

Area
News

Honesty pays

It seems relatively fair to say that most people would consider it their lucky day to unexpectedly happen across a few extra dollars. One might call to mind the adage, "finders keepers, losers weepers," and be on his or her way.

See story on Page 3.

Beat winter blahs
with museum trip

Gone are the days of those boring winter school breaks filled with cabin fever. Parents and children will be able to enjoy a variety of activities with much credit to our local museums.

See story on Page 21.

Coaching
the Jazz

The parents call them "Charlie's Angels." The players call them by their first names.

See story on Page 32.

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Spotlight

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FEBRUARY 14, 2007

Mothers rally
to support effort

By JIM CUOZZO

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Two Capital District mothers with sons in the military have come together to support other area moms with children in the service by forming a local chapter of Blue Star Mothers of America.

Kay Moody and Darlene Ward are co-presidents of the Albany Chapter of Blue Star Mothers of America. Members of the group, which was conceived during World War II by a former Army captain, hang blue stars on the windows of their homes, signifying their support for the men and women in the military. They also raise money to send care

packages to people in the service and provide a host of support and activities for military personnel and their families.

"I heard about the group online and originally wanted to begin a chapter in Bethlehem," said Moody, who lives in Glenmont.

Moody said the response has been so great that the new chapter quickly became an area Blue Star group.

"I receive pages and pages of e-mails with moms pouring their hearts out, and they say finally someone is willing to listen to them," said Moody.

Moody's son Jeff, 19, is sta-

Mothers Page 12

Town on lookout
for phony bills

By JIM CUOZZO

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Bethlehem police have warned local businesses to be on the lookout for counterfeit \$100 bills, following reports of the phony money turning up at various locations in town.

"These \$100 bills have shown up at local retail stores," said Lt. Thomas Heffernan, who said the bills have been popping up in Bethlehem since the beginning of the year.

According to police, the counterfeit bills often go undetected by the fraud detection pens.

"If you see counterfeit money, you should turn it over to a bank

or local law enforcement agency," said William Legee, resident agent in charge of the Albany field office of the U.S. Secret Service.

To ensure a bill is not counterfeit, hold it up to the light and check that the watermark image on the right side of the front of the bill corresponds with the portrait on the bill, and read the internal security thread to ensure that it matches the denomination of the bill.

Local authorities should be contacted if those tests fail.

"Once you have a counterfeit bill, you're stuck with it," said Legee. "There's no reimburse-

Lookout Page 12

Vista in line with plan,
developers say

By JIM CUOZZO

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The developers of the proposed Vista Technology Park told members of the Bethlehem planning board that the 450-acre business park meets many of the town's recommendations in the new comprehensive plan.

William Herbert of BBL Development said he expects the project to enhance the communities of Bethlehem and New Scotland, where it will be located.

"We have done everything we

can to make it a very pedestrian-friendly environment," said Herbert, who has already met with one local restaurant owner who would like to locate his business in the Vista Park.

"It's going to be a great part of Delmar, and I think it will be a good place to enjoy a lunch hour," he said.

The Vista Park will be built in two phases, with 1.4 million square feet of building space and 4,390 jobs expected at completion in about 12 years. The park will

Vista Page 12

HELP
WANTED
Foster parents

A parent information meeting of 2007 at the Saratoga County Children's Services office, no one showed up. The gatherings, which serve to inform, encourage and recruit new foster parents, are held monthly, and children's services caseworkers are hoping word spreads that more people are needed to open their doors and hearts to kids in need, in particular, teenagers.

"In Saratoga County, more families want babies or toddlers," said Christine McNall, a caseworker at the Saratoga County Department of Social Services (DSS), children's services division. "We have just 60 foster families in the county, and 75 percent want young kids. We have a very difficult time placing older children."

Kids in crisis

Children of all ages enter county foster care systems after being removed from their homes by authorities, typically following a call by police to a domestic violence or abuse situation. Caseworkers are on call 24 hours a day, seven days a week, and calls come even in the middle of the night. Many children are taken from their homes immediately.

"If there is a danger to the child to remain in the home, a caseworker removes them that night," said McNall. "They try to pack up at least a change of clothes and the kids' schoolbooks, but often they arrive with only the clothing on their backs."

Whether the children arrive in the night or during the day, caseworkers must place them in a safe place before the end of the day. They then begin the arduous task of phoning every family on their list and asking them to take in the child, even on an emergency short-term basis. Siblings must be kept together.

At the Albany County Department of Children and Families, program coordinators rely on about six families willing to take in children on an emergency basis.

"We have a core group that will

take in a child while we look for a permanent family placement," said Barbara Lynch, foster homes and adoption supervisor for Albany County.

The emergency placements can last up to 90 days as the children are transitioned into a home where they can stay up to 12 months. If there isn't a family willing to take in the child or children, caseworkers have no choice but to send them to a group home, such as Northeast Parent and Child facilities, or Parson's Therapeutic

By CARI SCRIBNER

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Foster Care.

"We're sometimes forced to send teenagers to institutional settings even if they don't need that level of care," said Lynch. "This is by far the greatest need."

Unfortunately, most kids entering foster homes must change schools due to their change of address.

Lynch said caseworkers are seeing an upswing in "kinship" foster care, in which another family member takes in the child or siblings.

"We always look first to kids' relatives, and if someone comes forward that would provide a good home for the child, we can expedite a speedy placement," said Lynch. "We check everything - fingerprints, references, and a new law passed in January requires us to do background checks on the New York state level and with the FBI."

Providing foster care
in hopes of adopting

The issue of foster parenting being a pre-adoptive stage continues to be a thorny one.

"We have a lot of young couples who are unable to have their own children, and want to adopt sometime in the future," said McNall. "It's important for people to know we're not an adoption

Foster Page 13

Saratoga woman opens home
to foster children

see Page 13



Police Blotter

Delmar man charged with illegal drug purchase

A Delmar man was arrested for illegally purchasing prescription drugs following a joint investigation by Bethlehem police, the state Department of Health and the Bureau of Narcotics Enforcement.

Bannon L. Corbett, 35, of 147 Cherry Ave., Delmar, is charged with criminal possession of a controlled substance, third degree, criminal possession of a controlled substance, fifth degree; and criminal

possession of a forged instrument, second degree, all felony violations.

Corbett was arrested on Feb. 7, following an investigation that began in early January. Bethlehem police were called by Slingerlands Price Chopper officials regarding alleged suspicious prescription transactions. Police report that Corbett allegedly

admitted to fraudulently obtaining three prescriptions in violation of the public health law. According to reports Corbett is also a licensed practical nurse with an inactive state license status with pending civil judgments outstanding against him.

Authorities also performed a search of Corbett's Cherry Avenue residence

and allegedly found two prescriptions that were obtained fraudulently. Corbett also has an active family court warrant for his arrest in Washington County.

Corbett was arraigned and sent to Albany County jail without bail. He has a March 6 Town Court appearance scheduled.

Got news?

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Virginia Beach man arrested for stealing property

A Virginia Beach man who is a fugitive from justice in Colonie and with one active warrant against him in Virginia Beach, Va., was charged by Bethlehem police with 18 different counts of criminal possession of stolen property and identity theft, all felonies.

Michael T. Jackson, 47, of 4147 Old Lyne Road, Virginia Beach was arrested on Tuesday Feb. 6 based on a joint investigation by Albany and Colonie police. According to police, Jackson was identified from a photo lineup by a Wal-Mart employee. Jackson was arraigned and

sent to Albany County jail without bail. Jackson has a return court date scheduled in Bethlehem Town Court of April 3.

• Eric Radliff, 27, of 30 Cottage Lane in Selkirk was charged with DWI and driving with more than .08 percent blood alcohol content by Bethlehem police.

Radliff was stopped on Sunday, Feb. 4, on state Route 9W for inadequate exhaust and no plate lamp, according to police reports. Radliff was additionally charged with DWI after being questioned by authorities. He will appear in Town Court on March 6.

• James Collins, of 148 Old Ravena Road, Selkirk has been charged with DWI, driving with more than .08 percent blood alcohol content and failure to keep right by Bethlehem police.

According to reports, Collins was driving on Route 9W on Friday, Feb. 2, when he was observed failing to keep right and crossing the solid double yellow line on several occasions. Collins was charged with DWI by police after being questioned and will appear in Town Court Feb. 21.

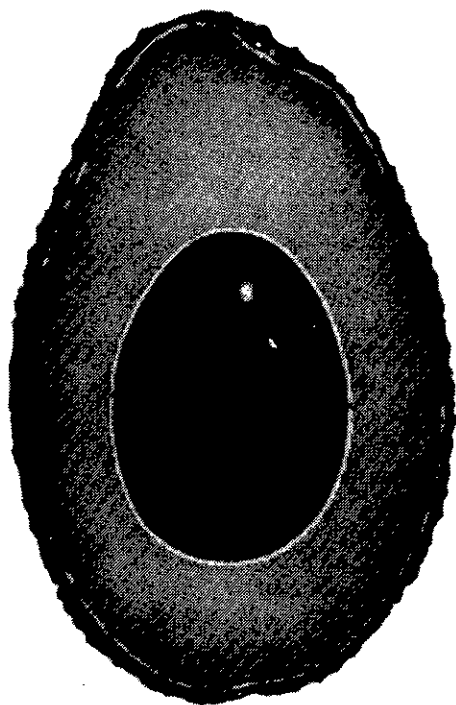
His vehicle was removed from the scene.

TAX PREPARATION

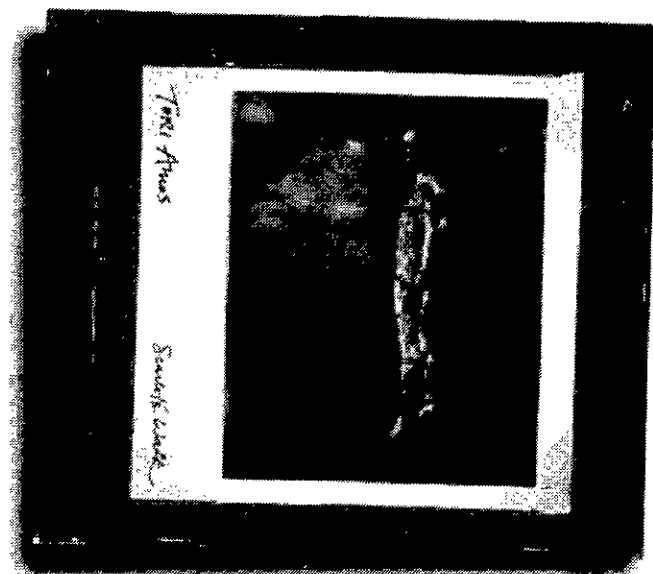
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Officer Dave Harrington gives Zoe Barrett, 5, the unclaimed money she found last September.

Honesty is the best policy

By CHRIS SGROI
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It seems relatively fair to say that most people would consider it their lucky day to unexpectedly happen across a few extra dollars. One might call to mind the adage, "finders keepers, losers weepers," and be on his or her way.

This past September, however, 5-year-old Zoe Barrett, a Delmar resident, took the selfless route while on a walk with her mother, Caroline. On their way to the playground at the Bethlehem Town Hall, Zoe stumbled upon \$16 amid the leaves.

"I was at the Four Corners with Mommy, we were taking a walk to the playground," Zoe said shyly. "I thought someone dropped the money."

With the guidance of her mother, Zoe, a gymnastics buff with a handstand that would make Nadia Comaneci green with envy, abandoned her trip to the monkey bars, heading instead to the police station so the money might be claimed.

"We are very proud of Zoe," said Caroline Barrett. "She is honest and has always told the truth."

At the police station, Zoe met Officer Dave Harrington, who recalled that she was adamant about bringing the money in.

"She didn't think twice about returning it to the police," Harrington said. "Zoe was concerned that someone had lost it and wanted to get it back to them."

Lost items are frequently brought to the Bethlehem police station, the most common of which are keys, wallets and

cellular phones. Harrington explained that public notifications are published in local papers, and inquires about missing belongings should be directed to the Bethlehem Police Department.

Harrington said, the standard waiting period for holding an amount of money less than \$100 is 90 days, which, if you ask Zoe, can feel like an eternity.

"It took a long time to get the money back," Zoe said.

Her good deed and subsequent patience were rewarded when Harrington delivered the \$16 to her home at the end of the requisite waiting period in December.

Harrington made a special note to prepare for the end of the 90-day period and learned that Zoe had also been keeping track.

"She woke up that morning remembering it had been the 90 days," said her mother.

Video and a few photos were taken to commemorate the exchange.

"She was bright-eyed and excited," Harrington said. "As an officer, Zoe is the type of child who you want to interact with, you can tell that she really cares about the job we do."

When asked how, if at all, she would spend her money, Zoe said, "I would buy ice cream!"

But rather than keep the reward all to herself, Zoe altruistically plans to take her three best friends, Maggie, Charlotte, and Claire, to Friendly's Restaurant for an ice cream party that, hopefully, will be catered with her favorite frozen accoutrement: raspberry sorbet with rainbow sprinkles.

Until the party date is set, however, Zoe's newly acquired \$16 will remain in her piggy bank, a safe-hold which she matter-of-factly describes as "purple with white on the bottom."

There's something more at stake than money, though.

Commenting on the social significance of Zoe's action, Harrington said, "For a child in this day in age to think nothing about herself is just awesome."

School to see organizational change

By JIM CUOZZO
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A 23-member committee selected to review the house structure at Bethlehem Middle School decided two houses is better than the current four to promote flexibility and collaboration between students.

"Two houses will keep our classes a little more balanced," said principal Jody Monroe, who presented the change to the school board at the Wednesday, Feb. 7, meeting.

Bethlehem Middle School adopted what is known as a house structure seven years ago because of its large student population. The house structure takes one large building of students and separates them into named houses, or in this case, floors, where the students stay together through their school careers. There is an average of more than 400 students in each of grades six, seven and eight.

The current four-house structure was originally designed to foster a better atmosphere for learning.

"It was just so large, we were

concerned about kids getting lost in the shuffle," said board member Lynne Lenhardt of the decision to create three, then four houses.

But officials found they were increasingly constrained by the lack of flexibility in the four-house structure, and they wanted a plan that was a better fit for the staff and facility.

According to the committee, advantages of the two-house structure include fewer choices for placement, a flexibility of scheduling, and increased sharing of materials.

The committee's goal was to enhance collaboration, maintain discipline and maximize flexibility in scheduling.

"This process was something we felt lucky to be included in," said Joe Wagner, a parent member of the committee. "Each meeting was open and constructive, and our goal was to put children ahead of all other interests."

Several Bethlehem high school participation in government students attended the meeting and spoke about how the four-house structure at the middle school separated them from the friends

they had made in the elementary schools.

"There is now a lot more interaction among students," said Andy Baker, committee member and middle school teacher. "Teachers collaborate, field trips are now together, and there is more potential for interaction."

Superintendent Les Loomis said other Suburban Council schools have also tried to give their middle schools a simpler, more intimate feel.

"We felt you need to make it a little smaller or more personal," said Loomis.

Board member Warren Stoker said the structure of the team-teaching began at the middle school in the late '60s, and the house structure evolved from there.

"Every time you gain, you have to have a different structure," said Stoker.

The school board unanimously endorsed the change. The students in grades six through eight will vote on new names for the two houses on Feb. 16. Current house names are Hudson, Knickerbocker, Patroon One and Patroon Two.

Purveyors of percolating portraits



Megan (left) and Kelly D'Andrea (center) pose with the portraits drawn by sister/daughter artist Tara D'Andrea (right). The portraits were part of a fundraiser for the Mohawk and Hudson River Humane Society held Saturday, Feb. 10, at Perfect Blend Espresso Bar and Café in Delmar. The Young Van Goghs, a group of artists from Miss Jill's Artist Studio in Delmar, drew the portraits and raised more than \$150.

Neighbors up in arms over home proposal

By JIM CUOZZO
cuozzoj@spotlightnews.com

What happens when a new family comes to Bethlehem with plans to build a 4,000-square-foot home on a piece of property located in a neighborhood of more modest-sized homes?

You get several residents questioning the project at a public hearing on the special-use permit and site plan of Andrew and Maryann Fischler at the Tuesday, Feb. 6, meeting of the town planning board.

The home, to be built at 50 Elwood Ave., includes plans for an accessory apartment for parents and in-laws. Several residents who spoke during the public hearing had issues with the size of the home and the potential uses of the accessory space.

"Most houses in the neighbor-

hood are fairly small, modest houses," said Robin Jacob. "This doesn't sound like a residential house."

Elwood Avenue resident Pam Radzynski said her fear is that her privacy will be affected.

"The size of your dwelling is massive, and it will make our property feel less private," said Radzynski.

Amy Mahar of Wallace Street said she was concerned the owners would rent out the accessory home if the parents or in-laws ever leave. Wallace also said there is a drainage problem in the area that could get worse if the home is built.

"I will not accept more water in my backyard," said Mahar. "It's spongy at best."

Assistant Economic Developer Michael Morelli said the new town comprehensive plan calls for more diversified housing, and the Fischler's plan falls within those guidelines.

"Accessory apartments are allowed with planning board

approval, subject to a number of restrictions," Morelli said.

Those restrictions include, but are not limited to, the accessory apartment not having more than two bedrooms, and that one of the units must be owner-occupied at all times.

Many residents are asking for a guarantee from the town that the accessory apartment will never be rented out.

"Legally, nothing stops them from renting out the apartment," said planning board member Keith Silliman. "But that is not their objective."

"Our plan was to move to Bethlehem and grow our family in Bethlehem," said Andrew Fischler. "We don't have any intention of renting apartments to anyone but family and no intention of renting to strangers."

Chairman Parker Mathusa said out of 2.5 acres, with a total of 100,000 square feet, the Fischler's property encompasses only 5 percent of the total capacity.

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Bugged out by uninvited, scurrying house pests

I know it's wasteful, but I flush spiders. If I'm lucky enough to catch them, then I can't risk their escape. I've seen spiders ball up and play dead after I've tackled them with a tissue. The second I let my guard down, they scurry off.

It's embarrassing to be one-upped by a spider. The solution is to jab the spider with a tissue, then quickly scrunch and squeeze the tissue into a ball and stomp on it with your foot. Since spiders are crafty, it's important to unfold the tissue and identify the status of the body.

Sometimes you think you've nabbed the eight-legged sucker, when in reality he's done a quick drop to the floor. You may find the tissue empty. Or you may find the spider alive and crawling (or limping) up your arm.

I don't want to be surprised in bed by a Houdini spider that breaks free from a crumpled tissue and crawls out of a wastebasket next to my bed. This is the reason I flush spiders.

Commentary:

From
Robin's Nest



And I'm sorry, but I do not even conserve water by at least using the toilet before burying the spider at sea. What if the spider is alive and can swim and crawl up the side of the bowl?

My husband says spiders are more afraid of me than I am of them.

"You're like a million times bigger than them," he says.

If the spiders are more afraid, why don't I ever hear the spiders shrieking?

It's not like I'm out to get spiders. I know they are good to keep around because they eat other bugs. So if they stay on the ceiling in the corner of the room, I leave them alone. But once they start traveling toward the bed,

forget it.

I will wake up my husband to take care of an approaching ceiling spider. If the spider is positioned anywhere over the bed, I jump out and move to a safe spot to monitor the action while I panic. What if he misses? What if

tarantulas, the ones whose guts will splat.

It's not fair or rational or particularly nice for me to feel this way. I mean, it's not like I'd appreciate being shunned for hairy legs. After all, in the cold months, those are often what are

house, we had a mouse incident. There was a cellophane package of peanut butter crackers in the pantry. You know, the kind with peanut butter sandwiched between two cheese-flavored crackers. One day I noticed that one of the packages was opened, crackers exposed. It was on a shelf too high for my toddler daughter to reach and I hadn't eaten any of them. My husband was the only other remaining suspect. Yet I knew Jeff would never return unwrapped food to the cupboard.

"It's mice," he said.

"Mice?" I gasped. "It can't be mice. The shelf is too high. Why only the crackers? Why don't they eat the other food, like the cereal? Oh no, do you think they're in the cereal boxes?"

"Yeah, probably," he said, shaking his head. "Pretty nifty how they can get inside the cereal box, and when they are done, they roll down the bag and close the box."

Just to be on the safe side, I had him check the boxes. I didn't want a mouse pouring out with my Cheerios like a special toy.

I asked Jeff why they leave the evidence. Why don't the mice just take the crackers with them? His answer: "How would they carry them?"

"Don't tell me this is the work of mice!" I squeaked in denial. He told me they were coming up from the basement.

"There are mice in the basement?!" I shrieked, noting another reason for me to stay out of the basement along with fear of power tools and all the boxes waiting to be unpacked.

He said, "Yeah, I've got traps." "You kill little mice!" I accused him.

As it turns out there was a hole inside one wall of the pantry, where electrical wiring was brought up from the basement. Jeff covered the wall and the kitchen was safe again. Until the ants came, that is.

"There are mice in the basement?!" I shrieked, noting another reason for me to stay out of the basement along with fear of power tools and all the boxes waiting to be unpacked. He said, "Yeah, I've got traps." "You kill little mice!" I accused him.

the spider ends up in the covers?

"Got it," Jeff says, removing the tissue triumphantly from the ceiling. "Are you sure?" I ask. "Yeah, want to see?" he responds, knowing full well I most certainly do not want him to loosen his grip on the tissue while still near the bed. I don't make him flush the spider, but I don't let him throw the tissue in the bedroom wastebasket either.

One morning my daughter and I were snuggling, and I saw a spider dropping from the ceiling between the bed and the doorway. It dropped and then dangled and we lost sight of it until it started back up to the ceiling.

"We're trapped," I yelled to Jeff. Certainly he wouldn't expect us to risk having a spider drop on our heads.

He appeared in the doorway. "Don't come any further," we shouted in warning, "there's a spider."

He looked dubiously at us, as if we were making an excuse to avoid getting up for the day. We sat on the bed pointing toward the dangling spider.

"Oh, OK, I see it," he said, catching the bug in a tissue.

Not all spiders give me the creeps. Daddy-long-legs don't bother me. It's the spiders with the fat bodies or hairy legs that make me squirm. The ones that you know just might be mini-

hidden beneath my winter slacks.

Baby spiders don't scare me. Except for the time I was dusting the dining room light fixture and discovered an army of itsy-bitsy spiders on the ceiling. We were preparing for a big family dinner. What better time for some spider or commune of spiders to hatch their young in my dining room? I had visions of dozens of baby spiders lowering themselves onto my roast turkey.

Baby spiders make me think of the loveable spider from the children's book *Charlotte's Web*. So I feel somewhat sad about getting rid of them. However, Charlotte was kind enough to live in a barn, and not lay eggs inside a human's house. She was a kindly soul and a good friend to Wilbur the pig, unlike that Templeton the rat who was more difficult to warm up to.

Speaking of rodents, mice also make me squirm. Really, anything with tiny clawlike feet makes me squeamish. It's the idea of feeling them running up my arm that gets me.

See, if a mouse is just sitting on the floor, it doesn't seem nearly as scary as when it starts to run. Mice scurry so fast. It's the sight of them running that makes me shriek. I know I cannot outrun a mouse. A mouse can catch me. Never mind that mice run away from people, not toward them.

When we first moved into our

Got news or views?

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The deadline for all announcements is noon Thursday prior to publication.

The Spotlight Newspapers also welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length and should be contained to 500 words or less.

All letters must include the writer's name, address and phone number. Spotlight Newspapers reserves the right to limit the number of letters published from a single author.

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The deadline for all letters is noon Friday prior to publication.

Spotlight Newspapers also welcomes longer opinion pieces for the Point of View section.

For information about submitting a Point of View, e-mail Senior Managing Editor Katherine McCarthy at mccarthyk@spotlightnews.com or call 439-4949.



WEEKLY WEATHER

Chief Meteorologist Mike Bono



TIME WARNER
CABLE

Albany Almanac

Record high/low/year

AVERAGE HIGH 34°	AVERAGE LOW 15°	
Day	High/Year	Low/Year
Wednesday, February 14	63°/1946	-10°/1987
Thursday, February 15	55°/2006	-22°/1943
Friday, February 16	61°/2006	-20°/1943
Saturday, February 17	60°/1981	-16°/1973
Sunday, February 18	63°/1981	-21°/1973
Monday, February 19	66°/1981	-7°/1878
Tuesday, February 20	66°/1930	-16°/1966

SEASONAL SNOWFALL TO DATE
6.5 inches as of Friday, February 9th
34.1 inches below average, to date

This week in weather

February 18, 1979 Old Forge tied the state record at -52.
February 17, 2006 A very strong cold front caused widespread damaging wind gusts of 60 to more than 70mph from Rochester through the Capital Region. Saratoga Springs had a gust to 98 mph and 1 fatality.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	6:54am	5:25pm
Thursday	6:53am	5:27pm
Friday	6:51am	5:28pm
Saturday	6:50am	5:29pm
Sunday	6:48am	5:30pm
Monday	6:47am	5:32pm
Tuesday	6:45am	5:33pm

Moon Phases
February 17th New
February 24th First



Planets	When	Where
Jupiter	Pre-Dawn	Bright S/SE
Mars	Dawn	V Low SSE
Saturn	Evening	Climbing E
Venus	Evening	Low WSW
Mercury	Dusk	V Low WSW

Ski Report

Area Ski Conditions

Resort	Base Depth	Lifts	Trails	Resort	Base Depth	Lifts	Trails
Gore Mtn	18" - 46"	8	51	Belleayre	20" - 40"	6	32
Killington	20" - 30"	18	165	Bosquet	10" - 42"	3	16
Ski Butternut	18" - 40"	3	20	Mad River	0" - 24"	3	40
Okemo	16" - 30"	14	100	Catamount	14" - 30"	4	25
West	18" - 36"	3	12	Windham	16" - 54"	6	32
Hunter	20" - 70"	5	42	Mount Snow	24" - 48"	11	74
Whiteface	22" - 35"	6	67	Royal Mtn	15" - 30"	3	12
Jiminy Peak	18" - 55"	5	36	Smugglers'	14" - 40"	8	68

Factoid

The days are now more than 1 1/2 hours longer than they were in December. The sun now rises before 7am and sets at close to 5:30pm, more than an hour later than in December.

Tides at Albany

Day	High	Low
Wednesday	1:53am, 2:31pm	8:33am, 9:21pm
Thursday	2:47am, 3:19pm	9:24am, 10:08pm
Friday	3:38am, 4:05pm	10:13am, 10:53pm
Saturday	4:26am, 4:50pm	11:01am, 11:36pm
Sunday	5:12am, 5:34pm	11:49am, —
Monday	5:58am, 6:18pm	12:20am, 12:38pm
Tuesday	6:44am, 7:04pm	1:03am, 1:29pm



Voorheesville man awaits sentencing for rape

By ROB IRWIN
irwinr@spotlightnews.com

On Thursday, Feb. 1, a Voorheesville man was convicted of statutory rape and faces up to four years in prison when he is sentenced in April.

Jeremiah Conklin, 23, was convicted of rape in the third degree, a felony, and endangering the welfare of a minor, a misdemeanor, in connection with a sexual encounter he had with a 16-year-old who was babysitting his child in 2005.

On July 22, 2005, the victim was babysitting while Conklin was at work. The incident took place when Conklin returned home at about 11:30 a.m., said Assistant District Attorney David Rossi.

"She ultimately reported him the next day to the police," said

Rossi.

An evidence collection kit was completed on the victim and turned up evidence of Conklin's DNA.

According to Rossi, there was some question as to whether or not the sex was consensual,

leading to the lesser statutory rape charges.

Conklin was acquitted of charges of a criminal sexual act in the third degree, stemming from allegations of oral sexual conduct, said Rossi.

