

Police Blotter

Selkirk man arrested in road rage incident

Raymond F. Denney Jr., 66, of Selkirk, was arrested on Wednesday, July 23, for second-degree reckless endangerment after he allegedly blocked another driver with his car and yelled profanity at her.

Police said the complainant was attempting to leave her driveway when Denney stopped his vehicle in front of her driveway, blocking her exit.

She told police that she drove around Denney's vehicle and continued west on Beaver Dam Road when she noticed that Denney continued following her, and she pulled over to the side of the road near Sandy Lane, according to the arrest report.

Denney then pulled up his car in front of her blocking her in, the report states.

"[Denney] then went up to the window and began yelling at her," police said, using profanity as he yelled. Police said they interviewed a male driver in a gold pickup truck who stopped at the scene and asked if she was OK.

In the report, Denney "states he is fed up with [the complainant] because they keep the place a mess," and he admitted following her down the road to confront about the "driveway and other issues."

Denney was released on appearance ticket and was scheduled to return to Bethlehem Town Court

on Tuesday, Aug. 5.

Other arrests

• Debra S. Ross, 50, of Glenmont, was arrested on July 16 for obstructing firefighting operations, a misdemeanor.

Police responded to a call to assist the Selkirk Fire Department on Route 9W because Ross was refusing to cooperate with the Selkirk Fire Chief during an investigation of an open burn. While investigating firefighters observed a smoke condition in the area and was attempting to check the rear of Ross' property.

Ross refused to give firefighters access to the property and told the fire chief "that she would not allow access and that there was no fire on her property," according to the arrest report.

The Fire Chief told Ross every other home in the area was checked and that smoke was coming from her

property, the report states, but Ross said, "last time I allowed them in the back I got a handful of tickets. ... I'm not allowing them back there, there is no fire."

Another firefighter walked to the back of the property while Ross was being interviewed and he saw a large fire pit with an active fire burning, according to police. When police received the information about the fire, Ross walked to the rear porch area of her home.

When police followed her, the report states, Ross said "I started that fire at 5 p.m. and it was contained and it should have gone out by now."

Police said they saw a young child at the home and asked Ross if asked if another adult was home and Ross replied yes and asked why.

The officer on the scene told Ross she was under arrest for obstructing and she started walking back into her home and police went to follow

her, but once inside, according to police, Ross tried to shut the door, hitting the officer's leg and arm with door.

A male relative then appeared and asked what was going on, and, once the officer explained, he told Ross to cooperate, which she did, the report states.

Ross was taken into custody without further incident and police discovered a 250 to 500 gallon steel fuel tank cut open and used as a fire pit, according to police. The fire department extinguished the fire and contacted the town's code enforcement after observing "numerous town code violations" on the property.

The report states that Ross was processed at the Bethlehem Police station and released.

• Shanta A. Thomas, 22, of Albany, was arrested by Bethlehem Police on July 28, on a bench warrant for petty larceny.

Police said Thomas turned herself in to police custody at the Bethlehem Police Station on the strength of an active bench warrant for her arrest issued on July 8 by Justice Paul Dwyer.

Thomas was arraigned by Justice Ryan Donovan, who set a bail of \$250 or a \$1,500 bond and she was sent to Albany County Correctional Facility.

She was scheduled to reappear in town court on Aug. 5.

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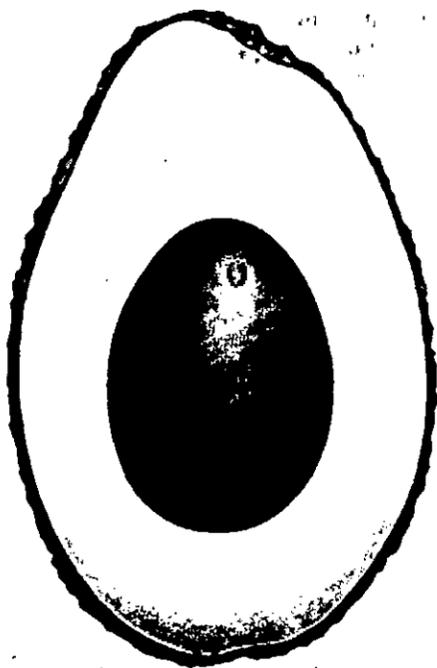
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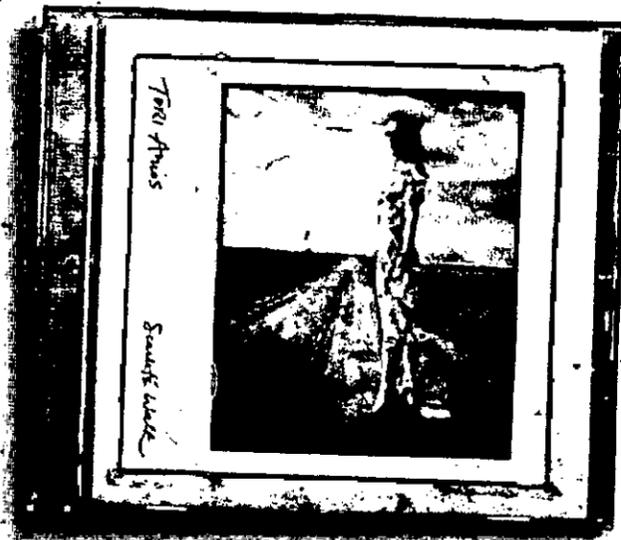
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V'Ville club's tourney to Fish For a Cure Military room renamed after fallen Marine

October bass competition to raise money for cancer

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

Save the fish stories for your buddies, because this bass tournament is about much more than that 10-pounder you "caught" but nobody saw.

Fish For a Cure is a bass fishing tournament on Saratoga Lake on Oct. 11 that will benefit the Capital Region Circle of Hope and the American Cancer Society Making Strides Against Breast Cancer. The event, which is being hosted by a Voorheesville-based fishing club called the Helderberg Bassmasters, is a catch-and-release tournament, and all donations are tax-deductible.

One of its organizers and Helderberg Bassmaster member, Dennis LaGrange of Delmar, said that not only is it an important fundraiser for a good cause, but it will simply be a fun event.

"I would love to raise \$100,000, \$200,000, whatever we can do. Every bit counts," LaGrange said. "It's the first year, so if we do \$5,000, \$10,000, \$20,000, whatever it is, I'll still be happy. I won't turn anyone down for this."

There is currently a 100-boat limit on the two-man fishing tournament and the winner will be determined by the overall total weight of six fish caught. There will also be a "lunker prize" for the largest fish reeled in during the tournament.

There is a \$50 entry fee per two-man team, plus a minimum \$50 donation to the Capital Region Circle of Hope or the American Cancer Society. There will also be an optional \$5 per-person cost for the lunker

prize. A certificate of boating insurance will also be necessary to enter the bass tournament.

The tournament will be held from 7 a.m. until 1 p.m. on Saturday, Oct. 11, and prize money is a 100 percent payback of the entry fees.

Sponsorship currently includes Rhino Sports and Fox 23 News' Buddy Check. LaGrange said he is in talks with ESPN to get them involved as well. Corporate sponsors may get involved by calling 577-8341.

"The New York State B.A.S.S. Federation is behind us in all of this," LaGrange said.

Breast cancer is the second leading cause of cancer deaths in women after lung cancer, according to the American Cancer Society, and is the most common cancer in women excluding non-melanoma skin cancers. About 1.3 million women are diagnosed with breast cancer annually worldwide, and roughly 465,000 of them die from the disease.

Men are not excluded from the cancer, as the American Cancer Society reports that an additional 2,000 men are diagnosed with it each year.

"My grandmother died from breast cancer," LaGrange said. "I talked to someone yesterday who told me that his brother had cancer at age 12. ... This is a good event because how many guys are going to turn around and say that they have breast cancer?"

To make a donation or get a sponsorship confirmation application, send inquiries to: Fish For A Cure, Helderberg Bassmasters, Delmar 12054, or call LaGrange at 577-8341.

LaGrange is asking those interested to sign up and place their donations by Thursday, Sept. 11.



The Marine Corps honored the late Sgt. Shawn P. Martin Friday, Aug. 1, by naming The Military Ceremony Room at the Albany Military Entrance Processing Station at the Leo O'Brian Federal Building in Martin's honor. Martin, a 1995 graduate of Bethlehem Central High School and a former member of the Elsmere Fire Company, died Wednesday, June 20, 2007, when the vehicle he was traveling in struck roadside bomb in Saqlawiyah, Iraq, just west of Baghdad. On hand for the ceremony was Marianne Sara Martin, fifth from right, Shawn's spouse; Kira Vanderloo, fourth from right, Shawn's niece; Nicole Vanderloo, third from right, Shawn's sister; and Dawn and Paul Martin, Shawn's parents. More than 5,000 military inductees are processed through the room each year.

Tom Heffernan Sr./Spotlight

All Animal Shelter begins fundraising events

The All Animal Shelter has hit the ground running with all four feet.

On Monday, Aug. 4, the not-for-profit organization teamed up with Pizza Hut to have 20 percent of orders placed that day donated to the animal shelter group. They will be doing the same thing on Tuesday, Sept. 16 from 4 to 10 p.m.

Customers who mention the All Animal Shelter will have 20 percent of their order donated to the shelter by Pizza Hut. The fundraiser

is valid for eat-in or carryout orders only at six Capital District locations: Columbia Turnpike, East Greenbush; Western Avenue, Guilderland; Delatour Road, Watervliet; 5th Avenue, North Troy; Route 146, Clifton Park; and Saratoga Road, Scotia-Glenville.

The All Animal Shelter is an organization dedicated to the formation of a modern, full service animal shelter, animal education center and wildlife center in the Capital District. All Animal

Education Department and the New York Department of State, allowing the offering of educational programs and training, as well as the ability to engage in animal welfare activities.

As a non-profit organization, all contributions to the All Animal Shelter are tax-deductible.

To contact the organization about donations or events, visit its Web site at www.allanimalshelter.org.

—Jarrett Carroll

Surgery survivors lend a helping 'heart'

Volunteers raise money for heart surgery patients

By DAN SABBATINO
Spotlight Newspapers
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Heart surgery patients rallied to support others who will have similar procedures by raising money for research and equipment at Crossgates Mall on Friday, Aug. 1.

Mended Hearts members, a sister organization of the

American Heart Association, sold paper hearts for donations of \$1, \$5 and \$10, and will be selling the hearts through mid-September, according to information provided by the organization.

The members of Mended Hearts are comprised of people who have had heart surgery, or are a caregiver for someone who has had a heart procedure. Its members hold monthly meetings at local hospitals and visit patients after they have had surgery.

"We lend a hand and a heart to other patients who are having heart surgery," said Mary Ricchiuti, a volunteer for Mended Hearts. Ricchiuti had a valve replacement and CryoMaze treatment for atrial fibrillation three years ago.

She said the procedure was not very invasive and did not require them to open up her chest cavity. The procedure

involved a small incision in her rib cage.

She said the money they are raising will help fund the equipment needed for similar procedures.

Ricchiuti said that the relationship between the AHA and Mended Hearts is to support one another in a variety of different ways.

"Heart groups kind of go hand in hand with one another," she said.

She said that the funding from the volunteer work they do goes to research and supplies for the AHA, and in return the AHA provides Mended Hearts with information, e-mail lists and other types of assistance.

Leanne Marie Ricchiuti, Mary's daughter, also volunteered her time.

"These are the actual patients. These are the people who have survived and are actually making a difference,"

she said.

Maureen Sugrue, also a volunteer, said her husband was a heart patient in 2000, and since then she has volunteered her time to Mended Hearts. Sugrue is the editor of Mended Heart's newsletter and she said people have been generous with their contributions.

Mended Hearts raised more than \$115 in donations in nearly three hours. Each donation is symbolized with a paper heart that is displayed for mall patrons to see as they pass by the table.

There are also two walks scheduled in the fall to help raise money for AHA. One will be held on Saturday, Oct. 18, at the Harriman State Plaza, and the other will be held on Saturday, October 25, at the Saratoga Race Course in Saratoga Springs.

In 2007, Mended Hearts placed second in their division in fund raising, according to information provided by the group.

For information, contact Meredith Cohn at 869-4046.

Got news?

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

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

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

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

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If you give a neighbor a cookie ...

By ROBIN SHRAGER SUITOR
Spotlight Newspapers
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Just about every time my neighbor Liz introduces me to someone, she tells the Welcome Wagon story.

In Liz's voice, it goes something like this:

"We had just moved from Canada. Michael, who was 10, was eagerly awaiting the arrival of the Welcome Wagon. Apparently he heard this existed in the United States. And sure enough, one August afternoon Michael looked out the window and saw people coming up the driveway. Mom, it's the Welcome Wagon, he yelled excitedly."

"And who was it coming up the driveway?" Liz asks, building suspense. (The story is better when you can actually hear her animated voice. You'd think the event happened just that morning.)

She continues, "It was the Suitors! Robin and Jeff pushing Rachel in a stroller. Michael was so excited he couldn't stop talking about it for months."

You'd think we had arrived with the Publisher's Clearinghouse check for \$10 million. In fact, we had presented only a box of Freihofer's chocolate chip cookies.

And yet, our tiny gesture

of kindness had a long-lasting effect.

But now, after a decade, the story is moving out of town. I didn't believe it at first, but then Liz starting having garage sales. Plus she and her husband invited us to a farewell party and made speeches to the assembled about how we would be missed.

"So it looks like you're actually moving," I said to Liz. She just laughed, then introduced me to some people and told them the Welcome Wagon story. And as I stood there, noshing on red peppers from the veggie tray off her dining room table, I was reminded again how quickly time passes.

It was back in February when Liz had left the message on our answering machine. She let us know that Zvi had accepted a position with a university in another state and they would be moving in late summer. She figured we were out of town, but she wanted us to hear the news directly from her.

I was initially relieved that she wasn't calling to tell us

that a massive snowstorm had damaged our house, but then immediately saddened that we would be losing good friends.

We came home from vacation and I know I should have called Liz to acknowledge her message, but I didn't want to acknowledge the situation, so I didn't call.

A month went by and I ran into her at the synagogue during Purim.

"Did you get my message? I thought you would've called me," Liz said.

"Uh, yes, I got your message. But I thought if I ignored the message then the whole situation would change, as in, not exist." I explained that I was in denial.

The "Moving Denial" story became her second most-often told story about me in her remaining months in town.

She looked so happy. Her children are grown. She and her husband are downsizing to a terrific condo in a great city.

Good for them, but what about me? I like having them on the street. I wave as I go by and I often stop to chat. I want them to stay. Selfish, sure, but it's how I feel.

Maybe I'm taking it hard because it's the second move I've endured this year. That's right, it's all about me.

Our friends Ann and Kevin also recently moved out of state.

Again, the decision to move was made while I was away.

"We've got the house on the market," Ann told me when I came back from vacation last summer.

Can't I leave town without people making plans to relocate?

"But you haven't even been here for two years," I protested, as if a minimum stay was required.

Alas, people must go where the jobs take them. I understand this, but I still can't help feeling disappointed. Other people are uprooting, yet I'm the one feeling unsettled. That's right, it's all about me.

When they hadn't sold their house in the first few months, I held out hope that they'd just decide to stay.

"The Realtor's having an open house this weekend," Ann would tell me, and I'd think, "Oh, no, this increases the likelihood of a sale."

Ann's house, like Liz's was beautiful and always immaculate.

When the house sold, I congratulated Ann, knowing that this was a heavy weight off her shoulders. I'm happy for you, but sad for me, I told her honestly.

The good news, for me, was that the closing wouldn't take place for a few months.

Then suddenly they moved up the date of their daughter Miranda's birthday party and sent out e-mails announcing a going-away barbecue. Plans had changed. They'd purchased a new home in Ohio and would be moving in just a few weeks.

But, but, but...what about me? This is what I thought as I stood in their kitchen eating grilled chicken and pasta salad.

We were just getting to know these people. We'd get together for dinner and afterwards the adults would sit down to a game of cards and the kids would run

off and play in the basement.

I missed Ann before she left. She has an incredibly positive attitude. She is a high-energy person with a can-do attitude and three well-behaved children. I found her optimism contagious and uplifting.

