

Area News
BETHLEHEM PUBLIC LIBRARY



Park expects busy summer

With seven different parks, three swimming pools, several athletic fields, basketball and tennis courts, along with a new spray park for children, summer 2006 is expected to be a busy one for the town of Bethlehem recreation department.

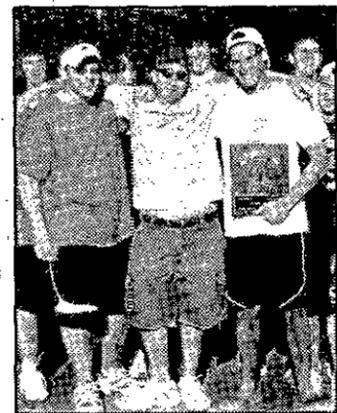
See story on Page 3.



P.I. with cat eyes

The New York State Theater Institute is kicking off its summer season with a world premier musical, "The Cat, the Sun and the Mirror." This production for all ages tells the tale of a spy cat who must look within himself to save a city of people searching for the sun.

See story on Page 21.



Eagles triumph

The Bethlehem boys tennis team wins first Section II, Class A title since 2001.

See photo on Page 34.

Spotlight

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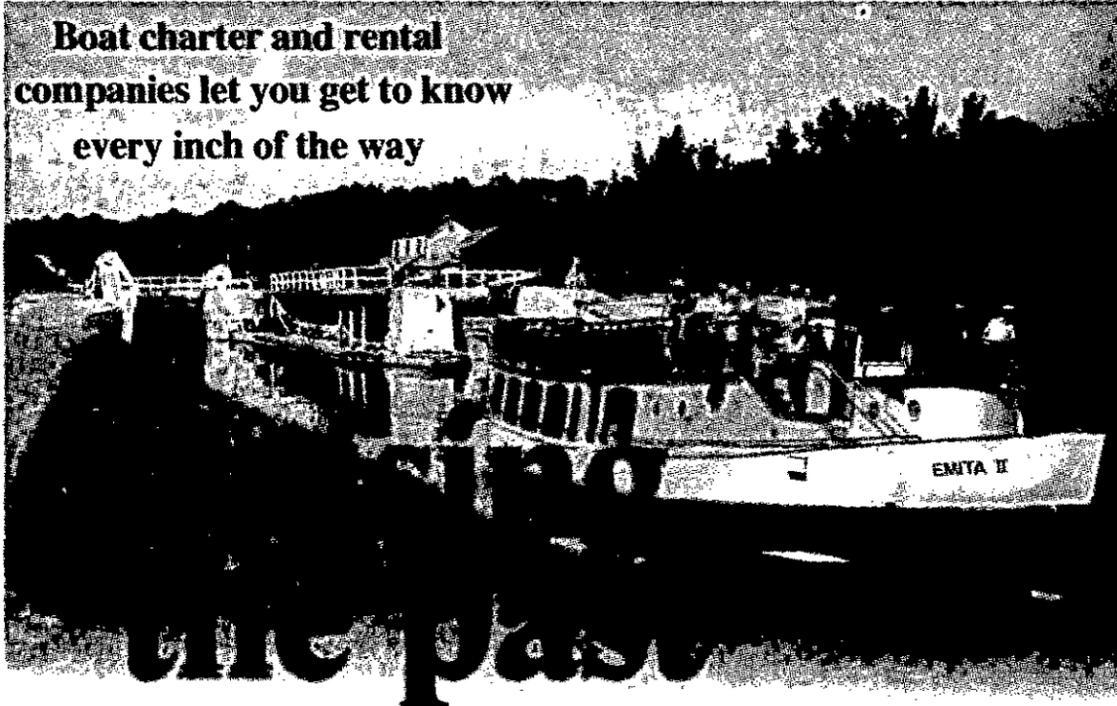
VOLUME L

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JUNE 7, 2006

Boat charter and rental companies let you get to know every inch of the way



BY JIM CUOZZO
How would you like to explore the unique history of the Erie Canal from Albany to Buffalo or the Champlain Canal from Troy north to Glens Falls? Several experienced boat operators are offering day- and week-long excursions along the 338 miles of what was formerly known as Clinton's Ditch. You can select from yachts to floating houses with accommodations either on the boat or at hotels during your stops from Scotia to Seneca Falls.

Sara Wiles, co-owner of Mid Lakes Navigation of Skaneateles in Onondaga County, has been taking tourists from as far as Alaska and Hawaii along the canal's historic byways since 1968.

"My brother Peter is the president, Dan, another brother, is the Captain of Emita II, my sister helps book the charters, and I am the marketing director," said Wiles.

Emita II is a 65-foot long, 22-foot wide, 40-passenger vessel that makes runs from Buffalo, Syracuse, Albany and Troy each summer. The three-day excursion from Albany to Syracuse stops in Amsterdam and Little Falls before ending up on the west side of Oneida Lake near Brewerton.

"This canal route and our Champlain canal cruise, are the most scenic with lovely country and hills, in a really good area of Revolutionary War history," Wiles said. Although the Wiles family is quite knowledgeable about the history of the Erie Canal, so are many of the tourists who sign up for the journey.

"Some people are canal buffs and know everything about the history of the canal and that is fun for them," said Wiles. The Emita II makes 20 departures on average each summer, with a total of 700 guests signing up for the journey. About 15 percent of the people who take the three-day journey are repeat customers. Wiles said the interest in the Erie Canal is increasing.

"I'm not sure where it is all
 Past Page 35



School budget rally begins

By JIM CUOZZO

The reinforcements for a "yes" vote in the Bethlehem School District budget revote June 20 have arrived. The combined Bethlehem School District PTAs are calling on the community to join the 'Bethlehem Families March' for the school budget Thursday, June 15, at 4:30 p.m. rain or shine. The rally will begin at the Middle School on Kenwood Avenue and continue to the Four Corners.

"We are really trying to get the word out to vote 'YES' for the school budget," said Slingerlands PTA co-president Angie Randles. "I was really disheartened by the

first vote, and I know there is a strong group of people who were angry because they just didn't take the time to get out and vote," said Randles.

"... I know there is a strong group of people who were angry because they just didn't take the time to get out and vote."

Angie Randles

Bethlehem's proposed 2006-2007-school budget went down to defeat in May by 600 votes. It was the first budget to go down to

Rally Page 12

Bomb threat at high school

A report of a bomb threat received Tuesday May 30, at Bethlehem Central High School forced the temporary evacuation of students.

Communications director for the district Jessica Sheckton said the bomb threat report came in at 8:40 a.m. "School resource officers and police then began the investigation sweeping safe zone including the gym and auditorium," Sheckton said. Once those areas were deemed safe the student population waited there until the rest of the premises was swept.

"There were no bombs, and no explosive devices were found," Sheckton said. Students returned to their classes around midday.

They also were given a letter for their parents about the incident when they arrived home. School officials continue to investigate the incident. No arrests have been reported.

A bomb threat at Bethlehem Central Middle School was reported May 24. In that incident, school officials received a written warning saying a bomb was found in the school bathroom. No bomb was found, however school officials are aware of the individual who perpetrated the threat and disciplinary action is under way in that case.

"The student has been identified and a superintendent's

Threat Page 12



Police Blotter

Damage to Douglas Road home caused by fire

Two Voorheesville residents charged with growing pot

Albany County Sheriff's Department drug interdiction unit have arrested two Voorheesville males and charged them with criminal possession of marijuana, a class D felony and unlawfully growing cannabis without a license.

Matthew Flint, 33, and Daniel Bushey, 33, both of 7 West St., Voorheesville were charged. Investigators acting on several tips from neighbors, went to the 7 West Street residence and observed marijuana growing in plain view. Upon further investigation, Investigators

discovered that there were 28 marijuana plants growing in the back yard of the residence. Investigators seized the plants, which weighed in excess of sixteen ounces.

Both men were arraigned in New Scotland Town Court and sent into the Albany County Correctional Facility on \$10,000 bail.

Sherriff's officials state that if concerned citizens observe any unusual activity to call the Sheriff's Drug Tip Line at 233-7599.

Bethlehem Police arrest 2

* Timothy Gerrod Thomas, 39, of 170, Second Avenue, Albany was charged with larceny and burglary by Bethlehem Police. Thomas was picked up at the Albany County Correctional Facility for the above charges, which were committed at the Delaware Avenue CVS. Thomas was arraigned and remanded to jail in lieu of \$20,000 cash/bond. He will appear in court June 20 to

respond to the charges.

* Jose Cabassa, 22, of 637 S. Pearl St., Albany was stopped by Bethlehem Police on May 27 for not wearing a seat belt. A background check discovered that Cabassa had an active warrant against him from New Haven, Conn., for felony drugs. Cabassa is currently at the Albany County jail with no bail awaiting a return date to New Haven.

A fire inside a home at 49 Douglas Road in Delmar on May 31, caused heavy smoke damage forcing the occupants to temporarily find new shelter. Delmar Fire Chief Jim Kerr said the fire started around 4:30 a.m. just before smoke detectors in the Douglas Road residence went off. The two occupants were able to get out of the house but the garage and a room above the garage sustained heavy fire damage. The rest of the home sustained only minor damage. It is believed that the fire started in the garage area but investigators do not have a cause. Fire officials do not believe the blaze was suspicious.

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Correction

In a story regarding National EMS week it was reported that the combined Delmar and Bethlehem EMS squads receive over 300 calls annually for medical assistance. They in fact receive over 3000 calls annually between the two volunteer emergency service companies.



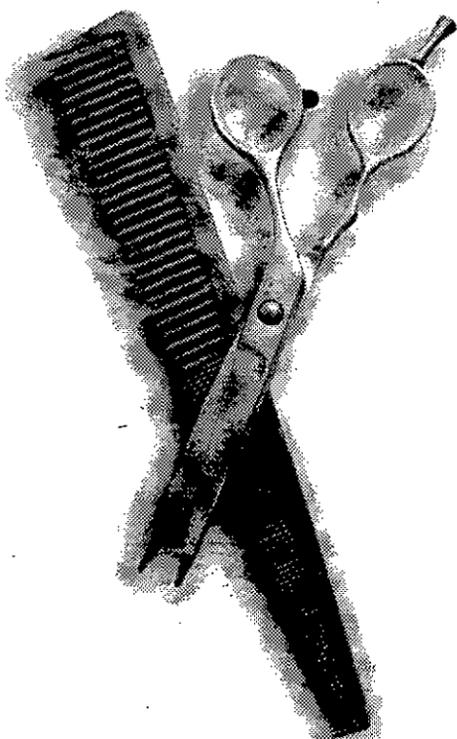
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Rec department prepares for busy summer season

By JIM CUOZZO

With seven different parks, three swimming pools, several athletic fields, basketball and tennis courts, along with a new spray park for children, summer 2006 is expected to be a busy one for the town of Bethlehem recreation department.

"The swimming pool will be open June 10, and our spray park should be open in July," said town parks and recreation Administrator Nan Lanahan.

The town spray park is the most exciting and costly venture. The spray park which includes water fountains, water spinners and buckets that spill water comes with one section for toddlers ages 2 to 4 years old and another section for children ages 5 to 12.

"It's been quite a long process but a lot of fun, and it's going to pay off," Lanahan said. The spray park was paid out of the town's capital reserves, however extra safety features mandated by the state forced the price tag to balloon about \$150,000 over the estimated cost. A cryptosporidium outbreak at a spray park in Western New York last summer caused many people to come down with cramps and other stomach ailments. Lanahan said because of the problem all spray parks were forced to temporarily shut down until the state found the cause of the problem and put in new safety requirements.

"The new sanitary codes for spray grounds includes an ultra-

violet light that acts as a disinfectant," Lanahan said. When recycled water from the fountains flows back through the pipes the ultra-violet light kills any bacteria present. "This was the reason for the added costs," according to Lanahan. There will also be

programs including new projects and keeping up with what we currently have," said Lanahan.

Other parks maintained by the town include Selkirk Park, North and South Bethlehem Park, Henry Hudson Park and the town's newest park at Maple Ridge. June 10 will be a big day for Maple Ridge. "A lot of volunteers will be on hand to help put a park together in a day," said Lanahan. "There are 375 homes near the park so it will serve a lot of families there," Lanahan said.

Skateboarding has cropped up again as an issue to consider. A recent letter to the editor in *The Spotlight* addressed the issue of kids skateboarding around the Four Corners in Delmar and up and down the steps of a local church. Some residents want to see the town construct a skateboard park.

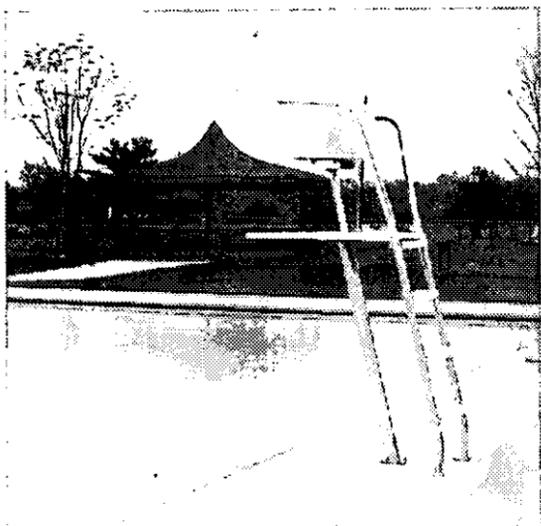
"There have been some concerns and I understand that," said Lanahan, "but financially it is just not a big enough priority to build a skate park." What the town could use in the future according to Lanahan is a community center. "That is my dream," Lanahan said. "A place where we have our own gym, our own aerobics room and a place that could benefit seniors as well." For information on the many summer programs offered by the town of Bethlehem Parks and Recreation Department, contact 439-4141 or visit the town's Web site, www.townofbethlehem.org

fencing around the spray parks, and it will be supervised by staff when in operation.

Elm Avenue Park will also host several special events including family day on July 4, a late night swim July 14 with Hair of the Dog performing and "Dive-in" movie at the pool day scheduled for July 21.

Jason Gallo, assistant administrator is in charge of programs and special events for the department. Currently, Bethlehem's recreation department has 10 full-time staff with four part-timers hired annually and another 125 youth who work in the summer.

"The town board has always been supportive of our recreation



A lifeguard station at Elm Avenue Park in Bethlehem.



Photographer Steve Lobel and Mark Joseph Kelly of Exposed Gallery of Art Photography next to photos of burn victims Lobel shot for his exhibit called "Recognition Beyond Burned, Portraits of Survival, Rebirth, and Hope." The exhibit will continue through June 21. *Jim Cuozzo*

Camera captures images of survival

By JIM CUOZZO

Exposed Gallery of Art Photography, 318 Delaware Ave., in Delmar is extending its exhibit called "Recognition Beyond Burned: Portraits of Survival, Rebirth and Hope" through June 20.

"This is the first true public exhibit of my work, and it is very gratifying," said Slingerlands resident Steve Lobel, who has spent the past 40 years experi-

menting with the art of photography. After owning Cowan and Lobel for many years, Lobel is spending more time with his photography and an experience last summer in Baltimore at the Phoenix Society's World Burn Congress has changed his life.

"My lifelong ambition is to do what you see here and to do something meaningful with my photography," Lobel said. Lobel was fortunate to be able to capture 50 burn survivors with his camera lens, 32 of those portraits that currently hang in the Exposed Art Gallery run by Mark Joseph Kelly, also a burn survivor.

"I was burned as a 10-year-old on my leg when a kerosene heater exploded in a clubhouse," Kelly said. The story of each burn survivor captured by Lobel in this exhibit is similar. Autum Burton was burned when an experiment by her chemistry teacher using petri dishes and methanol blew up. Joe Kinan, who attended the

"This exhibit is about the art of living, the permission to start to look deeper and the emotional healing for those who have been burned."

Steve Lobel

gallery's opening in May was at the Station Night Club in Rhode Island in February 2003. That was the night the band Great White was performing when the pyrotechnics used for dazzling effects reached the walls of the club. Moments later Kinan and several like him were trapped inside a wall of fire. Many of the portraits show the survivors smiling and proud; others are more introspective.

"They are OK with themselves and proud of themselves, as well they should be," Lobel said. Kelly said the exhibit is stirring up emotions, and people are coming from everywhere to see this exhibit which will be moved upstairs and stay on display through the 21st.

"This exhibit is about the art of living, the permission to start to look deeper and the emotional healing for those who have been burned," said Lobel. Over 400 people attended the Gallery opening of Lobel's exhibit. The exhibition will hit the road this summer for stops in Sacramento, Boston and Pittsburgh. An independent documentary film is also in production dealing with the subject matter. A book of the same title as the exhibit is on sale at Exposed Gallery of Art Photography. Proceeds from the book will go to support the Phoenix Society for Burn Survivors founded in 1972 by Alan Breslau. Breslau's portrait is also on display at the gallery. Breslau was severely burned in a 1963 airplane crash in Rochester.

"What I learned is that the inner human spirit comes through strong through the lens," Lobel said about his exhibit. "I felt an incredible sense of responsibility to get it right."

Heffernan named principal

Board of education selects English supervisor for post at Glenmont Elementary

By JIM CUOZZO

Laura Heffernan, Bethlehem Central's elementary English language arts supervisor, has been named principal of Glenmont Elementary School. Heffernan was selected by the board of education following an interview process and will begin her new duties July 1.

"I'm very honored to be selected," said Heffernan. "Glenmont is a wonderful school, and I am looking forward to



Laura Heffernan

working there." The student population at Glenmont is 430 in grades one through five.

Heffernan lives in Niskayuna and is the parent of two children, ages 5 and 8.

"I've always loved working with students on the elementary level," said Heffernan. "I look forward to collaborating with the parents, faculty and staff to provide our children with the very best education experience possible," Heffernan said.

Heffernan replaces Betty Ahearn, who is leaving the district at the end of the school year. Ahearn has been principal at Glenmont since 2003. Heffernan has been teaching in the Bethlehem School District since 2000. As for the current issue of the school district budget being defeated in May Heffernan said "I am hopeful the new budget will pass on June 20."

Heffernan believes her role will be challenging but very exciting. "As a principal you get to develop relations with the faculty, the students, the entire staff," said Heffernan. "Everybody has already been very supportive, all of the principals, Dr. (Les) Loomis, Mr. Tebbano, they have all been giving me advice," she said.

Heffernan was selected from more than 100 people who applied for the Glenmont job. Nine

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Barbecues are an 'eggsellent' way to have fun

By ROBIN SHRAGER SUITOR

Commentary:

From
**Robin's
Nest**



When I see deviled eggs at a party, I swoop in and grab one. I try not to be greedy, but I will go back for seconds once the other guests have had at least one pass by the buffet table.

So when I decided to make deviled eggs for a barbecue at my house, I was worried that I might lack the willpower to refrain from eating several of the appetizers before the guests arrived. And I didn't want to invest the time and not end up with enough to serve.

It had been many years since I deviled an egg. It's not as simple as you may think. And it was way more time-consuming than my regular appetizer recipes, which include steps such as "Open bag, pour pretzels into a bowl and serve."

With deviled eggs, you need time for boiling, cooling, shell peeling, lengthwise slicing, yolk removal, yolk mashing, yolk-mixture replacement and paprika sprinkling.

To avoid complete exhaustion, it's a good idea to boil the eggs the day before the party. This allows for sufficient chilling time for the eggs and a good night's rest for the cook before the real dirty work begins. As you spoon the mayonnaise into the yolk, don't be surprised if you suddenly realize that the "devil" in the dish comes in the form of fat

and cholesterol.

It's simply more fun to eat deviled eggs than to make them.

Similarly, it's often more fun to go to a party than to host one.

Still, I love to have people over. I enjoy watching kids (and adults) play in my yard. I like to socialize.

But sometimes I forget to have fun at my own party.

Naturally, I blame my husband for this. I blame him and I also resent him because he makes a point of enjoying himself when we entertain.

It was his idea to host a Memorial Weekend barbecue. He mentioned this idea a good two weeks before the holiday.

Oh, sure, there he goes planning on having fun again, I thought to myself. Does he remember that our daughter's dance recital is taking place the Friday of that weekend? And that she is also marching in the parade on Monday?

Jeff tells me he is thinking Sunday would be a good day. I was thinking the same thing, because of our other

obligations. I credit his pick as a lucky guess.

The day of the barbecue, I'm at the kitchen sink by 7:30 a.m. peeling the hard-boiled eggs. I want to have those deviled eggs arranged on a platter and waiting in the refrigerator. I don't want to spend the whole morning running around and tiring myself out. I want to be prepared.

My 9-year-old is on the couch watching TV. My husband is eating breakfast and reading the newspaper.

The party hasn't started and they're already relaxing!

Rachel announces that there are no good shows on. I suspect that she's dying to put on a video or DVD and float into couch potato mode before most of the town has even woken up.

I suggest that if she is bored she should take a shower, get dressed and eat breakfast. And then do some dusting, I add under my breath.

Two hours later I pass by her bedroom and she's still in her pajamas. She's sitting beside the dresser spreading stickers all over the floor.

My eyes grow wide as I exclaim: "You just cleaned your room yesterday, why are you dumping stuff out of drawers now? Please get into the bathroom."

I skulk off to my bedroom and relay the sticker atrocity to my husband. He suggests that I shower first rather than argue with our daughter. I realize this is an excellent idea. I sing meditative chants while standing under the running water. I decide I will go for a walk.

While I am drying my hair, Rachel knocks on the bathroom door. I open the door and see that she is dressed. First I just stare, thinking it's odd that she's decided to put on a sweatshirt when the weather is so warm. Then I register the two ponytails. She's not only dressed, but she did something with her hair.

Why did you get dressed

when you need to take a shower? I ask. I feel my nostrils flaring. She looks at me blankly and says, "I forgot about the shower."

She forgot about the shower. Sure, that's possible, because I haven't mentioned it for the last 20 minutes.

First it's the mess of stickers, now the shower avoidance. It's more than I can bear. I go into parental tirade mode.

My husband tries to put an end to the chaos.

"GET INTO THE SHOWER NOW!" Jeff yells to Rachel, his manly voice booming through the neighborhood. I slam the front door shut and scream up the stairs about not wanting the neighbors to listen to us yell at each other.

Then I put on my sneakers, grab my cell phone, and head out for my walk.

I call my girlfriend, Donna, to relay the agony of the morning. As I describe the events I realize the trivial nature of my complaints and I can't believe I even got upset.

"So what you're telling me is that your child was occupying herself," Donna says.

This was true. Rachel had not been underfoot.

"You're just stressed because you've got company coming and she can sense that," my friend explains.

Somehow my stress causes people to not want to shower. It always comes back to being my fault.

"And she's going to be running around in the sun getting dirty and sweaty, so she won't stay clean from a morning shower too long anyway," my friend continues.

What about the yelling that the entire world could hear? I ask my confidante. She replies, "Just because your neighbors are smart enough to keep their windows and doors shut when they yell doesn't make them better than you."

I laugh at her wise words and my mood is lightened.

It's a beautiful sunny day, the deviled eggs are made, and I am

going to spend the afternoon with friends. What's there to worry about?

Several hours pass and the guests arrive. One group of kids starts a softball game, another bunch busies themselves with hide-and-go seek. The adults are relaxing and chatting.

The barbecue is in full swing. I go into the house to get a serving spoon for one of the side dishes.

"Some ketchup got on the carpet," says one of the children who were indoors cooling off.

"There's no eating in the family room," I announce calmly with the intent of warding off additional spills. "But don't worry about it. Just go outside and I'll clean it up," I say merrily, arming myself with a paper towel.

Apparently, one kid's hot dog, generously covered in ketchup, had broken free from its roll and escaped into my family room. Either that, or a roll, generously covered in ketchup, had escaped from the hot dog. It's also possible that the only roll involved was the method the hot dog used to leave the plate.

"Some ketchup" turns out to be one rather large red glob and another smallish one, separated by several inches. Knowing the power of tomatoes, I pause momentarily at the realization that my carpet will likely bear a permanent stain.

Meanwhile, my friend Ruth sets to work doing damage control with damp paper towels and some baking soda. I have little resolve and no Resolve (carpet cleaner) to handle the task. Ruth is amazingly dedicated to the cleanup even though her kids weren't involved.

My husband is outside minding the grill, oblivious to the condiment incident. He is still enjoying himself.

I join him on the deck, make myself a plate of food and actually sit down to enjoy the company of friends and family!

Then the day, like the platter of deviled eggs, is gone in a flash.

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WEEKLY WEATHER

Chief Meteorologist Mike Bono

TIME WARNER CABLE

Albany Almanac

Record high/low/year		
AVERAGE HIGH 76°	AVERAGE LOW 54°	
Day	High/Year	Low/Year
Wednesday, June 7	95°/1999	37°/1938
Thursday, June 8	93°/1984	38°/1951
Friday, June 9	100°/1933	37°/1977
Saturday, June 10	92°/1974	36°/1975
Sunday, June 11	94°/1947	36°/1980
Monday, June 12	94°/1949	38°/1972
Tuesday, June 13	94°/1892	39°/1970

ANNUAL PRECIPITATION
17.67 inches as of Friday, June 2nd
2.48 inches above average

Sun & Moon

Day	Sunrise	Sunset
Wednesday	5:18am	8:31pm
Thursday	5:17am	8:31pm
Friday	5:17am	8:32pm
Saturday	5:17am	8:32pm
Sunday	5:17am	8:33pm
Monday	5:17am	8:33pm
Tuesday	5:17am	8:34pm

Moon Phases
June 3rd First June 11th Full

River Levels

Hudson River		Mohawk River	
Location	Level	Location	Level
North Creek	10	Little Falls	15
Hadley	14	Tribes Hills	281
Fort Edward	22.4	Schenectady	213
Troy	17.3	Cohoes	19.9

Levels as of June 1, 2006

Factoid

1816 has been called the "Year Without a Summer". On June 7th, 20" of snow fell in Vermont and Boston had snow flurries. This worldwide cooldown was caused by an Indonesian volcano.

Tides at Albany

Day	High	Low
Wednesday	2:27am, 2:35pm	9:08am, 9:19pm
Thursday	3:16am, 3:26pm	9:59am, 10:06pm
Friday	4:03am, 4:14pm	10:49am, 10:52pm
Saturday	4:47am, 5:00pm	11:36am, 11:36pm
Sunday	5:30am, 5:43pm	-----, 12:23pm
Monday	6:13am, 6:27pm	12:20am, 1:08pm
Tuesday	6:55am, 7:11pm	1:04am, 1:54pm

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County plans gas tax cap; some doubt actual savings

By GRAHAM S. PARKER

County legislators are looking to piggyback on a state sales tax cap on gasoline by the July 4 weekend.

On June 1, an 8 cents per gallon state sales tax cap went into effect. With it, state legislators approved a measure to allow local governments to follow suit.

Albany County legislators held a public hearing on Tuesday to gauge public comment on a proposed county sales tax cap of 8 cents per gallon, identical to the state cap.

The move is to keep gas tax revenues in check, said Majority Leader Frank J. Commisso.

"In fairness to the residents of Albany County, when we did our budget, it (the tax) was prepared at \$2 per gallon. We came up with a number, but after seeing a 33 percent increase (in gas prices), it's (that number) not the right thing to do to taxpayers," he said.

Both state and county leaders have estimated that the cap will drop prices at the pump by 4 cents per gallon.

However, the New York Association of Convenience Stores (NYACS) has placed the savings more in the 2.5 to 3-cent range.

State and local sales tax on gas is set at 4.4 percent of the price per gallon. The state's cap limits the tax to 8 cents per gallon once prices reach \$2 per gallon.

What state and county leaders have done to ease prices at the pump is move the tax rate away from a percentage per gallon rate to a fixed rate, said NYACS president James Calvin. The move passes saving down to consumers and keeps the state and counties from reaping large windfall profits

as gas prices climb.

Supporters of the gas cap theorized that under the current 4 percent rate, consumers were paying 12 cents in state sales tax on a \$3 gallon of gas. The idea being that if the tax is capped at 8 cents, it would save consumers 4 cents, he said.

"It was an erroneous assumption," said Calvin. "The assumption that you were paying 12 cents is not true, it is more like 10.8 cents per gallon."

Calvin plotted the course of state and local taxes as the track from a wholesaler's purchase at the Port of Albany that is in turn sold to retailers and then consumers. The formula is much more complex than it needs to be, said Calvin.

Retailers of gasoline do not apply the 4 percent tax rate to the

selling price of a gallon of gas. Instead, they apply the tax only after various state and local taxes have been prepaid by wholesalers. In the case of a \$3 gallon of gas, the retailer would be applying a 4 percent tax rate to \$2.70 per gallon. If the tax were capped at 8 cents, the savings comes back at 2.8 cents, not 4, said Calvin.

Calvin praised state and county officials' efforts to stabilize prices for consumers. But, he warned of other factors that impact retail prices, such as gas prices retailers pay to wholesalers, which have been fluctuating in recent weeks, he said. These increases could wipe out the savings to consumers through the tax cap.

On Tuesday, May 30 — two days before the state's cap went into effect — those prices increased by 4.1 cents, according to

Albany County Comptroller Michael F. Conners II.

If that does happen, the county can drop the tax cap at any time and readjust the tax to decreases and increases in fuel costs, said Commisso. The county is putting \$4 million in tax revenue on the line to ease costs at the pump. The county tax is split 60 percent to the county and 40 percent to local municipalities.

Savings is savings, according to Conners, but leaders are not looking in the right place to see real results.

"It's an emotional issue and this is one of those feel-good mea-

asures," he said. "You have to nip it at the trading end of the line and look at the wholesale prices."

Conners suggested that the state empower the Consumer Affairs Department to track the wholesale prices and dealer delivered prices versus the price at the pump.

Although the math may be fuzzy — which is the product of a complicated and intricate taxing system — the bottom line is that the county is releasing its hold on more than \$4.5 million in tax revenue in addition to the state's \$450 million in gas tax revenue and that is saving taxpayers money.

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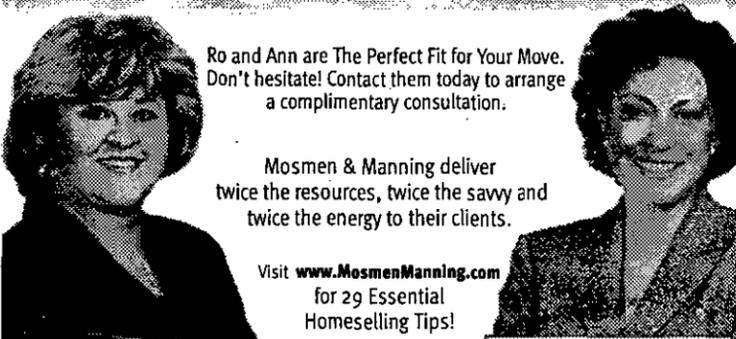
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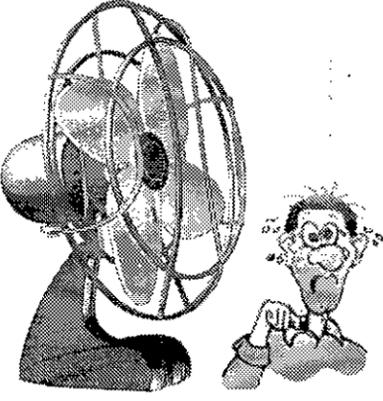
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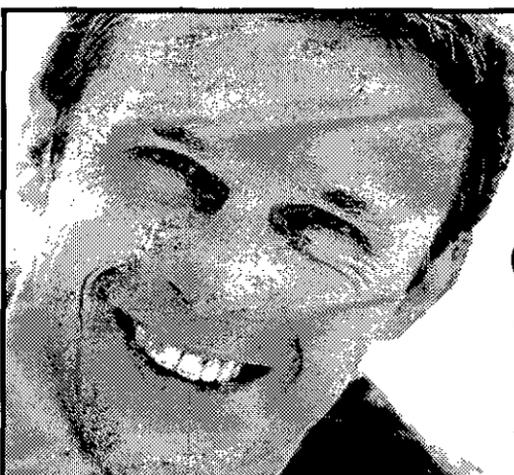
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Matters of Opinion *in the* Spotlight

Stay safe this summer

You always know it's the growing season in the Northeast as there are lawnmowers humming throughout the neighborhood at all times of day. Add to that hedge clippers, edgers and any number of motorized gadgets all purring away in your back yard. Since June is National Safety Month, it's a good time to bone up on how to avoid accidents.