"The jury found there was some doubt regarding that," said Rossi.

Under the maximum sentence, Conklin faces one and a third to four years in prison, with a minimum of probation.

"I think he'll probably see jail time," said Rossi.

Conklin is currently in Albany County jail. He has not made an appeal for bail, said Rossi.

Efforts to reach Conklin's lawyer, Cheryl Coleman, were unsuccessful.

Sheila's Liquors receives suspended license

At its Feb. 7 board meeting, the state Liquor Authority suspended the license of Harish Kumar, 40, of Sushila and Sanjana Traders Inc., which operates Sheila's Liquors, at 322 Delaware Ave.

The suspension was in response to complaints from last month that the liquor store was, in addition to indiscriminately selling alcohol to minors, also providing delivery services for the underage sales.

"We commend the SLA on their prompt and swift action in suspending Sheila's Liquors' license," Bethlehem Police Chief Louis G. Corsi said. "The Bethlehem police will continue to work with the SLA and investigate all complaints of illegal sales of alcoholic beverages to persons under the age of 21."

On Jan. 24, an underage operation was conducted by the Albany Police Department, the Bethlehem Police Department and the State Liquor Authority. An 18-year-old agent contacted Sheila's by phone, ordering two bottles of vodka for delivery in Delmar. Kumar delivered the vodka to the agent at approximately 6:45 p.m. Kumar, who allegedly did not request ID nor ask the agent his age, was arrested by Bethlehem police for unlawfully dealing with a child.

Later that evening, the underage agent, police officers and SLA enforcement personnel entered Sheila's undercover. The underage agent was able to purchase another bottle of alcohol without providing ID. While at the premise, officers also observed two young women purchasing four bottles of

tolerated."

The Liquor Authority charged the liquor store with three counts of selling alcohol to a person under the age of 21. The members of the authority determined Sheila's Liquors posed an imminent threat to the public and voted unanimously to suspend the license. Alcohol can no longer be sold at the premises.

"Today's suspension sends a transparent message to any licensed establishment that they will be held accountable if they choose to serve or sell liquor to anyone underage," said Albany Police Chief James W.

Tuffey. "This success is a prime example of how cooperation between multiple agencies can work towards ensuring the safety of the public."

The SLA's decision to suspend a license is not a final determination on the merits of the case. The licensee is entitled to a hearing to address the alleged

"The outrageous behavior by Sheila's owner ... demonstrates complete contempt for the law."

Joshua B. Toas

alcohol. The cashier, later identified as Kumar's wife, sold the alcohol without requesting proof of identification or asking the customers their age. The women were stopped after the purchase by the officers and SLA enforcement, where it was determined they were both 18 years old. The cashier was also arrested by Albany police for unlawfully dealing with a child.

"The outrageous behavior by Sheila's owner, where three illegal sales to minors are witnessed in under two hours, demonstrates complete contempt for the law," said State Liquor Authority Chief Executive Officer Joshua B. Toas. "The members of the Liquor Authority sent a clear message today that this type of behavior will not be

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Albany Medical Center

Matters of Opinion *in the* Spotlight

Take stock of your heart health this February

For the month of February, the Go Red for Women campaign sponsored by the American Heart Association is focused on raising awareness about women's heart health issues. We should all take advantage of the so-far mild, almost snowless winter weather by getting outside and doing things that can raise our heart rates.

Walking is easier with the snow's absence, and even if snow does come, it would be a change of pace. So if you decide not to head for the hills to ski the mostly man-made snow, take to the streets for a bit of exercise.

Recently, some groups, including teams made up of adults and children, did head for Maple Ski Ridge in Rotterdam to raise money for the American Heart Association. One team raised more than \$4,000 for the cause. Team Darlene was made up of friends and family of the late Darlene Capovani, who died of heart disease in July 2006. Members of the team skied or snowboarded in a 24-hour, ski-a-thon during the Ridge Goes Red event. Hats off to Team Darlene and all the teams for participating.

Now is also a good time to have a medical checkup if you haven't done so recently, since heart disease is the No. 1 killer of women. Heart disease is sometimes hard to detect, but it strikes viciously and without much warning.

Some heart conditions can be treated with medication, but determining if a condition exists is essential.

Other aspects of heart health require common sense, like getting regular exercise. A heart-healthy diet can also help reduce the risk of an attack. All of these factors should be on your list of questions to ask your primary caregiver.

By February, many of us have let our New Year's resolutions about improving diets and getting more exercise fall by the wayside, even though we know taking care of our health improves our physical and mental well-being.

All too often, we get caught up in day-to-day routines and put off things that should be on our own list of top 10 things to do. This is one instance when we should look out for ourselves — first and foremost.

Throughout the month of February, other local groups will host fundraisers and events to raise awareness about heart issues. Just as important, is finding out where your own heart health stands. Think of it as the best Valentine's Day gift you can give to yourself and your family.

Editorial

How do I dump thee? Let me count the ways

By WILLIAM R. DEVOE
devoew@spotlightnews.com

The writer is the Saratoga Spotlight reporter.

Valentine's Day.

For some, it's a celebration of the feelings they share with those they hold dear; for some it's a celebration of another lonely night, eating Thin Mints and watching "Lost" in your pajamas.

For many, whether in the earliest stages of the most innocent puppy love or the most mundane stages of married life, or even if you're wiping Thin Mints off your stomach while wondering if you'll ever get a date, Valentine's Day is a celebration of that most beautiful of human conditions — *schadenfreude*.

That's right; Valentine's Day is the holiday for delighting in other people's romantic misfortune. Every sit com on television this week will have a storyline concerning some loveless loser. Charlie Brown will continue to wait by his mailbox for a Valentine from the Little Red-Haired Girl. Everyone on the "Gilmore Girls" will break up, whether they are dating or not. Characters from other networks will break up with the "Gilmore Girls."

And we will love it. Because we've all been there. Everyone has experienced a little heartbreak — or a lot. And, except for certain members of the Montague and Capulet families, we have lived through it. After getting dumped for the first time — or the first dozen times — and surviving, hearing other people's stories of getting dumped becomes a sort of bonding experience, like playing basketball or watching the "Gilmore Girls" together.

When you listen to other people's stories about getting dumped, there's the element of, "Wow. At least I didn't get dumped like he did." You may have been through the worst break-up in recorded history, but at least you're not *that* guy.

So let me indulge you.

I have been dumped by more women than I've actually dated. I say this because about six months ago, I think I was dumped in the checkout line of the local supermarket by a

Point of View

complete stranger. We were waiting in the 10 items or less express lane. The man in front of us had about 36 items and was trying to write a check on a napkin. He told the cashier that, "As long as this has the routing and account numbers on it, you have to take it." The cashier clung to her position that a Dunkin' Donuts napkin is not legal tender.

I waited patiently. The woman behind me didn't. After a few minutes, she looked at me and said, "This isn't working out." She gathered her groceries and went to the self-checkout. I was shocked. Things had been going so well.

In retrospect, aside from the loving marriage I am in now (Hi, Honey), that may have been the best relationship I've ever had.

The first time I was dumped was in one of the happiest places in upstate New York — Story Town (now a corporate entity with a long name). I was on a sixth-grade field trip to the amusement park, sitting on the Steamy Demon next to my then-girlfriend Tricia.

Tricia was beautiful. She had braces, glasses and a pony-tail that stuck out of one side of her head. She was way out of my league.

Tricia and I had been dating for five days when we got on that roller-coaster for our first ride. Little did I know, it would be our second-to-last. As we approached the crest of the first hill, getting ready to take the long plunge down into a flurry of loops and barrel-rolls, Tricia turned to me and said, "Bob, I want to go out with someone else. I only said I'd go out with you because I felt sorry for you."

The blood left my face and hands. I was finding it hard to breathe. I didn't know what to make of this. First of all, my name is Bill. Second, what had gone wrong in those past five days that I let this beautiful young woman get away from me? I mean, in between classes and lunch periods, we must have spent at least a good 40 minutes together.

Before I could make heads or tails of it, we shot down the other side of the hill and into a loop-de-loop. Everyone started screaming and whooping, and I, having started crying at this point, could only manage a feeble "heecch." Tricia did not scream, whoop or cry. She merely looked annoyed at having to sit next to me for the rest of the ride.

The only consolation I had in this whole mess was that the ride on the Steamy Demon was mercifully short — 30 seconds, tops. After that, I could bolt from that rolling metal love-crusher and leave Tricia in my wake.

But no. When the ride came to a stop, the rest of the kids in my class made such a fuss about going around again, the operator just waved us through without letting anyone on or off. Joy.

I'd like to tell you that I didn't use the next 30 seconds to beg Tricia not to break up with me, that I didn't beg her while we were upside-down, spinning in place, or crushed against the foam pads of the restraining bar of that horrible machine, but I can't.

There is a lesson to be learned from that situation, and it's not for the dumped, it's for the person doing the dumping. There is a time and a place for everything. There are good and bad places to dump someone, so choose wisely.

Bad places: a wake; during a game of Twister; the edge of the Grand Canyon.

Good places: nowhere.

You'd figure that after the roller-coaster, things would have gotten better. And though they have, they got worse before they did so.

About six Halloweens ago, I was in a relationship with a girl I'd had a crush on for a number of years before we started dating. I fell for her hard, and I felt like I was on the top of the world when we finally started going out.

That Halloween, my friends and I — all in our mid-20s — dressed as retired superheroes. We had a grey-haired Incredible Hulk, a smoking and pot-bellied Superman, and I was the retired Flash, complete with cane and fanny pack.

Things hadn't been going too well between me and my girlfriend, but I thought that by donning the mask and tights of a superhero, I could make them better. It always works in the funny papers.

We went out. We had more than our fair share of food and drink. We retired, where I fell asleep (read: passed out) with my Flash costume on. I awoke to the words that some stranger would say to me in the express lane years later: "Bill, this isn't working out."

After years of being dumped, and without the confines of a roller coaster to stifle me, I attempted to reconcile this breakup rationally and maturely, while dressed as the Flash.

Me: "What? Let's talk this over."

Her: "No, Bill, I've given this a lot of thought."

Me: "But...but I'm the Flash."

Her: "No, you're not. You're just wearing a red set of thermal underwear. Now you're going to have to leave."

I didn't take that Flash costume off for three days.

About a year later, I met my future wife. Our first Halloween together, she dressed up as the most attractive Spiderman I'd ever seen. I opted for Dr. Octopus instead of the Flash. Four Halloweens later, we're married and expecting our second child. I plan to stay married to her until I'm dead. Apparently, so does my wife, because she says I'm killing her.

The point is this: If you've been dumped, take solace in the fact that it's happened to everyone, and that one day you'll be able to laugh about it. Rest assured that by the time they roll the credits on that sit com, the loveless loser will have found a date, the Gilmore Girls will go on Gilmore-ing, and, before long, you or someone you know will find love again. (Charlie Brown will probably never get that letter from the Little Red-Haired Girl, but we don't care about him — he's not very motivated and he has a grotesquely large head.)

Happy Valentine's Day.

THE Spotlight

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Your Opinion *in the* Spotlight

Assemblyman's vote lacked 'independence'

Editor, The Spotlight:

As some in this community may recall, our newly elected Assemblyman (and former Bethlehem town board member) Tim Gordon ran this past fall on a platform that he would be the only person in the state Legislature who would be a member of the Independence Party. This, despite the fact that when he ran for election this past fall, Mr. Gordon accepted hundreds of thousands of dollars from the Democratic Assembly Campaign Committee, a organization controlled by political boss, Assembly Speaker Sheldon Silver from Manhattan. Mr. Gordon also pledged that he would stand up for reform in Albany and fight alongside Gov. Eliot Spitzer to change the ways of Albany that the Brennan Center for Justice labeled as "dysfunctional."

However, when the first opportunity arose for Mr. Gordon to demonstrate his

"independence," he failed miserably. After former state Comptroller Alan Hevesi resigned in disgrace late last year, the legislative "leaders," including Silver, agreed with Gov. Spitzer to create a bipartisan selection committee made up of former state comptrollers to determine who was the most qualified for this very important job. The agreement stated that the committee, after conducting hearings, would select "up to five" candidates for the Legislature to choose the next comptroller from. The committee then selected three very qualified candidates: an experienced investment banker/financier; a New York City finance commissioner; and the comptroller of Nassau County. Since one of Mr. Silver's Assembly candidates was not picked by the committee, however, Mr. Silver reneged on the very agreement he had made with the governor. Mr. Silver then put up one of his

members, Assemblyman Tom DiNapoli, an individual with no financial/accounting/management background, and the Legislature voted for Mr. DiNapoli as comptroller, over Gov. Spitzer's objections.

How did Mr. Gordon vote? For Mr. DiNapoli, and with his political boss, Speaker Silver. Why couldn't Mr. Gordon have

voted for one of the clearly better-qualified candidates selected by the bipartisan committee, a process the legislature agreed to?

I guess Mr. Gordon's campaign slogan to be "independent" and fight for reform was just another empty promise by a politician saying anything that sounds good to get elected.

The year 2008 may seem to be a ways away, but I hope people remember Mr. Gordon's first act of "courage."

Peter Lauricella
Glenmont

Got news?
Call Spotlight at 439-4949.

Run for fun in Delmar Dash

Editor, The Spotlight:

In a few short months, runners from all over the area will meet to join in on one of our town's great events: The Delmar Dash. This is the 19th annual race, and plans are being made to make this year better than ever. As the main sponsor, our firm (Bryant Asset Protection, Inc.) is proud to endorse such a healthy event. This year's pre-registration participants will be given an official racing singlet, and we have banded the prizes for age groups in five-year increments. Last year, we had more than 600 racers for the adult race and 300 kids for the kids' race. We had a beautiful day last year, with the sun shining bright and a north wind. We hope the folks in town will come out to volunteer their time in helping to make the event a great success.

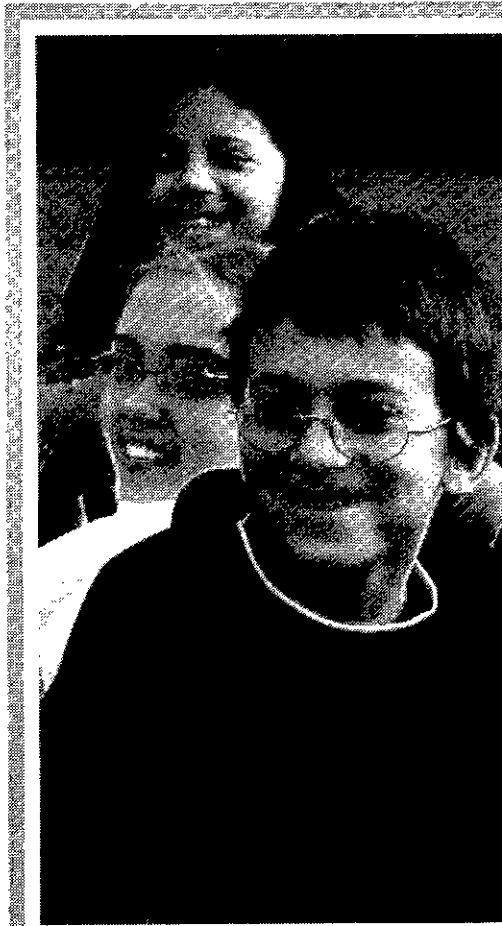
This year's adult race starts at 9 a.m. on April 1, and the kids' race is at 10:15 a.m.

The Bethlehem schools have developed a program for the kids to do a full marathon leading up to the day of the race, which they will record each day as they run

toward a full 26 miles. This allows kids to set healthy goals for success and provides a great lead up to the event.

If you would like to volunteer for the race, send an e-mail to mcleod@nycap.rr.com.

Mark T Bryant
Delmar



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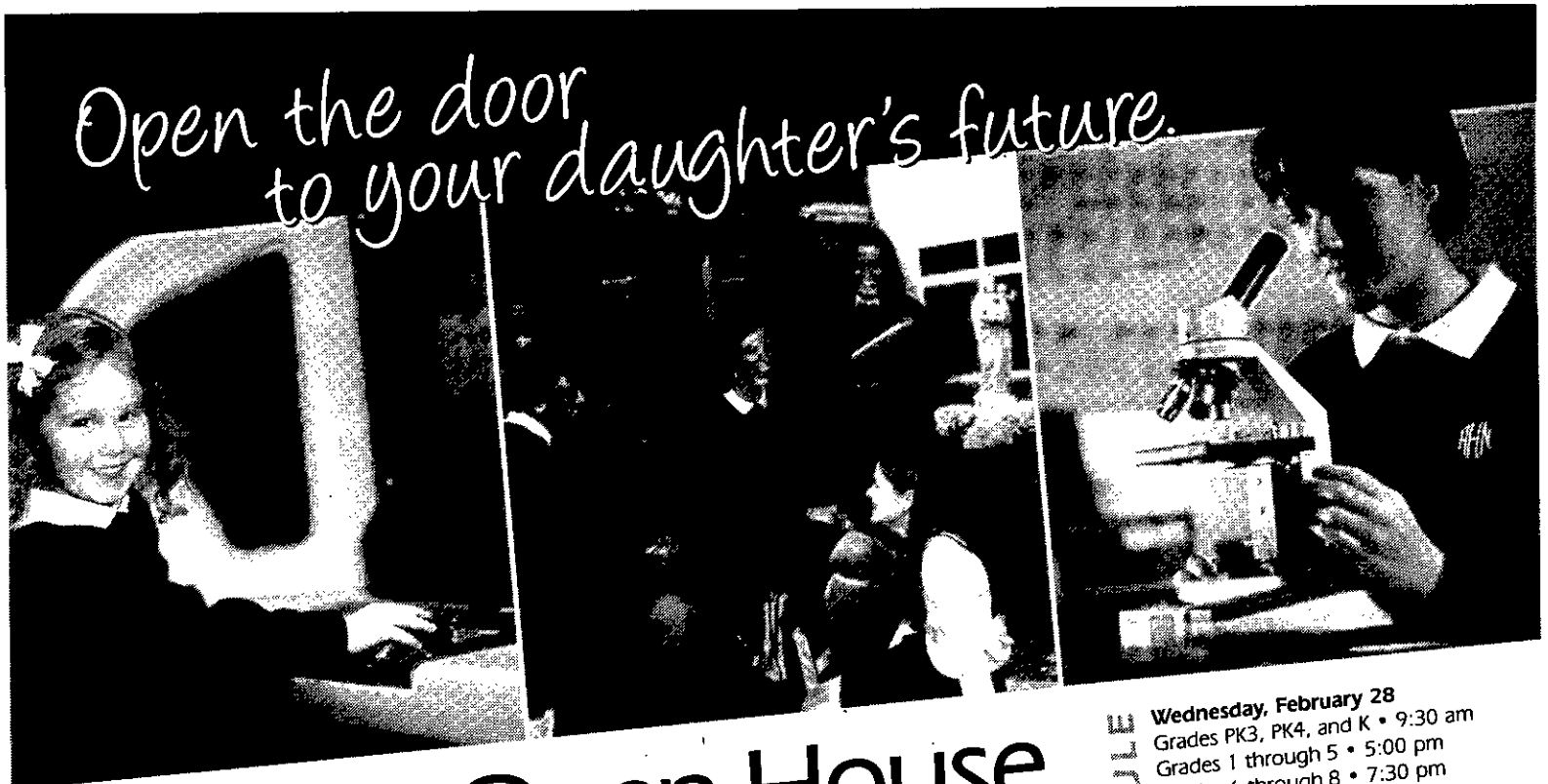
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SCHEDULE
Wednesday, February 28
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Grades 1 through 5 • 5:00 pm
Grades 6 through 8 • 7:30 pm
Tuesday, March 6
Grades 9 through 12 • 7:00 pm
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Your Opinion *in the* Spotlight

Sustainable growth means a sustainable planet

Editor, The Spotlight:

There are some emerging concerns as the human race imposes itself on the globe. Global warming, world peace and the sustainability of growth in the state of New York, to name a few. I'm feeling a tad overwhelmed by the first two problems, so I'll look at the

sustainability concept.

At Bethlehem's public hearing about the planned Vista Technology Park, several residents asked the town board to "be careful" and "guard against stormwater runoff contaminating the local wells."

We are increasingly aware of the ripple effect of growth and

economic development. This notion of "sustainable" growth not only requires that we recycle and reuse, but we must also rethink the process to make it a loop. When we build something, we need to make the building design versatile and plan on using it forever. Green buildings are energy efficient and constructed using materials that can be reused. The building could be a townhouse, an office building, a shop or any combination thereof. To make it sustainable, we need to plan it and build it well.

The term "sustainability" is receiving a lot of marketing attention for building material suppliers, because the end users recognize the added value of sustainability. What does sustainability really mean for building owners, facility managers, contractors, architects, and other consumers? It

means that the design, construction, maintenance, life-cycle impact, adaptive re-use, destruction, and recycling potential of building materials must meet the long-term environmental standards demanded by today's high-performance buildings. Materials that can satisfy traditional performance criteria — installed cost, performance and longevity — as well as newer criteria — preservation of the environment, energy efficiency, and life-cycle costs — have a much higher value. The new standards for "sustainable" rank everything on the Five E's of performance:

- Energy efficient
- Environmentally friendly
- Enduring — long lasting
- Economical
- Engineered (planned) well.

This goes for sustainable building, sustainable growth, sustainable cities, sustainable state economies, and yes a sustainable planet.

A quick list of what you can do to promote a sustainable planet?

Turn lights off; walk, don't drive; carpool; conserve water, and reuse or recycle everything.

Please join the green team.

Cindy Hill
Delmar

Got news?

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

All events must be open to the public and announcements should contain the date, time, location and cost (if any) of the event, along with contact information. Announcements are published space and time permitting.

Submissions can be e-mailed to spotnews@nycap.rr.com, faxed to 439-0609, or mailed to Spotlight, P.O. Box 100, 125 Adams St., Delmar 12054.

The deadline for all announcements is noon Thursday prior to publication.

Pastel demonstration to be held at library

The February meeting of the Bethlehem Art Association will be a pastel demonstration by artist/educator Carol Bollinger Green. The date is Thursday, Feb. 15 at the Bethlehem Public Library, 451 Delaware Avenue, Delmar at 6:45 p.m. Members and guests are welcome.

Green will also be leading an all-day workshop on Saturday, April 28 from 9:30 to 4 p.m. at the Delmar Presbyterian Church.

Participation is limited and registration is necessary. Call BAA President Bob Lynk at 439-3948 for information.

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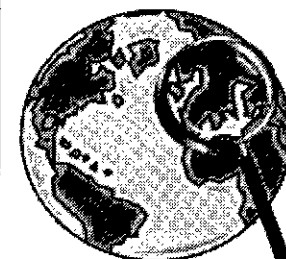
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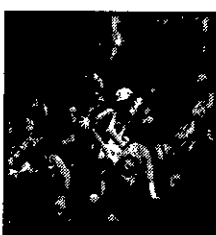
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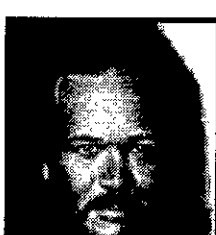
THE OUTLAWS
MARCH 9



THE IRISH ROVERS
MARCH 17 (8 PM)



INDIGO GIRLS
MARCH 22



TRAVIS TRITT
MARCH 23



THE SCINTAS
MARCH 30 & 31

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Kids can make magic, yo-yos at the library

On Tuesday, Feb. 20, at 7 p.m., the Voorheesville Public Library will present an event for all ages called "The Science of Magic," which amazes, educates and entertains with the "Amazing

Voorheesville Public Library



Boyea" (otherwise known as professor Jeff Boyer). During the

demonstration, objects change colors, light bulbs blaze to life with no apparent power source, objects and people are levitated, and things appear and disappear before our eyes. Boyer teaches

the audience the principles that make these astounding feats possible. Volunteers participate on stage.

No registration is required, but when the room is filled, the doors close. In case of bad weather, call the library or check the Web site for the status of the show.

More magic

Fairy tale magic called "The Magic of Stories" entertains ages 4 to 10 on Wednesday, Feb. 21, at 10:30 a.m. with books, stories, a short film and an art activity. Registration required.

"Let's Make Magic" on Thursday, Feb. 22, at 10:30 a.m. Every prestidigitator (magician) needs a magic wand, some magic words and a "hat" full of tricks. You can get your wand here and some tricks to entertain friends and family! You will need to practice and learn NOT to tell how the tricks are done, so come prepared for fun and secrets! For grades 2-6; registration required.

Junior Nimblefingers

Let's make yo-yos — a joint project for kids in grades 3 and up and the library Nimblefinger ladies.

Yo-yos are puffy circles that are easy to sew and fun to make into

doilies, quilts, funky belts or to use as embellishments on a plain T-shirt, bag or other clothing. The ladies will help anyone who wants to learn. Sign up for a fun afternoon of conversation and sewing on Tuesday, Feb. 20, from 1 to 3 p.m.

Throw them a line

Lifelines prose writers meet on Feb. 15 at 7 p.m. Call Cathy Anderson at 861-8067.

Tax forms

Yes, we have them! If you don't see what you need, ask the reference librarian.

For the latest information on library events, our online catalog and helpful links to important Web sites, visit the VPL homepage at www.voorheesvillelibrary.org.

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. For information, call 765-2791 or visit www.voorheesvillelibrary.org.

Got news?
Call Spotlight at 439-4949.

District schools prepare for winter break

Schools in the Voorheesville School District will be closed for the winter break from Monday, Feb. 18, through Friday, Feb. 23.

V'ville kindergarten registration set for March 8

Parents with children entering kindergarten in September are asked to call Mrs. Donohue at the Voorheesville Elementary School (765-2382, ext. 514). Children must be 5 years old on or before Dec. 1 to register.

An information meeting will be held prior to registration March 8, during which registration and the screening program will be explained. Parents can schedule an appointment to have their children screened on March 27 or 28.

Thacher Nature Center announces art show

The Emma Treadwell Thacher Nature Center is inviting artists and art enthusiasts to participate in the fourth annual Nature Art Show. Artwork will be displayed at Thacher Nature Center, March 10 through 25.

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



Artists and craftsmen may submit artwork in any medium. Artwork may be inspired by natural history, botanical, wildlife studies, landscape, nature or may be created using natural materials. Artists may bring up to two pieces of their work for display. In addition to paintings and drawings, other handcrafted pieces such as sculpture, woodcarvings, baskets, quilts or stained glass will make excellent gallery display pieces. Artwork in progress will also be considered. Completed paintings and drawings should be framed and ready to hang.

The fee for displaying at the 2007 Nature Art Show is \$5 per person.

For information, call 872-1237.

Five Rivers sponsors evening walk

An evening walk will be held

on Friday, Feb. 16, at 7 p.m. at Five Rivers Education Center. Center naturalists will lead the group on an exploration of the Five Rivers grounds at night.

For information, call 475-0291.

Birding program set at Five Rivers

An indoor birding program will be held 9-10:30 a.m. at the Department of Environmental Conservation's Five Rivers Education center on Saturday, Feb. 17. As part of the Cornell Laboratory of Ornithology's 10th annual Great Backyard Bird Count, staff naturalists will be counting birds at the bird feeder and keeping track of the highest number of each bird species seen together at one time. Participants will learn how to log and report data so that they can participate in the bird count at home.

For information call 475-0291.

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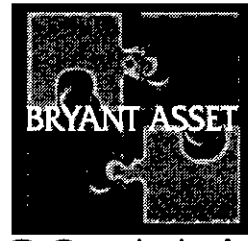


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Business *in the* Spotlight

Community mourns the passing of a public relations star

Oftentimes, people live their lives, and no one really knows they were here when they have left. Other times, people pass through much like a blazing nova across the sky — they flash into our lives and are gone — and we remember the brilliance and recall the brief flame, but that's about it. Finally, there are those people who, simply by being here, have an impact on the world around them in more ways than they ever realize.