The night before they left, we took the kids out to Friendly's. Ann, Kathryn, Alex and I played 20 Questions. Rachel and Miranda sat together in a separate booth across the aisle.

It was a teary farewell in the parking lot. Well, I was crying, but what else is new.

Ann told Rachel she could come to Ohio to visit Miranda. But I knew what Rachel was thinking: When her friend Maddy moved two years ago we said we'd go visit, but we haven't yet. You know, weekends get busy with sports and schoolwork. We barely see friends in town, let alone take the time for a road trip.

It's an odd feeling to say goodbye to people with whom you have shared holidays, parenting tips and laughs, especially when it's possible that you may never see them again. Will we keep in touch? How long before we fade from the children's memory? And does Michael, now age 20, really remember seeing us approaching his house 10 years ago?

I saw the moving truck in Liz and Zvi's driveway. The morning they left they placed a note in our doorway. It had their new address and telephone number.

"I wish I had gotten the chance to say goodbye again," I told Jeff.

But instead of feeling sorry for myself, I just went back into denial.

"I know! I'll just pretend they are off on a long vacation!"

That will work until someone else moves into their house. And when that happens, it'll be time to welcome the new neighbors with a box of cookies.



WEEKLY WEATHER

Chief Meteorologist Mike Bono



TIME WARNER CABLE

Albany Almanac

Record high/low/year

Day	AVERAGE HIGH 81°	AVERAGE LOW 60°
Wednesday, August 6	98°/1900	45°/1994
Thursday, August 7	102°/1918	46°/1994
Friday, August 8	95°/1983	46°/1948
Saturday, August 9	96°/2001	46°/1989
Sunday, August 10	96°/1949	48°/1955
Monday, August 11	98°/1944	46°/1941
Tuesday, August 12	99°/1944	46°/1987

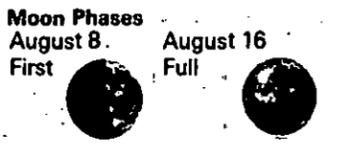
ANNUAL PRECIPITATION
28.50 inches as of August 1st
6.08 inches above average

This week in weather

August 9, 1878 The second deadliest tornado in New England history and Connecticut's deadliest tore through Wallingford, killing 34 people, 6 in one home. Almost a hundred others sustained injuries. Fifty homes were completely destroyed by the twister.

Sun & Moon

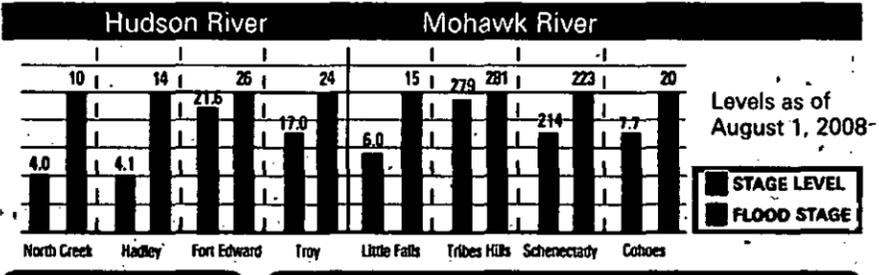
Day	Sunrise	Sunset
Wednesday	5:53am	8:09pm
Thursday	5:54am	8:07pm
Friday	5:55am	8:06pm
Saturday	5:56am	8:05pm
Sunday	5:57am	8:03pm
Monday	5:58am	8:02pm
Tuesday	5:59am	8:00pm



Planets	When	Where
Mars	Dusk	Low, West
Saturn	Dusk	Low, West
Jupiter	Late	Bright, S

Rivers & Recreation

River Levels



Water temp.

Lake George	76°
Bolton Landing	75°
Sacandaga Lake	77°
Saratoga Lake	78°
Jersey Shore	70°
Cape Cod	74°

Tides at Albany

Day	High	Low
Wednesday	9:10am, 9:51pm	3:37am, 3:58pm
Thursday	9:57am, 10:41pm	4:30am, 4:46pm
Friday	10:48am, 11:33pm	5:23am, 5:36pm
Saturday	11:43am, ---	6:18am, 6:28pm
Sunday	12:27am, 12:41pm	7:13am, 7:21pm
Monday	1:21am, 1:39pm	8:08am, 8:14pm
Tuesday	2:15am, 2:34pm	9:01am, 9:06pm

Elbow family remembers loved ones

New monument is testament to local, global understanding

By SEAN AHERN
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For Meg Elbow and her daughter, Margaret Elbow Conn, the memorial of a sister and a father who are buried in the Bethlehem Cemetery is a permanent acknowledgement of two people who gave to the community and made Delmar their home.

In 2005, Margaret's father, Matthew H. Elbow, professor emeritus from the University at Albany, died and was buried while his wife Meg Elbow was in the hospital recovering from a spinal injury, unable to attend either the burial or memorial services.

Matthew Elbow, who during the early 1960s taught on a sabbatical in Lebanon and Turkey, brought a global perspective early on to his young daughters, who gained an outlook on life that was different than what surrounded them on a daily basis in Delmar.

On Aug. 9, 1970, Matthew's daughter, Anne Gibson Elbow, was among 49 American high school students who died in San Jeronimo, Peru, during a flight home after visiting Macchu Picchu as a part of a cultural exchange program. Anne Elbow, who was involved in the school paper and student government; with outside interests such as the piano, modern dance, ballet and Girl Scouts; was an active member in the community.

Elbow's memorial monument was recently placed on the family plot in the Bethlehem Cemetery, with an engraving of Anne

Elbow's name and dates on the back, which also notes that she is buried in Lima, Peru.

"The kids developed wandering feet. When they graduated, they wanted to travel," said Meg Elbow. "They found Delmar confusing after we lived abroad."

When news of the crash was heard in the United States, and that a local student had been involved in the tragedy, acknowledgements from state political body members, students and others who had never met Anne were sent to the Elbow's home. "People who never met Anne sent letters because they were so touched," said Meg Elbow, "She had a twinkle and a sense of humor that brought people to her." Meg Elbow remembers that the letters she received from friends and classmates of Anne said she was always smiling.

"It brought the world to the steps of Delmar," said Margaret Elbow Conn. She said that the monument was prompted by her father's death, which also allowed for the opportunity to create a lasting memory for her sister. "The time is O.K. to remind people of what happened."

For the past 30 years, a scholarship in Anne's name has been given out at the

Bethlehem Central High School. The \$2,000 award goes to a senior who has helped to promote human understanding and goodwill on a local or global basis. According to Margaret Elbow Conn, the creation of the scholarship was a new idea 30 years ago that has grown over the years and kept the memory of Anne alive in the community by helping the students in the community to forward their own goals.

Recent winner Tresne Hernandez was presented the award in May.

"I am very honored to be recognized in any way," said Hernandez, who plans on attending Wesleyan University in the fall. When asked if she planned on studying abroad, Hernandez said, "Definitely, I'm debating between China and Spain."

Family and friends plan on having a small gathering at the monument on Saturday, Aug. 9, to remember both Anne and her father, whose birthday was the day of the crash. Margaret Elbow Conn said she wants to remind the community of two people who have made contributions to their hometown, "It's an appropriate, permanent acknowledgement of two people who gave a lot in the community."



Anne Gibson Elbow alongside other students and natives while she attended her foreign exchange program in Peru.

Submitted photos

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Matters of Opinion *in the* Spotlight

Power to the people

Regardless of your motivation, it's time to start living a little "greener."

Whether it's because of the environment, because of your wallet, or both, the time has come to embrace the movement to use less energy and be more parsimonious with our resources for one simple reason: There is no sense in not doing so.

See the term "green living" around some people and they'll turn various other colors with disgust. That's fine. To some extent, the green movement has been co-opted by those both for and against for political manipulation. But to adhere to the principles of the energy conscious is a win for those on either side.

Energy is money. To conserve one is to conserve the other, and this presents a win-win situation for those hugging trees or driving their SUVs to log them.

A bonus: many energy- and money-saving tips are easy to implement. As easy as, say, changing a light bulb.

There has been a major increase in the sale of compact fluorescent light bulbs (CFLs) that are up to 75 times more energy efficient than standard incandescent lights. Replacing all the bulbs in a house can save homeowners a couple hundred dollars a year.

Yes, but CFLs contain mercury, right? That can't be good for the environment.

Don't worry. The average mercury content in CFLs is about 125 times less than your average oral thermometer, and has dropped at least 20 percent in the past year. By the time you have to replace all the incandescent lights with the CFLs you're going to install immediately after reading this editorial, the mercury content per bulb in CFLs will be close to nil.

If you're still having trouble reconciling the environmental effects of conserving energy with your capitalistic sensibilities, use conservation as an excuse to go out and buy some new appliances.

NYSERDA recommends purchasing qualified Energy Star appliances, which use up to 25 percent less energy than non-Energy Star appliances.

•••

Every week at Spotlight Newspapers, we work hard to produce artwork to accompany our front-page feature stories. Most of the time this is an illustration or photo illustration done in-house by our editorial artist, Brady Chapman. Other times we go out into the communities we serve to find the people, places and things we need to accompany our main story. We would like to thank the Delmar Marketplace and McCarroll's Village Butcher in Delmar for their help with last week's photo illustration.

Editorial

Planning key to American dream

By VICKI BRACKENS
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The author is a senior financial planner with MetLife. She holds the designation of Chartered Financial Consultant working with healthcare and education professionals. She serves as a nonprofit board member, currently sitting on the boards of the Central New York Community Foundation, Inc. and the MOST (Milton J. Rubenstein Museum of Science and Technology).

Today's economy had me thinking recently about my forefathers and how they were able to make ends meet. The notion of achieving the American dream was, within some degree of certainty, top in the minds of my parents or grandparents. Certainly for their generation, fighting for basic civil rights and finding a means to "get by" was a part of their thought process; but providing a foundation for their families to achieve the American dream was always the guiding principal. They worked hard, in fact, very hard; as I am sure yours did as well. However, as many of our forefathers prepared themselves and their children for hard work and perseverance, they lacked the skills or access to the essential keys needed to achieve the American dream.

Today, in the year 2008, we still work as hard as we should and we still persevere; yet reaching the goal of the American dream still eludes many of us. The challenge is not gaining access to the essential keys to success but the application of the skills needed to achieve success.

From Jan. 4 to 6, Strategy First Partners and Penn, Schoen and Berland Associates conducted 800 online surveys in the U.S. among the general population, including 124 African Americans. The purpose of the

Point of View

study is to understand and track Americans' sense of financial security and their ability to achieve the American dream. The study is available at <http://www.metlife.com/WPSAssets/20395485431208884118V1FFinal08048098AmDreamStudyAAv7.pdf>.

The notion that many African Americans have not prepared themselves (or their families) financially for their American dream is unfounded. According to MetLife's 2008 American Dream Study, African Americans still believe it's possible to achieve the dream in their lifetime. In fact, nearly eight in 10 (78 percent) of African Americans believe the dream is within reach, slightly ahead of the overall U.S. population (74 percent). Reading the study further, I found it interesting that there has also been an 8-percentage point increase year after year in the number of African Americans who have reported that they have already achieved the American dream.

I know what you are thinking: "What is the American dream and who defines it?" According to the study, Americans generally define the American dream as financial security, family, and freedom from want. Furthermore, I learned that African Americans are more likely than others to also cite a comfortable retirement (45 percent vs. 35 percent) and successful career (39 percent vs. 27 percent) when defining the American dream.

As a third-generation African American professional, my family relies upon me to continue their legacy of success. I take pride in making smart financial decisions and helping others obtain wealth and financial success. One must work hard to gain financial success and apply the keys to success daily. The process is lifelong and never-ending. According to the study, 96 percent of African Americans believe Americans are working as hard as or harder than ever just to get by. In fact, there is a growing concern among African Americans about the affordability of basic needs, with approximately 74 percent saying they feel like the bar is rising in terms of the basic necessities of life. Yet less than half (48 percent) of African Americans reported they are working harder than their parents to achieve the American dream. The

reality is, for each generation the struggle to achieve the American dream has been just that — a struggle.

The study also notes that more than 60 percent of African Americans are frustrated that they can no longer "count on" employer-sponsored programs such as health care and pension plans. Many African Americans (64 percent) are also concerned about their ability to rely on the government for their financial security, and they also express concern that some programs such as Social Security and affordable health care will not be available for future generations.

These sentiments resonate throughout the American population. Life has changed and the keys to the American dream now unlock a different door. Social and corporate safety nets are no longer core elements in the American dream; they are extras. The core is self-reliance.

As the study suggests, as the financial burden shifts to the individual, African Americans are seeking to create their own personal safety net. Many don't plan to turn to their employer; rather, six in 10 will create their safety net outside of the workplace. That being said, 61 percent of African Americans expect their personal financial situation to be better in the future, according to the research. I believe this finding is accurate. Personally, the creation of personal risk management programs to protect my income and my family from the catastrophes of life, and well-documented estate procedures are my keys to a strong individual safety net. If I couple that with a strong emphasis on cash management for life's emergencies and debt management, my hard work and perseverance are energized to reach the American dream.

My American dream has very little to do with money... but money is a key factor to realizing my American dream. I live and teach this principal, therefore I think it is important for people to know that selecting a financial planner who can understand the reasons behind your financial choices — someone that can make you feel comfortable with the choices you make, is crucial. Having the right financial planner and making the right choices can open many doors for you, your family and generations to come.

It certainly helped me in my quest to achieve my American dream.

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Your Opinion *in the* Spotlight

Local businessman pays it forward

Editor, The Spotlight:

Last week, my 18-year-old daughter's car tire became loose and undrivable, and it was towed to LaBarge's Tire and Auto Service on Route 9W in Glenmont.

They repaired the tie rod and I proceeded to pay the \$172 bill.

Monday morning, at 8:05 a.m. the owner of LaBarge's, Tom, called and told me he had been on vacation last week, and when he came in and viewed the weeks receipts he noticed my daughter's on the top. He recognized her name and the description of her somewhat old Mitsubishi and recalled that they had recently done work on this same car and realized that they had replaced the same tire rod just a few months prior.

He called me and immediately said that they were going to credit the entire job, because it must have been a faulty part and that I should not be liable for this.

I was speechless.

I did not remember what work had been done prior, and was so grateful that he wanted so much to do the right thing for my daughter and me.

Of course, I will continue to do business with this gentleman knowing how much integrity he has and I wanted the community at large to know that there are still honest, hardworking people among us.

Bravo to Tom at LaBarge Tire and Auto Service!

Terri Fishman
Delmar

Pet article criticisms ill-placed

Editor, The Spotlight:

I was surprised by the two letters (*There are more important issues than pet pampering*, July 23, and *People, not pet accessories, matter*, July 30) printed in response to the article about pet care (*Creature comforts*, July 16).

I happened to be the groomer interviewed for the article and owner of TransFURmations Mobile Pet Spa. It is shocking to me that a lighthearted article could attract such negative responses. I would really like to know if the people criticizing others for how they spend their money, what vehicles they drive and where they live; if they ever go out to eat, etc. It is very easy to say we could save the world if we just stopped spending money on what some people deem as unimportant items.

So next we will say that everyone has to live in a hovel because big expensive houses cost too much, and that is money that could be sent

elsewhere. We should all drive around in small, inexpensive cars, eat only the cheapest foods and buy all of our clothes at thrift stores.

This reasoning is, well, totally unreasonable. We are Americans, we have the right to choose what we do with our hard-earned income. No one should try to guilt or shame others into spending their money differently. If there is a worthy cause others believe in I am ready to listen, but I won't be verbally beaten into submission to donate to those causes.

I also find it offensive that these people assume that those who pamper their pets do nothing else with their money. I don't see them ridiculing the people who drive Hummers or live in mansions. Pets mean a lot more to most than a car or house. I provide a service, and grooming is a lot more than a luxury item - it is a necessity to keep pets healthy.

We live in a capitalistic country, and that is what makes it great. I, for one, do not want someone else telling me how to spend the money I work very hard for. I believe there was a country that fell a few years ago that believed in "sharing the wealth." I can appreciate the passion these people feel for people in other countries, but I believe their efforts would be better served trying to raise funds for education on family planning. Let us also not forget we in America have starving and homeless of our own.

