

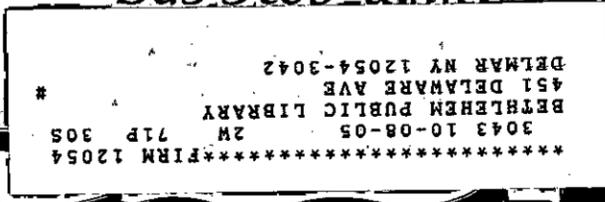
New taco snack shop opens

See Page 3

'Bus Stop' a hit

Health Care

Supplement Inside



The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLIX No. 34 75 Cents

August 24, 2005

Police nab four for vandalism

By STEPHANIE LUBIS

Afer a month of investigation into more than 30 incidents of vandalism resulting in more than \$30,000 in damages, the Bethlehem Police Department arrested four individuals on charges of felony criminal mischief.

Russel A. Babin, 19, of Feura Bush, Damon J. Murray, 17, of Oak Hill, and John R. Van Dyke, 16, of Delmar were arrested on Tuesday, Aug. 16. On Aug. 17, Michael L. Jones, 16, of Voorheesville was also arrested. Each was charged with 17 counts of criminal mischief. The incidents were first reported on July 15 and continued through Aug. 8.

"We've received at least 30 reports of vandalism, and 17 of those people filed paperwork with us and estimated the damages," said Lt. Thomas Heffernan. "We expect another dozen or so people to come forward and also fill out the paperwork. We're following up with other victims and estimates of damages to vehicles. Some of the people didn't realize the damage to their cars was vandalism."

Heffernan said the damages were widespread throughout the town. Police say the damages consisted of smashing

POLICE/Page 11

Egan touts comp plan

By STEPHANIE LUBIS

After fourteen months of working hard to complete Bethlehem's comprehensive plan, supervisor Theresa Egan is excited about its possibilities and thankful for the input and interest from town residents throughout the process.

"I know we won't please all 30,000 of our residents, but the idea behind this plan was to reach a balance," said Egan. "It's not to make the special interest groups happy."

The board will be voting on the plan at its meeting Aug. 24

The town's comprehensive plan is not just a culmination of more than a year's work, it is also the result of an idea started 14 years ago. Egan said a land use management committee was started, and they had a lot of meetings, but nothing was ever adopted.

"Communities get into trouble when they don't adopt the zoning that goes

EGAN/Page 11



Public schools contemplate dress codes, uniforms

By STEPHANIE LUBIS

While school uniforms are the mainstay at private and Catholic schools, public schools are resisting a uniform policy even in a time when clothing for children and teens are at an all time risque high.

Uniforms have received mixed reviews, from those who tout them as making it easier for kids to focus and alleviating at least one form of social strata, to even putting a halt to gang activity. But even with this in mind, public schools in the Capital District won't be considering them any time soon.

What most schools have done is provide more stringent dress codes for students to follow. Dress codes have always been in existence in schools, but with today's belly baring and mature styles, they are being applied more seriously.

"Adopting and enforcing a dress code works well in our district," said Jessica Sheckton, spokeswoman for the Bethlehem Central School District. "Uniforms are not something this district has ever considered."

Sheckton said that the Safe Schools legislation requires districts to update their code of conduct each year, and the dress code is included in that. The dress code in Bethlehem states that students must dress in a safe and proper manner, which includes no showing of midriff, visible undergarments, hats other than for religious purposes or attire that could be considered vulgar or that promote alcohol or drug use. These codes can and have been enforced by asking the student to modify their clothing or by disciplinary action.

In the Burnt Hills-Ballston Lake school district, a similar policy is in effect. Spokeswoman Christy Multer said the dress code is a legitimate concern, but the district has never considered uniforms.

"The dress code has always been a challenge to enforce," said Multer. "In high school, kids feel the need to express themselves, and dressing in an extreme fashion is one way to do that. But uniforms would be forcing a degree of conformity that neither parents or students would tolerate. In fact, there would be a mass mutiny on our hands."

Because it is a public school, the

district is careful with how much money they require parents to spend, Multer said. Beyond school supplies and some specialty items for certain classes, the district does not feel comfortable asking parents to shell out extra money.

"We have a list each year of what parents need to purchase for their children," said Multer. "We're always trying to be cautious with that. Uniforms would require parents to spend more money, because they would need different

PLAID/Page 35

Uniform pattern traces back to 5th C. Ireland

By MARY LANNON

Why plaid?
Catholic school girls may well have asked this question as they checked out their required uniform.

Area Catholic school personnel were at a loss to explain its origin.

"I have no idea," said Bishop Maginn High School's assistant principal Bob Generali.

"I really don't know," said Spa Catholic's Director of Guidance Dick Holmes.

Like many traditions in this country, school uniforms and plaid can be traced to Great Britain and Ireland.

What we call plaid is called tartan in Britain, Scotland and

Ireland where it originated. In those countries, plaid refers to a specific type of kilt-like garment.

According to a Web site article from the BBC, tartan has a long history, which can be traced back to fifth century Ireland where the Scots originated. The colored stripes were at that time an indicator of rank. Tartan shows up in large numbers for a second time in the historical record in the 16th and 17th centuries. It's at this time that tartan begins to be made of wool rather than the previous linen and

UNIFORM/Page 35



G'land board lobbies for teacher pension reform

By MARY LANNON

The Guilderland School Board took a first step in what it hopes will be a pro-active approach to the rising costs of teacher pensions.

The board passed a resolution that it hopes all New York State school boards will get behind so that a state-level task force can be formed to address the pension problem.

The board will circulate its

petitions to school boards around the state in advance of the New York State School Boards Association convention in Rochester on Saturday, Oct. 29. There, Guilderland school board members Linda Bakst and Barbara Fraterrigo will formally introduce the resolution to be voted on.

The resolution reads in part: "Resolved that the New York State School Boards Association invite representatives of New

York State United Teachers, Nation Education Association, New York State Council of School Superintendents, New York State Association of School Business Officials and the New York State Teachers' Retirement System to form a Task Force on Financing School District Retirement Benefits. The goal of this group would be to develop mechanisms and strategies to fund the Teachers' Retirement System while at the same time protecting school district budgets from major fluctuations in the rate of employer contributions."

Currently the Teachers' Retirement System is funded through stock market proceeds and school districts' contribution,

which are a percentage of their payrolls. The amount districts have to pay each year varies with the health of the stock market. They pay more in a bearish market than they do in a bullish one. The most recent downward trend in the markets has meant a sevenfold increase in cost from the 2002-03 school year to the 2003-04 school year and a doubling of costs from the 2003-04 school year to the 2004-05 year. Next year costs are projected to go up by about half of current costs.

Unlike 401(k) plans, teacher pensions do not vary with the stock market but are a guaranteed benefit plan.

In June citing pension plan failures at the big automakers, Guilderland school board member Richard Weisz said that such guaranteed pension plans are failing. But, at that time, New York State United Teachers spokesman Carl Korn said that comparing public pension plans to private ones was a flawed comparison. Unlike private companies, Korn said, the state cannot borrow from its pension plan to pay for other programs.

Indeed, companies' failure to fund their plans by spending the money elsewhere, and the lax regulations allowing them to do so are two of the major reasons for private pension plans' failure, according to June 15 congressional testimony from Bradley D. Belt, executive director of the Pension Benefit Guaranty Corp., the federal agency that insures private pension plans.

Under the Guilderland board's proposal the task force would explore all options, focusing on four potential legislative changes. One possible change would "mitigate the effect of fluctuations in investment markets;" another might "provide school districts flexibility to create reserve funds for future employer contributions to the Teachers' Retirement System;" a third would create "an alternative retirement plan for teachers newly entering the profession or entering the profession late;" the last would "lead to proposals that would ease the financial burden on taxpayers while preserving the integrity of the retirement system," according to the proposed resolution.

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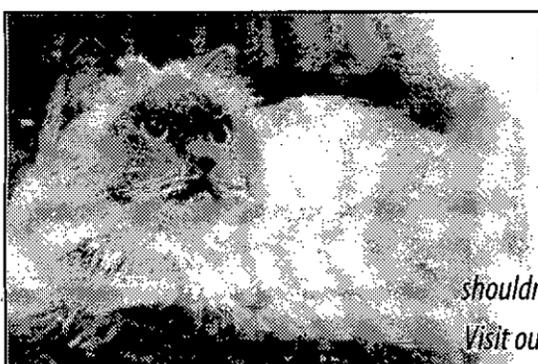
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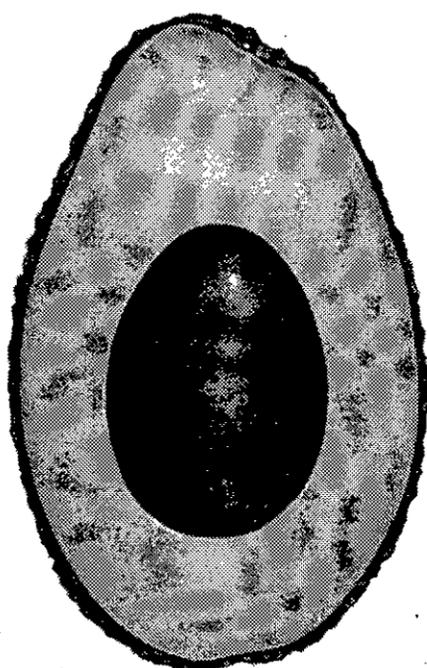
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Lafarge maintains tire-burning is safe

By STEPHANIE LUBIS

Despite concerns from some residents and from at least one grassroots environmental organization, Lafarge Cement in Ravena maintains that using tire derived fuels is safe.

An application to burn 4.8 million tires per year was recently deemed complete by the state Department of Environmental Conservation, and if approved, Lafarge would use the tire derived fuel to replace up to 20 percent of the coal and coke fuel it currently uses to power the plant.

The tires would come from local stockpiles and from elsewhere in the country, said community relations manager David Vahue.

Tire derived fuel is already approved for use in other areas of the state, and is approved as an acceptable fuel source from the Environmental Protection Agency.

Vahue stated that tire derived fuels burn cleaner than non-renewable fossil fuels, would help reduce tire stockpiles statewide, and is safe due to a burning process which reaches 3,200 degrees.

"At that temperature, the tires would be immediately consumed," said Vahue.

The danger, he said, is when tires are burned at too low a temperature, which releases toxins in to the air, and Vahue

explained that the process to be used by Lafarge would minimize the release of nitrogen oxide. Tires would be released into two kilns, each 585 feet long. Tire burning would start at about 700 degrees and get progressively hotter as they pass through the kilns. The project would begin with just one kiln, and results would be evaluated before operating the project with both kilns.

Tires also burn about 25 percent hotter than coal, Vahue said, which would help the plant become more fuel efficient.

If the application is approved, the use of tire derived fuels would save the company about \$1 million a year in fuel costs.

Lafarge also plans to hold several community wide scrap tire collections for area residents, and other tire sources would be found by Systech, a subsidiary of Lafarge.

The EPA estimates about 30 million tires in stockpiles in the state, and 290 million tires in stockpiles nationwide. Converting those tires to fuel would help reduce those stockpiles, which can be dangerous because of low temperature tire fires and potential mosquito habitats.

A public hearing on the project is scheduled for Thursday evening at the A.W. Becker Elementary School on Route 9W.

A petition created by Friends of Hudson has been circulated,

and to date the group has garnered over 600 signatures from residents with reservations about the tire-burn plan. Signers include residents in Albany, Columbia, Greene, Rensselaer and other towns downwind of the plant.

"We are asking the DEC for an extension of the public comment period," said Susan Falzon, Deputy Director for Friends of Hudson. "We just want to be sure that Lafarge will be held to the highest standards."

Although both Lafarge and the DEC maintain that the plant complies with strict emissions regulations, the Friends of Hudson is standing by its analysis of worsening conditions in the facility. Attorneys for the group

have performed additional research, which they expect to present at the public hearing Thursday.

"We apply the precautionary principle to proposals like this," said Falzon. "The applicant has the burden of proof to demonstrate that it will do no harm, and the state has an obligation to err on the safe side. The review process must be open and fair, and we would like the DEC to work with us and Lafarge to conduct a full investigation of the existing conditions in Ravena before considering such a risky idea."

Lafarge began in 1962 as one of the largest cement plants in the United States. The plant sits on about 3,500 acres. About 1,500

acres is a limestone quarry, and about 700 of those acres are actively mined, which is the second or third largest open quarry east of the Mississippi River, Vahue said.

The limestone in the quarry crushed and then carried to the plant by a 4,000 foot conveyor belt system. When the raw materials are heated, they become "clinker", which is cooled, mixed with gypsum and then ground to a fine powder. The powder is then packaged and distributed around the country by trucks and barges.

Lafarge has 23 all over the world that use tire fuel in its projects.

Population control focus of candlelight vigil

By STEPHANIE LUBIS

Some say that animals are people, too.

At the Mohawk and Hudson River Humane Society in Menands, Saturday marked the the Humane Society's fourth year participating in the National Homeless Animals Day Candlelight Vigil. The annual event is to remember all the animals that are euthanized each year, and to honor the staff that performs this difficult task.

"This is the fourth time we've done this," said Terri Cook, director of fundraising. "It's nationwide, and each group does it's own thing. We like it because it brings awareness to the issue of overpopulation, and it's cathartic."

Jane Votra, coordinator of the event, said about 50 people, including volunteers, members of rescue groups, and the general public attended the vigil.

"We get about 12,000 animals every year at the shelter. That's just too many," she said.

Cydney Cross, manager of the shelter, said the decision to euthanize an animal comes only after all other avenues have been exhausted.

"Sometimes people ask how we can do that, but ultimately, it's because the animals are not spayed or neutered," she said. "We don't want to make that decision, but we have to."

Cross said not only are they forced to euthanize due to the sheer numbers of animals that are dropped off, but it also may be the best choice for the animal. If an animal is upset and isn't doing well in the shelter, she said, sometimes euthanization is a kinder choice than keeping the animal in an environment where they aren't doing well.

Despite the numbers, however, Cross said they are always grateful to get animals, noting that it's better for them to be in the shelter with a chance at life.

The vigil highlights the importance of the solution to pet overpopulation; spaying and neutering.

Unfortunately, Cook said there are other reasons besides overpopulation why there are so many animals in shelters.

"Animals come in here by the thousands," she said. "Some people dump their animals here like it's a day in the park," she said.

Excuses people have, like moving, a new baby—Cook has heard them all.

"I know there are some legitimate reasons for giving us pets," she said. "But sometimes, I think people just don't want their animals anymore. They give us a reason so they won't feel guilty about it."

What's also unfortunate is that the shelters can be difficult for

the animals, especially for cats. The noise level can be very stressful for them, Cook said.

"We just about stand on our heads looking for homes for these animals," she said. "But we can't save them all."

Despite the huge numbers of animals the shelter takes in, Cross said that adoption rates are good.

A foster program for animals who would not respond well to a shelter environment is another option. Baby animals and nervous animals tend to fare better in a foster program, Cross said.

For the foster program, the animal's picture is taken and posted on the Internet. Applicants must be approved before they can adopt the pet.

A listing of pet-friendly apartments and carefully matching pets with potential owners are other ways to help reduce the influx of animals to a shelter. Animals undergo personality evaluations, and while not 100 percent accurate, Cross said it can help create a good match.

"We also ask people to think about it, and maybe even come back a few times before adopting, just to be as sure as we can be about compatibility," she said.

Proper research about the animal is also important for compatibility. Taking lifestyle and family into consideration is important, and the shelter will not allow anyone under 21 to adopt pets.

Anyone interested in adopting a pet should call the shelter at 434-8128, ext. 217. Throughout August, cats and kittens can be adopted for a special lower price. Kittens will cost \$50 and cats older than 6 months cost \$35. Dogs cost \$111 to adopt. A \$40 retainer is added, which is refundable once the animal is spayed or neutered.

Cross encourages adoption also because the shelter can offer low cost spaying, neutering, and shots. A veterinarian would charge over \$300 for shots and neutering, but the shelter only charges \$75.

"Sometimes people say it's too expensive, they can just get an animal for free, but it's much better to get it done," said Cross.

Tacqueria offers Mexican fast food to area

By STEPHANIE LUBIS

The Tacqueria is coming, complete with free lizards.

Rick Lamparelli's second restaurant in this area, Garcia's Tacqueria on Delaware Avenue, just opened Monday after a two year conceptual process. The Tacqueria, which is a fast-food version of Garcia's Mexican Restaurant in Colonie, features most of the key items found at Garcia's, but with the benefit of getting the food to go. And of course, with a free lizard.

It's not a real lizard, of course. A plastic, three inch toy lizard will be clipped on all the to-go bags. Lamparelli says that is a sure-fire way to be remembered in a soft-sell kind of way.

"When I first saw these lizards at a trade show, I clipped one on my shirt, and I couldn't walk five feet without someone stopping me and asking where I got it," he said. "I think it's great, unique, and has even more impact without the word 'Garcia's' on it."

The Tacqueria is not a name

Lamparelli invented. He played around with others, like Mexi-Go and Fresh-Mex, but those were already taken. He likes the name Tacqueria, he said, because "it rhymes with pizza-ria".

People have raved about the items offered at Garcia's for years, Lamparelli said. Most of those key items will be available on the Tacqueria's menu, except those that don't lend themselves to quick service. Deep fried foods, such as chimichangas, will not be available, but many favorites will

And, Garcia's Tacqueria will offer the freshest food possible, thanks to help from a new state-of-the-art method of cooking and cooling the meat.

At a trade show, Lamparelli first spied the Quick Chill Bag Crimp, which enables freshly cooked meat to be cooled and ready to store in 30 minutes, as opposed to the six hours required with conventional cooking and cooling methods. The Bag Crimp is the reason the Tacqueria is now a reality, Lamparelli said.

"This method seals in the freshness, because it's a boil-in-bag system," he said. "The meat is now as fresh as can be, and because of this system, the food is better now than it has been for twenty years."

Lamparelli said the old method of cooking the meat, cooling it down for six hours, then refrigerating it, took a lot

of the freshness out, and also caused the meat to be burned when reheated. The new method also keeps the food safe from bacteria with controlled temperature and air. All the food will be cooked at the original Garcia's and transported to the Tacqueria for reheating.

The Tacqueria is not a typical fast-food Mexican restaurant. Lamparelli said it's more of a quick serve, made to order fast food restaurant. And getting the food out fast is a prime goal.

"If a customer has to wait one minute for food, that minute feels like ten," he said. "In a sit down restaurant, that's okay. Here, we have a microwave-convection oven, which heats food quickly to preserve freshness. Our meat won't be sitting under heat lamps drying out all day."

"Traditional Mexican restaurants are at risk," he added. "All of the locations like Wolf Road and Central Avenue are being used up. People are bringing the locations to the suburbs now. I can bring this restaurant here because it's an affordable venue."

Lamparelli wants to see how his flagship Tacqueria fares before building others, but his vision is for a few more in the area. And while he does worry that people won't be able to get exactly the same food at Garcia's, he's willing to see what happens.

"It's worth the risk," he said.

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'Until death do you part' and other wedding memories

By my estimation, I've been to almost 100 weddings.

No, I don't have a large family, or even hoards of friends. But for many years, in my 20s and 30s, I was a wedding singer. During several summers, there were times when I was working at least one or two weddings a week.

Not only have I sung the entire wedding repertoire, from the very familiar "Ave Maria" and "Oh, Promise Me," to 1970s schmaltz songs like "We've Only

COMMENTARY:

Bell View



Just Begun," and "Evergreen," to Shainia Twain, but I've seen the gamut of wedding productions.

I've been to weddings that were simple: shorts and Hawaiian

shirts with flip-flops on the shore, followed by a barbeque and dancing to the radio. I've sung at weddings that took two years to plan and a pantheon of planners to pull off.

Some weddings were sentimental—the bride wearing her grandmother's gown, the groom placing an antique wedding ring on his new wife's finger.

Other weddings were all about the celebration: pranks pulled on the groom; the faux cat fight over the thrown wedding bouquet; shaving cream, tin cans and ribald sayings festooning the couples car; wild applause, hooting and whistles at the first kiss.

For some couples, the formality and ritual of religion paved a path to the beginning of a new life together. More than not, this is the part of the wedding where the tears flowed freely, not only from mothers but from every married woman (and a few men) who remembered a special date in their past when they too stood before their friends and family and pledged to love each other "until death do you part."

I've been to weddings in Moose lodges and weddings in five-star resorts.

Even a simple wedding tradition like the couple exiting the church can range from the

sublime (butterflies gently cupped in waiting guests hands waiting to be released to the strains of ethereal harp music) to the ridiculous (the best man, charged with bringing 5 pounds of rice to be thrown, hadn't realized the rice didn't need to be cooked.)

I remember one wedding, in which the mother of the bride paid me five times my going rate to ensure that I attended not one, not two, but three separate rehearsals (including two music

semi-coherent marriage advice.

Having been on both sides of the aisle, I'd have to say it's much more fun to be a guest than a bride.

At my own wedding, my husband and I watched from a distance as my good buddies danced and sang with the great jazz band my father had hired (who knew dad had such taste) while I was pulled from one end of the room to the other posing for photos, cutting cake, shaking hands, tossing flowers and

visiting the 100-plus invited guests, many my husband and I hadn't seen since we were children.

At the end of the night, we were exhausted; my feet hurt; my gown was torn; and I was starving.

On the way back to the hotel, we pulled into an all-night taco shop and ordered two enchilada combos. The owner was so tickled to see us in our wedding attire that he threw in dessert and two beers for free.

I would venture to say it was one of the best moments of my wedding day—sore feet propped on a rickety bench, sharing a beer and a laugh with the man I'd just pledged to spend the rest of my days with.

In some ways, a wedding is like many events in a couple's life: months and months of planning and preparation and within a blink your life has changed forever.

In other ways, a wedding has nothing to do with the reality of a marriage—there are very few times when you are the center of so much glitter, glitz and good wishes.

But then how many times in a life does the journey ahead seem so filled with potential, adventure and magic?

And with that in mind, I'd like to wish all new couples, and especially the very newly-married Josh and Danielle Cudzey, a life together that lives up to the dreams they both envisioned for themselves on that very special day when they both promised to be together "until death do you part."

I've been to weddings in Moose lodges and weddings in five-star resorts.

rehearsals for myself, the other singer and the chamber quartet) and a gown fitting.

While I had some very professional neutral colored dresses that I usually sang in, she suggested (well, insisted) that I be fitted in a version of the gowns that the bridesmaids and junior bridesmaids were wearing. She also paid, by the way, to have my hair and make-up done professionally.

I always thought it would be a great end to this story to say that after all her non-stop effort and work her daughter ended up divorced, but, to tell you the truth, I don't even remember the names of but a few of the couples I performed for—as I'm sure they don't remember mine.

It is odd to think, however, that stuffed into the back of the entertainment cabinet in more than a few households is a dusty VCR tape, on which I will be forever young with big hair, blue eyeshadow and dark eye-liner.

My singing is probably the section of the videotape they fast-forward through to get to the good part—the reception.

Ah, the reception, where you and your new spouse endure many time-honored rituals that require you to remain sober, while your wedding guests drink themselves silly, mug for the videographer, dance in bare feet (the women anyway) and give out

Got news or views?

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AVERAGE HIGH	77°	AVERAGE LOW	56°
Day	High/Year	Low/Year	
Wednesday, August 24	95°/1947	42°/1971	
Thursday, August 25	99°/1947	35°/1940	
Friday, August 26	98°/1948	40°/1942	
Saturday, August 27	97°/1948	41°/1969	
Sunday, August 28	98°/1948	42°/1982	
Monday, August 29	95°/1953	34°/1982	
Tuesday, August 30	98°/1953	38°/1982	

ANNUAL PRECIPITATION
25.96 inches as of Thursday, August 18th
1.53 inches above average

This week in weather

August 28, 1973, an F-4 tornado moved from New York into the Berkshires, killing 4 and injuring 43.
August 29, 1965, 2.5" of snow, Mt Washington; 25" in Vermont; earliest freeze, many locations.
August 30, 1982, record cold 31 cities; 3" snow, Vermont.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	6:11am	7:42pm
Thursday	6:13am	7:41pm
Friday	6:14am	7:39pm
Saturday	6:15am	7:38pm
Sunday	6:16am	7:36pm
Monday	6:17am	7:34pm
Tuesday	6:18am	7:33pm

Moon Phases

Aug 26th Last Sep 3rd New

Planets	When	Where
Jupiter	Dusk	Low WSW
Venus	Dusk	Low, WEST
Mars	Morning	High, ESE
Saturn	Dawn	Low ENE

Rivers & Recreation

River Levels

Hudson River				Mohawk River			
North Creek	Hadley	Fort Edward	Troy	Little Falls	Tribes Hills	Schenectady	Cohoes
10	14	26	24	15	279.2	281	223
2.4	1.4	21.0	15.4	5.3	213.0		8.3

Levels as of August 19, 2005

Water temp

Location	Temp
Lake George	76°
Bolton Landing	77°
Sacandaga Lake	77°
Saratoga Lake	78°
Jersey Shore	77°
Cape Cod	72°

Tides at Albany

Day	High	Low
Wednesday	9:13am, 9:43pm	3:35am, 3:50pm
Thursday	10:05am, 10:36pm	4:30am, 4:45pm
Friday	11:01am, 11:31pm	5:26am, 5:34pm
Saturday	11:59am, -----	6:23am, 6:29pm
Sunday	12:27am, 12:58pm	7:19am, 7:24pm
Monday	1:24am, 1:57pm	8:15am, 8:18pm
Tuesday	2:20am, 2:52pm	9:08am, 9:11pm

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V'ville board focuses on technology issues

By JIM CUOZZO

Technology took center stage at the monthly meeting of the Voorheesville Central School District.