On Friday, Feb. 2, the advertising/public relations world lost one of its best: David Brown. Whether you knew him



Notes from
**Advertising
Desk**
Bill Kellert

personally or not, you knew David's work. His speech-writing in the industry was legendary. He made many of our local, regional and state business leaders and politicians sound bright and articulate.

David was the quintessential PR maven — confident yet

unassuming, caring, warm and amazingly articulate. He became president of Sawchuk Brown Associates after his tenure as the executive editor of the *Sunday Times Union*.

But it was David the profound bibliophile, the man with wanderlust, the caring, devoted family man and friend who was remembered in tributes this past Saturday at an outstanding memorial service that took place on the Russell Sage campus. He would have been exceptionally humbled by not only the sheer number of people who came to honor him, but also by the quality of the assemblage.

One by one, those present heard of his love for books and poking through old, dusty bookstores for the elusive first editions in stores here and abroad, particularly in London. We learned of his great love of travel. Most of all, we heard of a David Brown who was admired for his love of life — the ability to grow and learn, to explore and discover.


David's 61 years were filled with a zeal for life and desire to fill those days with all that could be packed in. Some people live to be 100 and have not much more than the years on the calendar to show for their time here. Others live but a few and fill their time so full that it is as if two lifetimes would not have allowed them the time to do all that they done. David certainly fell into the latter category.

The public relations community has suffered a great loss, our entire community has suffered a loss it will long feel by the silence of his voice and vision. To David's wife, my dear friend Pam Sawchuk Brown, and all the rest of David's family, my deepest sympathy on a loss that we all will mourn for many years to come.

And now on to happier events around town ... **Berkshire Bank** has named **Charlotte E. DiPaola** vice president/cash management for the New York Region and **Tammy Kimble** vice president, human resources,

organizational development ... **Scott F. Rogler**, director of technology at **Albany College of Pharmacy** has been named to the Gateway 2007 Higher Education Advisory Council ... **Rueckert Advertising** has been retained by **The Michaels Group** for advertising and public relations ... **Liz Grogan** joins the **Schenectady County Chamber** as sales manager ... **Lemery Greisler, LLC** has added **Lucia Romeo** of Queensbury as an associate attorney ... **The New York State Teachers' Retirement System** names **Adrean Kreig** of Niskayuna as its 2006 Employee of the Year ... **Brian S. Yamada, M.D.**, urologist and **Jama L. Peacock, M.D.**, family practice, have joined the staff of **Saratoga Hospital** ... **Albany IVF** welcomes **Erica Hoffman-Kaletta** as a fertility assistant to its practice ... **ProRealtyNY** is growing its staff with the additions of **Bob Lohnes** and **Donna Colligan**, associate brokers, and **Dale Lee Thiel** sales associate ... and **The Sidney Albert Albany Jewish Community Center** has hired **Mark DeSanctis** in the position of controller.

That about clears the clutter from my desk for a few weeks. Be sure to check out my online blog at www.spotlightnews.com for updates, or catch me right here. As always, if you have anything you'd like to see in the column, feel free to e-mail me 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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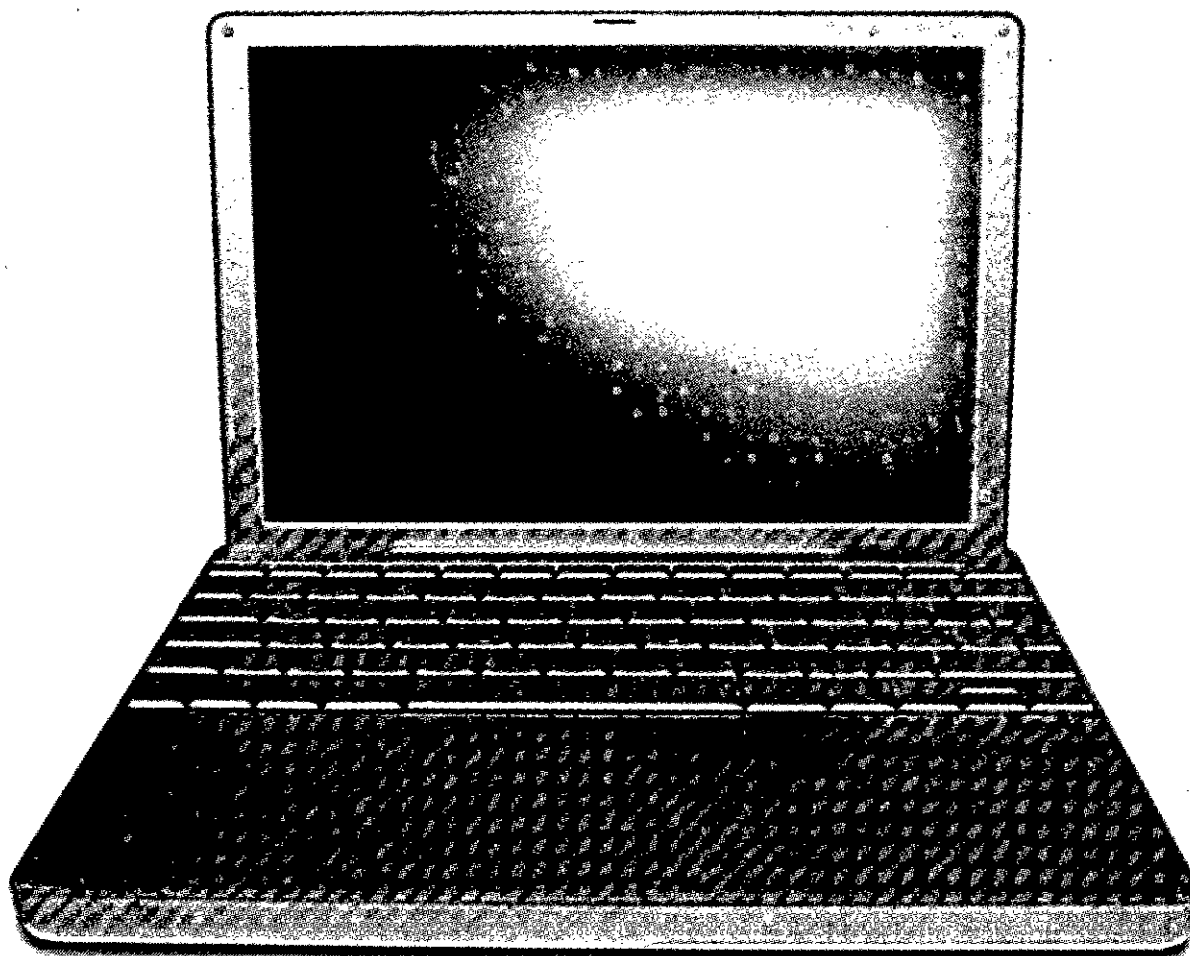


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US-N0069-E

Cornell presents session on adolescent self-injury

The increase in the number of youth who self-injure themselves is alarming for adults who work with or parent youth. Associated mainly with the term "cutting," self-injury can also include behaviors such as carving, burning, scratching, punching oneself or other objects, and bone breaking.

An upcoming presentation will summarize what is known about the prevalence and nature of self-injurious behaviors (SIB) in the general youth population, and how the behavior may be spreading. It will close with recommendations for detecting, intervening, and preventing SIB.

Janis Whitlock, senior research Associate at Cornell University, will discuss her findings in this videoconference on Wednesday, Feb. 28 from 2 to 4 p.m. Satellite conferences have been arranged at various Cornell Cooperative locations across the state, including the Cornell Cooperative Extension of Albany County, located at 24 Martin Road in Voorheesville.

Designed for educators and professionals involved in parenting and youth development, participation is free and refreshments are provided. To register, contact Mary Jane Rissacher at 765-3546 or e-mail msr16@cornell.edu. Space is limited and available on a first-come, first-served basis.

Albany Bar hosts Court of Appeals dinner

On Thursday, Feb. 15, the Albany County Bar Association will host its 107th annual Court of Appeals Dinner at the Albany Marriott. Cocktails will be at 6:30 p.m. with dinner at 7:30. A choice of filet mignon or grilled swordfish is offered. The Hon. Eugene F. Pigott, Jr., associate justice of the Court of Appeals, will be the featured speaker at this black-tie event.

In addition, the Hon. Cathryn M. Doyle will be installed as the 2007 president of the association.

For registration and information, contact the ACBA's office at 445-7691.

Mothers

(From Page 1)

tioned at Fort Campbell, Ky., as part of the Army's 101st Airborne, nicknamed "Screaming Eagles."

"My husband is an Army veteran, but we worry about our kids," said Moody. "I'm proud of him."

Moody said many of the moms who respond have loved ones serving in Iraq, Afghanistan and Kuwait.

"I received a letter from a Glenmont woman who has a daughter in Iraq and a son in Afghanistan," said Moody.

Darlene Ward also has a 19-year-old son in the military. George Ward is currently stationed at Camp LeJeune in North Carolina with the 1st Battalion, 9th Marines, also known for their gallantry as "The Walking Dead."

"George has talked about this as long as I can remember," said Ward, whose father was a Navy veteran.

"He grew up more in the past few months in the Marines than most kids do in five years," said Ward.

George Ward will receive a 10-day leave before he is deployed in the fall. His mother already has a Blue Star banner hanging in her window and a Blue Star sticker for her car.

need to put our political beliefs aside and support the troops," said Ward.

Ward said driving by the Four Corners in Delmar on Monday evenings at 6 p.m. can be especially difficult for her and other Blue Star Mothers. That is when Bethlehem Neighbors for Peace, an anti-war group, gathers to protest the war in Iraq.

"It is very difficult for me to drive by and not say anything,"

"I receive pages and pages of e-mails with moms pouring their hearts out, and they say finally someone is willing to listen to them."

Kay Moody

said Ward.

"They think they are supporting the troops, but the negative publicity actually harms them," Ward said.

The first official chapter meeting of the local chapter of Blue Star Mothers will be held Monday, Feb. 19, at 6 p.m. at the Nathaniel Adams Blanchard American Legion Post at 16 W. Poplar Drive, Delmar. One item up for discussion will be marching in the Bethlehem Memorial Day parade in the spring.

For information, write to Capital Region 2 Blue Star Mothers of America, P.O. Box 243, Delmar, 12054.

"Before full build-out, another traffic study will occur for Cherry and Kenwood avenues," said Jeff Pangburn of Creighton Manning Engineers.

Vista is expected to use a maximum of 37,000 gallons of water and sewer use per day after phase one is complete and another 103,000 gallons per day of water and sewer after phase two is constructed.

"The town is currently undergoing an investigation to determine their water and sewer

"It's a great revenue source. We get the money and do not have to provide any service. There will be no expense to the town."

Ed Clark

capacity," said Greg Ursprung, engineer for Saratoga Associates. "We are still awaiting the findings of those studies."

The project is expected to generate \$125,000 in annual tax revenue for Bethlehem and \$2.5 million for the school district when complete. A total of 330 acres of the Vista Technology Park will be in Bethlehem and another 120 acres will be in New Scotland. New Scotland is expected to receive a portion of the tax revenue when the park is complete.

"It's a great revenue source. We get the money and do not have to provide any service," said New Scotland Supervisor Ed Clark. "There will be no expense to the town."

The final phase of the project is the portion slated to be built in New Scotland, which means the revenue impact on New Scotland could be 12 years away.

Lookout

(From Page 1)

ment — you're out the \$100."

Leege and local police would not comment specifically on who is passing the money or if the problem began in Bethlehem or another part of the Capital District.

"There's more around than

we'd like to see right now," Leege said.

Criminals have made counterfeit money since the federal government began issuing paper

federal crime to use fake money.

"We're looking at a couple of different things right now, and we're feeling confident something will happen," Leege said.

Other distinctive features of genuine currency compared to fake money include the following:

- The border of real currency is clear and unbroken.

- The portrait on real currency should appear lifelike and stand out.

- The treasury seals of real currency are clear and distinct. Counterfeit seals are uneven, blunt or broken.

- The serial numbers of U.S. currency has distinctive styles and are evenly spaced. Counterfeit serial numbers may differ in colors or shades of ink from the treasury seal.

"Once you have a counterfeit bill, you're stuck with it. There's no reimbursement — you're out the \$100."

William Leege

bills in the 1800s. The U.S. Secret Service was established in 1865 to suppress counterfeiting. It is a

real currency should appear lifelike and stand out.

The treasury seals of real currency are clear and distinct. Counterfeit seals are uneven, blunt or broken.

The serial numbers of U.S. currency has distinctive styles and are evenly spaced. Counterfeit serial numbers may differ in colors or shades of ink from the treasury seal.

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Foster

(From Page 1)

agency. We accept that couples may be looking for this, but we still encourage them to take in an older child. They learn they can parent this child; it's not as hard as it seems."

Lynch said she agrees.

"Foster family agencies are not a back door to adoption," said Lynch. "People also need to remember adoption isn't a 'magic wand.' Even if they are adopted, the children will still have the transition issues."

However, foster parents are given first preference to legally

adopt the child who has been in their home for 12 consecutive months. Under the New York State Family Court Act, the courts can file a termination of birth parents' rights, but these cases are rare, and few adoptions actually result from foster care.

"Most foster children never become available for adoption, because the ultimate goal is to return them to their homes," said McNall. "The birth parents receive parenting classes or rehabilitation such as drug or alcohol counseling. There are regular bi-weekly visits, supervised by the caseworker. In the past, children remained in the foster care system for years; that's no longer the case."

"We believe people can change," said Lynch. "There is a court-ordered service plan for each child, and we must make what's called 'diligent efforts' to birth families to give them all the services we have available for a minimum of 12 months. The cases also remain open for monitoring and preventative measures."

Becoming a foster family

State laws require each home be certified before a child is placed. Certification gives the number, age and gender of the children the foster family may receive, and must be updated annually. State and Social Services regulations require the following:

- Each foster parent must be

older than 21.

- Each member of the household must be in good physical and mental health.

- The family must be self-supporting apart from payment made for the room and board of the child. Foster moms may work outside the home, but child care and supervision must be suitable during the day.

- Marital status is not a factor unless it affects the ability to provide adequate care for the foster child. Single foster parents are permitted.

- References will be checked for fitness as parents.

- Homes must be in good condition, presenting no hazards to health or safety of the child, including working smoke detectors and a fire extinguisher in the home.

- Each foster child must have a separate crib or bed. There are other specific rules for sleeping arrangements based on the child's age and gender.

New foster parents must attend an orientation session, pre-certification training classes, and do home study. In Albany County, training is done for 10 weeks for a total of 30 hours.

Once certified, foster parents aren't asked to shoulder all the needs of the child on their own. Caseworkers help the child with any intensive care needed, such as counseling and medical care, and also visit the family regularly to check in on everyone's adjustment to the new addition.

Foster families are also asked to keep details about their new child confidential.

"On some occasions, we know little or nothing about a child placed

in foster care in an emergency," said McNall. "What we do know is that every child needs a safe, warm, loving environment."

Costs of caring for a foster child

The reality is, expenses incurred with raising any child are enormous. Foster parents are given a stipend per child to cover room and board as well as incidentals, including school supplies and haircuts. Monthly payments range from \$12 per day for kids up to age 5, to \$34 per day for children with exceptional needs. Foster kids are given Medicaid coverage for dental and doctor visits, and clothing needs are provided by the agency at the time a child enters the foster home. Once they have a basic wardrobe, a clothing allowance is sent three times a year to replace worn or outgrown clothes and shoes.

Far above and beyond providing the basic essentials needed to survive, foster families can be the first step in helping a child thrive.

"What could be more important than having an impact on a child that will last a lifetime?" said Lynch.

"The biggest requirement for foster families is that they can take a child into their home and treat them as their own," said McNall. "Each foster family or set of foster parents have their own reasons for welcoming a child in need of shelter. We're just so thankful they do."

For information about foster parenting in Saratoga County, call the Children's Services office at 884-4157. In Albany County, contact the Adoption and Foster Home Unit at 447-7515.

Eight is not enough

Saratoga woman opens her heart and home to adopted and foster children

By WILLIAM R. DEVOE
devoew@spotlightnews.com

Maureen Smith-Boxley is never out of diapers.

For nearly two decades, the Saratoga woman has been a foster parent to dozens of children.

Smith-Boxley became a foster parent 18 years ago, when the former pediatric nurse was caring for an infant boy at Albany Medical Center.

"I cared for him for over a year, and I fell in love with him," she said. Knowing that the boy was not returning to his birth parents after he was released from the hospital, she decided to become his foster parent.

The boy, Jordan, now 18, became the first of many. Smith-Boxley has been a foster parent to many children over the past 20 years, and has adopted eight of them, Jordan included. Her adopted children range in age from 4 to 18, but she continues to provide a foster home for newborns. Presently, she has a five-week-old girl in her home, waiting for her adoptive parents to finalize their paperwork.

"I always have an infant in the house," she said. "I'm never without diapers."

In a house that already has eight kids in it, the coming and going of foster children can create some problems, but not in the way you'd think.

"They want to keep all of them," she said. "Everyone is sad when it comes time for one my foster care infants to go. Luckily, we have the gift of having the space and the time," said the now stay-at-home mother. "We've been very fortunate."

When it comes time for a foster child to leave her care, Smith-Boxley said she eases the emotional separation with this simple rationale: "We have eight, they have none. It's their time to have a family."

As for her own family, Smith-Boxley maintains an honest, positive approach to who her children are and where they came from.

"They've always known that they were adopted," she said. "We read books about adoption, we discuss it. I believe that the children can only accept the truth."

Smith-Boxley adopted all eight children before marrying her husband four years ago.

"It shows what kind of person I am," she joked. "I mean, I'm such a good person, he took the kids, too."

She said she will encourage her own children to reunite with their birth parents.

"For me, honestly, one of my goals is to bring the whole system full circle," she said.

The foster care system faces serious challenges in the 21st century, Smith-Boxley said. Major social problems such as high rates of child and family poverty, homelessness, unemployment, and substance abuse have a harmful effect on families and can have a direct impact on child well-being and the child welfare system. Many children Smith-Boxley has come into contact with as a foster parent have had some sort of learning disability as a result of a drug- or alcohol-abusing birth parent.

According to the U.S. Department of Health and Human Services document, *Rethinking Child Welfare Practice Under the Adoption and Safe Families Act of 1997: A Resource Guide*.

"These factors have contributed to the development of large caseloads of families that have multiple and complex needs. The child welfare system must respond to these needs, while protecting the rights of children and families and ensuring the safety of children."

Smith-Boxley isn't waiting for the child welfare system.

"You have to find your own support," she said. "And you have to have outside support."

For Smith-Boxley, that support is in the form of her sister, who although she is a foster parent herself, can put Smith-Boxley's problems in perspective because she's outside of her foster family.

To help cope with some of the complexities that come with having eight adopted children and a foster child — all from various backgrounds — Smith-Boxley said she keeps her attitude positive at all times, especially when it comes to discussing the children's birth parents.

"I don't bring the negative into the situation at all," she said. "We never say anything negative about their birth parents, even with an infant."

Sometimes that's difficult, she said, because birth parents usually have a hostile and apprehensive attitude toward having their child in foster care.

"When there is a child in foster care," Smith-Boxley said, "the birth parents sometimes just feel like you have what they want."

This can lead to confrontations or the questioning of the foster parent's ability to raise a child. "But you have to put it in perspective. But does it hurt your feelings? You put so much into this, of course it does," said Smith-Boxley.

But then there are those birth parents that get help as a result of their children going into foster care. Smith-Boxley recalls a story of a woman who lost her infant daughter as a result of a drug problem. The daughter wound up in Smith-Boxley's care, and the woman, during one of her weekly visits, told Smith-Boxley that she would do whatever it took to get her daughter back. Smith-Boxley and the woman kept in touch as she went through rehabilitation, and after several months, the daughter went from Smith-Boxley's home to the care of her birth mother.

"There are a lot of positives in this business," she said. "It's those stories that keep you going."

And for how long will Smith-Boxley keep going? "For a while," said the 48-year-old. "As long as we're able to."

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Board OKs sign lights, dives into pond issue

By JILL U. ADAMS
news@spotlightnews.com

The dangers of glare and water were discussed at a public hearing at the New Scotland planning board meeting on Tuesday, Feb. 6.

John Jeffers, owner of JJ Madden's at 1903 New Scotland Road, who had already received a variance regarding the placement of the restaurant's sign, which was at odds with the town's setback rules, was seeking approval to keep the sign lit.

Currently, Jeffers uses four lights, two above and two below. The board took no issue with the gooseneck lights mounted atop the sign. Rather, the dialogue centered on two floodlights at ground level angled up toward the sign.

Planning board chairman Robert Staff recommended that

Jeffers raise the floodlights to the level of the sign, to prevent their glare from shining into passing cars on the dark stretch of road.

"Get them off the ground," he said.

Jeffers agreed and will be given 60 days to alter the lights. He said he was relieved by the resolution.

The second item discussed was an application from Frank DelGallo and James Bradshaw who want to construct a pond on their recently purchased property off Indian Ledge Road. Neighbors are concerned about the large volume of water to be held in the proposed pond and how it will affect the flow of a nearby stream.

Several of these neighbors were in attendance, including Peter Richards and Paul Earl of Indian Ledge Road. Richards read a letter written by Bob and Debbie Perez, who could not

attend the public hearing.

Also present was Robert Mitchell, who lives downstream. He said if the pond fails to hold the water, his property would be affected.

The main concerns were whether the pond would be dug or dammed, what measures will be taken to prevent sediment flow, and how the pond will be filled. Everyone who voiced concerns made a point to assure DelGallo and Bradshaw that they did not want to prevent the pond from being built.

"I'd just like to see the thing engineered properly," said Earl.

The history of the stream's occasional flooding has fueled the neighbors' misgivings. During the spring of 1981, the stream carried enough debris to fill a culvert, said Mitchell.

"Water overran Indian Ledge Road, making it impossible to pass," said Mitchell. The

overflow dug out a 3-foot ditch the length of Mitchell's driveway.

Mitchell told the board he would like to see what the design entails. If it includes a berm, a raised barrier to contain the water, he worries that it could be breached.

"I presume the pond isn't on level ground, that one end is lower than the other," he said.

More questions were raised as the board members started their discussion.

"When would you consider construction?" board member Cynthia Elliot asked the property owners.

Bradshaw said they were hoping to start in spring as soon as the ground thaws.

At this point, many discussions broke out simultaneously: the neighbors voicing their opinions (August or September would be better), Earl addressing DelGallo and Bradshaw directly ("We want you to have your

pond"), and among the board members themselves. Staff had to wield his gavel.

As the board tried to decide what action to take, Staff sought the opinion of town engineer Keith Menia.

Menia said he thought the application should be accompanied by a grading plan, controls for erosion and sediment, and correspondence from the state Department of Environmental Conservation regarding the timing of construction.

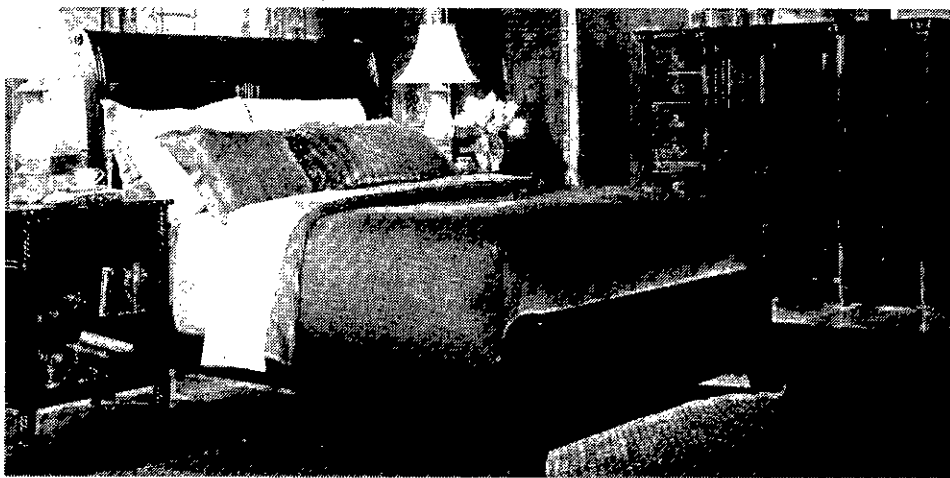
Staff summarized the many concerns for the application as "how you're going to mitigate what comes down the stream." He also requested more detailed drawings, including the elevation of the four corners of the pond and its contours.

The board voted to postpone the application to give the property owners time to provide additional information.

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Swim class keeps seniors young at heart

BY DICK BUYER

Three mornings each week, a group of Bethlehem residents – mostly seniors – performs a watery version of calisthenics in the swimming pool at Bethlehem Senior High School.

This assembly is a joyous effort to stem Father Time and is sponsored by Bethlehem's parks and recreation department.

Laughing and smiling at each other, the women – and an occasional man – deliver endless, innocuous quips, creating an atmosphere that more closely resembles a pleasant gathering than one intended for personal development.

However, make no mistake about this group. Although socialization is a perk, the group is motivated by a serious desire to get fit.

Led by Liz Strickler, they are engaged in a program of water exercises designed for fitness and flexibility. In water up to her chest, Strickler leads her charges through a routine assisted by Linda McMahon and Marcia Bassotti, all of Delmar, who collectively labeled themselves “the

oldest lifeguards” in the Capital District.

In a sense, age-wise, they all serve as role models.

Standing in the shallow end of the pool, Strickler issues her commands: “Hands overhead, jump up and down, hold on to the side of the pool and kick, and swim the breaststroke.”

Other exercises during the class, which runs from 9 to 10 a.m., include using a “noodle,” sculling and hugging oneself.

Dorothy Schultz, an eight-year veteran of the class, said, “It helps my strength and balance.”

For Mary Bohnet, there are also multiple

rewards.

“Aside from being a great way to start the day, I feel physically and mentally great after a session,” she said. “More people should take advantage of this program.”

Another devoted member, Barbara Zautner, said that the exercises have improved her flexibility.

“I’ve always loved the water,” she said.

The water exercise program began in 1987 based on the sys-



Bethlehem seniors perform calisthenics in the swimming pool at Bethlehem Senior High School three mornings each week.

tem used by Betty Clark, who instructed many years at Albany's Jewish Community Center.

Liz Strickler has been involved in many facets of swimming for 47

years, including as a Red Cross volunteer.

“My instruction is based on many sources – experience, participating in different programs

and reading many books,” said Strickler.

You don't need to swim to participate, she added, calling the sessions an “upper body workout.”

“When I achieve success – seeing improvement in mobility and teaching others how to swim – it causes a real thrill,” she said.

Bassotti and McMahon said the exercise sessions are good for those even in good physical condition, adding that it is a good warm-up to lap swimming.

Both serve as substitutes when necessary.

Strickland has a strong connection to her students and said she “feels privileged” to lead the program.

There are also two other evening water exercise programs. Mary Bayham leads one in the middle school, and Rosie McDonough directs the other at the high school.

For information, call the town's parks and recreation department at 439-4131.

Choosing a dietary supplement

With a growing number of dietary supplement products on the market, selecting the right one for your needs can be an intimidating and confusing task. Knowing what to look for before you purchase a dietary supplement makes the decision-making process easier. Here's a simple “Before You Choose Checklist.”

- Talk to your physician or pharmacist

They can be helpful in advising you on dosage values for your needs, possible allergic reactions, interactions with other medications or foods and potential side effects.