I will continue to help people care for the pets they love so very much, and refuse to feel the least bit guilty about it. I would also like to tell those that love their pets that they have nothing to apologize or feel guilty about.

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

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

Spotlight should decry pork, not Bruno's absence

Editor, *The Spotlight*:

The torch has passed to a new Senate Majority Leader, and Joe Bruno is going on to different pastures and the Capital Region is not going to continue to have a favored position in getting state dollars.

Your July 3 editorial (*Say it ain't so, Joe*) put it this way: "The best that Upstate can expect after Bruno leaves is to be thrown a bone every once and a while - a bone that will no doubt remind Upstate constituents of where the leadership lives."

This, published only a day before the celebration of the birth of our democracy!

The founders of our nation gave a special place to the Fourth Estate. It was considered as another and valued asset in protecting our rights, giving up a better understanding of our role in our government and giving us information so that we could live up to that role. Our government required us to be aware, knowledgeable

and active participants in the process. And now we are told to mourn the loss of the largess that came our way only because one of our local fellows was in a powerful leadership position. That was akin to being a neighbor or friend of the king in earlier days. The days that we labored and fought and died to put and keep our democratic governmental values in place were meant to make such patronage a thing of the past.

Member items, earmarks, and the like are bad government! And we are all to blame that things like these have come to pass. Our elected officials are to blame for taking advantage of our laxness in holding our elected officials to task. We are to blame because we put them there and let them do it. We are to blame because we took those favors as though we deserve them.

Favoritism, not treating all of our state's residents equally and objectively in sharing our wealth - from all of our taxes

and fees - is counter to the very founding ideals of our nation. Using all of our citizen's hard-earned money to curry personal favor for an individual or small number of legislators by giving preferential treatment to only certain voters, is counter to any logical sense of our democracy.

And now that Joe is moving on, our treasured—at one time—objective provider of public information for citizens, rues that passing and ignores an overriding consideration in establishing our democratic form of government: we are all equal under the law and unequal bartering of our resources to gain personal favor and political support - and Joe's and anyone else's member items - are just bad government.

And we celebrated the July 4th holiday but forgot what it was for! Where are we? And where are we going?

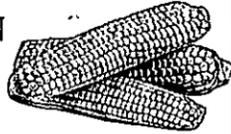
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IN BRIEF

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For information, call Carol McGowan at 436-0466 or the

church office at 439-6454. Proceeds from the event go to the church and the Capital City Rescue Mission.

HVCC to hold courses at BCHS

Hudson Valley Community College will offer evening courses at Bethlehem Central High School

beginning Monday, Sept. 8. The college will offer "Western Civilization and the World II" and "General Psychology."

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Around the County

Camp Colonie combines learning and fun

Program serves students with disabilities and summer school needs

By ARIANA COHN
Spotlight Newspapers
cohn@spotlightnews.com

An ideal summer school curriculum would consist of courses like Trail Hiking 101, Swimming Pool Study Hall and AP Archery. A real summer school at Camp Colonie does consist of that curriculum.

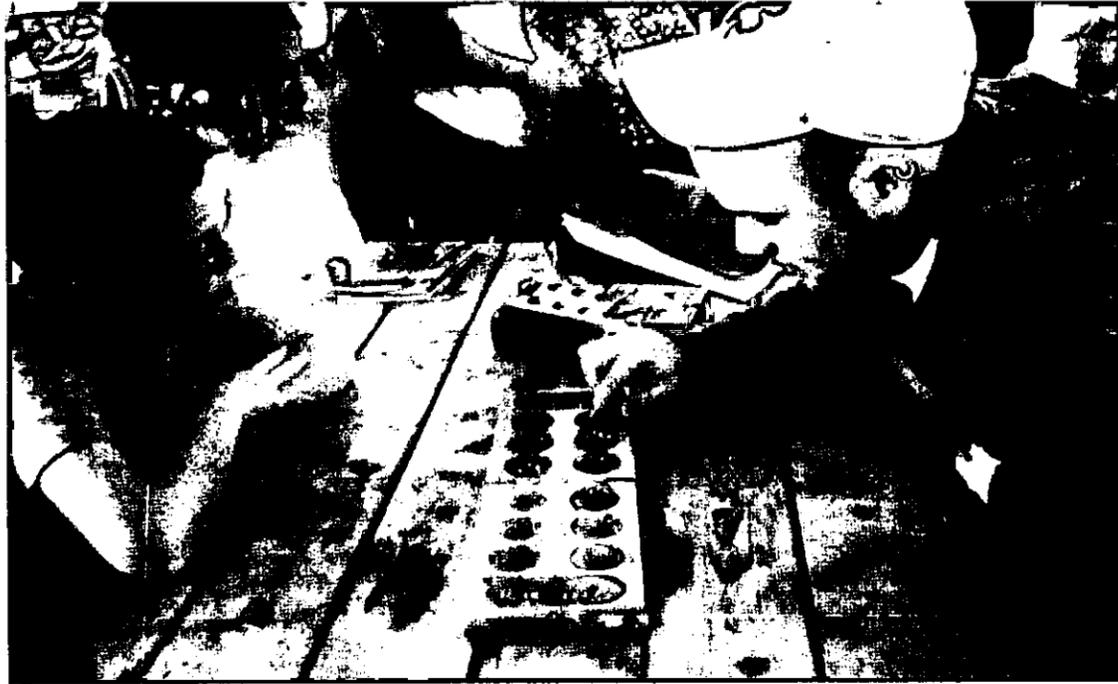
Founded 26 years ago by Easter Seals Disability Services, the seven-week camp, held at the Colonie Town Park, has been providing a summer of outdoor activities and education for children with disabilities, as well as children throughout the community. The camp program caters to the educational summer school needs of those students who are required by the state to extend their schooling through the summer, by having trained teachers on the staff as counselors.

Students who need to meet such requirements participate with other campers throughout the day and are pulled out on occasion to receive one-on-one educational sessions.

The camp is under the direction of Chuck Paravella and Mitch Hahn, both educators in the Capital District. According to Paravella, the camp serves as an alternative summer school, enhanced with the asset of taking place in the outdoors.

Paravella said that for the students who attend camp as summer school, most schools pick up the funding since it is mandated that they attend summer school. Schools can choose whether or not to count the camp as summer school, he said, and in Colonie, the South Colonie Central School District participates in this program while the North Colonie Central School does not because it has its own summer school program.

As far as how many campers attend the camp to fulfill summer school requirements,



Children play games with counselors at Camp Colonie under the roof of a pavilion Thursday, July 24, when their swim-time got cancelled by a rainy day.
Ariana Cohn/Spotlight

Paravella said, "It's about half and half." But according to Hahn, "all of the kids are integrated," when it comes to activities.

Paravella said that the camp chooses activities that all campers can participate in regardless of their abilities.

"It is tailored so that every kid participates in every activity," he said.

For Philip Isaac, a 17-year-old Colonie Central High School student, his two favorite camp activities are swimming and lunch. While swimming, Isaac said he enjoys going under water and for lunch, he said he enjoys eating bologna, which he brings with him to camp. Isaac has been attending Camp Colonie for 10 years now, because, he said, "I like this camp."

Jocelyn Heermance, 15, of Schenectady, said she likes the camp as well, but for different reasons.

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"I love the pool. I like the boys too," she said.

Heermance said she has been attending Camp Colonie for eight years, and that her favorite camp-time activity is "rec," or recreation, in which campers play various sports. When asked what else she enjoys about camp, Heermance said, "Everything. I love everything. If I wasn't here, I don't know what I'd do."

From the outside, Camp Colonie may seem like a typical summer camp, but for those deeply involved, it is more. It is, in fact, a step toward a career.

Meagan Farrell, 18, and Joe Mooney, 18, both of Troy, said that by working at the camp as counselors, they were able to choose a career path as they get ready to go to college this year.

Farrell, a Colonie Camp counselor of four years, said she plans to attend SUNY Cortland in the fall, majoring

in speech pathology.

"I never would have considered that major if I didn't work here," she said.

Mooney, a counselor for three years, said he plans to attend Skidmore College and major in pre-medicine to become a pediatrician, an interest he also attributes to his work at Camp Colonie.

Other counselors consider working at the camp a stepping stone for their already-begun careers.

Danielle Schnieble, of Berne, a middle-school specialized teacher at Berne-Knox-Westerlo, said, "For teaching, you get to see the kids in a different setting."

Schnieble said that the close interaction she is able to have with the students in the setting outside of the classroom allows her to build stronger relationships with them.

"A lot of them are growing, but not socially," she said. "By the end of the summer, they're hugging you."

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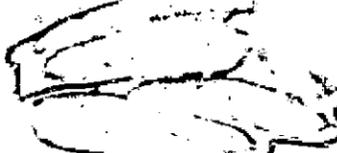
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Congressional candidates weigh in on Iran resolution

McNulty's potential replacements differ on views

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

After being asked to remove his sponsorship of a congressional resolution on how to deal with Iran's nuclear program, the candidates looking to replace outgoing Congressman Michael McNulty in the 21st District all have differing opinions on the issue.

McNulty is one of many co-sponsors of Concurrent Resolution 362, a controversial measure in the U.S. Congress that makes several proposals aimed to prevent Iran from acquiring nuclear weapons. Congresswoman Kirsten Gillibrand from the neighboring 20th District is also a co-sponsor of the bill.

The controversy stems from clause three of the resolution, which in essence calls for a blockade of Iran if the country

does not comply. Groups such as Women Against War say that such a measure would be seen internationally as an act of war.

After meeting with representatives from Women Against War on Monday, Aug. 4, McNulty said he is seeking to have the wording of the resolution changed. [See related story.]

There are seven candidates running in the 21st District, five Democrats and two Republicans. Although all agree that Iran shouldn't have nuclear weapon capability, most agreement ends there, as each of the candidates have a different take on why they do or do not support the resolution.

Democrats Tracey Brooks, Darius Shahinfar, and Phil Steck, along with Republican Steven Vasquez, all said they do not support Resolution 362 and would not have sponsored it.

Democrats Paul Tonko and Joseph Sullivan and Republican James Buhrmaster said they support the measure.

McNulty and Gillibrand said they would not remove their names from the resolution, citing a need to diplomatically deal with the Iranian nuclear problem and a very specific clause that states nothing in Resolution 362 "shall be construed as an authorization of the use of force against Iran."

Critics of the resolution say that a blockade and similar strong measures against Iran would constitute an act of war and escalate already high tensions into a military conflict despite the resolution's clause against the use of force.

Brooks said she was against the resolution because the Bush administration can not be trusted.

"I strongly oppose the ongoing war in Iraq and support efforts to prevent President Bush from launching a military attack on Iran. While we must ensure the safety and security of Israel, we should first use all of our economic, political and diplomatic tools to achieve our objectives of dissembling Iran's nuclear program and building peace and security in the region and around the world," Brooks said. "Even though there are many aspects to [Res. 362] that

do outline a path of putting diplomacy first, I would not vote for this resolution because this President cannot be trusted with the additional authority granted by Congress."

Shahinfar, who is of Iranian descent, described the resolution as "saber rattling" and that it would only elevate tensions between the two nations.

"It's not a coincidence that gas prices have significantly dropped ever since this administration followed the Democratic lead and began talks with Iran about its nuclear program," Shahinfar said. "This congressional resolution, even though it is largely a restatement of U.S. policy, will needlessly raise tensions and may raise our gas prices even higher."

Shahinfar said it was a step in the wrong direction to bring about change in Iran.

Steck said he was opposed to two distinct aspects of Resolution 362 — a possible blockade and the detainment of diplomatic officials in Iran.

"It calls for what is in essence a blockade, which is considered an act of war. We haven't exhausted all of our diplomatic means

before using such an extreme measure," Steck said. "We haven't reached that point with Iran ... and I don't think you can tell a sovereign nation that they can't send diplomatic officials out around the world."

Steck added that Iran's nuclear program needs to be stopped and that he has been consistently against the war in Iraq and doesn't want to see a similar situation arise.

Vasquez also spoke strongly against the resolution, saying that the United States is picking and choosing which countries it wants to enforce nuclear compliance with.

"Essentially there's wording inside of it telling the President, for all intents and purposes, to enact a blockade, which is an act of war," Vasquez said. "There is no true provocation here. Why aren't we targeting North Korea or Pakistan? Not that I want to, but it think it's hypocritical."

Vasquez said the language used in the resolution was "reasonable if it sought to start a war," adding, "What if China were to put up a blockade against the U.S. for its weapons of mass destruction?"

The three men who supported the resolution — Tonko, Buhrmaster, and Sullivan — all said the resolution fundamentally deals with the important issue of preventing Iran from acquiring nuclear weapons. Although Buhrmaster and Sullivan fully support the resolution, Tonko said he supports it but would like to see some of its wording changed.

"I agree with the resolution that Iran is a destabilizing force in the Middle East, but I'm concerned with some of the language used in this resolution," Tonko said. "I think all efforts should be made for economic

□ Iran Page 11

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Candidate to stay on ballot

Steven Vasquez defeats James Buhrmaster in signature petition case

By DAN SABBATINO
Spotlight Newspapers
sabbatinod@spotlightnews.com

Congressional Candidate Steven Vasquez defeated James Buhrmaster Wednesday, July 30, in a court battle over Vasquez's petition signatures.

Buhrmaster had sued to knock Vasquez off the ballot for the 21st Congressional District. The result of the win is that both candidates will face off in a September primary to determine who will represent the Republican Party in the race for U.S. Rep. Michael McNulty's seat.

"We went up against one of the best election lawyers in New York. Our campaign volunteers did such a good job in the petition process that it wasn't even close," Vasquez said in a written statement.

The two sides appeared in Albany County Supreme Court Wednesday, July 30, for a hearing. Three Vasquez volunteers testified about the signatures they had gathered, said Warren Redlich, Vasquez's campaign manager.

"Buhrmaster's attorney, Tom Marcelle, then proceeded to go through the Buhrmaster objections one by one through a witness," the statement reads.

At 6:15 p.m. there were 55 withdrawals. Vasquez needed to win 62 of the total 452 objections to stay on the ballot.

Marcelle then asked Judge Roger McDonough to rule on a group of nine outstanding objections relating to signatures with both a hamlet and town listed as the signer's place of residence,

and the Judge ruled in favor of Vasquez.

This brought the total to 64, keeping Vasquez on the ballot.

"He's supposed to be a Republican. But he filed a frivolous lawsuit, wasting both taxpayer money and his own campaign's money, all in an effort to keep Republican voters from having a choice. Buhrmaster owes the voters an apology," Redlich said. "I think he has a lot to answer for."

Buhrmaster's camp sees it differently.

"It wasn't a frivolous lawsuit," countered Josh Hills, a spokesman for Buhrmaster. "Even by Mr. Redlich's count, about 350 [signatures] were knocked off. They only had a cushion of 50 signatures. We knew it would be close."

Hills said, though, after a grueling ten hours of litigation, they were forced

to concede. Hills responded to the allegations that Buhrmaster's case was not the "Republican" thing to do.

"What they are doing is not the 'Republican' thing to do," Hills said. He said this is the best chance for a Republican to win this district in a long time, and forcing a primary, and forcing Buhrmaster to use more resources, is not what is best for the party.

He said that if Vasquez lived in the district, had more signatures and had held office before, it would be different. Hills said Buhrmaster will not appeal the ruling on the petitions.

"What they are doing is helping the Democrats," Hills said.

He did say, though, that Buhrmaster will have the resources to compete in the general election in November.

Iran

(From Page 10)

and diplomatic negotiations."

Tonko said any type of strong action should be a "last-ditch effort" and that "negotiations should be the tone and spirit" of talks with Iran.

In contrast, Sullivan took a hard line stance against Iran and its nuclear program, saying, "there is no doubt in my mind" that a pre-emptive strike on Iran's nuclear facilities would occur if it did not comply.

"I support Congressman's McNulty's co-sponsorship of the resolution. As congressman, I would do the same, and more. Iran is providing arms and training that is resulting in U.S. troop deaths and injuries in Iraq and Afghanistan," Sullivan said. "Iran is a threat to the stability of the Middle East, and a nuclear Iran is a threat to world peace. U.S. military and naval forces must remain on station in the Middle East. Withdrawal from Iraq is not an option so long as Iran poses the

threat it does."