Equipped with a new 42" SONY Plasma screen District Technology Coordinator Frank Faber presented the board with a proposed five year contract with the Northeastern Regional Information Center to upgrade the district's computer technology. The \$29,000-a-year proposal would increase bandwidth, pay for fiber optic data lines and hook-ups, and maintain technological continuity between the high school, middle school, elementary school and district offices.

The school district currently has 600 computers and 1,500 users. Superintendent of Schools Linda Langevin said the board is doing the right thing in listening to this need.

"As the curriculum committee is convening to think about what we need to do for kids in the future so that those students will be fluent in technology, those students will be able to use technology well and those students will be able to benefit from our technology in a small rural school district which we are" said Langevin.

Currently, the district is paying \$18,000-a-year for its computer technology needs. The new five proposal would increase that by \$11,000 annually. Assistant Superintendent for Business Sarita Winchell said the actual added cost to local taxpayers would be far less.

"Fifty-four percent of the net cost to the district is BOCES aidable,

and the cost will be picked up in the following year. The net cost to the district is considerably less than the cost you're seeing now," said Winchell. Langevin said Faber has done his best to lower the cost while still ensuring the maximum benefit. The new superintendent will also form a technology committee consisting of two teachers, one from the high school and middle school along with the assistant superintendent and Faber to begin development of a comprehensive five year long range technological plan for the district.

The new school board also restructured committees at the meeting. The Professional Development Committee and the Organization Committee were eliminated. A Project and Facilities Committee, a Curriculum Committee, Planning and Governance and a new Finance Committee were created. Board

President Joseph Pofit said the new board has expertise that should be utilized.

"I want the board members to have a little bit more involvement into the aspects of the school district. We have some particular skills of board members around us whether it's the building industry or technology, whether it's curriculum, we have people that can really add a lot of value to the committee structure" said Pofit.

Saving money and conserving energy will be addressed by the district this year with the hiring of Andrew Huth as their new energy educator. Huth is working with a company called Energy Education. He will work with all faculty and staff to see that the district is being cost effective when it comes to issues like lighting, computers, heating and cooling. One of the first areas he will address is the exhaust issue in the elementary school.

Operations Manager Michael Goyer said "It is critical this issue gets addressed in a timely manner." The elementary school has had high temperature problems during the heat and humidity of this year's weather.

The state Comptroller's Office has chosen Voorheesville to be one of the first on the list of schools to receive a five point plan district audit. Officials from Comptroller

Alan Hevesi's office will be working inside the district reviewing all aspects of the schools finances. Board member David Gibson was concerned that the amount of time spent working with the state auditors would deter from other important work that needs to get done. "Do you have enough staff to take care of this?" asked Gibson. "Tax season starts in September and this puts a tremendous burden on our staff."

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Matters of Opinion

Crime, no punishment

The pedophile priests in the Albany Diocese were never prosecuted for criminal behavior. Had they been they would have been placed on a registered sex offender list after serving jail time and released back into the community.

In most sex abuse cases, offenders are not welcome in many communities and because they are registered violators, they often are forced to move from place to place. Since many sex offenders are at high risk of committing more sex abuses crimes, they are monitored closely by police authorities. Politicians are now calling for even more vigilance of sex offenders' lives.

Not so with offending pedophile priests. They were recently given license by Bishop Howard Hubbard to keep their priestly status along with their pensions and health insurance benefits. All of this is on the heels of being protected by the church for years. Most priestly violators were sent for 'rehabilitation' and moved from parish to parish, where they often continued their miscreant behavior.

The situation is sadly ironic since one would expect highly educated priests who take a vow of chastity to behave in a more civilized manner — especially toward children. Their victims often suffered in silence for years, probably because of the shame they felt. Children often blame themselves for the wrongdoings of their elders.

These priests should be treated no differently than others who sexually abuse children. Why should they be? Children are vulnerable and sexually abused children are robbed of their innocence and forced to carry the stigma of being a victim for the rest of their lives.

There should not be two systems of justice: one for the laity and one for the clergy. It is wrong to grant privileges to clergy just because they are clergy. When this occurs, it sends mixed messages to society. One, of course, is that clergy members are above the law of the land even when most transgressions carry jail sentences, and the offenders are ostracized by the community. The monetary settlements to some victims indicate that money will make things all right, but will they ever be all right for the victims? It won't bring back their innocence or their childhoods.

The stench of hypocrisy in the way the priests are treated versus the way most offenders are dealt with will not easily be forgotten.

These are not frivolous crimes and should not be swept under the rug and forgotten.

Editorial

When type As leave the nest

By ROBIN SHRAGER SUITOR

The writer lives in Delmar.

In my mind I am 17, and I'm behind the wheel of the family's big green Chevy Impala. My mother is sitting beside me, and my father is in the back seat. It's August 1983, and we're on our way to SUNY-Binghamton where I am starting my freshman year at college.

My father, who'd normally be driving, is inexplicably grouchy. We reach the end of Interstate 88. I'm near the Binghamton city limits, but I'm not exactly sure how to get to the campus. Dad offers no help with directions. "Figure it out," he growls. Mom and I exchange glances as we make our way to the Vestal Parkway.

In the dorm room, Dad chides my mother for putting the sheet on the bed while I unpack my belongings. "Let the kid make her own bed," he snarls.

I have no idea why my loving father is acting so mean! I'm nervous to begin with, and he's only making matters worse. Mom confers with dad and suddenly his mood lightens.

"This is how I am when I haven't had my morning coffee," he jokes, attempting to explain his bizarre behavior.

Twenty-two years have passed since my parents dropped me off at college, yet the memories of that day remain vivid. I still get weepy remembering our parting.

We were standing near the Hinman Dining Hall. Mom was crying. "Pull yourself together," Dad told me, "Look what you're doing to your mother!"

I gave them each one last hug, turned away and walked up the hill to Smith Hall, tears streaming down my face. I did not turn back to look at them, for fear I'd run back and just further delay our goodbyes.

I found out later that both my parents cried on the return trip to Voorheesville.

My father's emotions on the

Point of View

day he dropped off his youngest child at school were manifested in his grouchy mood.

Now a parent myself, I realize that the college drop off was much harder on my mom and dad than it was on me. I didn't, couldn't really, understand this at the time.

In fact, the same day of our teary parting, I met other freshmen in my dorm, started having fun and barely gave my parents another thought. The dorm room telephones were not yet hooked up (this would happen days later,

One time I was nervous about my grade in a geography course, an elective needed to fulfill a science requirement. I called home distraught and told my mother I might be getting a C in the course. Mom reacted by shouting to my dad, "Jerry, she's human after all." I ended up with an A.

after negotiations among those sharing rooms and suites). No one had cell phones or laptops. Mom and dad had no way to contact me.

By the time I made the collect call home from a pay phone in the dorm lobby, I found they had been sick with worry! Gee, it had only been two days. I apologized and promised to check in more frequently.

It's not like I transformed into an independent party girl the minute my parents drove off. My weepy farewell was genuine, and there were plenty of moments of feeling homesick, particularly in the first few months. At the beginning, while it was fun to meet new people, it was also tiring to be constantly on one's best behavior. I missed my high school friends and the comfort of being around people who knew me well and shared some history.

Around Thanksgiving, a shift took place. I had adjusted to my new surroundings and routine and had begun to develop friendships. I enjoyed going home for the holiday but also looked forward to returning to college.

I never did become much of a party girl. This was due partly to my nature and partly to my failure to heed the following key piece of my mother's advice: "Don't work too hard."

Not only did I ignore the message, I was annoyed every time she uttered the phrase.

"Don't work too hard," sounded like the craziest idea to me. She said it often. Each time I'd cringe and wonder: What on earth does that mean? Should I just sit around? Should I not put forth my best effort? What exactly does she mean?

Obviously, part of the problem was my inability to understand plain English.

Many parents need to encourage their children to work harder. Mine tried, albeit with limited success, to get me to slow down.

A few months ago, I achieved a breakthrough. Wracking my brain for an idea for a Mother's Day essay, I began writing about how much it annoys me when my mother says, "Don't work too hard." The stress of juggling work, family, home and friends was at an all-time high. I pounded at the keyboard. "Why would my mother want me to be a slacker?"

Suddenly, a light bulb flickered on in my tired brain. Mom's been saying, "Don't work TOO hard." That's not the same as "Don't work hard." For over 20 years, I've been hearing it wrong. I actually cried at my stupidity.

How could I have misunderstood such a simple sentence? I mean, if she had said, "Don't eat too much" I wouldn't have thought she meant, "Don't eat at all."

I confessed my revelation to my mom recently. She nodded knowingly.

"I remember the time you discovered that your blood type was B," she laughed. "You were beside yourself that you were not an 'A.' Well, I may not have type A blood, but I certainly have a Type A personality."

One time, I was nervous about my grade in a geography course, an elective needed to fulfill a science requirement. I called home distraught and told my mother I might be getting a C in the course. Mom reacted by shouting to my dad, "Jerry, she's human after all." I ended up with an A.

I didn't spend my entire college career inside the library. It seems like only yesterday I was dancing to Madonna in the dining hall, playing co-ed recreational football (team name: "The Joy of Sacks") in the quad, and ordering pizza late at night.

And yet I know it wasn't yesterday, because this month my niece and nephew, both 18, are heading off to college. Leslie, born in the middle of my senior year, is attending my alma mater, known since the 90's as Binghamton University. David, born a few weeks after I graduated, will be studying at Geneseo. Funny how they grew up, yet I barely aged!

This month, it will be my siblings' turn to shed bittersweet tears as their first-borns leave the nest. Luckily, their kids are reachable by cell phone.

The job of parenting continues even when your children are grown. My dad still stresses when I am stressed, and still shares in my accomplishments. He knows now, just like he knew on the drive to Binghamton, that I can find my way.

"I'm very proud of you," said dad, upon hearing of my recent promotion at work. "Don't work too hard," smiled mom.

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Matters of Opinion

Voter likes Donovan for judge

Editor, The Spotlight:

I am writing to express my support for Ryan Donovan, a candidate for Bethlehem town justice. As a member of the Independence Party, I believe that a town justice should be equitable, strong in character and sensitive to the needs of his or her community.

I have known Ryan for 23 years and can unequivocally attest to the fact that he possessed all of these characteristics and more.

I have always known Ryan as an honest and compassionate person, one who is willing to help out when others are in need.

The ability to communicate with people and understand where they are coming from has always been a quality of Ryan's that I have greatly admired. His personal characteristics combined with his extensive relevant legal experience make his an excellent candidate for town justice.

I felt compelled to write this letter to express that many reasons why Ryan should be elected. Therefore, I urge my fellow Independence Party members to join me in supporting Ryan by voting for him on primary day, Sept. 13.

Chelsea Ryan
Delmar

Support diabetes research

Editor, The Spotlight:

Bethlehem Cares, a townwide walk team that will participate in the Juvenile Diabetes Research Foundation's Walk to Cure Diabetes, is looking for individuals and school, church, fraternal, youth and Scout groups to join their team.

All proceeds from the walk, scheduled for Sunday, Sept. 25, at Corporate Woods in Albany, will benefit diabetes research.

The first 150 people who register as members of Bethlehem Cares and turn in at least \$25 for diabetes research will receive free team T-shirts.

Free food and entertainment will be provided for all participants on the day of the walk.

If you would like to join the team, call 439-6894 or pre-register using walk brochures located in many Bethlehem businesses.

If you are unable to participate but would like to make a donation, mail your check, made payable to the Juvenile Diabetes Research Foundation to Bethlehem Cares at 65 Boylston Drive, Delmar 12054.

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New Scotland board discusses animal control

Sales and mortgage tax as well as employee benefit costs are on Supervisor Ed Clark's mind as he prepares the 2006 town budget. Clark announced the 2006 town budget calendar at last week's board meeting. It showed the tentative budget due Sept. 30.

Clark said so far this year revenues and expenditures are meeting budget expectations, but it's still too early to tell.

"We've budgeted pretty accurately so far. We haven't spent anything we haven't expected to spend so far," Clark said. The town board will receive the new fiscal plan by October 5. A series of budget workshops and public hearings will follow with the first workshop to be held October 11 and the public hearing on the budget is set for November 9.

Sales tax and mortgage tax revenues are a major component

in balancing the town budget. In 2004 New Scotland received \$1,684,000 in sales tax revenue. This year they budgeted for \$1,638,000.

"It's a situation where we keep holding our breath, hoping that sales tax will be as much as we budgeted for. All the time you work on a budget you don't know which way the economy is headed," said Clark adding, "It is always better to be cautious so you don't get caught short."

The town also receives a portion of the overall mortgage tax revenue.

"The mortgage tax revenue has been very high in recent years because of the tremendous volume of home sales" said Clark. The current 2005 New Scotland town budget carries with it a tax increase of 21 cents per \$1,000 of assessed value.

Areas of concern fiscally for the town in the coming year are rising insurance costs.

"The cost of retirement is up, health insurance is up, so is liability insurance. They are all going up disproportionately to the general cost of living. All these things have to be covered by the same tax rates unless there are new sources of revenue" said Clark.

Adoption of the 2006 budget is scheduled for November 16.

In other town news, the board discussed the animal control department. Two new part-time animal control officers will begin duties in September to replace the ones who left in June. They

will help out Kevin Schenmeyer currently the town's lone animal control officer.

"The two that were interested in both have a background working with animals and both are interested in starting soon," said Town Highway Superintendent Darrel Duncan.

"The sooner the better," Clark said.

Board member Deborah Baron asked "are we minimizing the program at all now through January?"

Board member Rich Rielly added, "this is a service that we cannot pretend we don't have some responsibility for."

"People are confused who to call so we have to inform the public where we're going" said board member Andrea Gleason.

The board also gave formal approval to Donald Parks, Jason Shear, Amy Siegfried, Bryan DiBona and Stuart Morrison as new members of the New Salem Fire Department.

There could be a new refuse provider for residents in September. Duncan said Affordable Waste of Delmar is the low bidder for a one year contract at a cost of \$194,998. The town's current provider Pollard Disposal submitted a higher bid of \$227,048. The town contract with Pollard Disposal ends Aug. 30.

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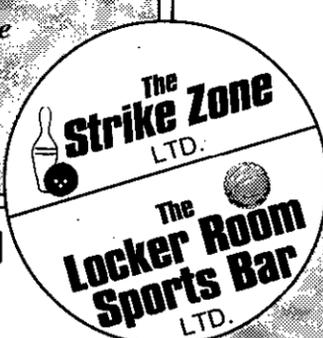
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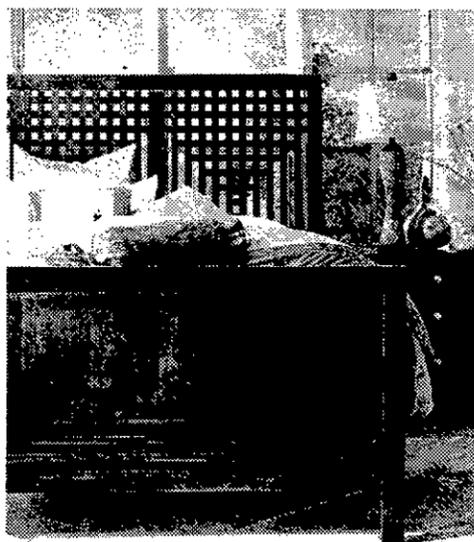
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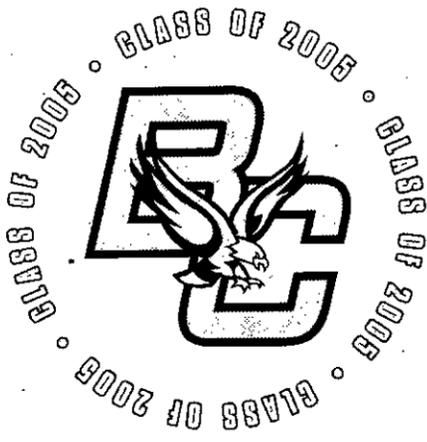
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Egan

(From Page 1)

along with a comprehensive plan," she said. "It's the zoning and subdivision regulations that give us the tools to plan the town, and it's important to keep working with them."

New subdivision regulations were adopted unanimously by the town planning board two weeks ago, and new zoning regulations will be adopted if the comprehensive plan is approved.

"Our zoning code was 40 years old, so we needed to revise it regardless," said Egan. "And there have been some changes to it. But really, it's about finally having a roadmap to plan the town the way we want it."

Several areas in Bethlehem have undergone zoning changes and clarifications. Egan said that 20 percent of Bethlehem was "rural-unzoned", and now, there is a clearer zoning definition for that area. Uses in certain zones have changed as well, she said. Grading and erosion standards, setbacks, commercial and residential zones and a creation of a citizen advisory committee are all included in the new plan.

The citizen advisory committee, once formed, would concern itself with conservation efforts, but Egan stressed that the committee would not be statutory, and would serve at the pleasure of the town board.

"This has been an area of contention with some people, because they think that the town would be trying to force people to do what they are unwilling to do with their land," she said. "But it's not like that. We'd be working with willing landowners only. We will not be forcing anyone to do anything."

Egan stressed that the conservation committee would help find opportunities to create trails and other conservation plans in the town. "It's here for

people who come to us wanting to utilize some of the conservation tools out there, but don't know how," she said.

In a related issue, the Local Waterfront Revitalization Plan is also in the works for the coming year. The \$40,000 matching grant, which the town applied for in 2004, was recently awarded to the town for the purpose of defining that waterfront area.

Egan expects the town to receive the money in the next few months. The waterfront is vastly different at each end, Egan said, and a committee will form to define what the town wants for the river. "The committee is part of the comprehensive planning process," she said. "There have been people who have come forward

with interest in serving, and some who have a vested interest in the river, but we are really looking for a balance in the committee," she said.

Egan said areas of the river are vastly different from end to end. One end is heavily industrial, while the other is more residential, and residents have floated the proposal for a hamlet there.

"The neighbors didn't like the idea, but the idea needs to be explored again," Egan said. "We're looking for more accessibility."

Police

(From Page 1)

windows out of vehicles by using rocks, cement blocks and shovels, as well as pouring foreign contents into gas tanks.

"We had a number of officers on the case, and we conducted a lot of interviews over a three week time period, and following up on leads," said Heffernan. "They have done an excellent job."

Heffernan said the investigation continues. The four subjects were arraigned in Town Court and are scheduled to reappear on Sept. 6 at 4 p.m.

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Police charge Albany man with rape

On Aug. 22, Bethlehem police arrested a 39 year old Albany man on charges of rape, burglary, assault and criminal mischief from an incident that occurred between 2 and 2:30 a.m.

Police say after Pernel A. Wilson of South Pearl Street, Albany, forced entry into a 50-year old victim's residence, he physically assaulted her by

punching her about the head, torso and arms before forcibly raping her. Wilson demanded money several times before leaving the residence with approximately \$30 in coins, police said.

Responding officers located Wilson where he was placed in custody. He was arraigned in Town Court where he was sent to

the Albany County Correctional Facility without bail.

Wilson is scheduled to reappear in Town Court for a preliminary hearing on Aug. 26 at noon. The victim was treated at a local hospital for her injuries and released.

Elm Avenue pool hours slated

The Elm Avenue Park pool complex is open for the summer to all Bethlehem town residents and their guests.

The pool is open Monday through Friday from 11:30 a.m. until 7:30 p.m. and from 11 a.m. until 7 p.m. on Saturday and Sunday. The pool will close for the season on Labor Day.

For information, call 439-4131.

Give kids a pack on the back

Hamagrael Elementary School is again working with other Bethlehem schools (St. Thomas; Elsmere, Glenmont and Bethlehem Middle School) to provide new and used backpacks to many children living in our area. We are hoping to exceed last year's donation of 200 backpacks and supplies to children living in poverty.

School supplies are not covered by food stamps and are not typically carried in soup kitchens. Anyone who can remember how good it felt to open that new pencil case or crack open that clean notebook can imagine how hard it would be to go to school without any school supplies of your own. For many children, a backpack of their own with all new school supplies is a huge boost to their self-esteem, and it is a tremendous financial help to their parents.

We are supporting several programs in the Arbor Hill area as well as many families in Bethlehem and Ravena. Due to the success of our program last year, we have been contacted by many organizations and groups representing children in need. Our demand is higher than ever.

We are encouraging families to "adopt" a child, purchase a new backpack and a few school supplies. Used backpacks in good to excellent condition are also welcome. A simple pack of pencils can also make a difference — no donation is too small. We also hope that some local businesses will join in and "adopt" a child or two for the school year. It's so easy to make a huge difference in the life of a child.

Suggested supplies for a backpack include: 1 box crayons, 1 package pencils, 1 pair scissors, 3 notebooks, 1 pencil box, 1 glue stick, 1 package markers, 1 package lined paper, three 2 pocket folders, 1 ruler — and anything else you would like to include. No donation is too small, even a few notebooks or a box of crayons would be wonderful.

We will be placing a box at the town hall for any and all donations through the Labor Day weekend. After the donations are collected, our elementary school children get together to sort and stuff the packs.

For information, call Joanne Cunningham 439-5777 or Theresa Weinman 439-4806. Thank you for all your help.

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To register for this free screening provided by Community Care Physicians, please call **782-3954**. It will be held on **Saturday, Sept. 17th between 8am and noon** at the Capital Region Health Park, Suite 104



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Thacher Park set for weekly nature walks

On Thursday, Aug. 25 the weekly Thacher Park Walk in the Woods will meet at the Thacher Nature Center at 9:30 a.m. The walk was originally scheduled to meet at the Paint Mine Picnic shelter area, but has been rescheduled to meet at the Thacher Nature Center.

Participants should be prepared for an easy - moderate walk that will last approximately one and a half hours. Hikers should bring water, a snack and should be prepared to walk in a few areas that may be moist or wet. In the event of inclement weather, the walks will be rescheduled to the following day, from 9:30 a.m. to 11 a.m. Call the park office at 872-

NEWS NOTES

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1237 for details about these walks, or for information about the park
Summer movie planned for town

Feura Bush Park will be having another summer movie, "Are We There Yet", on Friday, Aug. 25. Movie will begin at dusk. Plan to bring your chairs, blankets and snacks. The movie is free, rated PG and will last one hour and 35

minutes.

Library hosts last summer concert

Extra special are the only words to describe Roseanne Raneri and Michael Eck, who will be closing down the concert series on Wednesday, Aug. 24, at 7 p.m. on the library lawn. Raneri is an award-winning singer-songwriter, with a voice that is haunting and intense. Raneri and Eck are a charismatic duo to end up our season.

Plan to bring your lawn chairs and bug spray for this free concert. In the event of rain, the program will be moved inside to the community room.

For information, contact the library at 765-2791.

Back-to-school supplies drive

During the month of August,

St. Matthews will be conducting a back-to-school supply drive to benefit, not only the local community food pantry, but also the Hilltown Community Resource Center.

Items being collected are pens, pencils, colored pencils, crayons, markers, high lighters, pencil holders, binder paper, binder dividers, spiral notebooks, composition notebooks, rulers, protractors, calculators, erasers, index cards, tissues, zip lock bags, backpacks, and girls and boys sneakers, (all sizes).

If you are interested in adopting a back-to-school student, contact Karen in the parish office at 765-2805.

Thacher Nature Center sets third annual art show

Thacher Nature Center announces its 3rd annual art show, which will run from Sept. 9 to 21.

The Thacher Nature Center is inviting artists and art enthusiasts to participate in this annual Nature Art Show. Artists may bring one to two pieces of their work for display. In addition to paintings and sketches, other handcrafted pieces such as sculpture, woodcarvings, baskets, quilts or stained glass will be accepted.

Artwork in process will also be considered. Completed paintings and drawings should be framed and ready to hang.

Call Thacher Park at 872-1237 for information about submitting artwork or to inquire about art classes offered at Thacher Park or at the Nature Center.

Helderview Garden Club to meet

The Helderview Garden Club will hold its September meeting at the Voorheesville American Legion on Thursday, Sept. 1, at 6:45 p.m. The speaker will be Cathie Gifford and the topic: Cooking with Herbs. Call Kit Yezzi for a reservation by Aug. 26 at 765-5632.

Prayer meeting set for tonight

An evening prayer meeting and Bible study is set for tonight Aug. 24, at 7:30 p.m. at the Mountainview Evangelical Free Church on Route 155. For information, call 765-3390.

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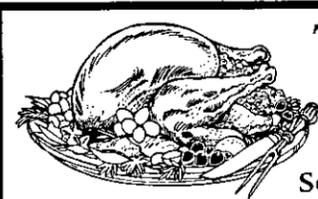
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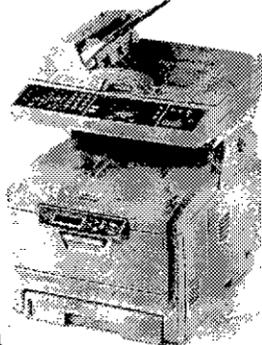
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The dog psychologist often wins the dance

By MARY LANNON

Along with watching the equivalent of a dog Olympic event with canines jumping hurdles,

running through tunnels and scaling bridges, visitors to the Altamont Fair last week could actually meet the star athletes.