- Research the supplement

Search the Web or visit your local library for information on the supplement as well as supplement brands. Online databases such as ConsumerReportsMedicalGuide.org and Natural Medicines Comprehensive Database conveniently provide current

and objective data. Always make sure your sources are reputable and up-to-date.

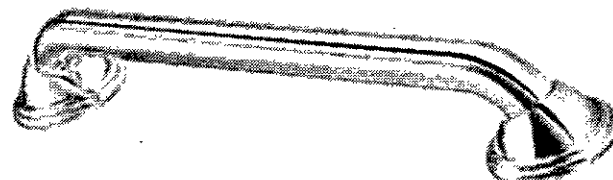
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Several organizations test

DIETARY,

continued on Page S8

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For some seniors, raising kids can help raise spirits

Are today's senior citizens healthier and wealthier than yesterday's? A recent study from the U.S. Census Bureau says yes. According to the report, *65+ in the United States: 2005*, older Americans as a whole have never been in better shape economically or physically. But what about emotionally? Just because we age well, how well do we really feel deep down inside?

Three elderly sisters in Michigan like the hustle and bustle of child rearing. Known as the Spicer sisters, Julia Patterson, Florence Wallace and Geneva Coney, all in their late 70s, have been foster mothers to dozens of children over the past 18 years. Julia says having foster children keeps them young. "Only I never call them foster children," she says. "They're my children."



The minute they step foot in this house, they're my sons and daughters. They're each other's brothers and sisters. If I'm taking a vacation, my children come, too. Always."

The Spicers are part of a special foster care program in Michigan managed for the state by Starr Commonwealth, a child and family services charity that has been in operation for nearly 100 years. Headquartered in Albion, Mich., Starr Commonwealth specializes in the treatment of troubled youth and operates a variety of programs to help struggling youngsters rebuild their damaged self-esteem through a "strength-based" treatment philosophy that looks for the good in every child.

Julia and her sisters have seen the success of Starr's philosophy played out in the lives

of countless children. Julia remembers James, her first foster child. "When James first came he would just eat and eat and eat and drink up all the juice, glass after glass," she says. Worried that something was physically wrong with the boy, Julia took him to the doctor. After an examination, the doctor told Julia to go ahead and let James have as much as he wanted, but just make sure he knew he had to drink a glass of water for every glass of juice he drank. It wasn't long before James learned to

control his thirst. "He was really just hungry and thirsty for someone to love him and care for him," says Julia.

"Mookie" is another success story. The recent college graduate was a troubled young boy when he came to live with Julia in the seventh grade. She was quick to recognize his potential as a student and an athlete, especially in football. Did Julia attend many games? "Every single one of them," she laughs.

When Julia had a stroke in 1996, it was Mookie who drove

her to her doctor's appointments. "He'd even carry my pocketbook and wouldn't be ashamed like you'd think a young boy would be," she recalls.

The bonds that are created here will last a lifetime, the sisters say. "They never leave us," says Julia, who adds that sitting home alone in a rocking chair is not her idea of living. "Too much going on to do that."

For information about Starr Commonwealth, call (800) 837-5591 or visit their Web sites at www.starr.org or www.ndk.org.

New adult day care facility opens

The Berger Commission has mandated that the state Legislature review the state's healthcare industry and make recommendations for restructuring, or "right-sizing."

The report developed by the commission ordered extensive downsizing, conversion and transfer among sub-acute care facilities. If implemented, the recommendations will result in cutting nursing home beds in

favor of conversion to assisted living and adult day care services.

Consequently, more and more frail seniors will be in need of day services to help them maintain their independence and remain in the community.

With the opening of the third Bright Horizons site, Colonie Senior Service Center is ready and able to accommodate this need for additional day services. Bright Horizons Social Centers at Pine Grove in the Pine Grove United Methodist Church at 1580 Central Ave., Colonie, opened Jan. 9, increasing the organization's capacity to provide respite to caregivers by 35 percent to 40 percent.

The Rev. Bill Pattison, board of trustees president Tom Ebert, the church staff and the congregation have warmly welcomed Bright Horizons into

their home.

An open house is in the works, which would invite the congregation and community to see the program. CSSC is always seeking to make new friends who can help them bring their programs and services to seniors in the neighborhoods where they live.

This is their first adult day services location in the village of Colonie, and officials said they were delighted to have Mayor Frank Leak's support. The group worked closely with the planning and zoning departments to ensure that the new location met village standards and fit into the community plan.

For information about the adult day program, call 459-2857 ext. 322, e-mail brighthouse@colonieseniors.org or stop in for a visit.

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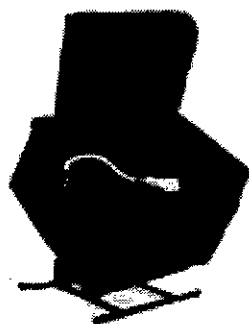
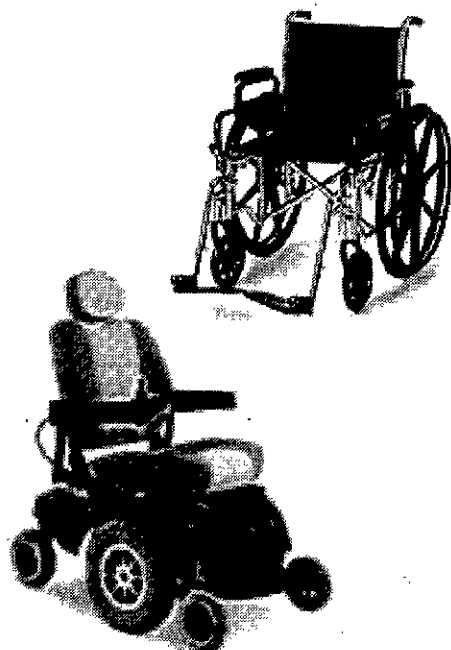
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What family caregivers want – relief

Over 44 million American adults provide care for an aging loved one, and that number is only expected to rise as the Baby Boomer generation ages. Caregiving can be very rewarding, but the day-to-day tasks are demanding – it can start as simple as providing transportation to and from doctor appointments, grocery shopping, preparing meals and organizing medications, but grow over time to include bathing, dressing and feeding a loved one. And, family caregivers often juggle caring for a loved one while working at a full-time job. What gets dropped in this balancing act is the caregiver's own health and well-being.

Evercare, one of the nation's largest care coordination programs, recently surveyed family caregivers who had previously reported their health had declined due to caregiving – a representative sample of the 2.5 million caregivers nationwide – to find out what services they felt would help them most.

Of the several services described to them, these caregivers preferred:

- Respite relief – a professional home health aide to stay with their loved one to relieve them of their caregiving responsibilities so they can get a break (50 percent).

- An expert they can call

about stress and other caregiving issues so they don't feel alone (63 percent).

- A mobile health service in their neighborhood so they can drop in for routine health services (63 percent).

- An objective consultant who can help them get more support from friends and family (51 percent).

- Someone who calls to check in on their own health, and remind them of personal health goals (47 percent).

- Help learning how to do caregiving tasks more efficiently (45 percent).



Fortunately, the government is taking notice. Congress and President George Bush just signed the Lifespan Respite Care Act, which provides \$289 million over the next five years for states to make respite care available to family caregivers, allowing them to run errands, visit their own doctors or just relax.

"The Evercare Study helped sound an alarm bell – for caregivers but also for our legislative leaders – that caregiver health is a serious public health issue," says Sherri Snelling, director of

caregiving services at Evercare. "Providing relief – which we spell R-E-S-P-I-T-E – is exactly what caregivers told us they need. Our message to these important family caregivers is 'You are not alone – help is available.'"

Many caregivers don't know that programs exist to help them with their daily tasks, or don't take advantage of all the available resources. Evercare offers health plans for people with Medicare and Medicaid in many states that include respite services to help caregivers get a break and cope with the day-to-day challenges of caring for a loved one. Evercare also has a program called Solutions for Caregivers, primarily offered through employers benefit plans, that gives caregivers access to expert advice from a Care Manager who can help manage their loved ones needs and develop a personalized plan for future care.

When you help a caregiver, you're really helping two people. To find out more about Evercare, contact (866) 323-7568 or visit www.evercarehealthplans.com.

Tips for staying active and being independent

Growing older often means that everyday tasks like grocery shopping and housekeeping become more difficult.

But take heart. Seniors can take steps to stay healthy and independent in their own homes. Two important ways to do this are by eating a balanced diet and exercising regularly.

Eating right provides seniors with the nutrients and energy they need to stay healthy and strong.

Talk with a medical professional or registered dietitian about how to best follow a balanced diet rich in proteins, carbohydrates, vitamins and minerals. For example, broccoli, tomatoes and strawberries are filled with vitamins and antioxidants. Beans, seafood and grains are rich in zinc. Spinach and apricots are great sources of beta carotene, which can help improve eyesight.

The National Institutes on Health Web site (www.nih.gov)

offers a wealth of information on proper nutrition for older adults.

Staying active is another important way to stay independent and healthy. Simple exercises such as walking or stretching can help with balance and strength. Regular activity can also improve energy level. Weight-bearing exercises can help build strong bones. Seniors with limited resources can explore free or low-cost, exercise programs in their community.

Additionally, the National Institute on Aging Web site (www.nia.nih.gov) offers a free exercise guide with diagrams on how to exercise safely. Seniors should always talk with a medi-

cal professional before starting an exercise program.

For those seniors who need help remaining independent at home, St. Peter's Health Care Services offers programs to assist seniors.

St. Peter's Home Care provides nursing services, post-surgery care, advanced wound care, home health aides and more.

CHOICES is a fee-based, case management program that offers help including

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Colonie Senior Service Centers is proud to announce that our new location, **Bright Horizons Social Centers at Pine Grove**, is now open and accepting participants.



The new site is conveniently located in Colonie at 1580 Central Avenue in The Pine Grove United Methodist Church.



Bright Horizons Social Centers help families cope with the challenges of caregiving with a comprehensive menu of caregiver resources that includes Respite Care, TLC Caregiver Support Groups, individual Caregiver Consultations, and much more. Financial assistance and transportation are available.



Bright Horizons is a program of Colonie Senior Service Centers, Inc. Administrative Offices are located at Six Winners Circle in Colonie. Call our Program Director at 459-2857 ext. 322 for more information about Bright Horizons Social Centers.

Member NYS Adult Day Services Association, Inc.

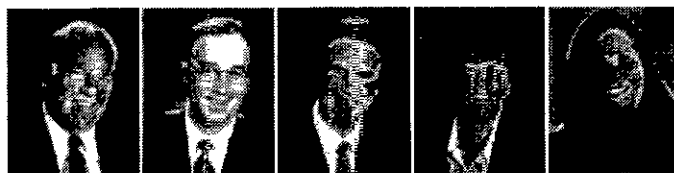
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Wednesday, March 7

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Preventing falls is important to senior health

When you think of your aging loved ones, what do you worry about most? Is it a heart attack or stroke cutting short their life, or perhaps cancer?

While these illnesses are very real worries for everyone as they age, it may surprise you to discover that falls are the second leading cause of accidental death in the United States, and 75 percent of these falls occur in the older adult population.

Falls are the single largest cause of injury among seniors. According to the Centers for Disease Control and Prevention's (CDC) National Center for Injury Prevention and Control, older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes. One-third of older adults who fall, sustain a hip fracture and are hospitalized, die within a year.

Even if a fall does not result in hospitalization, fear of falling

can become a major factor in seniors' quality of life. Fear leads to inactivity and loss of confidence which in turn produces a cycle of fear, loss of self-confidence and inactivity.

Roberta A. Newton, Ph.D., Temple University College of Health Professions in Philadelphia has spearheaded efforts to study and research why falls occur and how they can be prevented. Recognizing the importance of preventing falls, Visiting Angels, a national network of franchised non-medical senior home-care agencies, has partnered

with Dr. Newton to increase the public awareness and importance of this sometimes overlooked issue.

To help seniors and their families find out more about falls and how to prevent them, Visiting Angels conducts free seminars across the country. "As our loved ones age, it is important to recognize that things like throw rugs that once didn't warrant a

second thought, now become household hazards. Mobility and agility limitations require a fresh look at the everyday contents of the home," says Pat Drea Vice President of Operations. Here are some easy tips to help minimize the risk of life-altering falls for your loved ones.

- Throw rugs can be a tripping hazard. Either remove them or make sure they are securely tacked down.
- Add hand rails to all stairs.
- Clear clutter from walking paths, and make sure hallways and stairways are well-lit.
- Eliminate long extension cords that snake across a room. Plug lamps into outlets near the wall so cords are tucked away.
- Add grab bars next to the toilet, tub and shower.
- Getting in and out of the tub can be hazardous. In addition to grab bars, make sure the tub has non-skid mats. A tub seat may make showering easier, too.
- Trade in floppy slippers for well-fitting slippers with non-skid soles. Also, avoid night clothing that drags on the ground.



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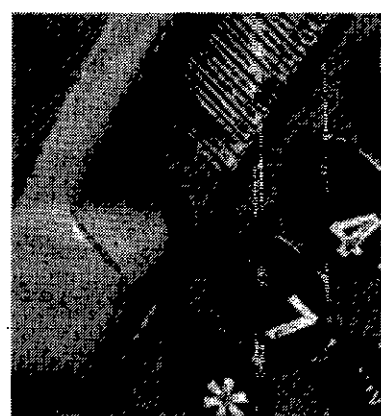
Are you responsible for the care of an elderly loved one? Are your hands full running their errands, doing their housework and administering other personal care? Are you experiencing a loss of freedom? If so, you might want to consider joining Senior Services of Albany's Family Caregiver telephone support group.

New in 2007, the group allows caregivers, under the guidance of a professional social worker, to learn helpful strategies and connect with others who are also caring for an elder, all from the comfort of their own homes.

Their philosophy is you cannot care for others without first taking care of yourself.

The telephone support group is co-led by the Northeastern New York Alzheimer's Association chapter, which provides expertise in topics related to memory loss.

This program is funded by the Albany County Department for Aging.



provides information and support services, transportation and adult day care.

The Alzheimer's Association is the only national voluntary health organization dedicated to research into the causes, prevention, treatment and cure for Alzheimer's disease, as well as providing supportive services to families.

The Alzheimer's Association of Northeastern New York serves families living with Alzheimer's and related disorders in the seventeen counties of Albany, Clinton, Columbia, Delaware, Essex, Franklin, Fulton, Greene, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington.

Local programs include caregiver support network meetings, public policy advocacy, educational programs for family members, community groups, and professionals, and a 24-hour helpline at (800) 272-3900.

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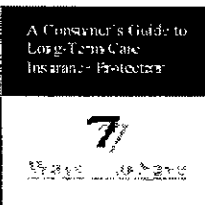
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Five simple ways to love your heart

Valentine's Day is a holiday that has been associated with friendship and love for centuries, and this February, women across the country are being urged to not only honor their sweethearts and best friends, but themselves as well.

Heart disease is the No. 1 killer of women older than 25 in the United States. According to the American Heart Association, it claims a life every minute, but an effort is underway to reverse the trend.

The American Heart Association's "Go Red for Women" movement encourages women to learn to love their hearts so they can appreciate

their health, their life and their loved ones.

So what can you do to keep yourself heart-healthy? Here's some good advice from the American Heart Association.

1. Stay active



Your heart is a muscle - treat it like one! The only way to build muscle strength is to exercise. Current guidelines recommend at least 30 minutes of moderate daily activity.

No time to exercise? That's OK. Don't think exercise, think action. Instead of the elevator, take the stairs whenever possible; take a walk after dinner instead of sitting

down and watching TV; park a few blocks from the office or store and walk the rest of the way.

2. Eat smart

Healthy food habits can help you reduce three risk factors for heart attack and stroke - high blood cholesterol, high blood pressure and excess body weight. Set the stage for success by eating a balanced diet with plenty of fruits, vegetables, cereal and grain products, fat-free and low-fat dairy products, legumes, nuts, fish, poultry and lean meats. You should also eat foods low in saturated fat, trans fat and cholesterol, keep healthy snacks, such as pre-cut fruits and vegetables on hand, and drink plenty of water.

3. Take time to just relax

We all feel stress from time to time, but too much stress over a long period of time, and unhealthy responses to it, may create health problems in some



people. If you frequently feel exhausted at the end of the day, both physically and emotionally, instead of turning to an unhealthy solution like drinking or smoking, learn how to just relax.

There are a number of methods you can use: deep breathing, mental imagery, or simply turning on some soft music and lighting a fragrant candle when you come home for the day.

4. Quit smoking

If you smoke cigarettes (or cigars), your risk of developing coronary heart disease is two to four times that of nonsmokers. You also have a higher risk of illness and death from heart attack, stroke and other diseases, including lung, mouth and throat cancers; chronic lung diseases and infections; congestive heart failure; and peripheral vascular

disease (in the legs and arms).

The good news is that when you stop smoking - no matter how long or how much you've smoked - your risk of heart disease and stroke starts to drop. It's cut in half after one year without smoking, then continues to decline until it's as low as a nonsmoker's risk.

5. Maintain a healthy weight

If you have too much body fat, particularly around the waist area, you're putting yourself at risk for a myriad of health problems, including high blood pressure, high blood cholesterol, high triglycerides, diabetes, heart disease and stroke. Try to reach a healthy weight - and stay there. To lose weight, most women should eat 1,200 to 1,500 calories a day, but not less than 1,200.

Loneliness can happen at any age

One really is the loneliest number, no matter what your age. Once thought of as affecting primarily the elderly, loneliness is a growing problem in America.

The U.S. Census Bureau reports that more than 10 million Americans 65 or older live alone. Even as many remain independent and active, there are a growing number of seniors that feel isolated and lonely. According to a recent American Sociological Review report, the average American has only two close friends in whom they would confide on important matters. In addition, the U.S. Census reveals that one out of four households (27.2 percent) consists of just one person. These factors have contributed to a growing number of Americans who experience social isolation or loneliness.

"People that lack a solid social network of family and friends or have few social skills to develop relationships are more likely to experience loneliness and in turn isolation," says Liz Drew, national executive director of Little Brothers - Friends of the Elderly. "This is especially true with our elderly friends who are often faced with little or no family in the area, friends who have passed away or health conditions that restrict them from getting around."

Loneliness can mean different things to different people, but in all cases it is a situation that can be improved through positive intervention. Whether you know someone who is experiencing loneliness or would like to make efforts in your own life to promote a better sense of belonging for yourself, here are a few suggestions:

1. Make an "appointment" with a family member or friend to talk weekly. If you set aside a designated time, you're more likely to make it a part of your regular routine and something to look forward to. It's also a great way to check in on someone and their well being.

2. Look for community activities and organized groups that appeal to your interests, hobbies and age group. For instance, civic organizations, service groups, and religious services provide an opportunity to meet new people that have common interests and are from your area. For older Americans, Little Brothers - Friends of the Elderly is a national network of non-profit organizations that provides social services, home visits, social gatherings and companionship to those who are lonely and isolated.

3. Introduce yourself to neighbors and people you come in contact with on frequent

errands, walks or other interactions. Don't be afraid to say "hello" to someone as it can put a smile on your face and the faces of others around you.

4. Whether you are working or retired, think of the skills and knowledge you can provide to others in your community. Volunteer your time at local schools, park districts, libraries or other community facilities and you will walk away feeling more fulfilled and making new friends of different ages.

5. Remember that it is not the quantity of relationships you have, but the quality that counts. When you are socializing with others, take the time to get to know the person you are with and develop a more trusting relationship. For example, there is a matched volunteer program with Little Brothers - Friends of the Elderly that connects seniors with a "friend" that visits them on a regular basis and develops a longstanding relationship. All services are offered to the elderly at no charge.

To learn more about how to relieve loneliness and isolation among the elderly, call Little Brothers - Friends of the Elderly at (312) 786-1032.

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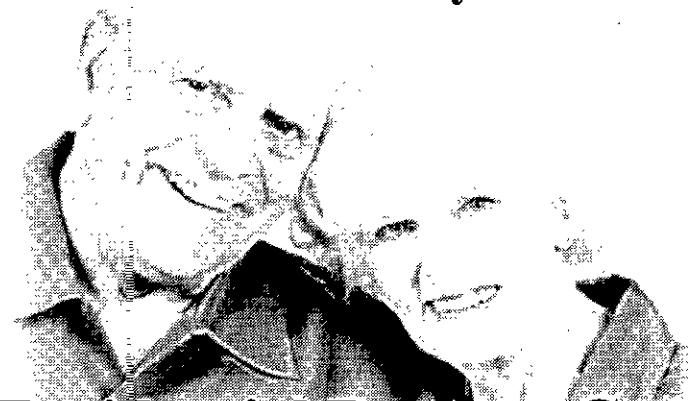
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Heart failure medication can be a life saver

For heart failure patients, the right medications can have a big impact on quality of life. Not only do they help stabilize heart function, they can also help patients live longer, have fewer symptoms and stay out of the hospital.

But to be effective, patients must take an active role in understanding the medicines they are taking and foster open communication with their health care providers about how the medicines are affecting their health.

For example, some patients may be tempted to stop taking their medicine when they start to feel better. However, it is important to continue taking the medicine, as its purpose is not only to make the patient feel better

in the short run, but also to treat the underlying disease and improve health in the long run.

Conversely, if a patient is taking medicine and feeling worse, or not feeling any better, it is

important to discuss this with a doctor, as medicines may need to be changed or adjusted for maximum benefits. Some of these symptoms may be side effects from certain medicines.

Most people with heart failure require several medicines for the best results. The list below describes the most common medicines available that may be prescribed for heart failure patients, courtesy of the Heart Failure Society of America. Patients

should ask their doctor or their nurse

for complete information on any medicines they are taking.

• **ACE Inhibitor Pills** - This medicine works by blocking the effects of harmful stress hormones. They also control

high blood pressure and prevent heart attacks. They do not usually cause a lot of side effects in most people but in some they can cause cough or rarely, swelling of the mucous membranes

in the mouth.

• **Beta-Blocker Pills** - This group of medicines improve heart function. They also control high blood pressure, prevent heart attacks, and help regulate the heart rhythm. They work by blocking the effects of harmful stress hormones. Side effects include dizziness, fatigue, fluid buildup and wheezing.

• **Diuretics** - Also called water pills, these work by helping the body get rid of extra fluid. Less fluid in the lungs makes breathing easier and means less swelling in other parts of the body. Patients taking a diuretic should have their potassium levels checked periodically. Diuretics can also cause people to lose too much fluid and become dehydrated.

• **Digoxin Pills** - Improve heart function by making the heart beat stronger and also may help to correct hormonal imbalance that makes heart failure worse. Patients with heart failure breathe more easily and feel better as a result. Excessive amounts of digoxin may cause nausea or vomiting, blurred or colored vision or abnormal heart rhythm, which may cause palpitation or black outs.

• **Aldosterone Antagonist Pills** - These work by blocking the effects of a stress hormone called aldosterone. One study shows that people with advanced heart failure who take aldosterone pills live longer and stay out of the hospital. It can increase potassium levels and can cause breast enlargement or tenderness, especially in men.

• **ARB Pills** - These reduce the impact of certain harmful stress hormones. They have actions similar to those of ACE inhibitors and may be recommended for people who can not tolerate an ACE inhibitor. They can cause dizziness, decrease in blood pressure or problems with kidneys or potassium level.



• **Combination Isosorbide Dinitrate and Hydralazine Pills** - this combination is called a vasodilator because it relaxes blood vessels and eases the work of the heart. The combination may work particularly well in people of African American descent. This combination can cause headaches, especially right after patients start taking the pills. Other side effects include dizziness, nausea, vomiting and feeling lightheaded or even fainting if patients drink alcohol or do not drink enough fluids.

Patients need to be sure to

tell every doctor and nurse they see that they have heart failure and what medicines they are taking including over the counter or herbal remedies. Certain medicines can make heart failure worse. Heart failure patients should be particularly cautious about taking non-steroidal anti-inflammatory medicines (NSAIDs), calcium channel blockers and most antiarrhythmic medicines.

For more information on heart failure, visit the Heart Failure Society of America Web site at www.abouthf.org.

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Retirement savings

What you should know

The thought of retirement conjures up images of exciting travels, more attention paid to neglected or new hobbies, and spending more time with family and friends. But before a person reaches this time in life, it is

important to build a solid, fruitful retirement savings plan before he or she says goodbye to work life.

Joyce Hall-Yates, paralegal instructor at Brown Mackie College-Findlay in Ohio, says that it is never too late to focus on constructing a personal retirement savings plan.

"I believe that most employees do not take advantage of retire-

ment plans to the greatest extent possible," she says. "Often, retirement years seem so far distant that the need for these funds are not looming. Young people tend to pay imminent bills. But even if a person begins to commit to \$50 a paycheck, the payoff at retirement can be large."

At the end of each year, every employee should review his or her financial situation, to see how much more he or she can deduct into retirement savings.

"There is a perception that most people think investing in the market is complicated," says Hall-Yates. "Investing assets is not difficult, as long as a person has time to overcome the ups and downs of the investment market. Employers' 401K plans usually allow an employee to make choices for his funds to be invested into different stock or bond mutual funds."

According to Hall-Yates, most employees should follow a simple rule: If an employee is younger than 50 years old, he should have a higher percentage of his retirement funds in a stock-based mutual fund. Starting at age 50, the employee should move a small percentage of his retirement funds

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SAVINGS,
continued on Page S7

Are seniors eating right?

Older adults have all heard what they should be eating each day. Three servings of fat-free or low-fat milk, cheese or yogurt. Three or more ounce-equivalents of whole-grain products. And abundant amounts of fruits and vegetables, striving for variety across all five vegetable subgroups. But how many people 50 years or older, are actually meeting those daily nutrition requirements?

The American Dietetic Association and the American Academy of Family Physicians have estimated that 20 to 60 percent of older adults in home care, and 40 to 85 percent of those in nursing homes, are at risk of malnutrition. Similarly, the Institute of Medicine estimates that approximately 40 percent of community-residing persons 65 years and older have inadequate nutrient intakes.

In 2005, the United States Department of Agriculture released its innovative MyPyramid food guidance system and updated guidelines for Americans 2005, advocating a diet rich in fresh fruits and vegetables; whole grains; lean meats, poultry, fish, beans, eggs and nuts; and fat-free or low-fat milk and milk products. In addition to good eating, the Dietary Guidelines recommend supplementation of vitamin D and B12 for older consumers through fortified food or supplements.

Even with these new recommendations, however, many Americans are still failing to meet their average daily nutritional requirements, due to confusion about what to eat, difficulty in creating well-balanced meals, and budgetary restrictions. To address this concern, the U.S. Congress stated, in their recently passed Older Americans Act, that "when the nutritional needs of older Americans are not fully met by diet, a single, daily multivitamin-mineral supplement may help prevent nutrition deficiencies common in many older Americans."

"For years, people have intuitively known that taking a daily multivitamin made good nutrition sense," says Dr. Richard Cotter, assistant vice president of Global Nutritional Sciences for Wyeth Consumer Healthcare, one of the world's leaders in the development, manufacturing and marketing of nonprescription



medicines, vitamins and nutritional products. "Now they have the affirmation of the U.S. government to reinforce their behavior, which will hopefully also inspire other seniors to adopt similarly positive habits."

Here are six ideas for what you can do to improve your nutrition:

- Take a multivitamin formulated for seniors. One multivitamin for those over 50 to consider is Centrum Silver. It provides folic acid, vitamin D and higher levels of calcium and vitamins B6, B12 and E to help maintain heart health and strong bones. It also helps our bodies convert food into energy and has key antioxidants to help promote eye health and to help protect against cell damage that naturally occurs as we age.

- Eat plenty of fresh, frozen, dried and/or canned fruits and vegetables. Indulge in seasonal varieties, whenever available, to add interest to your menus and save money. During the colder months, frozen and canned varieties pack similar nutritional punches.