Buhrmaster doesn't believe nuclear talks with Iran will break down into armed conflict, but said that Iran needs to be dealt with and that the country's own unwillingness to cooperate with international demands on its nuclear enrichment program has brought this on itself.

"I don't think anyone wants a war with Iran," said Josh Hill, a spokesman for Buhrmaster's campaign. "It's their [Iran's] actions that threaten international peace."

Hills said that Buhrmaster supports Resolution 362 because it reiterates Congress' opposition to a nuclear Iran and lays out a plan on how to deal with it.

The resolution is not expected to be voted on until Congress reconvenes in January, most likely by McNulty's successor. The seven candidates vying for McNulty's seat will face off in a primary election for their respective parties on Tuesday, Sept. 9.

For Gillibrand's take in the 20th District, read more at www.spotlightnews.com.

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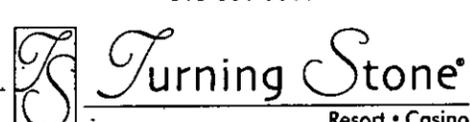
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Town, AAA team up to make cars perfect fits

While driving, do you sometimes feel as though you should be sitting on a pillow to see over your dashboard? Does your steering wheel feel too high or too low? Does your gas or brake pedal seem too close or too far away?

If you want to be certain you and your automobile "fit" each other, why not consider attending "CARFIT: Helping Mature Drivers Find Their Perfect Fit" on Wednesday, Aug. 13? Roger Dames of AAA and Donna Stresel OTR of Sunnyview Hospital and Northeast Health will help you determine whether or not you and your vehicle fit together well, which can be just as important to your safety as your car's mechanical check-up.

You will be checked for a variety of driving and safety conditions, including a clear line of sight over the steering wheel; properly adjusted head restraints; a comfortable and safe seat; and easy access to gas and brake pedals.

Suggestions by these professionals will make your



Aug. 9 to 15

ride more comfortable for you.

An appointment of 20 minutes is necessary, so call 439-4955, ext. 1176 as soon as possible to reserve a time slot between 10 a.m. and 2 p.m.

We will see you in the Bethlehem Town Hall parking lot, but be certain to bring your own vehicle for a special "car fit."

Garden Bounty reminder

Don't forget to bring in those wonderful fresh fruits and vegetables from your garden to share with those participating in the Garden Bounty program. Please leave produce in the Senior Services Office, Room 101, Bethlehem Town Hall, 445 Delaware Ave., Delmar, on Wednesday afternoons or

Thursday mornings. Your extra produce will be appreciated and enjoyed by others less fortunate. Share your garden bounty and feel good about it.

Upcoming program highlights

Saturday, Aug. 9

- "Beehive - the Musical," at the Cohoes Music Hall, featuring the music of popular singing groups of the 60s, 3 p.m.

Senior Transportation leaves Town Hall at 1:30 p.m. with home pick-up available on a pre-arranged basis. For reservations, call 439-4955, ext. 1176.

Monday, Aug. 11

- Legal Aid Society and Albany County Dept. of Social Services Medicaid Representatives will be available at Bethlehem Town Hall, 445 Delaware Ave., Delmar, to answer food stamp questions and assist with applications; 10 a.m. to noon. For an appointment, call 439-4955, ext. 1176.

Tuesday, Aug. 12

- Shopping at the farmers market in the First United Methodist Church parking lot, 428 Kenwood Ave., Delmar.

Locally grown fruits and vegetables as well as other fresh food items are available. Bethlehem Senior transportation leaves Town Hall approximately 2 p.m. with home pick-up available on a pre-arranged basis. For reservations, call 439-5770.

- Seniors in Motion - a low-level aerobic exercise class, 9 - 10 a.m., Bethlehem Town Hall, 445 Delaware Ave., Delmar. \$3 fee per class.

Wednesday, Aug. 13

- "CARFIT: Helping Mature Drivers Find Their Perfect Fit," 10 a.m. to 2 p.m. Appointment necessary for 20 minute time slot, by calling 439-4955, ext. 1176.

- Senior grocery shopping for residents of Elsmere, Delmar, Slingerlands, North Bethlehem and Marie Rose Manor. For reservations, call 439-5770.

Thursday, Aug. 14

- Durable Medical Equipment Clinic at Delmar Place, 467 Delaware Ave., Delmar, 1 p.m. This free clinic/consultation is open to any area resident. A representative from Upstate Rehab Products will attend with walkers, canes, reachers and other senior-related durable equipment.

Weston Paxxon of Delmar

Place's rehab and occupational therapy department will be available to assist with adjustments in equipment. For information, call 434-4663.

- Senior Legal Services Program provides free legal services for Albany County residents 60 years of age or older. Bethlehem Town Hall, 445 Delaware Ave., Delmar. Appointment necessary. Call 439-4955, ext. 1176.

- Parkinson's Support Group. At meetings generally held the 2nd Thursday of each month, this group provides support, education, encouragement and information to persons with Parkinson's disease and to their families, friends and neighbors. The Terrace at Beverwyck, Autumn Drive, Slingerlands, 7 p.m.

For information and to confirm meeting date and time, call Wolfgang Wehman, 439-5252.

- Seniors grocery shopping for residents of Glenmont, Selkirk and South Bethlehem. For reservations, call 439-5770.

Friday, Aug. 15

- Seniors in Motion (see Tuesday's schedule for details)

- Seniors grocery shopping for residents of Good Samaritan Senior Housing and Van Allen Senior Apartments. For reservations, call 439-5770.

Doris Davis

Bethlehem Senior Projects, Inc.
Board Member

For information on the above or a list of additional activities, call the Bethlehem Senior Services Office at 439-4955, ext. 1176.

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Fire Dept. to hold blood drive Lots of summer reading going on

The Voorheesville Volunteer Fire Department will be holding a blood drive on Saturday, Aug. 16, from 8 a.m. to 1 p.m.

For information or to arrange an appointment, call 765-3309.

Board of Education to meet

The next regular meeting for the Voorheesville Board of Education is scheduled Monday, Aug. 11, at 7:30 p.m. in the high school cafeteria.

Town meeting set for tonight

The next meeting for the Town of New Scotland will be held on Wednesday, Aug. 6, at 7 p.m. in the Town Hall in Slingerlands.

Kiwanis to host golf outing

The Kiwanis Club of New Scotland's 18th annual golf tournament will be held on Monday, Aug. 11.

For the first time one golfer will have the chance to drop a 50-foot putt for a \$10,000 cash prize.

The modified scramble will take place at the Orchard Creek Golf Club in Altamont. Proceeds will be donated to local youth programs and student scholarships.

Participation levels include player, sponsor, corporate sponsor, drawing donor and tee sponsor.

For information or to register

IN BRIEF

Congregation elects officers, board members

B'nai Sholom Reform Congregation announces the election of new officers and members to its Board of Trustees.

At its annual meeting held recently, the congregation elected Harold J. Rosenthal of Delmar, president; Douglas Goldman of Loudonville, president-elect and finance vice president; Jodi Kerper of Delmar, vice president; Ruth Swift of Guilderland, secretary; and Stuart M. Schwartz of Loudonville, treasurer.

Newly elected to the Board of Trustees are Mimi Bruce of Menands, Shem Cohen of Albany, Debra Lipson of Albany, and Ethan Suib of Voorheesville.

Continuing on the board are Stanley Bergman of Albany, Judith Fruiterman of Delmar, Gail Golderman of Albany, Yossi Koren-Roth of Delmar, Judy Lee of Delmar, Mitchell Levinn of East Nassau, David Liebschutz of Delmar, Marjorie Pass of Glenmont, Carol Smith of McKownville, Beth Strum of Albany, Margaret Tabak of Guilderland and David Weiss of Delmar.

Rabbi Donald P. Cashman has been the congregation's spiritual leader since 1985 and serves on the board ex officio.

The meeting was held at the synagogue, 420 Whitehall Road, Albany.

NEWS NOTES

Voorheesville
Betsy Glath
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call, Peter Luczak at 482-4425 or Robert Stapf at 765-2451.

Community Preschool has openings

The Voorheesville Community Preschool has openings for the p.m. class for 4-year-olds for the 2008-2009 school year.

For information, contact Jennifer Hampston at 765-3112 or e-mail jenhampston@yahoo.com.

Methodist Church to host Bible camp

The First United Methodist Church of Voorheesville will host a Vacation Bible Camp beginning Friday, Aug. 8, through Friday, Aug. 22, from 9 a.m. to noon for children ages 4 to 11.

The cost is \$10 per child.

The theme for this year is Beach Party: Surfin' through the Scriptures.

Register by Monday, Aug. 11, with any payment to the First United Methodist Church, 68 Maple Ave., Voorheesville.

Town of New Scotland plans movie night

The Town of New Scotland

Recreation Department will be having a movie night on Friday, Aug. 15, at dusk.

The feature movie is "The Water Horse Legend of the Deep," rated PG and runs 1 hour and 50 minutes. The rain location will be the Wyman Osterhout Community Center. There is no charge and popcorn and juice will be provided free of charge.

New Scotland Seniors plan meeting

The next meeting for the New Scotland Seniors will be held on Wednesday, Aug. 6, at 1 p.m. at the Wyman Osterhout Community Center.

The next trip planned for the group will be on Sunday, Aug. 17, at 2 p.m., where the yellow bus will transport attendees to see "The Odd Couple" at the Cultural Center in East Durham. The cost is \$12.

Thacher set for summer programs

Discover some of the creatures that live and thrive in Thompson's Lake on Wednesday, Aug. 6, at 10 a.m. Be prepared for wet feet.

For information or to register, call 872-0800.

There will be an insect walk at Thacher Nature Center on Wednesday, Aug. 13, at 10 a.m. Bring water and sun protection.

Call 872-0800 to register.

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July may be a memory, but August is still full of summer reading activities for all ages. Here's a rundown of upcoming programs:

• Tomorrow, Thursday, Aug. 7, at 2 p.m., kids age 6 and up can "Get Ready for the Olympics." Find out a little about life in China, learn some basic Chinese greetings, play a game, and make a traditional folk craft.

• Next week, families can work together on a bug mobile — the art form, not the car (Monday, Aug. 11, at 7 p.m. and Tuesday, Aug. 12, at 1:30 p.m.).

• Upcoming summer reading celebrations include the Bugaboo Ball for preschoolers (Thursday, Aug. 14, at 2 p.m.), the Reading Bug Bash for kids in grade K-5 (Thursday, Aug. 14, at 7 p.m.) and the Teen Summer Party (Friday, Aug. 22, at 1 p.m.). Sign up for these by calling 439-9314.

• Also, mark your calendars for the Drama-Rama Readers Theater. Two performances are scheduled: Wednesday, Aug. 20, at 7 p.m. and



Thursday, Aug. 21, at 10:30 a.m. Our teens have been rehearsing all summer to prepare this special family program.

Basking in Books

Our summer reading program for adults and high school students is still going strong. Enter our weekly drawings for Bethlehem Bucks, and check out readers' comments online at www.bethlehempubliclibrary.org or in the logbook at the information desk. The program ends Aug. 15.

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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Living Healthy Chronic Disease series on tap for seniors

This fall the library will host the Living Healthy Chronic Disease Self-Management Program, a workshop series which provides people over 60 and/or caregivers of any age with tools, strategies, and support to manage chronic conditions such as arthritis, heart disease and diabetes. The goal is to enable people to manage their own health and wellness and maximize their independence. This is a tremendously helpful program for seniors who want to feel the best they can for as long as they can.

Living Healthy is a component of Healthy Choices New York and was developed by Stanford Patient Education Research Center. Workshops are conducted by a team of Peer Leaders, at least one of whom either has a chronic

condition or is a caregiver to someone who does.

The series will begin on Wednesday, Sept. 3, and meet for six Wednesday afternoons through Oct. 8. Meetings will be held from 1 to 4 p.m. in the library community room. To sign up, stop by the reference desk or call the library. For additional information, visit the website at www.albany.edu/aging/healthychoices.

Internet training

Seniors are also reminded that they can get personal internet training from one of our helpful librarians. You can learn to email your grandchildren, shop online and search the web. Call or stop by the reference desk to set up

Voorheesville Public Library



an appointment.

Board games

Kids are invited to come for a cool board game on a hot day. We have some games or bring your own. Drop in and see who is here, or bring your partners for some fun on August 8 from 1-4 p.m. No sign up for these days!

Book talk

"The Handmaid's Tale" by Margaret Atwood will be discussed at the adult fiction discussion on Wednesday, Sept. 3. "Monkey Girl" by Edward Humes is the non-fiction selection for Monday, Sept. 8. You can receive a copy of the book at signup.

Additional offerings

- Visit the hall gallery to see the racing photos of Bob Riccardi during August.
- The Every Other Thursday Night Poets meet on Aug. 14 at 6:30 p.m.



What could be more appropriate for a Charlotte's Web program than real baby pigs? The piglets were a big hit with the 3rd and 4th graders at the Voorheesville Library Summer Reading Program.

Submitted photo

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- Lifelines prose writers will not meet in August.
- Philosophers 101 meet on Aug. 20 at 6:30 p.m.
- Lapsits for Babies will be on Aug. 28 at 10:15 a.m. Signup, please.

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.

IN BRIEF

Volunteers needed for cleanup days

Bethlehem Town Supervisor Jack Cunningham is seeking to enlist volunteers for the upcoming Community Cleanup Days.

Community Cleanup Days are scheduled to take place on the third Saturday of each month between 9 a.m. and noon.

In the event of rain, the cleanup events will be cancelled.

Participants under the age of 18 must be supervised by an adult.

The Town of Bethlehem will provide safety vests, rubber gloves, trash bags and pick-up sticks.

Please remember to bring a bottle of water to drink and wear long sleeve shirts and long pants to protect yourself from cuts, scrapes and insect bites.

Your assistance is needed even if you can only participate for part of the event.

There will be a sign-in sheet at each event but it would be helpful to know beforehand how many people are planning to attend.