"Ah, ah the doggie," said John

Grant, 2, as Angel a Belgian Sheepdog, who was waiting to compete, nuzzled him.

His cousin Anthony Mucci, almost 2, looked longingly at Angel as his two big brothers Jaimie, 12, and Dylan Mucci, 9, tried to smooth his way.

"Say, 'hi Angel'," Jaime encouraged Anthony, nudging him forward. "Say hi."

"Hi Angel," Anthony said, petting the dog.

"He loves it. He just loves it," Anthony said to Angel's owner Janet McSwain of Schenectady.

The boys were visiting with their moms, Kelly Mucci of Rotterdam and Dianne Grant of Duaneburg, who make the fair an annual stop.

"We come every year. It's a

tradition," Dianne Grant said, adding, "We see all the animals ... have a good family day."

As the Muccis and Grants watched one dog agility event, Angel warmed up on a hurdle just behind the course.

"This is an incredibly bright dog," McSwain said.

The intelligence helps, McSwain said, because she's new at training dogs to perform the tricks that agility dogs can do. Angel's her first agility dog and she's a good first dog because in addition to her smarts, she's not too hyper.

"Novices like me can't handle them," she said.

Later, other agility dog handlers wearing T-shirts like "Agility in the Sun" and "Agility Dogs are Well Balanced," were out on the course checking out

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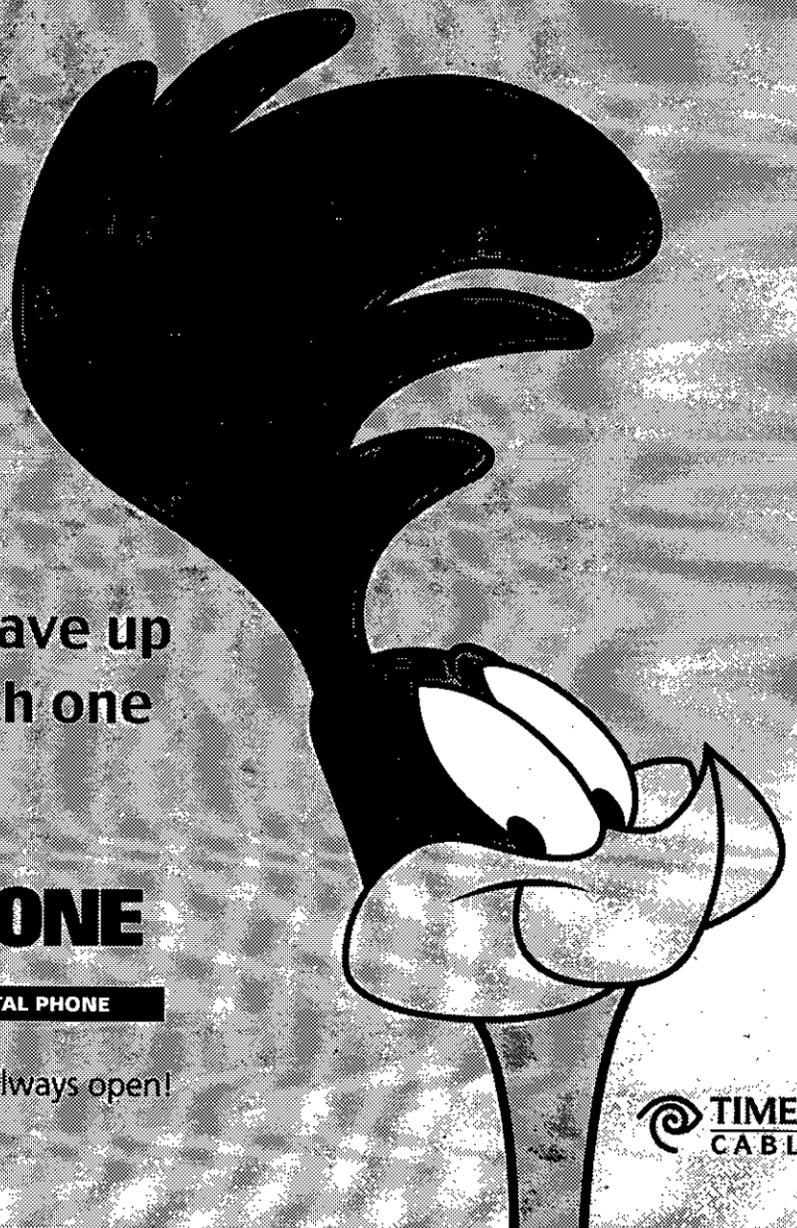
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the angles. Playing the angles is one of the keys to success, said Cheryl Killam, of Raymond, N.H. She likened the sport to ballroom dancing. "When you have performed well, you look like you're in a very smooth dance with the dog," Killam said.

"When you have performed well, you look like you're in a very smooth dance with the dog."
Cheryl Killam

Killam, who used to race sled dogs, now focuses her attention on agility dog events with "my girl Katie," and "my boy Trango," both miniature Australian shepherds whose strength is speed.

"They're built perfectly," Killam said. Just as human marathon runners and shotput throwers have bodies well designed for their respective sports, Killam said, the shepherds size and speed suit them for the jumps and turns of the timed agility course.

Another factor that contributes to success, Joan Pivorum of Ballston Lake said, is understanding the psychology of the dogs.

"They don't generalize well," Pivorum said. While humans might see any tunnel or hurdle as the same to dogs each course is very unique.

The individuality of the dogs also comes into play when training, Pivorum said. She started one of her dogs at a year and a half, but it was too soon for her.

"She just froze," Pivorum said. So Pivorum waited two years, doing little training on agility courses but taking the dog to events. After that period, Pivorum started the dog again and she flourished, winning competition after competition.

"The fun part of it is the psychology," Pivorum said. Like many sports, agility dog competitions come with their own lingo.

So Hallelujah, a tri-color English Springer Spaniel owned by Darragh Cianfichi of Norwalk, Conn., failed to "get contact" on her race through the course, which included a run over a hurdle, through a tunnel one way then back through a tunnel another way then up and over a bridge and back.

Failing "to get contact" means that Hallelujah either failed to jump on to the bridge at the yellow portion arriving instead on the red portion or on her way down jumped off the bridge too soon. So Hallelujah failed to get the three points the bridge was worth in a "jackpot" competition that allowed handlers to pick the obstacles of different point values for their pet-athletes in their quest to get the most points in the shortest amount of time.

While Hallelujah's failure to get contact meant she didn't get qualifying status for that leg of the competition, she wasn't complet-

ely out of the game. She could qualify in other legs to win a level, which would make her eligible for legs at higher levels. Dogs then move up levels over a span of weekend competitions, making the sport much more of a social event for handlers said Pivorum. Many stay and camp out over the weekend. "It's just a lot of fun," she said.

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Cool ideas for saving energy this summer



Electricity demand in New York State continues to grow. Once again this summer, when hot weather places even greater demand on New York's electric grid, supplies may be tight, especially in New York City and Long Island. Statewide, the New York Independent System Operator (ISO) forecasts that we should have enough electricity to meet demand. It projects that New York's 2005 peak demand will be 31,962 Megawatts (MW), 162 MW higher than last summer. Add to that number 5,753 MW of reserve power, and the total need is 37,715 MW.

In the past few years, new generating plants have come on line, improvements to older plants have been made and demand reduction programs are helping meet the need. But if we have a prolonged heat wave, the margin between peak demand and available supply may tighten.

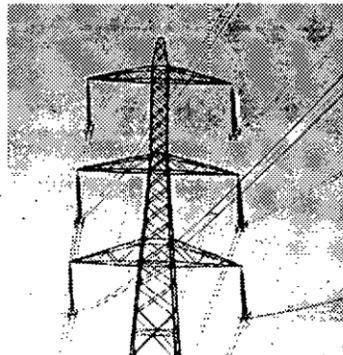
What to expect

This summer, you may be asked to help ensure the reliability and availability of electricity by conserving energy. Your efforts can make a big contribution to the plans of utilities and large-use customers that go into effect during a heat wave. If everyone reduces the amount of electricity they use just a little, it can make a big difference.

Adequate supply and reliability

On an extremely hot day, New York's electric utilities may take steps to maintain system reliability. Utilities may:

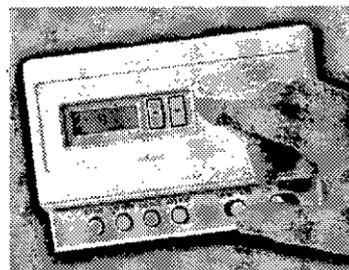
- Issue public appeals to residential customers on the radio and TV.
- Ask large customers to reduce their consumption.
- Ask customers to voluntarily reduce consumption.



What you should do

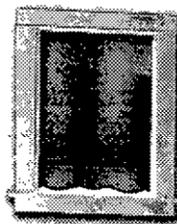
By using electricity wisely, you can conserve energy, ensure an adequate supply for everyone, and lower your bills.

- Use major appliances early or late in the day.
- Turn off your air conditioner when you leave home, set the thermostat at 78 degrees or run it on low.



- Use an electric fan to bring in cool air from outside during morning or evening.

- Close curtains or blinds during the day to block out heat from the sunlight.



- Shop for the ENERGY STAR® symbol for energy efficiency when you're in the market for a new air conditioner or major appliances.

Protect your appliances

Using dedicated surge protectors can help protect your appliances from power surges. In the event of a power outage or voltage reduction:

- Disconnect your personal computer, VCR, DVD, TV, microwave and stereo.
- Turn off other appliances that were on to prevent blowing fuses or tripping circuit breakers when power is restored.

Protect yourself

To protect your health and safety when your electricity goes out:

- Check to see if your neighbors have power.
- Notify your utility of the outage.
- Keep a battery-powered radio, flashlight and batteries on hand.
- Have at least one phone in your house that does not require household electricity.
- Have a list of emergency numbers available.
- Keep refrigerator and freezer doors closed as much as possible.

- Register special needs customers with their utility so they receive priority attention.
- Follow all safety precautions for operating portable generators.

During an energy alert, your actions may help maintain the system. If an energy alert is announced, make every effort to reduce your electricity use. Turn off



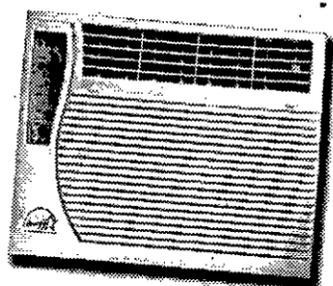
all non-essential electrical devices, lights and appliances.

For more information, contact the New York State Energy Research and Development Authority (NYSERDA) at 1-877-NY-SMART (1-877-697-6278) or www.GetEnergySmart.org, the New York State Public Service Commission at 1-888-Ask-PSC1 (1-888-275-7721) or www.AskPSC.com or your local utility.

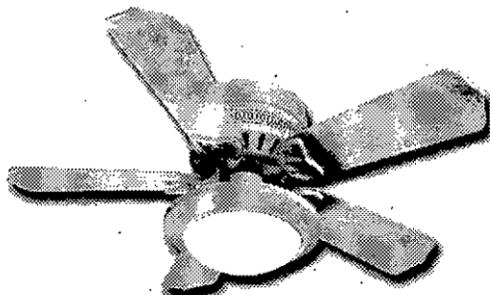
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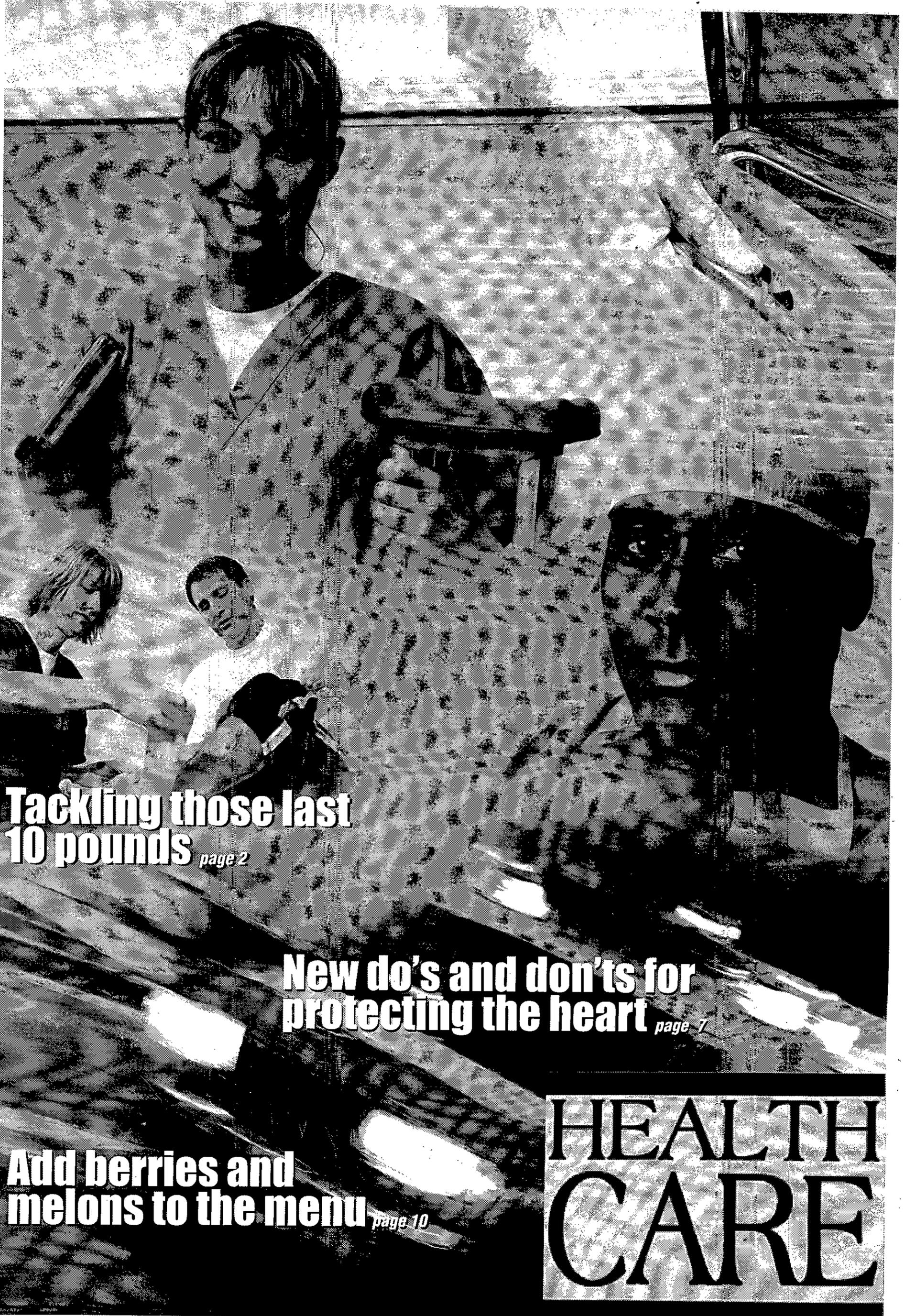


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Tackling those last 10 pounds *page 2*

New do's and don'ts for protecting the heart *page 7*

Add berries and melons to the menu *page 10*

HEALTH CARE

Tackling those last 10 pounds

Mental attitude key when in the home stretch

Those last 10 pounds you need to lose are the equivalent of somewhere around mile 20 in a marathon. It's that point where you're most inclined to "hit the wall" — that plateau where you're not that far from your goal, but you fear you just won't be able to complete that last leg. Take a tip from long-distance runners: a little extra mental preparation can help you sprint across that finish line with confidence and pride.

Kelly Brownell, professor of epidemiology and public health, and director of the Yale Center for Eating and Weight Disorders, suggests focusing on your behaviors rather than your weight.

"Instead of over-scrutinizing those last 10 pounds, look at the big picture of all the positive changes you've made so far," said Brownell. "Applaud yourself for continuing to make smart food choices, moving your body more every day, and having the right mental attitude for success."

"Keep your expectations realistic," said Lisa Talamini, chief nutritionist and program director for Jenny Craig, Inc. "Those last 10 pounds are often the most difficult to lose, and won't come off as quickly as the first 10 did."

"Take a moment and revisit your reasons for losing weight," said Talamini. "Ask yourself — why did you initially choose your desired weight? Have you already achieved what you want, in terms of your health and appearance? Or will losing 10 more pounds help you realize those benefits?"

If you decide you look and feel just fine where you are — congratulations. Celebrate your achievement and start immediately maintaining your new, healthy lifestyle. If you'd still like to shed those last few pounds, however, Talamini suggests you focus on short-term eating and exercise goals to keep you inspired along the way.

Pay attention to your portions.

Spot-check your servings at each meal to make sure you're not experiencing "portion creep." Remember that restaurant servings are often two to three times larger than what you should consume, so don't forget that doggie bag!

Exercise your options.

You may be getting bored with your current fitness routine — and your body may have become a little too adjusted to it. Try increasing the intensity, duration or frequency of what you enjoy doing now. Or cross-train to challenge new muscles and burn more calories, by incorporating a good variety of cardio, resistance and

stretching activities.

Break it up.

The 2005 Dietary Guidelines recommend up to 60-90 minutes of physical activity per day to prevent weight regain. The good news is that all moderate movement counts, so you can accumulate your daily quota by playing catch with your kids, gardening, running around with your grandchildren at the park, or enjoying your weekly tennis game. Also feel

free to break up your more structured exercise — such as walking — into smaller, manageable bouts throughout the day so that you can fit fitness into even the busiest of schedules.

Rely on a little (more) help from your friends.

Continue to surround yourself with a positive, supportive entourage. Some of the pals who encouraged you at the beginning of your weight loss journey may be telling you that you "look great now" and "don't need to lose another pound." While this is nice to hear, pay more heed to the advice of better-intentioned friends who will help keep you focused on your goals.

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New survey says dieters overlook fiber in weight loss efforts

With swimsuit season under way, weight control is top of mind for many. While most dieters keep tabs on calories, fat and even carbohydrates, one thing that's often missing from weight management plans is fiber. According to the new FiberChoice Fiber Facts survey, almost two out of three adults say they would take steps to increase their fiber intake if they thought it would help them control their weight. Unfortunately, most just aren't getting enough of this essential nutrient in their diets.

"People think fiber may simply aid in digestive health, but it also can help you lose weight because it helps you feel full longer and curbs cravings" said Leslie Bonci, author of the American Dietetic Association Guide to Better Digestion and co-

author of Total Fitness for Women. "Increasing fiber might be that extra boost you need to stay on track and lose those extra pounds. Increasing fiber intake may also help lower the risk of diabetes, heart disease and certain types of cancer."

Not getting the daily dose

The recommended adult intake of fiber is 28 to 38 grams per day. Yet, government studies show that the typical American eats less than half of what they need — about 12 to 15 grams of fiber per day.

According to the survey, most Americans (86 percent) admit they do not keep track of daily fiber intake,

yet more than nine out of 10 believe it's either very important or somewhat important to get enough fiber in their diet.

Fiber fiction

"When people think of fiber they oftentimes think of bowel regularity," said Bonci. "But just because you are regular, that doesn't mean you're getting enough fiber in your diet."

Eating foods rich in fiber is, of course, the ideal way to get the fiber you need. But the reality is that most people — especially women — don't even come close to eating enough fiber.

Unique treatments zero in on tumors

Procedure has fewer side effects, complications

Clinicians at Community Care Physicians of Latham have launched a novel image-guided radiotherapy (IGRT) treatment for prostate cancer patients using an advanced imaging system to more precisely locate tumors at the moment of treatment. The new technology from Varian Medical Systems (NYSE: VAR) combines imaging and treatment on a single machine, facilitating fast and accurate adaptive radiotherapy treatments that deliver high doses of radiation directly to cancer cells while sparing surrounding healthy tissues.



"Our new image-guidance technology from Varian takes an already precise treatment like IMRT and makes it even more accurate," said Robert Desjardins, administrative director for Community Care Physicians IGRT department. "It enables us to see the tumor at the time of treatment and to make very fine adjustments to the patient's position so that the tumor is lined up exactly with the treatment beam. This leads to better outcomes with fewer side effects and complications for our patients."

Dr. Arun Puranik, director of Community Care Physicians IGRT department, reports that he makes corrections to his patients' positions prior to virtually every treatment session, based on the images generated by the Varian IGRT imaging system.

"There is always a correction because there is always some displacement of the prostate from day to day — anywhere from as little as 2-3 millimeters up to 11/2 centimeters," he said. "That's a lot of motion from day to day, and before now, we had no way to deal with it. Varian's On-Board Imager — we call it the OBI — enables the fastest, most accurate technique I have seen for localizing the prostate."

"The Varian system makes it possible for us to deliver this highly-accurate form of treatment in 15 minutes," said Puranik. "We can generate the images, use them to reposition the patient and still complete the treatment within a normal treatment appointment in a highly efficient process. That's important to our patients, who are much more comfortable when treatments are done quickly."

While the majority of Puranik's patients are treated for prostate cancer, he uses image-guided radiation therapy to treat other forms of cancer as well. When treating tumors in the head, neck, or lung, for instance, he uses Varian's IGRT technology to look at anatomical landmarks near the tumor. "This is very important, and even more so when you're dealing with tumors near the spinal cord or some other critical structure," he said.

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Patients have key role in reducing medical errors

By Sharon A. McNamara

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 currently 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.

Medication errors injure as many as 1.3 million people annually, according to the U.S. Food & Drug Administration.

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Why live with depression when there is something you can do about it?

Acclaimed actor Lorraine Bracco may seem like she has it all, but she was actually one of the 34 million Americans who suffer from depression at some point in their lives. In an effort to help others who suffer with this disease, Pfizer Inc — after being approached by Bracco — recently launched the “Why Live with Depression?” campaign along with the Web site, www.DepressionHelp.com. The campaign is designed to encourage people with depression to seek treatment, and provide them with information about the disease.



After a year of thinking she could get better on her own, Bracco finally decided to see a doctor and was diagnosed with clinical depression.

“I wanted a year longer than I really needed to, which I felt was a lost year, in a way,” Bracco said. Her doctor utilized talk therapy in combination with an antidepressant.

“Taking these steps helped me take control of my life. And let me

tell you something, treatment was the best thing I’ve ever done for myself,” said Bracco.

Through the campaign Web site, people can learn more about Bracco’s personal struggle in overcoming depression and can begin to find information about depression, including talking points to help guide discussions with their doctors about the best treatment plan for them.

“If I could do it again, I wouldn’t have waited a year,” said Bracco. “My advice? If you think you have depression, run, don’t walk. Go to your doctor — it’s the best decision you’ll ever make.”

Bracco also hopes to shed light on people’s misperceptions about

antidepressants, which often deter a person from seeking medical attention.

“There are two common fears that people have about antidepressant medication,” said Dr. Patrice Harris, a private-practice psychiatrist and Medical Director of Georgia Rehabilitation Outreach. “They’re afraid it is habit-forming or it can change their personality, and both of those concerns are unfounded.”

“When I was finally diagnosed with depression and prescribed medication, I was a little afraid. I was afraid that taking an antidepressant would change me and would take away the range of emotions that I needed to act, but that didn’t happen — it’s not true,” said Bracco. Treatment didn’t change me; it just allowed me to become a better version of myself.”

Through the “Why Live with Depression?” campaign, Bracco wants to reach millions with her personal story of recovery, helping others understand the positive benefits of seeking professional help. For information about the campaign and depression, log on to www.DepressionHelp.com.

Fair Balance

Depression is a serious medical condition, which can lead to suicidal



thoughts and behavior. A combined analysis of nine antidepressants showed an increased risk from 2 percent to 4 percent in people under 18. This risk must be balanced with

the medical need. Those starting medication should be watched closely for suicidal thoughts, worsening of depression, or unusual changes in behavior.

Symptoms of Depression

Depression isn’t a sign of weakness or a character flaw. It is a serious medical condition with very specific symptoms, but statistics show that approximately half of people with depression seek treatment and only about one in five receive adequate treatment. While symptoms for depression might be different for each person, if you experience five or more of these symptoms during the same two-week period, you may want to consider talking to your doctor:

1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless
3. Trouble falling or staying

4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual
9. Thoughts that you would be better off dead, or of hurting yourself in some way



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Ask the Pharmacist

By Jennifer Cerulli

Monitoring your blood pressure

I don't have high blood pressure, so why should I check it?

Thirty percent of Americans have high blood pressure and don't know it. High blood pressure, or hypertension, is called the 'silent killer' because you may have no signs or symptoms. High blood pressure can increase your risk of heart disease and stroke, which are the first and third leading causes of death. By identifying high blood pressure and working to lower it, you can reduce your risk.

I already know I have high blood pressure — why should I check it?

Less than 40 percent of people who have high blood pressure have their pressure under control. Keeping track of your blood pressure helps you and your health care team see how your diet,

physical activity and or blood pressure lowering medications are working.

What is a "high" blood pressure reading?

A blood pressure reading above 140/90 mmHg is considered high. Blood pressure between 120/80 and 139/89, called "prehypertension", is a risk for developing high blood pressure in the future. Changes to your diet and lifestyle can help lower your pressure and risk. A goal blood pressure of less than 130/80 is recommended for people with diabetes or kidney disease.

How often should I get my blood pressure checked?

For most people, a blood pressure check once or twice a year at the doctor's office is enough. If you get high blood pressure readings only in your doctor's office (called "white coat" syndrome) measuring your pressure outside the office is recommended. If you have high blood pressure that is not in control, your doctor will recommend more frequent checking.

Where can I get my blood pressure checked?