And since many of the operators of these gadgets and gizmos are our kids, mostly trying to earn a few bucks, it's a perfect time to remind kids of dos and don'ts of working outdoors.

The National Medical Safety Societies have a few rules we can review with our kids.

Kids under age 12 should not be allowed to use a power mower and kids under 16 should never use a ride-on.

Sturdy shoes, not sandals, should be worn when mowing.

Mowers should be started and refueled outdoors, not in the garage. Make sure the motor is off when refueling. Keep pets inside or in an enclosed area.

Small children should be kept a safe distance from the work area.

With less than a month of school before vacation, it's also the perfect time to discuss bike safety rules with kids. First and foremost, kids should wear safety helmets. Helmets can help to prevent serious head injury.

Bicyclists should ride with the flow of traffic and use hand signals when making turns. Many communities offer bike safety courses during the spring to reinforce the importance of following the rules.

Kids riding together should ride single file. Bikes, like motorized mowers and tools, should also have a safety overhaul before taking them out on the road or the lawn.

Adult and teenage drivers needs to exercise greater vigilance on the roadways since more younger kids will be taking advantage of the nice weather.

Many suburban streets do not have sidewalks, and smaller kids may be used to playing on the road shoulder. It is extremely important to not speed in these neighborhoods. It only takes a split second to have an accident, but it can take a whole lifetime to live with the consequences of one.

Let's get in the habit of making safety a priority. Have a safe and happy summer.

Editorial

Father 'nose' best in nation's capital

By PETER CRUMMEY

The writer is a Colonie town justice and a practicing attorney.

You know that one does not have to be an attorney in order to serve on the Supreme Court of the United States?

That is what I was told recently by a Supreme Court tour guide during our family's annual pilgrimage to Washington, D.C.

The tour guide went on to note that the only requirements to serve on the Supreme Court are that one be nominated by the president and confirmed by the Senate. The tour guide suggested that those requirements alone ensure proper qualification for service as a Supreme Court justice.

Our family trip to Washington, D.C. is always memorable. How will we ever forget the action inside the minivan during the 6-plus hour trip?

Movies help, but seven people inside the minivan get restless from time to time. My spouse purchased some movies before we left. One of the movies, Jerry McGuire, stars Tom Cruise. You remember, "Show me the money." Anyway, the video store cashier assured her these movies were appropriate for our group.

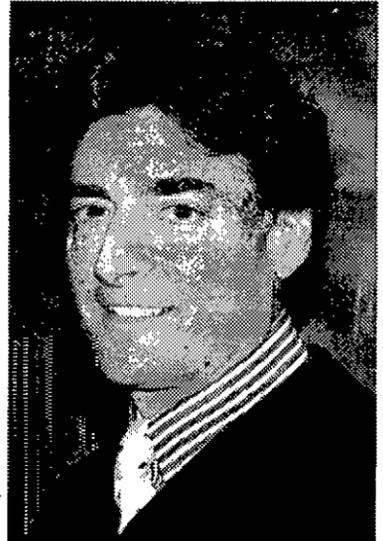
During the Cruise video, I realized a scene did not sound appropriate to me. I almost drove the van into the median of the Delaware Turnpike. The passengers had a great time laughing and marveling at what they might have seen in the split second before Dad terminated that video.

Point of View

Nonetheless, I am empowered during each of our visits to our nation's Capitol.

This year, in addition to the Supreme Court, we visited Arlington National Cemetery and the home of George Washington Custis, whose daughter married General Robert E. Lee. We also visited the National Zoo. We always go to the zoo. The children love the hippopotamus. Why does it open its mouth so unnecessarily wide? Maybe it is so the zookeeper can spray that hose into its mouth.

Visiting Arlington National Cemetery for our first time was a very moving experience. My aunt's fiancée,



Crummeley

as well. Did you know the Supreme Court did not have its own Court House until 1935? Prior to that, the Court convened, when necessary, in the Capitol. An oversized

statue of a seated former Chief Justice John Marshall has been moved from the Capitol lawn to the basement floor of the Supreme Court building. Chief Justice Marshall, who served from 1801-1835, is credited with clarifying and fortifying the power of the Supreme Court in his decision of Marbury v. Madison, 1 Cranch 137, 5 US

137, 2L.Ed.60 (1803). The history behind this landmark decision has been addressed by many authors more decorated than this writer, but the tour guide told us that politics play no role in the workings of the Supreme Court.

While we took photographs of ourselves around Chief Justice Marshall, the woman at the nearby information desk engaged us in conversation. She remarked about our family resemblance wherein I responded, "Thank God the children all look like their mother." The woman agreed and stated that while my eyes were OK, my nose was larger than she thought it should be. My children roared with laughter and have quoted her ever since. I sheepishly walked away from the Chief Justice's statue checking out his nose. I guess because justice is blind, judges require an enhanced proboscis.

I always learn something on our family trip to our nation's Capitol. This time, I learned, among other things, that while one does not need to be an attorney to be a justice, it may be important for a justice to possess a keen sense of smell.

The tour guide went on to note that the only requirements to serve on the Supreme Court are that one be nominated by the president and confirmed by the Senate. The tour guide suggested that those requirements alone ensure proper qualification for service as a Supreme Court justice.

who died in a flight-training mission in California during World War II, is buried there. My aunt never married. Many well known people have their final resting place there also.

We paid our respects at the burial site of President John F. Kennedy and his family. Nearby, we visited the area set aside for New York's U.S. Sen. Robert Kennedy. My 12-year-old daughter and I briefly stood behind a father and son, as we all paid our respects to Senator Kennedy. The father told his son that Senator Kennedy died in a car crash five years after his brother, the president, was assassinated. Who has ever seen Jay Leno's sidewalk civic lesson interviews on "The Tonight Show?" All of us could learn more about the history of our great nation. Institutional knowledge often is a great educator for future generations.

Our evening visits to the lighted Jefferson and Lincoln memorials were powerful. I love the Jefferson quotes chiseled into the walls of his memorial. His observations, regarding the need for flexibility in institutions and laws, are timeless.

Our visit to the Supreme Court taught me other facts,

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Your Opinion *in the* Spotlight

Take a trek through some of the area's best gardens

Editor, The Spotlight:

Last June my husband and I had the honor and pleasure of hosting one of Bethlehem Garden Club's display gardens.

It was a rewarding experience both for us and for the hundreds of folks who walked through our and the four other gardens on the tour. We all, amateur and expert alike, learned gardening tips from each other: what grows well here (and what doesn't), all about shade gardens, wild flower gardens, garden ponds and waterfalls, and so forth.

Once again this year on June 14, the Bethlehem Garden Club is hosting another garden tour. Everyone is welcome to participate in the tour. Tickets for the tour will be on sale the day of the event from 4 to 8 p.m. at the Price Chopper parking lots in

Slingerlands and Glenmont for \$12. The tour itself can be taken from either location, and maps with driving instructions and garden descriptions will be provided.

This year, the gardens featured will be in Glenmont, Delmar and Slingerlands.

If you decide to participate, and I hope you do, here are some helpful hints to increase your touring pleasure:

Wear clothing appropriate to the weather. Shoes should be appropriate to lawn and garden trekking.

Bring a camera and notebook, but ask permission to take photos.

It's fine to ask questions of the hosts or garden club docents, but do not take cuttings, seed heads, fruits or berries.

Note sun gardens, shade gardens, how the garden fits in with the house, landscape and neighborhood, color schemes, etc.

In addition to participating in the tour, you may also be interested in the plant sale, which will be held in conjunction with the tour. The plant sale is open to all and will be held at an area adjacent to one of the gardens. Iced tea and lemonade will also be provided for tour guests.

All proceeds from the garden tour are returned to the community in the form of the various gardens sponsored and maintained by the Bethlehem Garden Club. These gardens are

seen on Route 32 on Delaware Avenue, at the Bethlehem Public Library, on Cherry and Kenwood avenues and in Ravena. Check out the newest garden at town hall.

Come join us for the tour. You won't be disappointed.

Barbara and Bill Zautner
Glenmont

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Saturday, June 10, 2006, Elm Ave. Park Pool Warming Area
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Thursday, June 15, 2006, Bethlehem Town Hall,
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Officials from Ravena-Coeymans-Selkirk schools hold a mock DWI crash for students in front of the high school on Route 9W in Ravena.

Jim Cuzzo

Mock DWI crash teaches 'real life' lessons

BY JIM CUOZZO

Prom nights for most high school students can be one of the best moments of their young adult lives. Unfortunately, when a lethal combination of alcohol and driving enters the picture, the night can turn ugly, even deadly.

That is why Ravena-Coeymans-Selkirk school sponsored a mock DWI crash in front of the high school on Route 9W the Wednesday before prom night. The event is designed to provide students with a "real life" look at the consequences of bad decision-making before their prom night.

"The object with young people is that they need to see the visual," said Lenny Crouch, senior investigator with the Albany County Sheriff's Department. "It's like reality TV, you can tell them a thousand times but they have to see it for themselves."

The DWI simulation is complete with a wrecked car, fire department trucks, personnel and paramedics all the way down to a mock Town Court setting similar to one a person would see if arrested after a DWI crash.

During last week's re-enactment, RCS High School Senior Anna Brooks played the part of a high school student on prom night, all decked out in a blue prom dress,

enjoying her evening out when she takes the wheel with her date in the passenger seat only to end up in an accident because of alcohol.

"We see car crashes like this at least six times a year," said Town of Ravena Justice Virginia Person.

"Unfortunately, DWI accidents still happen every weekend," said Crouch.

Students asked what the ramifications are when a person is arrested for driving drunk.

"We don't care if you're young, your middle age or you're a senior," said Town Justice George Dardani. "If you drive with more than .08 percent blood alcohol content, we are going to take your license from you." Dardani said.

Brooks said she planned on attending her prom, and definitely wouldn't drink and drive.

Crouch said this is the 10th Mock DWI the Albany County Sheriff's Department has conducted this season.

Ravena-Coeymans police along with local fire and rescue squads were present at the drill.



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Garden club to host 10th tour

On Wednesday, June 14, you can visit six gardens as part of the Bethlehem Garden Club's tour and plant sale.

This is the 10th year for the tour, and, as always, the locations of the gardens won't be revealed until the day of the tour, which is Wednesday, June 14.

The tour takes between 4 and 8 p.m., rain or shine. Tickets are \$12 per person and can be

purchased in the Price Chopper plazas in Slingerlands and Glenmont. Look for balloons.

All proceeds are returned in the form of establishing and maintaining community gardens. The club also provides a \$1,000 grant each year to a grade school teacher in the Bethlehem or Ravena-Coeymans-Selkirk school district.

For information, call 489-0053.

VFW Post to hold annual steak roast

Bethlehem VFW Post 3185, Men's Auxiliary, presents its 3rd Annual Steak Roast June 10 at Picards Grove. The cost is \$40 per person for steak or chicken, games and prizes. For tickets, call 439-9836.

Perfect Blend Café to showcase local art

There will be an art show at the Perfect Blend Café, 376 Delaware Ave. (at the Four Corners) through June 30. Artist Heidi Weinman will have oil paintings featuring fish and mermaids for sale.

St. Thomas students go the distance

The faculty and student body of St. Thomas the Apostle School in Delmar has come to the aid of an employee and a friend in need.

School cleaner Joseph Marro was diagnosed with cancer last fall. After a few weeks of brainstorming and looking for the best way for everyone in the school to get involved, three major fundraising events were held, and to date have raised over \$14,500 to defray the cost of Marro's medical treatment.

"We are a community who does as much as possible for

people in need," said St. Thomas the Apostle school Principal Thomas Kane.

The three events held included a "caring for coins" bucket that was placed in the front of the school. Students and faculty dropped change in the bucket as they came and went to and from class each day. "Caring for coins" raised \$2,000.

Boy Scouts held a car wash fundraiser in the spring, which brought in another \$2,500. The main fundraising event was held last week. "Miles for Marro," a walk-a-thon raising \$10,000 with the entire 249 student

population consisting of pre-school and grade K-8 involved.

"It was a true community effort and it shows a lot about who we are here at the school," said Kane. Marro has been employed with the school for the past four years, and even though he is undergoing treatments for his illness, he still finds the time to stop by every month, said Kane.

"The children are also helping to keep the school clean in Mr. Marro's absence by picking up after themselves and keeping items orderly," said Kane.

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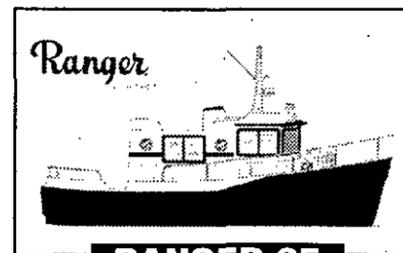
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V'Ville residents will have to clean up or pay up

Village adopts law requiring residents to remove snow

By ART STEIN

It may be spring, but the Voorheesville village board is already looking ahead to winter. At its May 23 meeting, the board held a public hearing regarding the amendment and supplementation of a 1958

ordinance concerning snow and ice removal from sidewalks that are adjacent to property owners in the village. The amended law requires that property owners be responsible for maintaining clean sidewalks on their property. In addition to snow and ice removal, Local Law No. 2 of 2006 requires that the owner and occupants shall keep the sidewalk area in good and safe repair and free

from defects, weeds, litter, garbage and obstructions of any kind. Owners and occupants are also responsible for trimming hedges and shrubbery so as to not obstruct the free use of the public right-of-way. The law requires that within 12 hours of any snow or ice precipitation, the property owner or occupant remove the snow and ice and keep it free from additional accumulation. The law further states that the village shall not be held liable for the failure of any property owner to adhere to the revised regulations.

Should property owners not comply with the laws, the village can remove the snow, ice or debris, and add that resident's cost to his or her next village tax bill. Any violation of the law may also be liable to a penalty in an amount not to exceed \$100.

The board is also in the process of conforming to United States

Environmental Protection Agency and state Department of Environmental Conservation Storm Water Phase II requirements by implementing a new storm water management program. The purpose of the program is to revise regulations and establish guidelines that will clean up and protect the streams, rivers, ponds and lakes of New York. The program will include the passage of new local laws that will prevent certain improper discharges to the village's storm water system as well as control runoff from construction sites.

"We will conduct outreach and education programs to help the residents of our community comply with the regulations," said Superintendent of Public Works Will Smith.

The board also reported that the water interconnect with the town of

Guilderland is expected to be completed this summer.

"The interconnect represents the final phase of the village's water system project and will provide an alternate supply of water in the event of an emergency," said Mayor Robert Conway. The board declared that the water interconnect will have no significant environmental impact under the State's Environmental Quality Review Act (SEQRA).

Village Attorney Anne-Jo McTague proposed a resolution that the board adopted, establishing the village as the lead agency under SEQRA for resident access to village water.

Smith also reported on the purchase of pedestrian crosswalk signs, in an effort to slow down traffic in the village. The board agreed to purchase three new crosswalk signs pending approval from the state Department of Transportation. Smith estimated that each sign will cost approximately \$250 to \$300.

Rich Reilly, intra-municipal liaison for the town of New Scotland, discussed some of the issues surrounding the Outdoor Music Fest Saturday, July 22 from 4 to 9 p.m. at the Elementary School. Reilly discussed the possibility of selling food and inviting a number of craft vendors to participate in the festivities. The next scheduled event at the Village Gazebo will take place on July 5 at 7 p.m. when Albany rock combo the Lustre Kings will perform.

The next board meeting is scheduled for June 27 at 7 p.m.

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(Parking lot)

Proceeds support local beautification projects of the Bethlehem Garden Club

and Perennial Plant Sale
Crimson Leaf Drive in Delmar

QUILT to have lunch and fashion show

QUILT Inc. will meet on Friday, June 9 at Delmar Reformed Church, 386 Delaware Ave. in Delmar.

Doors open at 9:15 a.m. There will be a sampler challenge, potluck luncheon, hand-bag fashion show and other surprises.

The cost is \$3 per visitor. For information, call 456-0552 or go to www.timesunion.com/communities/quilt.

Children and seniors in intergenerational choir performance

The Town of Bethlehem Intergenerational Chorus, a combination of the Bethlehem Senior Chorus and the fifth-grade students of St. Thomas the Apostle School in Delmar, will perform a series of concerts:

Tuesday, June 13, at 10:30 a.m. at Albany Stratton VA Medical Center, 113 Holland Ave., Albany.

This newly formed intergenerational choir has been called an inspiration by those who have seen young and old joining voices to perform for children, the elderly, and veterans.

Teen musician to play bass in European tour

Jarrett Bastow of Glenmont, a junior at Bethlehem Central High School, has been accepted as a member of the United States Youth Ensembles 2006 European Concert Tour. Highly qualified music students from all 50 states are eligible for the tour, yet only a few are chosen each year to represent the U.S. to tour and perform across western Europe.

Bastow received an invitation to the program based upon his attendance in the state All State Music Conference. The program is for high school students and college freshman who have demonstrated outstanding musical ability in choruses, orchestras and bands.

The 17-year-old's musical achievements include performing with the NYS All State String Orchestra and the Zone 7 Area All State Symphony Orchestra two years in a row. At BCHS, he is the Bass Assistant Principal.

Wagon Wheels West



It was a show down at high noon in the town of Vinegar Bottle during the recent spring production of "Wagon Wheels West" at St. Thomas the Apostle School. From left to right, Smiling Slade Claggett (played by Sean Spath), Dallas (played by Maura Desharnais), Straight Shootin' Sam (played by Karen Deswick) and Chuck Wagon (played by Nick Canovas).



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Kenholm pool to host open house

An open house will be held at the Kenholm pool on Saturday, June 10 from 10 a.m. to 5 p.m. There will be free swimming and free hot dogs and beverages for all who attend. The pool is located

at 78 Dumbarton Drive, Delmar.

There will also be a "wizard's castle" bouncety bounce for the children.

For information, call 439-7976.

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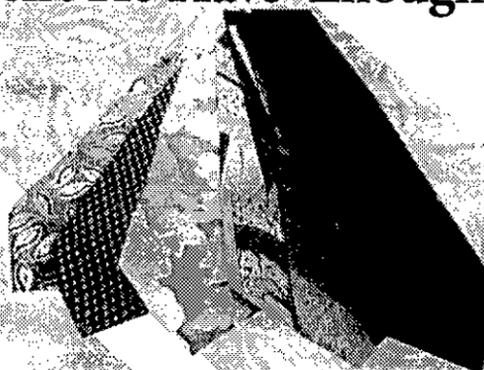
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Volunteers needed for playground installation

The Town of Bethlehem and the Friends of Maple Ridge Park are pleased to announce that the playground equipment for Maple Ridge Park is scheduled to be installed on Saturday, June 10. However, to make the playground a reality in time for summer we need the community's help and are looking for at least 30 volunteers to work with a crew from the playground manufacturer to install the equipment.

Leading up to June 10, the town will begin the preliminary work on the playground area. The playground will include two distinct play areas. One for children ages 2-5 years and the other for children 6-12, both will include slides, various climbers, tubes as well as swings.

"We would like to thank the Friends of Maple Ridge Park for their ongoing fundraising efforts

and let everyone know that their hard work has already paid off." said Nan Lanahan administrator of Bethlehem's department of Parks and Recreation "When I informed the committee that the final plan had come in approximately \$2,000 over budget and that we needed to remove some equipment they simply told me don't change a thing we've already raised over \$2,000. This volunteer effort will make this new playground a reality," Lanahan said.

To date the Friends of Maple Ridge Park have raised over \$5,500 from community residents and local businesses. Thanks to the generosity of nearly 100 residents The Friends of Maple Ridge Park were able to provide \$2,000 toward the purchase of the playground equipment. Among the items included, because of the additional \$2,000, were overhead

climbers and additional swings. The committee will continue its fundraising efforts toward either a pavilion or additional playground equipment. For information or if you wish to contribute visit our Web site at www.mapleridgepark.org.

The event is on Saturday, June 10, rain or shine, from 8 a.m. until the job gets done. The Park is located on Elm Ave. East between the entrances of Dutch Mills and the Enclave.

If you and/or your organization would like to volunteer on Saturday, June 10, please contact Lanahan from Parks and Recreation via e-mail at Nlanahan@townofbethlehem.org or call her at 439-4131. Food and beverages will be provided. All you need to bring is your enthusiasm and good cheer.

BCHS class of 1966 plan 40 year reunion

Graduates of Bethlehem Central High School, class of 1966, are planning their 40 year reunion on July 15. Graduates are being asked to visit the Bethlehem Central Web site at <http://bcsh.k12.ny.us> and fill in their information to be contacted via e-mail. Information has been posted regarding the upcoming reunion. There will be updates as we get closer to July 15.

Otherwise, contact your committee below:

Chairman Bill Balfourt, 877-0299, wbalfourt101@msn.com.

Rick or Anita Dunn, 587-9476, riandunn@verizon.net.

Micki Hofaker Ahl, 782-0726, mickiah@aol.com.

Bob Laraway, feurabob@localnet.com.

Bruce McWhinnie, 475-9730, stipple2@yahoo.com.

Classmates who have not received a mailing should call a member as we do not have a correct address for them.

Rally

(From Page 1)

defeat in more than 20 years. The original \$73.3 million plan has been trimmed by more than \$800,000 by the school board in two separate budget workshops following the 'No' vote.

Michelle Simard, co-president of Elsmere's PTA said it was her mom, a longtime resident of the town who came up with the idea behind the rally.

"She feels we need to send a message to the town and to the school district that we do care about children's education and yes it is important to vote 'Yes'. Simard understand the burden of property taxpayers but added "if we don't fund our children's education, there is no one else around to do it."

"As bad as the cuts are, we cannot go to a contingency budget," said Hamagrael PTA co-president Christine Edwards. "Our school district is one of the best in the Capital District and

we are doing it on a shoestring already," said Edwards.

If the June 20 revote is again defeated, the district will have to go to a contingency budget with a total of \$1.4 million in cuts. "That means more teachers will be cut, more athletics will be cut and more teaching staff will be eliminated," said Randles.

People who support the school district are asked to bring signs and support for passing the revised budget.

"Bethlehem is a town that is supportive of education, and this is an opportunity to express that concern," said Edwards.

Elimination of field trips, extracurricular activities and cuts in teaching positions and clerical staff are just some of the proposed reductions up for a revote. The overall district tax increase has also been reduced from 5.45 percent to 3.75 percent with the proposed changes. A public hearing on the revised Bethlehem School District budget will be held at the board of education June 7 meeting at the district offices on Adams Place.

Threat

(From Page 1)

hearing was held, and the student has been suspended until February of next year," said Superintendent Les Loomis. The district is also pressing charges against the middle school student who called in the threat.

Officials want parents to know that issuing a false bomb threat

toward a school is a Class E felony in New York. Individuals convicted of a bomb threat could face felony criminal prosecution, as well as a one-year suspension of their driver's license.

"Calling in a bomb threat is the wrong thing to do, and it is disruptive," Loomis said. "I don't think students realize they will be suspended for a semester and receive a felony charge if they are caught," said Loomis.

Outcome

(From Page 1)

being asked by police to take a lie detector test to prove his innocence, but Porco refused.

Prosecutors are setting up a case to show that Christopher Porco was having serious family problems and financial issues prior to the time the crime was committed. Prosecutors believe Porco may have faked a burglary at his family's home the night of the attacks. Items previously stolen from the Porco family home were sold online and traced back to Christopher Porco, according to authorities. Prosecutors also believe Christopher's mother, Joan Porco, tried to tell police who her assailant was the morning after the attacks. As paramedics worked to keep her alive, police asked if Christopher Porco committed the crime. Four different people present in the Porco bedroom that night

all testified that Joan Porco nodded "yes" when asked if Christopher Porco committed the crime. Joan Porco could not speak because her wounds were so severe and she now has no recollection of that night whatsoever.

The defense, led by attorneys Terrence Kindlon and Laurie Shanks, believe police violated their client's constitutional rights the night Porco was questioned by authorities. "My sense is we really made a very persuasive case for exclusion of the videotape and all the information that was extracted during that interrogation," said Kindlon.

John Polster, a lawyer and close friend of the Porco family, was at the Bethlehem Police station the night Porco was questioned, but was not allowed inside the squad room. According to sworn testimony given at the pre-trial hearings, Porco stated that Polster was a family friend

and not his lawyer.

Kindlon also tried to have Assistant District Attorneys Michael McDermott and David Rossi disqualified from handling the case because they were inside the Bethlehem police station the night Porco was being questioned. Kindlon believes Porco was never read his Miranda Rights. Porco signed a statement informing him of his rights, but was never orally read his entire Miranda Rights.

"A lot of issues will require extensive search to determine what is and isn't admissible," said Judge Berry during the pre-trial.

The defense will also file a motion to move the trial out of

"There is a real danger that it is virtually impossible for Christopher Porco to receive a fair trial, at least in Albany County."

Terrence Kindlon

Albany County because of all the pre-trial publicity since the attacks.

"There is a real danger that it is virtually impossible for Christopher Porco to receive a fair trial, at least in Albany County," Kindlon said.

Meanwhile, Christopher Porco is out on bail and living at the home of Elaine LaForte and her family in Glenmont. Porco is also working at LaForte's business, Bethlehem Veterinary Hospital in Glenmont. He has worked there since 2000.

The trial is expected to start next week after jury selection is complete. Berry will allow up to 10 days for the jury to be picked. Joan Porco was present every day of the pre-trial hearings and is expected to be present when the trial begins. Peter Porco worked as a law clerk for the state Appellate Division in Albany County at the time of his murder.

Mackrell appointed to small business council

Patrick J. MacKrell, president and CEO of New York Business Development Corp. (NYBDC) and its affiliate Empire State Certified Development Corp. (ESCDC), has been appointed to the U.S. Small Business Administration's (SBA) National Advisory Council (NAC).

The NAC provides expert advice, ideas and opinions on SBA programs and small business issues, and its members are an essential connection between the SBA, participants in SBA pro-

grams and the small business community at large. MacKrell's appointment is for a two-year term effective May 1.

NYBDC and ESCDC are leading providers of long-term financing for small businesses across New York state, proving loans that help companies grow, prosper and create employment opportunities. ESCDC is the largest provider of SBA 504 commercial second-mortgage loans in New York state and one of the largest in the country.

The NAC comprises a chair, vice chair, 10 regional representatives, 52 state representatives and additional members from the business sectors of the 10 regions.



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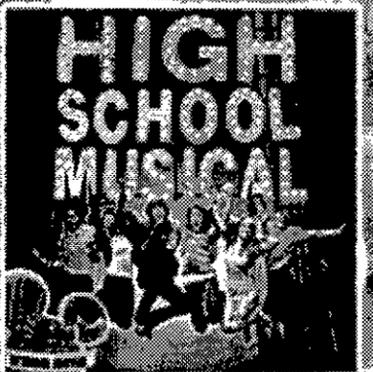
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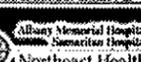
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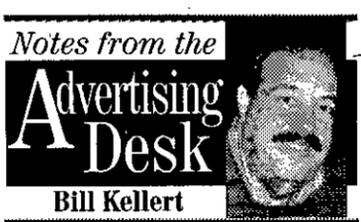

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Keep that hometown paper around the house

Community newspapers' circulation is, in general, on the increase.

While we have, as a society begun to be more and more hungry for immediate gratification, i.e., gathering international, national and regional news from the Internet almost as it is unfolding, thus causing a decline in daily newspaper readership, as a community we hunger for the hometown news that community papers deliver so well.

Papers like *The Spotlight* fill a growing need to supply readers with hometown information, high school sports scores, town meeting results and school board meeting debates. This is information that is supplied on a hyper-local level that dailies simply by their coverage areas, or the Internet due to its vastness are unable to supply. As a result, while people sit at their computers at



work and have national news links running throughout the day, they come home at night and pick up the hometown paper to see what happened at Johnny's school last week, or the who won the 4H Club latest contest.

The great thing about community papers is they have a shelf life.

If a reader misses the Tuesday daily paper, chances are he or she will not read it on Wednesday. If you happen to have advertised in the Tuesday paper, your message has been missed by that reader and a potential sale is lost.

If, on the other hand, said reader happens to not get to the

community paper on Wednesday, he or she might very well read the paper on Thursday or even over the weekend. Community papers do stay in the home from issue until the next issue.

Well, I'd best get to the notes on my desk.

SEFCU has announced two new appointments: **Shawn Francis** has been promoted from assistant branch manager to branch manager, included in his new position will be serving as the branch's loan officer... **Patricia Acker** has been hired as purchasing manager. Acker joins SEFCU with more than 10 years experience under her belt.... Congrats to **Steve Ribner**, president and founder of **Fact Finders**, in Albany, who

assumes the presidency of Jewish Family Services this week... **Gary Barkman** of **LPL Financial Services** has settled into his newly renovated digs on Route 9W in Glenmont... **Rand Window Fashions** of Schenectady will be moving to a new location and new neighborhood effective June 19. Stop by and say hi to them at 803 Route 50, Burnt Hills... Along the lines of getting better with age: **Harold Geurtze & Co.** celebrates its 80th year in biz in Bethlehem this year... and finally, this Saturday, June 10, the **Delmar CVS** is sponsoring a fundraiser for ALS. The fun is from 11 a.m. to 3 p.m. right in the parking lot on Delaware Ave and will include food, activities for the

kids including a bouncety-bounce, a dunk tank and lots more. It is truly a worthwhile event to support a disease that needs all we can do to help find a cure to extinguish it from our midst.

And that just about clears my desk for another few weeks. As always, if you have anything you'd like to see in the column, feel free to send me an e-mail at: kellertw@spotlightnews.com. We can't guarantee they will all get in, but we'll give it our best shot.

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Voorheesville plans summer rec programs

The Village of Voorheesville will be holding its summer recreation program again this year. The program will be under the direction of Mr. Michael Guerette and his recreation staff. The program is geared for students from grades K to 8. Information about specific

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



program dates, locations and age requirements for each summer activity is available on the registration form or from the Village Office.

Completed registration forms and payment must be returned to the Village Office at 29 Voorheesville Ave. by Friday, June 23. The form to register your child for programs will go home with the children from school or you can pick one up at the Village Office.

The program now has a \$5 fee for all children who are residents of the village of Voorheesville and the fee for those outside the village has increased to \$10 a child. This fee will help defray program expenses and covers participation in all summer

recreation programs.

For information, call the Village Office at 765-2692.

Thacher Nature Center schedules a walk in the woods

Thacher Nature Center will be holding weekly walks in the woods on Thursday mornings in June, July, August and September. The walks will begin at 9:30 a.m. and will last until 11 a.m.

Each week a different trail will be explored. The length of the walks will vary, but the average

walk will be between 1.5 and 3 miles. All of the walks are easy to moderate. The next weekly walk at Thacher Park in the Woods will meet on Thursday, June 8, at 9:30 a.m. at the Paint Mine picnic area.

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

For information, call 872-1237.