- Choose fat-free or low-fat milk and milk products, including lactose free or lactose reduced milks, yogurts, and natural cheeses.

- Lighten up on meats, alternating lean cuts with protein-packed poultry, beans, fish, and nuts and seeds. Since the latter three contain healthy oils, try to consume these foods more frequently than meat or poultry.

- Speaking of oils, they're not all created equal. Polyunsaturated or monounsaturated fats,

found in fish, nuts and vegetable oils, offer essential fatty acids and vitamin E and do not raise LDL cholesterol levels in the blood. The same cannot be said of solid fats containing saturated fats and/or trans fats.

- In colder climates, when it's challenging to get 10 to 15 minutes of direct sunlight exposure, two to three times per week, make sure to include Vitamin D-fortified dairy products, egg yolks, saltwater fish and liver to maximize calcium absorption and bone health in addition to supplemental vitamin D through a multivitamin.

For more information on Centrum Silver and vitamins and minerals, visit www.centrum.com/products/silver/about.asp.

SAVINGS, from Page S6

into bond funds, until at the age of retirement he has a larger portion in bond funds than in stock funds.

What should a fresh-out-of-college professional be doing today to start planning for a healthy retirement savings? A young new professional needs to immediately create a program to build retirement assets. To create a program that is simple to follow, a person must understand the time value of money and use this concept to create his/her own wealth.

"The most important, immediate step that a young professional needs to take is to create an automatic retirement savings plan. Young professionals should sign up for payroll deductions into the company's 401K plan," says Hall-Yates. Most companies

will match a certain percentage of an employee's 401K savings. A professional should deposit a percentage from salary that takes advantage of any employer match.

Here are personal finance milestones from Hall-Yates that a person should consider in building up a successful retirement savings:

- In your 20s: Set up a retirement plan through an employer's 401K plan. Choose to invest at least 60 percent of retirement funds into stock funds. The remaining should be invested in bond funds with a

small amount into cash funds.

- In your 30s: Continue deducting the maximum amount possible into a 401K plan. Choose to invest over 50 percent of retirement funds into stock funds; the remaining should be invested in bond funds with a small amount into cash funds. Review with a tax accountant or financial attorney what other retirement accounts an employee can create. Deposit to any additional retirement accounts through automatic bank account transfer.

- In your 40s: Continue investing in other retirement funds.

Schedule a review with a licensed investment advisor to obtain recommendations regarding current retirement portfolio. Schedule a review with your tax accountant and financial planning attorney once a year to modify your plan to accommodate any legal

changes or opportunities. Be sure to create any estate planning documents necessary to fulfill your objectives.

- In your 50s: Schedule a review with a licensed investment advisor to obtain recommendations on reducing risks in retirement assets. A person should not only give the advisor information regarding his goals and objectives in retirement, but her family needs as well. Schedule a review with tax accountant and estate planning attorney. And finally, make plans to enjoy retirement!



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Tips for traveling during the golden years

For many seniors, the golden years are a time to reward yourself after a life on the job or raising the kids at home. Many seniors follow their dream of travel in the retirement years. Whether it's seeing the grandkids across the country or an adventure across the globe, it is important to keep some things in mind to ensure you get the most out of your trip.

Money

These days it makes sense to limit the number of credit cards you carry when you're on the road. Consider bringing just one or two cards so if they are lost or stolen, you can limit your exposure and have fewer credit companies to deal with. If you are traveling outside of the United States, consider using traveler's checks or ATMs instead of carrying large amounts of cash. You can convert traveler's checks to local currency as needed and ATMs will output local currency as well.

Transportation

Whether you are sitting in a car or in an airplane, remember to stretch and move your body once and a while to ensure blood flow and avoid muscle stiffness. Before you go, check out the many Web sites that provide tips on airplane stretches. If you are driving, pull over for short breaks to take a walk and stretch your legs.

Health and Medicine

Make sure that you pack medicine for the entire length of your trip and several extra doses in case one gets misplaced. When flying, carry original containers on the plane so if luggage gets lost or delayed, medicine is still available. Also keep in mind U.S. medical insurance is generally



not accepted outside the United States. Review your policy to find out details.

Hotel

Many hotels are "senior friendly." If you require an elevator or extra large numbers on your room alarm clock or have any other concerns, call and ask prior to your stay. Most hotels are happy to accommodate your special requests or have amenities for travelers with disabilities. A quiet night's rest is essential to a great trip. Some hotels make this a priority. For example, AmericInn uses "SoundGuard" construction, a unique system that reduces sound so guests enjoy a quiet night's rest and are refreshed and recharged for the

next day's adventures.

Bargains

With a little planning and homework you can save a significant amount of money. By avoiding peak times seniors can often take advantage of reduced rates at hotels, restaurants and attractions. And by visiting the attractions during the week instead of the weekend, you may avoid the big crowds too. Be sure to ask if there are discounts or specials for seniors. Some hotels save you money and hassles by offering complimentary breakfast and free Internet access.

Clothing

Carefully consider the cloth-

ing you'll need but don't over pack. Think about the climate where you will be visiting and bring an extra outfit for unexpectedly hot or cool weather. A sweater or light scarf can be especially useful for cool evenings or air-conditioned airplanes and restaurants. Wearing clothing in layers and having comfortable walking shoes is a must.

Additional Items

Traveling is less stressful when you've thought through the details ahead of time. Keep a list of friends' phone numbers handy as well as emergency contacts including doctors and credit card companies. If you have allergies or other medical conditions, carry a doctor's note that

explains your treatment should it become necessary. And keep hotel and flight numbers handy to verify reservations prior to arriving. Remember, you're traveling for fun. Don't forget to have some.

Common sense is the most important thing to bring on your trip. But correct packing, finding a quiet, comfortable hotel and following these simple steps for seniors can help you make the most of your adventure. AmericInn has over 210 hotels in 23 states. See for yourself, AmericInn leaves you refreshed and recharged for another day of travel and fun. For more information, visit www.americinn.com/ara.

DIETARY, from Page S1

supplements. The most rigorous of testing services is offered by The United States Pharmacopeia (USP), recognized by the FDA as the standard-setting organization for medicines and supplements. USP tests supplements through its USP verified service and awards a special identifying mark - the USP Verified Mark - to products that meet its stringent requirements. Dietary supplement manufacturers voluntarily participate in this program to verify the quality of their products.

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stated on the label, but it does not require that they be validated.

- Has been tested for harmful levels of contaminants. Random off-the-shelf tests have shown that some supplements may contain lead, mercury, other heavy metals, pesticides, bacteria, and molds. USP does random off the shelf testing to ensure that the products that have been provided the USP Verified Mark still meet the necessary program requirements.

- Will release and dissolve so that the body may absorb the ingredients. If a supplement does not break down properly to allow ingredients to dissolve in the body, you may not receive the full benefit of its contents.

- Contains ingredients in the amounts stated on the label. Some supplements may contain significantly less or more than the claimed amounts of key ingredients. Since dietary supplements are regulated as food, not drugs, they do not have to be approved for effectiveness by the FDA. The Dietary Supplements Health and Education Act of 1994 (DSHEA) does require that ingredients are

- Was made according to good manufacturing practices. Assurance of safe, sanitary, well-controlled, and well-documented manufacturing and monitoring processes is a good indication that the manufacturer is concerned about the quality of their products.

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The springtime will bring a 'big read' to the area

This spring, libraries, museums, schools and other institutions in Albany and Rensselaer counties will devote programs, discussions and exhibits to Zora Neale Hurston's *Their Eyes Were Watching God*. Multiple copies of this Harlem Renaissance classic will be available for our patrons and their home book groups. The book is also the choice for our library discussion groups in May.

We've planned a great lineup of events and exhibits. Watch this column and the March/April edition of the library newsletter for details.

The Big Read is an initiative of the National Endowment for the Arts in partnership with the Institute of Museum and Library Services and Arts Midwest. Our

Check It Out Bethlehem Public Library

area's Big Read is cosponsored by the New York State Writers Institute and the Upper Hudson Library System. UHLS is the recipient of a \$20,000 grant for the project.

Gospel Train's a-comin'

Mark your calendars for The Gospel Train, pulling in at the library on Sunday, Feb. 18 at 2 p.m. The Gospel Train is a musicological/historical program of American spiritual and religious songs from the Civil War to civil rights.

Musicians Tom Lindsay and Michael Eck draw from a variety

of sources within the African-American and Anglo-Saxon traditions, including slave songs, lining hymns, and the music of guitar evangelists, bluegrass bands and gospel singers.

Lindsay and Eck will accompany themselves on guitar, mandolin, dobro, autoharp and banjo. They'll also talk about the themes, sources and historical context of the songs they sing.

Tom Lindsay has pursued a long career as a recording engineer. He is also a nature photographer whose work has appeared frequently in national and regional publications. Michael Eck, a songwriter and Slingerlands native, has three solo albums to his credit. He is also a nationally recognized music critic and a visual artist focusing on American roots musicians.

Join us for an exploration of the many sounds and styles of 19th and 20th century American sacred music.

Book ends

• Preschool films
Friday, March 2, 10:30 a.m.
"Caps for Sale," "Chrysanthemum," "How Do Dinosaurs Say Goodnight," "Here Comes

the Cat"

• A little Sunday music
Sunday, March 4, 2 p.m.

Cellist David Gibson and composer Mary Jane Leach. Free and open to the public.

• Art on a cart: St. Patrick's Day craft

March 5 to 10

Monday to Friday 3:30 to 8:30pm; Saturday, 10 a.m. to 4:30 p.m. All ages welcome.

• Daybooks

Monday, March 5, 1:30 p.m.

The Sportswriter by Richard Ford. New members welcome. Books available at the information desk; other formats may also be available.

Louise Grieco

• All library programming is free and open to the public. The Bethlehem Public Library is located at 451 Delaware Ave., Delmar. For information, call 439-9314.

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Shrove Tuesday pancake supper

St. Stephen's Episcopal Church in Delmar hosts its annual Shrove Tuesday pancake supper on Tuesday, Feb. 20. Chef Pascal Caballero offers blueberry pancakes, scrambled eggs, potatoes Lyonnaise, and sausage. First seating is from 5 until 6 p.m. and the second is from 6 until 7 p.m. The cost is \$8 per person to benefit the mission and outreach programs of the church.

St. Stephen's is located at the corner of Elsmere Avenue and Poplar Drive in Delmar. For information, call 439-3265.

RCS seeks board of education member

The RCS Board of Education is seeking interested community residents to apply to fill the board seat vacated by Dick Brooks.

Anyone interested in filling the post should contact the RCS Business Office at 756-5200, ext. 6000, or stop by the office to pick-up an application. The office is located at 26 Thatcher St., Selkirk.

Applications to be appointed to fill the position are due by Monday, Feb. 26. If the board does appoint a successor to

Brooks, that person will have to seek election on May 15 to remain in the post.

To be eligible for the position, a candidate must be 18 years old and a resident of the district. Brooks resigned citing a scheduling conflict with his duties as a trustee at Columbia-Greene Community College.

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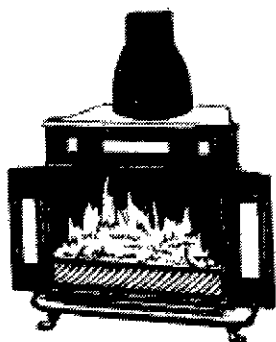


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Internships give students a taste of real-life careers

By JILL U. ADAMS
news@spotlightnews.com

Dave Amiri is a senior at Bethlehem Central High School who is interested in broadcast journalism. Christine Catalano, another senior, thinks she'd like to go into business.

Both students put their ideas to the test this year, through internships at local businesses. They found their posts through the school district's Career and Technical Education Department.

"I had an idea of what I wanted to do," said Amiri. "I thought it was a good idea to check it out. I'm glad I did."

Amiri worked at WXXA television station in Albany and said he most enjoyed accompanying news crews to local events, like the Schenectady holiday parade and sporting contests.

Amiri was also asked to confirm news tips that came into the station, said Dan Levy, the assignment director at the station and Amiri's supervisor.

"Dave made police calls, fire calls, public relations calls, to shore up facts," said Levy. And he tried his hand at writing scripts.

Levy, who was once an intern himself, is a fan of the practice.

"It's an invaluable experience," he said. "It's hands-on learning, and it gets your foot in the door."

Amiri said he found that the job wasn't exciting all the time. Like any job, there are portions that are workaday dull and times when there wasn't much for him to do.

Beyond the practical application of skills, internships offer a sharing of experiences. Amiri asked Levy about his background, what he studied, what jobs he'd had. Levy talked about the many paths a degree in communications might take, from TV to newspapers, from reporting to producing.

Two modes of work are available to students in internships, said Karen Olewnick, supervisor of Career and Technical Education at Bethlehem. The Career Exploration Internship Program (CEIP) is unpaid job-site placement and Cooperative Education (Co-Op) is paid, part-time employment for students.

"The 'E' in CEIP is for exploratory, which defines its purpose," said Olewnick. It gives students the chance to explore something and help them make more informed choices as they proceed in life. Students earn credit for their internships, and there is a classroom component in which

Olewnick works with students to identify their interests and clarify their values. Students pinpoint strengths and weaknesses and write an entry-level resume.

Without the preparatory effort, Amiri said, he would have been "awe-struck" at the TV station.

Dan Levy

works weekday afternoons as a records specialist at Farm Family, an insurance company in Glenmont. Seeing the reality of running a business left her less certain about her own ambitions.

"I'm not sure if I could do

that," she said.

Speaking about both the class work and the onsite work, Catalano said, "You learn a lot about yourself: what you like and what you don't like; what you can do and what you can't do."

Olewnick's participation also extends beyond the classroom door. She visits every job site before placing a student, then makes a second visit with the student for a meeting with the student's mentor to prepare a training plan. She also checks in at least once during a student's work hours.

Olewnick has about 50 businesses in her database and said, "It's growing all the time." Many, like WXXA, are repeat participants, sponsoring a series of interns over the years.

Businesses find it "re-

freshing" to have a part-time employee, said Olewnick. "It's a means to share knowledge, a chance to hone future employees."

Mentors evaluate students on positive employee traits, like punctuality, effort, asking questions and good attitude, said Olewnick.

Once placed, students can share their experiences with their peers. Olewnick uses an online tool called Blackboard to run the class. In addition to allowing her to stay in contact with students, it is a forum for discussion among students about their jobs.

"I'm reaching out to other schools with CEIP," said Olewnick, which could broaden the discussion group across school districts.

Applications being accepted for student and educator awards

The Guilderland and Bethlehem YMCAs are accepting applications for The 10th annual outstanding student and outstanding educator award. All students in grades 10 to 11 residing in the communities of or attending schools in Berne-Knox-Westerlo, Bethlehem, Guilderland, Ravena-Coeymans-Selkirk, or Voorheesville are eligible to apply.

Students will be honored based on demonstrated

leadership and dedication in service to their communities or schools, making responsible and positive choices even when negative peer pressure makes those choices difficult, and exhibiting a character trait that embraces the values of all YMCAs nationally: caring, honesty, respect, and responsibility. Applications are due at the Guilderland or Bethlehem YMCA on Friday, March 16. Stop by either YMCA or

contact Aaron Donahue, program director, at 456-3634, ext. 36 for an application.



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

Obituaries *in the* Spotlight

John R. Clark

John R. Clark, 95, of Delmar, died Monday, Feb. 5, at St. Peter's Hospital.

Born in Clifton Park, he graduated from Schenectady High School and Rensselaer Polytechnic Institute. He was employed by the state Health Department for more than 25 years, and then by the state Department of Education where he retired in 1973 as assistant commissioner for administrative services.

He served in the second division of the U.S. Army in World War II, and was injured in the Battle of the Bulge. He was awarded the Purple Heart and Bronze Star.

He was predeceased by his wife, Ruth M. Cody, who died in 1977 and his infant son, Richard John.

Survivors include his wife, Anne L. Clark; three daughters, Mary Zibelli of Nantucket, Mass. and Boca Raton, Fla., Susan Blackburn of Millersville, Md. and Alice Saunders of Middletown, Conn.; five grandchildren; three great-grandchildren and two stepchildren, Deborah Mayer of Hudson, and Byrne W. Mayer Jr. of Stratham, N.H.

He was a former member of the University Club and Albany Country Club and played in the Helderberg Seniors Golf League at Western Turnpike Golf Course. He was a communicant at St. Thomas the Apostle Church in Delmar for many years.

Services were from the Meyers Funeral Home, Delmar. Contributions may be made to a charity of one's choice.

William T. Lyon

William T. Lyon, 86, of Selkirk, died Thursday, Feb. 1, at Heartland Hospice.

Born in Philadelphia, he was raised in Cedar Hill and attended Albany Academy, Amherst College and Emory University. He served as a Naval flight instructor during World War II and worked until retirement in the insurance business.

He was an avid tennis player at Cherokee Town Club and an enthusiastic coin and stamp collector. He was an active member of the Church of the Apostles.

He was predeceased by his wife, Gloria Anne Melchor Lyon.

Survivors include two daughters, Lynne Sechler of Denver and Liz Kite of New Orleans; a son, William Thompson Lyon Jr. of Atlanta; a sister, Betty Lyon Van Ostenbrugge of Cedar Hill; a brother, Robert L. Lyon of Homosassa, Fla.; and four grandchildren.

Services were from H.M. Patterson & Son, Spring Hill Chapel, 1020 Spring Street N.W., Atlanta, Ga., 30309.

Mary Tartaglia

Mary Grace Tartaglia, 98, Tartaglia, of Delmar, died Sunday, Feb. 4, at the Good Samaritan Lutheran Health Care Center in Delmar. Born in 1908 in Gildone, Italy, she came to the United States as a young child with her family and settled in Albany. She was a graduate of Albany High School and was employed for many years with the state Department of Tax and Finance until her retirement.

She was an accomplished seamstress and excelled in knitting, crocheting and embroidery. She also enjoyed drawing, painting and writing poetry. She was a member of Trinity United Methodist Church in Albany and Order of the Eastern Star.

Survivors include a sister-in-law, Teresa V.

Tartaglia, many nieces, and nephews and their children, grandchildren and great-grandchildren.

Services were from the Tebbutt Funeral Home of Albany.

Ann M. McGinty

Ann M. McGinty, 73, of Glenmont, died Tuesday, Feb. 6. Survivors include her husband, Peter J. McGinty; three daughters, Carolyn McGinty Adragna, Colleen McGinty Rossi, and Mary Catherine McGinty LaPointe; three sons, Francis P. McGinty, James P. McGinty, Peter A. McGinty; a sister, Mrs. Jane Ringo; and nine grandchildren.

Services were from the Applebee Funeral Home, Delmar. Contributions may be made to the Cardiac Critical Care Unit at St. Peter's Hospital c/o St. Peter's Hospital Foundation, 319 So. Manning Blvd., Suite 309, Albany 12208.

Olive Orsini

Olive Orsini, 85, of Altamont, died Monday, Feb. 5, at Amsterdam Memorial Health Care Center.

She was a loving mother, grandmother and great-grandmother and was totally devoted to her family.

Survivors include two daughters, Karen Terleckey of Amsterdam and Helen J. Gerry of Niskayuna; nine grandchildren and 18 great-

grandchildren.

Services were from the Fredendall Funeral Home, Altamont. Contributions may be made to St. Lucy's Church, PO Box 678, Altamont 12009 or to the Children's Hospital at Albany Medical Center, 43 New Scotland Ave., Mail Code #119, Albany 12208.

Leroy Vandenburg

Leroy Vandenburg, 98, of Voorheesville, died Thursday, Feb. 1 at Our Lady of Mercy Life Care Center.

Born in Syracuse, he was a performer and a musician. He played the piano and organ for silent movies in the 1920s and was a well-known musician in the area. He taught piano, organ and the accordion for over 70 years. He was the organist

at St. Matthew's Lutheran Church for more than 48 years, and a respected piano tuner for over 40 years. While residing at Our Lady of Mercy Life Center, he entertained the residents by playing early pop hits on the organ.

He was the widow of Eleanor S. Davies Vandenburg.

Survivors include a daughter, Shirley Greene, five grandchildren, and nine great-grandchildren.

Services were from the New Comer-Cannon Family Funeral Home, Colonie. Contributions may be made to the Northeast Association of the Blind; Our Lady of Mercy Life Center; or Community Hospice of Albany.



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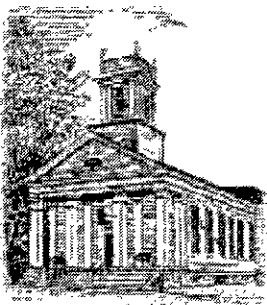
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Milestones *in the* Spotlight

Hummel, Wolfe engaged

Danielle Marie Hummel, daughter of Robert and Barbara Hummel of Glenmont, and Russell Wolfe, son of Ronald and Patricia Wolfe of Alcove, are engaged to be married.

The bride-to-be is a graduate of Ravena-Coeymans Selkirk, Binghamton University and The College of Saint Rose.

She is a biology teacher at

Ravena-Coeymans Selkirk High School in Ravena.

The future groom is a graduate of Ravena-Coeymans Selkirk High School and Columbia Greene Community College.

He is a paving foreman of Callanan Industries Inc. in Schenectady.

The couple plans a Dec. 29 wedding.



Allison Walter and Matthew Hirsch

Walter, Hirsch to marry

Allison C. Walter, daughter of Thomas and Christine Walter of Voorheesville, and Matthew Hirsch, son of James and Mary Hirsch of Clifton Park.

The bride-to-be is a graduate of Voorheesville High School and Seton Hall University.

She is an environmental chemist for the state Department of Environmental Conservation in Albany.

The future groom is a graduate of Shenendehowa High School and the University at Albany.

He is also an environmental chemist for the state Department of Environmental Conservation in Albany.

The couple plans a June 2 wedding.

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Dean's List

SCCC President's List

Anthony Califano, Christina Luckette and Joan Plue, all of Altamont.

Michael Leczinsky and Ashley Ryan of Delmar.

Ellen Hammond and Iris Mulhern of Feura Bush.

Gayle Aube and Jeffrey Orkovitz of Slingerlands.

Amy Hood of Voorheesville.

Binghamton University

Emily Gollop of Delmar.

Fordham University

Ann DeLucco of Delmar.

University of Rhode Island

Amy Bloomfield and Anne Bloomfield, both of Voorheesville.

Breanna Butler and Eric Zell, both of Glenmont.

Michelle Gardiner, Megan

Klim, Emily Matthews, Emily Thomas and Jessica Wolchok, all of Delmar.

Kateri Gecewicz of Selkirk.

Emily Labate and Laura Molino, both of Slingerlands.

Albany College of Pharmacy

Tyler Nichols of Voorheesville.

Hamilton College

Mark Fitzsimmons of Glenmont.

Mount Saint Mary College

Jennifer Zindle of Slingerlands.

SUNY Cortland

Roxanne Piegare of Glenmont. Caitlin Mooney of Delmar.

Clarkson University

Steven Bruinner of Delmar.

Adam Storm of Feura Bush.

Karyn Cioppa of Selkirk.

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Senior Workshop Series

Every month, we offer older adults the opportunity to learn about health and wellness, technology, community action and the creative arts through our Senior Workshop Series. Workshops take place on Friday mornings from 9:00-11:00 and allow older adults to meet new people, learn something new, and get involved. Additional workshops will be added throughout the month. Make sure to check the Member Service Desk for new additions.

The World of E-mail Workshop

This workshop will assist older adults in setting up an email account and then give hands on instruction in checking and sending emails, opening and sending attachment files (like photos of grandchildren!) and creating an online address book. After this workshop, keeping in touch with family and friends will become easier than ever!

Generations Center

Contact the Membership Desk for times.

February: Original Greetings.

Move over Hallmark! You won't ever be tired of sending the same old greeting cards again. With this workshop, seniors will have the opportunity to create original greeting cards for birthdays, holidays or other special occasions using card stock and acrylic paints. No experience necessary.

February 2, 9, 16 Multi-Purpose Room

Materials Fee \$15 per workshop

March: Therapeutic Collage.

Express yourself through the art of collage. Portray a feeling or capture a special place, time, or person through your creation while listening to relaxing music. Your work of art may be framed at the end of the session. No experience necessary.

March 9, 23 Multi-Purpose Room

Materials Fee \$10 per workshop

Coffee Socials

Meet up on a week with friends in the Generations Center to talk about whatever is on your mind: the community, your grandchildren, that great new television show...the topics are endless!

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Entertainment *in the* Spotlight

By JENNIFER FARNSWORTH
news@spotlightnews.com

Gone are the days of boring winter school breaks filled with cabin fever. Parents and children will be able to enjoy a variety of activities next week, courtesy of our local museums and theaters.

Look heavenward

At the Schenectady Museum, children can look to the stars through a hands-on activity each day. The planetarium show with the new star projector will let children enjoy the tour of "The Story of Three Water Drops," a fascinating new photomicrograph exhibit.

"We are really excited about all of this year's programs during February break week," said Erin Breslin of the Schenectady Museum.

Breslin said to look for the Family Discovery Lab Telescopes Workshop on Saturday, Feb. 17. The lab gives guests a chance to build and learn how to currently use their own refractor telescope. The popular program costs \$6 for the telescope kit, which is yours to keep.

Make the most of things

At the Troy Children's Museum of Science and Technology, or CMOST, a week of discovery and adventure will keep young minds content. The museum will offer a variety of programs each day of the week, ranging from a chemistry adventure with balloons and rockets, to a pinhole camera workshop. The activities are geared for ages 7 and up. Pre-registration is required for the "Ready Set Action" chemistry workshop as well as the camera program.

For younger kids, the museum will offer a "Clues That Tell You A Tale," animal

Spy the sky at the Schenectady Museum with homemade refractor telescopes that are yours to keep.



The new star projector at the Schenectady Museum will let you view constellations while staying warm inside.

A flurry of mid-winter fun

Area museums offer countless cures for cabin fever

hibernation and migration program. The session is limited to 20 participants and is best for ages 4 and up.

Another program, "Making it work for you-simple machines," focuses on investigating devices found around the house, school and on the playground. This session requires pre-registration required and is recommended for ages 6 and up.

"We have something for every age and expect a high amount of interest," said Laurie Miedema, director of member and guest relations for CMOST.

On the last day of vacation, CMOST will hold a liquid nitrogen ice cream workshop that is sure to be popular.

Children will be able to make their own ice cream after exploring the properties of liquid nitrogen and seeing firsthand what happens to molecules as they experience changes in temperature.

Sing and smile

New York State Museum's illustrator for the cultural education center, Patricia Kernan, said the state museum will be bringing in special music and art programs.

On Sunday, Feb. 18, families can receive a free early 20th-century style complimentary photo to take home. The museum says the only requirement is a happy face.

"Music Jams" is held every



Magician Jim Snack will perform on Thursday, Feb. 22, during Steamer No. 10's Vacation Daze. Shows are at 10 a.m., 1 and 3:30 p.m. at the Albany theater. For information, call 438-5503.

Thursday, including during break, as an opportunity for all ages to listen to live music including that inspired by jigs,

waltzes, hornpipes and marches.

Other state museum "School's Out" programs will include a magnetic bookmark making workshop and a collage art chow. Kids can get a taste of spring with "Flowers and Fossils" programs with local artist Randi Bentley. Another favorite is the Iroquois beading exhibit, which will allow children to be interactive and hands-on while creating beaded objects.

To unleash a little energy, kids can check out the highly acclaimed "Time Tunnel Camp." This recreational day camp is for children grades first through seventh and is a combination of entertainment and recreation. Sessions meet weekdays from 9 a.m. to 4 p.m.

"There is tons of stuff," said Albert Gnidica of the state museum.