Select community pharmacies offer blood pressure monitoring services where a trained pharmacist can measure your blood pressure.

explain the reading and discuss ways to lower your pressure. If you use an automated machine found in many stores, use the same machine each time and ask how often it is calibrated and serviced. If you get high or erratic readings, get your pressure checked by a health care professional. Organizations in your community may also offer routine screenings.

Do I need a home blood pressure monitor?

If your doctor recommends frequent blood pressure checks you may consider a home blood pressure monitor. Both digital and manual monitors are available. Although manual blood-pressure kits using a stethoscope and cuff are the least expensive, you will need good hearing and special training to be accurate. Digital monitors do the measurement for you and are available for use on the arm, wrist or finger. Arm monitors are the most accurate and should be used when possible. Digital arm monitors vary in price depending on their features. To decide which monitor suits you and your budget best, work with a trained health care professional to select a monitor.

Once I check my blood pressure, what should I keep a record of?

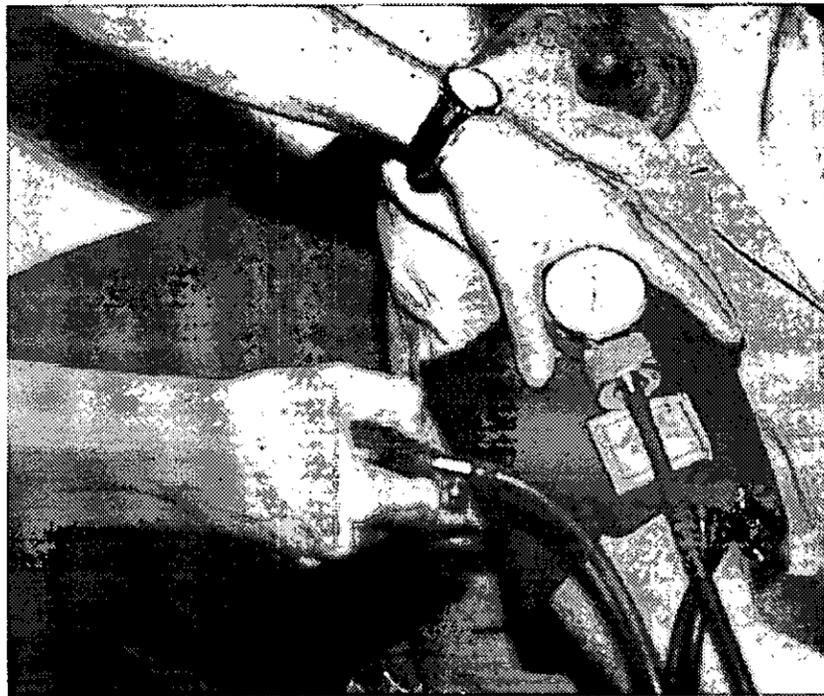
Keep a record of the date, time, the arm used, the blood pressure reading and the pulse. Note if you

used any caffeine or nicotine within an hour of the reading. Share this record with your health care team — your physicians, nurses and pharmacists.

Where can I get more information on high blood pressure?

Your doctor's office and your pharmacy are good places to start. On the Web try the National Heart Lung and Blood Institute (www.nhlbi.nih.gov) and the American Heart Association (www.americanheart.org).

Jennifer Cerulli, Pharm.D., BCPS, is a pharmacist at Four Corners Pharmacy in Delmar. She is also an associate professor at Albany College of Pharmacy.



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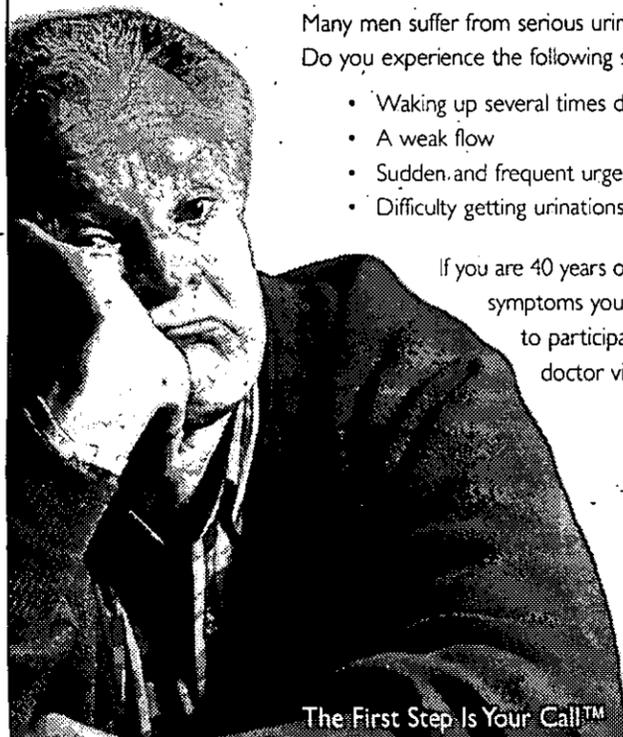
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New do's and don'ts for protecting the heart

Making the right decisions about heart health is a complex task made even harder by the rapidly evolving advice that emerges from medical research. To help consumers make the hard decisions they face in trying to shield their hearts, the independent, unbiased health experts at Consumer Reports on Health (CRH) have reviewed the recent findings and medical evidence behind new recommendations.

For example, an advisory panel recently recommended that the government strengthen its already aggressive cholesterol guidelines, a move that could put millions of Americans on cholesterol-lowering medication and cause those already taking it to boost the dosage or switch to stronger, potentially riskier drugs. The new guidelines make lifestyle changes more essential than ever, since they can minimize the need for high doses or possibly let people avoid medication entirely.

Here are some highlights — and trusted advice — from the July issue cover report, "The New Do's and Don'ts for Protecting your Heart."

- Do consider CRP: Research has strengthened the connection between heart disease and C-reactive protein (CRP), a marker of arterial inflammation. CRH's medical consultants say that knowing your CRP level can help you make the decision about how best to follow the new, aggressive recommendations for lowering cholesterol levels. Medical evidence shows that an elevated CRP pushes people into a higher-risk group that justifies more aggressive cholesterol-cutting therapy. Most people with moderate or high coronary risk should consider getting their CRP levels tested. The CRP test requires a small blood sample and costs less than \$50.

- Do get the right cholesterol-cutting drugs: Virtually all people who need to get their LDL ("bad" cholesterol) down to the lowest level will need medication. Many others will too if lifestyle steps don't suffice.

- Don't let ads mislead you. Conflicting drug-ad campaigns can confuse consumers and possibly produce inappropriate choices.

- Do start with generic lovastatin in most cases. People who require just a moderate LDL reduction (less than 40 percent) should usually start with lovastatin, which has the longest safety record and lowest cost (\$28 to \$40 per month) of any statin.

- Do consider stronger medicine if necessary. Individuals who need larger LDL reductions (40 percent or more) or have very high coronary risk because of factors such as heart disease or diabetes should generally take the more powerful drug atorvastatin (Lipitor). It

costs \$117 per month, but it has a longer safety record than another statin with comparable efficacy plus a proven ability to reduce both heart-attack risk and total mortality.

- Don't overlook the last resorts. If moderate doses of atorvastatin don't suffice, you could either try the highest dose or switch to combination therapy.

- Do watch for adverse effects. That's especially important if you're taking a statin at a high dose or together with other cholesterol-cutting drugs. Call your doctor immediately if your muscles become achy, tender, or weak, because in rare cases statins harm the muscles, releasing a protein that can fatally damage the kidneys.

- Do get the right blood-pressure medication: Recent studies have caused some experts to urge that treatment guidelines be revised in favor of newer drugs, but CRH's medical consultants say that's premature.

- Do start with a diuretic in most cases. People with high blood pressure should usually start drug therapy with a diuretic,

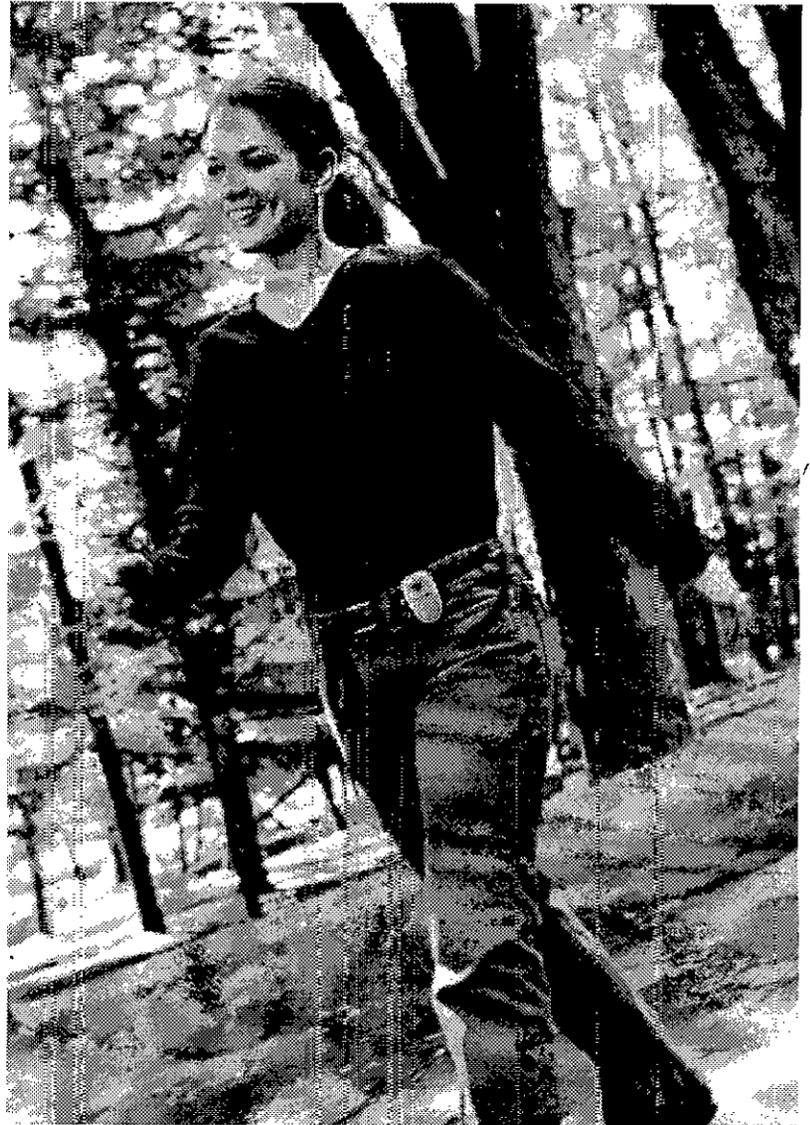
such as hydrochlorothiazide.

- Do add another drug if necessary: If the diuretic doesn't reduce blood pressure enough, a second drug is needed: usually, a beta-blocker or ACE inhibitor; although a calcium channel blocker or other medication is sometimes appropriate.

- Do diet and exercise: It's more important than ever since it can help people reach the new LDL levels with only moderate drug doses. Some disciplined individuals with a high LDL might get by with non-drug steps alone. Do work out regularly and control your weight. Don't overlook omega-3s: Those fatty acids—supplied primarily by fatty fish—can reduce heart attack risk. Do consider soy and sterols, which can reduce LDL.

- Do manage your emotions: Maintaining good emotional health by treating depression, curbing anger, relaxing and even just laughing may be nearly as important for preventing heart attack and stroke as proper diet and exercise.

CRH provides a table to help people find their LDL treatment plan, based on risk factors from high to low, and summarizes our recommendations based on a government advisory panel's suggestions and growing medical evidence.



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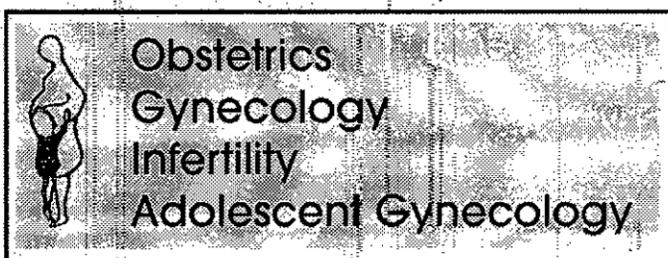
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There's more to type 2 diabetes than blood glucose

It's no secret that maintaining blood glucose (sugar) levels is central to diabetes management. In fact, reaching the recommended blood glucose goals could limit serious diabetes complications such as blindness, nerve damage and amputation. Another condition that many people with type 2 diabetes face is diabetic dyslipidemia, a condition which can damage blood vessels.

Results from a new study

Results of a new study showed that the type 2 diabetes drug ACTOS (pioglitazone HCl) kept blood glucose levels under control and significantly improved lipid (blood fats) levels above and beyond those achieved with a statin alone. Specifically, triglycerides were reduced by more than 20 percent and total cholesterol fell by 10.5 percent.

"These data suggest ACTOS, in addition to controlling blood glucose, may provide additional lipid benefits that, together with a

statin, might be helpful in addressing diabetic dyslipidemia," said Dr. Mehmood Khan, senior vice president for medical and scientific affairs at Takeda Pharmaceuticals North America.

Diabetic dyslipidemia is a common lipid disorder. This condition is characterized by high levels of triglycerides (fats from food), low levels of HDL ('good' cholesterol), and small, dense forms of LDL ('bad' cholesterol). People with diabetic dyslipidemia are commonly prescribed cholesterol-lowering statin medications, which target LDL, or 'bad' cholesterol. However, the American Diabetes Association recognizes that a single

treatment cannot address all the components of the condition.

"According to the Centers for Disease Control, about 70 to 97 percent of people with type 2 diabetes have 'diabetic dyslipidemia' said Khan. "Currently, there is no single treatment for diabetic dyslipidemia, so a combination of drugs is, typically prescribed to resolve individual lipid imbalances, as well as addressing blood glucose control."

For information on ACTOS visit www.actos.com or speak to your healthcare professional.



The perfect snack from nature: fresh fruit

What makes one beautiful on the outside is often reflective of what one gives the body to use on the inside. A healthy lifestyle, including a diet rich in fruits and vegetables, can improve health and enhance well-being — and everyone knows that when they feel good, they look good.

Long known to be a delicious source of nutrition, peaches, plums and nectarines are important sources of multiple antioxidants, which are essential for maintaining healthy skin. Researchers at the University of California, Davis have found that antioxidants are more effective when more than one is present at the same time.

The variety of colorful fruits and vegetables available makes now the ideal time to add new healthy habits to your eating plan; try some fresh ways to add these nutritious foods into daily meals and snacks. The new U.S. Dietary Guidelines advise a diet rich in fruits and vegetables, recommending the consumption of 4.5 cups of fruit and vegetables daily. Log on to www.eatcaliforniafruit.com for healthy recipes that incorporate fresh fruit, including at-home beauty recipes for masks and moisturizers.

Try these fun tips to get 4.5 cups

of produce every day:

- Create a sangria using white wine and sparkling water to show off fresh fruits, such as sliced peaches. Garnish with fresh mint and enjoy.
- Fire up the grill for desserts as well as traditional barbecue fare. Grilled plums are delicious topped with vanilla ice cream.

- Try adding naturally sweet sliced nectarines to jazz up iced tea.
- Start the day off right with a quick and tasty parfait. Layer slices of fresh peaches, plums and nectarines with creamy yogurt, then top with granola.

Choosing fresh colorful fruits for a refreshing dessert, such as this sorbet recipe, is also a great place to start.

Sweet and Tangy Fruit Sorbet

Prep time: 15 minutes

Cook time: 2 to 3 minutes

Chill time: At least 1 1/2 hours

Ingredients: 1 cup water

2 cups sugar

2 cups nectarine or plum puree, or a mixture of all three, chilled

1/2 cup lemon liqueur

2 tablespoons lemon juice

Fresh peach, nectarine or plum slices (garnish)

Directions: Stir the water and sugar together in a medium saucepan and bring to a boil. Reduce heat and simmer for 2 to 3 minutes or until sugar has dissolved. Refrigerate until well chilled then stir in fruit puree, liqueur and lemon juice. Transfer to the bowl of an ice cream maker and freeze according to manufacturer's instructions. Cover and chill for at least 1 hour, or up to 3 days. Spoon into small dishes and garnish with fresh fruit slices. Makes 8 servings.

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The allergy sufferers' guide to gardening

Actor and gardening enthusiast Dean Cain offers tips for creating a sneeze-free garden

According to the American Academy of Allergy, Asthma and Immunology, more than 35 million people suffer from allergies which may prohibit them from participating in many outdoor activities, including gardening. Notable film and television star Dean Cain is one of them.

"I love spending time outside, especially with my 4-year old son," Cain said, "but my allergies prevent me from enjoying some of our favorite outdoor hobbies. One of our favorite things to do every morning is to pick fresh oranges from our orange trees and cut fresh flowers from the garden. By creating an allergy-friendly environment and taking a proven effective medication like Benadryl to relieve my allergy symptoms, I can enjoy outdoor activities without any problems."

Dean offered the following advice for gardening enthusiasts to help them get down and dirty in the garden, while minimizing their allergy symptoms:

Check the pollen count

Avoid gardening between 5 and 10 a.m., when pollen levels are at their highest.

What's the weather?

Avoid spending time in the garden when it is windy outside.

The wind stirs up pollen and spreads it throughout the garden, which can exasperate your allergies.

Arm Yourself — Allergy sufferers should have a proven effective medicine, such as

Protect yourself

Wearing a mask and protective goggles when gardening will help protect your mouth and eyes from coming in contact with allergens in the air, such as tree, weed and grass pollens.

Use the right plants

Avoid using plants that have small flowers; they tend to produce more pollen. Try using tulips, begonias, roses or daffodils. Refrain from using male trees and shrubs in your garden since they are the only sex that produces pollen. Consult your local gardening shop to determine if a plant is male or female.

Water frequently

Regularly water the garden's soil to keep allergens from rising. Also, replace straw with black plastic mulch, rocks or gravel.

Wash away allergens

After spending time in the garden, be sure to thoroughly rinse your hands, clothes and hair. Allergens from outside can easily be carried into your home continuing to aggravate your allergies.

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 No. 1 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, Inc. 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," said 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, Inc. 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)," said Dave Jacobs, president, Medlines Durable Medical Products Division.

Jacobs said that seniors don't just want institutional safety products.

"Our senior customers are demanding more than just quality in home safety products," Jacobs said. "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 Medlines 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.

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 important, I take a look at their bathroom," said DeAnne Redder, occupational therapist. "Most falls happen in the bathroom so this is really a primary area to secure."

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



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Add berries and melons to the menu

Healthy snacks offer variety when entertaining

Fresh produce is tasty and abundant right now. According to a survey by Odwalla, berries and melons are among the hottest flavor trends this season. Capturing these fresh-from-the-field flavors, Creative Chef Barr Hogen and renowned physician Dr. Tieraona Low Dog, have collaborated to develop recipes that are not only delicious, but nutritious.

Strawberries, raspberries, blueberries and cherries are abundant between this season, their fruity-tart flavors perking up favorite drinks, salads and desserts, says Hogen. Strawberry lemonade offers a festive, non-alcoholic option for guests and complements party food with its sweet-tart flavor. Another refreshing concoction, Mint and Blackberry Lime Cocktail, features blackberries and mint blended with crushed ice to make a refreshing aperitif or dessert.

According to Low Dog, not only are berries one of this season's sweetest ingredients, they contain a group of particularly healthy compounds called proantho-

Mint and Blackberry Lime Cocktail

1/2 cup loosely packed fresh mint leaves, pulled off stem
 1/4 cup fresh blackberries
 3/4 cup Odwalla Summertime Lime Quencher
 Splash of club soda (about 1/4 cup)
 Fresh slices of lime
 Super-fine sugar
 Ice (preferably crushed)

Rub the rim of a tall glass with some lime. Place the sugar onto a plate and dip the rim of the glass lightly into the sugar to coat. Place mint into the bottom of the glass. With a pestle or a stainless steel whisk or a wooden spoon, smash the mint to release its oils into the glass. Add the crushed ice and blackberries. Add the Summertime Lime. Stir to incorporate. Top off with the club soda. Garnish with a lime wedge and serve; blackberries will marinate for a delicious treat when the drink is gone. Makes one large cocktail.



cyanidins, as well as the powerhouse antioxidants vitamins A and C.

"The nutrients found in most varieties of berries fight free radicals, help maintain the immune system and healthy skin. It's essential to regularly replenish antioxidants," said Low Dog.

Cool and sweet when it stands alone, watermelon is a favorite dessert. But when spiced with ginger, lemon grass and mint, a Spiced Watermelon Salad takes on an exotic flare. Making appearances in trendy restaurants, food magazines and bottled juice drinks, watermelon is by

far one of this season's trendiest ingredients, Hogen said.

Watermelon is a low-calorie, fat free way to supply your body with important nutrients including vitamins A, B6, C and thiamine. Watermelon is also a rich source of lycopene, said Low Dog. Preliminary research suggests that foods rich in lycopene may help lower the risk of certain cancers.

Other melons, such as honeydew, cantaloupe and muskmelon, also are widely available throughout the season and make lively additions to fruit salads and dessert trays. Served

Spiced Watermelon Salad

1 seedless watermelon (or 3 cups already chopped and peeled watermelon)
 1/2 cup freshly chopped mint leaves
 1 teaspoon fresh grated ginger (do not substitute ginger powder)
 1 stalk of fresh lemon grass (available at Asian produce stands or at gourmet grocery stores)
 2 tablespoon sugar
 Juice of 1/2 a fresh lime
 Pinch of salt

If using a whole seedless watermelon, cut it in half. The thick skin will peel off easily once you stand it on its end and, using a small pairing knife, slip the knife in where the white flesh meets the red melon flesh. Take the skin off and then place the watermelon on its flat side. Using the pairing knife, slice the melon into 1/2 inch slices lengthwise. Then slice it crosswise into one inch slices. Next make cubes of about 1 inch in size and place into a large bowl.

Using a micro plane grater, grate a one inch piece of fresh ginger. Measure out 1 teaspoon and place it in the bowl with the watermelon. Grate the stalk of lemon grass, measure out 1 tablespoon and add it to the watermelon. Next add the sugar, lime juice and chopped fresh mint and pinch of salt. Mix well and gently. Place in the refrigerator for 20 minutes to cool fully.

For entertaining: Place the pieces on a wooden skewer and add a fresh blackberry for color. Arrange on a platter and serve.

alone or as part of a continental breakfast, melons are a refreshing way to add variety to everyday breakfasts.

For healthy recipes and tips for buying fresh produce, visit www.Odwalla.com or call 1-800-ODWALLA.



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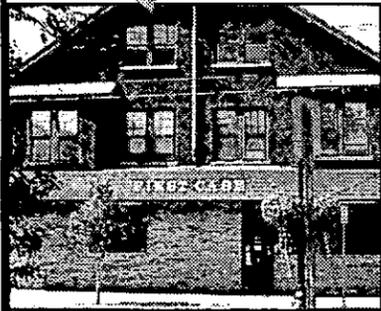
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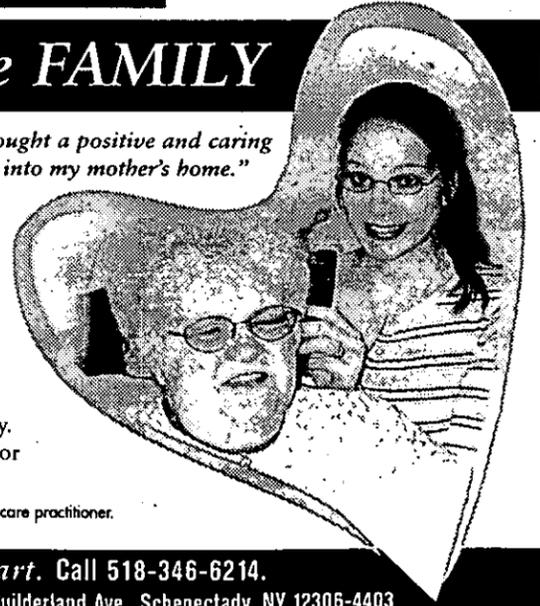
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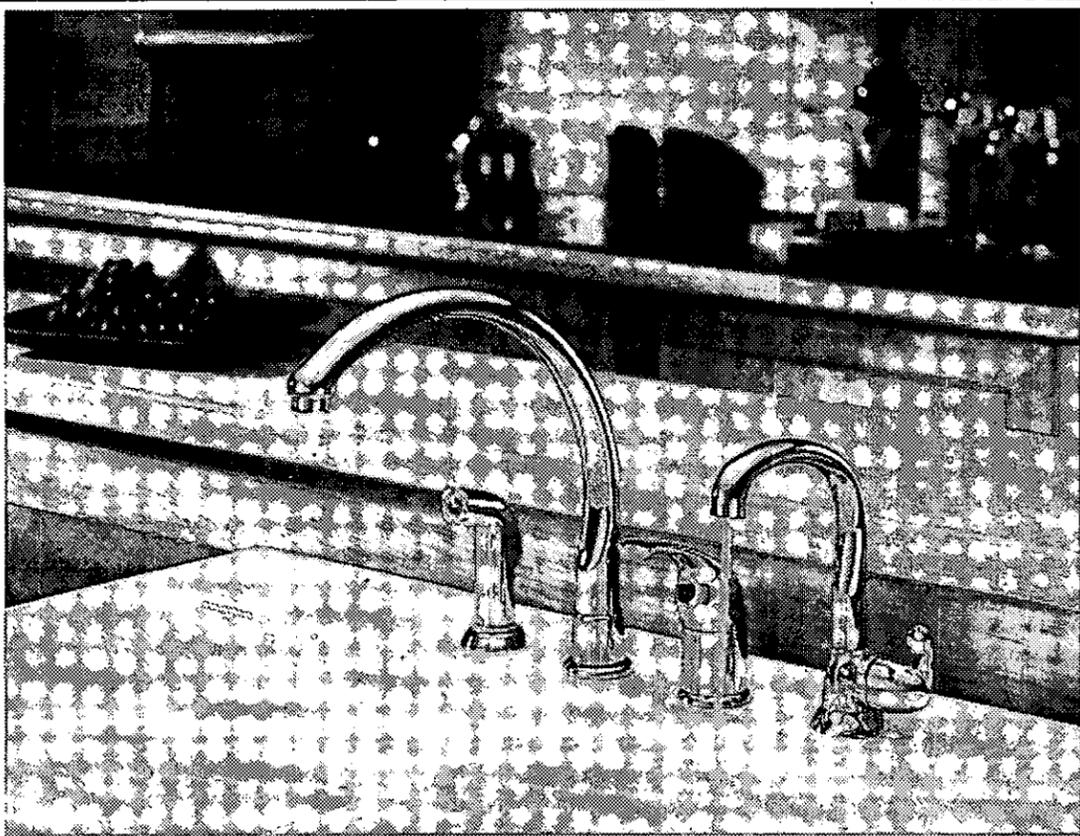
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The sudden surge for clean drinking water

Consumers have growing concerns over contaminants

The issue of water quality and healthy drinking water has become increasingly important in the United States. According to the U.S. Environmental Protection Agency (EPA), there are growing numbers of activities that can contaminate drinking water such as improperly disposed of chemicals, wastes injected underground and naturally occurring substances. The EPA has established standards for more than 80 contaminants that may pose a health risk in drinking water. An October 2004 Gallup Poll showed that the number of consumers concerned about the quality and healthfulness of tap water has risen to 33 percent — up from 30 percent in 2002.