Town of New Scotland hosting auditions

The Town of New Scotland Recreation Committee is hosting the Classic Theater Guild in a production of staged episodes of the Brady Bunch at the Voorheesville Elementary School on Aug. 17, 18, 19 and 25, 26 and 27.

Auditions will take place at the Wyman Osterhout Community Center in New Salem on Monday and Tuesday, June 12 and 13, at 7 p.m. All ages welcome to audition and for information, call 488-1053 or e-mail

groovybradylady@yahoo.com.

PTA Scholastic Book planned for elementary school

The Voorheesville PTA Scholastic Book fair will be held at the Voorheesville elementary school on June 8 and 9 from 5 to 8 p.m. and June 10 from 10 a.m. to 2 p.m.

The theme for this book fair is bugs. There will be family night events June 9, from 6:30 to 7:30 p.m.

Family hike set at Thacher Park

A family hike will be held on Saturday, June 10, from 10 a.m. to noon at Thacher Park. Take an easy hike on one of the lesser known trails in the park. Bring water and a snack and be prepared for insects. Meet at the parking area on Ryan Road. Fee is \$2 for adults or \$5 for a family. For information, call 872-0800.

Swim lessons offered at Voorheesville

The Voorheesville Central School District will be offering pre-competitive swim classes from June 26 until Aug. 4. The classes will be held in the mornings from 7:30 to 9 a.m. and in the afternoons from 3 to 4 p.m.

Pre-competitive swimming is for anyone who has passed American Red Cross Level 5 swimming and is looking to continue with swimming.

For information, call 765-3314 ext. 201.

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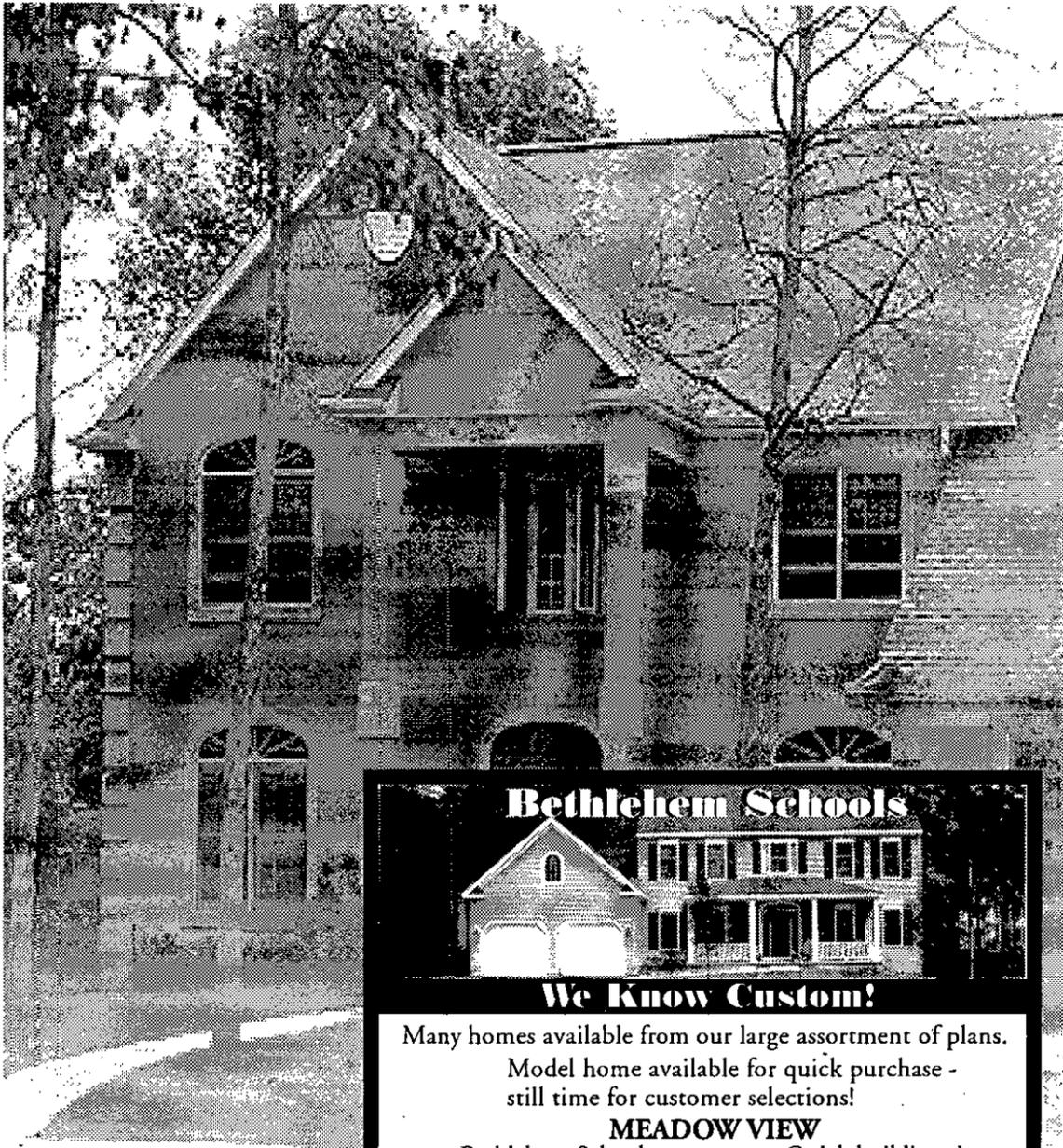
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Summer reading class registration nears

Summer reading program registration begins June 12. Stop by the library and receive a reading packet and learn about the fun and fascinating summer plans the library has. As well as reading rewards, special events, Cook's Club and an author visit, the library is offering terrific Teen Nights, stories in the Village Park, and — brand new this year — a Junior Nimblefingers group for



young people to join the experienced crafters to work on projects. Expect a grand kickoff event and a great finale. It is all free and it's all fun. Sign up now.

Kindergarten preparation

Get your child off to a good beginning in school. Cornell Cooperative Extension will present a program for the parents of five-year-olds entering kindergarten which offers help on how to prepare for this big event. Sign up is required for the evening of June 12 at 7 p.m. at the library.

which starts at 6:30 p.m. on Wednesday, June 14 before the discussion. Sign up is necessary.

Poets to gather

Thursday night poets meet at the library June 8, at 7 p.m. Newcomers welcome.

Storytimes end

The final spring storytime will be held Friday, June 9 at 10:15 a.m. Storytimes resume on July 11.

Barbara Vink

All library programming is free (unless otherwise noted) and open to the public. Voorheesville Public Library is located at 51 School Road, Voorheesville.

Potluck and discussion

Stolen Figs and Other Adventures in Calabria by Mark Rotella is the topic of the June adult book discussion. We invite you to bring a dish for a potluck,

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IN BRIEF

Clarksville Historical Society meets tonight

The annual meeting of the Clarksville Historical Society is this evening, Wednesday, June 7, at 7 p.m. at Clarksville Community Church located on Delaware Turnpike, Route 443, Clarksville.

The monthly program follows the meeting. Jill Knapp, Mohawk Hudson Land Conservancy's executive director, will lecture on the Bennett Hill Preserve. The preserve is located on Bennett Hill Road, Clarksville.

In October, Knapp became the first executive director of MHL. The MHL is a nonprofit group dedicated to protecting the unique natural character of the greater capital region. All are welcome to attend this very informative meeting.

Voorheesville Post sponsors breakfast on Father's Day

The Voorheesville American Legion Post #1493 is sponsoring a Father's Day Breakfast on Sunday, June 18 from 8 a.m. to noon.

The menu will be eggs to order, French toast, bacon/sausage, home fried potatoes, tomato, apple or orange juice, coffee, tea, and milk. The price is \$6 for adults and \$4 for children. Children under 5 are admitted free.

The post is located at 31 Voorheesville Ave. in Voorheesville. For information, call 765-4712.

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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 2006 peak demand will be 33,295 megawatts (MW), 1,220 MW higher than last summer. Add another 5,993 MW for the required cushion, and the total need for 2006 is 39,288 MW.

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

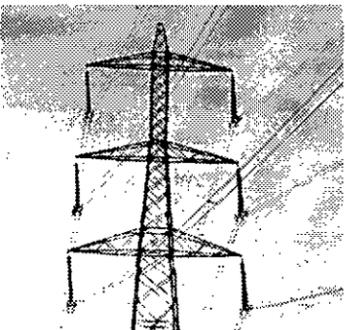
What to expect

This summer, you may be asked to help ensure system reliability and the availability of electricity by conserving energy. Your efforts can make a big contribution to the plans of utilities, large-use customers and New York State 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:

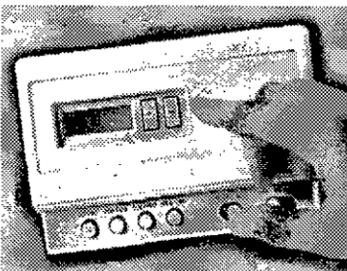
- Issue public appeals to residential customers on the radio and TV.
- Ask large customers to reduce their consumption.
- Ask customers to voluntarily reduce consumption.



What you should do

Using less electricity or shifting usage to off-peak hours will help ensure that there will be an adequate supply for everyone and can help lower your bills.

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



- 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 if 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 (blind, elderly, disabled) with their utility so they receive priority attention.
- Follow all safety precautions for operating portable generators.

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

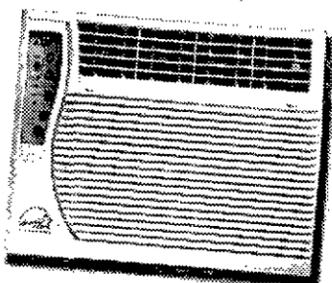


all non-essential electrical devices, lights, and appliances.

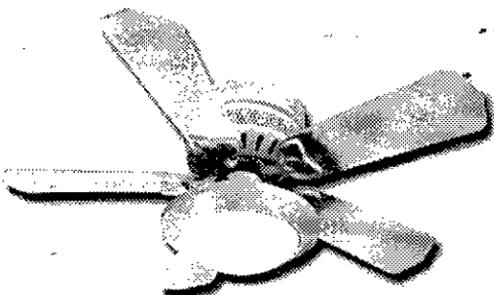
For more information, contact the New York State Energy Research and Development Authority (NYSERDA) at 1-877-NY-SMART (1-877-697-6278) or www.GetEnergySmart.org, the New York State Public Service Commission at 1-888-Ask-PSC1 (1-888-275-7721) or www.AskPSC.com, or your local utility.



The New York State Public Service Commission reminds you to Have an energy smart summer.



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The New York State Public Service Commission and NYSERDA want you to know that being energy smart means reducing your energy use to help lower peak demand and protect the environment. All while staying cool and saving on your utility bills. Plus, Use Your Power To Choose by shopping for your electricity supplier.



Wade into nature at Five Rivers

A stream exploration program for adults and children will be held on Wednesday, June 21 from 10 a.m. to noon at the Department of Environmental Conservation's Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar.

Under the guidance of a naturalist, parents and children will work together on activities that promote interaction with the environment, problem solving and creativity. Participants will wade in a stream, catch stream

creatures, record and then release these creatures back to the stream unharmed. Material will be presented in such a way that each family can work at its own pace. This lesson will take place outdoors and all materials are provided. All participants will keep journals.

Registration is necessary. There is a materials fee of \$8 for one adult and one child and \$3.50 for each additional child. The materials fee for Friends of Five Rivers members is \$6 for one

adult and one child and \$2.50 for each additional child. Participants should dress for outdoor activity.

Smell the flowers

An evening flower walk will be offered on Wednesday, June 21 at 7 p.m. June 21 is the longest day of the year, followed by the shortest night.

Join Center naturalists on this walk to seek out some of the wildflowers in bloom at Five Rivers Center. Much flower lore surrounds Mid-Summer's Eve, and the stories of some of the flowers in bloom at Five Rivers will be shared. This program is free. Participants should dress for the weather.

For information or to register for either program, call Five Rivers at 475-0291.

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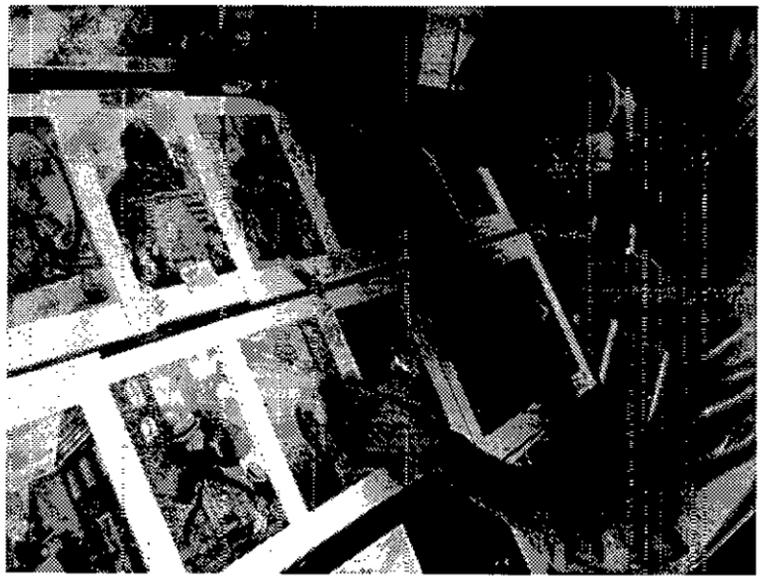
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A fine line



Author and illustrator Matt McElligott will visit the RCS Community Library on Saturday, June 10 at 11 a.m. McElligott is the author and illustrator of *Backbeard and the Birthday Suit*, *Absolutely Not*, *Uncle Frank's Pit*, and *The Truth About Cousin Ernie's Head*.

The event will be in the Village courtroom. Please use the side entrance around the corner from the Library parking lot. Copies of *Backbeard* and *Absolutely Not* will be available for purchase and autographing. You can reserve your copy ahead by calling the library, 756-2053. The RCS Community Library is located at 15 Mountain Road in Ravena.

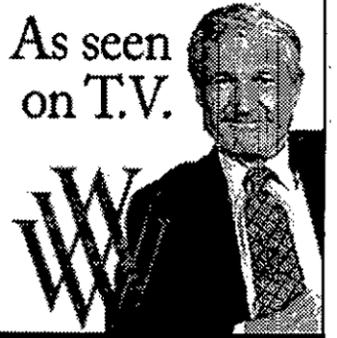
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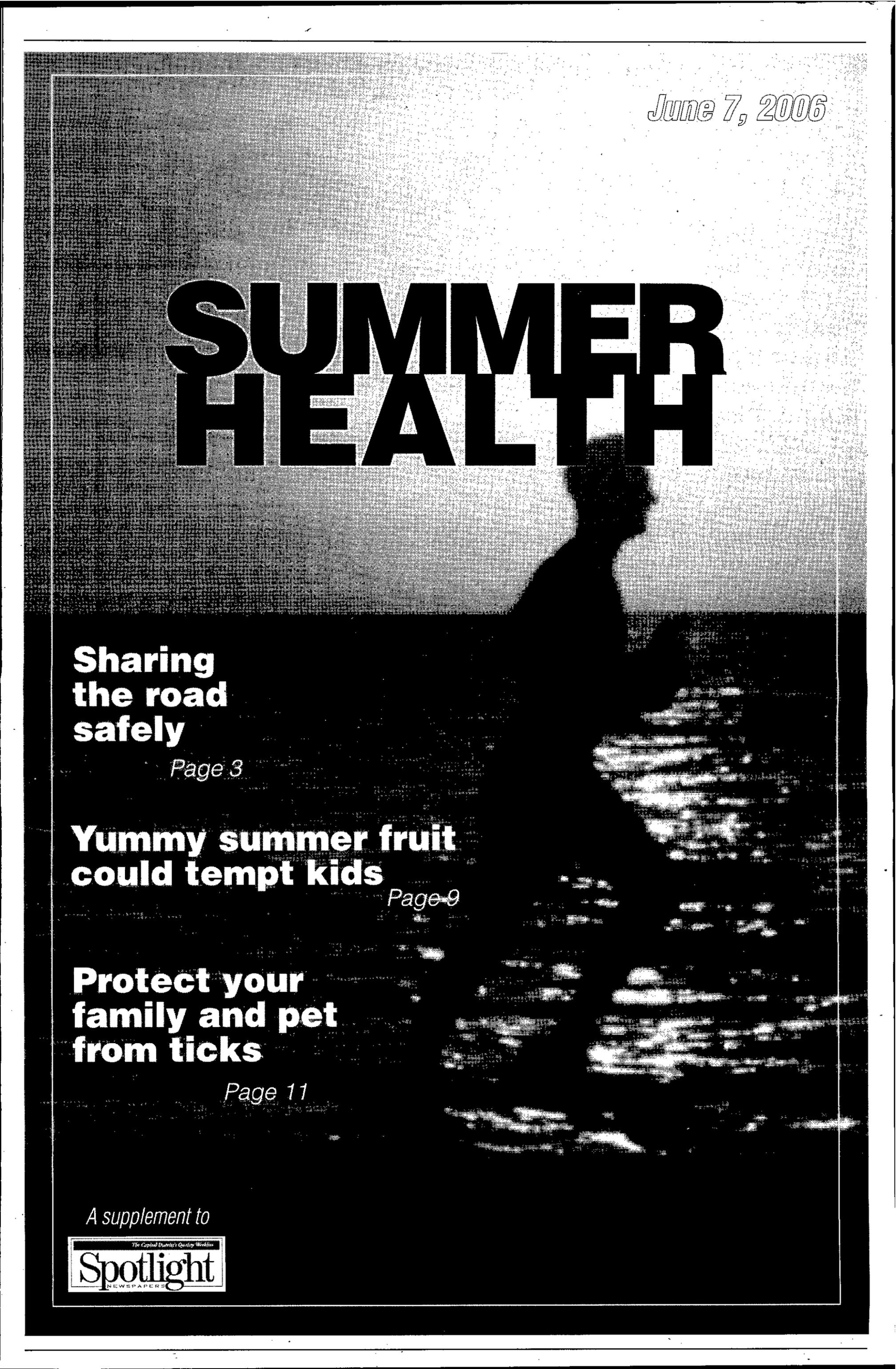
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June 7, 2006

SUMMER HEALTH



**Sharing
the road
safely**

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**Yummy summer fruit
could tempt kids**

Page 9

**Protect your
family and pet
from ticks**

Page 11

A supplement to

The Capital District's Quality Weekday
Spotlight
NEWSPAPERS

Keeping inside air clean fights allergies

Many products claim to clean your indoor air, but there are a few reference points that can tell you which ones work best.

During summer allergy season, many of us start thinking about the quality of the air we breathe outdoors. But are we considering indoor air quality as well? According to the Environmental Protection Agency (EPA), indoor air may be four to five times more polluted than outdoor air. And with Americans spending nearly 90 percent of our time inside, we often take indoor air quality for granted.

The average home has 72 trillion allergens floating in the air.

"No matter how hard or how often you clean, those tiny little particles can get into your loved ones' lungs, triggering allergies, asthma and a variety of other respiratory ailments. Fortunately, an indoor air cleaner can be an effective part of the solution in making the air inside your home better for everyone, including allergy and asthma sufferers," said John Spengler, professor of environmental health and human habitation at Harvard's School of Public Health.

You can reduce allergy and asthma triggers in your home by repairing insulation and cracks to reduce dampness, using mold-proof shower curtains to discourage mold



TRANE CleanEffects tucks neatly out of sight as an attachment to your home's central heating or cooling system delivering more clean air throughout your home than any other air cleaning system.

growth, covering your mattresses and pillows with allergen-proof covers, and washing bedding weekly in hot (130 degree) water to minimize dust mites. Indoor air cleaners can enhance these efforts by removing invisible airborne particles and allergens that you don't want in your air. But with several different options, how do you know which indoor air cleaner to choose?

How to evaluate indoor air cleaners

Many products claim to clean your indoor air, but there are a few reference points that can tell you which ones work best. A good place to start is by comparing the clean air delivery rates of various air cleaner systems. Clean air delivery rate refers to the amount of clean air that a filtration system can deliver to your home. This national standard recognized by the EPA reflects not only the effectiveness of the filter, but also the amount of air going through the filter. The higher the clean air delivery rate, the

more effectively the room or home can be cleaned of airborne particles.

Clean air delivery rates vary widely depending on the type of air cleaner you choose. For example, a typical ionic in-room device has a clean air delivery rate of 10, meaning that it successfully cleans only 10 cubic feet of air per minute. By comparison, standard 1-inch filters, which attach to a furnace, are rated at 12. Typical room HEPA appliances are rated at 150, while electronic whole-house air cleaning systems can be rated anywhere from 660 to more than 1,000.

Whole-house systems, in addition to offering the highest clean air delivery rate, can offer substantial benefits over in-room devices. Unlike portable devices, which clean only a

small area at a time, a whole-house system ensures clean and comfortable air throughout the house. Plus, it tucks neatly out of sight as an attachment to your central heating and cooling system.

Technologies are also changing the way whole-house air cleaners work inside your home. The most advanced is Trane CleanEffects,

with a clean air delivery rate of 1,200. This system cleans the air by removing more undesired particles and allergens - including bacteria, mold spores, smoke, dust mites, pollen and pet dander - than any other home air cleaning system.

"Using a high-efficiency filtration system, which treats all the air inside a home, will fundamentally alter the quality of air in a home because it is substantially more effective at removing microscopic particles," said Spengler.

When comparing air cleaners, be sure to ask your dealer or retailer to provide the clean air delivery rate for various models. Other factors to consider when making your decision include the cleaner's operating and maintenance costs and the average energy consumed for the amount of air cleaned.



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Beach body basics

As the weather starts to heat up, so does the desire to get in shape. Anticipating outdoor activities, skimpy beach wear and upcoming vacations, many people panic and resort to quick weight loss tricks and crash diets to get their bodies beach — or pool or lake or swimming hole — ready. “Hollywood’s Favorite

Nutritionist” and author of the book *Eating by Design*, Carrie Latt Wiatt has helped celebrity clients like Salma Hayek and Matt Damon shape up and lose weight quickly for roles. But, Wiatt said, the best way to get ready for summer is to take a healthful approach that provides both nutrition and enjoyment.

“The best way to break the cycle of crash diets and seasonal quick fixes is to consistently make smart food choices,” said Wiatt. “Establishing an eating plan and adding variety to meals can make healthful eating more enjoyable and successful.”

Wiatt recommends the following tips to make smart

eating simple and easy to maintain throughout the year:

- Choose a wide variety of powerful foods. A diverse diet is not only best for your health, but most satisfying to your taste buds. Emphasize foods that naturally boost energy while helping to protect against diet-related diseases.

- Powerful food fix: Choose 100 percent orange juice as a flavorful pick-me-up that provides essential nutrients including vitamin C, folate and potassium that may help boost your immunity and protect against some forms of cancer and heart disease when part of a high-fiber, low-fat diet rich in fruits and vegetables.

- Establish interval eating. Timing is everything. Regularly spacing out meals and snacks can stimulate metabolism, boost energy and improve your mood. Start with a healthy breakfast, then eat several smaller meals throughout the day so you can enjoy the benefits of a steady fuel supply and a satisfied palate.

Interval eating idea: Snack on healthy foods such as fresh fruit, snap peas and carrots with hummus and whole grain crackers between meals to keep your metabolism going, blood sugar stable and satisfy hunger.

- Maximize flavor, minimize saturated fat. Believe it or not, foods with lower fat and cholesterol can taste fantastic and feed a fit body. Lighter preparations unmask natural flavors and excite the taste buds.

Maximum flavor factor: Grill or steam white fish instead of frying or sauteeing to bring out natural flavors and nutrients while

minimizing fat intake.

- Enjoy yourself! Happiness is your birthright, and smart eating focuses on the positive. Every meal is an opportunity to enjoy delicious foods while doing something good for your body. Relax and savor the moment!

Enjoyment mantra: Make healthful meals tasty and easy. Look for nutritious recipes that strike your fancy and don't intimidate you, or experiment with your own combinations of your favorite power foods.

According to Wiatt, developing good eating habits while preparing for summer can help you continue to look and feel great throughout the year. A balanced diet that incorporates variety, power foods and healthy snacking can make developing and maintaining good eating habits easier.



Sharing the road safely

If it seems like bicycles are everywhere these days, it's not your imagination. More bicyclists hit the roads between May and September than any other time of the year, so it should come as no surprise that most accidents involving riders happen during the summer and fall.

According to federal government statistics, 660 bicyclists died in crashes with motor vehicles in 2002, the most recent year for which fatality data are available. Fifty-four percent of the deaths happened between May and September.

“What the statistics don't tell you is that a lot of those accidents were avoidable,” said Jeff Beyer, senior vice president and chief communications officer of Farmers Insurance Group. “Driver distraction, or failure to use due care, was probably to blame in a lot of the cases.”

It's pretty easy to get caught up in the world within our motor vehicles. The radio or CD player is on, people are talking in the backseat, and you're on the cell phone. There are often more distractions inside the car than on the road, but Beyer says that's no excuse for being inattentive and causing an accident.

Here are some tips Farmers encourages drivers to keep in mind — particularly about bicycles and motorcycles — during the upcoming warmer months, and any time of year for



that matter.

- When you come to an intersection, make a complete scan. Look not only at traffic around you, but for what's ahead on the road. There may be kids on bikes a few yards behind an oncoming car, about to enter the intersection.

- Make a habit of looking for the unusual. Broaden your spectrum of where to look and what you might see. Many seemingly unavoidable accidents might be prevented through better surveillance.

- Try to drive with an open space in the adjacent lane, as opposed to right next to another vehicle. This will improve your ability to react to potential trouble ahead.

- Don't be shortsighted. Get into the habit of looking down the

road at what's ahead. Don't think in terms of distance, but time. Always think of where you will be in 10 seconds.

- Keep your eyes moving. Every now and then, sneak a glance off into the distance, and don't forget to check your mirrors.

For more driving safety tips, log on to www.farmers.com.



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Gardening tasks should bring satisfaction, not pain

Aches and pains do not have to be a natural part of gardening. The following tips and guidelines are designed to turn a potentially painful chore into outdoor enjoyment.

When it comes to tools, gardeners today have more options than ever before. With all the choices in colors, shapes and sizes, it's easy to overlook one of the most important gardening tools — your body.

Many people, despite exercising proper care and maintenance with their other garden tools, do not spend the time or effort properly caring for their most valuable tool. And for many of the hundreds of thousands who make gardening America's No. 1 outdoor hobby, common aches and pains associated with repetitive gardening tasks can detract from an otherwise enjoyable experience.

Aches and pains do not have to be a natural part of gardening. The following tips and guidelines are designed to turn a potentially painful chore into outdoor enjoyment:

Prepare your body properly

Regardless of your age, it's important to take precautions before jumping into gardening chores. Start by spending a few minutes stretching to help minimize muscle soreness and the risk of tendonitis. In particular, stretch your arms and back. Also, be certain to have plenty of

water on hand to avoid dehydrating while you're gardening. Here are a few other key suggestions regarding body positioning:

- Keep elbows partially bent, especially when doing resistive activities.
- Hold objects with a light grasp or pinch, avoiding a tight, sustained grip.
- Whenever possible, work with the forearms in a neutral position (i.e. thumbs up).
- Watch your posture. Don't slouch or rest your weight on one arm or leg while you work.
- Use wheelbarrows and carts to transport heavy objects or tools to save your back.

Carefully choose the right tools

Garden tools developed for proper body mechanics (known as ergonomic tools) are no longer just for seniors. Today's ergonomic gardening tools are designed to appeal to people of all ages who have either suffered from or want to prevent repetitive strain injuries, or for those who just desire a more comfortable, enjoyable gardening experience. The right tools created in the right size and weight can save the back, knees and hips, and mean the difference between enjoying a day in the garden and ending the evening with cramped hands and an aching back or elbow.

One tool that can make a big difference is the combination kneeler/bench with foam pad, which helps remove weight from otherwise sore joints as it allows gardeners to work from a more comfortable sitting or kneeling position. Simply flip over to convert from a durable bench (capable of holding up to 250 pounds) into a convenient kneeler. Of special interest to gardeners who have difficulty raising themselves up from the ground are the sturdy long handles on the sides.

Another strain-free tool set that features T-handles on longer shafts provides greater leverage for digging into even the hardest soil and helps keep the wrist in a more neutral position. The long-handled shafts not only limit the need to bend over, but also provide greater leverage so that everyone can effectively complete strenuous gardening tasks. Sports medicine specialists estimate that women



Garden tools have more of an ergonomic focus today, like this kneeler bench from GardenWay that minimizes the need to bend and stretch.

possess about 40 to 60 percent of the upper-body strength of men due to their smaller arm girth. This creates a greater need for women to compensate with longer handles.

The weight of the tool also affects stamina and energy levels.

tighter spaces without straining.

Proper care of tools can also facilitate gardening tasks. Keep tools with moving parts in good working order and oiled so there is little resistance during use. Also keep hand tools sharp to ensure smooth, easy movement.

Garden gloves not only protect hands from hazardous chemicals, sharp items and blisters, but they also help minimize the effects of vibration. Gloves should ideally be form-fitting and cover the smallest area of the hand possible, without being restrictive.

Avoid repetition, variety is critical

Repetitive movements can wreak havoc on any part of the body. Enthusiastic gardeners who are driven to whip their gardens back into shape in a matter of a day are prone to injury from hours of repetitive movements resulting from weeding, digging and stooping. That's why it's important to rotate gardening tasks frequently (at least every 30 minutes) so you don't wake up with stiffness in the arms, legs and back.

Rest

Above all, don't forget to rest frequently. Even if you don't feel fatigued, take a break for a few minutes each hour. Your body will thank you later on. And you'll feel more productive and actually get more done, so at the end of the day you'll feel a deep sense of satisfaction rather than a hard-earned aching back.

And, of course, when the produce is ready, its health benefits will feel even greater to you!

In addition to local garden shops, check www.gardenway.com for information about new tools.



Look for tools that are heavy enough to be durable, but not so heavy they are fatiguing to use. Strain-free tools measure only 23 inches in length, which makes them shorter and lighter than traditional long-handle tools. Not only will they fit smaller hands, they allow the user to access

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Leaving the kids home alone this summer

Here comes summer and if you're the parent of a pre-teen, you can bet this question is coming, too: "Why can't I stay home by myself this summer?"

How do you know when they're ready to be on their own at home while you're at work? "Part of successful parenting lies in the ability to accurately assess your child's level of maturity," said James Longhurst, a licensed psychologist for Starr Commonwealth, a child and family services organization founded nearly a century ago. "The foundation for how they will handle themselves was established at day one. If you've been in tune with your child over the years, you'll know when they're ready."

Certainly you'll want to check to see if there are state regulations governing at what age a child can stay home alone, said Longhurst, but your best indicator will be that little voice inside.

"If you have concerns, it means you probably should have concerns," he said. "One of a child's developmental stages involves responsibility. Sensitivity to where your child is on the developmental continuum can help you make wise accommodations."

One child may need no guidance at all about using the oven on her own, for example,

while another may be safer just making sandwiches for himself at lunch. A child who will end up in front of the television all day needs more direction than one who's more productive with his time.