If you are interested in signing up for any or all of the Cleanup Days you may do so on the Town's website at www.townofbethlehem.org/pages/CleanupDays/cleanupdays.asp

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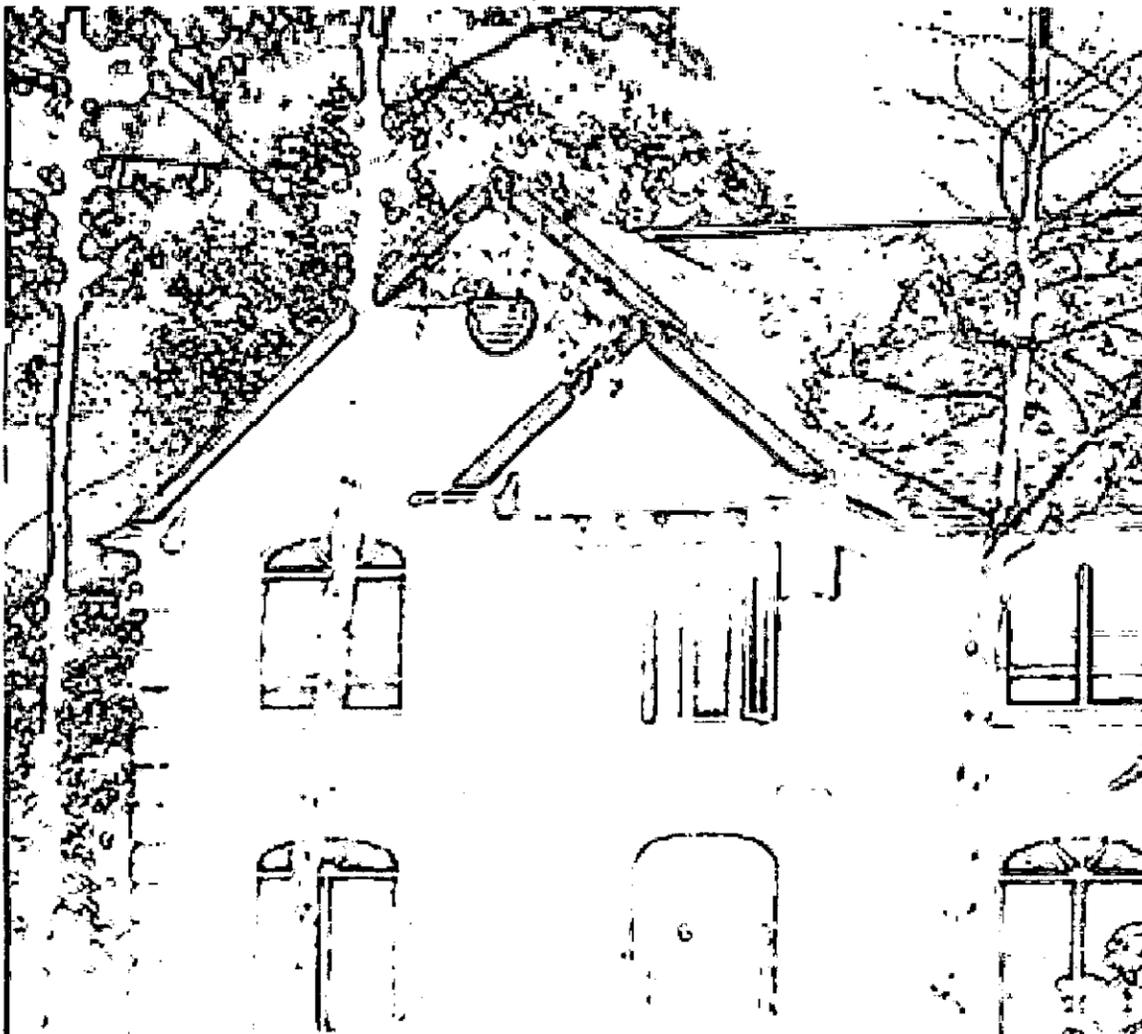
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Around the County

Altamont Fair set to educate and entertain



Six-day event to feature several new events

By DAN SABBATINO
Spotlight Newspapers
sabbatinod@spotlightnews.com

The Altamont Fair is sure to provide entertainment as well as education to patrons of all ages.

The fair will be held from Tuesday, Aug. 12 to Sunday, Aug. 17, and will feature several new events this year including an apple-peeling contest and an exhibit of the birth of a calf.

The fair is expected to entertain all who attend, but Operations Manager Marie McMillen, said the fair is more than that.

"We are an agricultural, historical society, and our purpose is to keep agricultural life alive, and educate people to the agricultural way of life," McMillen said.

There are museums, exhibits, and an "1890's" house, depicting life at that time.

The entertainment attractions this year include country-rock band Lady

perform at the fair.

Sunday night closes the fair, and features the traditional demolition derby, hosted by Stoney Roberts.

New to the fair this year is a birthing center, where viewers can watch as a mother cow give birth to her calf. The center will be enhanced with video support, live commentary and the opportunity for questions and answers.

"This is a unique exhibit that you can't see elsewhere in the Capital Region. What used to be a commonplace event in our grandparents' and great-grandparents' way of life is new to most of our generation. I look forward to sharing the miracle of birth," said Dr. Stuart Lyman, veterinarian and coordinator of the exhibit.

"The exhibit will be open daily with the anticipated birth of a calf at some time during each day, with the mother cow's cooperation," according to information provided by the organizers,

of the fair.

The display will be near Gate 2 of the fairgrounds.

The fair will also feature competitions in a variety of areas.

"Culinary, flowers, fine arts, fruit, granges, vegetables, creative arts and crafts, scarecrows, cattle, goats, sheep, poultry, rabbits and horse shows,"

McMillen said the fair will cost near \$400,000 and has 15 directors and 400 volunteers who help make it happen. She said there are a lot of expenses and the admissions do not cover the costs. Outside events help augment the funding, she said.

The fair has been around since 1893 she said, and that adds to the excitement and allure of the event, she said.

"We are trying to meet the level of expectation of all those years," Marie McMillen added.

"I encourage everyone to come out and experience a day. It's worth the price of admission."

A shuttle service will be available to ferry patrons from Crossgates Mall to the fair. Customers can purchase an unlimited use pass for \$3, according to the CDTA.

Adult admission to the fair is \$12 and children from six to 12 pay only \$5. Children five or under are permitted into the fair for no charge.

"I encourage everyone to come out and experience a day," McMillen said. "It's worth the price of admission."

are all slated categories for the event, according to information from the fair's Web site.

The fair will feature a new grandstand, courtesy of several business owners, Jeff Thomas, Founder and President of Weatherguard and Peter Bette, founder of Bette & Cring Construction, along with other local businesses are responsible for the new stage.

The stage is the first step towards replacing the entertainment center that was lost to a 1995 fire.

www.Spotlightnews.com

IN BRIEF

Lutheran school has kindergarten openings

St. Matthew Lutheran School has openings in its 2008-2009 kindergarten class.

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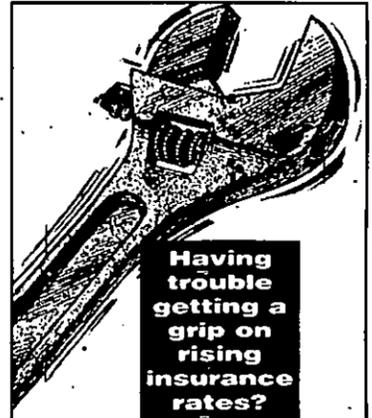
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Steps

(From Page 1)

Energy Star room air-conditioners and central air-conditioning systems, which use up to 25 percent less energy than non-Energy Star appliances.

"Always purchase units with the highest energy efficiency ratio, or EER, which are more energy efficient, costing you less to operate. When purchasing a room [air-conditioner], make sure you are purchasing a unit that is properly sized for the area you want to cool," said Ryan.

Bill Paige, of Paige Heating and Cooling in Schenectady, said that in addition to purchasing an energy-efficient air conditioner, it is important for homeowners to make sure the units are working properly.

"People are much more aware of the energy issues and want to find alternative means to generate power in a clean, renewable fashion."

ment.

Home Depot reported a major increase in the sale of those twisty, funny-looking light bulbs that are up to 75 times more energy efficient than standard incandescent lights. Replacing all the bulbs in a house can save homeowners a couple hundred dollars a year.

Other simple changes include using a programmable thermostat that will, on average, save about \$100 a year.

Close blinds to block out the summer heat, especially on south-facing windows during the daytime.

Insulating the attic will keep the summer heat and winter cold from filtering through the roof and into the rest of the house.

Save electricity and reduce waste heat by shutting off lights and home electronics, especially computers, while not in use.

With electronics, shut off not only televisions but also the cable television boxes.

Ryan also suggests unplugging cell-phone chargers when not in use.

"Unplug cell phone chargers, which give off more waste heat than you might imagine. Unplug these items or consider purchasing power management devices to eliminate electric consumption entirely when not in use," said Ryan.

In the kitchen, the biggest change to make is only running dishwashers when they are full. Also, air dry the clean dishes by turning the energy-saver switch on.

In the bathroom, use exhaust fans sparingly. Ryan said that in just one hour, an exhaust

fan can remove a houseful of warmed or cooled air.

Paige also said an easy change to make is repairing all leaky faucets.

NYSERDA reports that one drop per second can waste as much as 10 gallons of water in a week.

Ryan said NYSERDA has invested a lot of time into coming up with ways that people can make simple changes every day, like air-drying clothes, to save energy. She said it is all part of Gov. David Paterson's efforts to implement the recommendations of his renewable energy task force and his policy to reduce energy consumption 15 percent by 2015.

Ryan said NYSERDA also has a number of programs to help residents reduce their energy costs.

Some of the programs include Home Performance with Energy Star for existing homes. In this program, an accredited contractor performs a whole-house assessment to identify where the building is losing energy and



why. The contractor then makes recommendations on how to improve the energy efficiency of the home. They also provide a cost estimate to do the improvements, and can even do the work themselves.

Ryan said the www.getenergysmart.org Web site could walk homeowners through the Home Performance process so they know exactly what to expect. The site also provides a listing of accredited Home Performance contractors throughout New York.

With today's economy, there are some families who are struggling to pay to keep the lights on. Low-interest Energy Star financing is offered through the program. There are conditions, such as a limit on the loan of \$15,000 to \$20,000, depending on the homeowner's credit score, and a term of three to ten years. This is an unsecured loan, not a second mortgage

or equity loan.

Another option is the New York Energy Smart Loan Fund. Energy Smart loans are offered through a number of participating financial institutions. Loans may be unsecured for up to \$20,000, and the interest rate is bought down by up to 4 percent for up to 10 years.

There is also a program called EmPower New York, which provides cost-effective electric reduction measures, specifically lighting and refrigerator replacements, as well as other cost-effective home performance strategies such as insulation, and health and safety measures.

NYSERDA is also looking into expanding its use of wind energy, and is seeing more interest in its photovoltaic program, which provides homeowners incentive to purchase and install solar panels.

"We will continue with our photovoltaic program. People are much more aware of the energy issues and want to find alternative means to generate power in a clean, renewable fashion," said Ryan.

As for people like Delewski, who have been conserving energy for years, most of what is new is old.

"I watch what I use, and my bill is half of what some of my neighbors see," said Delewski.

"We get calls all day long on what people can do to ensure they are not wasting heat and electricity," Paige said. "Once you get that energy-efficient unit and central air, make sure your thermostat is working, any filters that you need to replace are taken care of, [and] make sure there are not leaks. A check-up is always recommended because when a heating-and-cooling system is running as efficiently as possible, that is when you save money."

Other energy-saving tips are just as easy to imple-

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Panelists tout tech benefits

Some say boom could bring traffic trouble

By DAN SABBATINO
Spotlight Newspapers
sabbatinod@spotlightnews.com

A panel to discuss the economic, transportation and developmental implications of the booming technological research movement in the Capital District met on Wednesday, July 30.

The Guilderland, Bethlehem and Colonie chambers of commerce hosted a "Tech Valley" panel breakfast, Wednesday, July 30, at the Century House in Latham featuring a number of local speakers.

Mike Tucker from the Center for Economic Growth, County Executive Mike Breslin, and Ray Malleady from the Capital District Transportation Authority spoke about the University at Albany College of Nanoscale Science and Engineering Building, the Vista Technology Park and Advanced Micro Devices.

"It was fantastic, and very well

attended," said Kathy Burbank executive director for the Guilderland Chamber of Commerce. "The group of people there were ranged from commercial real-estate developers, to town board members, small business people, banks and large businesses. It was truly representative."

"It opened the dialogue between the small business chambers and the community," said Marty DeLaney, president of the Bethlehem Chamber of Commerce. "It was a great first step."

She said many people are interested in what benefits "Tech Valley" can bring and some are worried about commuter traffic and housing.

Many small business owners asked about how they can take advantage of the emerging Tech Valley and how they can position themselves to be ready for it when it reaches its full potential.

DeLaney said "Tech Valley" extends "from the Tappan Zee Bridge to the Canadian border and everything in between."

Breslin spoke about how the county plans to harvest the potential of a local boom in high-tech industries.

He spoke primarily about creating jobs and the use of the Empire Zones program and the Al Tech Loan Fund.

The fund helped get Albany Molecular started 14 years ago, Breslin said, and now they are a hugely successful company.

He said Empire Zones such as those in downtown Cohoes and North Green Island have seen tremendous growth as a result of the program.

Breslin credited Empire Zones, in the three years they have existed, with creating more than 500 jobs and generating local investments in the \$150 million range.

He said the biotechnology, nanotechnology and information technology services opportunities are plentiful, and have great potential. Microchip research in the Albany area is cutting edge, especially at the SUNY nanotechnology building.

"The growth of small information and computer-based companies here will make us well positioned for years," Breslin said.

Computer chip manufacturer AMD is considering locating one of its plants in Saratoga County, which could further boost the ar-

ea's research edge.

Breslin emphasized the role of municipal governments in fostering an environment conducive to economic growth.

He called for a "more efficient and effective government."

Communication between the municipal governments and small businesses is key, Breslin added.

Keeping the government efficient will allow business costs to stay low, and keep businesses here and flourishing.

"Creating jobs is a huge focus of the county government," Breslin said. "There will always be a number of people who need our services."

Once you build a strong work force, Breslin said, banks, hospitals and other services will follow.

Breslin said the programs that support the elderly, sick and abused fluctuate with the economy.

Revenue and jobs help keep those programs flourishing, he said, adding that keeping the young, high school, college and recent graduates in the area is pivotal.

"We need to be sure that we are able to attract youngsters," Breslin said. "They should find opportunity

for employment, as well as a place to live in the way they want to live ... without traffic."

DeLaney said keeping the youth in the area rests in the fostering the success of local high-tech industries.

"It's so simple. Two-words - good jobs," she said.

Most all of the attendees were concerned with what kind of traffic a boom will bring, and Breslin said that preemptive measures are already in place to keep congestion as low as possible.

Malleady said his key concern was how does "Tech Valley" affect the average citizen. He said smart investments and planning is key.

"What are we doing today to make public transportation more viable?" he asked. "What can we do to really make mobility more effective?"

Breslin said they did not want to create a situation like in Austin, Texas, another technological hotspot, where the traffic congestion is excessive.

Breslin also commented on the tremendous amount of technological research available to local businesses because of the boom.

Bill

(From Page 1)

with the nuclear non-proliferation treaty it has ratified.

"It's a resolution to place pressure on Iran to suspend their nuclear enrichment activity," McNulty said. "A number of people have characterized this as a blockade. ... It's a legislative vehicle; it's not a binding law, it will not be something sent to the president to sign."

This week, on Monday, Aug. 4, McNulty sat down with the activist group and announced afterwards that he wants the clause calling for a possible blockade to be removed.

"We don't believe military action is appropriate ... and why leave any room for confusion," McNulty said. "We certainly didn't want to give the Bush Administration anything that could lead to a possible war."

After his meeting with Women Against War, McNulty said he has assurances from one of the resolution's chief sponsors, New York's 5th District Congressman, Gary Ackerman, D-Queens, that the language would be changed.

"I met with Gary Ackerman last week and told him that I un-

derstood what his intentions were, but some of the language could be misunderstood by others ... and I said we need to get that language changed," McNulty said. "What I am confident about is that the resolution will not come up with the current language."

These types of resolutions are referred to as "a sense of Congress," or an opinion that urges actions or issues.

Maud Easter, a spokeswoman for Women Against War, said the strong language used in the current resolution is eerily familiar to that used before the Iraq invasion and that she doesn't want to see another war.

"This is very poignant for McNulty. He voted for the authorization that gave Bush the green light to go to war with Iraq and subsequently said he made a mistake and apologized and I respect him very much for that," Easter said. "We don't want him to, and don't really think he would want to, make the same mistake again."

After McNulty announced that he wanted to change the resolution's wording, Easter said, "We were very happy and so pleased he had the courage to do this."

The resolution doesn't use the word blockade, but states that economic sanctions could be imposed

through the use of search and detention.

"Whereas the November 2007 National Intelligence Estimate reported that Iran was secretly working on the design and manufacture of a nuclear warhead until at least 2003," the resolution states, "but that Iran could have enough highly enriched uranium for a nuclear weapon as soon as late 2009."

In order to curtail Iran's nuclear activity the resolution "demands that the President initiate an international effort to immediately and dramatically increase the economic, political and diplomatic pressure on Iran to verifiably suspend its nuclear enrichment activities by ... prohibiting the export to Iran of all refined petroleum products; imposing stringent inspection requirements on all persons, vehicles, ships, planes, trains, and cargo entering or departing Iran; and prohibiting the international movement of all Iranian officials not involved in negotiating."

McNulty said he understood the group's concerns but that there is a clause in the resolution that states, "Whereas nothing in this resolution shall be construed as an authorization of the use of force against Iran."

The congressman said Resolution 362 is meant purely as a diplo-

matic measure to deal with Iran.

"It doesn't mention anything about a blockade. I'm supporting the clause that says there will be no military action," McNulty said. "There's a natural skepticism about the Bush Administration, which I share."

McNulty said he is against Iran having nuclear capability.