There are several options on the market for healthy water. How do you know which is the right choice for you and your family? One response to concerns about water quality has been an increase in the consumption of bottled water. According to the Beverage Marketing Corporation, in December 2004 bottled water was the second-most consumed beverage in the United States. Bottled water is great, but it can become a very expensive habit — especially for an entire family. Also, some consumers don't realize that many bottled water brands lack fluoride, an important element for young children.

Another cost-effective alternative is an in-home water filtration system, which helps reduce the number of contaminants in your water, as well as improve its taste and smell, said Danette Goen, product development manager, Delta Faucet Company. Now

consumers can get bottled-water quality right at their kitchen sink without the hassle of buying, carrying home and storing bottles. Here are just a few of the popular water filtration systems that are out there, according to Goen. All you need to do is choose the one that is right for you!

• **Water Filtration Pitchers** — As you pour water into the pitcher, it moves through the filter and into the bottom reservoir, sifting out contaminants. On the upside, no installation is necessary and water is always accessible. On the down side, pitchers require constant refilling and the filters need constant changing. The 2004 Gallup Poll showed pitchers made up approximately 30 percent of filtration ownership.

• **Faucet Mounts** — A filter device is attached directly to the end of the faucet. These devices easily convert a standard faucet into a filtered faucet. Today manufacturers offer faucet-mount filters in a variety of colors to match with the finish of your faucet. However, some consumers feel this option compromises the style and look of the kitchen sink and faucet. Only certain faucet mount filter brands, such as the 3-stage filter from PUR, take out contaminants such as heavy metals and microorganisms. In 2004, faucet mount ownership declined to 18 percent, according to the Gallup Poll, from 24 percent in 2002.

• **Integrated Filter Faucet** — This is a faucet with a built-in filter, usually in the spout, delivering filtered water when the filter button is pushed. Even though water is available right at the

tap, replacement filters can be expensive and often need to be specially ordered. In addition, these systems may need to be professionally installed which can add to the expense.

• **Undersink** — Within these systems filtered water is drawn through a separate faucet mounted on top of the sink. It is attached either to the wall or underneath the sink and may require professional installation. According to Goen, undersink filtration systems tend to remove more harmful contaminants than an integrated filter faucet, and they keep the filter out of sight, allowing the focus to be on the faucets design rather than on the inner workings of the system. Today consumers are starting to see more stylish options available in filter faucets since the increased demand has created an increase in style options.

If you are concerned about your home's water quality, doing research can provide answers to exactly what is being transported through your pipes and into your home. Conducting a basic water test, contacting your local health department or local water company, and knowing what your state and local governments are doing to help protect your water quality are steps that can be taken to ensure the quality of water in your home.

To learn about water filtration, visit www.deltafaucet.com or call 1-800-345-DELTA (3358). To obtain a copy of The Safe Drinking Water Guide created by Delta Faucet Company and the National Safety Council, contact the National Safety Council at 1-800-621-7615.

New antibiotic provides full course in single dose

Zmax targets sinusitis and pneumonia

Your doctor said that you have a sinus infection caused by bacteria. Think you'll be taking an antibiotic for a week or more? Not necessarily: the U.S. Food and Drug Administration (FDA) recently approved Zmax, an innovative new single-dose liquid antibiotic that is the latest option for treating certain types of mild-to-moderate sinusitis and pneumonia in adults. Taken once, Zmax continues working over time to fight the infection.

Many patients skip doses or don't finish their antibiotic treatment, which may lead to prolonged illness, relapse and the need for re-treatment. A complete course of antibiotics is needed to kill harmful

bacteria. An incomplete course of antibiotics often wipes out only the most vulnerable, or susceptible, bacteria, which allows relatively resistant bacteria to survive and thrive. In order to reduce the development of drug-resistant bacteria and maintain their effectiveness, all antibiotics should be taken exactly as prescribed.

The benefit of this type of short-course, high-dose therapy is that it allows patients to be treated with a single dose of antibiotic, said Dr. Michael Niederman, chairman, department of medicine, Winthrop

University Hospital, and professor of medicine, State University of New York at Stony Brook.

Zmax's innovative microsphere technology allows for release of the medicine in the small intestine rather than in the stomach, which results in a favorable side-effect profile. In addition, the high tissue penetration and long half-life of azithromycin make it possible to deliver the entire course of therapy as a single dose. This front loading of Zmax provides high drug levels earlier in the course of infection when the bacterial burden is likely to be highest.

The Zmax adult clinical research program included outpatients with mild-to-moderate acute bacterial sinusitis (ABS), community-acquired pneumonia (CAP), and acute bacterial exacerbations of chronic bronchitis (AECB). Pfizer withdrew its application for the treatment of AECB while the FDA re-evaluates how it reviews investigational antibiotics for this indication.

Results of pivotal studies showed that Zmax worked as well as currently available treatments dosed for 7 to 10 days.

For information, including full prescribing information, visit www.zmaxinfo.com.



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In fact, feng shui — the popular concept of creating harmony in life by adding or moving various home elements — regards moving water and fish as very beneficial.

Paul Darby, a feng shui expert, has transformed the spaces of the rich and famous, including Sting

and Kelly Brook. He offers the following tips for creating a serene environment using the natural beauty and calming quality that comes from watching fish swim.

- Clean, flowing, well-lit water with fish is the ultimate way of transforming bad energy the biOrb is perfect for good feng shui, with its five-stage filtration system, bubbling water and low-voltage light.

- Black fish represent protection — very handy to stave off the evil eye from your colleagues or loved ones. Goldfish are baby dragons in feng shui and considered very lucky.

- The Chinese word for fish, *yu*, is the same as the word for

success. If fish are placed in the office or home, it is believed good fortune will follow. Combine the fish with a biOrb with a blue or black lid and base to activate your career.

- * A fish bowl on the left hand side of your front door (as you face it from inside) encourages good chi, the energy force that flows throughout the Universe. A biOrb in the east part of your living room/dining room/office with a green lid and base boosts energies of health and ambition.

- Three fish symbolize yang energy. The best combination is two goldfish (representing good luck and energy) and one black fish (representing protection).

- In feng shui, round objects help chi energy to curve around rooms and buildings.

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Obituaries

Melvin H. Osterman

Melvin H. Osterman, 70, of Delmar died Sunday, Aug. 14.

Born in New York City, he was a graduate of Cornell University and Cornell Law School.

He was a founding partner of Whiteman, Osterman & Hanna LLP and practiced law there from 1975 to the present.

Prior to starting the firm, he was an assistant counsel to the late Gov. Nelson Rockefeller and director of Employee Relations of the State of New York. He was legal secretary to Justice Charles D. Breitler. He was counsel to the Taylor Committee in drafting the public sector labor law in New York.

He published numerous articles and was editor of the New York State Bar Association's Public Sector Labor and Employment Law book. He taught as an adjunct professor at the Graduate School of Public Affairs at SUNYA; the Cornell University NYS School of Industrial Relations Extension Division; and Siena College.

His enjoyed travel, theater and music, photography and gardening.

Survivors include his wife,

Norma Meacham; two daughters, Edith of Albany and Laura of Washington D.C.; three sons, Lawrence of Woodinville, Wash., Jeffrey of Scarsdale and Andrew of Colorado Springs, Colo.; and two grandchildren. His first wife, Elaine Pevar Osterman of New York City, also survives him.

Services were from Applebee Funeral Home in Delmar.

Contributions may be made to Albany Pro Musica, 50 Colvin Ave., Albany 12206, the Mohawk Hudson Land Conservancy, P.O. Box 567, Slingerlands, NY 12159.

Allison Wenger

Allison L. Wenger, 30, of Brooklyn and formerly of Delmar died Saturday, Aug. 13, in Delmar.

She is the daughter of Carolyn E. Wenger of Delmar and the late Peter C. Wenger.

Born in Albany, Ms. Wenger grew up in Delmar. She was a graduate of Emma Willard School in Troy and Smith College in Northampton, Mass. She spent her junior year in Paris at the Sorbonne.

In 1998, she joined the City of New York Department of Parks and Recreation, where she worked for both Commissioner Stern and Commissioner Benepe.

During the last six years, she served as the director of government relations, the liaison between the Parks Department and city, state and federal elected officials. Survivors include her mother, Carolyn E. Wenger; her fiancé, Jacob Cooper of Brooklyn; her brothers, Christopher Wenger and Timothy Wenger of Boston, Mass.; and her grandmother, Penny Grodin of Lexington, Mass.

A celebration of her life will be held in New York City in September.

Contributions may be made to City Parks Foundation/Heather Garden Restoration, The Arsenal, 830 Fifth Ave., New York, NY 10021.

Kenneth Parker

Kenneth R. Parker, 75, of Slingerlands died Sunday, Aug. 14, at Hospice Inn at St. Peter's Hospital in Albany.

Born in Brooklyn, he served in the Navy and was a graduate of St. John's University and held a

master's degree from New York University. He was a certified public accountant practicing in the Albany area for 40 years.

He was a member of the Fort Orange Club.

Mr. Parker was husband of the late Margaret Keating Parker.

Survivors include two sons, Kevin T. Parker of Los Gatos, Calif., and Brian A. Parker of

Slingerlands; three daughters, Maureen T. Parker of Montclair, N.J., Eileen A. Parker of Oakland, Calif. and Christine Cerone of Delmar; and eight grandchildren.

Services were from the Chapel at the Church of St. Thomas the Apostle.

Contributions may be made to the Audubon Society of New York State, 46 Rarick Road, Selkirk 12158.

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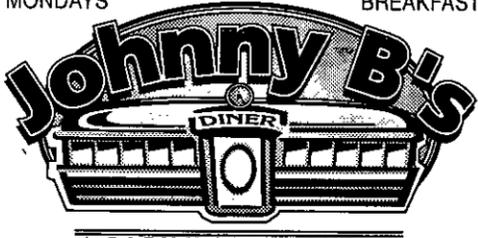
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Obituaries

Richard Wengraf

Richard John Wengraf, 80, of Delmar, died Wednesday, Aug. 17, in Community Hospice Inn at St. Peter's Hospital in Albany.

Born in Vienna, Austria, he attended secondary school there and in Switzerland. In April 1940, the family arrived in New York and he graduated from Newtown High School in Queens.

During World War II, he served with the 13th Airborne Division in France. While in the Army, he became a U.S. citizen.

He received a bachelor's degree in civil engineering from Cooper Union in New York.

In 1951, he entered the graduate department of city and regional planning at MIT and subsequently held lead planning positions in Rockland County and Rye. Among the many highlights of his professional career, Mr. Wengraf was especially proud of

his work as the first City Planner for New Bedford, Mass., where he established the city planning department. While there he was a leader in the founding of the Waterfront Historic Area League (WHALE) and the redevelopment of the historic area, which is now a National Urban Park. In 1992, he received public recognition for his work with WHALE. Following his work in New Bedford, he became resident planner for a special project in Bangor, Maine. In 1967, he moved to Albany, where he worked with the state Office of Planning Coordination/Services.

From 1975 to 1986, his career took an international turn. During those years, he worked in Cairo, Egypt, with the firm of Tippets, Abbet, McCarthy and Stratton, which was assisting the Ministry of Housing with the

reconstruction of cities in the Suez Canal area and the planning of new ones. From Egypt, the family moved to Dodoma, Tanzania, when he was appointed by the UN as adviser to the minister of capital development. Subsequently, he served as an adviser to the joint UN-Indonesia Bank for development finance in Jayapura, West Papua. Returning to Delmar in 1986, he joined the Laberge Engineering Group in Colonie as chief planner. He retired in 1997. He was a member of St. Peter's Episcopal Church in Albany, Top-of-the-Hill Group, the American Planning Association, the Association of Former International Civil Servants, Alumni Association of The Cooper Union and the National Trust for Historic Preservation.

He had a lifelong love of classical music that he enjoyed sharing with family and friends.

Survivors include his wife, Clairanne W. Wengraf; two daughters, Mary W. Meier of Bethesda, Md., and Leonora Wengraf of New York City; a son, John H. Wengraf of Nashville, Tenn.; and three grandchildren.

He was husband of the late, Catharine Chandler Wengraf.

Services were from St. Peter's Episcopal Church in Albany.

Contributions may be made to US Fund for UNICEF, P.O. Box

97294, Washington, DC 20077.

Donald Mulkerne

Donald J.D. Mulkerne, 83, of Delmar died Tuesday, Aug. 16, at Hospice Inn at St. Peter's Hospital.

Formerly of New Bedford, Mass., he graduated from New Bedford High School where he joined the JROTC program and became its cadet commander. After graduation, Mr. Mulkerne enlisted in the CMTC program at Ft. Devens and was given the rank of cadet 2nd lieutenant.

In 1941, Don entered Boston University and was enrolled in the ROTC program as cadet 2nd lieutenant. In 1943, he was called into active duty. He was commissioned as a 2nd lieutenant in the infantry upon completion of his officer candidate training at Fort Benning, Ga. He served in France with the 80th Infantry Division. He landed on Omaha Beach eight weeks after D-Day. He promptly moved to the front as part of the XX Corps, 3d Army, Patton's own. He entered into battle to cross the Moselle River and during that battle he received injuries in hand-to-hand combat for which he received the first of two Purple Hearts. During the conflict near the town of Morey, he conducted himself in a heroic manner for which he was

awarded the Bronze Star. Later, during the continued battle for Morey and Serrieres, he was severely injured by enemy mortar fire. He was hospitalized for a lengthy period of time and eventually was transferred to Cushing General Hospital in Framingham, Mass. He was medically discharged from the Army in 1947 as a 1st lieutenant. He received a second Bronze Star in February 2000, 56 years after his heroic action near Morey.

After the war, he returned to Boston University where he earned his bachelor of science degree and master of science degree in education.

He taught at Rockland High School in Mass. and later began his graduate studies at Columbia University earning his Ed.D. Later, he taught at the Milne School in Albany. He began teaching at what is now the State University of New York, Albany in 1952. During this time, he wrote 10 books. He was an expert and renowned lecturer on many subjects, especially the Civil War and Abraham Lincoln. He was also a noted speaker for numerous high school graduations throughout the Northeast. He had an illustrious teaching career and after 35 years, retired from the State University. Don was an academic member of Phi Delta Kappa, Delta Sigma Pi and Kappa Delta Pi, France.

Survivors include his wife of 59 years, Doris Driscoll Mulkerne; five daughters, Susan Boone, Michele Kurtz, Colleen Treiling, Joanne Manion and Donna Kavanaugh; two sons, Jay Mulkerne and Brian Mulkerne; and 18 grandchildren.

Services were from St. Catherine of Siena Church in Albany.

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Obituaries

Arrangements were by the Daniel Keenan Funeral Home, in Albany.

Burial was in Calvary Cemetery in Glenmont.

Contributions may be made to Community Hospice of Albany, 445 New Karner Road, Colonie 12205.

Helen Hart Mosca

Helen Mosca, 88, of Glenmont died Saturday, Aug. 20, at Guilderland Center Nursing Home.

Born in Troy, She was the widow of Joseph M. Mosca.

She is survived by a son, Joseph Jay Mosca Jr., of Glenmont; a brother, Charles Hart of Greenville, S.C.; and a sister, Theresa Brackley of Chicago, Ill.

A Mass of Christian Burial will be celebrated at 9:30 a.m. today at the Church of St. Thomas the Apostle in Delmar. Burial will be in Cavalry Cemetery in Glenmont.

Contributions can be made in memory of Mr. and Mrs. Joseph Mosca to the Siena College Scholarship Fund.

Sarah Whitcomb

Sarah Wood Whitcomb, 92, of Upper St. Clair, Pa., and formerly of Delmar, died Friday July 29, in Upper St. Clair.

Born in Sidney Center, Delaware County, she graduated from Walton High School and Vassar College.

She worked for state government.

She enjoyed reading and traveling.

Her main passion was reading, often having five or more books going at the same time. While living in Delmar, she was a familiar figure at Bethlehem Public Library. She also collected a personal library of more than 2,000 volumes.

Her trips to Asia, South America, Africa and Europe provided her with ample opportunities to create prize-winning photographs.

Survivors include a brother Lewis S. Wood.

Services were private in Upper St. Clair.

Burial will be in the family plot in Sidney Center at a date yet to be determined.

Contributions may be made to

the RedCross, the Salvation Army or Bethlehem Public Library.

Letters policy

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.

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.

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

TOOTH WHITENING

Dr. Kabinoff, 458-1892, 1465 Western Ave., Guilderland. Professional Teeth Whitening.

VIDEO SERVICE

Edward Thomas Productions — Digital Multimedia Services. Professional Video Service - Personalized Wedding Video on DVD. Customized for your special day. Call (518) 368-6131. E-mail: etprod@juno.com

WEDDING INFORMATION

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



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Child-Centered Family-Focused

At Slingerlands Pediatric Center, our board-certified physicians

Mark Osborn, MD;
Lisa Kamerling, MD;
Anuradha Krishnappa, MD;
Diane Tenenbaum, MD;
and nurse practitioners Janet Carmody, NP; and Katie Cultrara, NP; are specialty-trained in pediatrics.

We provide primary care from birth through adolescence, including children with medically complex health needs.

Services include:

- Routine well-child care
- Sick-child visits
- Physicals
- Immunizations, health maintenance and education
- Behavioral support/social services
- Diagnosing/managing acute and chronic illnesses (e.g. asthma, ADHD)

New patients welcome.
Evening and Saturday hours available.
For an appointment, call 518-475-7000.

St. Peter's Medical Group Practice
A Member of St. Peter's Health Care Services
Slingerlands Pediatric Center

1240 New Scotland Road • Slingerlands, NY 12159 • www.stpetershealthcare.org

Most insurance accepted.

Entertainment Spotlight *in the*

By W.K. Aaron

Every so often the gods pull together to make a perfect evening in the theater. Such is the case in Williamstown for the season finale of the Williamstown Theatre Festival's production of William Inge's "Bus Stop." Roger Rees winds up his inaugural season as artistic director with a bang.

The show, set in 1950 in a diner somewhere between Kansas City and Topeka, is about a band of odd misfits that take shelter for the night in the safe haven of Grace's diner after their bus is stranded in a blizzard.

The story revolves around Cherie, a somewhat less than second rate chanteuse who has been "kidnapped" by her fiancée Bo, a cowboy who is bent to get Cherie back to his ranch in Montana where he is certain the two will live happily ever after. Throughout the evening, we get to know and care for each of the passengers on the bus as well as Grace and her waitress, the overly bright and perceptive high school girl, Elma.

The show is perfectly cast; there is neither an overpowering performance nor a weak link on the stage. Daniel Oreskes as Sheriff Will Masters, presents an almost hypnotic metronome like delivery. Elizabeth Marvel as Grace is a delight as the witty and biting diner owner, and Laura Heisler's portrayal of Elma is dead on.

The evening however, belongs to three actors. Logan Marshall-Green as Bo is full of false bravado and insecurity. Elizabeth Banks, in the role that made Marilyn Monroe a star and made audiences accept her as a serious actress, is wonderful as Cherie. Banks brings a sense of innocence and frailty to the role of the somewhat hardened Cherie that helps the audience immediately become captivated.

Bill Camp as the drunken Dr. Gerald Lyman, alone makes the trip to the theater worthwhile. His drunken enactment of the balcony scene from "Romeo and Juliet" should become one of Williamstown's classic moments.

An interesting choice by director Will Frears is the colorblind casting of Leon Addison Brown as Bo's sidekick Virgil and John Douglas Thomson as bus driver, Carl. Both African-American actors hit every mark, though one is given pause within the context of the play. One wonders whether Virgil would truly have been Bo's trusted overseer or Carl would have ultimately become involved with Grace in the 1950's in the Midwest. The casting adds perhaps more depth to the story line than Inge had anticipated.

What makes the evening truly perfect has to be credited to Frears' direction. He does it deftly with a light touch. He allows Inge's words to speak for themselves, no hidden subtexts, no deep messages, just presenting the play and letting it live in its own world.

Takeshi Kata's set is superb down to the working griddle and running water. Even our sense of smell is put to use as eggs are fried and served up in typical diner fashion. The costumes by Jenny



Logan Marshall-Green as Bo and Elizabeth Banks as Cherie

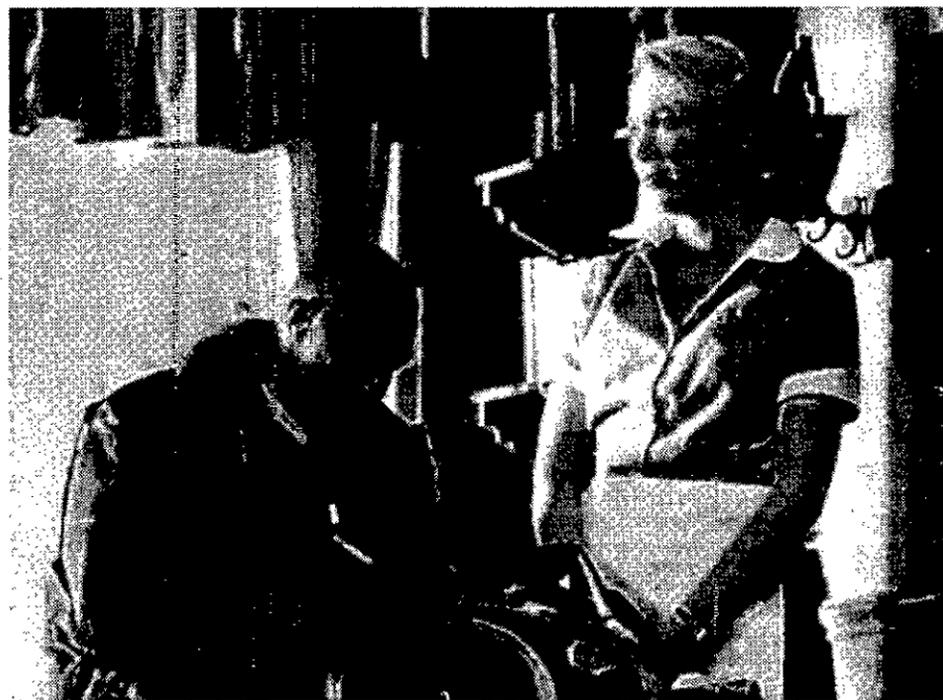
Mannis and Lighting by Ben Stanton round out the final technical portions of the evening.

Live music performed by the Stanton Family Band, seated in the upper balcony, takes us through the act changes in wonderful country fashion.

In all, "Bus Stop" is one stop you'll want to make as the summer theater venues wind down.

"Bus Stop" is being presented on the Main Stage at the Williamstown Theater Festival, through Aug. 28. Ticket prices range from \$20 to \$52 and performances are Tuesday through Fridays at 8 p.m., and Saturdays at 8:30 p.m. Matinees are Thursdays at 3 p.m., Saturdays at 4 p.m. and Sundays at 2 p.m.

For information or tickets, contact the theater box office at 413-597-3400 or on the Web at www.WTFestival.org.



John Douglas Thomson as Carl the bus driver and Elizabeth Marvel as Grace (above). Elizabeth Banks as Cherie (right).



Thankfully, the bus stops here!

ARTS and ENTERTAINMENT

Theater

BRIGADOON

Lerner and Loewe musical about fictitious place in Scotland, Mac-Haydn Theater, 1925 Route 203, Chatham, through Sept. 4, \$24.50 adults, \$12 children. Information, 392-9292.

Music

NITROJIVE

Capital District swing jazz band, Aug. 24, 11:30 a.m., Ten Eyck Plaza, Albany, free. Information, 465-2143.