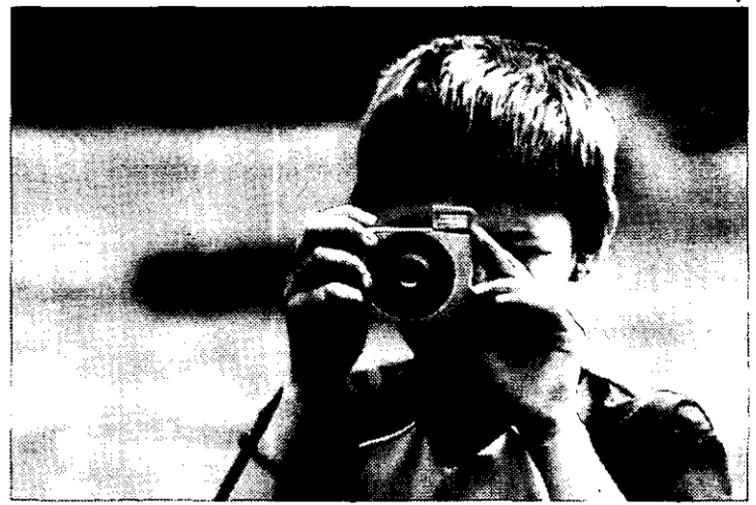
The point is that exhaustive lists of dos and don'ts aren't nearly as helpful as rules that take a child's particular situation into account.

"Situational parenting means you offer more or less direction, depending on the situation," said Longhurst. "This kind of flexibility shows your child that you understand who he is and that, in turn, builds confidence and trust."

Emergency procedures, whether or not to allow friends in the house when you're gone, household tasks that need to be accomplished — these are just a few of the issues you and your child should discuss and settle together. Longhurst's highly successful work with troubled youth at Starr Commonwealth has shown him that when kids have an opportunity to help set the rules for their own behavior, they end up embracing those rules and living up to the trust placed in them.

"Identify the areas up for discussion and then really discuss them. Let kids know you want them to be part of the process," he said.

Longhurst suggested other



activities that can help your child have a summer "alone" that helps build family bonds and personal confidence:

- Check with your child's school to find out what subject areas they'll be studying in the coming year. Then, get creative. Rent movies that pertain to the subject, for example. "Make activities like watching TV productive rather than consumptive," said Longhurst.

- Help them discover a new hobby. If your child is interested, photography can be a good choice. There's plenty of subject matter around the house or in the neighborhood. A simple camera, even a disposable one, allows them to see the familiar with new eyes. "Many communities have classes or camps with a focus on a particular hobby," said Longhurst. "This can help break up the

summer a bit and offer some new opportunities for your child."

- Love tomatoes? Enjoy flowers? Plant a small garden together and let your child tend it during the week. It's a great family activity, too, one you can enjoy together in the evenings or on the weekends.

- Look for volunteer opportunities in your community. There are plenty of activities a child can do for a favorite organization without leaving the house. Charities always need people to address envelopes, design fliers, even bake items for bake sales.

"Service learning is important to healthy development," said Longhurst. "It teaches us that we're a part of something bigger than just ourselves."

For information about Starr Commonwealth, go to www.starr.org.

"If you have concerns, it means you probably should have concerns."

James Longhurst

Rehab treats dizziness, balance disorders

More than 90 million American adults and teenagers have experienced problems with dizziness or balance at some point in their lives. Vestibular deficits or balance disorders — are caused by malfunctions in the inner ear and can be debilitating. Patients may suffer symptoms like vertigo, nausea, spinning, problems with posture, difficulty walking, motion sickness or falls.

The vestibular system is part of the inner ear which helps regulate balance. Patients who have damage to this system may benefit from vestibular rehabilitation, an exercise-based therapy program used to treat disorders of balance and dizziness.

The human body has a natural ability to compensate for balance disorders. Vestibular rehabilitation consists of special exercises, which enhance these natural abilities. The exercise routines help patients increase balance and decrease dizziness.

Diagnostic tests evaluate functional limitations, sensory integration, gaze stability, static and dynamic balance and position. The information gathered from these tests is used to create individualized treatment plans. Treatment plans often include elements such as balance retraining, balance strategies, sensory organization techniques, gaze stabilization strategies, habituation exercises, ADL retraining, aerobic conditioning and more.

The vestibular rehabilitation program at Seton Health is designed to help people stay active and meet their daily physical challenges more safely. With more than a decade of experience treating balance and dizziness disorders, patients can rely on our professional team to provide the highest quality of care. Our staff uses state-of-the-art equipment and treatment techniques to care for a wide variety of conditions, including labyrinthitis, benign paroxysmal

positional vertigo, perilymph fistula, drug-induced ototoxicity, acoustic neuroma, and Meniere's Disease.

Seton Health Physical Rehabilitation's vestibular rehabilitation program is available in our Clifton Park, Troy and Rensselaer offices. You will need a physician referral for this therapy. Most physician referrals are covered by most insurance plans. However, since health plans vary, our office staff will gladly assist you in determining your coverage.

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How to make sure your body is getting what it needs

It seems in today's society, people have so much going on, they forget, or don't have time to eat right.

Are you always on the run? Do you often skip breakfast and turn to fast food for lunch? If so, your body probably isn't getting the nutrients it needs.

The USDA just updated its food guidelines to recommend 9 servings of fruits and vegetables a day. The food guidelines are designed to help Americans get adequate levels of vitamins, nutrients and minerals. They call for the average adult, with a 2,000 calorie per day diet, to eat 6 ounces of grains, 2-and-a-half cups of vegetables, 2 cups of fruits, 5-and-a-half ounces of meat and beans, 3 cups of milk and 6 tablespoons of oils every day (mypyramid.com).

For most people, the advice is

hard to follow. It seems in today's society, people have so much going on, they forget, or don't have time to eat right. So what can you do? These days, more and more people are adding nutritional supplements to their diet to get the vitamins and minerals their bodies need.

In recent years, thousands of supplements have come on the market, so how do you know

you're choosing the nutrient and level that's right for you? Do your research or turn to the experts that do the research for you. One brand that's

been getting a lot of positive attention lately is Isomers, available through Shop NBC.

Isomers Laboratories president and chemist Manuela Marcheggiani and her husband created a full line of skincare products and nutritional supplements that not only nurture the skin, but the body and mind as well. The Science of Total-Beauty.

The supplement line starts with the daily multivitamin tablet products, called the Core. Unique to Isomers is a drinkable Effervescent Multivitamin, a refreshing way to get your daily dose of vitamins, minerals and antioxidants. They come in single serving packets you can take with you on the go.

"A lot of people avoid taking vitamins because they don't like swallowing pills. This supplement comes in powder form that quickly dissolves in water, and has a great tasting fruit punch flavor," says Marcheggiani. In



addition to being rich in vitamins and minerals, the Effervescent Multivitamins also contain antioxidants and standardized phytonutrients (plant-derived components that are intimately involved in helping fight free-radical damage).

Isomers also offers a healthy alternative to coffee and soda for people in need of a little pick-me-up during the day. The Berry Blast Energy Drink helps you revitalize your body and mind with B vitamins, amino acids and caffeine. The drink also awakens the senses, revitalizes the body and mind and activates metabolism.

"Of course women want to look and feel great, but we're busy. My goal was to create a line of supplements that combined health and convenience," said Marcheggiani. "Your face tells the world your story. Whether you have been getting enough sleep and good nutrition is there to see. Good nutrient supplements can help you and your body look and feel your best."

Isomers nutritional supplements are sold exclusively through Shop NBC. To learn more about their health benefits, log on to www.shopnbc.com and click on the link at the top that says "Health and Fitness."

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Front row, l-r: George Vassolas, M.D. and John Nolan, M.D. Back row, l-r: Robert Parkes, M.D. and Harry DePan, M.D.

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Keep safe when on the road this summer

With the summer travel season right around the corner, families are gearing up for road trips and vacations. You may spend weeks making sure the trip is organized and that your vehicle is road-ready. However, you may overlook important safety needs, such as having a fire extinguisher in

your car.

Many Americans are unaware of the highway vehicle fire problem that exists in the United States. In 2004, more than 266,000 highway vehicle fires were reported and caused nearly \$1 billion in property loss. More highway vehicle fires occur in June, July and August than during

any other time of year.

Statistics show that more than 49 million motorists have joined a roadside assistance club and have purchased an emergency car safety kit that contains jumper cables, flares and flashlights. Yet, few drivers think of a fire extinguisher as a critical component of that kit. Consumer experts recommend including a fire extinguisher, such as Kidde's Automobile Fire Extinguisher, in the car for extra security. As with jumper cables, the Kidde Auto fire extinguisher could help protect your family in an emergency or provide assistance to a fellow motorist in distress.

"Studies show that most drivers spend nine days a year commuting to and from work; that doesn't include extra time in the car running errands, or road trips for summer vacations," said Chris Rovenstine, vice president of marketing for Kidde. "Add the peak travel season to the amount of time families spend in their cars today, and it makes sense to have a Kidde auto fire extinguisher in your car's emergency kit."

Experts say mechanical or electrical failures cause a majority of these fires, which often begin in the engine, running gear or wheel area. By having a fire

Annoyed by frequent trips to the RESTROOM?

The Pelvic Health Center of Bellevue is currently recruiting male and female volunteers for participation in a clinical research study for individuals with overactive bladder.

Overactive bladder symptoms may include:

- ✓ Frequent urination
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- ✓ Difficulty in controlling the urge to urinate

If you are 18 years of age or older and have taken the medications Ditropan[®] XL (oxybutynin) or Detrol[®] LA (tolterodine) within the last twelve months, you may be interested in learning more about this clinical research study. The purpose of this study is to evaluate patient's perception of treatment with the study medication. All qualified participants will receive study-related medical care including health assessments and study medication at no charge.

Potential study volunteers should call: **518-220-9413, x107**

see *Road* on Page 7

Safe boating equals smart boating

Summer is just around the corner and the country's 70 million recreational boaters are preparing to launch their boats and relax on the water with family and friends. The start of boating season is also the perfect time for boaters to review important safety tips to make their on-water adventures more enjoyable.

"Just as we all learned the rules of the road before getting behind the wheel of our cars, there are basic safety tips that everyone should know before taking the helm or shoving off," says Thom Dammrich, president of the National Marine Manufacturers Association (NMMA). "One of the most important things you can do is always wear a lifejacket on the water and make sure others in your boat do too. After all, lifejackets only work if you wear them."

Today's lifejackets or life vests — also known as personal flotation devices or PFDs — are now available in a variety of shapes, colors and materials for user comfort and convenience. Some lifejackets are even tailor-made for specific activities such as sailing, paddle sports or fishing, but all are designed to keep boaters safe and afloat in case of emergencies.

The NMMA and U.S. Coast Guard (USCG) offer the following lifejacket-related tips and safety reminders for boaters and their passengers:

- **Find the Right Lifejacket.** Lifejackets aren't one-size-fits-all. Select one that fits properly and is designed for the appropriate on-water activities and water conditions. All lifejackets are clearly labeled with the appropriate weight range for the product. Test their buoyancy in shallow water by relaxing your body and tilting back your head. With proper buoyancy and fit,



your chin should stay above water and you should feel relaxed, comfortable and able to breathe easily. Always look for the U.S. Coast Guard approval label before purchasing a lifejacket.

- **Conduct a Safety Check.** Ensure all lifejacket seams, fabric



and hardware are intact. Test all lifejackets at the start of the season and replace any that don't pass the test.

- **Outfit Everyone Aboard.** Before shoving off, all on board should be wearing a properly fitted lifejacket with straps, zippers and ties fastened. The U.S. Coast Guard requires USCG-approved lifejackets on all recreational boats. The number and type depend on the number of passengers, size and type of boat, and boating activities.

- **Keep Kids Afloat.** Boating is a great way to spend time with

family and friends. Make sure children wear lifejackets with a collar that turns their faces up in the water. Their jackets should also be equipped with sturdy straps and a collar handle, and preferably be bright yellow or orange in color for good visibility. Check for a good fit on children by picking up the child by the shoulders of the lifejacket — a proper fit will not allow the child's chin and ears to slip through. Never buy a lifejacket that a child will "grow into," as proper fit is essential.

- **Educate Yourself.** Boating education courses are offered in nearly every community through the U.S. Power Squadron and Coast Guard Auxiliaries. Many reputable boat dealers also provide an orientation session with the purchase of a new boat. Some states require powerboat operators to take a boater's education course and carry a license or certificate showing successful course completion. Check out the safety regulations and requirements for the state you are boating in.

- **An Educated Boater is a Safer Boater.** Learn more about boating and get additional safety tips at DiscoverBoating.com.

Road from Page 6

extinguisher within reach, you could increase your chances of quickly putting out a small, smoldering fire.

Safety experts recommend that your family exit a burning vehicle as quickly as possible. Keep in mind that some individuals, such as young children, older adults, or others with limited mobility, may have difficulty exiting on their own and could require extra assistance.

When using an automobile fire extinguisher, keep these tips in mind:

- Make sure that everyone has exited the vehicle.
- If you have a cell phone, notify the fire department before attempting to extinguish the fire.
- Use your extinguisher only to extinguish or contain a small,

smoldering, fire or to create a safe pathway from the vehicle.

- Read the instructions and become familiar with your fire extinguisher's parts and operation before a fire breaks out.

- Remember the "Pass" system: Pull the pin, hold unit upright; Aim at the base of the fire; Squeeze lever; Sweep from side to side.

Experts recommend choosing an automobile fire extinguisher that safely mounts inside the car, so that it is easily accessible during an emergency. Look for a UL-listed and UL-rated unit that contains a non-toxic extinguishing agent and has an easy-to-pull safety pin.

For information on automobile fire extinguishers and other fire safety products, visit www.kiddeus.com.



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Rubin Dialysis Center offers portable hemodialysis system for home use

System can be used by trained patients for daily dialysis treatments that offer health and quality of life benefits

The Hortense and Louis Rubin Dialysis Center is the first center in the Capital District and one of the first dialysis centers across the United States to offer an innovative dialysis system with significant potential benefits for chronic kidney failure patients. The NxStage® System OneT hemodialysis system gives physicians and nurses improved user-friendly flexibility to offer patients the benefits of home daily dialysis. Daily home hemodialysis with the NxStage System One can give patients greater independence and control over the lifelong management of their kidney disease.

Chronic kidney failure (also called end-stage renal disease or ESRD) is a life-threatening failure of the kidneys to process the body's wastes and excess fluids. To survive, ESRD patients

require some form of kidney replacement therapy for the rest of their lives. Over 450,000 patients in the United States suffer from ESRD, and total annual U.S. healthcare system costs from ESRD are over \$ 20 billion. These costs are expected to increase in the foreseeable future, as the number of ESRD patients in the U.S. is expected to double in the next 10-15 years.

"Rubin Dialysis is excited to be among the first in the area to offer this new treatment option to patients needing dialysis. The fact that System One is portable and designed for simplicity makes it more convenient and accessible for patients, thereby improving their quality of life," said Wayne Evancoe, CEO, Rubin Dialysis Center. "Being able to prescribe treatment for patients that they can do on their own, even while on vacation or traveling for work, opens up a new chapter in dialysis care."

Patients on home daily dialysis have also reported meaningful improvements in their quality of life, including the ability to continue to work or to go back to work, and the flexibility to do treatments at the time and place that works for them, rather than what was dictated by their dialysis center's schedule. Cleared for home use by the U.S. Food and Drug Administration (FDA) in June 2005, the NxStage System One is designed to help ESRD patients realize the clinical promise of daily home dialysis.

Rubin Dialysis Center has been training patients on the system since September 2005.

"Undergoing dialysis this way allows me to filter my blood more often – six days a week instead of every other day," said Ronald Crowd, 55, of Argyle, Washington County. "This treatment doesn't zap my energy like the traditional dialysis did, and I can do it whenever it is convenient, which gives me back some quality of life I thought I'd lost."

The system is about the size of a 13" T.V., and weighs just over 70 pounds. The System One is different from conventional dialysis equipment in that it is powered by a standard household outlet and uses pre-packaged sterile dialysis fluids. These changes eliminate the need for electrical and plumbing



Daily home hemodialysis with an NxStage system – like this one – can allow patients to manage their kidney disease.

changes to the home, which were previous challenges to using conventional dialysis machines in the home. The System One's portability and flexibility mean that it can be easily moved to the location that suits a patient's needs and lifestyle, based on a physician's prescription. Many patients using the NxStage

a week for treatments lasting around four hours. Although this treatment method has been effective for many ESRD patients, research has shown that significant benefits can be attained from both more frequent, or "daily" dialysis, performed at home. Reported benefits include reduced blood pressure, improved anemia status, reduced left ventricular hypertrophy (LVH), and improved nutritional status, among others.

Patients interested in learning more can contact Shari Meola, RN, CNN, clinical services coordinator in the Clifton Park center, 831-6700 or Saratoga Springs, 587-1919. Patients should consult with their physician to discuss the potential benefits, risks and responsibilities associated with home hemo-dialysis using the NxStage System One.

About Rubin Dialysis Center:
The Hortense and Louis Rubin Dialysis Center .Inc operates dialysis centers in Troy, Clifton Park and Saratoga Springs. It is an independent, nonprofit care system which focuses on the human side of caring and the innovations in technology that enable us to offer higher quality of life to ESRD patients in different settings. Our emphasis on home dialysis therapies such as daily nocturnal, peritoneal, and short-daily via NxStage, allow our Home Training Team to partner with our Nephrologists to help ESRD patients "set the pace and place of their own home treatments". The Rubin Dialysis center Web site is www.rubin-dialysis.org.



System One have benefited from the ability to travel with the system, attaining a level of freedom and independence they couldn't achieve with conventional in-center dialysis. Disposable cartridges containing the needed filter and tubing, and easy-to-use controls simplify the training and use of the system. The device's operating simplicity allows therapy to be delivered by an appropriately trained patient or family member, keeping in mind that patients should not dialyze alone.

Hemodialysis, the cycling of the patient's blood through a filter (the artificial kidney) and back to the patient, is the most common form of kidney replacement therapy. For the majority of hemodialysis patients today, this means going to an outpatient hemodialysis center three times

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Yummy summer fruit could tempt kids

Children can learn that they can satisfy their hunger in a natural way

Fruit offers a rainbow of gorgeous colors, from blueberry blue to apple red and grape green. And, with their kid-friendly flavors, it's easy to prepare fruit in ways that are nearly irresistible. Is that true only in the summer? No way! Fruit is available every day of the year, whether it's fresh, frozen, canned, dried or juice.

When you provide fruit, such as blueberries, for your children, they get colorful, flavorful food with relatively few calories, nearly no fat, and a

boost of antioxidants and other nutrients that have been shown to protect against disease.

The U.S. Department of Agriculture's "MyPyramid" dietary guidelines recommend that children, ages 4 to 8, consume about 1 to 1 1/2 cups of fruit a day. For ages 9 to 13, 1 1/2 cups is the recommended amount. According to a National Health and Nutrition Examination Study, however, American children's fruit consumption falls short of the recommendations.

By simply replacing higher-calorie snacks with fruit, children can learn that they can satisfy their hunger — and cravings for something sweet

— in a natural way and without breaking the "calorie bank."

There are many ways to make fruit appealing to

make fruit appealing, whirl blueberry fruit shake in the blender. It's so easy, and tastes so good, you can serve it for breakfast, a snack or dessert.

In addition to ranking No. 1 in antioxidant activity, a cup of blueberries has just 80 calories with virtually no fat. Fresh, frozen, canned and dried blueberries are always recipe-ready or to enjoy just as they are.

Get all the details about the USDA dietary recommendations at www.MyPyramid.gov

To find out more about blueberries, and for recipes and nutrition information, visit www.blueberry.org.



children. Blue banana boats, for example, include the whimsy children adore and, when they dig in, they'll enjoy a variety of delicious fruit.

For another easy way to



Blue Banana Boats

- 2 fruit roll-ups, any flavor
- 4 thin, 4-inch long pretzel sticks
- 1 1/2 cups fresh, frozen or drained canned blueberries
- 1/2 cup grape juice, or juice from canned blueberries
- 2 bananas, cut in quarters
- 4 small scoops frozen yogurt or fruit sorbet
- 1/2 cup fruit cut in pieces, such as mandarin oranges or grapes

To make "sails:" Unroll fruit rolls and cut into four triangles, about 3 inches on all sides, with a

sharp knife. Make three small cuts along one edge of each triangle; thread onto pretzel sticks. In four soup or cereal bowls, divide blueberries evenly. Pour two tablespoons juice into each bowl. To form a "boat:" Place two banana quarters on opposite sides of bowl. Between the bananas, place a scoop of frozen yogurt. Scatter fruit over all and push a pretzel "sail" into yogurt. Serve immediately.

Yield: four portions
Per portion: 254 calories; 55 g carbohydrate; 4 g total fat; 2 g saturated fat; 5 g fiber

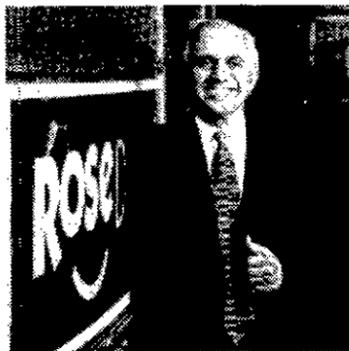
Blueberry fruit shake

- 2 cups fresh or frozen blueberries
- 1 cup frozen mixed fruit, such as banana, grapes, and peaches
- 1 cup milk
- 1 tablespoon sugar (optional)
- 2 teaspoons vanilla extract

In the container of a food processor or blender, place blueberries, mixed fruit, milk, sugar and vanilla extract; whirl until smooth. Serve immediately.

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Make sure it's only joy and fun in the summer sun

Everyone has heard about proper sun protection for the skin, but don't forget about protecting your eyes during the summer months. Since Americans spend a considerable amount of time outdoors, whether at the beach or simply catching some rays while exercising or doing errands, their health may pay a price. Too much sun exposure can increase your chances for serious eye damage.

More than 86 million adults over the age of 40 have vision problems, according to the Vision Council of America. Approximately 80 percent of

lifetime sun exposure occurs before age 18, when the eyes are less developed and less able to block UV rays. Here are a few tips from Madeline L. Romeu, O.D., F.A.A.O. and optometric adviser for Transitions Optical, about how you can help protect your family's vision not only in the summer but year-round:

- Know when to move into the shade. After spending time in the sun, drink lots of water to keep both your skin and eyes hydrated. Watch for the warning signs of visual problems, including squinting and headaches. If possible, stay out of the sun from 10 a.m. to 2 p.m. when temperatures and UV

levels are at their peak.

- Remember proper eyewear. Certain lenses can safely block UV radiation and help protect the eyes from the sun's harmful rays. Dark sunglasses without UVA and UVB block cause the pupils to dilate and allow harmful UV rays into the eye, potentially causing major eye damage. Make an informed purchase, and be sure to buy lenses that clearly state that they offer both UVA and UVB protection.

- Consider photochromic lenses. Photochromic lenses are those that quickly change from clear indoors to as dark as

sunglasses outdoors. They are the smart choice in everyday convenience because of their ability to block 100 percent of dangerous UVA/UVB rays, and reduce painful, uncomfortable glare.

- Cover up if you plan to snooze: Lying down with eyes closed can cause sunburned eyelids, so be sure to cover the face entirely if there's a chance you'll fall asleep in the sun. Along with your sunglasses, make sure to bring a towel or hat to cover the face.

- Check your UV index: Check daily UV levels in your area and plan accordingly. Wear

proper eyewear, and also carry a hat and sunblock. According to a survey conducted by Transitions Optical, Inc., 36 percent of respondents wear a hat when they plan to be out in the sun for long periods of time, and only 18 percent wear eyewear with UV protection.

- Eye exams for overall health: Even though vision may be clear, exams can detect changes in the eye caused by underlying health problems. Some eye diseases have no symptoms in the early stages, so make annual eye exams part of your family's regular health routine.

Thinking of starting an exercise program?

By AUDREY CALVINO and KATESEL STRIMBECK

The writers are physical therapists with master's degree at St. Peter's Rehabilitation Services.

Regular, moderate-intensity physical activity can serve as a first line of defense against heart disease.

And don't forget some of the other benefits of exercise: it relieves stress, enhances your movement, assists in controlling blood sugar, decreases high blood pressure and can help with the treatment of depression, not to mention the "side effect" of losing weight.

According to the U.S. Surgeon General, weight loss, as modest as five to 15 percent of total body weight in a person who is overweight or obese, reduces the risk factors for some diseases, particularly heart disease.

Aim for 30 minutes of activity

a day, even if you break it down to three, 10-minute segments. A walk at lunchtime, some yardwork and playing catch with the kids, and your 30 minutes are done. Take advantage of some of our area parks, bike paths and nature centers as an easy way to get outdoors, see something new

when exercising.

- Wear supportive and comfortable sneakers. Ones that tie and are closed at the heel will offer more support for your activity.

- Don't overdo it! Going out gung-ho will have you sore, possibly injured and very discouraged. Start slowly, choose an activity you enjoy and one you will perform consistently. The best exercise program is one you can stick to.

- When you are ready for a total fitness program, it should include aerobic conditioning, muscle strengthening and flexibility training.

Because of their knowledge of aerobic conditioning, body mechanics, muscles and joints, and pre-existing conditions, physical therapists are able to develop personalized conditioning programs to help prevent injury and promote fitness. If you have any questions regarding fitness and starting an exercise program, contact the physical therapists at St. Peter's Rehabilitation Services, in Albany at 525-1372 or in Slingerlands at 475-1818.



and get some exercise.

The warm weather and long days are good reasons to get outside and enjoy!

Here are some helpful tips and reminders to consider before getting started:

- Check with your physician before starting any exercise program.

- Stay hydrated - drink water throughout the day and be sure to keep extra water on hand

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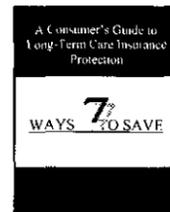
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Protect your family and pet from ticks

Summertime is tick time, as people and their pets take to the great outdoors, enjoying camping, hiking, parks or even their own backyards. After spending time outdoors, it's important to check both your family and your dog for ticks.

Ticks are known to spread Lyme disease, but are also capable of carrying multiple tick-borne diseases, including canine anaplasmosis, which is found in the black-legged tick. These diseases create a more dangerous outdoor environment for people and their four-legged friends.

Veterinarians are seeing more dogs suffering from coinfection, making a very troubling situation. As dogs suffer from symptoms brought on by more than one tick-borne disease, their immune systems may become weaker, making their recovery more difficult.

Dr. Matt Eberts, a veterinarian in Brainerd, Minn., said 40 percent of the dogs he examines test positive for Lyme disease. Even more troubling, though, is that 50 percent of dogs entering his clinic show signs of canine anaplasmosis. The symptoms of this disease are often arthritis-like with multiple painful joints, among other indicators. "There's really no way for pet owners to know what's wrong with their dogs without getting their dogs checked regularly," said Eberts.

Organizations such as the national Lyme Disease Association (LDA) have been educating people about the potential dangers of ticks for years and hope what is learned in the veterinary community opens some eyes.

"Lyme disease is a huge concern, but we want people to know there are several other tick-borne diseases out there that can be just as harmful," says Pat Smith, president of LDA.

Most tick-borne illnesses are difficult to diagnose based on symptoms alone, according to Dr. Stephen Levy, a Durham, Conn., veterinarian who has been on the forefront of tick-borne disease research for the past two decades. Many dogs exhibit no outward evidence of Lyme disease infection or the lesser-known tick-borne diseases.

"With the potential range of symptoms brought on by Lyme disease and other tick-borne infections, I encourage pet owners to make testing a standard part of their dogs veterinary exams," said Levy. An in-clinic, diagnostic test is available so dog owners can learn if their pets have contracted a tick-borne disease such as Lyme disease or canine ehrlichiosis, yet another disease transmitted from ticks, prior to leaving the clinic. The test also screens for heartworm, a disease transmitted by mosquitoes.

While getting your dog tested is important for your pet's health, it can also be important for your family's health. Smith believes dogs can carry ticks to their owners.

"With their furry coats, proximity to the ground, and propensity to roll in leaves and other groundcover, dogs are many times more likely to come in contact with ticks than their

owners," she noted.

For more information on tick-borne disease, visit dogsandticks.com or LymeDiseaseAssociation.org.

Common tick-borne diseases

The following examples are some of the most common tick-



borne diseases that infect dogs.

- Lyme disease — transmitted by the deer ticks, the most common visible signs of Lyme disease infection are recurrent arthritis and lameness that lasts for three to four days, sometimes accompanied by loss of appetite and depression. Lyme disease signs may come and go. In many dogs, the signs are not apparent or may not appear for several

months after infection.

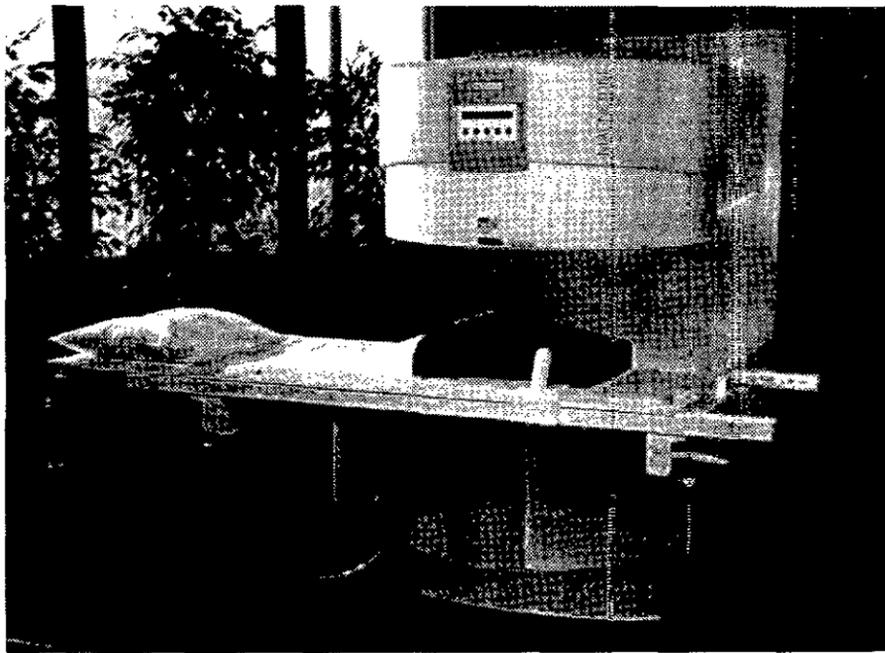
- Canine ehrlichiosis — first appearing in dogs in the early 1970s, this disease is commonly transmitted by the brown dog tick. It has three phases of symptoms — acute, subclinical and chronic. Dogs experiencing the acute phase may demonstrate symptoms including fever, discharge from eyes and nose, lack of appetite, depression, weight loss or swollen lymph glands.

- Canine anaplasmosis — sometimes referred to as dog fever, or dog tick fever. It is transmitted by the deer tick, the same tick that transmits Lyme. Symptoms are often arthritis-like, with multiple painful joints. Other symptoms include high fever accompanied by lethargy, vomiting and diarrhea.

- Rocky Mountain spotted fever — is transmitted from the American dog tick or the wood tick. In most cases, the disease lasts about two weeks, but in severe cases can end in death. Symptoms include joint swelling and pain, as well as neurological abnormalities.