There are many more programs during February break week, and your best bet is to contact the museums for registration information including dates times for programs. Many sessions are limited, although the museums will have all of their regular exhibits open.

How to reach them

• The Schenectady Museum, 15 Nott Terrace Heights, Schenectady, 382-7890 or www.schenectadymuseum.org

• State Museum, Empire State Plaza, Madison Avenue, Albany, 474-5877, www.nysm.nysed.gov

• CMOST, 250 Jordan Road, Rensselaer Technology Park, Troy, 235-2120 or www.CMOST.org

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throws a curveball at America's
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...a remarkable regional premiere
...Recommended. —Michael Eck, *Times Union*

a grand-slam, base-clearing home run.
It should be seen. —Bob Goepfert, *The Record*

A Homer...an outstanding ensemble piece...

—Jim Yeara, *Metroland*

Contains adult subject matter and complete male nudity.

Arts & Entertainment

Theater

ORDEAL BY INNOCENCE

Agatha Christie play presented by New York State Theater Institute, Schacht Fine Arts Center, Russell Sage College, Troy, through Feb. 17, \$20 adults, \$16 seniors and students, \$10 children 12 and under. Information, 274-3256.

TAKE ME OUT

Baseball-based drama about a player who makes surprising disclosure, presented by Capital Repertory Theater, 111 North Pearl St., Albany, through Feb. 17, \$34-\$42. Information, 445-7469.

WITNESS FOR THE PROSECUTION

Agatha Christie's courtroom drama, pre-

sented by Curtain Call Theater, 210 Old Loudon Road, Latham, through Feb. 24. Information, 877-7529.

WIT

Presented by Home Made Theatre, Spa Little Theater, Saratoga Spa State Park, Saratoga Springs, through Feb. 25, \$19-\$22. Information, 587-4427.

Music

JERRY DOUGLAS BAND

Bluegrass music's best dobro player, Feb. 15, 7:30 p.m., The Egg, Empire State Plaza, Albany, \$28. Information, 473-1845.

TIERNEY SUTTON

One of the premier jazz vocalists in the

United States, Feb. 15, 8 p.m., WAMC Performing Arts Studio, Central Avenue, Albany, \$23. Information, 465-5233, ext. 4.

"70'S SOUL JAM"

Featuring R&B legends the Stylistics, Emotions, Chi-Lites and the Manhattans, Feb. 16, 8 p.m., Palace Theatre, corner of Clinton Avenue and North Pearl Street, Albany, \$32.50-\$42.50. Information, 476-1000.

NICOLE PEYRAFITTE & PIERRE JORIS

Combination of music, poetry and performance art in celebration of new CDs "The Bi-Continental Chowder" and "Routes, not Roots," Feb. 16, 8 p.m., WAMC Performing Arts Studio, Central Avenue, Albany, \$18. Information, 465-5233, ext. 4.

THE GLENGARRY BOYS

Acclaimed Canadian Celtic band, Feb. 17, 8 p.m., WAMC Performing Arts Studio, Central Avenue, Albany, \$23. Information, 465-5233, ext. 4.

NEW RIDERS OF THE PURPLE SAGE

Country-rock ensemble, Feb. 22, 7:30 p.m., The Egg, Empire State Plaza, Albany, \$24. Information, 473-1845.

KELLER WILLIAMS

Acoustic singer-songwriter, Feb. 23, 8 p.m., The Egg, Empire State Plaza, Albany, \$22. Information, 473-1845.

"LET IT SWING"

Ederhostel gathering of musicians playing songs of the 1940s-70s, Feb. 15, 7:30 p.m., Best Western Sovereign Hotel, 1228

Western Avenue, Albany, free. Information, 438-1084.

DBR & THE MISSION

Genre-crossing band, Feb. 24, 8 p.m., The Egg, Empire State Plaza, Albany, \$24. Information, 473-1845.

Comedy

GEORGE CARLIN

Comedic legend, Feb. 24, 8 p.m., Proctor's Theatre, State Street, Schenectady, \$29.50-\$44.50. Information, 346-6204.

Visual Arts

NEW YORK STATE MUSEUM

"Represent: Selections from the Studio Museum in Harlem," through Feb. 25; plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF ART

"Snow Scenes," works by Walter Launt Palmer, through Feb. 25; "Paul Cushman: Thy Work and World of a New York State Potter, 1800-1850," through May 27; "The Autobiography of Bill Sullivan," a retrospective collection, through July 30, 2007; plus exhibits on Hudson River School painting, American sculpture and the history of Albany, 125 Washington Ave. Information, 463-4478.

SCHENECTADY MUSEUM

Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

ALBANY AIRPORT GALLERY

"Natural Selection," an exhibition presented by the Pember Museum of Natural History, through April 15, plus site-specific installations by Larry Kagan and Cara Nigro, as well as installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

LOCAL COLOR ART GALLERY

"Passion for Art," featuring works by Colonie Art League members, through April 30, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

EXPOSED

"Four Kings," images by Martin Benjamin, Gary Gold, Mark McCarty and Bill Murphy; "Cowgirls," images by Ronnie Farley, through Feb. 27, Main Square, 318 Delaware Ave., Delmar. Information, 475-1853.

NATIONAL MUSEUM OF DANCE

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

NEW YORK STATE MILITARY MUSEUM

"Battleground for Freedom: New York during the Revolutionary War," and "Lost Ladies: Women of the Civil War," ongoing, 61 Lake Ave., Saratoga Springs. Information, 581-5100.

SARATOGA AUTOMOBILE MUSEUM

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

THE HYDE COLLECTION

"Seeing David Smith: Photographs by Dan Budnik," through Feb. 25; "Rembrandt: The Consummate Etcher & Other Seventeenth Century Printmakers," through April 8, 161 Warren St., Glens Falls. Information, 792-1761.

CLARK ART INSTITUTE

"In Search of Lost Time: Ruins in Photography," through May 13, Williamstown, Mass. Information, (413) 458-9545.

Call for Artists

ALBANY TULIP FESTIVAL

Seeking visual artists — painters, photographers, sculpture artists and mixed media — for annual Mother's Day weekend celebration. Application deadline is Feb. 23. Information, 434-5416.

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

DRAW ME A HEART

ACROSS

- 1 Setting for "The King and I"
- 5 Houston player
- 10 Cut short
- 14 Generous nature
- 17 Darling
- 19 "Put a Little Love in ___"; Jackie DeShannon hit
- 21 Obliterator
- 22 Fiesta purchase
- 23 Flashing light
- 25 Negative
- 26 TV's "___ Haw"
- 27 Burl, for one
- 28 Sheep shelter
- 30 Arthur of TV
- 31 Sticky liquids
- 32 Like a Prof. Emeritus
- 33 Consequently
- 34 Winglike
- 35 Lunch spot
- 38 Move smoothly
- 40 Red food
- 41 Sharpens
- 42 Sign
- 43 Flowerless plant
- 44 Sign of affection
- 45 Be plentiful
- 46 Distribute
- 47 Annoy
- 48 Copper
- 49 Leipzig dwellers
- 52 Blood disorders
- 54 Put down
- 55 Worship
- 57 Also
- 58 Suffix for differ or coexist
- 59 Becomes firm
- 60 Pioneer kids' schoolteacher
- 61 With enthusiasm
- 62 Geographically central area
- 65 Small amount
- 66 French name
- 67 Beverage
- 68 Lean
- 69 Layer
- 70 Over
- 71 TV frequency band letters
- 72 Tumor: suf.
- 73 Exhibited
- 74 Select
- 75 In a cruel way

DOWN

- 79 Inconsolable
- 81 Reasonable
- 83 Sea eagle
- 84 Juan's aunts
- 85 Primary
- 86 Barrels: abbr.
- 87 Zone
- 88 "Coffee, Tea ___";
- 89 Pleasure craft
- 91 "Father of Modern Art"
- 92 Look over
- 93 By
- 94 Controversial rights org.
- 95 "Peg ___"; hit song about an Irish love
- 96 Coloring
- 97 Put one over on
- 100 Sorority letter
- 101 Early 13th-century year
- 102 Robert De ___
- 103 Common contraction
- 104 Average
- 107 Fraud
- 109 Omar ___
- 111 Most orderly
- 113 Glide over ice
- 114 Plea for mercy
- 115 Upper rooms

116 Notation to a printer

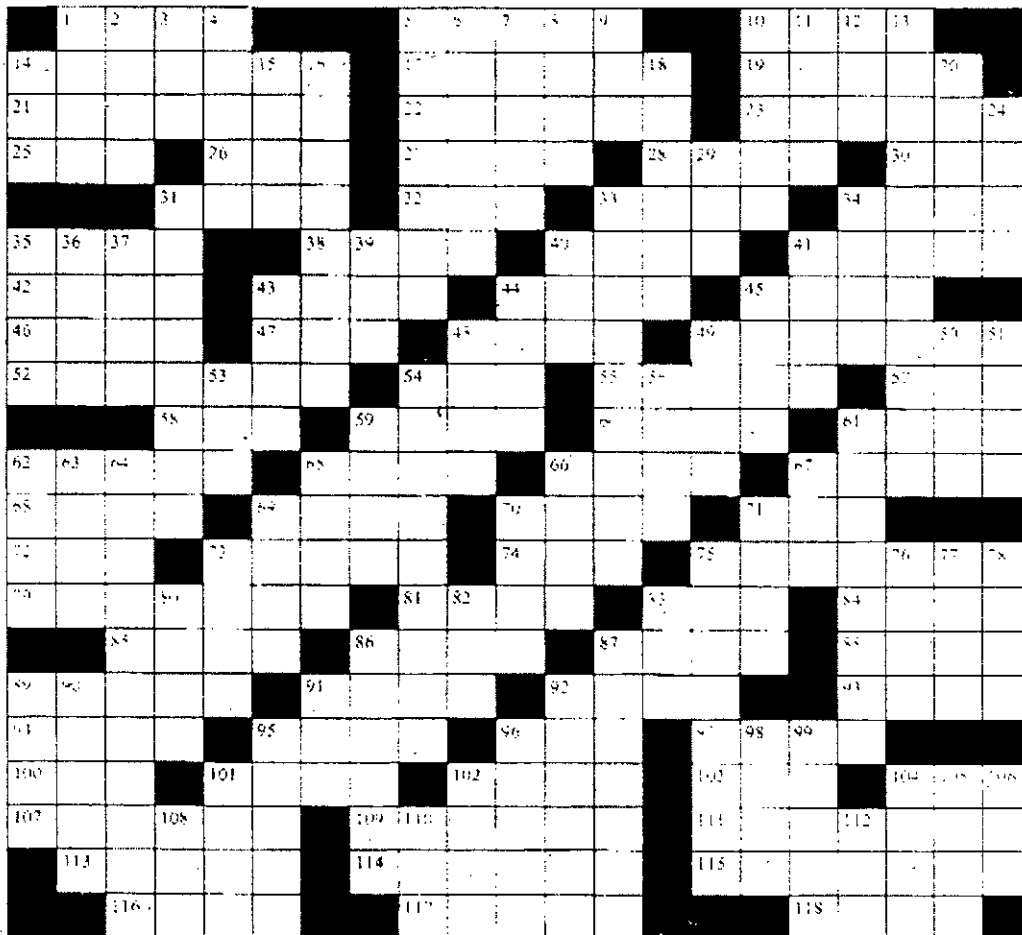
- 117 Shorebirds
- 118 Actress Mia
- 1 Item to sit on
- 2 Uncertain
- 3 Muslim title
- 4 Starbucks order
- 5 Headache chaser
- 6 Turn freely, as a chair
- 7 Doctrine
- 8 Motive: abbr.
- 9 Melvin Thomas
- 10 Unwanted growths
- 11 Memory
- 12 "___ Father, Who..."
- 13 Not yet settled
- 14 Encourage
- 15 Sly look
- 16 Pieces of furniture
- 18 Great sorrows
- 20 Pulsation
- 24 Items to lend?
- 29 Not home
- 31 Slum dwelling
- 33 Word with Old or New
- 34 Sound of impatience
- 35 Unconscious

state

- 36 Word of agreement
- 37 Throw a party for
- 39 Large boat
- 40 Container
- 41 Existed
- 43 Command
- 44 Openers
- 45 Semester
- 48 Peaceful
- 49 Pierce
- 50 ___ contendere
- 51 Bean plant
- 53 Mich.'s neighbor
- 54 Memorizes
- 56 Scandinavian
- 59 Became larger
- 61 Uncompassionate nature
- 62 Intimate talk
- 63 Leg
- 64 Awakeners
- 65 Singer Celine
- 66 Lasso
- 67 Señor
- 68 Guevara
- 69 At that time
- 70 Puts on
- 71 Part of the arm
- 73 Short theatrical sketch
- 75 Causing

mental

- anguish
- 76 Beget
- 77 Tibetan monk
- 78 River in Europe
- 80 Hawaiian island
- 82 Chicken ___ king
- 83 Age
- 86 Like a lad
- 87 Big red card
- 89 Linear measure
- 90 Longs
- 91 Sierra maker, familiarly
- 92 Damascene
- 95 Singing group
- 96 More urgent
- 98 Eye part
- 99 Fruits
- 101 Insect
- 102 Church part
- 104 Equal
- 105 TV dog, once
- 106 Turns sometimes allowed at red lights: abbr.
- 108 Dine
- 110 Head topper
- 112 ___-la-la



DOUBLE TAKE

By Mark Szorady



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3. PLANT DIFFERENT 4. ROCK MISSING 5. SEA FLOOR DIFFERENT
6. FISH MOVED 7. WORD BALLOON DIFFERENT

Calendar of Events *in the* Spotlight

Wednesday, Feb. 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 child-care 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.

Thursday, Feb. 15

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

FREE HEALTH LECTURES

Dr. Ron Stram and staff offer free health lectures every third Thursday of each month. All events at the Center for Integrative Health and Healing, 7:30 p.m. Registration recommended. Information and topics, call 689-2244 or visit www.cihh.net

BETHLEHEM ART ASSOCIATION

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

ADULT BIBLE STUDY

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

BETHLEHEM LUTHERAN (SEPTEMBER THRU MAY)

children's choir, 6:15 p.m., senior choir, 7 p.m., 85 Elm Ave. Information, 439-4328.

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.

SLINGERLANDS

SLINGERLANDS COMMUNITY UNITED METHODIST CHURCH

Slingerlands Community United Methodist Church, 1499 New Scotland Road, Slingerlands offers a contemporary worship service, "A Gathering" every Thursday from 6:30 until 7 p.m. Children are most welcome at the Gathering, and child care will be provided.

NEW SCOTLAND KIWANIS CLUB

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

Friday, Feb. 16

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.

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, Feb. 17

BETHLEHEM

AA MEETING

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

Sunday, Feb. 18

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.

NEW SCOTLAND

WORSHIP INFORMATION

All Nation's Baptist Church, 2558 West-

ern Ave., Gunderland, 475-9086, ESL and Bible classes, 9 a.m.; Worship Services, 10 a.m.

Clarksville Community Church, Route 443, 768-2916.

Family Worship Center, 92 Lower Copeland Hill Road, Feura Bush, 768-2021.

Faith Temple, New Salem, 765-2870.

First United Methodist Church, 68 Maple Ave., Voorheesville, 765-2895.

Jerusalem Reformed Church, Route 32, Feura Bush, 439-0548.

Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.

Onesquethaw Reformed Church, Tarrytown Road, Feura Bush, 768-2133.

New Scotland Presbyterian Church, Route 85, 439-6454.

St. Matthew's Church, Mountain View Road, Voorheesville, 765-2805.

Unionville Reformed Church, Delaware Turnpike, 439-5001.

United Pentecostal Church, Route 85, New Salem, 765-4410. DAY -

SELKIRK

BOARD OF FIRE COMMISSIONERS

Monthly meeting, 7 p.m. Information, 465-3193.

Tuesday, Feb. 20

BETHLEHEM

FARMERS MARKET (SPRING SUMMER AND FALL)

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.

PLANNING BOARD

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

BINGO

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

ONESQUETHAU LODGE 1096 F&AM

Masonic Temple, 421 Kenwood Ave.

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.

VOORHEESVILLE PTA

Elementary school cafeteria, 7:30 p.m. Information, 765-3644.

Wednesday, Feb. 21

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 child-care 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.

BETHLEHEM LIONS CLUB (NOT IN JULY OR AUGUST)

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857.

ALZHEIMER'S SUPPORT GROUP

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

SOLID ROCK CHURCH

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

CHENREZIG PRACTICE AND MEDITATION

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

ZONING BOARD OF APPEALS

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

EVENINGS ON THE GREEN (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.

BC SCHOOL BOARD

district office, 90 Adams Place, 7 p.m. Information, 439-7098.

BETHLEHEM ELKS LODGE 2233

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

HEALING TESTIMONY MEETING

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

NEW SCOTLAND

FAITH TEMPLE

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

PRAYER MEETING

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

NEW SCOTLAND SENIORS

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

AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. 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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• Wall Repairs • Painting
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20 Years
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Snow Removal
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SERVICE**

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• Stump Removal
• Storm Damage Repair

***WINTER RATES
NOW IN EFFECT*
15% SAVINGS ON
ANY WORK DONE
BETWEEN
Dec. 15th & March 15th**
FREE Estimates Jim Haslam
Fully Insured Owner
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• BRUSH CLEARING • STUMP GRINDING
• GUTTER CLEANING
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When you call us and put our
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Spotlight Classifieds

AUCTION

Land Auction 450 Props Must be Sold! Low Down/ E-Z Financing Free Catalog 800-975-6133 www.LAND AUCTION.com

AUTOMOTIVE FOR SALE

2003 Volkswagen Jetta Standard Shift 33,000 Miles \$10,500. 229-8357

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ALL CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. Includes 30 machines and candy. All for \$9,995. CALL 888-771-3496.

ALL CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. Includes 30 machines and candy. All for \$9,995. CALL 888-771-3496. This is creating MILLIONAIRES! EARN \$1,000. DAILY with ABSOLUTE proof! 97% of this business is AUTOMATED! "Three Step Success System". 24hr info line: 1-800-887-1897

CHILDCARE NEEDED

NEED CHILD CARE? Openings for Children 6 weeks to 12 years, NYS Registered 767-9277

CHILDCARE SERVICES

2 very experienced, Red Cross certified college students seek summer nanny/babysitting positions. We have references & cars. We specialize in infants & toddlers. 518-475-1368. dschubmehl@hotmail.com.

GLENMONT Mother will care for your Child in Safe, Fun and Loving Environment. Over 10 years Experience. References Available. 427-1031

CLEANING SERVICES

CORNERSTONE CLEANING: Professional, reliable. Free estimates. References. Call 439-0121.

HOME CLEANING SERVICES: Best job in town at affordable rates, fully insured. References available upon request. Dust Be Gone. Call Dawn: 461-7340.

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

HOUSE CLEANING, I have some openings, in Delmar & Loudonville. Reasonable Rates, Experienced, Call 209-8487 for estimate.

Custom Cleaning services Dun the way you like them. Affordable Rates - Experienced References Avail. 269-7845

"J&J CLEANING-HOME OR OFFICE. COURTEOUS QUALITY SERVICE SINCE 1991, DEPENDABLE, HONEST, GREAT RATES. 356-9152"

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THE EXTRA MILE HOME CARE SERVICE: 25 years experience excellent references call Margie, 767-0071 Anytime.

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ATTENTION HOMEOWNERS! Credit Problems? No problem! Get your fresh start! VISIT: www.MyFreshStart Options.com NOW! 1-877-322-ELITE. Reg. Mortgage Broker NYS Banking Dept. Loans arranged w/3rd party providers.

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MIXED HARDWOODS Full Cord, Face Cords, Cut, Split, and Delivered. 428-3556

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FREE PETS

STUNNING, FLUFFY 4 year old spayed female cat needs a "Loving one cat home" good health records provided 303-4584 please leave a message. Owner Hart Broken.

FURNITURE FOR SALE

3 LADDER BACK CHAIRS with rush seat. Light wood. Like new! \$70. each. Can e-mail pictures. 885-2637.

CHERRY BEDROOM SET. Solid Wood, never used, brand new in factory boxes. English Dovetail. Original cost \$4500. Sell for \$795. Can deliver. 917-731-0425

CHERRYWOOD DINING SET-10 PCS. SOLID WOOD, ORIGINAL BOX, CAN DELIVER. ORIGINAL COST \$6,500, SELL FOR \$1599. JOHN 212-380-6247

ITALIAN LEATHER LIVING ROOM SET in original plastic, never used. Original

price \$3,000, sacrifice \$975. Bill 347-328-0651

SOFA AND CHAIR Cream Color Set, Traditional, "like New". also Doggie Step's (carpeted) \$75. 573-8391

GARAGE SALES

ESTATE SALE, DELMAR 13 Hawthorne Ave. 2/16 & 2/17 8:00am-3:00pm House Contents, Furniture, Glassware, Hummels, Stiens, Sterling Flatware, Collectables, Kitchen Ware, Tools, Linens. PJ & PJ

WHITE HOUSE FLEA MARKET 3901 State Street Schenectady. 346-7851 Every Friday, Saturday, and Sunday. Antiques, Collectibles, Jewelry, Toys, Coins, Furniture, and more. 15+ Dealers.

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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

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R & B MASONRY Free Estimates Brick, Blocks, Stone,

Concrete Masonry Repairs, Waterproofing, Retaining Walls, Foundations. 25 Years Experience. 861-5996

HOUSEHOLD ITEMS FOR SALE

Four Post, Twin Bedroom set w/mattress & box spring vanity Amana cabinet and chest. \$444. Whirlpool washer and dryer \$250. 463-7582

LEGAL ASSISTANCE

Uncontested Divorce: No Down Payments, Payment Plans Modifications: Child Support, Visitation, Name Change. Ask for Karen (315)446-2621

LOST

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

MISCELLANEOUS FOR SALE

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

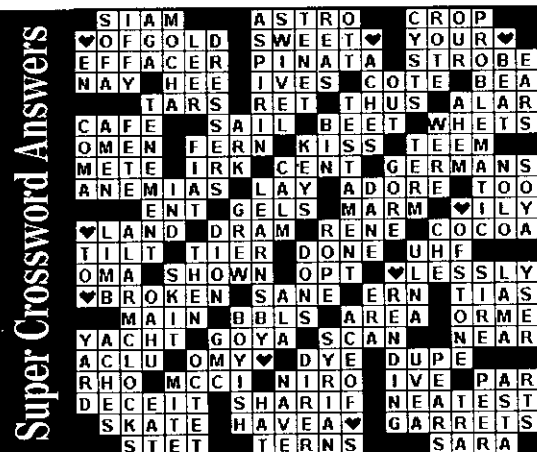
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IT'S TIME TO GET YOUR HARLEY READY FOR THE SEASON. Come in to Johnny's in Nassau for your inspection, Tune-up, or get the wheels you've been wanting. & Check-Out our Store full of Accessories to Customize your Harley & "Harley Riders" Call 766-9824 for Directions if you don't already know about Johnny's.



MUSIC

STRING INSTRUMENT REPAIR: Bow Rehairing. 439-6757.

MUSIC LESSONS

GOT GUITAR???? Learn how to play now! Guitar lessons avail. from experienced working Musician. Convenient Location Reasonable Rates flexibly times. 452-7727

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.

SITUATION WANTED

AIDES AVAILABLE: Mature,

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

TUTORING

PRIVATE TUTORING for Math All Grades & College Physics, Calculus, and Biology Call 459-1595

MATH TUTORING HIGH SCHOOL All Math levels including SAT Prep. 36 Years Experience. NYS Certified. Also Interested in Albany Academy Students. 439-0610. SAVE THIS NUMBER!

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, and old Magazines, 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, Decks of Playing cards, postcards, penny banks, books. Old Movie film 16mm, Pre 1950 Fountain Pens, Teddy Bears, Dolls. Watches, all musical instruments, World War II/ American or Nazi items, Civil War swords, pictures, etc. Any condition, even broken or rusty. Call 683-8053.

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 - \$17.00 for 15 words 50 cents for each additional word.

Commercial Classifieds - Line Ads - Eleven paper combo - \$19.95 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: _____

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

Real Estate Classifieds

REAL ESTATE FOR RENT

\$900.+ VOORHEESVILLE 2/Bedroom, One Bathroom Duplex. Remodeled. Beautiful & Private. Call 765-4341. Brand- new homes in St. Augustine, Florida from themid

COEYMANS 3/Bedroom, 2/bath, W/D Hookup, off Street Parking, Fenced/yard, Heat & Hot/Water Included \$850. 756-2490

BRAND NEW ONE BEDROOM IN DELMAR; Eat-in-Kitchen, Living room, Bedroom, Full Bath, French Doors off deck, \$765. includes Heat, H/W Electric Cable A/C, on/bus line, suitable one or two people. 429-3335

SELKIRK TWO BEDROOM Quiet dead end street, Off

street parking, W/D hkup no/dogs security and lease. Suitable for one or two non-smokers \$700.00 Plus 767-2076

HOUSE FOR RENT

\$1,100+ GLENMONT 2/Bedroom, Bethlehem Schools, 1+Acre, Wood (Floors, Walls and Ceilings) W/D hookup. Call 470-2878

SPACE FOR RENT

PRIME SCHODACK OFFICE SPACE; 10 X17, 12X17, 17X17. Everything Included, Call for Specials, 477-1438

HOUSE FOR SALE

HOUSE4SALE 4/Bedrooms, 3.5/Baths, In the desirable Briarhill Neighborhood, Extensively Updated \$799,000. MLS#27001603,

"Must See" (518)472--0001

REAL ESTATE FOR SALE

\$100's. Gated active adult community with resort style amenities, activities, and events. 800-446-0699 or coquinacrossing.com

9 KENSINGTON CT. Delmar 2 Brcondo in the hart of Delmar hwd floors under carpet, deck, garage walking dist to shops & bus line \$139,900 Must Be 55 yrs old Route 443 to left on Kensington# 9 59800 www.dunnddeal realty.com

CHADWICK SQUARE 106 Brightonwood Rd. FOR SALE BY OWNER End unit, first floor master suite, updated kitchen cherry cabinets 2+bedrooms up-stairs 2.5/bath. \$289,900 Call Kristen

to See. 439-3321

LAND FOR SALE

LAND FOR SALE: Forestport, Adirondacks 101 Wooded Acres W/Camp (needs work) On snowmobile trail. \$115,000.00

NC Gated Lakefront Community. Pleasantly mild climate 1.5 acres, 90 miles of shoreline. Never offered before with 20% pre-development discounts, 90% financing. Call 800-709-5253

LAND/LOTS

Highlands at Scotland Yards: New master planned 55+ Florida community, Seeking homeowners to enjoy golf, shuffleboard, bocce ball, tennis, horseshoes, swimming, crafts, Mid 100s 1-

866-264-4653

MYRTLE BEACH, SC- NEW OFFERING WILDWING GOLF PLANTATION~ LAKE FRONT AND GOLF COMMUNITY World Class Amenities, 27 Hole Championship Golf Course, Great Boating and Fishing. Central Location near Beach and 100+ Golf Courses, Medical and Shopping. No Time Limit to Build. NO PAYMENTS FOR ONE YEAR! Large Lake Front, Golf, Preserve and Resort Homesites from the \$130K's. Limited Offer. Hurry and Call 888-243-0133.

OTT'S REALTY BUILDERS LOOK WHAT I'VE GOT FOR YOU! I have 7.5 acres set in Glenmont, NY Great potential for a Townhouse/ Condominium Develop-

ment. This Investment of \$625,000 could produce 20-30 units with a potential return of \$10,500,000 on your Investment. for more details call Bernice Ott At: OTT's Realty, 439-5586 or 428-1672

LAND WANTED

Serious cash buyer will pay top dollar for hunting/ recreational acreage. 100 acres and up in the South. Tier, Finger Lakes, Catskills & Central Regions of NY State. Brokers protected. For immediate confidential response, call 607-563-8875 ext. 101

LAND WANTED 1/2 acre or more to build home in Glenmont, Delmar, or Slingerlands. Please call 439-8228.