"Prohibiting Iran from having a nuclear program is a good thing," he said. "This is a nuclear non-proliferation resolution."

Easter said she didn't trust the original resolution wouldn't set the stage for a military conflict with Iran.

"I think it's a contradiction of terms, I mean it requires the president to set up this blockade," said Easter. "That clause is in ignorance of international law because this would be seen as an act of war."

Easter and other members of

Women Against War met with McNulty's chief of staff in Albany on Thursday, July 31, and with McNulty in person on Monday, Aug. 4, after he returned from Washington, D.C. The group said they are also arranging a meeting with Gillibrand.

McNulty promised to get a copy of the newly worded resolution to Women Against War as soon as he gets one, which the retiring congressman said should be finished by Congress' next session beginning in September.

Seven candidates are vying for McNulty's seat and there will be two primary elections, both Republican and Democrat, on Tuesday, Sept. 9. [See related story, page 10.]

To read Gillibrand's take in the neighboring 20th District, read the article on www.spotlightnews.com.

Town

(From Page 1)

Bethlehem Public Library, Bethlehem Central School District, Historic Cherry Hill, First Reformed Church of Bethlehem, Delmar Reformed Church, Bethlehem Chamber of Commerce, The Mansion at Cedar Hill, and Leath.

Cunningham said the town is currently in the process of possibly adding land to the Henry Hudson Park along the river and is working to make more riverfront property accessible to the town through grants from Scenic Hudson.

Bethlehem is developing long-term plans for improving its parks and better connecting its community to the Hudson River, according to Cunningham. Scenic Hudson's matching grant support will help the town enlarge an existing riverside park and develop designs for a new park a few miles to the north.

The supervisor said a portion of that funding will enable Bethlehem to expand Henry Hudson Park, and that the remainder of the funds will be used to design hiking trails and other amenities on 60 acres of wooded, town-owned property on Simmons Road.

Cunningham said eventually the town's vision is to create a trail system linking Henry Hudson Park with its new park.

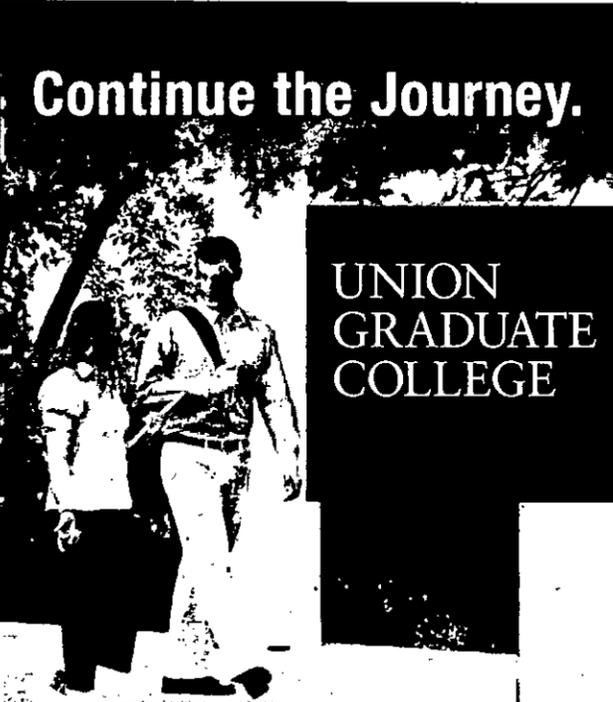
"The Town of Bethlehem is excited to be working with Scenic Hudson on this initiative," said Cunningham. "This is a great opportunity for the town to expand its riverfront access and provide residents with new places to enjoy this beautiful natural resource."

The town is in talks with a private landowner near the Henry Hudson Park about buying the property and adding its land along the river to the town park. Scenic Hudson is a group that works with Hudson River communities in purchasing more municipally owned land along the river and making it available to the public.

Some of the events planned include the dedication of a new memorial at Henry Hudson Park; exhibits about steamboats, ice harvesting and Native Americans at the Bethlehem Historical Association Museum; a religious heritage day; and a display of historic photographs at the town library.

The new memorial will cost around \$80,000, and Cunningham said the plan is to dedicate the memorial next August during one of the quadricentennial events.

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Teaming up for Locks of Love



Emily Berger, above, 11, gets her hair cut at Gregory's Barbershop in Delmar for Locks for Love. Emily and her mother, Donna, right with Emily, both donated their hair after their haircuts on Tuesday, July 29. Locks of Love is a public nonprofit organization that provides hairpieces to financially disadvantaged children in the United States and Canada under age 18 suffering from long-term medical hair loss from any diagnosis.

Submitted photos

IN BRIEF

Endowment fund looking for alumni

The Bethlehem Central Endowment Fund is working on the production of an alumni directory.

Organizers say the directory will be the most up-to-date and complete reference ever compiled on Bethlehem Central High School alumni and feature detailed personal and professional information on graduates from all class years, 1929 to 2008, making it easier to find old friends as well as to network professionally.

The upcoming alumni directory is currently being compiled and edited by Harris Connect of Norfolk, Va. To ensure proper placement and accurate directory listing, alumni are being asked to respond to Harris Connect to provide biographical details such as current name, address, phone number as well as professional information. The first attempt at contacting alumni is currently taking place via a mailing of postcards. Future attempts may include additional mailings, e-mail, or telephone calls.

For information, e-mail the BC Endowment Fun at endowment@bcsd.neric.org.

Nondenominational church opens

Abounding Love Christian Fellowship announces the opening of a nondenominational church in the Ravena, Selkirk, Bethlehem area.

The senior pastor is Charles (Chuck) Engelhardt and the congregation meets at 10 a.m. on Sundays at 276 County Route 1, Selkirk.

For information, call 768-8202 or visit, www.aboundinglove.net.

Music jam at the museum

A music jam is held every Thursday from noon to 2 p.m. in the Fourth Floor Terrace Gallery.

All levels of skill on any acoustic instruments are welcome. Bring several copies of sheet music for those who do not play by ear or for the tunes that are not commonly known.

For information, e-mail pkernan@mail.nysed.gov or call 486-2024.

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Around the County

High-tech education focus of NYSUT conference



Teachers receive instructions during an exercise as to how a calculator works during activities at a conference hosted by the New York State United Teachers, Thursday, July 24.

Ashley Lucas/Spotlight

Teachers learn to educate next generation of scientists and engineers

By ASHLEY LUCAS
Spotlight Newspapers
lucasa@spotlightnews.com

It only took 23 short seconds to calculate, but it is still longer than it takes a calculator.

Using the binary system, teachers simulated how a calculator works during a high-tech conference Thursday, July 24.

The human calculator is only one of several activities more than 70 teachers from throughout the Capital District participated in during a two-day conference at the New York State United Teachers headquarters in Latham.

The program, designed to provide teachers with knowledge of the growing high-tech industry in the Capital District, including companies like IBM and Applied Materials, gave math, science, engineering and technology teachers the tools to teach students about semiconductors and alternative

energy industries.

"A valuable part of the teacher's job is not only to teach but connect the dots," said Lisa Anderson, vice president for the SEMI Foundation, with headquarters in San Jose, Calif.

SEMI, created in 2003, promotes awareness of the growing high-tech industry.

More than 4,000 students and 500 teachers nationwide have participated in SEMI's conferences.

"The idea is you have industry people talking to teachers," Anderson said. "This is a type of exposure teachers don't usually get."

Anderson said programs like these provide an education to the teachers about industry jobs, which they can relay to their students.

"We're really exposing teachers to what their students could be and how to get there," Anderson said.

This is the first time SEMI has partnered with NYSUT.

"This is the beginning of a very productive relationship with the high-tech industry,"

said Bernie Mulligan, spokesman for NYSUT.

He said the high-tech industry is the future of the Capital District and that NYSUT's future is dependent on being able to provide the education needed to enter the industry.

Pamela Rosi, a physics and chemistry teacher at North Colonie Central Schools.

She said there is a lack of ties between industry and education.

She said we could provide, "great education and opportunities in the area."

David Norkun, a technology teacher at South Colonie Central Schools, said after interacting with industry human resource consultants, he realized they are

looking for more well-rounded students and not only those who are tech-savvy.

He said many students coming in with the education do not have the ability to get along with their co-workers.

The high tech industry is also very global, according to the teachers.

"The students have to be cognizant of other cultures," Norkun said.

In addition to lessons taught by local industry representatives, teachers will take part in a tour of General Electric's plant in Schenectady.

"The idea is you have industry people talking to teachers. ... This is a type of exposure teachers don't usually get."

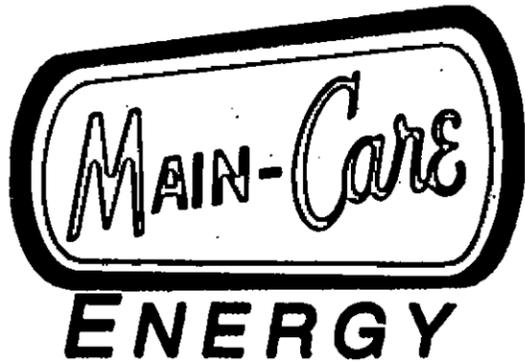
Lisa Anderson

He said next year SEMI's national conference will be held in Saratoga, and he hopes NYSUT can be an active participant in the conference.

NYSUT is a group of more than 600,000 people from across the state who work in or retired from the education field.

Teachers said the conference opened their eyes to the industry and its requirements.

"The biggest problem is the deficiency of students getting into the science and technology fields," said



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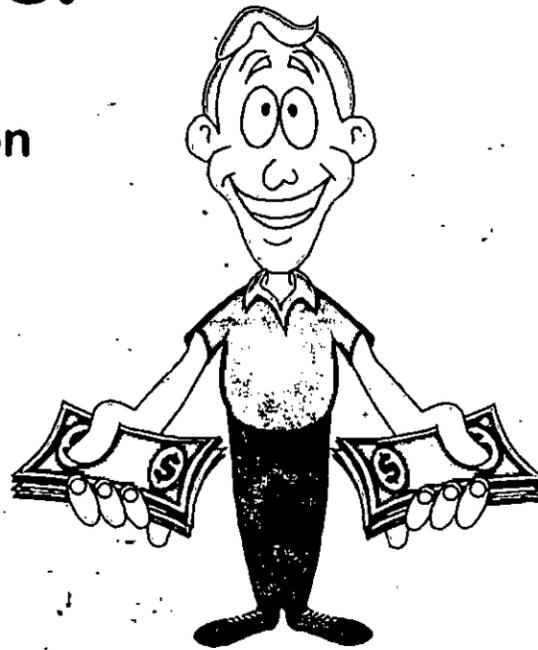
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Obituaries *in the* Spotlight

Dr. William C. Kite

Dr. William Casper Kite, 89, of Slingerlands and formerly of Loudonville, died Friday, July 25.

Born in Oklahoma City, he was the son of the late William Casper Kite Sr. and Maude Adeline Bandel. Mr. Kite graduated from Oklahoma University in 1940, where he was the captain of the debate team. He graduated summa cum laude from Johns Hopkins Medical School in 1943.

Mr. Kite was a captain in the Army Medical Corps during World War II, and served as chief of the eye, ear, nose and throat section of Fort Monmouth Station Hospital in New Jersey. He began his professional career as an instructor in neurology and a fellow in neuro-ophthalmology at Johns Hopkins Hospital, followed by a general-surgery residency at New York University.

He then attended a fellowship in neurophysiology at Montreal Neurological Institute, where he

also earned a master's degree in neurophysiology at McGill University, Montreal, Canada.

Mr. Kite began his neurosurgical residency in Montreal, moved to Albany in 1950 and completed his postgraduate training at Albany Medical Center in 1952.

He was in private practice in Albany for 37 years, including several years in shared practice with his son, Charles H. Kite. In retirement, he continued to serve as an examining physician for the armed forces and served on the board of governors of St. Agnes Episcopal School and as an elder at First Presbyterian Church in Albany.

Mr. Kite was a longtime member of the Fort Orange Club, joining in 1953. He married Dorothy-Ann Havener of Middletown in 1944.

"Throughout their 64 years of marriage, they were active in the Albany community and enjoyed their summer home in Chatham, on Cape Cod," his family wrote in

a tribute. "Dr. Kite was a lifelong sailor and loved taking family and friends sailing on Nantucket Sound."

Survivors include his wife, Dorothy-Ann Kite; four sons, William (Margo) Casper Kite III of Marshfield, M.A., Charles (Tara) Havener Kite, M.D. of Menands, Thomas (Robin) Morgans Kite of Seattle, W.A. and John (Stephanie) Taylor Kite of Slingerlands; 12 grandchildren; and two great-grandchildren.

Service will be held at First Presbyterian Church, on the corner of State and Willett streets in Albany, on Saturday, Aug. 9. Arrangements were by Tebbutt Funeral Home in Albany.

Contributions may be made to the Albany Medical Center Sosa Academy of Medical Education, 43 New Scotland Ave., Albany 12208.

Peter J. Verardi

Peter J. Verardi, 83, of Delmar, died Tuesday, July 29, at the Hospice Inn at St. Peter's Hospital.

Mr. Verardi was born in Staten

Island and was the son of the late Alexander and Pompeilia (Vitale) Verardi. He was a Navy veteran who served as a radio operator in the Philippines during World War II.

Working for many years as an electrical contractor and operating his own business in Delmar, he was very involved in children's activities including various school activities, baseball, Cub Scouts and Boy Scouts.

He was an avid bowler and golfer, and achieved a hole-in-one on a 175 yard, par 3 hole at Colonial Acres in Delmar.

Survivors include his wife of 61 years, Lucy (Vitillo) Verardi; three sons, Peter J. (Brenda) Verardi Jr. of Stillwater, Alex (Laurie) Verardi of Averill Park, and Joseph Thierry of New Jersey; three daughters, Valerie (Robert) Weaver of Delmar, Ann (Michael) Manning of Glenmont, and Lisa (Jeffrey) Guzy of Cohoes; two sisters, Clara (Vinny) Valentino of Goshen and Tina Thierry of Staten Island; nine grandchildren; and several nieces and nephews.

Arrangements were by the

Applebee Funeral Home in Delmar and services were from St. Thomas the Apostle Church in Delmar.

Entombment was in the St. Agnes Cemetery in Menands.

Contributions may be made to the Hospice Inn at St. Peter's Hospital, 315 So. Manning Blvd., Albany 12208.

Genevieve M. Case

Genevieve M. Case, 88, died Wednesday, July 30, at her home in Delmar.

The daughter of the late Stephen J. Murrin Sr. and Jennie Felter Murrin, she was born in Monticello, and retired after working 45 years as an instructor for Verizon.

She was a communicant of the St. Thomas Roman Catholic Church in Delmar and a member of the Telephone Pioneers of America.

Mrs. Case was the widow of Blake M. Case.

Survivors include a sister, Harriet Pirich of Monticello; and several nieces and nephews.

Arrangements were by the VanInwegen-Kenny, Inc. Funeral Home in Monticello and services were from the St. Peter's Church in Monticello.

Burial was in the St. Peter's Cemetery in Monticello.

Contributions may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

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Obituaries *in the* Spotlight

Milestones

A. Buell Arnold

A. Buell Arnold, 94, of Delmar, died Tuesday, July 29, at his home.

Born in West Bloomfield, he was the son of the late Henry and Caroline Arnold. He had lived in the Capital District with his wife, Doris Arnold, for the past 60 years and was a communicant of the Trinity United Methodist Church, serving on various boards and committees over the years.

Mr. Arnold was appointed the state Education Department's assistant commissioner for educational and management services on March 7, 1974.

He joined the Education Department in 1949 as an assistant in school business management and held positions as an associate, a supervisor, a bureau chief and director of the division of educational management services.

Mr. Arnold received a bachelor's degree in economics and administration from the University of Rochester, and a master's degree in education from the University at Albany. He began his career in education as a teacher of business at the Rochester Business Institute, after which he taught in the Spencerport and Jamestown public school systems.

His first year of service in World War II was as a yeoman in Naval Intelligence, followed by three years as a Navy lieutenant, during which most of the time he was at sea as an armed guard commander in the Mediterranean area.