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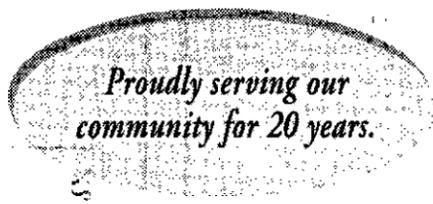
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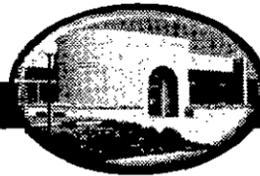
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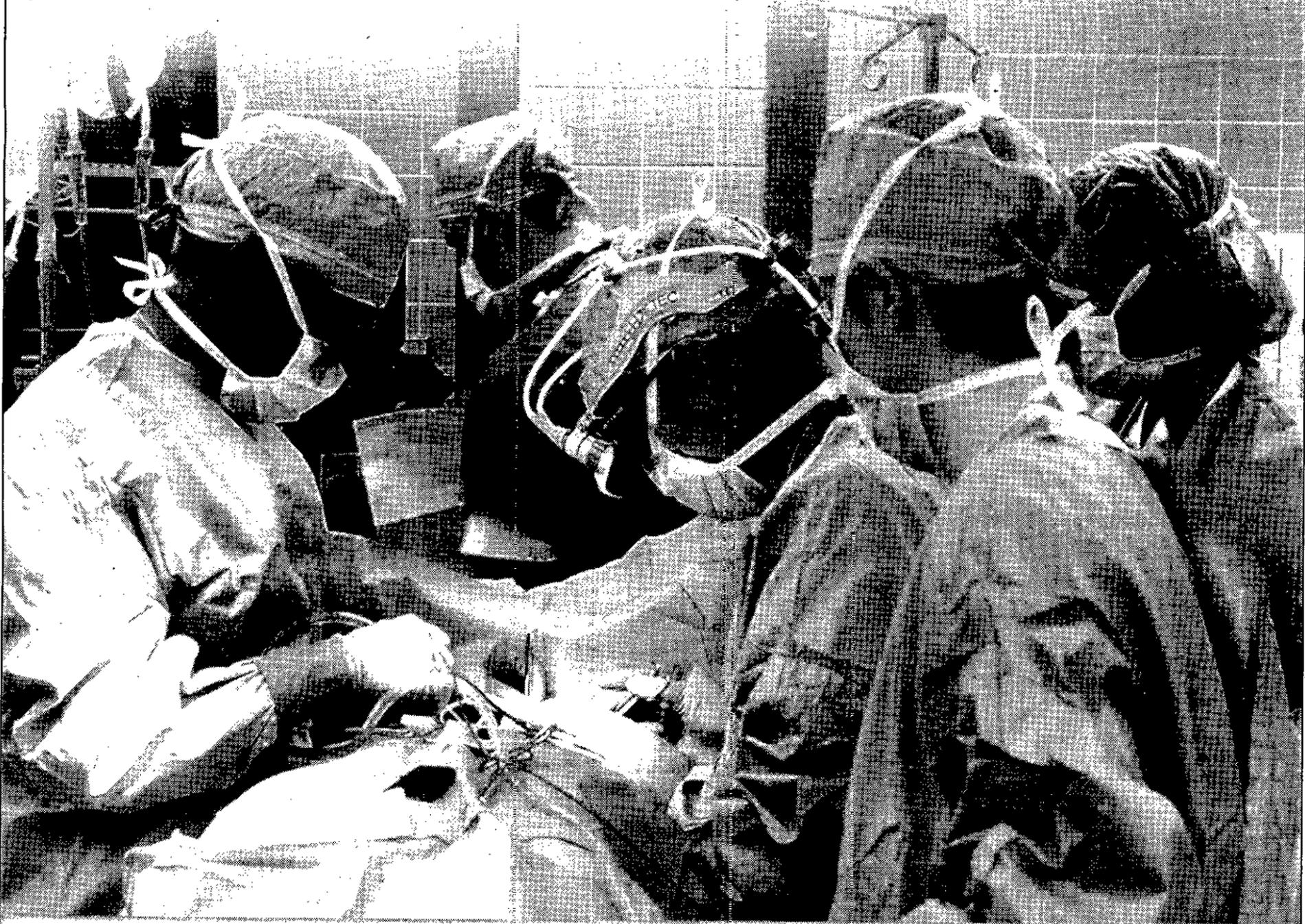
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Obituaries *in the* Spotlight

Ruth M. Dalton

Ruth M. Dalton, 86, died Sunday, June 4, at Good Samaritan Lutheran Health Care Center.

A lifelong resident of Delmar, she graduated from Siena College in 1949 and served with the Navy WAVES during World War II. She was employed by Armory Garage for many years and previously worked at the Delmar Grade School and the Dorothy Lynn Dress Shop in Delmar.

She was a volunteer at the former Childs Hospital and the Albany Institute of History and Art. She was past president of the Ladies Auxiliary of the American Legion Blanchard Post 1040 in Delmar.

Survivors include her husband, Richard P. Dalton; a daughter, Carol Barnes of Suwanne, Ga.; a son, John Dalton of Delmar; a brother, John C. Blanchard of Delmar; and four grandchildren.

Services were from the Applebee Funeral Home, Delmar. Contributions can be made

to the Alzheimer's Disease Association, NENY Chapter, 85 Watervliet Ave., Albany 12206 or the Community Hospice of Albany, 445 New Karner Road, Albany 12205.

Susan Koblantz

Susan Koblantz, 63 of Slingerlands, died Saturday, June 3, at Albany Memorial Hospital.

Born in Bronx, she was a graduate of the Albany College of Pharmacy. She was employed for 32 years by Department of Health retiring seven years ago. She was an accomplished organist and will be missed by the friends she and her husband made at Musicland in Colonie.

Survivors include her husband Chester I. Koblantz and a sister

Janice Jaffee of Va.

Services were from Levine Memorial Chapel, Albany. Contributions may be made to Congregation Beth Emeth, 100 Academy Road-Albany 12208, the Albany College of Pharmacy, 106 New Scotland Avenue, Albany 12208 or the American Cancer Society, 260 Osborne Road Loudonville 12211.

Martin S. Ferguson

Martin S. Ferguson, 72, of Delmar, died Thursday, June 1, 2006, at St. Peter's Hospital.

Born in Albany he was a graduate of Bethlehem Central High School and Union College where he was a member of the Phi Kappa Delta fraternity. He retired as a senior chemist from the state.

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Andrew Eckel of Elsmere, Michael Smith of Feura Bush, Julie Deitz and Aric Mine of Glenmont.

Melissa Andritz, Tomer Danon, Alfred Fargione, Timothy Kieper and Stephanie Mulligan, all of Selkirk.

Mark Black, Ryan Donohue, Matw Harvazinski, Leah Jakaitis, Alison Kennicutt, William Raible and Ashley Rio, all of Slingerlands.

Francis Catellier, Thomas

Cocca, Gregory DeLaney, Michelle Pelersi and Jocelyn Pleines, all of Voorheesville.

University of Rochester

Kathryn Young, Daniel Israel, Emily Bango and Sarah Altone, all of Delmar.

Matthew Olinzock and Carolyn Niehaus, both of Glenmont.

St. Lawrence University

Chelsea Isdell of Delmar, Nathaniel Dranke of Slingerlands.

The College of Wooster

Erik Hernandez of Slingerlands.

Clarkson University

Emily Cohen of Delmar, Adam Storm of Feura Bush, Karyn Cioppa of Selkirk.

West Point

Kenneth Porter of Delmar, William Joseph Denn III of Voorheesville.

Hartwick College

Meredith Pascale of Glenmont.

SUNY Geneseo

Jaimee Peckham of Delmar.

Kathleen McCarthy of Glenmont.

Hobart College

Timothy Hauser of Slingerlands.

Siena College

Laura Sherin, president's list.

Binghamton University

Laura Altmayer of Slingerlands.

University of Notre Dame

Brian Lasky of Delmar.

Mass. College of Liberal Arts

Dayne Wahl of Delmar.

Gettysburg College

Ashley Hillard of Delmar.

Boston University

Kyra Swartz of Slingerlands.

University of Rhode Island

Michelle Gardiner, Lauren Kohl and Jessica Wolchok, all of Delmar.

Eric Zell of Glenmont.

Roisleen Hickey and Laura Molino, both of Slingerlands.

Anne Bloomfield of Voorheesville.

Bates College

Madeline White of Delmar.

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Kelly Rider of Glenmont.

Erin Elfeldt of Slingerlands.

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CulliganAir® installs right into your air circulation system.

- ✓ Reduces Common Mold And Bacteria*
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*Reduces survivability of only those bacteria and mold that are in proximity to the U.V. lamp in the duct. Does not affect organisms elsewhere in your home.

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- ✓ No more hard water build-up
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- ✓ No more iron or odor
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The strategies you need and want to know about.

Tap the knowledge of financial advisor **John Gigliello** as he provides the answers to the big questions in IRA distribution today. He has been trained by Ed Slott, CPA, America's #1 IRA distribution expert and author of the book, *The Retirement Savings Time Bomb and How to Defuse It*.

Question: I am the beneficiary of my father's Roth IRA. Do I need to take distributions when he dies?

Answer: Roth IRA owners are NOT subject to required minimum distributions (RMDs) but once they die, their children and grandchildren ARE subject to RMDs. Only spouse beneficiaries of Roth IRAs do not have to take RMDs - provided they roll the account over or treat it as their own Roth IRA. When the designated beneficiary of a Roth IRA is a non-spouse, the post death RMD rules are the same as those for a traditional IRA.

These and other complex questions can be made easy in the hands of a pro. Please call for an appointment.

John Gigliello, EA, MBA
Albany Financial Group
518-786-3300

IRA investors and those with \$100,000 or more in their retirement plan may obtain a free booklet, "How to Keep the IRS Out of Your IRA" free, with no obligation.

Securities offered through Linco/Private Ledger. Member NASD/SIPC

Entertainment *in the* Spotlight



From left, Paul Carter as Nails, David Girard as The Cat, Joel Aroeste as Leif, and (above) John Romeo as Mr. Big, in NYSTI's production of the premiere musical for family audiences, *The Cat, the Sun, and the Mirror*.

David Girard as The Cat and Michaela Reilly as the Grand Visieress in "*The Cat, the Sun, and the Mirror*."



NYSTI's 'paws' to cat tale gives reflect

By JENNIFER FARNSWORTH

The New York State Theater Institute is kicking off its summer season with a world premier musical, "*The Cat, the Sun and the Mirror*," based on the book by Robert Andersen. The production tells the tale of a

spy cat who must look within himself to save a city of people searching for the sun. "*Cool Cat*" knows it is up to him to keep from letting these people down, or more importantly, not to let himself down. In this production for all ages, "*Cool Cat*" learns a few lessons along his journey,

lessons that the audience will surely learn too. "The first time I read the script and listened to the music by composer, Ed Sullivan, I loved it as a prospective show for school aged audiences. This new musical encourages kids to believe in the message of self-esteem that I think is so necessary," said the play's director and NYSTI's Associate Artistic Director Ed. Lange.

With a cat prowling a big city in search of the sun, there are bound to be some interesting encounters. The city residents are upset at the sun's absence and so they turn to "*Cool Cat*," to bring it back into their lives. On his way, "*Cool Cat*" investigates a gangster, a rich man's penthouse, the city park, and an ocean all before his chance meeting with a wise old dog who shows him the way.

Lange said he feels strongly about the way that the musical targets the audience, specifically children. The book is inspired by a Japanese myth but its delivery is contemporary and American. The music and songs range from touching to funny and will surely entertain the whole family

Along with Lange, the

creative team behind the scenes consists of composers Robert A. Anderson and Will Severin. The cast is a combination of both regional and guest performers. David Girard, a regional actor and singer, is playing the role of "*Cool Cat*." Sarah Farnam, a NYSTI regular, plays the sun.

"David Girard does a marvelous job of playing the role of '*Cool Cat*,' the cat detective. He is a terrific actor and singer who is willing to try anything and brings great creativity to the role. Sarah Farnam, as the sun brings great creativity to the role. She brings her beautiful singing voice and vulnerability to the character and her song is simply thrilling," said Lange.

Other NYSTI company regulars in the production include John Romeo as Mr. Big, Joel Aroeste as the ocean, John McGuire as the grand visier, Michaela Reilly as the grand visieress, David Bunce as the bodyguard and Emma Dubin as the moll and the octopus.

"Our regulars contribute

great characters to the show, along with some super character voices. The process of bringing this new musical to life on the stage for the first time has been a joy of creativity for the cast, crew and for me the director," said Lange.

The production runs from June 4 through June 16 with weekday and weekend performances. Ticket prices are \$10 for children 12 and under and \$20 for adults.

The musical will be held at the Schacht Fine Arts Center at Russell Sage College in Troy. Ticket and schedule information is available through

the NYSTI Box office at 274-3256 or on line at www.nysti.org:

Lange says the show is under an hour long, but that every minute is filled with humor and adventure, and even with its poignancy the emphasis remains on fun.

"I'm delighted and excited about the work that everyone has contributed and the imagination they brought to the project," said Lange.

NYS Theatre Institute

NYSTI

THE CAT,
THE SUN,
and the
MIRROR

A World Premiere Family Musical Mystery!

2 PM: Sat, Jun 10
Sun, Jun 4, 11*

8 PM: Fri, Jun. 9
Sat, Jun 10

10 AM: Weekdays
Jun 2, 6, 7, 8, 9,
13, 14, 15, 16

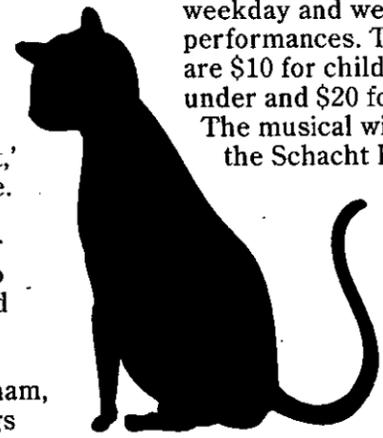
*Sign language interpreted
Recommended for All Ages

At: Schacht Fine Arts Center, Russell Sage College, Troy, NY

Tickets:
\$20 Adult —
\$16 Senior/Student
\$10 Children
(to age 12)

Box Office:
(518) 274-3256
www.nysti.org

Book by Robert A. Anderson
Music and Lyrics by Edward C. Sullivan
Directed by Ed. Lange



Arts & Entertainment

Theater

AMERICAN BUFFALO

Mamel classic, presented by Classic Theatre Guild, Hilton Center for the Performing Arts, 40 Russell Road, Albany, June 9-25, 8 p.m. Fridays and Saturdays, 3 p.m. Sundays, \$10 adults, \$8 students and seniors. Information, 424-0037.

SOUTH PACIFIC

Rodgers and Hammerstein musical, presented by Mac-Haydn Theatre, Route 203, Chatham, June 8-18. Information, 392-9292.

THE CAT, THE SUN, AND THE MIRROR
World-premiere musical based on Japa-

nese Anime, presented by New York State Theater Institute, Schacht Fine Arts Center, Russell Sage College, Troy, through June 16, \$20 adults, \$16 students and seniors, \$10 children 12 and under. Information, 274-3256.

THE ON-AIR PLAY

Presented by Round Arts at Round Lake Auditorium, 2 Wesley Ave., Round Lake, June 7-8 and 13-17, \$20 donation, \$5 students and seniors. Information, 899-7141.

TUESDAYS WITH MORRIE

Play based on Mitch Albom's book, presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, June 9 through July 1, 8 p.m. Wednesdays through Saturdays, 2 p.m. Sundays, \$20. Informa-

tion, 877-7529.

Music

THE YOUNG DUBLINERS

Headlining Irish night at Alive at Five series, with Quagmyre, June 8, 5 p.m., Riverfront Park, Albany, free. Information, 434-2032.

ELVIN BISHOP

With opening act C.J. Chenier, part of Alive at Five series, June 15, 5 p.m., Riverfront Park, Albany, free. Information, 434-2032.

DAN BERN

Singer-songwriter, June 15, 8 p.m.,

WAMC Performing Arts Studio, Central Avenue, Albany, \$15. Information, 465-5233, ext. 4.

RICHARD JULIAN WITH VALERIE DELACRUZ

Two singer-songwriters, June 16, 8 p.m., WAMC Performing Arts Studio, Central Avenue, Albany, \$15. Information, 465-5233, ext. 4.

HELMUT LOTTI

German tenor, June 18, 7 p.m., Proctor's Theatre, State Street, Schenectady, \$25.75-\$55.75. Information, 346-6204.

LIVINGSTON TAYLOR

Folk musician opens season at Music Haven, June 19, 7 p.m., Central Park, Schenectady, free. Information, 382-5152, ext. 4.

Visual Arts

NEW YORK STATE MUSEUM

"Preserving Family History: the Heritage of an Albany County Family," through Dec. 31; "Op Art Revisited: Selections from the Albright-Knox Gallery," through Aug. 13; "Focus on Nature IX," through Sept. 10; "COM.EN.ART," through Aug. 30. 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

"Pastels," featuring works by late 19th- and early 20th-century artists, through June 18; "The Clark Brothers Collect: Impressionists and Early Modern Paintings from the Collection of Sterling and Stephen Clark," through Sept. 4; and other ongoing exhibitions. Information, 413-458-0524.

ALBANY INSTITUTE OF ART

"Common Ground: 200 Years of Washington Park," through Dec. 3, plus exhibits on Hudson River School painting, American sculpture and the history of Albany, 125 Washington Ave. Information, 463-4478.

SCHENECTADY MUSEUM

"Chemical Innovation: Developing the Essentials," commemorating Schenectady International's 100th anniversary, through June 30, plus Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

ALBANY AIRPORT GALLERY

"Saving Troy," a photographic exhibit coinciding with the book of the same name by William B. Patrick, plus site-specific installations by Larry Kagan and Cara Nigro, plus installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

LOCAL COLOR ART GALLERY

"Spring into Summer," featuring works by 35 area artists, through July 31, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

UNION COLLEGE

"The Athenian Acropolis," photographs by William James Stillman, through June 11, Mandeville Gallery, Nott Memorial, Schenectady. Information, 388-6131.

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

Ongoing exhibits, 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

"Driving Passion: the Jim Taylor Collection," featuring vintage sports cars, through June 30, plus ongoing exhibits including "East of Detroit" and New York racing, 110 Avenue of the Pines, Saratoga Springs. Information, 587-1935, ext. 20.

TANG TEACHING MUSEUM AND GALLERY

"And Therefore I am," an exhibition about the world of human consciousness, through Sept. 10, Skidmore College, 815 North Broadway, Saratoga Springs. Information, 580-8080.

THE HYDE COLLECTION

"Home and Architecture," a presentation by the museum and the World Awareness Children's Museum of Glens Falls, through June 30, 161 Warren St., Glens Falls. Information, 792-1761.

Call for Artists

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, Guilderland. 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.

Super Crossword

COMMON SENSE

ACROSS

- 1 Loony
- 5 Foreign auto
- 9 Profuse
- 13 Johann S. ___
- 17 Nautical term
- 18 5-star Bradley
- 19 Egyptian heaven
- 20 Wading bird
- 22 Something in common
- 25 Closed tightly
- 27 Dispatches
- 28 Live
- 29 Captured
- 31 Pierre's noggin
- 32 Something in common
- 33 ___ Slaughter
- 39 L times 23
- 42 Part of a sea
- 43 Grant and Carter
- 44 Qishm resident
- 45 Yeses
- 47 Something in common
- 52 Napped
- 54 Late Michael
- 55 Necessitate
- 60 Civil War's JEB
- 62 Dict. entries
- 63 Like a mulatto
- 65 Kitchen worker
- 67 Nev.'s neighbor
- 68 Mr. Fleming
- 69 Biblical land
- 70 Something in common
- 76 Loud noise
- 77 Ingest
- 78 Ascend, in Old English
- 79 Deadened
- 80 Termite lover
- 83 Sandbox tree
- 84 Sissy
- 88 Eerie gathering
- 89 Actress Maria
- 92 Killed
- 93 Something in common
- 98 Queue
- 99 Craft class item
- 103 On ___ with
- 104 Conjunction
- 105 Unused

- 106 Observe
- 107 Something in common
- 113 Kuwaiti leader
- 114 Insect
- 115 Santa __, CA
- 116 Sprightly
- 120 With 122
- 122 See 120 Across
- 128 Coarse material
- 129 Spanish years
- 130 1/1 song title
- 131 Parisian padre
- 132 Fuel additives
- 133 Small
- 134 Boy's name in Norway
- 135 ___ off; irks
- DOWN
- 1 Small amounts
- 2 Lily variety
- 3 Nonflowering plant

- 4 Looks after
- 5 Family member
- 6 Envoy; abbr.
- 7 Swiss river
- 8 Expansive
- 9 "If you knew Susie ___"
- 10 Ending for event or fact
- 11 Willy
- 12 "I'm so ___ could eat a horse!"
- 13 At ___; ideally
- 14 Generation
- 15 Moon feature
- 16 Capital city
- 21 Grand ___
- 23 Suffix for cynic or organ
- 24 Killer whale
- 25 Half of a funny pair
- 30 Mountain in Thessaly
- 33 Intl. alliance
- 34 Upside-down lark
- 35 Poet Lazarus
- 36 Makes progress
- 37 Gal. or qt.
- 39 Hart
- 40 Religious group
- 41 Place
- 44 Common

- 46 Gagarin and Glenn
- 48 Prime rib order, often
- 49 Perfect
- 50 Policy restricting planes in a certain area
- 51 Majors
- 53 Trampled
- 56 What some are behind
- 56 2 ___ is 4
- 58 MCVI
- 59 Least common
- 61 To boot
- 63 Word of disgust
- 64 Privy to
- 66 Joint
- 68 Titanic's fate, in a sentence
- 70 Over
- 71 Greek letter
- 72 Container
- 73 Golf club for a 150-yd. shot
- 74 Manchu and others
- 75 Playful tots
- 76 Relief preceder
- 81 Throb
- 82 Beverage

- 83 Le ___
- 85 Mean brother
- 86 German article
- 87 Was aware of
- 90 Warble
- 91 Bouquet
- 94 Early time
- 95 Naughty pupil's projectile
- 96 Ethiopian
- 97 Mrs., abroad
- 99 Equal
- 100 ___ as a wet hen
- 101 Book parts
- 102 Despot
- 108 Navel location
- 109 Landers
- 110 Wicked one
- 111 Pet, for some
- 112 African nation
- 114 Nav. titles
- 117 Comprendo
- 118 Italian bucks
- 119 Wives of old
- 121 Bite
- 123 Single
- 124 Negative pref.
- 125 Orange, for one
- 126 Indisposed
- 127 Address abbrs.

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DOUBLE TAKE By Mark Szorady

Find at Least Seven Differences Between Cartoons!

ANSWERS: 1. SHIRT STRIPES DIFFERENT 2. HAIR MISSING 3. GLASSES STEM MISSING 4. 'ESCALATOR' CHANGED TO 'ELEVATOR' 5. UP ARROW MOVED 6. BAG EMPTY 7. 'SALE!' CHANGED TO 'NEW!'

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Calendar of Events *in the* Spotlight

Wednesday, June 7

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

PLAYGROUP MEETING
First United Methodist Church playgroups meet from 10:30 to noon in the nursery. Playgroup provides opportunity for childcare takers and pre-nursery school age children to socialize in a relaxed atmosphere. Information, call 439-9976, ext. 228.

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.

OPPORTUNITIES UNLIMITED
Board meetings first Wednesday of each month, open to public. Bethlehem Town Hall, 445 Delaware Ave., 4 p.m.

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

BETHLEHEM BUSINESS WOMEN
Normanside Country Club, Salisbury Road, Elsmere, 6 p.m.; dinner 6:30 p.m., program and meeting to follow dinner. Information, 439-7237.

SOLID ROCK CHURCH
Evening prayer and Bible study, 1 Kenwood Ave., 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.

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

BETHLEHEM ELKS LODGE 2233
16 River Road (Route 144), Cedar Hill, 7 p.m. Information, 767-2886.

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

ZONING BOARD OF APPEALS
Bethlehem Town Hall, 445 Delaware Ave., 8:00 p.m. Information, 439-4955.

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

BOY SCOUT TROOP 58 (WHEN SCHOOL IS IN SESSION)
Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

BC SCHOOL BOARD
District office, 90 Adams Place, 7 p.m. Information, 439-7098.

ORDER OF THE EASTERN STAR
Onesquethaw Chapter, Masonic Temple, 1 Kenwood Ave., 8 p.m. Information, 439-2181.

NEW SCOTLAND
VVILLE ZONING BOARD
Village Hall, 29 Voorheesville Ave., 7 p.m.

Information, 765-2692.

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

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

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

AA MEETING
First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m.

Thursday, June 8

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

CAREGIVER SUPPORT GROUP
Church of St. Thomas the Apostle, 35 Adams Place, 7 p.m. Information, 439-7387.

DELMAR FIRE DEPARTMENT AUXILIARY
Firehouse, Adams Place, 7:30 p.m.

ELSMERE FIRE CO. AUXILIARY
Firehouse, Poplar Drive, 7:30 p.m.

BETHLEHEM LUTHERAN (SEPTEMBER THRU MAY)
Children's choir, 6:15 p.m., senior choir, 7 p.m., 85 Elm Ave. Information, 439-4328.

BETHLEHEM MEMORIAL VFW
Post 3185, 404 Delaware Ave., 8 p.m. Information, 439-9836.

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.

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.

Friday, June 9

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.

AA MEETING
First Reformed Church of Bethlehem, Route 9W, 7:30 p.m.

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

Q.U.I.L.T
Q.U.I.L.T. Inc. meeting at Delmar Reformed Church, 386 Delaware Ave.

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.

Saturday, June 10

BETHLEHEM
AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m.

DELMAR
VIOLIN RECITAL
Karen Hughes will be performing a violin recital at 3 p.m. at the Delmar Reformed Church, 386 Delaware Avenue. The event is free and open to the public.

Sunday, June 11

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, Tarytown 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. DAY -

Monday, June 12

BETHLEHEM
FOOD STAMP ASSISTANCE PROGRAM
Bethlehem Senior Services sponsors free program where representative of Legal Aid Society will help with food stamp applications. Appointment required, 10 a.m. to noon, Bethlehem Senior Services office, 445 Delaware Ave., 439-4955 ext. 173 or 174.

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

PLAYGROUP
First United Methodist Church, 428 Kenwood Ave. Meets 10:30 a.m. to noon in the nursery. The playgroup provides opportunities for child care takers and pre-nursery school age children to socialize in a relaxed atmosphere. Information, call 439-9976 ext. 228

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

DELMAR KIWANIS
Tool's Family Restaurant, Delaware Avenue, 6:15 p.m. Information, call Chris at 439-3026 or Gary at 439-9629

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.

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

ROYAL ARCH MASONS
Temple Chapter No. 5; Masonic Temple, 421 Kenwood Ave.

AA MEETING
Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m.

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

Tuesday, June 13

BETHLEHEM
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.

TREASURE COVE THRIFT SHOP
First United Methodist Church, 428 Kenwood Ave., 10 a.m. to 6 p.m. Gently used brand name clothing and accessories at very low prices.

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.

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

ELSMERE FIRE COMMISSION
Firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

A.W. BECKER PTA
Becker Elementary School, Route 9W, 7:30 p.m. Information, 767-2511.

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

SLINGERLANDS FIRE COMMISSION
Firehouse, 8 p.m. Information, 439-4734.

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.

Wednesday, June 14

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

PLAYGROUP MEETING
First United Methodist Church playgroups will meet from 10:30 to noon in the nursery. Playgroup provides opportunity for childcare takers and pre-nursery school age children to socialize in a relaxed atmosphere. Information, call 439-9976, ext. 228.

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.

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

SECOND MILERS (OCTOBER THRU JUNE)
Normanside Country Club, noon, Information, 439-2752.

SOLID ROCK CHURCH
Evening prayer and Bible study, 7 p.m., 1 Kenwood Ave. Information, 439-4314.

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

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

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

EVENINGS ON THE GREEN (JULY)
Bethlehem Public Library's Free Summer Concert Series, 7:30 p.m. Information, 439-9341.

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

BOY SCOUT TROOP 58 (WHEN SCHOOL IS IN SESSION)
Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

DELMAR FIRE COMMISSION
Firehouse, Adams Place, 7:30 p.m. Information, 439-3851.

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

NEW SCOTLAND
TOWN COUNCIL
New Scotland Town Hall, Route 85, 7 p.m. Information, 439-4889.

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

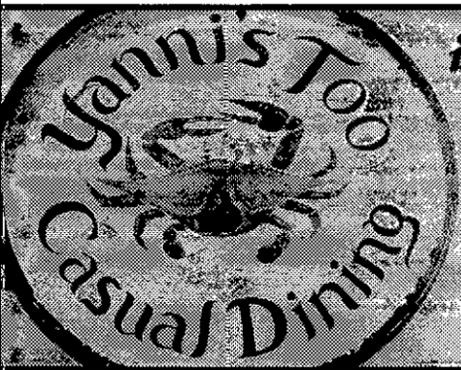
FAITH TEMPLE
Bible study, New Salem, 7:30 p.m. Information, 765-2870.

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.

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ESTATE SALE PART II: 37 Winne Rd. June 10th, 9-4. DR Set, Desk & Chair, Glass, Lawn furniture, Books, Tools, Clearance- Everything must go! Etc.

DELMAR: 163 Westchester Dr., Sat. 6/10, 9-3. Household, toys. No early birds. Rain date 6/11.

DELMAR: 534 KENWOOD AVE. JUNE 10TH, 8-4. Lots of kids' toys, changing table & highchairs.

Rowland Pinedale Neighborhood Sale, June 9 & 10, 9-1. Different Houses, different days.

SLINGERLANDS: 52 North Helderberg Parkway, Sat., 6/10, 8-1. Baby girl clothes 0-18m, Baby items, Linens, Maternity clothes, Rocking chair, Household items.

SLINGERLANDS, 71 Bittersweet: Friday/Saturday, 6/9-6/10, 9am. **MULTI-FAMILY.** Baby items, Toys, X-mas, Baskets, & Household goods.

GARDEN EQUIPMENT AND SUPPLIES

PRIVACY HEDGE FAST GROWING Leyland Cypress "Ceder

Evergreen" 4ft regular \$69.95 only \$10.99 each. 3 ft \$8.99 each. 2ft \$4.99 each. Delivery available. www.hightechfarms.com. Gtd. 434-349-9660

HANDYMAN

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

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

HOME IMPROVEMENT

DISCOUNT HOME DECOR: Renovation and decorative items, Habitat ReStore, Fridays & Saturdays, 9am-2pm, 696 Delaware Ave., Albany (Less than mile past Delaware Plaza). www.capitaldistricthabitat.org.

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

INSTRUCTION

SWIM LESSONS: Altamont, ages 4-adult. Red Cross levels 1-6. Private/semi-private small classes. 27 years experience as Phys. Ed. teacher/swim instructor. Call 861-5592 for info and registration.

LAWN & GARDEN

Lawn Care, Leaf Raking, Yard Clean-up, Plant Care, Garden Maintenance, Landscaping. Delmar: 439-2924.

LAWN SERVICES

FALL AND SPRING cleanups. Mow and mulching, flower garden weeding and installation. Tree removal and trimming. Hedge trimming and rental cleanups. Pressure washing homes and decks. Most lawns start at \$25.95. 756-3211 or 337-7999. **PREFERRED LAWN CARE & LANDSCAPING.**

S&J LAWN CARE Residential/Commercial All lawn care needs professionally done. Call Joe or Steve 462-3379. Free estimates.

Classified Information



Office Hours

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



Mail Address • In Person

Spotlight Newspapers
P.O. Box 100
Delmar, NY 12054

125 Adams St.
Delmar, NY 12054



READERSHIP:

11 Newspapers;
113,400
Readers



Phone • Fax

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

E-MAIL: spotclas@nycap.rr.com

Classified Ads Appear In All Eleven Papers

In Albany County

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

In Schenectady County

Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight

In Saratoga County

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

Classified Rates

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

Commercial Classifieds - Line Ads - Eleven paper combo - \$17.50 for 15 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.

All line ads must be pre-paid in order for placement.

Ads will appear in all eleven newspapers, as well as on the internet for the number of weeks requested.

Order Form

Classified Category: _____

Name: _____

Address: _____

City: _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Amount Enclosed _____ Number of Weeks _____

MasterCard or Visa# _____

Expiration date: _____ Signature: _____

Want your business to be seen?