ELECTRIC CITY CHORUS

Aug. 24, 7 p.m., Freedom Park, Schonowee Avenue, Scotia, free. Information, 370-0662.

ROSEANNE RANERI AND MICHAEL ECK

Two Capital District singer-songwriters, Aug. 24, 7 p.m., Voorheesville Public Library, 51 School Road, Voorheesville, free. Information, 765-2791.

MUSIC HAVEN GALA

With Mighty Sparrow performing, Aug. 24, 7:30 p.m., Agnes MacDonald Music Haven stage, Central Park, Schenectady, free. Information, 382-5152, ext. 4.

"ROCKY NITES"

Featuring acoustic rock by Uncle Gus, Rob Scano and Jacob James, Aug. 26, 8 p.m., Round Lake Auditorium, exit 11 off Northway, Round Lake, \$10 adults, \$8 children. Information, 899-2130.

"LIFT YOUR VOICE - LIFT YOUR SPIRIT"

Hymn singing led by Edna VanDuzee, plus half-hour pipe organ concert by Latham's Barbara Adler, Aug. 30, 7 p.m., Round Lake Auditorium, exit 11 off Northway, Round Lake, free. Information, 899-2130.

MUD BUG UPRISING

Local blues rock band, Aug. 31, 11:30 a.m., Ten Eyck Plaza, Albany, free. Information, 465-2143.

RUMDUMMIES

Capital District funk band, Sept. 7, 11:30 a.m., Ten Eyck Plaza, Albany, free. Information, 465-2143.

ALBANY RIVERFRONT JAZZ FESTIVAL

Featuring Dee Dee Bridgewater, Kurt Elling, David "Fathead" Newman and the J Street Jumpers, Sept. 10, noon,

Riverfront Park, Albany, free. Information, 434-2032.

THE PIPE KINGS

Playing favorites from the Baby Boomer era, Sept. 13, 6:30 p.m., Cook Park, Colonie, free. Information, 869-7562.

SCHOOL BUS YELLOW

Local jam band, Sept. 14, 11:30 a.m., Ten Eyck Plaza, Albany, free. Information, 465-2143.

AL DIMEOLA PROJECT

Jazz guitarist and his band, Sept. 23, 8 p.m., The Egg, Empire State Plaza, Albany, \$28. Information, 465-2143.

TERENCE BLANCHARD

Jazz trumpeter, Sept. 24, 8 p.m., The Egg, Empire State Plaza, Albany, \$24. Information, 465-2143.

THE MCKRELLS

Local Celtic band, Sept. 27, 6:30 p.m., Cook Park, Colonie, free. Information, 869-7562.

Comedy

CHARLIE MURPHY

Eddie Murphy's brother and "Chappelle's Show" cast member, Sept. 24, 8:30 p.m., The Egg, Empire State Plaza, Albany, \$27. Information, 473-1845.

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.

LOCAL COLOR ART GALLERY

"Art for the Harvest Moon," featuring Diane Bollman's watercolor paintings from around the world, through Aug. 31, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

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.

NATIONAL MUSEUM OF RACING AND HALL OF FAME

"Peb: The Art of Humor," featuring horse racing-themed cartoons by Pierre "Peb" Bellocq, through Dec. 31, "Golden Memories: 50 Years of the Racing Hall of Fame," through Dec. 31, 191 Union Ave., Saratoga Springs. Information, 584-0400.

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 featuring race car driven by 1951 Indianapolis 500 champion Lee Wallard of Altamont, 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.

THE MENDELSSOHN CLUB

Openings for male tenors and basses, audition is Sept. 7, 7:15 p.m., New Covenant Presbyterian Church, 916 Western Ave., Albany. Visit www.mendelssohn.org or e-mail info@mendelssohn.org for information.

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, Guelderland. 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.

MAGIC MAZE — GIRLS

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

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

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|-------------------|----------------|-----------------|-------------|
| Boys and Calendar | College Flower | Giltmore Golden | Show Single |
| Career | Geisha | Little | Twin |
| Chorus | Gibson | Powerpuff | |

HOCUS-FOCUS BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS. Differences: 1. Hot dogs are missing. 2. Spatula is smaller. 3. Apron is shorter. 4. Neckline is different. 5. Belt is different. 6. Bottle is missing.

The Super CROSSWORD

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- ACROSS**
- 1 Writer Susan
 - 7 AAA handout
 - 10 Explorer Tasman
 - 14 Checker move?
 - 19 Carry too far
 - 20 Winter hazard
 - 21 Creme — creme
 - 22 Kunta — ("Roots" character)
 - 23 Start of a remark by Steven Wright
 - 25 Patrician
 - 27 Canadian prov.
 - 28 Victim
 - 29 Wool gatherer?
 - 30 Roll-call reply
 - 31 Level
 - 33 Entire range
 - 36 Put up with
 - 38 Thick stick
 - 41 Put aside
 - 43 Blind part
 - 44 See 11 Down
 - 45 Part 2 of remark
 - 50 It may get flipped
 - 51 Connecticut town
 - 54 Summit
 - 55 Live and breathe
 - 56 Mighty mite
 - 58 Sausage segment
 - 59 Long Island resort
 - 62 Tel Aviv
 - 64 Out of the way
 - 66 Beak
 - 67 One way to park
 - 68 Tranquil
 - 70 Part 3 of remark
 - 71 Kukia or Lamb Chop
 - 72 Ill will
 - 73 Cherbourg
 - 74 Glee
 - 75 — a "Symphony" ('65 song)
 - 76 Submarine finder
 - 77 Competitors
 - 78 Facilitate a felony
 - 82 — Tin Tin
 - 83 Paradise
 - 85 Merchant
 - 87 Cal. page
 - 88 Part 4 of remark
 - 93 Over
 - 95 Jai —
 - 96 Sounds the tocsin
 - 97 Ullman or Gold
 - 98 Goatish gamboler
 - 100 Bar hop?
 - 101 Dr. Scholl's concern
 - 102 Source
 - 103 Cardinal
 - 105 — Flynn Boyle
 - 107 Mil. training ctr.
 - 110 African capital
 - 113 End of remark
 - 116 Jazzman
 - 117 Forehead
 - 118 Organ of equilibrium
 - 119 Steak or lobster
 - 120 Abrasive substance
 - 121 — forgive those ...
 - 122 Be too interested?
 - 123 Arid area
 - DOWN**
 - 1 Manhattan district
 - 2 Hot spot?
 - 3 Frog's kin
 - 4 Singing syllable
 - 5 They may be personal
 - 6 Mahalia's music
 - 7 Pixie and Dixie
 - 8 — Breaky Heart" ('92 hit)
 - 9 Princess
 - 10 Orthodontists' org.
 - 11 With 44 Across, salad veggie
 - 12 "Siam" author
 - 13 Endure
 - 14 Ring stat
 - 15 Kansas city
 - 16 "The Lady ..." ('79 film)
 - 17 Gawk
 - 18 French bean?
 - 24 Fancy vase
 - 26 A Muse
 - 31 Inflatable item?
 - 32 Sell
 - 33 Continue
 - 34 Circle section
 - 35 "Mal de ..." '37 Impoverished
 - 38 Fountain order
 - 39 Component
 - 40 Carthaginian queen
 - 41 Book part
 - 42 Travel with Spock?
 - 43 — aerobics
 - 46 Rotisserie part
 - 47 Defer
 - 48 NASA lap
 - 49 Equine accessory
 - 52 Skirt shape
 - 53 Coney Island attraction
 - 57 Ballet's Tailchief
 - 59 Actress
 - 60 Santa's problem
 - 61 Destiny
 - 63 Dominant, as a dog
 - 65 On the sly
 - 66 Doris Day refrain
 - 67 Handbag
 - 68 Master, in Madras
 - 69 '85 John Malkovich movie
 - 70 Barnyard belle
 - 71 Mottled
 - 72 Sorvino or Nair
 - 73 — fide
 - 74 Complains
 - 76 Big rig
 - 77 Lute feature
 - 79 Coll. hotshot
 - 80 Roof part
 - 81 Playing card
 - 84 TV's — & Greg"
 - 85 "Comin' — the Rye"
 - 86 Half-baked?
 - 89 More squalid
 - 90 Heavily sight
 - 91 Alphabet sequence
 - 92 Network
 - 94 Try for a hit
 - 97 Provoked
 - 98 Biblical city
 - 99 Pianist
 - 100 Fishermen, frequently
 - 101 Auber's — "Diavolo"
 - 102 Confront
 - 104 Swedish last name
 - 105 Last name in limericks
 - 106 Crooked
 - 107 Grimm creature
 - 108 "Moon-struck" star
 - 109 Dele a dele
 - 111 Utter
 - 112 Blow away
 - 113 Drill sergeant's shout
 - 114 Compass pt.
 - 115 — Not Unusual" ('65 hit)

The Spotlight CALENDAR

Wed. Aug. 24

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.

BINGO

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

BC SCHOOL BOARD

district office, 90 Adams Place, 8 p.m. Information, 439-7098.

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

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.

Thu. Aug. 25

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

YOUTH EMPLOYMENT SERVICES

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

ADULT BIBLE STUDY

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

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.

FRI. AUG. 26

BETHLEHEM

CHILDREN'S WRITING WORKSHOP (JULY AND AUGUST)

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 pm. Sponsored by Bethlehem Senior Services. Information: 439-4955, ext. 4

AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

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. Aug. 27

EVERY SATURDAY BETHLEHEM

AA MEETING

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

Sun. Aug. 28

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 (JUNE THRU AUGUST)

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. Aug. 29

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.

INDOOR 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

QUARTET REHEARSAL

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

Tue. Aug. 30

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 (SUMMER ONLY)

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

PRAYER MEETING

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

TREASURE COVE THRIFT SHOP

First United Methodist Church, 428 Kenwood Ave., 9 a.m. to 6 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.

CHURCH LUNCH (JUNE, JULY, AUGUST)

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

BINGO

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

NEW SCOTLAND

PRESCHOOL STORY TIME

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

NIMBLEFINGERS/QUILTERS (SEPTEMBER-JUNE ONLY)

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

Wed. Aug. 31

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.

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

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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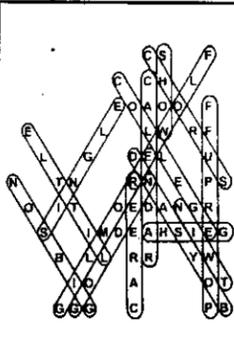
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SETS, Tube amplifiers, Cameras, Pocket lighters, fishing lures, old tools, pre-1960 Comic Books, Pre-1920 Crocks, Jugs, Firemen hats, Badges, Photos, Pre-1965 toy trains, plastic model kits, toy cars, trucks, boats; gasoline-powered toy

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

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Childcare: P/T Activity Leaders- Bef & Aft School Prog. in Bethlehem, 7:15-9:15 am and/or 3:00-6:00 pm. Play & have fun with children. Exc. Benefits. School's Out, Inc., 239 Delaware Ave., Delmar, schoolsoutinc@aol.com-439-9300.
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EDUCATION: Site Manager: 30 hrs/wk. Bef & Aft. School Prog. BA in Child Dev., Elem. Ed., Phys Ed., and one yr. supervisory exp., Health Ins., 401K, Holidays, Pd Time Off & Snow Days. Resume: School's Out, Inc., 239 Delaware Ave., Delmar, NY 12054, 439-9300. Web site: www.schoolsoutinc.com
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Housekeeper- Wanted: Energetic, self-motivated, responsible adult to care for a wonderful home. Non smoker. Own transportation. Part time, clean, shop, cook, errands, etc. Send resume. P.O. Box

82 Slingerlands, NY 12159.
WORK WANTED
2 Ladies want 7-Day, 24hr, Live-in. Certified home health aides. \$1,680/wk. 35 years experience. 756-1595.
INDEPENDENT CAREGIVERS- Private Duty, Hospice, Long-term Insurance Accepted. 24Hr Elder Care. Reasonable. Alice 573-6399. Linda 312-7404. Not an agency.
RN Providing private care, hospice, short/long term. NYS licensed, references. Call Dianne: 729-4468.
STARVING ARTIST NEEDS WORK: Maintenance, Painting, Gardening. 439-6056.

Real Estate CLASSIFIEDS

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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: 1BR, w/w, laundry, off street parking, \$650+, NYIREC, 478-9175 ext. 5#
DELMAR: 2BR w/den, w/w, laundry, off street parking, \$750+, NYIREC, 478-9175 ext. 5#
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 877-351-857 for more information; leave message.
LOUDONVILLE: 2BR, 2BA, A/C, Non-smoking, No pets, No children. 1 car garage. Fireplace. \$950. 785-5279.
RAVENA-SMALL 1 BED-ROOM APARTMENT: Suitable for one, heat/hot water included, no pets. \$400/month. Available Sept 1. Security Deposit Required. 439-8829.
Scotia/Glenville: Quiet country setting. Lovely

yard Adults preferred. No smokers/pets. 2BR, \$740 plus utilities. 436-5356.
UPPER COHOES: Nice 2BR Apt., Hardwood, gas, porches, yard. Next to park. \$560+ 469-3636.
WEST CHARLTON: Quaint country setting, 7 acres, 3BR, 2BA, 2 car garage, work-shop + more. \$1200+ utilities. Burnt Hills/Balston Lake school district. 882-9037 or 423-7743.
HOUSE FOR RENT
DELMAR, 3BR, 1.5BA, Hardwood floors, fireplace, enclosed breezeway, 1 car garage, finished basement, W/D, Hamagrael school. \$1350+ Available 9/1. Sec./Lease. 765-2229.
DELMAR- 4BR, 2BA, Office/guest room. Fireplace, 2 car attached, great yard. W/D included. \$2,000. 439-8229.
GLENMONT Farmhouse, 2BR+, 1.5BA, No pets, \$1300+ utilities. Available immediately. 478-0886.
HOUSE FOR SALE
DELMAR: 229 Van Dyke Rd. 3BR Ranch w/full LR, DR, Kit, 1.5BA. Hardwood floors, Full cellar, Hot water, Oil heat, 2 Car attached garage & Lot 175x170. \$215,000. 439-6750.
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95 ft. Lakefront, SARATOGALAKE 3BR, private way, 63 Stony

Point, \$500,000. 781-718-8316 or 518-877-5930.
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15.4 ACRES-LAKE FRONT ONLY \$79,900 200' along 225 acre lake. Fields, woods & stream. Nearby Hamilton/Colgate Univ. Excellent Financing Available. Call today! 1-800-811-3464 x.493
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REAL ESTATE WANTED
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1.5BA Condo 5 mins. from beach. Minimum 4mo. rental/ \$4,000. For more information: 458-8601. Ask for Barry/Sue.
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Automotive CLASSIFIEDS

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 81 MONTECARLO, 21K Original. Excellent condition. Asking \$4995. 439-1446.
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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. LCD-11875 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Essence of Evolution, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on June 1, 2005 effective on the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC, 12 Petra Lane, Albany, NY 12205. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. LCD-11727 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A REGISTERED LIMITED PARTNERSHIP (L.P.)

The name of the L.P. is CRESCENT VILLAGE ASSOCIATES, L.P. The Articles of Organization of the L.P. were filed with the NY Secretary of State on June 10, 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 it 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-11777 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Evan Two LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/7/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 16 Harriet Lane, Wesley Hills, NY 10977 Purpose: any lawful activity. LCD-11818 (August 24, 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 (August 24, 2005)

LEGAL NOTICE

Steenburg & Patrick LLC

LEGAL NOTICE

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 (August 24, 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, NY 10018 Attn: Jeffrey Hollander, Esq. Purpose: To engage in any lawful activity LCD-11872 (August 24, 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, LL Bussiness Management Inc. 3000 Marcus Ave., Ste. 3W7, Lake Success, NY 11042 Purpose: To engage in any lawful activity LCD-11873 (August 24, 2005)

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 (August 24, 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 (August 24, 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 (August 24, 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 (August 24, 2005)

LEGAL NOTICE

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 (August 24, 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 (August 24, 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 (August 24, 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 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 (August 24, 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 (August 24, 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 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of McCashion Brothers Holding Company, LLC, Art. of Org. filed with NY Secy. 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 (August 24, 2005)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).

The name of the LLC is East Hills, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 1, 2004. 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 22 Highlander Drive, Loudonville, New York 12211. LCD-11932 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).

The name of the LLC is Dedham Post, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 1, 2004. 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 c/o Paul J. Goldman, 9 Washington Square, Albany, New York 12205. LCD-11933 (August 24, 2005)

LEGAL NOTICE

B. LARNER FAMILY PARTNERSHIP II, L.P., Notice of formation of a domestic limited partnership (LP) Certificate of Limited Partnership filed with the New York Secretary of State on July 11, 2005. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is 596 New Loudon Road, Latham, New York 12110. LCD-11940 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Charm Imports LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 7/15/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 3011 Avenue J, Brooklyn, NY 11210 Purpose: any lawful activity. LCD-11958 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Kelwert Properties LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 7/21/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: PO Box 8767, Haledon, NJ 07508 Purpose: any lawful activity. LCD-11959 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC

Notice of Formation of LYONS BUILDING & CONSULTING LLC a domestic Limited Liability Company, Articles of Organization filed with the Secretary of State of the State of New York on July 5, 2005. New York office location is Albany County. Secretary of State is designated as agent upon whom process against the LLC may be

LEGAL NOTICE

served. Secretary of State is designated as agent upon whom process against the LLC may be served. Secretary of State shall mail a copy of any process against the LLC served upon George Lyons, with an address of 25 Ledgewood Drive, Albany, New York 12205. The Purpose of this LLC is building, remodeling and consulting.. LCD-11960 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of 1150 Broadway LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/11/05 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-11964 (August 24, 2005)

LEGAL NOTICE

H & D SECURITY SYSTEMS, LLC Notice of formation of H & D Security Systems, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 7/06/2005. Office location: Saratoga County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC are to engage in any lawful purposes; to incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the LLC; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Members in their discretion may deem desirable. LCD-11965 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Pine Land Holding LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/14/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 37 West 47th Street, Ste. 702; New York, NY 10036 Purpose: any lawful activity LCD-11965 (August 24, 2005)

LEGAL NOTICE

North East Precision Equipment Company, LLC Notice of formation of North East Precision Equipment, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 7/15/2005. Office location: Montgomery County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o 26 Computer Drive West, Albany, New York 12205. The purposes of the LLC are to engage in any lawful purposes; to incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the LLC; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Members in their discretion may deem desirable. LCD-11966 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Kunstlinger, & Wohlgenuth PLLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/14/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against

LEGAL NOTICE

it may be served. SSNY shall mail process to: 235 North Main Street, Ste. 2, Spring Valley, NY 10977 Purpose: any lawful activity LCD-11966 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Five Star Re LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/14/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 89 Morton Street, Brooklyn, NY 11211 Purpose: any lawful activity LCD-11967 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Cake Animals, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/12/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 474 West 238th Street, Ste. 5A, Bronx, NY 10463 Purpose: any lawful activity LCD-11968 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of 1620 New York Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/13/05 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 Shore Drive, Kings Point, NY 11024 Purpose: any lawful activity LCD-11969 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of 12 Huntington Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/12/05 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 Shore Drive, Kings Point, NY 11024 Purpose: any lawful activity LCD-11970 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A MM FAMILY I, L.L.C. The name of the LLC is MM FAMILY I, L.L.C. The Articles of Organization of the LLC were filed with the NY 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 LCC is to be located in Albany County. The Secretary of State is designated as the agent of the LCC upon whom process against the LCC may be served. The address to which the Secretary of State shall mail a copy of any process against the LCC is 255 Washington Avenue Extension, Albany, New York 12205. LCD-12009 (August 24, 2005)

LEGAL NOTICE

Notice of formation of D.C. West Public Affairs, LLC (LLC) Articles of Organization filed with Secretary of State of NY (SSNY) on 6/3/05. Office located in Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 7214, Albany, NY 12224-0214. LLC is Member managed. Purpose: Public Relations and Political Campaign Consulting and any lawful act or activity. (A.gust 24, 2005)

LEGAL NOTICE

Notice of Formation of Obstfeld & Associates LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 8/2/05 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: 320 East 42nd Street, New York, NY 10017 Purpose: any lawful activity. (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is Urban Redevelopment Group, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State ("SSNY") on June 29, 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 SSNY is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the SSNY shall mail a copy of any process against the LLC is PO Box 3806, Albany, New York 12203. LCD-12047 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC

Notice of Formation of DOVE STREET ASSOCIATES LLC a domestic Limited Liability Company, Articles of Organization filed with the Secretary of State of the State of New York on July 25, 2005. New York office location is Albany County. Secretary of State is designated as agent upon whom process against the LLC may be served. Secretary of State shall mail a copy of any process against the LLC served upon Deborah M.L. Walsh, with an address of 502 Madison Avenue, Albany, New York 12208. The Purpose of this LLC is to purchase and sell real estate. LCD-12065 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of A Vested Interest LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 8/10/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 295 Madison Ave., New York, NY 10017 Purpose: any lawful activity. LCD-12080 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of M&C Hennigan LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/28/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2 Osborn Street, Stony Point, NY 10980 Purpose: any lawful activity. (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Smirn Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/27/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 87 Kent Ave., Brooklyn, NY 11211 Purpose: any lawful activity. LCD-12082 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Stevil LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/28/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 278 Beach 141st Street, Belle Harbor, NY 11694 Purpose: any lawful activity. LCD-12083 (August 24, 2005)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Formation of Belle Harbor Washington LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/28/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 136-14 Rockaway Beach Blvd., Belle Harbor, NY 11694 Purpose: any lawful activity. LCD-12084 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of 3-26G-DS LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/28/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 3 Moline Court, Kings Point, NY 11024 Purpose: any lawful activity. LCD-12085 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Washington Heights New York LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/29/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Wha Sup Chung, Tamarack Road, P.O. Box 295, Alpine, NJ 07620 Purpose: any lawful activity. LCD-12086 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of 13-15 Essex LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 8/1/05 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-12087 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Buffalo Property Holdings LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 8/4/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 5314 16th Street, #316, Brooklyn, NY 11204 Purpose: any lawful activity. LCD-12088 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of AdBaggers LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 8/8/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 665 East 7th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LCD-12089 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of 3924 Broadway LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 8/8/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 36 West 44th Street, Suite 1019, New York, NY 10036 Purpose: any lawful activity. LCD-12090 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Deborah Flynn Consulting LLC, Art. of Org. filed Sec'y of State (SSNY) 8/5/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process:

LEGAL NOTICE

Deborah Flynn, 39 Hills Rd., Loudonville, NY 12211. Purpose: any lawful purpose. LCD-12092 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Trinitar Enterprises LLC, Art. of Org. filed Sec'y of State (SSNY) 6/3/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 108-02 Ditmars Blvd., East Elmhurst, NY 11369. Purpose: any lawful purpose. LCD-12093 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is NEWSTONE MOBILE IMAGING, LLC The Articles of Organization of the LLC were filed with the NY Secretary of State on August 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 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 PO Box 511, Wrentham, Massachusetts 02093. LCD-12095 (August 24, 2005)

LEGAL NOTICE

580 LOUDON ROAD, LLC, Notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on August 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 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-12096 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Realistic Real Estate Consultants, LLC, Art. of Org. filed Sec'y of State (SSNY) 6/9/05. Office location: Schenectady County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: Margaret J. Langille, 14 Frank St., Schenectady, NY 12304. Purpose: any lawful purpose. LCDJ-11977 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Delaware Stanwix Partners, LLC, Art. of Org. filed Sec'y of State (SSNY) 7/13/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: c/o Mercer Holding Co. LLC, Three E-Comm Square, Albany, NY 12207. Purpose: any lawful purpose. LCDJ-11976 (August 24, 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

LEGAL NOTICE

(August 24, 2005)

LEGAL NOTICE

Notice of formation of APC Financial Services, LLC. Articles of 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. LC-11889 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of Walgreen Realty Resources LLC. Authority filed with Secy. of State of NY (SSNY) on 6/23/05. Office location: Albany County. LLC formed in Illinois (IL) on 5/27/05. 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. 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 (August 24, 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 (August 24, 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 (August 24, 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 (August 24, 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.