After the war, Mr. Arnold was an educational officer with the Veterans Administration for two years and, subsequently, a staff assistant in the quality control department of Cluett - Peabody & Company in Troy for two years.

Mr. Arnold was a member of Phi Delta Kappa, the Association of School Business Officials of the USA, NYSA of School Business Officials, the Capital Area Chapter of School Business Officials, the Council of Chief School Administrators, the NYSA of Educational Data Systems and the NYSA of Superintendents of Building and Grounds.

In 1972, he received the Outstanding Service Award for the NYSA of School Business Officials and in 1974 from the NYSA of Educational Data Systems.

Survivors include his wife of 60 years, Doris B. Arnold; a son, Leigh Arnold of Clifton Park; a brother, William Arnold of Rochester; and two grandchildren.

Services were from the Trinity United Methodist Church in Albany and arrangements were by Tebbutt Funeral Home in Albany.

Contributions may be made to the Trinity United Methodist Church, 235 Lark St., Albany 12210.

Rosemarie Rippis

Rosemarie Rippis, 80, died Wednesday, July 30.

Born in Halle, Germany, she was a graduate of Burg Giebichenstein Academy of Art and Design in Halle and the Academy of Fine Arts in Berlin, Germany. After completing her studies, she worked as a jewelry designer in Berlin where she met her husband Morris Rippis.

They were married in Berlin in 1958 and moved to Albany the same year.

"Rosemarie continued her creative activities throughout her life while raising her family and working as a substitute teacher for the Bethlehem School District," her family wrote in tribute. "She lived until her last day in the beautiful house that she loved and cared for with such grace and elegance."

She was the widow of Morris Rippis.

Survivors include her daughter, Corinna (Mark) Schaming; and

two granddaughters.

Funeral services were private.

Contributions may be made to the Museum After School Club, c/o New York State Museum Institute, Empire State Plaza, Albany 12202.

Mary Ellen Reagan

Mary Ellen (Donovan) Reagan, 81, died Thursday, July 31, at her home in Delmar.

Born in Beaver County, P.A.; she moved to Delmar in 1972 with her family.

She was the widow of Cornelius J. Reagan.

Survivors include four sons, James (Bette Smith) of Delmar, Joseph of New York City, William of San Diego, C.A., and John (Dianna Walsh) of Slingerlands; a daughter, Mary Cornelia Reagan (Steven) Lang of Oradell, N.J.; six grandchildren; two sisters; and several nieces and nephews.

Services were from the St. Thomas the Apostle Church in Delmar and arrangements were from the Applebee Funeral Home in Delmar.

A burial took place in Calvary Cemetery in Glenmont.

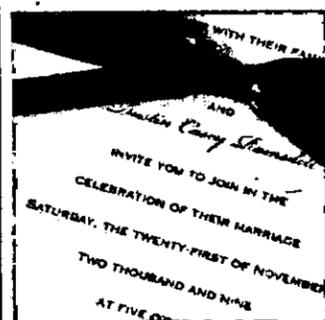
Contributions may be made to the St. Vincent de Paul Society or St. Thomas Memorial Fund, both at 35 Adams Pl., Delmar 12054.

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Dean's List

University of Delaware

Carolann Edie, Charles Fletcher Horn, Rachel Beth Laufer, Michael James Manzione, Caitlin Jenna Reese and Matthew Theodore Swiatowicz all of Delmar. Rylan Towne Conway, Tessa Eileen Gadomski, Kristyn Ann Raffaele and Danielle Alise Swanson of Glenmont.

Syracuse University

Lisa Frangella, Timothy Brosnan, Thomas Hackman, Brian McBride, Maureen Gannon, Alison Klein and Kathryn Rowan of Delmar, Adam D'Arpino, Hayley George, Andrew Liu, Anthony Cacace, Sarina Fiero, Saskia Layden and

Kate Thorman of Voorheesville. Christopher McGann of Glenmont. Maria Qualtere of Slingerlands.

Rensselaer Polytechnic Institute

Vidhya Y. Aroumougame, Liam H. Bowen, Matthew J. Drislane, Elizabeth F. Gallacchi, Nathan A. Harrison, Graham L. Molho, Ahmad A. Nazem, Diane E. Sheppard, Owen M. Stump and Matthew L. Unright of Delmar. Robert E. Bocala, John Cucinelli, Matthew R. Decker, Mark J. Genovesi, Fariyah T. Hossain, Stephen Huse, Reynald M. Lescarbeau and Ashley E. Rio of Slingerlands. Julie C. Deitz, Colin A. King and Aric H. Mine of Glenmont. Erik J. Fast and Cassie E. Ostrander of Selkirk. Nicholas J. Duncan, Brittney A. Logan, Michelle C. Pelersi and Julia M. Van Cleve of Voorheesville.

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Milestones *in the* Spotlight



Brett Richard Kebea and Patricia Ann Craig

Craig, Kebea to marry

Patricia Ann Craig, daughter of the Rev. Russell and Carole Craig of Voorheesville, and Brett Richard Kebea, son of Richard and Beth Kebea of East Greenbush, are engaged to be married.

The bride-to-be is a graduate of Voorheesville High School and Schenectady County

Community College. She is a receptionist for the Association of Towns in Albany.

The future groom is a graduate of Columbia High School and RPI. He is an electrical engineer for Industrial Process Design in Slingerlands.

The couple plans an August 2009 wedding.



Cheryl Disanto and Christopher W. Wiley

Disanto, Wiley marry

Cheryl Disanto, daughter of Bruce Disanto of Carmel and Barbara O'Connell of Carmel, and Christopher W. Wiley, son of William L. and Kathleen M. Wiley of Latham, were married June 28.

The ceremony was performed by the Rev. William L. Wiley, father of the groom, at the Bear Mountain Inn in Waterford, Maine, where a reception followed.

Amanda Disanto, sister of the bride, was the maid of honor.

The best man was Joseph Thouin.

The bride is a graduate

of Carmel High School, the State University of New York at Oneonta and the State University of New York at Plattsburgh, where she earned a master's degree. She is a kindergarten teacher for Holy Names School in Ausable Forks.

The groom is a graduate of Shaker High School, the State University of New York at Oneonta and Paul Smith's College. He is a field instructor for Adirondack Leadership Expedition in Saranac Lake.

The couple resides in Ausable Forks.



Tracy Ann Quick and Darrell Eugene Schlicker

Quick, Schlicker marry

Tracy Ann Quick, daughter of Richard and Deborah Quick of Scotia, and Darrell Eugene Schlicker, son of Eugene Schlicker of Bay City, Mich., and Barbara Schlicker of Saginaw, Mich., were married on Oct. 19.

The ceremony was celebrated by the Rev. James Farrell at the Mohawk River Country Club and Chateau in Rexford, where a reception followed.

Tracy Hassenpflug was matron of honor. Bridesmaids were Deanne Richard and Darlene Depp, sisters of the groom. Rachel Leffler, the bride's cousin, was the flower girl.

The best man was Wayne Ryan. Groomsman were Todd Richard, brother-in-law of the groom; Dennis Reiss, brother of the groom; Ricky Quick, bride's brother; Jacob Reiss, groom's nephew; and Rick Depp, brother-in-law of the groom. Jacob Leffler, the bride's cousin, was the ring bearer.

The bride is a graduate of Scotia-Glenville High School and Northeastern University. She is a first-grade teacher for Midland Public Schools in Midland, Mich.

The groom is a graduate of Valley Lutheran High School, Michigan Technological University and the Massachusetts Institute of Technology. He is manager of the Instrumentation and Probe Electronics Group for Jentek Sectors Inc. in Waltham, Mass.

The couple resides in Freeland, Mich.

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Lifestyles *in the* Spotlight

On the move

Relocations are stressful, but hundreds of thousands of people take the plunge every year

After eight years in Guilderland, the writer has relocated to Nashville, Tenn., to experience Grand Ole Opry, southern hospitality and her husband's exciting new job. Comment on this story at her Coffee Mates blog on spotlightnews.com. Catch her final Coffee Mates posts in August on acclimating to southern culture.

There's a song from one of my favorite movies, "The Sound of Music." The lyrics go "So long, farewell, auf Wiedersehen, good night./ I hate to go and leave this pretty sight." It ends with, "Goodbye, goodbye, goodbye" and, sadly, I've said goodbye to the Capital District.

I've swapped my snow boots for the humid subtropical climate of Music City, USA, Nashville, Tenn.

My husband got a job at one of Nashville's most prestigious research institutions. We considered, we debated, and decided to take the plunge. With these events fresh in my mind, it seemed fitting to write about current trends in U.S. relocations.

What clinched it was that the representative who worked with us, Robb Campbell of Schaap Moving Systems in Albany, had the experience of living and working in the area we were moving to. You weigh up the costs and services moving companies promise you, but in the end it can boil down to gut feeling.

Packing up and saying goodbye was stressful and emotional, but we weren't the only ones taking this journey: 794,000 was the average number of domestic transfers in 2008 according to Worldwide ERC,

the association for workforce mobility.

Where is everyone moving to?

Every year Atlas Van Lines analyzes data on interstate moves. States are classified as inbound if more than 55 percent of shipments are moved into the state; outbound if more than 55 percent moved out of the state and balanced if inbound and outbound represent 55 percent or less of total shipments.

People continue to move westbound in 2007 with Washington, Nevada, Oregon and Alaska being the most popular destinations for inbound traffic. California saw its lowest number of outbound moves in 10 years.

The Southwest is in demand with inbound moves to Texas, Colorado and New Mexico. Midwest economic woes mean significant outbound traffic from Wisconsin, Michigan, Indiana and Ohio.

New Hampshire is the Northeast's only inbound state for the seventh time in 10 years. The least popular? New York and New Jersey, second and fourth-highest outbound states respectively.

On the whole, the Southeast is balanced with the exception of Alabama, which registered as inbound for the fifth time in six years.

Trends & Technology

Susan S. Cheung



Campbell said he has noticed a big increase in families moving from Florida; up 120 percent from summer 2007. He thinks it'll continue to rise through fall of 2010. Many tell him their jobs are construction-related, and they've been hard hit by the present economy.

Many others are moving to the Southeast hotspots of Carolinas, Georgia, Tennessee and Virginia.

And the place I've moved to - Nashville - was ranked second in Best City for Relocating Families in large markets (metro areas with over 1,250,000 population) in 2007, according to Worldwide ERC and Primacy Relocation a top employee relocation provider.

To move or not to move

Atlas Van Lines reports one of the top reasons for deciding against relocating is family resistance/ties (62 percent).

Quality of life issues are increasingly important to transferees, and the employers who move them are recognizing

those requirements. Being able to meet the needs of the entire family will be increasingly critical as the labor market grows tighter" says Cris Collie, Worldwide ERC CEO.

According to Atlas Van Lines, more companies in 2007 offered employment assistance to the spouse/partner (42 percent versus 33 percent in 2006).

But more so in 2007 and continuing in 2008 the top reason for deciding against relocation is slowed appreciation/depressed housing market at departure (71 percent), according to the research carried out by The Talent Buzz Recruiting and Human Resources blog.

What are companies doing for new hires?

Some reimburse/pay for home sale costs (50 percent) and reimburse/pay for home purchase costs (48 percent).

Even with declining house prices, the numbers of relocations will increase in 2008 because of corporate growth and lack of qualified people

locally, according to The Talent Buzz and Atlas:

An unhappy family, a victim in the relocation process is not a recipe for success.

It can be exciting to move, but for many it comes as a shock, and adjusting is a grieving process. I keep hearing I'll make friends. That may be so, but first I want to mourn.

Adjusting becomes frustrating. You don't want to move things out of boxes or waste a day driving around and waiting in lines to get a new license and register the car.

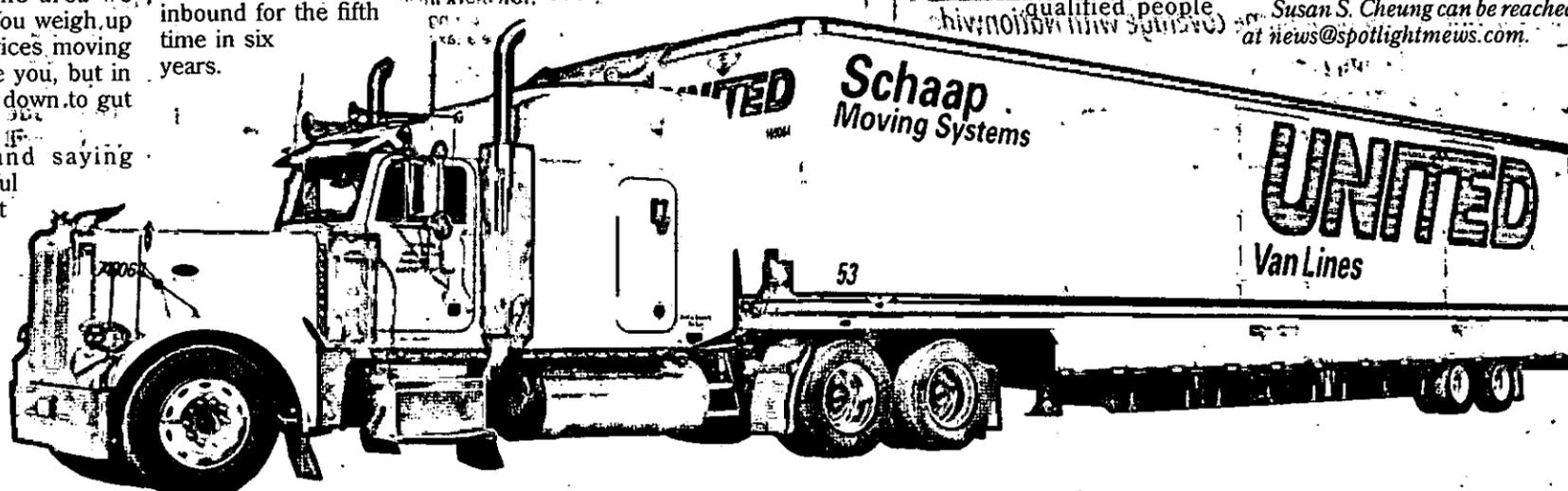
I'm in culture shock. Each new place has its own rhythm, rules, customs and subtleties. Your reaction will be shaped by your prejudices; a filter through which you see things. I admit I had certain expectations of the South.

Lessons learned so far

Grieve, accept my feelings are normal; look forward one step at a time; learn all I can about my new home; be brave, ask questions and reach out.

I don't want to be an unhappy statistic so I'm going to give Tennessee a chance as I did with the Capital District. After all, it turned out fine in Guilderland; I made wonderful friends and left with good memories.

Susan S. Cheung can be reached at news@spotlightnews.com.



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Entertainment *in the* Spotlight

By ERIC JONES
news@spotlightnews.com

Theatregoers will get a chance to experience three versions of the classic story.

Families will be able to experience three different sides of one of the most famed fairy tales of all time this weekend as Steamer No. 10 Theatre presents a production of "Cinderella Tales" at Saratoga Arts Center on Broadway in Saratoga Springs. Theatregoers will get a chance to experience three versions of the classic story, each with different aspects, with four actors, Joy Kaleel, Jeffrey Krisanda, Bianca Stimey and Tiesha Grant, playing multiple roles.

The first version of Cinderella to be presented is "African Cinderella," a version set in Africa where the famed Fairy Godmother is replaced with a talking frog, who provides the cruelly-treated Cinderella with a dress and slippers to attend a tribal spring festival, where she has a fateful meeting with the chief's son. The second story is "The Glass Slipper" which is the European version most people are familiar with, with the fairy godmother, escaping the ball at midnight, and titular footwear left intact.

The roles are reversed in the final tale, "Billy Beg and the Bull," an Irish variation where a young prince meets a magical talking bull who gives him his tail. Using the tail as a weapon, he kills both an evil ogre, who possesses a pair of magic boots, and a powerful dragon, which holds captive a beautiful princess – losing one of his boots in the process. The princess discovers the boot, and uses it to find the boy who saved her.