Place your ad in the Spotlights!

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

Call 439-4940

Super Crossword Answers

D	A	F	T	S	A	A	B	L	U	S	H	B	A	C	H					
A	L	E	F	O	M	A	R	I	A	L	U	E	G	R	E	T				
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Would You Like To Advertise Your Business In Our Papers?

Give Us A Call At:

439-4949

To Place Your Ad Today!

*The Spotlight • Colonie Spotlight • Loudonville Spotlight
Guilderland Spotlight • Niskayuna Spotlight • Rotterdam Spotlight
Scotia-Glenville Spotlight • Clifton Park/Halfmoon Spotlight
Burnt Hills Spotlight • Malta Spotlight • Saratoga Spotlight*

Spotlight Classifieds

LOST

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

MISCELLANEOUS FOR SALE

Amana Washer-1 Year old, Stainless Tub, Super Capacity, Soft sound system, 3 Speed, 710 RPM, 4 Temp. settings, Asking \$250. 426-9720.

DISNEY CHARACTER Music Boxes. Best offer. 885-2637.

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

Yard Machine Snowblower, 8HP, 26 inch, electric start, excellent condition, \$300, call Mike 518-280-2875.

CHERRY BEDROOM SET. Solid Wood, never used, brand new in factory boxes. English Dovetail. Original cost \$3500. Sell for \$849. Can deliver. 917-731-0425

CHERRYWOOD DINING SET-10 PCS. SOLID WOOD, ORIGINAL BOX, CAN DELIVER. ORIGINAL COST \$5,000, SELL FOR \$1,600. JOHN 212-380-6247

ITALIAN LEATHER LIVING ROOM SET in original plastic, never used. Original price \$3,300, sacrifice \$975. Bill 347-328-0651.

MUSIC

STRING INSTRUMENT REPAIR: Bow Rehairing. 439-6757.

MUSICAL INSTRUMENTS

PIANO: Spinnet, Grinnell Bros., Good condition, \$400. 459-3784.

WURLITZER CHERRY BABY GRAND, Excellent condition. \$3,500. Call between 5-8pm. 306-4326.

MUSIC LESSONS

GUITAR and mandolin instruction, recording, Delmar studio, St. Rose or SCCC.

Professional w/Masters, all styles including classical. stenisachsen.com 518.368.8485

GUITAR LESSONS: Guitarist available for private lessons. Your home or mine. 20+ years experience. Call Rob, 810-6378..

PAINTING

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

PIANO TUNING & REPAIR

PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

SINGLE??

**HAVE 5 DATES THIS

WEEK!** Meet local singles through Matchmaker Dating Service. 518-573-2659.

SPECIAL EVENTS

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

LIVE: Fiddle and other acoustic instruments for listening and dancing. Toe-tapping old time American and Celtic tunes. Have a "Barn Dance" for any occasion: weddings, family reunions, birthdays, community events. Squares, contras, international folk led by a dance caller — wholesome

fun for ALL ages. www.homespun.biz <<http://www.homespun.biz>> 482-9255.

TUTORING

MATH TUTOR: Certified teacher. Summer review, Regents, SAT, ACT. 221-4836.

WANTED

ALL ANTIQUE AND VINTAGE CLOTHING: Men's & Women's- 1960's and older. Dresses, suits, gowns, bags, shoes, costume jewelry and fancy linens. Maureen: 434-4312.

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

WANTED TO BUY PRE-1955 TELEPHONES, RADIOS, MICROPHONES, TELEVISION SETS, Tube amplifiers, Cameras, Pocket lighters, fishing lures, 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, books. Pre 1950 Fountain Pens, Teddy Bears, Dolls, pre-1970 guitars/ all musical instruments, World War II/American or Nazi items, Civil War swords, pictures, etc.. Any condition, even broken or rusty. Call 683-8053.

Employment Classifieds

HELP WANTED

ALL STUDENTS. Summer openings \$16.25 base-appt, no experience necessary, customer sales/service, flexible schedules, all ages 17+, conditions apply. 862-0632 Albany, 587-7020 Saratoga.

BETHLEHEM TOMBOYS Concession Stand Coordinator for Rec Season. April- October. Please call 424-3707.

Cataloging books in private library. Elm Estates home 15-20 hrs/wk \$8/ hr. 439-2811.

CLEANERS: 25-35 hrs/wk. Growing business in Delmar. \$8.75-\$10.00/hr. Some experience helpful. Must have own transportation. Ask for Mike: 229-2997.

DRIVER: Van Driver- P/T, Transport adults with developmental disabilities to/from our Day program. Clean NY license req'd, CDL preferred. Hours are 7-9 a.m. and 3-5 p.m., M-F (20 hrs/wk). Good benefits, friendly team environment. Fax resume to 459-0725 or apply to Transportation Director, New Visions, 334 Krumkill Rd., Slingerlands, NY 12159. 518-459-0750. EOE/AA/F/M/D/V.

High Profit Times Union Delivery Routes Available in Albany, Delmar, Glenmont and surrounding areas. Earn \$600 - 900/month working only 2 early a.m. hours a day. No Collections Involved. Call Today! 426-0398.

High-Paying Postal Jobs! No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service message from the SPOT-

LIGHT Newspapers and the Federal Trade Commission.

LANDSCAPER, GROUNDS MAINTENANCE WORKER for local service, Green Velvet Lawn Care. Full time, weather permitting. Will train a motivated and reliable person starting at \$11 and up. Guilderland area. 869-5296.

LPN, Delmar private case. 2+ Saturdays a month \$24+/hr. 439-3668. Leave message.

NEW SALON OPENING- Interviewing Stylists/ Massage therapists/ Waxing technicians. Glenville. 399-3556.

NURSERY & TODDLER Teachers and Assistants, P/T A.M. for September. Call Pam: 438-7858 ext.5.

P/T DISHWASHER, DELIVER PERSON. Apply in person, 409 Rosa Rd., Schenectady. Chris's Bakery.

PART-TIME RECEPTIONIST for small medical office. Great P/T opportunity for people person. Medical experience is preferred but not required. Looking for bright, energetic person who can be flexible with working hours. Send or drop off resume to Dr. Jeffrey Perkins, 1873 Western Ave., Suite 101, Albany 12203.

PERSONAL CARE AND DINERS for non-elderly, active, wheelchair user. Three evenings per week, 3-4 hours per evening. Glenmont. If you are energetic, mature and reliable, call 439-2918. No medical experience necessary.

SUMMER WORK for students. \$14 base-appt. Secure your position NOW! Fun customer sales/service, no experience necessary, flexible schedules, ages 17+, condition apply. 464-0200 Albany, 587-7020 Saratoga.

Want to make some dough? Bake shop helpers wanted. Must be available on weekends, nights and holidays. The successful candidate will have a high school diploma or GED equivalency. Experience in a manufacturing environment is helpful. Applications will be taken at: 1 Prospect Road Albany, NY 12206 Tuesday, June 6 thru Friday, June 9, 9am-3pm Or Fax resume to: 518-438-7721 Attn: HR. Minorities and Females encouraged to apply. AA/EOE.

Yard work, lawn mowing, pool maintenance. Elm Estates home 15-20 hrs/ wk \$8/hr. 439-2811.

Driver CDL training, \$0 down, financing by Central Refrigerated. Drive for Central & earn up to \$40k + 1st year! 800-727-5865 x2944 www.centraldrivingjobs.net

SITUATION WANTED

AIDE: Certified, mature, excellent references, transportation, reasonable rates. Live-in/live-out. 355-0951, 209-4878.

AIDES AVAILABLE: Mature, Reliable, Specializing in Alzheimer's, stroke, rehab & eldercare. Bonded & insured. Over 30 yrs. experience. Clean background checks. 312-7404.

NANNY: 2 Girls- 15, 9. Studio apartment included in salary. Delmar. Perfect for student. 475-1086.

WORK WANTED

AIDES WILL DO ANY HRS, Also 24/7 Home Care for elderly. Reasonable. Criminal background check done. Insured. 573-6399 or 861-7008.

LAURA'S SERVICES: Event planning, Mystery shopping,

Run your errands. 452-0213. www.lauras-services.com.

PUBLISHER'S NOTICE

All employment advertising in this newspaper is subject to section 296 of the human rights law which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, creed, national origin, disability, marital status, sex, age, or arrest conviction record, or an intention to make any such preference, limitation, or discrimination. Title 29, U.S. Code, Chap. 630, excludes the Federal Gov't from the age discrimination provisions. This newspaper will not knowingly accept any advertising for employment which is in violation of the law. Our readers are informed that employment offerings advertised in this newspaper are available on an equal opportunity basis.

Real Estate Classifieds

REAL ESTATE FOR RENT

\$500. 1BR, ht inc, quiet, sec dep & lease, no dogs, South Bethlehem, 266-9225 pin 305.

DELMAR: 1st Floor, 1BR, H/W Floors, Off street parking. 84 Delaware Ave. \$585. Heat/Hot water included. Good for one. Avail. 6/9. 456-6644.

DELMAR: 1BR, H/W Floors, Porch, Off street parking. \$685 Heat/Hot water included. Available 6/9. 456-6644.

DELMAR: Studio w/garage. (Rent included for available nanny position- 2 girls, 9 & 15). 475-1086.

SELKIRK: Loft for Rent. Shared Kitchen/Bathroom. Includes cable, phone, electric/heat, W/D, garbage. \$400. Non-smoker. 894-7429.

SLINGERLANDS, 19 MAPLE AVE, Off Rte. 85. Available July 1st. 1BR, No pets, no smokers. \$540+ security deposit, heat included. 1 car garage, easy commute to hospitals, arterials. 369-5086.

COMMERCIAL FOR LEASE

DELAWARE PLAZA - DELMAR - Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

HOUSE FOR RENT

GLENMONT: \$575+ utilities. 1BR cottage with garage. Quiet country setting. No smoking/pets. 436-8781.

LARGE 3BR RANCH, Dead end street, near Rt. 85 off Krumkill Rd., Guilderland schools, move-in condition. \$1,250/month. 489-1073.

HOUSE FOR SALE

BETHLEHEM 4BR, 2.5BA, DR with FP, FR with woodstove, H/W floors, buyer broker fees paid. \$349,000. 376-0483.

LAND

LAKE ONTARIO WATERFRONT Breathtaking lakefront parcels with generous frontage and endless lake views. 1 to 6 ac waterfront from \$159,990. 5+ ac water view from \$69,990. Availability limited. Call for appt. Owner 866-880-4024. TN- CUMBERLAND PLATEAU

1 to 5 acre parcels from the \$40's. Amazing rolling vista views. Close to parks & lakes. Planned clubhouse, nature trails. Call for appt. 866-645-8245.

LAND FOR SALE

CABELA'S TROPHY PROPERTIES. NY State's best hunting & fishing properties. 5 Acres with new Adirondack camp @ \$19,900. 191 Acres with wilderness stream bordering state land @ \$99,900. Call Christmas & Associates, participating broker. Land experts for over 16 years. 1-800-229-7843 or www.landandcamps.com

LAND BARGAINS- FREE LIST 3 to 32 Acre parcels in Fulton, Herkimer counties New York. Ideal homesites- Beautiful views- Financing available. Helderberg Realty 518-861-6541. www.helderbergrealty.com

LOTS & ACREAGE

ADIRONDACK LAND SALE! 20 acres - was \$34,900, NOW \$24,900. Woods, secluded setting, nice views! Adjoins public land! Minutes to Moose River! Town rd, EZ Since 1980

Terms! Buy before 6/4 and we'll pay your closing cost! Call now! 877-928-5263 www.mooserverland.com

REAL ESTATE

ABSOLUTE AUCTION Country Estate Homesites. Lake access, ponds, streams, views. Dutchess County, NY Columbia County, NY Litchfield County, CT From 2+ to 24+ Acres June 24th The National Auction Group, Inc. (800)579-1174 www.nationalauctiongroup.com Eddie Haynes, Broker, Auctioneer

Coastal Southeast Georgia. Large wooded water access, marsh, view, lakefront, and golf oriented homesites from the mid \$70k's. Live oak, pool, tennis, golf. 1-877-266-7376 www.cooperspoint.com

RESORTS OR PROPERTY FOR SALE

ALL STEEL BUILDING SALE! "Plus Free Bonus!" 20x28 Now \$4200. 25x32 \$5800. 30x42 \$9200. 40x62 \$14,900. Other models and sizes. Front end optional. Pioneer 1-800-668-5422.

TIMESHARES FOR SALE

Timeshare Resales The cheapest Way to Buy, Sell and Rent Timeshares. No Commissions or Broker Fees. Call 1-800-640-6886 Or go to www.buyatimeshare.com

VACATION RENTALS

CAPE COD, Harwichport: Walk to Red River Beach, 3 Bedroom, 2 Bath, Sleeps 6, Fully equipped, Cable, Internet. Available July and August by the week. Discounts for two or more weeks. 518-439-6563.

MADIERA BEACH FLORIDA WATERFRONT HOME. Sleeps Six with Pool and Dock Walk to Gulf Beaches. No Minimum Stay. \$2,800.00 Monthly. \$1,200.00 Weekly. Negotiable. 489-2341. www.floridagulfrentalhome.com.

OCEAN CITY, MARYLAND. Best selection of affordable rentals. Full/partial weeks. Call for FREE brochure. Open daily. Holiday Real Estate. 1-800-638-2102. Online reservation www.holidayoc.com

WATERFRONT PROPERTIES

Spectacular Virginia Waterfront Gated, private community on Eastern Shore of VA. 3 acre lots available from \$130k to \$500k with immediate, deepwater access to Chincoteague Bay. Amenities include community pier, boat launch &

beautiful community center w/ guest suites, pool, spa, & fitness room. Spectacular views, mild climate, low taxes, abundant wildlife. Privacy close to quaint villages, shopping & water activities. Phase 1 sold out. Lots in Phase 2 available 757-709-9525 or visit www.corbinhall.com

Automotive Classifieds

AUTOMOTIVE FOR SALE

1993 Jeep Grand Cherokee Laredo, 4X4, runs strong, fitted with personal plow, new AC compressor and more, needs brakes, \$2,750, call Mike 518-280-2875.

1995 MERCURY SABLE GS, Good condition, PW, PL, AC, ABS, remote mirrors, cruise, am/fm/cassette, keyless entry, \$1,750. Or best offer. 435-0742.

2004 VW Turbo Beetle Convertible, Black, 37,000 miles, 5 speed, engine upgrades to 230 horse power, FUN car!! garaged, bra, mud flaps, car cover, extra mats, \$18,600/BO, call Mike 518-280-2875.

81 MONTE CARLO, 21K Original. Excellent condition. Asking \$4995. 439-1446.

LEGAL NOTICE**LEGAL NOTICE**

Notice of Formation of BC Beans, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/2/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Two Tower Place, Ste. 4, Albany, NY 12203. Purpose: any lawful activity.
LD-13326
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of CM Premium Property, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on April 12, 2006. Office location: 329 Old Loudon Rd. Latham, NY 12110. Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 329 Old Loudon Rd. Latham, NY 12110. Purpose: any lawful activity.
LCD-13235
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of CRESCENTVIEW PHYSICAL THERAPY, PLLC Arts of Org. filed with Secy of State of NY (SSNY) on 04/17/2006. Office location: Albany County. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail process to 415 Pinkster Lane, Slingerlands, NY 12159. Purpose: any lawful purpose.
LCD-13236
(June 7, 2006)

LEGAL NOTICE

Scrap Metal Services of Albany, LLC Arts. of Org. was filed with SSNY on 04/27/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 21 Heldervue Avenue, Slingerlands, NY 12159. Purpose: all lawful activities.
LCD-13257
(June 7, 2006)

LEGAL NOTICE

Municipal Assessment Services LLC Arts. of Org. was filed with SSNY on 04/27/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, P.O. Box 16366, Albany, NY 12205. Purpose: all lawful activities.
LCD-13258
(June 7, 2006)

LEGAL NOTICE

Stefra International LLC Arts. of Org. was filed with SSNY on 04/20/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13272
(June 7, 2006)

LEGAL NOTICE

Notice of Publication Gekoko LLC Arts. of Org. was filed with SSNY on 05/01/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13274
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of Primary Info Partners, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 04/26/2006. Office location: 46 Clifford

LEGAL NOTICE

Road, Menands NY 12204. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Elizabeth La Point Purpose: any lawful activity.
LCD-13287
(June 7, 2006)

LEGAL NOTICE

LUZERNE FAMILY LLC Notice of Formation of Limited Liability Company Articles of Organization of Luzerne Family LLC ("LLC") were filed with the New York Department of State ("NYDS") on 11/22/00. Office location: Albany County. NYDS is designated as agent of LLC upon whom process against it may be served. NYDS shall mail a copy of any process to LLC, 450 New Karner Road, #203, Albany, NY 12205. LLC does not have a specific date of dissolution. Purpose: All legal purposes. Filer: Law Office of Kara Conway Love Address: 450 New Karner Road, Suite 203, Albany, New York 12205-3898
LCD-13330
(June 7, 2006)

LEGAL NOTICE

Notice of Publication Basalt LLC Arts. of Org. was filed with SSNY on 05/08/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13338
(June 7, 2006)

LEGAL NOTICE

Notice of Publication Camino International LLC Arts. of Org. was filed with SSNY on 05/08/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13339
(June 7, 2006)

LEGAL NOTICE

Cortex Management LLC Arts. of Org. was filed with SSNY on 05/08/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, P.O. Box 16366, Albany, NY 12205. Purpose: all lawful activities.
LCD-13340
(June 7, 2006)

LEGAL NOTICE

Notice of Publication Fletcher Holdings LLC Arts. of Org. was filed with SSNY on 05/08/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13341
(June 7, 2006)

LEGAL NOTICE

Notice of Publication Jolon LLC Arts. of Org. was filed with SSNY on 05/08/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13342

LEGAL NOTICE

(June 7, 2006):

LEGAL NOTICE

Notice of Publication Lakeway LLC Arts. of Org. was filed with SSNY on 05/08/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13343
(June 7, 2006)

LEGAL NOTICE

Notice of Publication Lapine LLC Arts. of Org. was filed with SSNY on 05/08/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13344
(June 7, 2006)

LEGAL NOTICE

Notice of Publication Octagon Advisors LLC Arts. of Org. was filed with SSNY on 05/08/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13345
(June 7, 2006)

LEGAL NOTICE

Notice of Publication Repton LLC Arts. of Org. was filed with SSNY on 05/08/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13346
(June 7, 2006)

LEGAL NOTICE

Notice of Publication Yovelle LLC Arts. of Org. was filed with SSNY on 05/08/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13347
(June 7, 2006)

LEGAL NOTICE

MEDIA SOLUTIONS DIRECT, LLC notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on April 28, 2006. 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 7 Delafield Drive, Albany, New York 12205.
LCD-13356
(June 7, 2006)

LEGAL NOTICE

602 LOUDON ROAD, LLC notice of formation of a domestic Limited Liability Company (LLC) Articles of Orga-

LEGAL NOTICE

nization filed with the New York Secretary of State on May 5, 2006. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 596 New Loudon Road, Latham, New York 12110.
LCD-13366
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of State Farm Realty Mortgage, L.L.C. Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/19/06. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: CSC, 80 State Street, Albany, NY 12207. Purpose: any lawful activity.
LCD-13367
(June 7, 2006)

LEGAL NOTICE

Notice of Publication 4MMO (US) INTERNET SERVICE LLC Arts. of Org. was filed with SSNY on 05/12/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13398
(June 7, 2006)

LEGAL NOTICE

NOTICE OF APPLICATION FOR AUTHORITY FOR FOREIGN LIMITED LIABILITY COMPANY (FLLC) Application for Authority of Albany Regional Sleep Disorders Center LLC filed with the Secretary of State of New York ("SSNY") on July 24, 2003 effective on the date of filing. The Jurisdiction of its formation is Ohio. The formation date is January 21, 2003. Office location: Albany County. SSNY has been designated as agent of the FLLC upon whom process against it may be served. SSNY shall mail a copy of any process c/o Ganz Wolkenbreit & Friedman LLP, One Columbia Circle, Albany, New York 12203, the registered agent of the FLLC upon whom such process may be served. The address of the principal office of the FLLC is 3450 Central Avenue, Suite 118, Toledo, OH 43606. A copy of the Certificate of Organization is filed with Ohio Secretary of State, 30 East Broad Street, Columbus, OH 43215. The purpose for which the LLC is formed is to engage in any lawful act or activity.
LCD-13407
(June 7, 2006)

LEGAL NOTICE

NOTICE OF APPLICATION FOR AUTHORITY FOR FOREIGN LIMITED LIABILITY COMPANY (FLLC) Application for Authority of QLX3, LLC filed with the Secretary of State of New York ("SSNY") on May 15, 2006 effective on the date of filing. The Jurisdiction of its formation is Delaware. The formation date is March 30, 2006. Office location: Albany County. SSNY has been designated as agent of the FLLC upon whom process against it may be served. SSNY shall mail a copy of any process to PO Box 13754, Albany, NY 12205, the registered agent of the FLLC upon whom such process may be served. The address of the principal office of the FLLC is PO Box 13754, Albany, NY 12205. A copy of the Certificate of Organization is filed with Delaware Secretary of State, 401 Federal Street, Dover, Delaware 19901. The purpose for which the LLC is formed is to engage

LEGAL NOTICE

in any lawful act or activity.
LCD-13408
(June 7, 2006)

LEGAL NOTICE

Heldeberg Contracting, LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 04/26/2006. Office location, Albany County, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: the Heldeberg Contracting LLC, c/o Christopher Primiano, Managing Member, 225 Prim Lane, Berne, New York 12023. Purpose: any lawful business purpose.
LCD-13409
(June 7, 2006)

LEGAL NOTICE

ShelBron, LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 04/26/2006. Office location, Albany County, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: ShelBron, LLC, c/o Michelle Bronson, Managing Member, 736 Waseniga Way, Slingerlands, New York 12159. Purpose: any lawful business purpose.
LCD-13410
(June 7, 2006)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF Rizzo's House of Flowers, LLC Under Section 203 of the Liability Company Law FIRST: The name of the limited company is: Rizzo's House of Flowers, LLC SECOND: The County within this state in which the office of the limited company is to be located is: Albany. THIRD: The Secretary of State is designated as agent of the Limited Liability Company upon who process against it may be served. The address to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him is: 130 Remsen Street Suite 102 Cohoes, NY 12047
Dated: 5/23/06

Louis J. Rizzo, Organizer
LCD-13435
(June 7, 2006)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF NORTH HUDSON AVENUE, LLC Under Section 203 of the New York State Limited Liability Law FIRST: The name of the limited liability company is: North Hudson Avenue LLC. SECOND: The county within New York State in which the office of the limited liability company is to be located is Albany County. THIRD: The secretary of state is designated as agent of the limited liability company upon who process against it may be served. The post office address within or without this state to which the secretary of state shall mail a copy of any process against the limited liability company served upon him or her is: North Hudson Avenue LLC, c/o Camelot Associates Corporation, 210 Morris Road, Schenectady, New York 12303. FOURTH: The Articles of Organization are effective upon the filing of the same. FIFTH: The limited liability company is to be managed by one or more managers. IN WITNESS WHEREOF, this certificate has been subscribed this 12th day of November, 2004, by the undersigned.
Dated: November 12, 2004
Alexander Powhida, Organizer

LEGAL NOTICE

LCD-13436
(June 7, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Notice of Formation of G & G SERVICE OF NEW YORK LLC, a domestic Limited Liability Company, Articles of Organization filed with the Secretary of State of the State of New York on May 5, 2006. 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 Gregory Gilbert, with an address of 21 Nelson Avenue, Latham, New York 12110. The purpose of this LLC is for any legal purpose.
LCD-13439
(June 7, 2006)

LEGAL NOTICE

New York State Department of State Division of Corporations, State Records and Uniform Commercial Code Albany, NY 12231 Under Section 203 of the Limited Liability Company Law Name: BRENNER GROUP, LLC. The county is: Albany. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: 32 Normanside Drive, Albany, NY 12208. The name and street address within this state of the registered agent of the limited liability company upon whom and at which process against the limited liability company may be served is: Wayne A. Smith, Jr., Esq., 32 Normanside Drive, Albany, NY 12208. For any lawful purpose.
LCD-13457
(June 7, 2006)

LEGAL NOTICE

QSJ Engineering Solutions & Supplies LLC Arts. of Org. was filed with SSNY on 05/19/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13458
(June 7, 2006)

LEGAL NOTICE

Bratshaw International Trade LLC Arts. of Org. was filed with SSNY on 05/18/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13459
(June 7, 2006)

LEGAL NOTICE

Absolute Fruit LLC Arts. of Org. was filed with SSNY on 05/23/06. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 71 Route 59 - Suite 104, Monsey, NY 10952. Purpose: all lawful activities.
LCD-13460
(June 7, 2006)

LEGAL NOTICE

Meridian International LLC Arts. of Org. was filed with SSNY on 05/26/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46

LEGAL NOTICE

SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13500
(June 7, 2006)

LEGAL NOTICE

Huslia LLC Arts. of Org. was filed with SSNY on 05/26/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13502
(June 7, 2006)

LEGAL NOTICE

Haskell Holdings LLC Arts. of Org. was filed with SSNY on 05/26/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13503
(June 7, 2006)

LEGAL NOTICE

Durian Services LLC Arts. of Org. was filed with SSNY on 05/26/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13504
(June 7, 2006)

LEGAL NOTICE

Coden Holdings LLC Arts. of Org. was filed with SSNY on 05/26/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13505
(June 7, 2006)

LEGAL NOTICE

Benton Services LLC Arts. of Org. was filed with SSNY on 05/26/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13506
(June 7, 2006)

LEGAL NOTICE

Bellaway Services LLC Arts. of Org. was filed with SSNY on 05/26/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13507
(June 7, 2006)

LEGAL NOTICE

Novos Group LLC Arts. of Org. was filed with SSNY on 05/26/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46

LEGAL NOTICE

State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13508
(June 7, 2006)

LEGAL NOTICE

Stargo LLC Arts. of Org. was filed with SSNY on 05/26/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13509
(June 7, 2006)

LEGAL NOTICE

Tamo Holdings LLC Arts. of Org. was filed with SSNY on 05/26/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13510
(June 7, 2006)

LEGAL NOTICE

Vehicle Management Services LLC Arts. of Org. was filed with SSNY on 05/11/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13528
(June 7, 2006)

LEGAL NOTICE

Newport Partners International LLC Arts. of Org. was filed with SSNY on 05/30/2006. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LCD-13529
(June 7, 2006)

LEGAL NOTICE

FORMATION OF A NEW YORK LIMITED LIABILITY COMPANY PURSUANT TO NEW YORK LIMITED LIABILITY COMPANY LAW SECTION 206(c)

- The name of the limited liability company is PEELE ENTERPRISES, LLC
- The date of filing of the articles of organization with the Department of State was 3/22/06.
- The county in New York in which the office of the company is located is Albany County.
- 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 served upon him or her to:

Jeremiah F. Manning, Esq.
27 Brookman Avenue
Delmar, NY 12054

- The latest date upon which the company is required to be dissolved is 8/31/09
- 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-13228
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of NYC 999, LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 03/12/2003. Of-

LEGAL NOTICE

Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capital Services, Inc., 40 Colvin Avenue, Suite 200, Albany, NY 12206. Purpose: to transact any and all other lawful business for which limited liability companies may be organized under the New York Limited Liability Company Act.
LD-13232
(June 7, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Name: Davey Jones Maintenance, LLC (LLC). Articles of organization filed with sec. of state of NY (SOS) on 4/17/06. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 386 Delaware Avenue, Albany, NY 12209. Purpose: Any lawful act or activity.
LD-13234
(June 7, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Name: Davey Jones Real Estate, LLC (LLC). Articles of organization filed with sec. of state of NY (SOS) on 4/17/06. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 386 Delaware Avenue, Albany, NY 12209. Purpose: Any lawful act or activity.
LD-13233
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of ReedHycalog, L.P. Authority filed with Secy. of State of NY (SSNY) on 3/24/06. Office location: Albany County. LP formed in Delaware (DE) on 10/11/02. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. Principal office of LP: 400 N. Sam Houston Pky. East, Houston, TX 77060. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: to acquire, hold, own, finance, sell, exchange or dispose of drill bits business or any activities incidental to the purposes of the partnership or activities determined appropriate by the General Partner.
LD-13237
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of SwissOption Management LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/20/06. 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, registered agent upon whom process may be served. Purpose: all lawful activities.
LD-13239
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of PAUL ROBERTS INTERNATIONAL LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/19/06. 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-13240
(June 7, 2006)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of SIROBAN LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/19/06. 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-13241
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Met Tower I, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/24/05. Office location: Albany County. LLC formed in Delaware (DE) on 2/23/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-13247
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Met Tower II, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/24/05. Office location: Albany County. LLC formed in Delaware (DE) on 2/23/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-13248
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Met Tower III, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/24/05. Office location: Albany County. LLC formed in Delaware (DE) on 2/23/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-13249
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Met Tower IV, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/24/05. Office location: Albany County. LLC formed in Delaware (DE) on 2/23/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-13250
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Met Tower V, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/25/05. Office location: Albany County. LLC formed in Delaware (DE) on 2/23/05. 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

LEGAL NOTICE

State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-13251
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of FRESKO WORLDWIDE LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/25/06. 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-13252
(June 7, 2006)

LEGAL NOTICE

NOTICE OF APPLICATION FOR AUTHORITY OF A FOREIGN LIMITED LIABILITY COMPANY Under Section 802(b) of the Limited Liability Company Law

- The name of the foreign limited liability company is ASHA by adm, LLC
- The application for authority was filed with the Secretary of State on April 21, 2006.
- The jurisdiction of organization of the foreign limited liability company is Connecticut, and the date of its organization is November 30, 2005.
- The county within this state in which the office of the limited liability company is to be located is Albany County.
- The Secretary of State is designated as agent of the foreign limited liability company upon whom process against it may be served. The post office address within or without this state to which the Secretary of State shall mail a copy of any process served upon him or her is:

ASHA by adm, LLC
121 State Street
Albany, New York 12207

- The address of the principal office of the foreign limited liability company: 121 State Street Albany, New York 12207
- The name and address of the authorized officer in the jurisdiction of its formation where a copy of its articles of organization are filed is:

Secretary of State
Commercial Recording Bureau
30 Trinity Street
P.O. Box 150470
Hartford, CT 06106

- The foreign limited liability company is formed to engage in any lawful act or activity for which limited liability companies may be formed under the laws of New York.
LD-13253
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of 287 Lark St., LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/25/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 435 Delaware Avenue, Albany, NY 12209. Purpose: any lawful activity.
LD-13256
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of National Data Retrieval LLC. Authority filed with Secy. of State of NY (SSNY) on 3/28/06. Office location: Albany County. LLC formed in Georgia (GA) on 1/1/05. 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 address of LLC: 1000 Alderman Dr, Alpharetta, GA 30005. Arts. of Org. filed with Secy. of State of GA, 315 W. Tower,

LEGAL NOTICE

#2 Martin Luther King Dr, Atlanta, GA 30334. Purpose: any lawful activities.
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Premier Mortgage Services, LLC. Fict name: LCC & Associates, LLC Authority filed with Secy. of State of NY (SSNY) on 4/24/06. Office location: Albany County. LLC formed in New Jersey (NJ) on 9/2/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Principal address of LLC: 272 Main St, Metuchen, NJ 08840. Arts. of Org. filed with Secy. of State of NJ, NJ Dept. of Treasury, 225 W. State St, Trenton, NJ 08625. Purpose: any lawful activities
LD-13262
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of Halytrack LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/13/06. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities.
LD-13260
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of Springdale Consulting LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/13/06. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities.
LD-13261
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Amityville SPV, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/14/06. Office location: Albany County. LLC formed in Delaware (DE) on 4/12/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC, 375 Greenwich St, NY, NY 10013. Principal address of LLC: 375 Greenwich St, NY, NY 10013. Arts. of Org. filed with Secy. of State of DE, 401 Federal St., Ste 4, Dover, DE 19901. Purpose: any lawful activities.
LD-13263
(June 7, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

- The name of the Limited Liability Company is PINETREE PROPERTIES, LLC.
- The Articles of Organization of the Limited Liability Company were filed on April 27, 2006 with the New York Secretary of State.
- The office of the Limited Liability Company is located in Albany County.
- Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served.
- The Secretary of State shall mail a copy of process served to the Limited Liability Company to 48 TALON DRIVE, SLINGERLANDS, NEW YORK 12159.
- The latest date to dissolve is indefinite.
- The purpose of the Limited Liability Company is to conduct all lawful activity.
LD-13284
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of 606 New Lots Ave Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 3/

LEGAL NOTICE

20/03 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1274 49th St #323, Brooklyn, NY 11219 Purpose: any lawful activity.
LD-13288
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of 602 New Lots Ave Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 3/20/03 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1274 49th St #323, Brooklyn, NY 11219 Purpose: any lawful activity.
LD-13289
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of 608 New Lots Ave Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/21/02 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1713 57th St, Brooklyn, NY 11204 Purpose: any lawful activity.
LD-13290
(June 7, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: PROAIR AVIATION LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/27/06. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 159 Delaware Avenue, Suite 149, Delmar, New York 12054. Purpose: For any lawful purpose.
LD-13291
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Phoenix Derivatives Group, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/25/06. NYS fictitious name: Phoenix Derivatives Group NA LLC. Office location: Albany County. LLC formed in Delaware (DE) on 4/20/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 598 Broadway, 4th Fl., NY, NY 10014. DE address of LLC: c/o Corporation Service Co., 2711 Centerville Rd., Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity.
LD-13294
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Hotels Made Simple, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/21/06. Office location: Albany County. LLC formed in Delaware (DE) on 3/2/06. 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: 37 W. 17th St., NY, NY 10011. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-13295
(June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Asset Marketing Systems Insurance Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/21/06. Office location: Albany County. LLC formed in Delaware (DE) on 12/19/03. SSNY designated as agent of LLC upon whom process against it may be served.