LEGAL NOTICE

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 (August 24, 2005)

LEGAL NOTICE

FOREIGN LLC PUBLICATION NOTICE Name of LLC: FASHION CENTS LLC App. For Auth. filed with Sec. of State 06/10/05. Jurisd. And date of org: DELAWARE ON 05/27/05. 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: The LLC, 375 Greenwich St, New York, NY 10013. Address required to be maintained in home jurisdiction: 375 Greenwich St., New York, NY 10013. Copy of cert. of org. is filed with Delaware Secretary of State, 401 Federal Street, #4, Dover, DE 19901. Purposes: is to transact any lawful business. LD-11925 (August 24, 2005)

LEGAL NOTICE

FOREIGN LLC PUBLICATION NOTICE Name of LLC: UMS LITHORIPSY SERVICES OF WESTCHESTER COUNTY, LLC App. For Auth. filed with Sec. of State 06/08/05. Jurisd. And date of org: DELAWARE ON 05/24/05. 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, New York, NY 10001. Address of principal office: 1500 West Park Drive, Suite 390, Westborough, MA 01581. Copy of cert. of org. is filed with Delaware Secretary of State, Division of Corporations, John G. Townsend Building, 401 Federal Street, Suite 4, Dover, DE 19901. Purposes: is to transact any lawful business. LD-11926 (August 24, 2005)

LEGAL NOTICE

On July 18, 2005, Shaker Park Medical, LLC, which is located at 425 New Karner Road in the City and County of Albany, State of New York, filed its Articles of Organization with the New York Department of State. The Secretary of State has been designated the agent of the company upon whom process may be served. The business purpose of the LLC is to operate a psychiatric medical practice, together with any and all other lawful business purposes. LD-11927 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of 4 Cornwall Drive LLC. Authority filed with Secy. of State of NY (SSNY) on 7/14/05. Office location: Albany County. LLC formed in New Jersey (NJ) on 6/22/05. 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, NJ address of LLC: Mark S. Rosen, 15 Maple Ave., Morristown, NJ 07960. Arts. of Org. filed with NJ Dept. of State, 225 West State St., 3rd Fl., Trenton, NJ 08608. Purpose: any lawful activity. LD-11929 (August 24, 2005)

LEGAL NOTICE

Notice of Publication Community Management Services, LLC was filed with SSNY on 05/23/05. Office:

LEGAL NOTICE

Albany County, SSNY designated agent of LLC against whom process may be served. P.O. address which SSNY shall mail process against LLC served upon him: 90 State Street, Suite 1009, Albany, NY 12207. Purpose: any lawful business LD-11938 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of Spherion Pacific Workforce LLC. Authority filed with Secy. of State of NY (SSNY) on 7/18/05. Office location: Albany County. LLC formed in Delaware (DE) on 7/24/02. 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: 2050 Spectrum Blvd., Ft. Lauderdale, FL 33309. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11941 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of 705 FLATBUSH REALTY, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/18/05. 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 Mallow, Konstam & Hager, 321 Broadway, NY, NY 10007. Purpose: all lawful activities. LD-11942 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of WHATCOM LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/25/05. 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-11943 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of an LLC: 8 Petra Lane Associates, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 30, 2005. Office location is in Albany County. The 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, at 930 Albany Shaker Road, Latham, NY 12110. Purpose: for any lawful purpose. LD-11949 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of an LLC: 102 Karner Road Associates, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 30, 2005. Office location is in Albany County. The 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, at 930 Albany Shaker Road, Latham, NY 12110. Purpose: for any lawful purpose. LD-11950 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF PL-LTD, LLC, a domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State on 7/18/2005. New York Office Location: Albany County. Secretary of State is designated as agent upon whom process against LLC may be served. Secretary of State shall mail a copy of any process against the LLC

LEGAL NOTICE

served upon him/her to the LLC, 96 Van Wines Point Road, Glenmont, NY 12077. Purpose: all lawful activities. LD-11951 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF PL-LTD RE, LLC, a domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State on 7/18/2005. New York Office Location: Albany County. Secretary of State is designated as agent upon whom process against LLC may be served. Secretary of State shall mail a copy of any process against the LLC served upon him/her to the LLC, 96 Van Wines Point Road, Glenmont, NY 12077. Purpose: all lawful activities. LD-11952 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF RIGHT SOURCING ASSOCIATES, LLC, a domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State on 7/18/2005. New York Office Location: Albany County. Secretary of State is designated as agent upon whom process against LLC may be served. Secretary of State shall mail a copy of any process against the LLC served upon him/her to the LLC, 96 Van Wines Point Road, Glenmont, NY 12077. Purpose: all lawful activities. LD-11953 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of BLACKBURN MANSION, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/15/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 37-60 Blackburn Road, Coeymans, NY 12045. Purpose: any lawful activity. LD-11961 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of BLACKBURN RANCH, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/15/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 37-60 Blackburn Road, Coeymans, NY 12045. Purpose: any lawful activity. LD-11962 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of Hoboken Wood Flooring LLC. Authority filed with Secy. of State of NY (SSNY) on 7/18/05. 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 Company, 80 State St., Albany, NY 12207. Principal office of LLC: 1385 Hancock St., Quincy, MA 02169. Arts. of Org. filed with CT Secy. of State, 30 Trinity St., P.O. Box 150470, Hartford, CT 06115. Purpose: any lawful activity. LD-11974 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of BLACKBURN TUDOR, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/15/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 37-60 Blackburn Road, Coeymans, NY 12045. Purpose: any lawful activity. LD-11982 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of BLACKBURN ISLAND LLC.

LEGAL NOTICE

Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/15/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 37-60 Blackburn Road, Coeymans, NY 12045. Purpose: any lawful activity. LD-11983 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 172c UNION STREET, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/25/05. 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, 1730 Union Street, Schenectady, New York 12309. Purpose: For any lawful purpose. LD-11993 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 1730 UNION STREET, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/25/05. 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, 1730 Union Street, Schenectady, New York 12309. Purpose: For any lawful purpose. LD-11994 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of Long Distance Savings Solutions, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/26/05. Office location: Albany County. LLC formed in Delaware (DE) on 2/14/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. Principal office of LLC: 42 Weston St., Ste. 2A, Waltham, MA 02453. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-12001 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of ABS Sheepshead, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/22/05. Office location: Albany County. LLC formed in Connecticut (CT) on 3/10/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. Principal office of LLC: 1385 Hancock St., Quincy, MA 02169. Arts. of Org. filed with CT Secy. of State, 30 Trinity St., P.O. Box 150470, Hartford, CT 06115. Purpose: any lawful activity. LD-12002 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Empire Solutions Consulting, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/12/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Thomas Basile, 161 Homes Dale Ave., Albany, NY 12208. Purpose: to carry on the independent consulting business conducted by the Member and any other lawful business, purpose or activity, which an LLC may carry on under the LLC. LD-12003 (August 24, 2005)

LEGAL NOTICE

LEGAL NOTICE
 Notice of Qualification of Capital One Services II LLC. Authority filed with Secy. of State of NY (SSNY) on 7/20/05. Office location: Albany County, LLC formed in Delaware (DE) on 5/18/05. 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: 1680 Capital One Drive, McLean, VA 22102. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
 LD-12004
 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of SYNTEK LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/27/05. 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-12005
 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of 2929 Expressway, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/5/05. Office location: Albany County, LLC formed in Delaware (DE) on 6/28/05. 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: c/o 630 W. Germantown Pike, Ste. 300, Plymouth Meeting, PA 19462. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
 LD-12006
 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of PREMIER GROUP SERVICES LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/1/05. 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-12023
 (August 24, 2005)

LEGAL NOTICE

NOTICE FOR PUBLICATION OF A NEW YORK LIMITED LIABILITY COMPANY PURSUANT TO NEW YORK LIMITED LIABILITY COMPANY LAW SECTION 206(C)
 1. The name of the limited liability company is Donato Carpentry, LLC
 2. The date of filing of the articles of organization with the Department of State was May 11, 2005
 3. The county in New York in which the office of the company is located is Albany
 4. The Secretary of State has been designated as agent of the company upon whom process may be served, and the Secretary of State shall mail a copy of any process against the company served upon him or her to David Donato
 7 Gay Street
 Delmar, N.Y. 12054
 5. The latest date upon which the company is required to be dissolved is August 31, 2049
 6. The business purpose of the company is to engage in any and all business activities permitted under the laws of the State of New York
 LD-12025

LEGAL NOTICE

(August 24, 2005)
LEGAL NOTICE
NOTICE OF ANNUAL RETURN
 The annual return for McNamee Charitable Trust for the calendar year ending 12/31/2004 is available for public inspection during regular business hours by any interested individual at the Foundation's principal office located at 677 Broadway, Albany, NY 12207, beginning on the date of this publication and continuing for 180 days thereafter. The phone number is (518) 447-8500. The principal manager of the Foundation is George C. McNamee.
 LD-12026
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF TRADEMARKS AND PATENTS LLC
 The name of the LLC is TRADEMARKS AND PATENTS LLC. The date of filing of the Articles of Organization with the N.Y. Secretary of State is: 07/15/05. The office of the LLC shall be in the County of ALBANY and State of N.Y. The N.Y. Secretary of State is designated as agent of LLC upon whom process may be served. The post office address to which the Secretary of State shall mail a copy of any such process served upon her is: The LLC, 301 East 79th St, Suite 24-H, New York, NY 10021. The purpose of the LLC is to transact any lawful business.
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF BLUE REAL ESTATE LLC
 The name of the LLC is BLUE REAL ESTATE LLC. The date of filing of the Articles of Organization with the N.Y. Secretary of State is: 07/13/05. The office of the LLC shall be in the County of ALBANY and State of N.Y. The N.Y. Secretary of State is designated as agent of LLC upon whom process may be served. The post office address to which the Secretary of State shall mail a copy of any such process served upon her is: The LLC, 301 East 79th St, Suite 24-H, New York, NY 10021. The purpose of the LLC is to transact any lawful business.
 LD-12029
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF ABERCROMBIE INTERNATIONAL SERVICES LLC
 The name of the LLC is ABERCROMBIE INTERNATIONAL SERVICES LLC. The date of filing of the Articles of Organization with the N.Y. Secretary of State is: 07/12/05. The office of the LLC shall be in the County of ALBANY and State of N.Y. The N.Y. Secretary of State is designated as agent of LLC upon whom process may be served. The post office address to which the Secretary of State shall mail a copy of any such process served upon her is: The LLC, 301 East 79th St, Suite 24-H, New York, NY 10021. The purpose of the LLC is to transact any lawful business.
 LD-12030
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF REVX-420 LLC
 The name of the REVX-420 LLC. App. for Auth. Filed with Sec. of State 07/07/2005. Jurisd. and date of org: MONTANA 06/21/05. NY State office loc: ALBANY County. Sec of State of NY designated as agent of LLC upon whom process may be served. Sec. of State shall mail copy of process to: THE LLC, 8 SOUTH IDAHO STREET, SUITE C, DILLON, MT 59725. Copy of cert. of org. is filed with: Montana Secretary of State, PO Box 202801, HELENA, MT 59620-2801. The character & purpose of the LLC is to transact any lawful business.
 LD-12032
 (August 24, 2005)

LEGAL NOTICE

LD-12031
 (August 24, 2005)
LEGAL NOTICE
 Notice of Formation of an LLC: JM & JH, LLC
 Articles of Organization were filed with the Secretary of State of New York (SSNY) on July 19, 2005. Office location is in Albany County. The 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, 2115 Central Avenue, #117, Schenectady, NY 12304. Purpose: for any lawful purpose.
 LD-12032
 (August 24, 2005)

LEGAL NOTICE

TOWN OF BETHLEHEM BOARD OF APPEALS NOTICE OF PUBLIC HEARING
 Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, September 7, 2005, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Mel & Janice Lamphron for Variance under Article XVII, Side Yards, Section 128-73, Required Widths of the Code of the Town of Bethlehem for construction of an attached garage addition, which will encroach into the side yard setback requirement at premises 71 Fairlawn Drive, Slingerlands New York.
 Michael C. Hodom
 Chairman
 Board of Appeals
 LD-12039
 (August 24, 2005)

LEGAL NOTICE

TOWN OF BETHLEHEM BOARD OF APPEALS NOTICE OF PUBLIC HEARING
 Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, September 7, 2005, at 7:45 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of the Beverwyck for Variance under Article V, Planned Development Districts, Schedule B, off street Parking of the Code of the Town of Bethlehem for a parking Variance determination for the expansion of the existing assistive living facility at premises 41 Beverwyck Lane, Selkirk, New York.
 Michael C. Hodom
 Chairman
 Board of Appeals
 LD-12040
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF REVX-419 LLC
 The name of the REVX-419 LLC. App. for Auth. Filed with Sec. of State 07/07/2005. Jurisd. and date of org: MONTANA 06/21/05. NY State office loc: ALBANY County. Sec of State of NY designated as agent of LLC upon whom process may be served. Sec. of State shall mail copy of process to: THE LLC, 8 SOUTH IDAHO STREET, SUITE C, DILLON, MT 59725. Copy of cert. of org. is filed with: Montana Secretary of State, PO Box 202801, HELENA, MT 59620-2801. The character & purpose of the LLC is to transact any lawful business.
 LD-12042
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF REVX-418 LLC
 The name of the REVX-418 LLC. App. for Auth. Filed with Sec. of State 07/07/2005. Jurisd. and date of org: MONTANA 06/21/05. NY State office loc: ALBANY County. Sec of State of NY designated as agent of LLC upon whom process may be served. Sec. of State shall mail copy of process to: THE LLC, 8 SOUTH IDAHO

LEGAL NOTICE

STREET, SUITE C, DILLON, MT 59725. Copy of cert. of org. is filed with: Montana Secretary of State, PO Box 202801, HELENA, MT 59620-2801. The character & purpose of the LLC is to transact any lawful business.
 LD-12043
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF 4INCOME LLC
 The name of the LLC is 4INCOME LLC. The date of filing of the Articles of Organization with the N.Y. Secretary of State is: 06/22/05. The office of the LLC shall be in the County of ALBANY and State of N.Y. The N.Y. Secretary of State is designated as agent of LLC upon whom process may be served. The post office address to which the Secretary of State shall mail a copy of any such process served upon her is: The LLC, 301 East 79th St, Suite 24-H, New York, NY 10021. The purpose of the LLC is to transact any lawful business.
 LD-12044
 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of First Advantage CIG, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/2/05. Office location: Albany County, LLC formed in Delaware (DE) on 7/22/05. 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: One Progress Plaza, Ste. 2400, St. Petersburg, FL 33701. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: credit reporting services.
 LD-12048
 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of Inland Western Saratoga Springs Wilton Member, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 7/8/05. Office location: Albany County, LLC formed in Delaware (DE) on 6/22/05. 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: 2901 Butterfield Road, Oak Brook, IL 60523. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: to acquire, own, hold, administer, service, manage, sell and otherwise deal with property or any interest therein, either directly or indirectly.
 LD-12049
 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of MARIVILLE MATERIALS, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/5/05. Office location: Schenectady County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Connor, Curran & Schram, PC, P.O. Box 77, 441 East Allen St., Hudson, NY 12534. Purpose: any lawful activity.
 LD-12050
 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of Inland Western Saratoga Springs Wilton Member II, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 7/8/05. Office location: Albany County, LLC formed in Delaware (DE) on 6/22/05. 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: 2901 Butterfield Road, Oak Brook, IL 60523. Arts. of Org. filed

LEGAL NOTICE

with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: to acquire, own, hold, administer, service, manage, sell and otherwise deal with property or any interest therein, either directly or indirectly.
 LD-12051
 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of EACHERN CONSULTANTS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/5/05. 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-12052
 (August 24, 2005)

LEGAL NOTICE

NOTICE FOR PUBLICATION PURSUANT TO NY LLC LAW SECTION 206
 The name of the limited liability company is THE MASTER BATH, LLC. The date of the filing of the Articles of Organization was 07/26/05. The County in which the office of the LLC is to be located is Schenectady. The agent of the LLC upon whom process against it may be served is the Secretary of State and such shall mail a copy of any process to: Burke & Casserly, PC, 255 Washington Ave Ext, Albany, NY 12205. The purpose of the Company is to engage in any lawful act or activity for which limited liability companies may be formed under the Limited Liability Company Law.
 LD-12059
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
 163 Central Avenue, LLC filed Articles of Organization with the New York State Secretary of State on July 27, 2005. Its Office is located in Albany County, New York. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process so served to 163 Central Avenue, LLC, P.O. Box 395, New York, New York 10150. Its business is to engage in any lawful activity for which limited liability companies may be organized under section 203 of the New York Liability Company Law.
 LD-12063
 (August 24, 2005)

LEGAL NOTICE

NOTICE TO BIDDER FOR THE COLLECTION OF REFUSE AND RECYCLABLES
PLEASE TAKE NOTICE
 that pursuant to resolution of the Town Board, Town of New Scotland, Albany County, New York sealed bids for the Collection of Refuse and Recyclables will be received at the Office of the Town Clerk at the Town Hall, Town of New Scotland, County of Albany until 10:00 am on the 8th day of August, 2005 at which time they will be opened and read aloud. Bids will be submitted in duplicate in sealed envelopes which shall bear on the face thereof the name and address of the bidder and the title, "Bid for collection and Refuse and Recyclables". Detailed specifications and bid forms are available to any interested bidder at the office of the Town Clerk.
 The contract for the purchase of the above services will be awarded by the Town Board to the lowest responsible bidder. In case where two or more responsible bidders submit identical bids as to price, the Town Board may reject any or all bids at its discretion.
 The Town Board reserves the right to waive any informalities in or to reject

LEGAL NOTICE

any or all bids.
 All bids must be accompanied by Non-Collusion Bidding Certificate required by Section 103-d of the General Law.
BY THE ORDER OF THE TOWN BOARD OF THE TOWN OF NEW SCOTLAND
 DATED: July 13, 2005
 Diane Deschenes
 Town Clerk
 LD-12066
 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of B.A.G. Webster #198, L.P. Authority filed with Secy. of State of NY (SSNY) on 07/28/05. Office location: Albany County. LP formed in California (CA) on 5/17/05. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: The Partnership, 8665 Wilshire Blvd, Suite 302, Beverly Hills, CA 90211. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with CA Secy. of State, Kevin Shelley, 1500 11th Street, Sacramento, CA 95814. Purpose: any lawful activities.
 LD-12070
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF ACHIEVE HEALTHCARE INFORMATION SYSTEMS LLC
 The name of the ACHIEVE HEALTHCARE INFORMATION SYSTEMS LLC App. for Auth. Filed with Sec. of State 07/29/2005. Jurisd. and date of org: DELAWARE 07/29/05. NY State office loc: ALBANY County. Sec of State of NY designated as agent of LLC upon whom process may be served. Sec. of State shall mail copy of process to: c/o National Registered Agents, Inc., 875 Avenue of the Americas, Suite 501, New York, NY 10001. Address required to be maintained in home jurisdiction: 7690 Golden Triangle Drive, Eden Prairie, MN 55344. Copy of cert. of org. is filed with: Delaware Secretary of State, P.O. Box 898, Dover, DE 19903. The character & purpose of the LLC is to transact any lawful business.
 LD-12071
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
 1. The name of the limited liability company ("Company") is GRIFFON TITLE AGENCY, LLC.
 2. The Articles of Organization were filed with the Secretary of State of New York ("SSNY") on 7/22/2005.
 3. The county within New York State in which the office of the Company is located is Albany County.
 4. SSNY has been designated as agent of the Company upon whom process against it may be served, and the post office address within New York State to which the SSNY shall mail a copy of any process against the Company is 291 Hudson Avenue, Albany, NY 12210.
 5. The purpose of the business of the Company is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of Delaware or the State of New York.
 LD-12072
 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of Shannon Properties, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/10/05. Office location: Albany County, LLC formed in North Carolina, (NC) on 2/12/01. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207. NC address of LLC: 1115 E. Morehead St., Charlotte, NC 28204-2857. Arts. of Org. filed with NC Secy. of State, Corp. Div., 300 N. Salisbury St., Raleigh, NC 27603-5909. Purpose: any lawful

LEGAL NOTICE

activity.
 LD-12075
 (August 24, 2005)

LEGAL NOTICE

Notice of Formation of Chansonette Farm, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/10/05. 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 Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. Purpose: buy, own, train & sell competition show horses.
 LD-12075
 (August 24, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF MAMMOR LLC
 Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/04/2005. 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, 25 Greystone Manor, Lewes, DE 19958, registered agent upon whom process may be served (None). Purpose: any lawful activities.
 LD-12077
 (August 24, 2005)

LEGAL NOTICE

INVITATION TO BIDDERS
 Architect: Collins + Scoville Architects, P.C. 40 Beaver St. Albany, NY 12207 PH: 518-463-8068 FX: 518-463-8069
 Project Information: Bethlehem Central School District District-Wide Temperature Controls
 The Owner, the School Board of Bethlehem Central School District, will receive separate sealed bids to furnish materials and labor to complete additions, alterations and sitework at Bethlehem Middle 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. BC-01- Temperature Controls
 Two copies of sealed bids will be received until 2:00 p.m. prevailing time, on Wednesday, August 31, 2005 at Bethlehem Central School District, Operations and Maintenance, 65 Elm Avenue, 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 August 19, 2005 free of charge at the following locations:
 Bethlehem Central School District
 65 Elm Avenue
 Delmar, New York 12054
 Sano-Rubin Construction Co., Inc.
 624 Delaware Avenue
 Albany, NY 12209
 F.W. Dodge Reports
 231 Salina Meadows Pkwy
 North Syracuse, New York 13212
 Northern New York Builder's Exchange, Inc.
 22074 FABCO Road
 Watertown, NY 13601
 Works In Progress
 20 Farrell St.
 South Burlington, VT 05403
 Collins + Scoville Architects, PC
 40 Beaver Street
 Albany, New York 12207
 Eastern Contractor's Association
 6 Airline Drive
 Albany, New York 12205
 F.W. Dodge Reports
 6 Wembley Court
 Albany, New York 12205
 Syracuse Builders Exchange
 6563 Ridings Road
 Syracuse, New York 13206
 Champlain Valley Builders Exchange
 5436 Peru Street
 Suite 2 P.O. Box 1097
 Plattsburg, New York 12901
 Collins + Scoville Architects, P.C.
 Project No. 05161.00
 Complete sets of Bidding Document drawings and

New

(From Page 34)

this fall.

"Hopefully, we'll still get the crowds (that packed the Armory in the 1980s)," said Rowland, who is one of Richardson's three assistants. "Winning will produce that. But, I'll bet the spirit of those championships is still in there."

Besides the Patrons, Coyne said he hopes to keep the Armory active with concerts and other special events, starting with a performance by jazz artist George Benson at the Sept. 10 gala.

"We're looking to do 100 to 150 event days a year," he said.

Slow progress at Bleecker

As workers continue to get the Armory ready for its gala opening, not much has been done to get Bleecker Stadium ready for the high school football season, which begins in two weeks. Sections of the bleachers that are decaying have been cordoned off, but former Albany parks and recreation director Dick Barrett said nothing else had been done upon his most recent visit.

"The bottom line is the city was

negligent in this arena, and now there's yellow tape all over the stands," Barrett said.

Fixing the bleachers isn't complicated, Barrett said. "Where we are seeing the decay is in the seating of the bleachers. That's very repairable," he said.

The difference between the speed of reconstruction at Bleecker and the Armory is who owns each facility. Albany Basketball and Sports bought the Armory from the state last year after plans to move the city library into the turn-of-the-century building fell through. With no need to push renovations through a governmental body, rehabilitating the Armory started almost immediately after the sale.

Coyne, a former Albany

County executive, said the timelines on fixing a facility depend on where the money comes from.

"Certainly, private investment moves faster than government,"

Halls

(From Page 34)

but with a nickname like "the Animal," he's also a perfect match for this hall).

• The Andy Warhol "15 Minutes of Fame" Hall of Fame — Located in Soho. Inductees will be rotated every 15 minutes so no one gets more than they deserve. Honorees would include Vanilla Ice, Gary Coleman, Tiffany, Hammer, Pauly Shore, Joey

he said. "But, I'm sure the mayor (Jennings) will come up with something (for Bleecker)."

A call to Jennings' office about Bleecker Stadium was not immediately returned.

Buttafucio, "The Runaway Bride" and ... well, you get the idea.

• The Stupidity Hall of Fame — This one would need a big building, so let's locate it somewhere in Texas (they like big things in that state — it's in their slogan). One wing would be devoted to dumb criminals, another would be devoted to infamous athletes (Buffalo Bills' kicker Scott "Wide Right" Norwood would be in there for sure) and a third wing would be home to famous people who made egregious errors in judgment. A whole section on Michael Jackson would need to be set aside in that wing.

And finally ...

• The Hall of Fame Hall of Fame — Suggested by our office manager, Brooke Hebert, it would honor the best halls of fame. Seems like a natural progression.

Lacrosse club offers training programs

Capital Land Lacrosse Club offers several fall programs for children and adults.

There is a boys lacrosse program for children in grades two through 12 and a girls program for students in grades four through 12. Both programs start Sept. 18.

There is also a stick-only program for children in kindergarten through fifth grade starting Sept. 18.

The club is offering a goaltender training program for boys and girls beginning Sept. 20. Beginners through varsity-level goaltenders are welcome.

For adults, the club is offering a men's fall lacrosse program starting Sept. 6.

For information, call Chad Finck at 383-3245.

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Teacher-Artistic Director

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Auction

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LEGAL NOTICE

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

LEGAL NOTICE

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

LEGAL NOTICE

any Bid and return Bid Security prior to that date. A Pre-Bid Conference is not scheduled for this project. Please direct any questions regarding the bids to Richard Peckham at Collins + Scoville Architects (518) 463-8068. 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 Pre-

LEGAL NOTICE

vailing 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
LD-12079 (August 24, 2005)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
81 Ten Broeck Street, LLC filed Articles of Organization with the New York State Secretary of State on August 15, 2005. Its Office is located in Albany County, New York. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process so served to 81 Ten Broeck Street, LLC, P.O.

LEGAL NOTICE

Box 395, New York, New York 10150. Its business is to engage in any lawful activity for which limited liability companies may be organized under section 203 of the New York Liability Company Law. LD-12094 (August 24, 2005)

LEGAL NOTICE

Notice of Qualification of CRES Insurance Services, LLC, with a fictitious name of CRES Insurance Agency

LEGAL NOTICE

Services. App. for Auth. filed Sec'y of State (SSNY) 7/26/05. Office location: Albany County, LLC org. in CA 2/21/01. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: c/o CSC, 80 State St., Albany, NY 12207. LLC addr. in CA: P.O. Box 500810, San Diego, CA 92150. Purpose: any lawful purpose. LJ-12061 (August 24, 2005)

Countdown

(From Page 34)

Heritage Park was opened in the spring of 1983 as the home of the Albany-Colonie A's, the class AA Eastern League affiliate of the Oakland A's. Two years later, the team switched affiliates and became a New York Yankees' farm team — a relationship that lasted until the franchise moved to a new stadium in Norwich, Conn., in the mid 1990s.

