, Rosemont and Western avenues, Albany, Wednesdays, 3 to 7 p.m.
- ❁ Rensselaerville Farmers Market, Main Street, Rensselaerville, Saturdays, 10 a.m. to 1 p.m.
- ❁ St. Thomas Church Farmers Market, 35 Adams Place, Delmar, Fridays 3 to 6 p.m.
- ❁ South Campus Farmers Market, State Office Campus, Building 8A, Albany, Thursdays 10 a.m. to 1:30 p.m.
- ❁ Stuyvesant Plaza/McKownville Farmers Market, Stuyvesant Plaza, Western Avenue, Guilderland, Monday to Friday 11 a.m. to 5 p.m.
- ❁ Troy Waterfront Farmers Market, Troy Dock and Marina, River Street, Saturday, 9 a.m. to 1 p.m.
- ❁ Watervliet Farmers Market, Hudson Shores Park, Broadway and 23rd St., Watervliet, Tuesdays 2:30 to 5:30 p.m.



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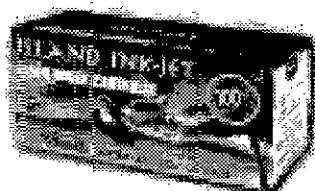
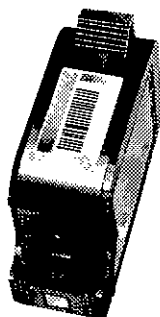
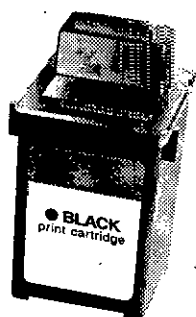
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