LEGAL NOTICE

SSNY shall mail process to: R. Michael Jones, Esq., Higgs Fletcher & Mack LLP, 401 West A St., Ste. 2600, San Diego, CA 92101. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 3, Dover, DE 19901. Purpose: any lawful activity.
LD-13297
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of C&C Management Holdings, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/4/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 32-75 Steinway St, Long Island City, NY 11103 Purpose: any lawful activity.
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of Ancillary Care IPA, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/28/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Ancillary Care Management, Inc., 725 S. Figueroa St., Suite 2150, Los Angeles, CA 90017. Purpose: any lawful activity.
LD-13297
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of T&S Management Holdings, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/4/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 32-75 Steinway St, Long Island City, NY 11103 Purpose: any lawful activity.
LD-13299
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of 138-140 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/19/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 20 W. 20 St Ste 703, NY, NY 10011 Purpose: any lawful activity.
LD-13300
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of 2304 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/21/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 537 Albemarle Rd, Cedarhurst, NY 11516 Purpose: any lawful activity.
LD-13301
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of 305 West 111 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/18/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 95 Delancey St, NY, NY 10002 Purpose: any lawful activity.
LD-13302
(June 7, 2006)

LEGAL NOTICE

Notice of Formation of Alrose Lex 66 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/26/06 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 E 39 St Ground Fl, NY, NY 10016 Purpose: any lawful activity.
LD-13303
(June 7, 2006)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Formation of Schenectady Ave Holdings LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/28/06 Office location: Albany County, SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1274-49th St, Ste 323, Brooklyn, NY 11219 Purpose: any lawful activity. LD-13304 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of APC Workforce Solutions III, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/10/05. Office location: Albany County, LLC formed in Florida (FL) on 12/9/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Business Filings Inc., 187 Wolf Road, Ste. 101, Albany, NY 12205, registered agent upon whom process may be served. FL address of LLC: 111 W. Jefferson St., Ste. 100, Orlando, FL 32801. Arts. of Org. filed with FL Secy. of State, 409 E. Gaines St., Tallahassee, FL 32399. Purpose: any lawful activity LD-13309 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of APC Workforce Solutions, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/25/05. Office location: Albany County, LLC formed in Florida (FL) on 9/15/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Business Filings Inc., 187 Wolf Road, Ste. 101, Albany, NY 12205 registered agent upon whom process may be served. FL address of LLC: 111 W. Jefferson St., Ste. 100, Orlando, FL 32801. Arts. of Org. filed with FL Secy. of State, 409 E. Gaines St., Tallahassee, FL 32399. Purpose: any lawful activity. LD-13310 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of APC Workforce Solutions II, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/10/05. Office location: Albany County, LLC formed in Florida (FL) on 12/9/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Business Filings Inc., 187 Wolf Road, Ste. 101, Albany, NY 12205, registered agent upon whom process may be served. FL address of LLC: 111 W. Jefferson St., Ste. 100, Orlando, FL 32801. Arts. of Org. filed with FL Secy. of State, 409 E. Gaines St., Tallahassee, FL 32399. Purpose: any lawful activity. LD-13311 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of MHC Rondout Valley LLC. Authority filed with Secy. of State of NY (SSNY) on 4/27/06. Office location: Albany County, LLC formed in Delaware (DE) on 3/20/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: c/o CSC, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-13312 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of SN CAPITAL MARKETS, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/29/06. Office location: Albany County, LLC formed in Dela-

LEGAL NOTICE

ware (DE) on 3/8/06. 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: 323 Fifth St., Eureka, CA 95501. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-13313 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of BUDGET TRUCK FUNDING, LLC. Authority filed with Secy. of State of NY (SSNY) on 4/27/06. Office location: Albany County, LLC formed in Delaware (DE) on 4/20/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-13316 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of APC Workforce Solutions IV, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/14/06. Office location: Albany County, LLC formed in Florida (FL) on 12/13/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Business Filings Inc., 187 Wolf Road, Ste. 101, Albany, NY 12205, registered agent upon whom process may be served. FL address of LLC: 1203 Governors Square Blvd., Ste. 101, Tallahassee, FL 32301. Arts. of Org. filed with FL Secy. of State, 409 E. Gaines St., Tallahassee, FL 32399. Purpose: any lawful activity. LD-13317 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of ASI Investors LLC. Authority filed with Secy. of State of NY (SSNY) on 2/14/06. Office location: Albany County, LLC formed in Delaware (DE) on 2/7/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Incorporating Services, Ltd., 3500 S. Dupont Hwy, Dover, DE 19901. Arts. of Org. filed with Secy. of State of DE, 401 Federal St., Ste 4, Dover, DE 19901. Purpose: any lawful activities. (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Gamor Company LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 4/7/06 Office location: Albany County, SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 20 Lexington Ave, 19th Fl, NY, NY 10016 Purpose: any lawful activity. LD-13321 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Embassy Square, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/03/06. Office location: Albany County, LLC formed in California (CA) on 4/2/99. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o the LLC, 15332 Antioch St, Ste 540, Pacific Palisades, CA 90272. Principal address of LLC: 15332 Antioch St, Ste 540, Pacific Palisades, CA 90272. Arts. of Org. filed with Secy. of State of CA, 1500 11th St., Sacramento, CA 95814. Purpose: any lawful activities. LD-13324 (June 7, 2006)

LEGAL NOTICE**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FLY ALBANY, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/21/06. Office location: Albany County, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 159 Delaware Avenue, Suite 149, Delmar, New York 12054. Purpose: For any lawful purpose. LD-13327 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of LAB ANSWER LLC. Authority filed with Secy. of State of NY (SSNY) on 5/3/06. Office location: Albany County, LLC formed in Delaware (DE) on 3/31/06. 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. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: all lawful purposes. LD-13350 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of FLV Greenlawn Plaza, LP. Authority filed with Secy. of State of NY (SSNY) on 5/5/06. Office location: Albany County, LP formed in Delaware (DE) on 4/26/06. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LP: CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: Any lawful activity. LD-13351 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of FLV Greenlawn Plaza GP, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/5/06. Office location: Albany County, LLC formed in Delaware (DE) on 4/25/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-13352 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of SeniorMed LLC. Authority filed with Secy. of State of NY (SSNY) on 8/29/05. NYS fictitious name: SeniorMed Pharmacy. Office location: Albany County, LLC formed in Illinois (IL) on 7/5/05. 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 Wilmet Rd., MS #1425, Deerfield, IL 60015. Arts. of Org. filed with IL Secy. of State, Howlett Bldg., Springfield, IL 62756. Purpose: any lawful activity. LD-13359 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of GBR Colonie Limited Liability Company. Authority filed

LEGAL NOTICE

with Secy. of State of NY (SSNY) on 5/9/05. Office location: Albany County, LLC formed in Delaware (DE) on 4/22/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: c/o Gibraltar Management Co., Inc., 150 White Plains Rd., Tarrytown, NY 10594. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-13360 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Kingfield Properties, LLC, Art. of Org. filed Sec'y of State (SSNY) 4/11/06. Office location: Albany County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to Hartman Simons Spielman & Wood, Jeremy D. Cohen, Esq., 6400 Powers Ferry Rd., Ste. 400, Atlanta, GA 39339. Purpose: any lawful activities. LD-13361 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Bristol Property Management LLC, Art. of Org. filed Sec'y of State (SSNY) 4/26/06. Office location: Albany County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to P.O. Box 218, Oyster Bay, NY 11709. Purpose: any lawful activities. LD-13362 (June 7, 2006)

LEGAL NOTICE

NOTICE OF ORGANIZATION OF CAPITAL DISTRICT DEVELOPMENT GROUP, LLC were filed with the Secretary of State of New York on April 27, 2006. Office located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at Ill Winners Circle, Albany, NY 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-13363 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Noble Environmental Power Hold Co, LLC. Authority filed with Sec. of State of NY (SSNY) on 4/18/2006. Office location: Albany County, LLC formed in Delaware (DE) on 4/10/2006. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 301 East 79th St, Ste 24-H, New York, NY 10021. Principal address of LLC: 8 Railroad Ave, 2nd Floor, Ste 8, Essex, CT 06426. Art. of Org. on file: SSDE, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-13365 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Sardinia Windpower, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/23/2002 as amended. Office location: Albany County, LLC formed in Delaware (DE) on 11/26/2001. 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: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.

LEGAL NOTICE

LD-13381 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Trizec Realty, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County, LLC formed in California (CA) on 12/14/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: 10 S. Riverside Plaza, Ste. 1100, Chicago, IL 60606. Arts. of Org. filed with CA Secy. of State, 1500 11th St., Sacramento, CA 95814. Purpose: any lawful activity. LD-13386 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Trizec Holdings Operating LLC. Authority filed with Secy. of State of NY (SSNY) on 2/11/05. Office location: Albany County, LLC formed in Delaware (DE) on 12/21/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: 10 S. Riverside Plaza, Ste. 1100, Chicago, IL 60606. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-13387 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of PPRS CONSULTING LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/8/06. 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 Reback & Potash LLP, 10 Fiske Place, Ste. 521, Mt. Vernon, NY 10550. Purpose: consulting. LD-13393 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Limited Liability Company Blue Dog LLC filed Articles of Organization with SSNY on 04/07/06. 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, 399 Stovepipe Road, Voorheesville, NY 12186. Purpose: Any lawful activities. LD-13397 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of McDonald's USA, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/12/04. Office location: Albany County, LLC formed in Delaware (DE) on 9/17/04. 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: One McDonald's Plaza, Oak Brook, IL 60523. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-13400 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Resource Real Estate Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/4/2003, as amended. Office location: Albany County, LLC formed in Maryland (MD) on 11/13/1998. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the MD address of the LLC: 300 Red Brook Blvd., Ste. 300, Owings Mills, MD 21117. Arts. of Org. filed

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with MD Secy. of State, 301 W. Preston St., Baltimore, MD 21201. Purpose: any lawful activity. LD-13401 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Lyred LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/8/06. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13411 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Frellers Properties LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/3/06. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13412 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Danversen Enterprises LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/3/06. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13413 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Dounrae & Co. LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/18/02. 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 Purpose: any lawful activities. LD-13414 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Safety & Security Solutions, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/16/06. Office location: Albany County, LLC formed in Delaware (DE) on 6/4/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the c/o National Registered Agents, Inc, 875 Avenue of the Americas, Ste 501, NY, NY 10001. Principal address of LLC: 144 Westpark Rd, Dayton, OH 45459. Arts. of Org. filed with Secy. of State of OH, Borden Bldg, 180 E. Broad, St, Columbus, OH 43215. Purpose: any lawful activities. LD-13415 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of TGL International Skins LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/27/06. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13416 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of REVX-488 LLC. Authority filed with Secy. of State of NY (SSNY) on 4/07/06. Office location: Albany County, LLC formed in Montana (MT) on 2/1/06. SSNY designated as agent of LLC upon whom

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process against it may be served. SSNY shall mail process to: the LLC, 8 S. Idaho St, Ste C, Dillon, MT 59725. Principal address of LLC: 8 S. Idaho St, Ste C, Dillon, MT 59725. Arts. of Org. filed with Secy. of State of MT, PO Box 202801, Helena, MT 59620. Purpose: any lawful activities. LD-13417 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of REVX-488 LLC. Authority filed with Secy. of State of NY (SSNY) on 4/07/06. Office location: Albany County, LLC formed in Montana (MT) on 2/1/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC, 8 S. Idaho St, Ste C, Dillon, MT 59725. Arts. of Org. filed with Secy. of State of MT, PO Box 202801, Helena, MT 59620. Purpose: any lawful activities. LD-13418 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of REVX-490 LLC. Authority filed with Secy. of State of NY (SSNY) on 4/07/06. Office location: Albany County, LLC formed in Montana (MT) on 2/1/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC, 8 S. Idaho St, Ste C, Dillon, MT 59725. Arts. of Org. filed with Secy. of State of MT, PO Box 202801, Helena, MT 59620. Purpose: any lawful activities. LD-13419 (June 7, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Pursuant to the Limited Liability Company Law of the State of New York, notice is hereby given that the limited liability company with the name "Aerospace Innovation Research, LLC" (the "LLC") has been formed. The Articles of Organization were filed with the Secretary of State of the State of New York (SSNY) on May 4, 2006. The office of the LLC is to be located in Albany County, New York. The SSNY has been designated as agent of the LLC upon whom process against it may be served. The post office address to which the SSNY shall mail a copy of any process served is: Aerospace Innovation Research, LLC, c/o Phillips Lytle LLP, Omni Plaza, 30 South Pearl Street, Albany, New York 12207. The nature of the business of the LLC is to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law. LD-13422 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Rich-Nich Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/15/05 Office location: Albany County, SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1104 Ave K, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13430 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of LP Forest Realty 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: 1104 Ave K, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13431 (June 7, 2006)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of The Bookstore, LLC, Art. of Org. filed Sec'y of State (SSNY) 4/17/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to c/o Albany College of Pharmacy of Union University, 106 New Scotland Ave., Albany, NY 12208. Purpose: any lawful activities. LD-13438 (June 7, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC ROSENBLUM-RUBIN PROPERTY SERVICES, LLC, filed Articles of Organization with the New York Secretary of State on May 8, 2006. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to Rosenblum-Rubin Property Services, LLC, 624 Delaware Avenue, Albany, New York 12209. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-13441 (June 7, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: TD ESTATES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/21/06. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, Post Office Box 424, Albany, New York 12201. Purpose: For any lawful purpose. LD-13442 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of REALATION, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/31/01. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Vincent DiMoro, 610 Kings Road, Apt. 2, Schenectady, NY 12304, registered agent upon whom process may be served. Purpose: all lawful purposes. LD-13443 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Enhanced Business Systems LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/12/1996. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: PO Box 13804, Albany, NY 12212. Registered agent upon whom process may be served: Vincent DiMoro, 973 Kings Rd., Schenectady, NY 12303. Term: until 2/1/2026. Purpose: all lawful purposes. LD-13444 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Hirschfeld Steel Group LP. Authority filed with Secy. of State of NY (SSNY) on 4/11/06. Office location: Albany County. LP formed in Texas (TX) on 3/27/06. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 40 Colvin Avenue, Ste. 200, Albany, NY 12206. TX address of LP: 112 W. 29th St., San Angelo, TX 76903. Name/address of each gen. ptr. available from SSNY. Cert. of LP filed with TX Secy. of State, P.O. Box 13697, Austin, TX 78711. Purpose: to operate as a

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bridge, commercial and industrial component fabricator. LD-13450 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Ocean Tomo Auctions, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/16/06. Office location: Albany County. LLC formed in Delaware (DE) on 8/8/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-13451 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of Cordonnier Contracting, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/19/06. Office location: Albany County. LLC formed in New Jersey (NJ) on 4/25/01. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Laurence Slous, Esq., 250 Bellevue Ave., Upper Montclair, NJ 07043. NJ address of LLC: 648 Upper Mountain Ave., Upper Montclair, NJ 07043. Arts. of Org. filed with NJ Dept. of Treasury, 225 W. State St., Trenton, NJ 08608. Purpose: any lawful activity. LD-13452 (June 7, 2006)

LEGAL NOTICE

Notice of Qualification of ARCH REALTY LLC. Authority filed with Secy. of State of NY (SSNY) on 3/31/2004, as amended. Office location: Albany County. LLC formed in Delaware (DE) on 11/28/1994. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: c/o CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, P.O. Box 898, Dover, DE 19903. Purpose: any lawful activity. LD-13453 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Pitta, Bishop, DeGiorno & Dreier LLP. The date of the filing of the Certificate of Registration with the NY Secretary of State is 12/23/2005. The office of the LLP shall be in Albany County. The Secretary of State of NY (SSNY) is designated as agent of the LLP upon whom process against it may be served. The address to which the S/S shall mail a copy of any such process served is to: c/o National Registered Agents, Inc., 875 Avenue of the Americas, Suite 501, NY, NY 10001. Purpose: practice of law. LD-13461 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of AR Lofts LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/10/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1355 Atlantic Ave, Brooklyn, NY 11216 Purpose: any lawful activity. LD-13463 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Cornerstone 5 Properties LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/

LEGAL NOTICE

5/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 537 Albemarle Rd, Cedarhurst, NY 11516 Purpose: any lawful activity. LD-13464 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of 315 West 115 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/24/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 95 Delancey St, NY, NY 10002 Purpose: any lawful activity. LD-13465 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of 585 East 21, 2225, 2203-2217 Dittmas LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/12/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 95 Delancey St, NY, NY 10002 Purpose: any lawful activity. LD-13466 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Theofilatos Family Limited Partnership Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/23/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 32-75 Steinway St, Long Island City, NY 11103 Purpose: any lawful activity. LD-13475 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of 86th East Develop, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/3/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1412 Ave M, PMB 2454, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13476 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Beaver Lake Properties, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 3/16/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1412 Ave M, PMB 2454, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13477 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of 49th East Develop, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/3/04 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1493 E 31st St, Brooklyn, NY 11234 Purpose: any lawful activity. LD-13479 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Catherine Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/2/03 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2772 Nostrand Ave, Brooklyn, NY 11210 Purpose: any lawful activity. LD-13478 (June 7, 2006)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of 600 E Willow, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/2/04 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1412 Ave M, PMB 2454, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13480 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Syracuse Holdings LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 9/30/03 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1412 Ave M, PMB 2454, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13481 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of 256 49th LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 12/20/04 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1412 Ave M, PMB 2454, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13482 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Nashville Properties, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/18/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1412 Ave M, PMB 2454, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13483 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Syracuse Parkland LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/7/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1412 Ave M, PMB 2456, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13484 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Estates of Utica, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 10/6/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1412 Ave M, PMB 2456, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13485 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of 518 N Townsend, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/2/04 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1412 Ave M, PMB 2454, Brooklyn, NY 11230 Purpose: any lawful activity. LD-13486 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of 477 James, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/2/04 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1412 Ave M, PMB 2454, Brooklyn, NY 11230 Purpose: any lawful activity.

LEGAL NOTICE

LD-13487 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of 469 James Street, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/2/04 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1493 E 31st St, Brooklyn, NY 11234 Purpose: any lawful activity. LD-13488 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Pardes Properties LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 12/14/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 80 State St, Albany, NY 12207 Purpose: any lawful activity. LD-13489 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Careba LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/29/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC, 301 East 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13490 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Miracle Marketing Advisors LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/4/06. 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, 301 East 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities LD-13491 (June 7, 2006)

LEGAL NOTICE

NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem, Albany County, New York will hold a public hearing on June 14, 2006 at 5:45 PM: at the Town Hall, 445 Delaware Avenue, Delmar, NY to consider creation of a drainage district for the Trinity Manor Subdivision, Phase 4, Sandy Lane and Sicilia Street, Selkirk to maintain the stormwater management system. The maximum amount proposed to be expended for the improvement is not to exceed \$9,413.00 per year; no fee for hook-up will be required; and cost of the proposed district to the typical one or two family home will be \$285. DESCRIPTION TRINITY MANOR DRAINAGE DISTRICT Town of Bethlehem County of Albany State of New York ALL that piece or parcel of land situate in the Town of Bethlehem, County of Albany and State of New York, lying northerly of Beaver Dam Road, easterly of the lands of the New York West Shore and Buffalo Railway Company, southerly of the Vloman Kill, westerly of the New York State Thruway, and being more particularly described as follows: Beginning at a point on the northerly line of Beaver Dam Road at its intersection with the division line between lands now or formerly of Samaritan Shelters, Inc. (L. 2374 P. 621) on the east and lands now or formerly of Rosewood Home Builders, Inc. (L. 2773 P. 789) and also being Lot 6 Sandy Lane on the west as the same is shown on a map titled "Trinity Manor Subdivision, Subdivision Plat, Stylish Development", Town of Bethlehem, County of Al-

LEGAL NOTICE

bany, State of New York, dated March 17, 1993, last revised August 24, 1995, prepared by Ingalls Smart Associates in Engineering and Surveying and filed in the Office of the Albany County Clerk on October 13, 1995 in Drawer No. 172 as Map No. 10202, and running thence along said northerly line the following five (5) courses and distances: 1) Thence South 88° 46' 45" West for a distance of 109.59 feet to a point; 2) Thence South 01° 13' 15" East for a distance of 7.40 feet to a point; 3) Thence South 88° 46' 45" West for a distance of 100.00 feet to a point; 4) Thence North 01° 13' 15" West for a distance of 7.40 feet to a point; and 5) Thence South 88° 46' 45" West for a distance of 95.04 feet to a point, said point also being on the division line between lands now or formerly of L. E. and L. F. Donley (L. 2579 P. 1143) and also being known as Lot 6 Trinity Place on the west and Lot 5 Sandy Lane on the east; thence along said division line and along the rear of Lots 6 thru 68 fronting on Trinity Place on the west, and the rear of Lots 5 thru 57 fronting on Sandy Lane on the east the following seven (7) courses and distances: 1) Thence North 01° 07' 54" West for a distance of 435.60 feet to a point; 2) Thence North 22° 16' 07" East for a distance of 72.44 feet to a point; 3) Thence North 21° 44' 52" East for a distance of 81.21 feet to a point; 4) Thence North 32° 23' 15" East for a distance of 210.17 feet to a point; 5) Thence North 36° 32' 34" East for a distance of 110.87 feet to a point; 6) Thence North 30° 09' 06" East for a distance of 462.83 feet to a point; and 7) Thence North 50° 59' 46" East for a distance of 136.26 feet to a point, said point also being the intersection of the division line between lands now or formerly of W. C. and C. M. Hillman (L. 2722 P. 807) and also being Lot 68 Trinity Place on the north and Lot 57 Sandy Lane on the south with the westerly line of Sandy Lane; thence across Sandy Lane the following two (2) courses and distances: 1) Thence North 39° 31' 08" East for a distance of 27.02 feet to a point; and 2) Thence North 61° 47' 43" East for a distance of 25.00 feet to a point, said point also being on the easterly line of Sandy Lane at its intersection with the division line between lands now or formerly of M. R. Cutright (L. 2632 P. 137) and also being Lot 76 Trinity Place on the north and Lot 62 Sandy Lane on the south; thence continuing North 61° 47' 43" East and along said division line for a distance of 173.58 feet to a point, said point also being on the division line between lands now or formerly of D. M. and T. M. Lamson (L. 2648 P. 267) and also being Lot 82 Trinity Place on the north and Lot 62 Sandy Lane on the south; thence South 40° 18' 21" East along said division line for a distance of 169.03 feet to a point, said point also being on the division line between lands now or formerly of Stylish Development Corp. (L. 2773 P. 787) on the east and Lot 58 Sandy Lane on the west; thence South 18° 46' 20" West and along said division line and along the rear of Lots 58 thru 38 Sandy Lane for a distance of 717.59 feet to a point; said point also being the at the intersection of the northerly line of Sicilia Street, at its easterly limit, with the division line between lands now or formerly of Clyde L. Norton (L. 2312 P. 1121) on the east and Sicilia Street on the west; thence continuing South 18° 46' 20" West and along said easterly limit of Sicilia Street for a distance of 50.03 feet to a point, said point also being at the intersection of the southerly line of Sicilia Street with the division line between lands now or formerly of Clyde L. Norton (L. 2312 P. 1121) on the east; lands now or formerly of Samaritan Shelters, Inc. (L. 2374 P. 621) on the south and Sicilia Street on

LEGAL NOTICE

the north, thence North 69° 17' 55" West along said division line and along the southerly line of Sicilia Street for a distance of 180.00 feet to a point, said point also being on the division line between lands now or formerly of Samaritan Shelters, Inc. (L. 2374 P. 621) on the east and Lot 32 Sandy Lane on the west; thence along said division line and along the rear of Lots 32 thru 6 Sandy Lane on the west the following three (3) courses and distances: 1) Thence South 54° 07' 35" West for a distance of 87.52 feet to a point; 2) Thence South 19° 22' 55" West for a distance of 126.73 feet to a point; 3) Thence South 04° 08' 45" West for a distance of 477.05 feet to the point and place of beginning, containing 12.33 acres of land, more or less.

The above described also being shown on a map titled "Plat of Survey, Trinity Manor Subdivision, Phase 4, Sandy Lane and Sicilia Street", Town of Bethlehem, County of Albany, State of New York, dated December 21, 2005 and prepared by Ingalls & Associates, LLP. Subject to any and all easements, covenants and or restrictions of record that may affect the subject parcel. All parties in interest and citizens will have an opportunity to be heard at the said hearing.

The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who need assistance in order to participate should contact the Town Clerk's office at: 439-4955, ext. 183. Advanced notice is requested.

BY ORDER OF THE TOWN BOARD TOWN OF BETHLEHEM Kathleen A. Newkirk, MMC, RMC TOWN CLERK Dated: May 24, 2006 LD-13492 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of MDL Real Estate LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/23/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 4911-18th Ave, Brooklyn, NY 11204 Purpose: any lawful activity. LD-13493 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Kent Westminster Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 11/12/03 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 525 Kent Ave, Unit 5a, Brooklyn, NY 11211 Purpose: any lawful activity. LD-13494 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of 7 SFG LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/2/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 95 Delancey St, NY, NY 10002 Purpose: any lawful activity. LD-13495 (June 7, 2006)

LEGAL NOTICE

Notice of Formation of Hover Technologies LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/16/2006. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13511 (June 7, 2006)

Sports *in the* Spotlight

Athletic administrators association picks Bertrand

By ROB JONAS

Wayne Bertrand will be a busy man the next three years.

On top of being Guilderland High School's athletic director, Bertrand will be holding executive positions within the New York State Athletic Administrators Association (NYSAAA). Bertrand will be the organization's vice president in 2007, president-elect

in 2008 and president in 2009.

"I'm excited because there's been some tremendous people that have held this position in the past," said Bertrand of his pending presidency.

The NYSAAA is a branch of the National Interscholastic Athletic Administrators Association. It offers high school athletic directors a resource to help them run their departments better and works with other athletic and educa-

tional organizations such as the New York State Public High School Athletic Association in creating new policies.

Bertrand will also help plan the annual NYSAAA conference, which he said is an integral part of the organization's mission.

"It offers outstanding educational opportunities for high school administrators," said Bertrand, who has been Guilderland's athletic director since 2001. "There's a number of well-regarded speakers that share their knowledge at the conference."

Bertrand was elected at a committee meeting earlier this year. "You're nominated by two past presidents," he said.

Before coming to Guilderland Bertrand was Ballston Spa's varsity football coach from 1979 through 2000.

Dolphins offer morning swim program

The Delmar Dolphins swim club is offering its annual summer morning program at the Elm Avenue Park pool.

Sessions run from 6:45 to 8:45 a.m. Mondays through Fridays beginning June 26 and ending Aug. 4.

The program offers an opportunity for middle and high school swimmers to maintain their fitness levels and technique between scholastic seasons. It also gives college-age swimmers a chance to stay in shape and still have time for a summer job.

Bethlehem swim team alumni Josh Alfred and Chris Rooney will be coaching the program.

The summer morning swim program costs \$160. There is an additional \$32 insurance fee for those swimmers who have not joined USA Swimming.

For information, visit the Dolphins' Web site at www.delmardolphins.com or call 475-0441.

**BOB BELLIZZI'S
GRAND SLAM 2006
Baseball Camps**

Elm Avenue Town Park in Delmar
SPONSORED BY THE MOHAWK BASEBALL CLUB

Bob Bellizzi - Camp Director
Rich Seebode - Baseball Director

Counselors are Mohawk Baseball Club members

Session 1	7/10-7/14
Session 2	7/17-7/21
Session 3	7/24-7/28
Session 4	7/31 - 8/04
Session 5	8/07 - 8/11

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Letters policy

The Spotlight welcomes letters from readers on subjects of local and regional interest. All letters must include the writer's name, address and phone number.

Write to Letters to the Editor, *The Spotlight*, P.O. Box 100, Delmar 12054. Letters can be faxed to 439-0609.