VACATION RENTALS

FT. MYERS BEACH, Newly Renovated, Spacious, Comfortably Furnished, Beach house, 3BR, 2BA, A/C, Laundry. South end of Island. \$1,000-1,500/week, monthly rate available. (518)439-5955.

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

Employment Classifieds

HELP WANTED

Administrative Assist for Real Estate Office. Computer, phones, Reports, General office duties, Real Estate knowledge Helpful not required. Call Carol 518-522-4168 or fax to 518-598-0203

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 provi-

sions. 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.

CLEANERS NEEDED PT Mon-Fri. after 6pm various Locations in and surrounding Albany apply www.ammi.biz or call 877-266-4435 ext. 208

DRIVERS- ASAP 36- 43cpm/ \$1.20pm + Sign On Bonus \$0 Lease NEW Trucks CDL-A + 3 months OTR 800-635-8669

Drivers: Home Daily! \$2,007.00 sign on! Paid Holidays! Vacation! Excellent Benefits! CDL-A +

Hazmat/Tank. 800-334-1314 x158, x155 www.wad hams.com

EXCHANGE PROGRAM REPRESENTATIVE-rewarding opportunity working with high school exchange students. Responsibilities include recruiting host families, supervising students and working with schools. Email resume or letter of interest to AsseUSAeast@asse.com

EXTRA CASH; TIMES UNION DELIVERY ROUTES AVAILABLE IN DELMAR, GLENMONT, AND ALBANY AREAS. GREAT PART TIME WORK,

\$1000+ PER MONTH POTENTIAL MUST BE RELIABLE AND HAVE GOOD RUNNING AUTO 3-6 AM, CALL TODAY 426-0396

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Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

INSURANCE AND FINANCIAL SERVICES SALES position available. Must have strong customer service skills. Experience helpful but not necessary. Will train. competitive salary, base, plus commission. Call Cheryl at Elaine Van De Carr state Farm Insurance, Slingerlands. 439-1292

JOIN US, AS WE GROW AGAIN! Immediate position available for Experienced

Sales Rep. Developed territory needs bright, articulate, motivated, go-getter, with great personality. Media or advertising experience a plus. Fax Resume and cover letter in confidence to: Advertising Director 439-5191

EXPERIENCED NAIL TECHNICIAN. Busy, Delmar salon, New Equipment, Booth Rental call Tuesday through Saturday 439-8171.

Part-Time Personal Administrative Assistant, Assist with personal matters, and those of non-profit organization. Flexible Hours. Computer and organizational skills a must. Resume: Touhey Associates Pine West Plaza #2, Washington Ave. Ext. Albany, NY 12205

Pee Wee Basketball Supervisor wanted. \$17/hr. Tuesdays & Wednesdays 5:45 - 7:15 PM at Glenmont School. February 27 - April 18. Call Jason at Bethlehem Parks & Recreation 439-4131.

PRINTING - Immediate Openings! Pressman - Off-set printing experience a must. Web press experience a plus. Asst./2nd pressman - Some printing experience required. Press Asst/Helper - will train with opportunity for advancement. Must be able to lift 50 lbs. Health, dental, life, 401K. Send letter and resume to: Eagle Newspapers, attn: David Grieves, 5910 Firestone Drive, Syracuse, NY 13206 or fax 315-434-8883 or email dgrieves@cnylink.com. EOE.

Seeking full & part-time Medical Receptionist for Busy Office in Saratoga. Medent Experience Preferred. EOE Fax Resume 583-7606

Van Driver Part-Time, Transport adults with developmental disabilities to/from our Day Treatment program. Clean NY license req'd, CDL preferred Will train. Hours are 7-9a.m. and 2:30-4:30 p.m., M-F (20 hrs/week). We offer comprehensive benefits, a competitive salary, and a friendly team environment. Apply to: Transportation Director, New Visions (formerly Albany ARC), 334 Krumkill Road, Slingerlands, NY 12159 518-459-0750, Email hr@newvisionsofalbany.org. EOE/AAM/F/D/V

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local letters
photos & editorial
community news

Quality news
in print and
on-line.

www.spotlightnews.com

LEGAL NOTICE

LEGAL NOTICE

Notice of Publication EELES LLC Arts. of Org. was filed with SSNY on 07/09/04. 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. LD-14037 (February 14, 2007)

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF PETRO LAKE PLACID, LLC
The name of the limited liability company is PETRO LAKE PLACID, LLC. The Articles of Organization of said limited liability company were filed with the Secretary of State of New York (SSNY) on December 21, 2006. The County of the office of the LLC is Schenectady. The SSNY has been designated as agent of the LLC upon whom process against it may be served. The post office address which the SSNY shall mail a copy of any process against the LLC is 1470 Keyes Ave Schenectady, NY 12309 LC-15065 (February 14, 2007)

LEGAL NOTICE

Name: Advance Auto, LLC (LLC) Articles of organization filed with Dept. of state of NY on 9/13/06. Office location: Albany County. Principal business location 20 Corporate Woods Boulevard, Albany, NY 12211 Secretary of State of NY is designated as agent of LLC for service of process. SOS shall mail copy of process to 20 Corporate Woods Boulevard, Albany, NY 12211. Purpose: Any lawful act or activity. LCD-15071 (February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF Limited Liability Company (LLC) 1. The name of the LLC is: BN Management Associates, LLC 2. The date of the filing of the Articles of Organization with the Secretary of State of New York (SSNY) is: December 14, 2006. 3. The office withing New York State of the LLC is located in Schenectady County. 4. The SSNY is 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 against the LLC served upon him or her is: 695 Rotterdam Industrial Park, Schenectady, NY 12306 5. The purpose 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 of the State of New York LD-15076 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of Proweb Solutions LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/14/06. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 301 East 79th Street, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-15031 (February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY, NAME: DELAWARE AND PROVIDENCE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/31/06. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be

LEGAL NOTICE

served. SSNY shall mail a copy of process to the LLC, c/o Eugene & Joann Li, 311 Scarsdale Road, Yonkers, New York 10707. Purpose: For any lawful purpose. LD-15039 (February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF 90 STATE LLC Under Section 203 of the Limited Liability Company Law 90 State LLC has been formed as a domestic limited liability company and states the following:
1. The name of the limited liability company is 90 State LLC.
2. The date of filing of the Articles of Organization of the limited liability company with the Secretary of State is August 21, 2006.
3. The county within the State of New York in which the office of the limited liability company is to be located is Albany County.
4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served. The post office address within or without the State to which the Department of State shall mail a copy of any process served against it is c/o the LLC, 220-46 73rd Avenue, Bayside, New York 11364.
5. The purpose of the business of the limited liability company is to engage in any lawful act or activity for which limited liability companies may be organized under applicable law. LD-15043 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of Wenton Packaging LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/18/06. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 301 East 79th Street Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-15048 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of Stainless International LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/18/06. Office location: Albany Co. 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. LD15058 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of Glenmont Partners, LLC. Arts. of Org. filed with NY Dept. of State on 12/18/06. Office location: Albany County. Secy. of State designated as agent of LLC upon whom process against it may be served. Secy. of State shall mail process to: 15 Somerset Dr., Glenmont, NY 12077, principal business address of the LLC. Purpose: any lawful activity. LD-15062 (February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Name: MANION CONSTRUCTION SERVICES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/13/06. The latest date of dissolution is 12/31/2105. Office location: Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, Post Office Box 11424, Albany, New York 12211. Purpose: For any lawful purpose LD-15067 (February 14, 2007)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of Cinetic Rights Management LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/03/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 555 West 25th St, 5th Fl, NY, NY 10001. Purpose: any lawful activities. LD-15078 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of Metalatt Trading LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/21/06. Office location: Albany Co. 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-15079 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of Dansk Steel LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/29/06. Office location: Albany Co. 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-15080 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of Stainless International LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/18/06. Office location: Albany Co. 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-15099 (February 14, 2007)

LEGAL NOTICE

Notice of Publication LADBROKE LLC Arts. of Org. was filed with SSNY on 1/10/07. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15101 (February 14, 2007)

LEGAL NOTICE

Notice of Publication INTERNATIONAL CONSULTING & BUSINESS SERVICES LLC Arts. of Org. was filed with SSNY on 12/29/06. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15110 (February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is DJCD REALTY LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State, under Section 203 of the Limited Liability Law of the State of New York, on January 16, 2007. 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 Secre-

LEGAL NOTICE

tary of State shall mail a copy of any process against the LLC is 138 Sicker Road, Albany, New York 12205. LD-15115 (February 14, 2007)

LEGAL NOTICE

Notice of Publication STREAMWAY LLC Arts. of Org. was filed with SSNY on 1/12/07. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15117 (February 14, 2007)

LEGAL NOTICE

Notice of Publication EARLSDOWN LLC Arts. of Org. was filed with SSNY on 1/12/07. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15118 (February 14, 2007)

LEGAL NOTICE

Notice of formation of EBACK VENTURES LLC. Arts. of Org. filed with SSNY on 11/21/2006. Office Location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to the Registered Agent: Marco Rossi, 48 Wall St., 11th floor, New York, NY 10005. Purpose: any lawful activity. LD-15119 (February 14, 2007)

LEGAL NOTICE

Notice of Publication GROVEBURY LLC Arts. of Org. was filed with SSNY on 6/19/02. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15213 (February 14, 2007)

LEGAL NOTICE

Notice of Publication AMBERLEY LLC Arts. of Org. was filed with SSNY on 7/12/05. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15216 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of Rebel One Communications, LLC. Arts. of Org. filed with NY Dept. of State on 1/9/07. Office location: Albany County. Secy. of State designated as agent of LLC upon whom process against it may be served. Secy. of State shall mail process to: c/o Berdon LLP, 360 Madison Ave., NY, NY 10017, principal business address of the LLC. Purpose: any lawful activity. LD-15141 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of How We Do Records, LLC. Arts. of Org. filed with NY Dept. of State on 1/11/07. Office location: Albany County. Secy. of State designated as agent

LEGAL NOTICE

of LLC upon whom process against it may be served. Secy. of State shall mail process to: Howard Henderson, 108-30 Liverpool St., Jamaica, NY 11435, principal business address of the LLC. Purpose: any lawful activity. LD-15147 (February 14, 2007)

LEGAL NOTICE

Notice of Publication GLASSEX TRADING LLC Arts. of Org. was filed with SSNY on 1/14/05. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15149 (February 14, 2007)

LEGAL NOTICE

Notice of Qualification of Firestone Specialty Products Company, LLC. Authority filed with Secy. of State of NY (SSNY) on 11/14/06. Office location: Albany County. LLC formed in Indiana (IN) on 8/11/06. 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. Address required to be maintained in IN: 310 East 96th St., Indianapolis, IN 46240. Arts. of Org. filed with IN Secy. Of State, 302 West Washington St, Room E018, Indianapolis, IN 46204. Purpose: any lawful activities. LD-15154 (February 14, 2007)

LEGAL NOTICE

Notice of Publication QUASAR TECHNOLOGIES LLC Arts. of Org. was filed with SSNY on 04/09/02. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15162 (February 14, 2007)

LEGAL NOTICE

Notice of Publication NICAMDL LLC Arts. of Org. was filed with SSNY on 7/29/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15163 (February 14, 2007)

LEGAL NOTICE

Notice of Publication RETI LLC Arts. of Org. was filed with SSNY on 1/22/07. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15164 (February 14, 2007)

LEGAL NOTICE

Notice of Publication BHARAT LANGER MD, PLLC Arts. of Org. was filed with SSNY on 1/22/07. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15180 (February 14, 2007)

LEGAL NOTICE

LD-15165 (February 14, 2007)

LEGAL NOTICE

Notice of Publication THUNDER LLC Arts. of Org. was filed with SSNY on 10/28/02. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15166 (February 14, 2007)

LEGAL NOTICE

Notice of Publication G.M.S.G. LLC Arts. of Org. was filed with SSNY on 4/27/05. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15167 (February 14, 2007)

LEGAL NOTICE

Notice of Publication BELLEVILLE LLC Arts. of Org. was filed with SSNY on 4/10/03. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15177 (February 14, 2007)

LEGAL NOTICE

Notice of Publication HOLBEACH LLC Arts. of Org. was filed with SSNY on 3/21/02. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15178 (February 14, 2007)

LEGAL NOTICE

Notice of Publication KORONA TRADING LLC Arts. of Org. was filed with SSNY on 2/19/02. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15179 (February 14, 2007)

LEGAL NOTICE

Notice of Publication MERRIDOWN SERVICES LLC Arts. of Org. was filed with SSNY on 6/24/02. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15180 (February 14, 2007)

LEGAL NOTICE

Notice of Publication NETHERHALL LLC Arts. of Org. was filed with SSNY on 4/10/03. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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

LEGAL NOTICE

bany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-15181 (February 14, 2007)

LEGAL NOTICE

Notice of Publication ENDSLEIGH LLC Arts. of Org. was filed with SSNY on 6/13/03. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15182 (February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: LUSTRO REALTY, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/22/07. 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, c/o Louise T. Mullen, 8 Mandon Drive, Wayne, New Jersey 07470. Purpose: For any lawful purpose. LD-15183 (February 14, 2007)

LEGAL NOTICE

Notice of Publication ASHBURTON LLC Arts. of Org. was filed with SSNY on 4/10/03. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15214 (February 14, 2007)

LEGAL NOTICE

Notice of Publication JESPER LLC Arts. of Org. was filed with SSNY on 7/02/03. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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. LD-15215 (February 14, 2007)

LEGAL NOTICE

Notice of Qualification of SCO Capital Management LLC. Authority filed with NY Dept. of State on 1/22/07. Office location: Albany County. LLC formed in Delaware (DE) on 12/20/06. Secy. of State designated as agent of LLC upon whom process against it may be served. Secy. of State shall mail process to: c/o Michael Grundei, Wiggins and Dana LLP, 450 Lexington Ave., Ste. 3800, NY, NY 10017. DE address of LLC: c/o Corporation Services Co., 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-15220 (February 14, 2007)

LEGAL NOTICE

Notice of Publication CAMBOURNE LLC Arts. of Org. was filed with SSNY on 1/04/06. Office location: Albany County. SSNY designated as agent of LLC whom process against it 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

LEGAL NOTICE

lawful activities.
LD-15223
(February 14, 2007)

LEGAL NOTICE

Notice of Publication ACKLINGTON LLC Arts. of Org. was filed with SSNY on 7/24/04. 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.
LD-15224
(February 14, 2007)

LEGAL NOTICE

Notice of Publication SWANBRIDGE LLC Arts. of Org. was filed with SSNY on 2/16/06. 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.
LD-15225
(February 14, 2007)

LEGAL NOTICE

Notice of Publication HELMSLEIGH LLC Arts. of Org. was filed with SSNY on 4/19/05. 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.
LD-15226
(February 14, 2007)

LEGAL NOTICE

Notice of Publication ABA GEOSERVICES LLC Arts. of Org. was filed with SSNY on 12/09/05. 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.
LD-15227
(February 14, 2007)

LEGAL NOTICE

Notice of Publication LOGAN INTERNATIONAL LLC Arts. of Org. was filed with SSNY on 4/19/05. 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.
LD-15228
(February 14, 2007)

LEGAL NOTICE

Notice of Publication TUCKER COMMERCIAL LATIN AMERICAN MANAGEMENT OF RECEIVABLES LLC Arts. of Org. was filed with SSNY on 9/06/05. 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.
LD-15229
(February 14, 2007)

LEGAL NOTICE

Notice of Publication EUROCONSTRUCT LLC Arts. of Org. was filed with SSNY on 5/08/03. Office lo-

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cation: 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.
LD-15230
(February 14, 2007)

LEGAL NOTICE

Notice of Publication HOLMDENE LLC Arts. of Org. was filed with SSNY on 6/19/02. 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.
LD-15231
(February 14, 2007)

LEGAL NOTICE

Notice of Publication INTERNATIONAL EXECUTIVE BOARD COMPANY - IEBC LLC Arts. of Org. was filed with SSNY on 4/05/04. 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.
LD-15232
(February 14, 2007)

LEGAL NOTICE

Notice of Publication RIDGEDALE SERVICES LLC Arts. of Org. was filed with SSNY on 9/25/02. 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.
LD-15233
(February 14, 2007)

LEGAL NOTICE

Notice of Publication ARKLEIGH LLC Arts. of Org. was filed with SSNY on 10/7/04. 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.
LD-15234
(February 14, 2007)

LEGAL NOTICE

Notice of Publication IT STREAM LLC Arts. of Org. was filed with SSNY on 3/03/04. 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.
LD-15239
(February 14, 2007)

LEGAL NOTICE

Notice of Publication VEGA DEVELOPMENT LLC Arts. of Org. was filed with SSNY on 12/23/03. 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.
LD-15240
(February 14, 2007)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Publication IFSG LLC Arts. of Org. was filed with SSNY on 4/13/04. 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.
LD-15241
(February 14, 2007)

LEGAL NOTICE

Notice of Publication COMPANY EXPRESS LLC Arts. of Org. was filed with SSNY on 12/31/03. 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.
LD-15242
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CROSS BRONX PLAZA REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/19/07. The latest date of dissolution is 01/31/2107. 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, 923 Brinsmade Avenue, Bronx, New York 10465-1903. Purpose: For any lawful purpose.
LD-15246
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: WATERS VIEW CONDOMINIUMS TWO LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/21/06. 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, 621 Columbia Street, Cohoes, New York 12047. Purpose: For any lawful purpose.
LD-15248
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Cathy Chazen Enterprises, LLC, filed Articles of Organization with the New York Secretary of State on January 22, 2007. 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 the LLC, 12 Loudon Heights North, Loudonville, NY 12211. The street address of the principal business location is 12 Loudon Heights North, Loudonville, NY 12211. 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-15250
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BRONX NEW YORK PROPERTIES, L.L.C. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/24/07. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be

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served. SSNY shall mail a copy of process to the LLC, 676 Riverside Drive, Suite 7B, New York, New York 10031. Purpose: For any lawful purpose.
LD-15251
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CARLSON FARM LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/19/07. 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, 427 New Karner Road, Albany, New York 12205. Purpose: For any lawful purpose.
LD-15252
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MAJOR TOM LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/26/07. 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, 505 East 12th Street, New York, New York 10009. Purpose: For any lawful purpose.
LD-15253
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 505 EAST 12 STREET LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/26/07. 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, 505 East 12th Street, New York, New York 10009. Purpose: For any lawful purpose.
LD-15254
(February 14, 2007)

LEGAL NOTICE

Notice of Formation of Hometown Real Estate Resolutions LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/22/06. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Incorp Services, Inc., 41 State St., Ste. 405, Albany, NY 12207-2827, also registered agent. Purpose: any lawful activities.
LD-15257
(February 14, 2007)

LEGAL NOTICE

Notice of Publication KIMORA LLC Arts. of Org. was filed with SSNY on 12/05/06. 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.
LD-15259
(February 14, 2007)

LEGAL NOTICE

Notice of Qualification of ALW Sourcing, L.L.C. Authority filed with NY Dept. of State on 1/18/07, as amended. Office location: Albany County. LLC formed in Maryland (MD) on 10/30/06. NY Secy. of State designated as agent of LLC upon whom process against it may be served. NY Secy. of State shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. MD

LEGAL NOTICE

address and principal business address of the LLC: 1804 Washington Blvd., Baltimore, MD 21230. Arts. of Org. filed with MD Secy. of State, 301 W. Preston St., Baltimore, MD 21201. Purpose: any lawful activity.
LD-15261
(February 14, 2007)

LEGAL NOTICE

Notice of Qualification of Apogee Assurance, LLC. Authority filed with NY Dept. of State on 1/11/07. Office location: Albany County. NY's fictitious name: Apogee Assurance Agency, LLC. LLC formed in New Jersey (NJ) on 6/15/06. NY Secy. of State designated as agent of LLC upon whom process against it may be served. NY Secy. of State shall mail process to: c/o Lindabury, McCormick, Estabrook & Cooper, 53 Cardinal Dr., Westfield, NJ 07091. NJ address and principal business address of the LLC: 228 3rd St., Jersey City, NJ 07302. Arts. of Org. filed with NJ State Treasurer, PO Box 308, Trenton, NJ 08625. Purpose: any lawful activity.
LD-15262
(February 14, 2007)

LEGAL NOTICE

Notice of Qualification of Millbrae Energy LLC. Authority filed with NY Dept. of State on 1/12/07. Office location: Albany County. Principal business address of the LLC: Three Pickwick Plaza, Greenwich, CT 06830. LLC formed in Delaware (DE) on 12/8/06. NY Secy. of State designated as agent of LLC upon whom process against it may be served. NY Secy. of State shall mail process to: 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., Ste. 4, Dover, DE 19901. Purpose: manage oil and gas property investments.
LD-15263
(February 14, 2007)

LEGAL NOTICE

Notice of Qualification of OLSL New York Operating Company LLC. Authority filed with NY Dept. of State on 9/19/06. Office location: Albany County. LLC formed in Delaware (DE) on 8/9/06. NY Secy. of State designated as agent of LLC upon whom process against it may be served. NY Secy. of State shall mail process to: 30 Rockefeller Plaza, 50th Fl., NY, NY 10020, principal business address of the LLC. DE address of LLC: c/o The Corporation Trust Co., 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: as specifically set forth in paragraph 9 of the application for authority.
LD-15264
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: HIGBRIGHT CLINTON, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/12/06. 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, 376 Broadway, Schenectady, New York 12305. Purpose: For any lawful purpose.
LD-15269
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BOV ASSOCIATES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/09/07. Office location: Albany County. SSNY has been

LEGAL NOTICE

designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 319 South Manning Boulevard, Suite 201, Albany, New York 12208. Purpose: For any lawful purpose.
LD-15275
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC 651 Delaware Avenue, LLC, filed Articles of Organization with the New York Secretary of State on January 25, 2007. 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 the LLC, at LLC, 651 Delaware Avenue, Albany, NY 12209. The street address of the principal business location is 651 Delaware Avenue, Albany, NY 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-15276
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: LIVEFIRELEADS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/22/07. 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, 2955 Shell Road, Suite 12F, Brooklyn, New York 11561. Purpose: For any lawful purpose.
LD-15277
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: TEALL & ASSOCIATES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/19/07. 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, 5 East 59th Street, Suite 750, New York, New York 10022. Purpose: For any lawful purpose.
LD-15278
(February 14, 2007)

LEGAL NOTICE

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: HUBELL & ASSOCIATES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/23/07. Office location: Albany County. SSNY has been designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail a copy of process to the PLLC, c/o Richard A. Hubell, Esq., 100 Park Avenue, 20th Floor, New York, New York 10017. Purpose: For the practice of the profession of Law.
LD-15279
(February 14, 2007)

LEGAL NOTICE

Notice of Publication SUNNY TOURISM LLC Arts. of Org. was filed with SSNY on 1/26/07. 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.
LD-15312
(February 14, 2007)

LEGAL NOTICE

Notice of Publication CIRTEXON LLC Arts. of Org. was filed with SSNY on 9/22/03. 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.
LD-15313
(February 14, 2007)

LEGAL NOTICE

Notice of Publication SAMAR INTERNATIONAL LLC Arts. of Org. was filed with SSNY on 2/05/07. 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.
LD-15314
(February 14, 2007)

LEGAL NOTICE

Notice of Qualification of CoActive Capital Partners LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/19/07. Office location: Albany County. Principal business location: 655 Business Center Drive, Ste. 250, Horsham, PA 19044. LLC formed in Delaware (DE) on 11/16/06. 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 Street, Albany, NY 12207. 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.
LD-15318
(February 14, 2007)

LEGAL NOTICE

Notice of Qualification of Marriott Fifth Avenue, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/22/07. Office location: Albany County. LLC formed in Delaware (DE) on 11/19/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Prentice-Hall Corporation System, Inc., 80 State Street, Albany, NY 12207. DE address of LLC: 2711 Centerville Road, #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-15319
(February 14, 2007)

LEGAL NOTICE

Notice of Qualification of Residence Inn by Marriott, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/22/2007. Office location: Albany County. LLC formed in Delaware (DE) on 6/11/1987. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Prentice-Hall Corporation System, Inc., 80 State Street, Albany, NY 12207. DE address of LLC: 2711 Centerville Road, #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-15320
(February 14, 2007)

LEGAL NOTICE

Notice of Qualification of Fairfield FMC, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/22/2007. Office location: Albany County. LLC formed in Delaware (DE) on 11/7/1989. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Prentice-Hall Corpora-

LEGAL NOTICE

tion System, Inc., 80 State Street, Albany, NY 12207. DE address of LLC: 2711 Centerville Road, #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-15321 (February 14, 2007)

LEGAL NOTICE

Notice of Qualification of Execustay, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/22/2007. Office location: Albany County, LLC formed in Delaware (DE) on 12/21/1998. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Prentice-Hall Corporation System, Inc., 80 State Street, Albany, NY 12207. DE address of LLC: 2711 Centerville Road, #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-15322 (February 14, 2007)

LEGAL NOTICE

Notice of Registration of Drinker Biddle & Reath LLP. Authority filed with Secy. of State of N.Y. (SSNY) on 1/2/07. Office location: Albany County, LLP registered in — Delaware (DE) on 12/29/06. SSNY designated as agent of LLP upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207, registered agent of LLP upon whom process against it may be served. Principal office of LLP: One Logan Square, 18th & Cherry Streets, Philadelphia, PA 19103. Purpose: Practice of law. LD-15323 (February 14, 2007)

LEGAL NOTICE

Notice of Qualification of BG MANAGER, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/17/07. Fictitious name in NY State: BG MANAGER OF NY, LLC. Office location: Albany County, LLC formed in Delaware (DE) on 1/3/07. 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 Street, 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., Dover, DE 19901. Purpose: any lawful activity. LD-15324 (February 14, 2007)

LEGAL NOTICE

Notice of Qualification of GMAC Model Home Finance, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/22/07. Office location: Albany County. Principal business location: 8400 Normandale Lake Blvd., Ste. 250, Minneapolis, MN 55437. LLC formed in Delaware (DE) on 4/13/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State Street, Albany, NY 12207. DE address of LLC: 2711 Centerville Road, 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-15325 (February 14, 2007)

LEGAL NOTICE

Notice of Qualification of Off-Campus Dining Network, LLC. Authority filed with Secy. of State of N.Y. (SSNY)

LEGAL NOTICE

on 1/22/07. Office location: Albany County. Principal business location: 9801 Washington Blvd., Ste. 1245D, Gaithersburg, MD 20878. LLC formed in Pennsylvania (PA) on 10/19/06. 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 Street, Albany, NY 12207. PA address of LLC: 2704 Commerce Drive, Ste. B, Harrisburg, PA 17110. Arts. of Org. filed with PA Secy. of State, 206 N. Office Bldg., Harrisburg, PA 17120. Purpose: off-campus dining service options. LD-15326 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of Tribeca Service LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/29/07. Office location: Albany Co. 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-15330 (February 14, 2007)

LEGAL NOTICE

Notice of Qualification of Logical Telecom LP. Authority filed with Secy. of State of NY (SSNY) on 02/05/07. Office location: Albany County. LP formed in Texas (TX) on 3/14/05. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Avenue of the Americas, Ste. 501, NY, NY 10001, also registered agent. TX address of LP: 1920 S. Main St., Ste 271, McAllen, TX 78503. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with TX Secy. of State, PO Box 13697, Austin, TX 78711-3697. Purpose: any lawful activities. LD-15332 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of Moore Fire Extinguisher Co., LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/26/06. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Pierro Law Group, LLC, 20 Corporate Woods Blvd., Albany, NY 12211. Purpose: any lawful activities. LD-15333 (February 14, 2007)