Prior to leaving Heritage Park, the owners of the Albany-Colonie

Yankees asked the town and Albany County to make some improvements to the facility including additional seating, bathrooms and concession stands, as well as a covering for the stands. Zambardino said the cost of the improvements would have been approximately \$3.5 million, but neither the town nor the county offered to spend the money to do so.

"I don't know if the interest was there between the two communities," Zambardino said.

Scotia-Glenville offers coaching courses

Scotia-Glenville High School is offering state coaching courses this fall.

Course I, *Philosophy, Principles and Organization of High School Athletics* is offered every Monday from 6:30 to 8:30 p.m. from Sept.

19 to Dec. 19.

Course III, *Theory and Techniques of Coaching* is offered on Sept. 17 and Nov. 5 from 8 a.m. to 3 p.m. Students must attend both sessions.

For information, call 382-1237.

Heritage Park played host to the Albany-Colonie Diamond Dogs — a team in the independent Northeast League — for several seasons before that franchise dropped out of existence in 2002. There was occasional activity at Heritage Park in 2003 with high school and collegiate baseball games, but it became idle after the county announced that it intended to purchase the stadium to build a nursing home.

Now with everything from the scoreboard and the lights to the bleachers up for sale, a 22-year-old stadium will soon become history.

"The only good part is I'm retiring in nine days, so I guess it goes when I go," Zambardino said. "Maybe I'll be retiring with the stadium."

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NOTICE WATER CONSERVATION TOWN OF BETHLEHEM WATER DISTRICT NO. 1

The use of water for sprinkling of lawns and shrubs shall be allowed only before 10 a.m. and after 4 p.m.



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- Stk#EU1898 2002 A6, 4.2L, 41,000 miles \$31,995
- Stk#EU1998 2001, TT, 6 speed, 34,000 miles \$23,995

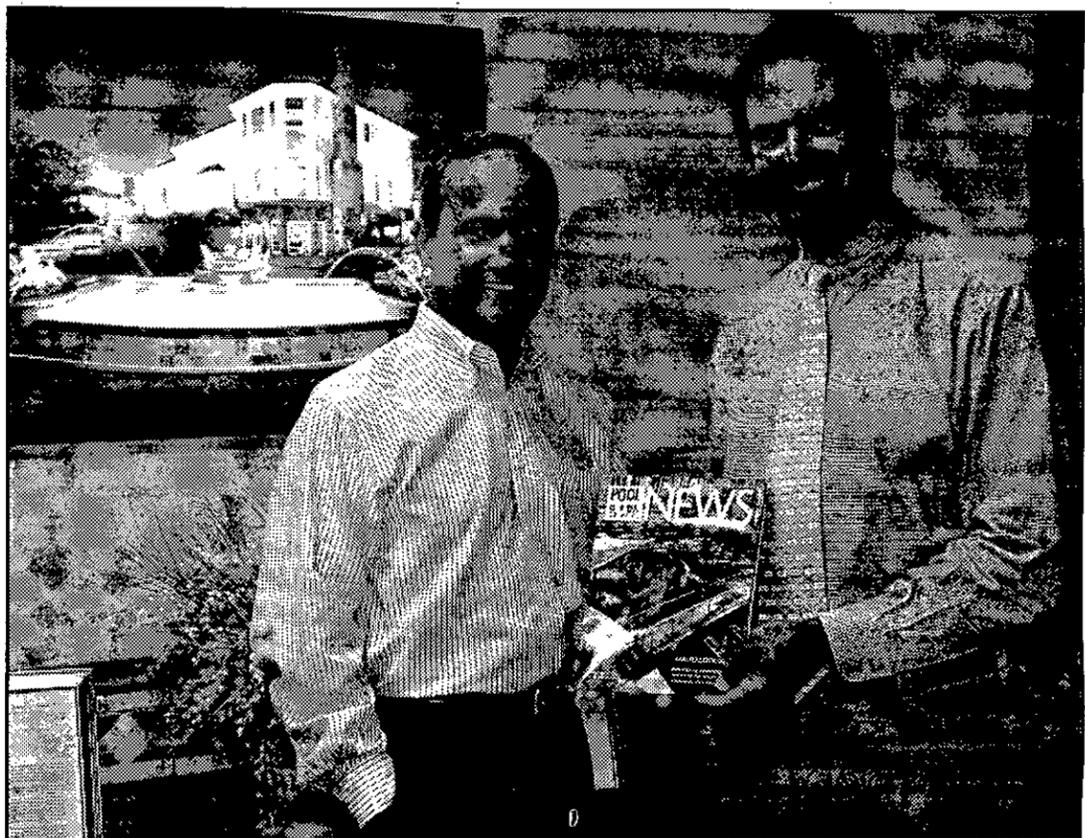
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Local Pool Designer Wins Industry's Top Honors

Aug 11, 2005, Latham, NY

Mark Laven, C.E.O. of Latham Plastics, Inc., has ample reason to congratulate Mike Giovanone, president/owner of locally based Concord Pools, LTD. Giovanone was recently awarded the Master of Design as a Pacific Pools Showcase Builder. The Master of Design is the most prestigious award in the pool industry, presented for excellence in custom design and innovation by the editors and managers of the Los Angeles-based magazine Pool & Spa News, the industry's leading publication. Pacific Pools (a division of Latham Plastics, Inc.) is North America's largest manufacturer of vinyl-liner pools; and Concord Pools is the largest dealer of Pacific Pools in the nation.

Mike Giovanone, a resident of Saratoga Springs, has been on the cutting edge of pool design for 33 years and is recognized as an innovative force in the industry. Giovanone is the most decorated pool designer in upstate New York, having been inducted into the Aqua Magazine Swimming Pool Hall of Fame and named a Top 50 Swimming Pool Retailer nationwide, among many other bestowals. Of the thousands of designers to participate worldwide, Giovanone was one of only four in North America and two in the U.S. to receive the Master of Design award and is the only designer in New York State ever to have been so honored.

Concord Pools has locations in Latham, Saratoga, Clifton Park, and Guilderland. According to Giovanone, "We have built over 11,000 pools in New York, Vermont, and Massachusetts. We employ approximately 150 local people, and Pacific employs over 1000"

The Masters of Design award ceremony will be held in November 2005 in Orlando, Florida, where Giovanone also serves as an advanced educator for the National A.P.S.P. (Association of Pool and Spa Professionals).

MASTERS OF DESIGN
POOL & SPA NEWS



concordpools.com

More halls to walk through

From the sports desk...

By ROB JONAS

America is reaching the point where there will soon be a hall of fame for everything.

We have halls for baseball, basketball, football, soccer, boxing, college sports, softball, golf, tennis, thoroughbred racing, auto racing, amateur wrestling and professional wrestling (I can't count hockey because its hall of fame is in Canada).

We have halls for rock musicians, country musicians, blues musicians, bluegrass musicians and comedians. There's also the Hollywood Walk of Fame for entertainers of almost every genre you can think of.

Business organizations have halls of fame. School districts have halls of fame. Heck, sports mascots have a hall of fame (first induction class: the Phillie Phanatic, the San Diego Chicken and the Phoenix Gorilla — no joke).

At the rate we're adding halls of fame, every American currently alive will likely be inducted into one by the year 2020. OK, maybe that's a slight exaggeration, but it certainly will seem like it.

Some possible future halls of fame:

- The Groundskeepers Hall of Fame — Located somewhere in Kentucky where the bluegrass grows nice and thick. Tops on my list of inductees is George Toma, the man who makes football fields into works of art for the Super Bowl.

- The Reality TV Hall of Fame — Located in the first house used for MTV's "The Real World" series in New York City. First inductees would include Richard "First Survivor" Hatch, Omarosa from "The Apprentice," Puck from "Real World: San Francisco" and Simon Cowell from "American Idol."

- The Meteorologist Hall of Fame — Located in the Atlanta headquarters for the Weather Channel. Jim Cantore must be part of the first inductee class for having traveled into the path of every east coast hurricane since the 1990s.

- The Animal Hall of Fame — Located next to the San Diego Zoo. Honorees would include Lassie, Ben from "Grizzly Adams," Arnold Ziffle from "Green Acres" and George "the Animal" Steele (I know he's human and a pro wrestler,

□ HALLS/page 32

Sports

A new beginning in Albany

Work nears completion on Armory

By ROB JONAS

As one sports landmark in Albany crumbles, another one is about to shine again.

Work is nearing completion on turning the Washington Avenue Armory from a rundown National Guard ammunition depository into a 3,500-seat multi-purpose arena.

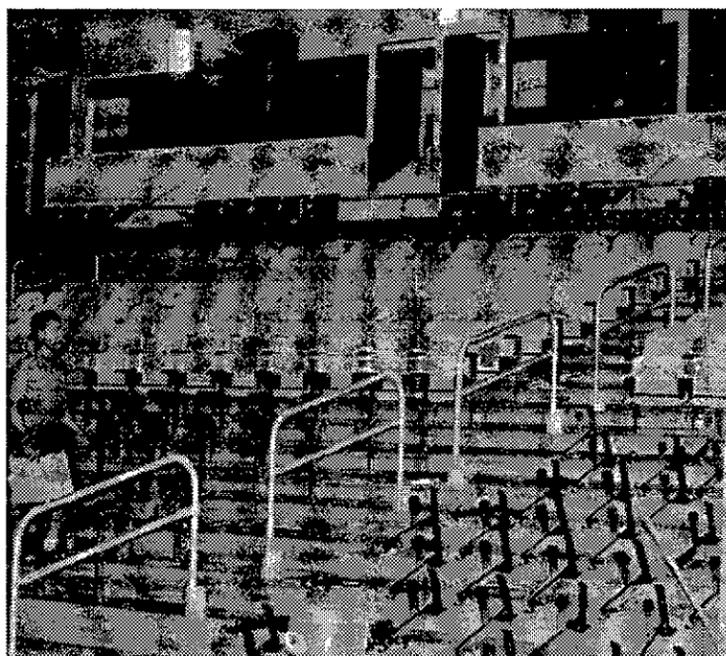
"This, in my vision, completes a triangle from the Pepsi (Arena) to the Palace Theatre and now the Armory," said Albany Basketball and Sports Executive Vice President Jim Coyne.

Exterior work has already been done to shore up the building's structural integrity. Inside, bleachers are being erected, and the pre-existing balcony seating is being turned into luxury boxes. Other items such as a new lighting system and a removable basketball floor are scheduled to arrive prior to the Armory's gala opening Sept. 10.

"We're right on target with it. We're right on schedule," Coyne said.

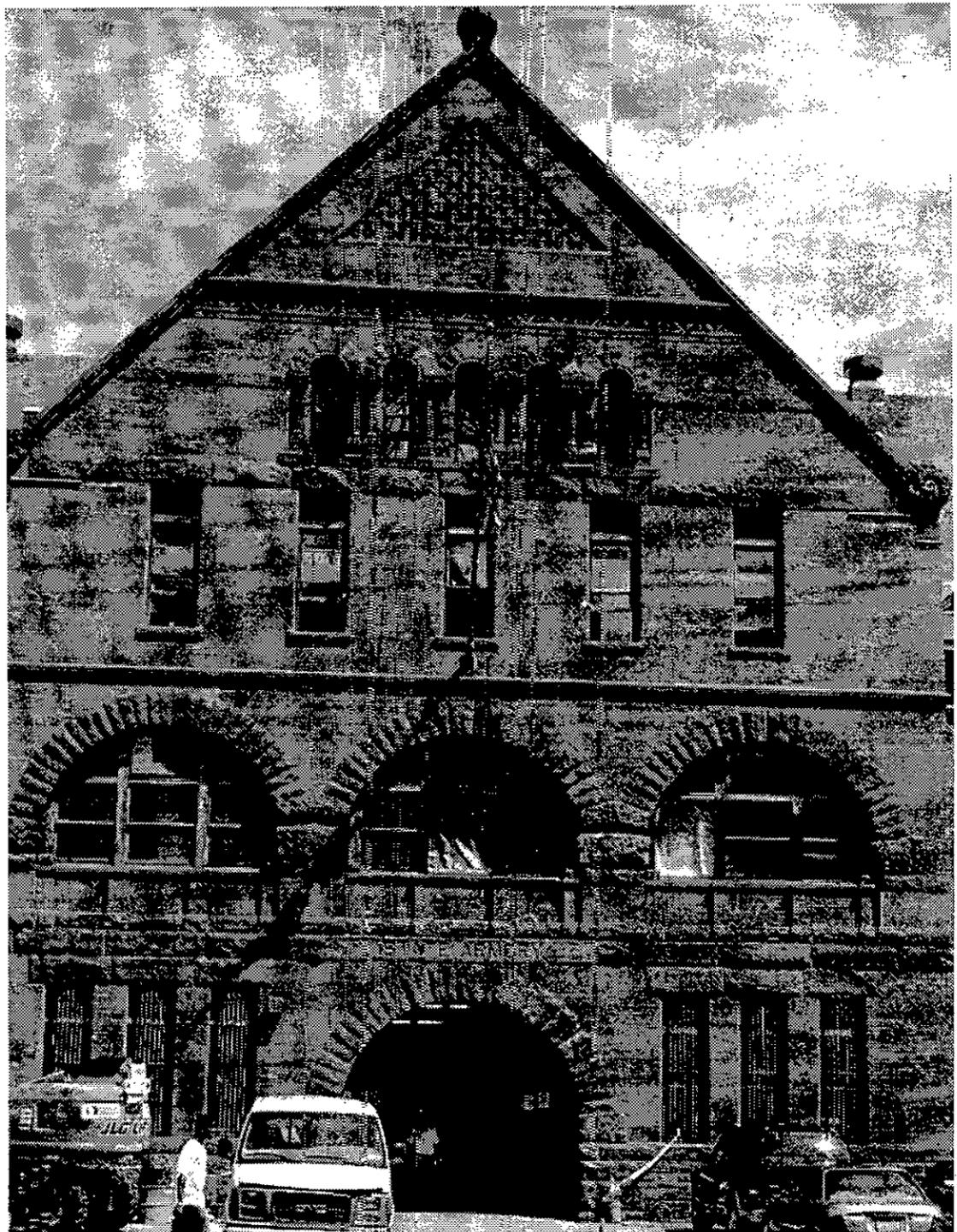
Meanwhile, Bleecker Stadium — approximately seven blocks west of the Armory — continues its decay. Recently, Colónie Central varsity baseball coach Greg Lanni was injured when a concrete stair gave way as he was walking down the bleachers on the baseball side of the stadium. Lanni suffered several cuts and scrapes on the leg that went through the stair, but he said he was going to visit a doctor again last week to see if there was any further damage.

"The bleachers are not safe," said Lanni, "and something has to be done to make sure this doesn't happen to anyone else."



Seats are being added to the stands that occupy the space in front of the old balcony inside the Armory. The balcony is being converted into luxury boxes.

Rob Jonas



The exterior work on the Washington Avenue Armory is mostly completed. Inside, the construction crew is working on getting the facility ready for its re-opening as a sports and entertainment facility. Rob Jonas

Return of the Patroons

The main reason why the Armory is being remodeled is to welcome back the Albany Patroons nearly a decade after the original Continental Basketball Association franchise moved out.

"I'm thrilled," said Coyne, who will be the team's general manager. "I think we have a great coaching staff, and the players will be phenomenal."

The Patroons called the

Armory home for the first nine years of their existence, but they moved into the Pepsi Arena (then called Knickerbocker Arena) when the 15,000-seat downtown Albany arena opened in January 1991. While the move was an upgrade from a cold, worn-out Armory, fans didn't follow the team to the new arena. Within several years, the Patroons left town.

Coyne said the atmosphere changed when the Patroons left the Armory. "It lost its intimacy," he said. "The Pepsi, for the most part, is a hockey facility, and a hockey facility isn't the best place

for basketball. A place like (the Armory) is so intimate, people will really be on top of the court."

The Armory was the setting for both of the Patroons' CBA championships and kickstarted the coaching careers of Phil Jackson and George Karl. It was also Bill Musselman's final CBA stop before joining the NBA with the expansion Minnesota Timberwolves.

Two former Patroons, Michael Ray Richardson and Derrick Rowland, will be guiding the new team when it begins its season

□ NEW/page 32

Countdown to demolition

Heritage Park auction Saturday

By ROB JONAS

Heritage Park's days are numbered, but how many days are left are anyone's guess.

Pieces of Colónie's former minor league baseball stadium are being auctioned off Saturday, but demolition won't begin until after Albany County secures the state funding it needs to purchase the town's share of the land and build a new nursing home.

"Outside of the auction, we don't really know when the county will have the funding in place," said outgoing Colónie parks and recreation director Jim Zambardino. "Once they do have the funding, we will sell our share and they can begin tearing down the stadium."

□ COUNTDOWN/page 33

Plaid

(From Page 1)

clothes for school than for everything else."

John Noetzel, spokesman for the South Colonie Central School district, agrees.

"We haven't considered a uniform policy for a lot of reasons," he said. "Who would pay for it, and how much would it cost? Our school board and administration feels that students should be allowed to be individuals as long as they conform with the dress code."

The BH-BL dress code has similar stipulations as the Bethlehem district and South Colonie school districts, including no shirts with lewd sayings or baring of midriff or undergarments. Noetzel said parents and students sign a code of conduct at the beginning of the school year, and an appropriate dress code is part of that. But Multer said the school is not the clothing police.

"We want to make sure students can concentrate on what they are there for, but it is hard to draw the line sometimes," she said. "Some students who wear chains or who fix their hair into sharp spikes are a safety concern, not just style."

Uniforms in public schools are not a trend, according to David Ernst, director of communications for the New York State National School Boards Association.

"Uniforms are more common among charter schools and Catholic schools," he said. "But the dress codes being adopted

have become more stringent." Ernst said dress codes are reflective of larger trends with dressing more casually, and he said districts are more prescriptive in what is acceptable and what is not.

Private schools are another matter. Multer said because these institutions are private, they can set their own rules and could expel a student for not following the rules.

"We're a public school, we can't throw students out," she said.

"Adopting and enforcing a dress code works well in our district. Uniforms are not something this district has ever considered."

Jessica Shekton

Private schools that require uniforms have the same goal in mind as public schools with dress codes. Carol

Burns, spokes-woman for the Albany Academy, said the private institution encourages serious work and attention, and the uniforms help maintain the focus on schoolwork.

"The dress code is a guideline and a reminder to take education seriously," she said. "In the workforce, people are expected to present a certain image, and we are preparing our students for adulthood by requiring uniforms."

Ironically, Burns said the school requires uniforms in part to prevent students from becoming clones of each other.

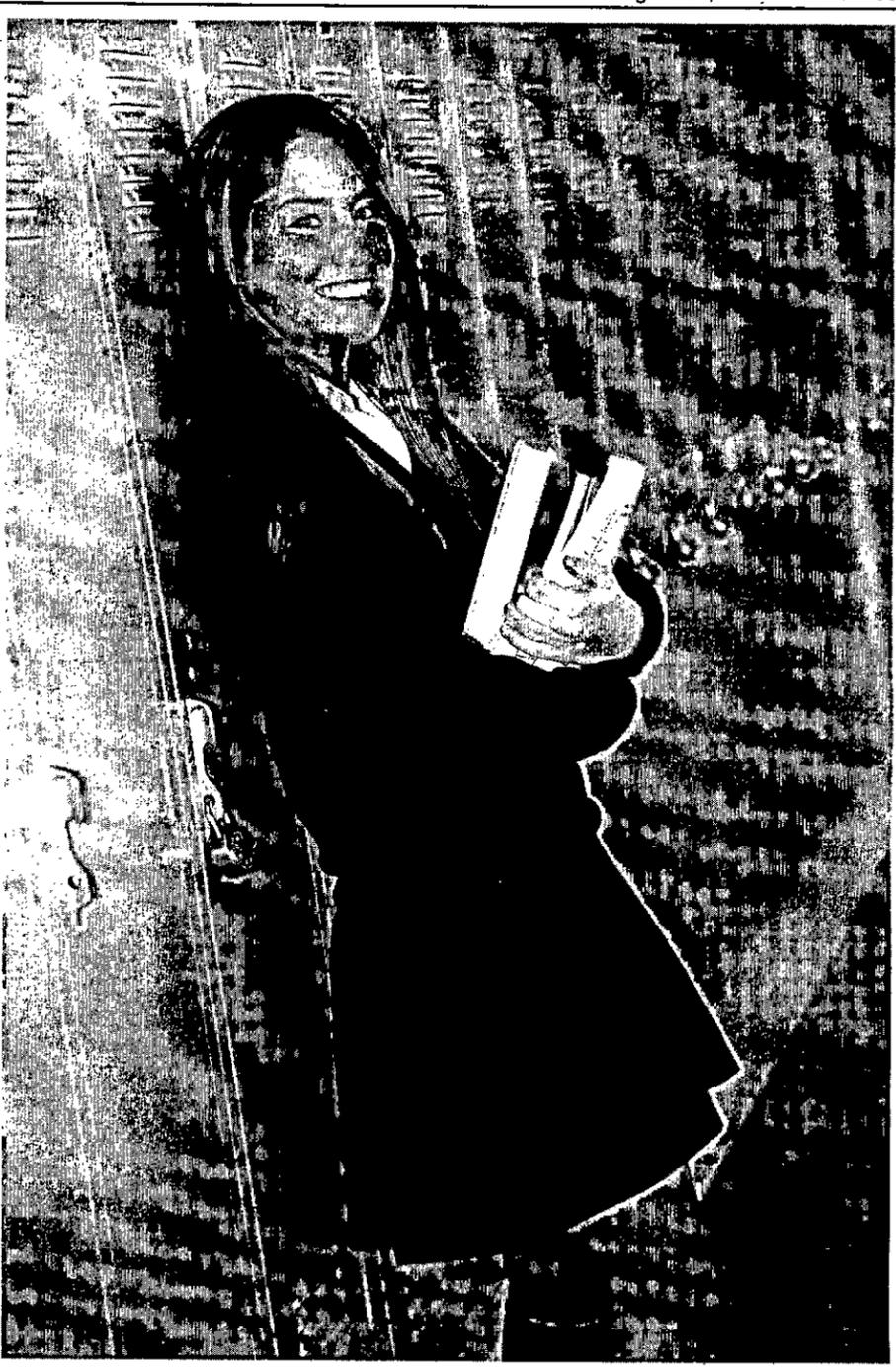
"I don't believe students are clones if they wear uniforms," she said. "We want our students to make statements and express their individuality by their accomplishments in sports, music and academics endeavors."

She said with the focus off clothing and appearance, it's

one less thing for students to worry about. However, she said, some students have taken to "individualizing" their uniforms and "pushing the envelope", hence a letter which was recently sent to parents and students clarifying the rules. Students who arrive at school out of uniform or not in compliance are not allowed to attend classes and parents are contacted.

Dress code at the Albany Academy is not just limited to uniform. Hair length, facial hair and most jewelry are not allowed to be worn at school, and restrictions on style and color of all clothing items are a mainstay at the school.

"For the most part, the students don't seem to mind the dress code," said Burns. "It will always be an issue for some kids, but this is an independent institution, and cultural and societal norms prescribe that appearance and dress do count for something."



Uniform

(From Page 1)

associated with clans.

Tartans were banned for a while after the British conquered the Scottish in 1745. But the Scots rebelled, continuing to wear a subtle tartan in trousers, for example. By the 19th century the fashion had spread into England and Ireland.

As for school uniforms, they also evolved beginning in the 16th century. Charity schools for poor children in England were the first to require such uniforms. Only in the 19th century did uniforms come to England's private schools. Original uniforms still have their descendants today: Eton collars, striped ties, blazers, grey short trousers, knee socks with colored band in school colors.

While the uniform's connection to plaid may be lost, one of the arguments heard for uniforms is their low-cost and durability.

Christi Smith, the owner of

Student Styles by Smith said that the cost of a uniform depends on how much clothing parents buy for their students. Some parents buy five sets of a uniform, one for each day of the week; other parents buy one uniform set, she said. It depends on the economics of the school.

Typically, a spring skirt,

Schools take in to account a number of factors when deciding where to tell their students to purchase the official uniform.

Two years ago, Spa Catholic decided to tell parents to use the Land's End catalog to order uniforms, Holmes said. The mail-order option was decided on, he added, because a local distributor was often out of stock.

At Christ the King School, history teacher David Veeder said, parents are also advised to mail order to the Flynn and O'Hara company. Mail order was decided on after a previous local company went out of business, he

said. Students at Bishop Maginn buy their uniforms at Student Styles by Smith as part of a contract with the school, Generali said.

The uniform has remained largely the same for the last 10 years, though it has been streamlined to be more monochromatic. It's more accessible for the student that way, he said, and it makes disciplining the uniform easier to do.

What we call plaid is called tartan in Britain, Scotland and Ireland where it originated. In those countries, plaid refers to a specific type of kilt-like garment.

winter skirt, five pairs of knee socks, five blouses and a sweater for a girl would run between \$190 and \$220. For boys, three pairs of pants, five shirts, a sweater and five pairs of socks would also run between \$190 and \$210.

"We have higher end uniform quality," she said.

It's made to last, Smith added, noting that many schools offer uniform exchanges because of the durability of the clothes.

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