<p>LEGAL NOTICE</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of McBryde & Denton LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/16/2006. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13512 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of Mulligan Trading Company LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/16/2006. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13513 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of Fuller Irish LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/16/2006. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13514 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of Gillespie, Holter & Co. LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/16/2006. 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, 301 E.</p>	<p>79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13515 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of Dayton Properties LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/16/2006. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13516 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of Doneghan & Partners LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/16/2006. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13517 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of W.H.L. Ventures LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/16/2006. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13518-cz4- (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of Leonswood Consulting LLC.</p>	<p>Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/16/2006. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13519 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of Brygdon & Sons LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/16/2006. 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, 301 E. 79th St, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-13520 (June 7, 2006)</p> <p>LEGAL NOTICE OF PUBLIC HEARING, AND BUDGET RE-VOTE</p> <p>NOTICE IS HEREBY GIVEN, that a Public Hearing on the revised proposed 2006-2007 Budget for the Bethlehem Central School District shall be held at the Educational Services Center located at 90 Adams Place, Delmar, Albany County, New York, on Wednesday, June 7, 2006 at 7:00 p.m., Prevailing Time. The revised budget will be available for review commencing on May 31, 2006 at the Educational Services Center, 90 Adams Place, Delmar, New York, and the offices of each Elementary School, the Middle School and the High School, of the District. AND NOTICE IS FURTHER GIVEN that the budget re-vote will be held on Tuesday, June 20, 2006 between the hours of 7:00 a.m. and 9:00 p.m., prevailing time, in the upper gymnasium of the Bethlehem Central Middle School, 332 Kenwood Av-</p>	<p>enue, Delmar, Albany County, New York, at which time the polls will be opened to vote by voting machine on the following items:</p> <ol style="list-style-type: none"> To adopt the annual revised budget of the Bethlehem Central School District for the fiscal year 2006-2007 and to authorize the requisite portion therefore to be raised by taxation on the taxable property of the District. To transact such other business as may properly come before the meeting pursuant to the Education Law of the State of New York. The revised budget vote shall be by voting machine or absentee ballot. The hours during which the polls shall be kept open shall be from 7:00 a.m. to 9:00 p.m. prevailing time or for as long thereafter as necessary to enable qualified voters who are in the polling place at 9:00 p.m. to cast their ballots. AND FURTHER NOTICE IS HEREBY GIVEN that a copy of the statement of the amount of money which will be required to fund the School District's budget for the 2006-2007 school year, exclusive of public monies, may be obtained by any taxpayer in the District during the fourteen days immediately preceding the Annual Meeting except Saturdays, Sundays or holidays, at the Educational Services center, 90 Adams Place, Delmar, New York, and the offices of each Elementary School, the Middle School, and the High School of the District between the hours of 8:30 a.m. and 4:00 p.m., prevailing time and also at said District Election. AND FURTHER NOTICE IS HEREBY GIVEN that applications for absentee ballots will be obtainable between the hours of 8:30 a.m. and 4:00 p.m. Monday through Friday, except holidays, from the District Clerk. Completed applications for absentee ballots must be received by the District Clerk at least seven (7) days prior to the vote if the ballot is to be mailed to the voter, or the day <p>before the election, if the ballot is to be delivered personally to the voter. Absentee ballots must be received by the District Clerk not later than 5:00 p.m. on June 20, 2006. A list of all persons to whom absentee ballots shall have been issued will be available in the office of the District Clerk from 8:30 a.m. until 4:00 p.m. prevailing time on each of the five days prior to the day of the election, except Saturday, June 17 and Sunday, June 18, 2006, and on the day set for the election. Any qualified voter may challenge the acceptance of the ballot of any person on such list, by making his/her challenge and reasons therefor known to the Inspector of Election before the close of the polls. AND FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the School District shall be entitled to vote in said annual re-vote. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen (18) years of age or older, and (3) resident with the School District for a period of thirty (30) days next preceding the annual re-vote. The School District may require all persons offering to vote at the budget vote one form of proof of residency pursuant to Education Law section 2018-c. Such form may include a driver's license, a non-driver identification card, a utility bill, or a voter registration card. Upon offer of proof of residency, the School District may also require all persons offering to vote to provide their signature, printed name and address. Date: Delmar, New York June 2, 2006 Steven O'Shea District Clerk Bethlehem Central School District LD-13522 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Qualification of</p>
<p>LEGAL NOTICE</p> <p>R.E.FUND SKY HARBOR PROPERTY, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/22/04. Office location: Albany County, LLC formed in Delaware (DE) on 7/20/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 560 Oakwood Avenue, Lake Forest, IL 60045. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-13530 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Qualification of John J. Kirilin Special Projects, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/19/06. Office location: Albany County, LLC formed in Delaware (DE) on 1/13/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-13531 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>Notice of Qualification of Gotham Enterprizes LLC. Authority filed with Secy. of State of NY (SSNY) on 5/25/06. Fictitious name in NY State: Gotham Enterprizes 2000 LLC. Office location: Albany County, LLC formed in Delaware (DE) on 7/10/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service</p>	<p>Company (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: c/o CSC, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity. LD-13532 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF LLC R2 DEVELOPMENT PARTNERS, LLC, filed Articles of Organization with the New York Secretary of State on May 8, 2006. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to R2 Development Partners, LLC, 624 Delaware Avenue, Albany, New York 12209. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-13440 (June 7, 2006)</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: M & M JAY ST. ENTERPRISES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/18/06. 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, 2611 Pauline Avenue, Schenectady, New York 12306. Purpose: For any lawful purpose. LJ-13521 (June 7, 2006)</p>		

Local

(From Page 34)

Lois Smith 33:15.2, Christine Butry 34:41.1, Roseanne McCaffrey 36:15.8, Erica McCaffrey 36:16.1, Meghan Kane 39:11.4, Kathleen Kane 39:16.1 and Donna Dawson 41:48.5.

Ravena

Gwen Buckley 24:53.4, Kate Robertson 35:04.7, Alisa Barror 36:23.1 and Josephine Tracey 36:41.4.

Selkirk

Susan Burns 23:37.3, Winter Eyres 24:19.3, Eileen Gower 24:49.6, Gayle Reed 24:51.0, Linda Lehmann 28:06.2, Kelly Leonard 28:42.3, Kristie Link 29:39.2, Willow Eyres 30:06.1, Debra Maloney 30:23.0, Sheila Poole 32:29.0, Nora Reynolds 33:49.5, Christine Thompson 35:50.5, Amy Mantor 36:23.0 and Ann McGuinness 37:31.0.

Slingerlands

Mary Kogelmann 21:28.1, Kimberly Verstandig 22:01.2, Martha DeGrazia 23:00.4, Lori Vink 23:25.4, Kay Byrne 24:06.0, Anne Parente 24:17.4, Donna Clark 24:47.0, Brenna Doty 24:59.7, Alexa Bieber 26:07.5 and Elana Gordis 27:29.0.

Also Carole Bieber 27:39.7, Samantha Ebersold 27:41.0, Susan Shah 27:47.4, Laurie Thibodeau 28:05.5, Petra DeSalvo 28:09.9, Kat Sheridan 29:15.0, Alison Rhodes-Devey 29:29.8, Licia Royka 29:50.4, Emelia O'Neill 30:26.8 and Krista Ketterer 30:46.2.

Also Kathy Vaccariello 31:25.0, Karyn Rees 31:27.4, Allie Iwaniec 31:29.5, Jean Mackay 31:32.0, Lynn Finke 32:11.3, Sarah Greenberg 32:53.8, Hope Engel Greenberg 32:54.6, Robin Cohn 33:48.4, Meghana Godambe 33:51.0 and Beth DeAngelis 35:02.6.

Also Dianna Charron 35:32.8, Jennifer Honen 35:33.1, Leah Bakst 35:36.9, Bonnie O'Shea 35:46.6, Colleen Sanders 35:59.6, Linda Bakst 36:49.4, Angela Warner 37:44.7, Meaghan Brennan 39:17.9, Susan Messier 39:18.1 and Michelle Helm 51:16.2.

Voorheesville

Sarah Domermuth 20:06.1, Chantal Little 22:22.5, Michelyn Little 25:32.4, Michele Crisafulli 26:04.0, Erin Pritchard 26:31.9, Wendy Relyea 26:50.7, Brittney Ginsburg 27:13.7, Debbie Dawson 27:15.2, Holly Gerrey 27:31.4 and Barbara Downs 27:40.6.

Also Jessica Vogelien 28:11.5, Diane Rinaldi 28:22.7, Patricia Kundel 28:58.5, Sarah Goetz 29:18.2, Sara Growick 30:01.9, Cyrilla Suker 30:21.9, Hilary Lesser 31:46.9, Karen Dawson 33:36.9, Julia Willox 35:06.3, Marianne Gable 35:07.7, Alexis Hargrave 35:10.6, Theresa Sapienza 35:41.3, Lauren Finnessey 35:41.5, Christine Blackman 38:14.3 and Ann Kelly 43:48.1.

If any names are missing, contact the sports department at 439-4949 or jonasr@spotlightnews.com.

Time

(From Page 34)

leave the executive office to take over for Stan Van Gundy two months into the season? Why else would he have loaded the Heat with a veteran supporting cast to go with his dynamic duo of Shaquille O'Neal and Dwayne Wade? The only logical explanation was Riley wanted to win the championship this year.

Under most circumstances, I would use that as personal fuel to root for the other team. But I can't root against Riley now. Whether he admits it publicly or not, he's still got to be hurting from his mother's death. And yet, he's been able to push aside his grief

to guide the Heat to their first NBA Finals. That's an impressive feat, especially considering that Miami had to get by two-time defending conference champion Detroit to get there. Not many people outside of Miami were giving the Heat much of a chance to do that.

So, I'll be watching this year's NBA Finals wearing whatever clean white T-shirts I have in my dresser (as Miami fans have been doing for every home playoff game) and hoping that Shaq and his pals have enough left in the tank to defeat Dallas.

That way, there's a happy ending to Pat Riley's season.

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Tim Barrett



Gladiator Lacrosse Camps slated for this summer

The annual Gladiator Lacrosse Camps will take place the first two weeks of summer.

There will be two boys sessions and one girls session. The boys sessions take place June 26-30 at Christian Brothers Academy in Colonie and July 5-8 at Ballston Spa High School. The girls session takes place July 5-8 in Ballston Spa.

All sessions are open to players age 8 to 18.

Sessions run from 9 a.m. to 3 p.m. during the June 26-30 camp and from 6 to 8:30 p.m. during the July 5-8 camps.

For information, call Mike Vorgang at 372-3913, Kevin Dayton at 461-9238 or Tom Schwan at 429-9399.

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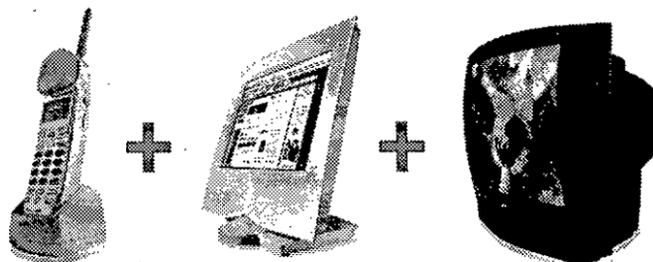
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Sports *in the* Spotlight

Venezia, Peck lead BC at state qualifier

Bethlehem's Jessica Venezia and Kristin Peck each won events at last week's Section II Track and Field Championships in Johnstown.

Venezia broke her own school record in the triple jump by winning the large school division title with a distance of 36 feet, 8 inches. Venezia jumped 35 feet, 0.25 inches for a first-place finish at the class A Sectionals May 24.

Peck also advanced to this weekend's state meet by winning the 1,500-meter race with a time of 4:47.38.

Sara Turner will be joining her Bethlehem teammates at the state meet in Canton. Turner placed second in the high jump with a qualifying height of 5 feet, 4 inches. Burnt Hills-Ballston Lake's Brittany Dexter won with a height of 5 feet, 8 inches.

Lauren Lochinsli-Mills and Colleen Hart also had top-three performances at the state qualifier. Lochinsli-Mills finished second in the 200-meter dash

finals with a time of 26.61 seconds, and Hart placed third in the pentathlon with 2,372 points.

Ravena-Coeymans-Selkirk's Bri Drexler qualified for states in two events. Drexler won the small school division 100-meter high hurdles with a time of 15.93 seconds and took first place in the long jump with a distance of 17 feet.

On the boys' side, RCS's Garrett McCluskey and Voorheesville's Kyle Jacobs earned state meet berths. McCluskey took first place in the small school division high jump by clearing 6 feet, while Jacobs won the 400-meter intermediate hurdles with a time of 56.38 seconds. Jacobs was also third in the pole vault with a cleared height of 12 feet, 6 inches.

Voorheesville's Mackey Lloyd placed second in the small school division 1,600 and 3,200, and Bethlehem's Matt Shaffer finished third in the large school division 800 and 1,600.

Sectional champions



The Bethlehem boys tennis team won its first Section II, Class A title since 2001 with a 6-3 victory over defending champion Guiderland May 25.

Yorktown ends Bethlehem's playoff run

For the first time in five years, the Bethlehem girls lacrosse team won't be playing in the state final four.

Yorktown built a four-goal lead late in the second half and held on for a 16-15 victory over the Lady Eagles in Saturday's regional class A final at John Jay Cross River High School.

The lead changed hands several times before Yorktown went on a run to build a 16-12 lead. Bethlehem closed the gap with three goals in a 35-second span, but Yorktown won a critical midfield draw and held on to the ball for the final minute to pull out the win.

Bethlehem advanced to the regional final by beating Pine Bush 20-3 last Wednesday at Dietz Stadium in Kingston.

The Lady Eagles jumped out to an 11-2 halftime lead and never looked back in dispatching the Section IX champions.

Halley Quillinan scored five goals and added two assists to lead a balanced Bethlehem attack. Cate Quillinan contributed a hat-trick, and Tee Ladouceur added two goals and five assists. Libby LeRoy, Amanda Muncil, Megan O'Donnell and Lauren Wendth all scored two goals apiece.

Bethlehem finished the season with a 19-4 record and its eighth consecutive Section II, Class A championship.

Local women compete in Freihofer's race

The following is a list of area runners that competed in Saturday's Freihofer's Run for Women in Albany:

Clarksville

Polla Hergert 28:18.5 and Alissa Caton 39:36.7.

Delmar

Roxanne Wegman 19:20.1, Mariel Doyle 21:11.2, Kimberlyn Kenney 21:15.2, Joy Devries 22:31.1, Melissa Behr 22:41.6, Claire Luke 22:43.9, Lorraine Kinnear 23:38.7, Linda Seymour 23:46.4, Meera Connors 23:59.8 and Rebecca Martell 25:10.4.

Also Catherine Woller 25:10.7, Margaret Jones 25:11.0, Sara Donnaruma 25:13.0, Amy Luke 25:32.0, Lois McDonald 25:47.9, Carrie Genaway 26:07.2, Harriet Jaffe 26:07.8, Diane LeFrock 26:15.3, Margaret Capozzola 26:35.8 and Catherine Luke 26:37.0.

Also Maureen McCarthy 26:41.0, Jeannette Jordan 26:48.4, Jillian Egan 26:51.7, Diane Kvam

26:55.6, Carol Smith 26:55.9, Amy Conway 27:13.7, Rebecca Liebschutz 27:16.0, Lisa Allendorph 27:51.2, Elizabeth Liebschutz 27:51.7 and Rosemarie McDonough 27:52.9.

Also Sarah Rowan 28:03.5, Katherine Ambrosio 28:04.8, Kara Enides 28:06.7, Kara Ladd 28:29.3, Julia Zhu 28:38.7, Kerry DeWitt 28:56.2, Emily Crisorio 28:59.3, Ann Michalek 29:00.4, Lori Bivins 29:05.7 and Lisa Ruud 29:07.8.

Also Jeannine Morell 29:08.1, Jennifer Thomas 29:10.5, Terri Egan 29:13.3, Rachel Hopkins 29:14.4, Ali Woller 29:53.5, Ryanne Brockley 29:54.4, Elle Van Cott 30:13.3, Asieh Shayegani 30:29.0, Lynnne Fein-Schaffer 30:31.0 and Deanna Moak 30:46.8.

Also Denise Warren 30:49.5, Emily Spooner Smith 30:59.0, Jennifer Gieser 31:27.0, Susan Toms 31:37.2, Grace Hurley 31:46.7, Maura Desharnais 31:46.8, Maram Nashar 32:07.2, Ann Kieler 32:07.8, Susan Brockley

32:13.2 and Mary Robinson 32:20.8.

Also Joyce Jones 32:33.4, Gayle Moriarity 32:52.0, Janet Fein-Schaffer 32:55.7, Dana Hennessy-Symmons 32:58.4, Shannon Clyde 33:00.2, Judith Doody 33:01.3, Cheryl LaRose 33:12.9, Amy Gietl 33:15.7, Michelle Sanders 33:19.4 and Annie Cosgrove 33:26.9.

Also Soojee Eckardt-Rigberg 33:34.9, Chris Eckardt 33:37.4, Peg Buffaline 34:03.1, Carol Lynch 34:05.7, Ann Marie O'Grady 34:06.5, Mary Amodeo 34:06.6, Martha Kennedy 34:11.6, Jennifer Carlson 34:42.9, Margaret Levine 34:46.1 and Jennifer Levine 35:00.1.

Also Kelly Sweeney 35:53.0, Katherine Witherspoon 35:33.0, Jodi Bell 35:46.2, Theresa Somaio Harvey 35:47.0, Sharon Rosenblum 36:43.8, Lynne Sanchez 37:00.1, Alexandra Jordan 37:06.2, Heather Kostell 37:11.3, Susan Schmierer 37:11.7 and Amy Davenport 37:24.6.

Also Gloria Sciaolino 37:32.1, Laura Conti 37:38.6, Rene Merges 37:40.5, Barbara Collur 38:02.7, Laura Empie 40:04.8, Jennifer Curry 41:49.1, Barbara Hammond 44:01.5, Valerie Fanel 46:12.7, Debby Goedeke 48:11.1 and Nancy Lyng 51:15.9.

Feura Bush

Elizabeth Mooney 24:07.0, Emilie Chrapowitzky 29:21.1, Nancy Lawson 36:32.4, Gabriella Turi 36:40.2, Barbara Turi 36:40.2 and Joan Winne 41:10.4.

Glenmont

Molly McCann 22:37.2, Amy Beninati 23:46.2, Francine Fredette 25:54.2, Tracy Gatche 25:54.4, Lynne Cerniglia 26:21.1, Kathy Vincent 27:12.0, Darienne DeSalvo 28:34.9, Ginger Lynch Landy 28:15.9, Jennifer Hahn 28:19.9 and Elaine Humphreys 30:52.6.

Also Joanne Honeywell 31:30.8, Dorothy Bridge 33:01.0

LOCAL/page 3

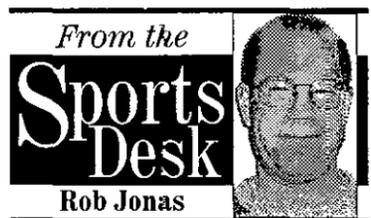
Now is the time to be in Riley's corner

By ROB JONAS

I've always tried to pull for professional athletes and coaches who either call the Capital District their home or have spent time playing or coaching in the area. But, there was always one exception to that rule.

Pat Riley.

For some reason, I could never embrace the Schenectady native. Maybe it was because he coached the Los Angeles Lakers to four NBA titles at a time when I was a Boston Celtics fan. Maybe it was because players like Magic Johnson and Kareem Abdul-Jabbar could make any coach look good. Or maybe it was be-



cause his hair never seemed to move an inch underneath all that hair gel.

Whatever the case was, I couldn't root for Riley.

That is, until now.

See, Riley did something nearly two months ago that seemed to be natural and out of the blue all at once.

Riley left his Miami Heat to be

at his sick mother's bedside.

Granted, it wasn't crucial for Riley to be on Miami's bench at that point. The Heat were going to be the No. 2 seed in the Eastern Conference playoffs no matter what happened in the final week of the regular season.

But for Riley to leave the Heat behind so he could be in Schenectady with his mother showed me a side of him that I'd never seen before — a caring human being and, more important, a concerned son.

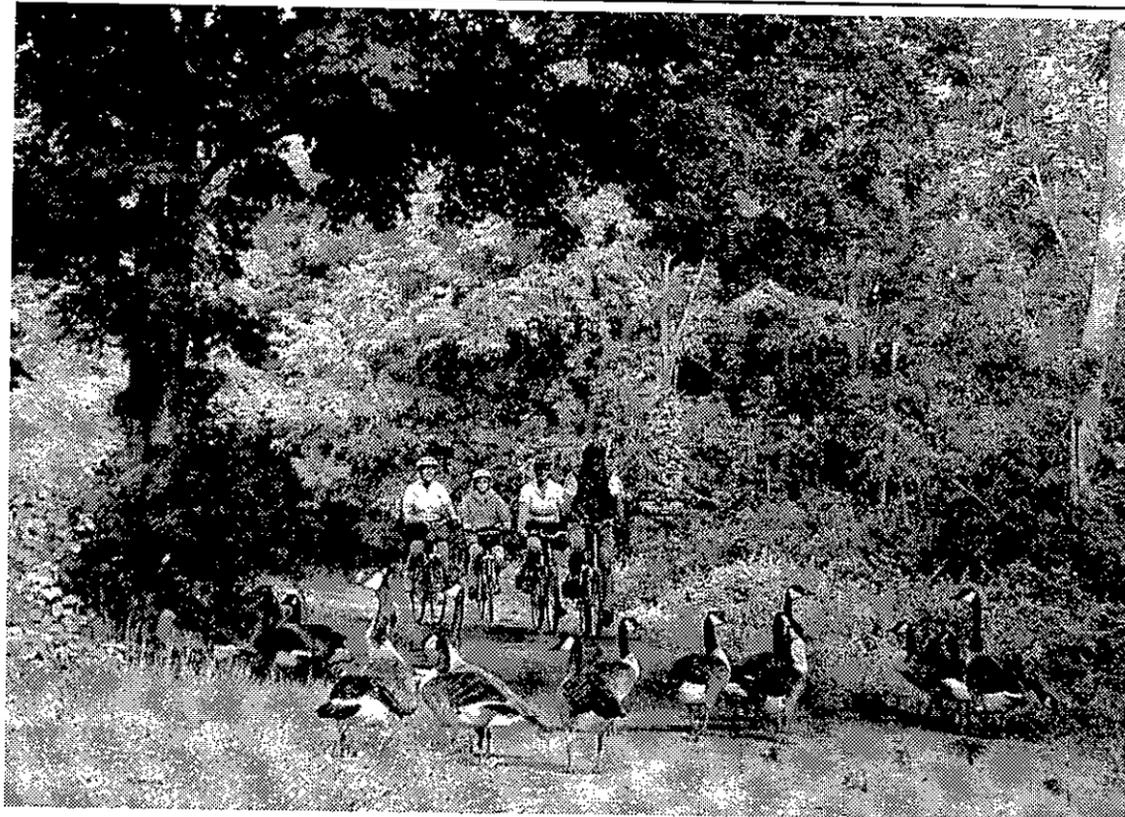
I probably shouldn't have been surprised. We are all children at some point in our lives, and when we are in danger of losing someone that helped raise us, it's traumatic.

Given the circumstances we'd all drop what we were doing to be with a sick parent.

But it never registered in my mind that Pat Riley would do that. Especially when the NBA playoffs were right around the corner, and momentum means everything to a team. Yet, Riley took nearly a full week off to be at his mother's side before returning to the court. And he took more time off to return to Schenectady when his mother died shortly before Miami's first round playoff series with Chicago began.

And here I thought Riley's singular thought was winning a fifth NBA title. Why else would he

TIME/page 3



Parks and Trails New York is organizing the eighth annual bike tour of the Erie Canal. The canal offers 400 miles of scenic and historic views, from Buffalo to Albany.

Take a ride down the Erie Canal

By ROB IRWIN

Jim Mitsche has been riding his bike across New York State each July for the past two years and plans on making it a third this year.

Mitsche will join approximately 500 other riders for the eighth annual bike tour from Buffalo to Albany along the Erie Canal.

The 400-mile ride takes riders through historic and scenic areas of the canal.

Mitsche, an engineer, said he enjoys the engineering feat that is the Erie Canal.

"It's just amazing something this big was all done by hand," said Mitsche. Besides that Mitsche said that the camaraderie and exercise, the reason he began

biking in the first place were the reasons he keeps coming back.

"It's a lot of fun," said Mitsche. "You meet a lot of great people."

The ride is organized by Parks and Trails New York, a not-for-profit organization whose mission is "To create, protect, and promote a network of park and trails across the state," according to Robin Dropkin, the organization's executive director.

According to Martin Daley, the assistant ride director, the bike tour is one way PTNY creates awareness of what trails along the Erie Canal have to offer.

"The basic theme is the promotion of cultural heritage tourism," said Daley. "This is a great opportunity for each community to show off how they're related to the canal."

Right now, said Daley, the canal doesn't have a continuous trail connecting Albany and Buffalo and the bikers will ride about one-third of the way on roads. Though, he said, there has been a significant increase in the amount of trails since the event has started.

Mitsche, 53, said he rides 800 miles each year, starting in April, to prepare for the 8-day ride. Mitsche preparation is more than what is recommended by PTNY in their rider's handbook. The handbook recommends riding 400 miles to train, the equivalent

of the bike tour, to be in excellent shape to ride each day.

"We do encourage people to prepare themselves for the ride," said Daley.

Daley said skill levels and ages of participants vary greatly.

Riders will meet in Buffalo on July 8 for registration day. The next eight days will be spent riding 30 to 60 miles a day to and from designated locations. The ride's brochure features high-

"The basic theme is the promotion of cultural heritage tourism. This is a great opportunity for each community to show off how they're related to the canal."

Martin Daley

lights from each day's journey. Highlights include scenic and historic destinations that riders can explore at their own pace along the ride.

Daley said there is no pressure put on riders to complete each day's ride in an allotted amount of time and said that PTNY's goal is to make sure participants can get from one place to another comfortably.

"There's so much to see and do along the way," said Daley. "Sit for awhile and appreciate the beauty."

When each day's ride is done, PTNY will set riders up in a "tent city" to spend the night, if they so choose.

For Mitsche the ride doubles as his vacation so he chooses to spend the night in hotels that, he said, are often located close to each day's stopping point.

"After riding all day," said Mitsche, "it's nice to sleep in a bed."

This year Mitsche will be riding with his brother-in-law and two friends but he said that it's not necessary to travel with someone you know.

"You can strike up a conversation with anyone because you all have something in common," said Mitsche.

Something that all riders may have in common is working up an appetite. PTNY provides breakfast and dinner each day for the riders and Mitsche said that some

days the food is better than others but then again, he said, how good the food is doesn't really matter.

"After riding 50 or 60 miles," he said, "You're ready to eat."

A general day on the tour for Mitsche is breakfast around 6:30 a.m. and hitting the road by 7 a.m. Riders will stop to eat between 10:30 and 11 a.m. and usually finish up for the day between 1 and 2 p.m. Mitsche then said riders will get cleaned up and take a nap.

"And by the time the sun goes down, you're ready to go to sleep," said Mitsche.

Daley, who won't be riding but is helping out along the way, said he is looking forward to being a part of the activities, not only as an employee but from a tourist aspect as

well.

"There's all these little stories about how all the communities develop," said Dailey. "It's a beautiful ride."

The ride costs \$495 for each adult and \$245 for youth between the ages of 3 and 18. Discounts are available for groups and for PTNY members. Weekend options are also available for those who can't find the time to make the whole eight-day ride. Prices for the weekend rides are \$190 for adults and \$95 for youth.

Other than the canal tour bike ride, PTNY also organizes the Great Hudson Valley Pedal, which runs from August 15 to August 20 and takes riders from Albany to Manhattan.

PTNY has been working with Canal Corporation for the past 10 years in finding ways to improve the trail and parks system along the canal, according to Dropkin.

PTNY hopes to link the remaining gaps in the trail by 2009.

PTNY works with the Department of Health on a program called "Healthy Trails, Healthy People" to create an infrastructure of trails more conducive to physical activity in an effort to fight America's growing obesity epidemic, said Dropkin.

For information on the ride and PTNY, visit the organization's Web site at www.PTNY.org or call 434-1583.

Past

(From Page 1)

coming from," said Wiles.

"Maybe it's the communities along the canal that have embraced tourism or maybe it's the marketing from the state Canal Corp."

Jennifer Meicht, spokesperson for the Canal Corp., said stepped-up promotion and marketing efforts are beginning to pay off. "Everyone's beginning to realize the Erie Canal has the tremendous potential, and we are starting to realize the full potential of this waterway as a revenue generator for Upstate New York," said Meicht.

Richard Powell operates the Erie-Champlain Canal Boat Company based out of Waterford. Powell's boat offers the old English design of an historic Erie Canal boat, which is narrow and easier to handle with its rugged steel hull, brass trimmings and rich color. Weekly charters depart every Saturday at 8 a.m. and return the following Friday by noon. You can also be the captain of your own boat and begin your cruise at One Tugboat Alley and journey west toward Schenectady, Amsterdam and Little Falls. By day four, you reach Utica and then return back east toward home.

For information on the different cruises offered along the canal by the Erie-Champlain Canal Boat Co., you call 432-6094 or visit the Web at www.eccboating.com.

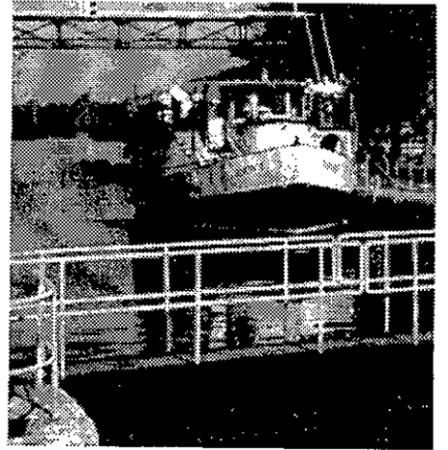
If you want to captain another 42-foot canal boat a little different in design, then you can call Toni or Ron Trottiere, co-owners of Erie Canal Cruises out of Seneca

Falls. You pick your boat up at the Seneca Falls docks, and then you're on your way westward to enjoy the sights along the canal. Your ship is equipped with room for six passengers including TV, microwave, large showers and air conditioners for each cabin.

"The customers do everything themselves," said Toni Trottiere. "We have three boats, and we pretty well sell out most of the year."

Rentals are most popular in July and August, according to Trottiere, with a seven-day trip costing around \$2,000.

Wiles said the two reasons the job is enjoyable is working with family and satisfied customers.



A boat approaches one of the 57 locks on the Erie Canal.

"Unlike a dentist or lawyer, people don't come unhappy when they see you," said Wiles. "The people who come to us are on vacation and very interested in the canal and ready to have a good time."

To book a cruise on the Emta II with Mid Lakes Navigation contact 1-800-545-4318. For information on Erie Canal Cruises and navigating your own houseboat, contact www.canalcruses.com or call 1-800-962-1771.

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Blue; privacy glass, pwr W&L; cruise; CD. #6L19

MSRP.....\$24,285
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 Marshall's Extra Discount.....-\$1,000
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'06 Chrysler T&C Stow n Go Seating



White; power w&l; cruise; CD; 6cyl; tilt. #gtc5

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 Marshall's Regular Discount.....-\$1,500
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'06 Chrysler Sebring 4DR



Silver; power seat; cruise; CD & more. #gse9

30 mpg highway

MSRP.....\$20,860
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 Consumer Cash.....-\$2,000

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MSRP.....\$16,900
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Deep beryl green; rear A/C with heater; cruise; power w & l; CD. #6jc5

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'06 Envoy SLE 4WD



Silver; alloy wheels; CD; cruise; pwr W&L; tilt; privacy glass, #6t4

MSRP \$29,690

Now \$25,495*

'06 Sierra 1500 4WD Ext. Cab



Silver birch metallic; light duty pkg; Vortec 5.3L 310 HP; HD rear locking differential; HD trailing equipment; work truck package. #6t127

MSRP.....\$28,770
 Marshall's Regular Discount.....-\$1,971
 Rebates.....-\$3,500
 GMC Trade Assistance.....-\$1,500

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* 48 months/48,000 mile lease; \$2000 down or trade equivalent. Tax, title, \$595 acquisition fee & registration extra.

'06 Canyon 2WD Reg Cab



Superior blue metallic; Vortec 2800 I4 engine; auto and more. #6t147

MSRP.....\$16,485
 Marshall's Regular Discount.....-\$490
 Rebates.....-\$1,250
 GMC Trade Assistance.....-\$750

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'05 Canyon 2WD Crew Cab Z71 SLE



Summit White; deluxe front bucket seats; safe & sound pkg — onstar; 6 disc CD; XM; off road suspension, #5t101

MSRP \$28,580 SAVE \$6585 OFF MSRP

Now \$21,995*

'06 Yukon Denali AWD



Steel gray metallic; power sunroof; navigation radio; loaded; #6t37

MSRP \$57,085 SAVE \$13,000 OFF MSRP

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