LEGAL NOTICE

SECTION 00100 INVITATION TO BIDDERS Architect: Project Information: Collins + Scoville Architects, P.C. Bethlehem Central School District 40 Beaver Street New Eagle Elementary School Albany, NY 12207 PH: 518-463-8068 FX: 518-463-8069 The Owner, the School Board of Bethlehem Central School District, will receive separate sealed bids to furnish materials and labor to complete new construction of the Eagle Elementary School on Van Dyke Road within the school district. Each bid shall be on a stipulated sum basis for the following contracts: CONTRACT NUMBER AND TYPE

Contract No. EA49 - Sitework Construction
Contract No. EA50 - General Construction
Contract No. EA51 - Steel
Contract No. EA52 - Roofing
Contract No. EA53 - Windows
Contract No. EA54 - Plumbing
Contract No. EA55 - Fire

LEGAL NOTICE

Protection Contract No. NS56 - Mechanical
Contract No. NS57 - Electrical
Two copies of sealed bids will be received until 2:00 p.m. prevailing time, on Thursday, March 15, 2007 at Bethlehem Central School District, 90 Adams Place, Delmar, New York 12054 (phone 518-439-7098). Bids received after this time will not be accepted and returned to Bidder unopened. Bids will be opened publicly and read aloud after specified receipt time. All interested parties are invited to attend. Bidding Document drawings and specifications may be examined on and after February 15, 2007, free of charge at the following locations: Bethlehem Central School District 65 Elm Avenue Delmar, New York 12054 (518) 439-2123 Note: Examination by appointment only. Collins + Scoville Architects, P.C. 40 Beaver Street Albany, New York 12207-1511 518-463-8068 www.csarchpc.com Note: Examination by appointment only. Sano-Rubin Construction Co., Inc. 624 Delaware Avenue Albany, NY 12209 518-462-6471 Eastern Contractors Association, Inc. 6 Airline Drive Albany, NY 12205-1095 518-869-0961 www.easterncontractorsassn.org F.W. Dodge Reports 231 Salina Meadows Parkway, Suite 130 Syracuse, New York 13212-4515 315-451-1044 www.fwdodge.com F. W. Dodge Reports 6 Wembley Court Albany, New York 12205-3859 518-869-5374 www.fwdodge.com Northern New York Builders Exchange, Inc. 22074 FABCO Road Watertown, New York 13601-1755 315-788-1330 www.nnybe.com Syracuse Builders Exchange 6563 Ridings Road Syracuse, New York 13206 315-437-9936 www.syrabex.com Works In Progress 20 Farrell Street South Burlington, Vermont 05403 Reed Construction Data (RCD) Document Processing Center 30 Technology Parkway South, Suite 500 Norcross, Georgia 30092-2912 800-424-3996 fax: 800-303-8629 dcp@reedplanning.com www.reedplans.com Champlain Valley Builders Exchange 5436 Peru Street Suite 2 P.O. Box 1097 Plattsburgh, New York 12901 Complete sets of Bidding Document drawings and specifications may be obtained from: W. L. Coughtry's, Inc. 71 Fuller Road Albany, New York 12205 (518) 463-2192 Prime bidders may obtain up to two complete sets of Bidding Document drawings and specifications for a refundable deposit of one hundred dollars (\$100.00) for each set of documents. Sub-contractors and suppliers may purchase full or partial sets of Bidding Documents at costs established by the printer. Only prime contractors who submit a bid will receive a refund of their deposit. Checks for deposit by prime bidders should be made payable to Bethlehem Central School District. Check to purchase of documents shall be made payable to W. L. Coughtry's Inc. In addition, Bidding Document drawings and specifications will be available online at "iSqFT". For further information contact David

LEGAL NOTICE

Witzel at Sano-Rubin Construction Co., Inc (518) 462-6471. Each Bidder must deposit a Bid Security in the amount and form per the conditions provided in Instructions To Bidders. All Bids will remain subject to acceptance for forty-five (45) days after the Bid Opening. Owner may, in its sole discretion, release any Bid and return Bid Security prior to that date. Pre-Bid Conference will be held at 10:00 a.m. prevailing time, Tuesday, February 27th, 2007, at Sano-Rubin's Bethlehem High School field office on Van Dyke Road adjacent to the football field. Attendance at this meeting is recommended as the Owner, Architect and consultants will be present to discuss the Project. Attendees should anticipate 30 minutes Q & A session. The Architect will transmit to all listed Bidders record of Addenda in response to questions arising at the Conference. Bids shall not include New York State sales and compensating use taxes on materials and supplies incorporated into the Work, the Owner being exempt therefrom. The Bidders must comply with New York State Department of Labor Prevailing Wage Rate Schedule and conditions of employment. The School Board of Bethlehem Central School District reserves the right to waive any informalities or irregularities in the Bids received, or to reject all Bids without explanation. By Order Of: Bethlehem Central School District END OF SECTION 00100 LD-15334 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of STAGE AND LIGHT DESIGN LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 3/15/2006. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 2/28/2056. Purpose: any lawful activity. LD-15336 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of TRUSTEC SYSTEMS LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 10/21/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 9/30/2055. Purpose: any lawful activity. LD-15337 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of OCTOPUS AMERICAS LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 10/8/2004. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 9/30/2054. Purpose: any lawful activity. LD-15338 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of DWAYNE RODGERS & CO. LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 8/15/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against

LEGAL NOTICE

it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 7/31/2055. Purpose: any lawful activity. LD-15339 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of ENRIVELLIS LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/18/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 4/30/2055. Purpose: any lawful activity. LD-15340 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of DIARECOM SYSTEMS, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 11/16/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 10/31/2055. Purpose: any lawful activity. LD-15341 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of B.S.C.A. LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 1/26/2006. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 12/31/2055. Purpose: any lawful activity. LD-15342 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of NOB WORLD ENTERPRISES LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 10/20/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 9/30/2055. Purpose: any lawful activity. LD-15343 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of B.C. SOFTWARE & AUTOMATION LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 2/14/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 1/31/2055. Purpose: any lawful activity. LD-15344 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of MERCURY BROTHERS LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/20/2004. Office location: Albany County. SSNY designated as agent of LLC upon whom process against

LEGAL NOTICE

mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 4/30/2054. Purpose: any lawful activity. (February 14, 2007)

LEGAL NOTICE

Notice of Formation of LANCASTER ENTERPRISES LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 11/24/2004. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 10/31/2054. Purpose: any lawful activity. (February 14, 2007)

LEGAL NOTICE

Notice of Formation of GLOBAL PRINT SERVICES LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 3/20/2006. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 2/29/2056. Purpose: any lawful activity. LD-15347 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of JPS ADVISORY SERVICES LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 10/4/2004. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 8/31/2054. Purpose: any lawful activity. LD-15348 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of GAMA PLUS TRADING LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 3/20/2006. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 2/29/2056. Purpose: any lawful activity. LD-15349 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of DAVIS & STONE LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 3/1/2002. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 41 State Street, Suite 106, Albany, NY 12207. Purpose: any lawful activity. LD-15350 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of FOUNDRY US LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 8/4/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 7/31/2055. Purpose: any lawful activity.

LEGAL NOTICE

LD-15351 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of CORBETT LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 5/24/2004. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 4/30/2054. Purpose: any lawful activity. LD-15352 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of ATLANTIC CAR ASSISTANCE LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 6/22/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 5/31/2055. Purpose: any lawful activity. LD-15353 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of FLEXBIO LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 3/5/2003. 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 LexisNexis Document Solutions Inc., 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 1/31/2053. Purpose: any lawful activity. LD-15354 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of CZ-UK PARTNERS LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 7/12/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 6/30/2055. Purpose: any lawful activity. LD-15355 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of O.S.D. LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 10/13/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Term: until 9/30/2055. Purpose: any lawful activity. LD-15356 (February 14, 2007)

LEGAL NOTICE

Notice of Formation of ISBAN US LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 1/17/07. Office location: Albany County. Principal business location: 45 E. 53rd St., NY, NY. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State Street, Albany, NY 12207. Purpose: any lawful activity. LD-15358 (February 14, 2007)

Sports *in the* Spotlight

Lady Eagles fall to Columbia in overtime

The Bethlehem girls basketball team had a nine-point lead at the end of the third quarter of Sunday's Suburban Council Tournament game against Columbia.

Unfortunately for the Lady Eagles, Columbia tied the game in the fourth quarter on its way to beating Bethlehem 59-56 for the Division II championship.

Bethlehem (12-8) jumped out to a 21-14 lead after the first quarter and increased its lead to 41-32 in the third quarter before Columbia (15-5) rallied. The Blue Devils outscored the Lady Eagles 20-11 in the final eight minutes to force overtime, and then Amber Batzold scored four of her 14 points in the extra period to lead Columbia to the victory.

Four Bethlehem players reached double figures in scoring, led by Leah Gillham's 12 points. Kiersten Swete contributed 11 points, and Meg Olsen and Alex McCullough each added 10 points.

The Lady Eagles reached the Division II championship game with a 44-25 victory over Shaker last Thursday. McCullough had 10 points to pace a balanced attack.

In other weekend action, Voorheesville lost to Colonial Council-leading Watervliet 70-44, and Mechanicville defeated Ravena-Coeymans-Selkirk 59-45 Friday.

Voorheesville (5-15) was within two points of Watervliet after the first quarter, but the Cannoneers pulled away behind the

hot shooting from twins Amanda and Shelley Pierson. Amanda finished with 19 points, and Shelley added 17 points.

"They didn't run us out of the gym, but it was a basket here and a basket there that helped them," said Voorheesville coach Jon McClement.

Casey Beccera had 11 points, and Alyssa Schultz contributed nine points for the Blackbirds.

In Mechanicville, R-C-S (3-16) fell behind 33-14 in the first half and never recovered against the Red Raiders (14-5).

Jessica Byerwalters netted 10 points, and Amanda White added eight points for R-C-S. Lindsey McKeever had 16 points for Mechanicville.

Blackbirds earn road win

In boys basketball action last weekend, Voorheesville scored an important Colonial Council win with a 55-44 victory at Watervliet Friday, while R-C-S remained winless following a 61-56 loss to Mechanicville that gave coach Joe Loudis a milestone.

Voorheesville (12-8) outscored Watervliet 18-9 in the second quarter to take a 24-17 halftime lead. The Blackbirds held on to their lead, thanks to clutch free throw shooting in the second half.

Joey Klembczyk made only one shot from the field, but he drained 15 of his 16 foul shots to finish with 17 points. Tim Robinson contributed 10 points for Voorheesville.

In Mechanicville, R-C-S (0-19)

was poised to win its first game before Mechanicville went on a 23-14 run in the fourth quarter to pull out the victory.

Zach Deering had 18 points, and Pat Filkins contributed 13 points for the Indians. Josh Rougia netted 20 points for the Red Raiders, who gave Loudis his 400th career victory.

Section

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On the girls' side, there are three teams I think have a good chance of winning Sectionals — Academy of the Holy Names, Averill Park and Ichabod Crane, which finished with a 17-3 record while playing an independent schedule.

Averill Park might be a stretch since it has a losing record, but when you play in the Suburban Council as a class A school, it's hard to have a winning record. Besides, the Warriors just defeated Gunderland in the Suburban Council Tournament. That has to count for something.

Class B

Here's one class where anything goes. The boys' tournament features no less than eight teams that have a legitimate shot at the title including Voorheesville, Cohoes, Fonda-Fultonville, Saratoga Central Catholic, Schuylerville, Johnstown, Hudson and Cairo-Durham. The girls contenders list features Watervliet, Cohoes, Emma Willard, Tamarac, Hudson, Fonda and Schalmont.

Disregarding Watervliet on the boys' side (the Cannoneers are listed as a class CC team in the 2006 handbook), we're left with a lot of good teams. Voorheesville and Schuylerville are playing their best basketball of the season right now, Saratoga Central Catholic won the Western Athletic Conference North Division title over Fonda and Hudson

At the Suburban Council Tournament, Bethlehem bounced back from an opening-round loss to Niskayuna with a 65-62 victory over Burnt Hills-Ballston Lake Saturday in the Division III consolation game.

Kevin Stempsey had 29 points for the Eagles (7-13), who built a 40-27 halftime lead. Joe Kane chip-

ped in 13 points. Paul Layton's 11 points paced Burnt Hills-Ballston Lake (5-15).

Bethlehem lost to Niskayuna 50-45 in last Thursday's opening round. John Drazan led the Eagles with 11 points, and Kane contributed 10 points. Will Burkey had 12 points for Niskayuna (7-13).

was one of the Patroon Conference's top teams. If Watervliet is thrown into the class B mix, it gets even harder to choose a favorite.

Watervliet is the favorite on the girls' side, but keep an eye on Fonda and Tamarac, which fared very well in the Wasaren League. Emma Willard has a very good record, but it was at the expense of a weak Central Hudson Valley League.

Class CC

For now, we'll consider the Watervliet boys' team in this group, but the Cannoneers might not want to be in this division. Not with such contenders as Schenectady Christian School, Stillwater, Corinth, Hoosic Valley and Canajoharie lurking. All of these teams have legitimate title hopes.

The girls' side won't be as crowded with contenders. Greenwich and Hoosic Valley are among the favorites, along with Mechanicville and Lake George.

Class C

The picking is rather slim on the boys' side. Duaneburg appears to be the favorite, but keep an eye on Schoharie, Rensselaer and Berlin. No matter who wins this class, the class CC champ should win the crossover game.

On the girls' side, WAC South Division champion Schoharie and South Division runner-up Schenectady Christian will face challenges from Argyle and Whitehall of the Adirondack League, as well

as CHVL representatives Albany Academy for Girls and Berlin. Somehow, I think we'll see a third meeting between Schoharie and Schenectady Christian, though the seedings will determine if it will be in the semifinals or — hopefully — the finals.

Class D

The top three boys teams here are Loudonville Christian, St. Johnsville and Argyle. Loudonville Christian steamrolled its CHVL competition, and it was competitive in losses to Schoharie and Schenectady Christian. St. Johnsville surged to a top-three finish in the WAC North Division — not an easy feat for a class D school in a sea of class B and C teams. Argyle did well in the Adirondack League, but lost three of its four non-league games.

If Loudonville Christian can handle the pressure of being a potential No. 1 seed and playing in such large settings as the University at Albany and the Glens Falls Civic Center, the Eagles should prevail. They have a balanced scoring attack, and they have loads of senior leadership with Kyle Gordon, David Suski, David VanDerHouten, Matt Smith and Bobby Camilleri.

On the girls' side, much of the field will have sub-500 records. Of the teams entering with winning marks, Fort Edward, Hartford and Doane Stuart — yes, the Thunder Chickens themselves — should be the leading contenders.

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High school varsity sports results for Feb. 5-11

Wednesday, Feb. 7

GIRLS BASKETBALL

Ichabod Crane 49, R-C-S 38

R-C-S leader: Jessica Byerwalters 15 points

BOYS SWIMMING

R-C-S 90, Taconic Hills 81

R-C-S individual winners: Philip Meachum (200-yard freestyle, 100 backstroke), David Hennessy (200 individual medley, 100 breaststroke), Jacob VanEtten (50 freestyle, 100 butterfly)

Thursday, Feb. 8

BOYS BASKETBALL

Suburban Council Tournament

Division III

Niskayuna 50, Bethlehem 45

Bethlehem leaders: John Drazan 11 points, Joe Kane 10 points

GIRLS BASKETBALL

Suburban Council Tournament

Division II

Bethlehem 44, Shaker 25

Bethlehem leader: Alex McCullough 10 points

GIRLS BOWLING

Section II Tournament

Class A

Team scores: Mohonasen 3,132, Columbia 3,099, Saratoga 2,863, Schenectady 2,750, Niskayuna 2,735, Colonie 2,637, Averill Park 2,573, Bethlehem 2,552, Shenendehowa 2,468, Albany 2,204, Ballston Spa 2,058

Class B

Team scores: Schalmont 2,949, Lansingburgh 2,910, Ravena-Coeymans-Selkirk 2,844, Cobleskill 2,707, Hudson Falls 2,411, Cohoes 2,300

Friday, Feb. 9

BOYS BASKETBALL

Voorheesville 55,

Watervliet 44

Voorheesville leaders: Joey Klembczyk 17 points, Tim Robinson 10 points

Mechanicville 61, R-C-S 56

R-C-S leaders: Zach Deering 18 points, Pat Filkins 13 points

GIRLS BASKETBALL

Mechanicville 59, R-C-S 45

R-C-S leader: Jessica Byerwalters 10 points

Watervliet 70,

Voorheesville 44

Voorheesville leader: Casey Beccera 11 points

BOYS BOWLING

Section II, Class B

Tournament

Team scores: Lansingburgh 6,606, Catskill 6,236, Cohoes 6,215, Glens Falls 6,195, Ravena-Coeymans-Selkirk 6,172, Schalmont 6,130, Bishop Gibbons 6,096, Catholic Central 6,006, Hudson Falls 5,997, Scotia-Glenville 5,933, Gloversville 5,857, Broadalbin-Perth 5,826, Johnstown 5,821, Cobleskill-Richmondville 5,812, Ichabod Crane 5,733, LaSalle 5,541, Taconic Hills 5,239, Bishop Maginn 5,015, Hudson 4,927

GYMNASTICS

Section II all-around meet

Top five individuals: Dana Goodknight (Guiderland) 37.15, Breanne Clark (Saratoga) 34.9, Amy Selig (Saratoga) 34.8, Alyssa Knaack (Bethlehem) 34.75, Kristi Russell (Guiderland) 34.75

Saturday, Feb. 10

BOYS BASKETBALL

Suburban Council Tournament

Consolation game

Division III

Bethlehem 65,

Burnt Hills 62

Bethlehem leaders: Kevin Stempsey

29 points, Joe Kane 13 points

INDOOR TRACK

Section II Championships

Class A

Boys team scores: Shenendehowa 144, Colonie 86, Shaker 57, Bethlehem 48, Schenectady 41, Albany 23, LaSalle 21, Guiderland 18, Saratoga 16, Columbia 11

Girls team scores: Shenendehowa 113, Colonie 109, Saratoga 82, Shaker 63, Bethlehem 55, Albany 20, Columbia 18, Guiderland 3, Schenectady 1

Class C

Boys team scores: Fonda 130, Schuylerville 64, Cobleskill 55, Broadalbin-Perth 54, Hudson Falls 31, Cohoes 31, Bishop Gibbons 29, Mechanicville 26, Greenwich 16, Ravena-Coeymans-Selkirk 16, Stillwater 8, Hoosic Valley 4

Girls team scores: Greenwich 112, Fonda 88, Broadalbin-Perth 61, Schuylerville 42, Hudson Falls 37, Cobleskill 36.33, Whitehall 36, Hoosic Valley 19.33, Mechanicville 14.33, Cohoes 13, Ravena-Coeymans-Selkirk 3, Bishop Gibbons 2

WRESTLING

Section II Championships

Class A

Team scores: Shenendehowa 231, Colonie 172.5, Niskayuna 157.5, Guiderland 157, Ballston Spa 151.5, Columbia 147, Saratoga 121, Schenectady 95.5, Albany 94.5, Bethlehem 60, Shaker 3

Class C

Team scores: Hudson Falls 273.5, Ravena-Coeymans-Selkirk 231.5, Granville 178.5, Johnstown 146.5, Schuylerville 132, Fonda 120.5,

Schalmont 93.5, Cobleskill 80.5, Watervliet 60.5, Broadalbin-Perth 60, Cohoes 58.5, Catskill 56.5, Albany Academy 56, Schoharie-Middleburgh 51.5, Ichabod Crane 41, Tamarac 36.5, Canajoharie-Fort Plain 29

Class D

Team scores: Duanesburg 202.5, Whitehall 187.5, Corinth 156.5, Salem 138, Maple Hill 132.5, Hoosick Falls 117, Warrensburg 114, Mechanicville 84, Galway 83, Hadley-Luzerne 77, Rensselaer 64, Cambridge 52, Voorheesville 50, Berne-Knox-Westerlo 28, Loudon-

ville Christian 19, Berlin 18.5, Waterford 7

Sunday, Feb. 11

GIRLS BASKETBALL

Suburban Council

Tournament

Championship game

Division II

Columbia 59, Bethlehem 56

Bethlehem leaders: Leah Gillham 12 points, Kiersten Swete 11 points, Meg Olsen 10 points, Alex McCullough 10 points

Birds

(From Page 32)

roni and Schultz have to tell their young players not to steal the ball and to pass it around five times before shooting once the score becomes one-sided — something that happens frequently.

"It's kind of hard to tell 8-year-old kids not to score or not to steal," said Belenchia. "They don't always listen, but they try really hard."

Ultimately, the teen coaching trio hope to instill the same love of basketball in their young play-

ers that they have.

"In the beginning of the year, we asked them what their favorite sport was, and they said soccer. We said we're going to change that," said Belenchia. "I don't think they have to pick a sport at their age, but we're hoping that they will continue to play basketball."

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Sports *in the* Spotlight

News & Notes

Graham repeats as class C champ

Ravena-Coeymans-Selkirk's Nate Graham earned his third consecutive Section II wrestling title at Saturday's class C championships in Hudson Falls.

Graham scored a third period technical fall over Hudson Falls' Steven Deyette to win the 171-pound weight class.

R-C-S teammate Wes Hotaling won his first Sectional championship at the class C tournament. Hotaling defeated Schalmont's Vince Gallo 6-3 in the 130-pound division finals.

Three Indians placed second after losing in their final bouts. Johnstown's Joey Morrison defeated Jordan Lane 3-0 for the 125-pound division title, while Hudson Falls' Ryan Woodward defeated Chris Massie 6-2 for the 215-pound championship. Nick LaMountain defaulted his 189-pound division final.

Andy Lyman (112), David Winnie (140), Ricky Connell (160), Donnie McBride (275), Greg Roth (145) and Cody Legg (152) all placed in the top six of their weight classes to qualify for this weekend's Sectional championships in Glens Falls.

R-C-S placed second to Hudson Falls in the team standings. The Tigers claimed the class C title with 273.5 points, while the Indians finished with 231.5 points.

Eagles soar at class A meet

Bethlehem's Nick Jackson and Mike McManus won individual titles at Saturday's Section II, Class A Indoor Track and Field Championships at the University at Albany.

Jackson won the 300-meter dash with a time of 37.64 seconds, while McManus claimed the high jump crown by being the only jumper to clear 6 feet.

Pat Campion placed second in the 600 dash with a time of 1:26.81, and Scott Davis finished third in the 1,000 with a time of 2:40.59 for the Eagles. Bethlehem's 1,600 boys relay team took second place with a time of 3:41.92.

On the girls' side, Bethlehem's Sara Turner won the high jump by clearing 5 feet, 3 inches. Jessica Venezia was second in the long and triple jumps, while Colleen Hart took third place in the 55 hurdles and the shot put.



Voorheesville varsity basketball players Jenna Massaroni, left, Alyssa Schultz, center, and Sarah Belenchia watch their St. Matthew's CYO team during Saturday's game against a team from Altamont. Rob Jonas/Spotlight

Birds help next generation

V'ville hoop players guide CYO team to undefeated start

By ROB JONAS
jonasr@spotlightnews.com

The parents call them "Charlie's Angels." The players call them by their first names.

They are Sarah Belenchia, Jenna Massaroni and Alyssa Schultz — Voorheesville girls basketball players during the week, and coaches of the St. Matthew's Jazz third- and fourth-grade CYO team on weekends.

The Clayton A. Bouton High School seniors volunteered to coach the house league team last

fall, and they said the experience has been fun so far.

"We knew a lot about the game, and we wanted to share our knowledge," said Belenchia.

The knowledge they've passed on has turned the Jazz into one of the best teams in their division. St. Matthew's improved its record to 6-0 Saturday with a 48-15 victory over a team from Altamont, and the Jazz have scored at least 40 points in each of their games — a rarity among teams at that age level.

"We brought a couple of plays over from our high school team, and we've also thought of some simple plays that we can try," said Massaroni.

The success Belenchia, Massaroni and Schultz are enjoy-

ing with the Jazz is in stark contrast to the struggles they and their Voorheesville teammates have dealt with in the Colonial Council. The Blackbirds finished 5-11 in the league following Friday's 70-44 loss to first-place Watervliet.

"We wanted to prove what we can do (as coaches) so much, especially with the high school team not doing so well," said Belenchia.

"I think they're just quality coaches," said Voorheesville girls varsity coach Jon McClement. "They're doing a great job now, but we always talk about giving back (to the community), and they're doing a great job of giving back."

Not everyone was thrilled with the thought of teen-agers coach-

ing a youth basketball team, but Belenchia, Massaroni and Schultz won them over with their team-first approach and working with all nine players to improve their skills.

"(The parents) were a little skeptical at first, but we really proved ourselves," said Massaroni.

"We were told that one of our parents had to be there for practices, and we were discouraged at first," added Schultz. "But our parents just sat there and let us do our thing."

The drills may have paid too much of a dividend for the Jazz, though. The team has been so dominant that Belenchia, Massa-

□ BIRDS/page 31

Sizing up the Section II contenders

With a week to go before the start of the Section II basketball playoffs, here is a look at the contenders in each of the six classifications.

Class AA

On the boys' side, there are the top teams — Christian Brothers Academy, Bishop Maginn and Saratoga — and the rest of the pack.

CBA and Maginn appear to be on a collision course for the championship game, but Saratoga has the ability to play spoiler — that is, if you can call a team that has a 16-4 record and won the Suburban Council a spoiler. The Blue Streaks have two top-end scorers in center Jordan Stevens and guard Garrett Bishop, plus several players capable of reaching double figures. That will be important, especially if Saratoga faces Maginn in the semifinals.



Maginn likes to push the tempo with guard Talor Battle leading the way, so Saratoga must match the Golden Griffins point for point in order to win.

As for CBA, the Brothers are undefeated for a reason. They have a dominating inside presence with Greg Holle, DeAndre Kennedy and Luke Weaver, and they get outstanding guard play from John Cahill, Joe Zappone and Malcolm Austin. It will take a supreme effort for anyone else in Section II to knock off the three-time defending champions.

Like the boys, the girls' side of

the tournament is dominated by a handful of teams — Colonie, Shenendehowa, and Amsterdam. Of the three, Colonie has the upper hand because it has what Shen and Amsterdam lack: players who have won a Section II title before. Most of Colonie's roster is made up of the same players who led the Garnet Raiders to the 2005 class AA crown, and they've played like a group determined to win another title all year. They won't score a lot of points against either Shen or Amsterdam — two tough defensive teams — but they will scrap their way to a win.

Among the girls teams to keep an eye on for upsets are Guilderland, Bethlehem, Columbia and Catholic Central.

Class A

Glens Falls enters the boys' tournament the same way it did the last two years — as the over-

whelming favorite on paper. But like the last two years, there are plenty of obstacles standing in the Indians' way including Foothills Council runners-up Scotia-Glenville and Patroon Conference champion Ichabod Crane.

Where Glens Falls usually slips up is when it plays a good team from the Suburban Council. This year, there are two of them — Mohonasen and Averill Park, both of which are capable of beating Glens Falls. And let's not forget resurgent Bishop Gibbons, which sits in third place in the Big 10 after spending the first half of this decade in the basement.

I still believe Glens Falls is the most talented team in the field, but until the Indians actually win a Sectional title, I won't count anybody else out.

□ SECTION/page 30