Steamer No. 10 Theatre, based in Albany, has long been



"African Cinderella"

The different faces of Cinderella

Steamer No. 10 Theatre brings 'Cinderella Tales' to the Saratoga Arts Center

one of the area's premiere companies for children's theatre, with an emphasis on education as well as entertainment. According to the theater company, the goal with "Cinderella Tales" is not only to entertain, but also to teach children and even adults about the many different versions of

the legend. "It's a great hour of entertainment," said Associate Director Rebecca Boswell. "The actors have a lot of heart and you can tell they really enjoy doing this."

The production also continues Steamer No. 10's long-standing relationship with the Saratoga Arts Center, which has been host to many of the company's previous productions. "We've been partnering with them for quite a while," said Joel Reed, the center's executive director. "They're a premiere theatre company and it's a real treat to see them here with 'Cinderella Tales.'" Boswell has been equally pleased with the relationship. "It's been great working with them."

"Cinderella Tales" runs throughout the summer at the Saratoga Arts Center, with performances on Aug. 9, 10, 16, and 17 at 4 p.m. General admission is \$10.

For information, contact Steamer No. 10 Theatre at 438-5503, or the Saratoga Arts Center at 584-4132.



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Calendar of Events *in the* Spotlight

Wednesday, Aug. 6

BETHLEHEM

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

DELMAR KIWANIS
Normanside Country Club, end of Salisbury Road, at 6:15 p.m. Information, call Chris at 439-3026 or Gary at 439-9629. Meets every first and third Wednesday.

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

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

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

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

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

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

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

BETHLEHEM ELKS LODGE 2233
1016 River Road (Route 144), Cedar Hill, 7 p.m. Information, 767-2886.

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

ZONING BOARD OF APPEALS
Bethlehem Town Hall, 445 Delaware Ave., 7 p.m. Information, 439-4955.

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

BOY SCOUT TROOP 58 (WHEN SCHOOL IS IN SESSION)
Bethlehem Lutheran Church, 85 Elm Avenue, 7:30 to 9 p.m.

BC SCHOOL BOARD
district office, 90 Adams Place, 7 p.m. Information, 439-7098.
ORDER OF THE EASTERN STAR
Onesquethaw Chapter, Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

NEW SCOTLAND
VVILLE ZONING BOARD
Village Hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

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

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

FAITH TEMPLE
Bible study, New Salem, 7:30 p.m. Information, 765-2870.
AA MEETING
First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m.

Thursday, Aug. 7

DELMAR
WEIGHT WATCHERS
The local chapter of Weight Watchers meets tonight at 6 p.m. at St. Stephen's Church, Delmar.

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

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 12:30-4:30 p.m. Information, 439-0503.

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

BETHLEHEM LUTHERAN
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
VVILLE LIBRARY
Lapsit stories for newborns to age two, at 10:15 a.m. Signup required. Call 765-2791.

Friday, Aug. 8

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

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

Q.U.I.L.T. INC.
Meeting at Delmar Reformed Church, 386 Delaware Ave. Starts 9:45 a.m., doors open at 9:15 a.m. Call 439-1194

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, Aug. 9

BETHLEHEM
The Potter's Wheel: Area Stoneware is on display at the Cedar Hill Schoolhouse Museum through August 31. The museum is open Sunday afternoons 2 to 4 pm, 1003 River Road at the corner of Clapper Road.

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.

GLENMONT
Story Hour at Tea and Tattered Pages Used Books, 329 Glenmont Road, Glenmont, 10:30 a.m.

Sunday, Aug. 10

ALBANY
SENIOR SUNDAYS IN THE PARK
Mayor Jerry Jennings, the City of Albany, Senior Services of Albany and Fidelis Care are sponsoring Senior Sunday in the Park at Albany's Corning Preserve. A free concert by Wally Hughes, lunch for \$2.50, and a free copy of the Sunday Times Union will be available for event goers. Reservations are required through Senior Services of Albany at 456-3325 and transportation is available at 1866-208-7357.

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

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

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 12:30-4:30 p.m. Information, 439-0503.

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

CLASS IN JEWISH MYSTICISM
Delmar Chabad Center, 109 Elsmere Ave., 7 p.m. Information, 439-8280.

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

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

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

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

Monday, Aug. 11

SLINGERLANDS
Adamsville Ancients Fife and Drum Corps offer lessons for beginner fife, snare drum and bass drum at 7 p.m.; rehearsal at 7:30. Call 439-8727 for information.

BETHLEHEM

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

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

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

YOUTH EMPLOYMENT SERVICES
Parks and Recreation Office, Elm Avenue Park, 12:30-4:30 p.m. Information, 439-0503.

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

CLASS IN JEWISH MYSTICISM
Delmar Chabad Center, 109 Elsmere Ave., 7 p.m. Information, 439-8280.

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

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

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

NEW SCOTLAND

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

Tuesday, Aug. 12

DELMAR
Weight Watcher Delmar Meetings
The local chapter of Weight Watchers meets today at 12:15 p.m. at St. Stephen's Church, Delmar.

BETHLEHEM
FARMERS MARKET (SUMMER ONLY)
Market and Chicken Barbeque, 2:30 p.m. to 6 p.m. rain or shine, First United Methodist Church, 428 Kenwood Ave.

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

CHURCH LUNCH (JUNE, JULY, AUGUST)
Sponsored by the South Bethlehem United Methodist Church, Willowbrook Avenue, weekly on Tuesdays, 11:30 a.m. to 1 p.m. Information, 767-9953.

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

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

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

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

NEW SCOTLAND
PRESCHOOL STORY TIME
Weekly at Voorheesville Public Library, 51 School Road, 10:15 a.m. Information, 765-2791.

NIMBLEFINGERS/QUILTERS (SEPTEMBER-JUNE ONLY)
Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

Wednesday, Aug. 13

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

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

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

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 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.

DELMA FIRE COMMISSION
firehouse, Adams Place, 7:30 p.m. Information, 439-3851.

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

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

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

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

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

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

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

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NC Coast Waterfront \$99,900 Dockable Deepwater Enjoy excellent views w/ access to Atlantic Includes

water, sewer, electric, marina, boat ramp. Low rate financing. Call now: 1-800-732-6601.

Pocono Land Bargain Properties Abut Protected State Forest Land Close to Everything- Far from Ordinary Frintage on Pave Cul-De-Sac Underground Utilities 2 ACRES \$44,900 11 ACRES \$99,500 CALL 1800-THEL-AND Visit 1800THELAND.COM.

TENNESSEE MOUNTAINS 1-8 Acre Homesites. Wooded Bluff Lake- Lakeview. Starting at \$59,900. Guaranteed Financing! 866-550-5263. Ask about Mini Vacation 3 days, 2 nights/ Travel Allowance.

REAL ESTATE FOR SALE

New York Land Bargains in counties of Montgomery

85.5 acres \$115,000, 87.9 acres \$115,000 17.3 acres \$42,000, Fulton 11.2 acres \$22,000. Financing available. www.helderbergrealty.us 518-861-6541(tri-state).

VACATION RENTALS

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.floridagulfrental-home.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 reservations: www.holidayoc.com.

Employment Classifieds

CHILDCARE NEEDED

Delmar family seeks reliable, FT, live out nanny for 2 children ages 3 & 4 and after school care for 8yrs 2nd grader. Hours 8:00am - 5:30pm Mon-Fri. Must have transportation. Reference required. 439 1330

HELP WANTED

"Can You Dig It?" Heavy Equipment School 3wk training program. Backhoes, Bulldozers, Trackhoes. Local job placement asst. Start digging dirt Now. 866-362-6497.

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 GAO's from the age discrimination provisions. This newspaper will not knowingly accept any advertising for employment which is in violation of the law. Our readers are informed that employment offerings advertised in this newspaper are available on an EOE.

AWESOME CAREER \$20/ hr., Avg \$57K/ yr. Postal Jobs,

Pd Training, Vac, OT. Full Benefits, Pension Plan. Call M-F, 9-5 CST 1-888-361-6551 Ext 350.

Customer Service Representative Burke, Miller Associates is a local multi-line insurance agency located in Glenmont, NY. We are seeking a part-time customer service representative with prior experience working in an insurance agency. Fax resume and cover letter to 518-431-5995.

Customer Service/ part time/ afternoons and most Saturdays. Varied Responsibilities, Congenial Atmosphere; Ideal for High School Student. Ship Copy & More. Rich or Garry: 439-0211.

DENTAL ASSISTANT/RECEPTIONIST for Delmar Office. 3-days per week, Will train the right individual. Call 928-9959.

Drivers: Home Daily! \$2000 sign on! Paid holiday and vacation! Excellent benefits! CDL-A 800-334-1314

ext.178. www.wadhams.com

Drivers: Mini School Bus. Great pay and hours. Experience rewarded. Trainees welcome. We make drivers happy. Star and Strand Transportation 518-272-8248.

EARN UP TO \$550 WEEKLY Helping the government PT No Experience. Excellent Opportunity. Call Today!! 1-800-488-2921 Ask for Department D-9.

Family Specialist- P/T (25-30 hrs/wk) to provide home-based services to families w/children ages 2-5 experiencing emotional and/or behavioral difficulties. Responsibilities include education, support & guidance to parents/caregivers. Resume to: CHS, 543 12302. EOE.

High-Paying Postal Jobs! No Experience Required! DONT PAY for information about jobs with the Postal Service or Federal Gov-

ernment. 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.

Laborer Needed. For local landscaping company. Days, hours may vary. Call 518-756-6929.

NAT'L Organization now hiring Avg. Pay \$20/hour or \$57K/yr. incl. Federal Benefits and OT. Placed by adSource 1-866-920-3181.

North Colonie School District Part-Time Clerical Help: position available in Superintendent's office, \$10.70/hour to start, no benefits, effective September. Qualifications: excellent interpersonal skills, computer proficient, attention to detail, and confidentiality essential. Apply in writing to: Assistant Superintendent for Business, 91 Fiddlers Lane, Latham, New York 12110.

NOW AVAILABLE! 2008 Post Office Jobs. \$18- \$20/ HR. No experience, paid training, FED Benefits, Vacations. Call 1-800-910-9941 Today! REF #NY08.

Speech Pathologist: Join our growing special needs preschool program this fall treating children birth to 5 yrs. Classroom and community based position. Competitive salary and excellent work environment.

401K, med/den,ins. Resume w/references to Anne at Circle of Friends, 537 Route 9W, Glenmont, NY 12077, 462-9162, AESCOF@nycap.rr.com.



SEASONAL JOBS FOR SEPTEMBER & OCTOBER 2008
Attention: Seniors, Adults & Teens!

Liberty Ridge Farm has many open positions for this fall: cashiers, office staff, field staff, school field trip hosts, trolley drivers, actors, and food service personnel. Day, evening, and weekend positions! Great way to earn some extra money!

Come to our Job Fair- **AUGUST 16, 2008 from 9am - 3pm @ the Farm.**
29 Bevis Road, Schaghticoke, NY 12154
www.libertyridgefarmNY.com for more information or 518-664-1515

Employment

Del Lanes is now taking job applications for September employment. Days, Nights, Weekends; for various positions.

Call Marvin: 439-2224



The Town of Bethlehem

New York is seeking A Comptroller. This position is responsible for all aspects of financial management for a local municipality, with 245 employees and an annual budget approximating \$40m. Duties include financial reporting, debt management, cash management and investing, internal control reviews, budget preparation and monitoring, union negotiations and contract administration, capital project management, external reporting, and working with independent auditors. Oversight of payroll preparation, human resources, purchasing and vendor payments. This is a senior management position that reports directly to the Town Supervisor.

Candidate will have a minimum of five years of increasingly responsible experience. Municipal experience, including knowledge of fund accounting, preferred. Minimum of Bachelor's in Accounting or Finance or related degree. CPA or Masters in public finance, public administration, accounting or finance, a plus.

Benefits include paid vacation, holidays, sick time, full medical and dental insurance, and New York State Retirement.

Please send your cover letter and resume by **August 11, 2008** to Mary Tremblay-Glassman, Human Resource Manager, 445 Delaware Ave, Delmar, NY 12054.

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e-mail to: advertise@spotlightnews.com.
No phone calls, please.



Warehouse Workers Wanted

We have great opportunities with multiple shifts and client locations. Temp and Temp to Hire opportunities. \$8.50-\$10/hr

For Albany area, call 438.3010 or apply in person on Wednesdays 8:30am - 2:30pm. 105 Wolf Rd, Section 1, Albany

For Saratoga area, call 587.1677 to schedule an appointment. 480 Broadway, Suite 322, Saratoga Springs



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<<http://www.selectstaffing.com>>

LEGAL NOTICE

LEGAL NOTICE
Name: Mokhiber's Wine and Liquors LLC
Articles of Organization were filed with the New York State Secretary of State on June 10, 2008.
Office Location: Albany County
Secretary of State has been designated as agent of the limited liability company upon whom process against it may be served. The Secretary of State shall mail a copy of the process to the limited liability company at 20 St. James Place, Albany, New York 12209.
Purpose: Any lawful purpose.
LD-19074
(August 6, 2008)

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF THE DELAWARE HOUSE, LLC
Under Section 203 of the Limited Liability Company Law of the State of New York
THE UNDERSIGNED, being a natural person of at least eighteen (18) years of age and acting as the organizer of the limited liability company (the "Company") hereby being formed under Section 203 of the Limited Liability Law of the State of New York (the "LLCL"), certifies that:
FIRST: The name of the Company is THE DELAWARE HOUSE, LLC
SECOND: The purpose of the company is to engage in any lawful act or activity for which limited liability companies may be organized under the LLCL.
THIRD: The county within the State of New York in which the office of the Company is to be located is Albany County.
FOURTH: The Secretary of State is designated as the agent of the Company upon whom process against the Company may be served. The post office address within or without the State of New York to which the Secretary of State shall mail a copy of any process against the Company served upon such Secretary of State is 366 Delaware Avenue, Albany, NY 12209.
FIFTH: The Company is to be managed by one or more managers.
SIXTH: A manager shall not be personally liable to the Company or its members for damages for any breach of duty as manager, except for any matter in respect of which such manager shall be liable by reason that, in addition to any and all other requirements for such liability, there shall have been a judgement or other final adjudication adverse to such manager that establishes that such manager's acts or omissions were in bad faith or involve intentional misconduct or a knowing violation of law or that such manager personally gained in fact a financial profit or other advantage to which such manager was not legally entitled or that with respect to a distribution the subject of Section 508 of the LLCL, such manager's acts were not performed in accordance with Section 409 of the LLCL. Neither the amendment nor the repeal of this Article shall eliminate or reduce the effect of this Article in respect to any matter occurring, or cause of action, suit or claim that, but for this Article would accrue or arise, prior to such amendment, repeal or adoption of an inconsistent provision. This article shall neither eliminate nor limit the liability of a manager for any act or omission occurring prior to the adoption of this Article.
SEVENTH: The Company shall have the power to indemnify, to the full extent permitted by the LLCL, as amended from time to time, all persons whom it is permitted to indemnify pursuant thereto.
IN WITNESS WHEREOF, I have subscribed this certificate and do hereby affirm the foregoing as true under the penalties of perjury, this 12th day of March 2008.
Amy Riddell-Young

LEGAL NOTICE

Sole Organizer
Address:
366 Delaware Avenue
Albany, NY 12209
(August 6, 2008)

LEGAL NOTICE

NOTICE FOR PUBLICATION OF A NEW YORK LIMITED LIABILITY COMPANY PURSUANT TO NEW YORK LIMITED LIABILITY COMPANY LAW SECTION 206 (c)
1. The name of the limited liability company is 852 Fifth, LLC.
2. The date of filing of the articles of organization with the Department of State was May 28, 2008.
3. The county in New York in which the office of the company is located is Rensselaer.
4. The Secretary of State has been designated as agent of the company upon whom process may be served, and the Secretary of State shall mail a copy of any process against the company served upon him or her to: Jeremiah F. Manning, Esq. 49 Oldox Road Delmar, NY 12054
5. The latest date upon which the company is required to be dissolved is January 1, 2069
6. The business purpose of the company is to engage in "any and all business activities permitted under the laws of the State of New York"
LD-19076
(August 6, 2008)

LEGAL NOTICE

NOTICE FOR PUBLICATION OF A NEW YORK LIMITED LIABILITY COMPANY PURSUANT TO NEW YORK LIMITED LIABILITY COMPANY LAW SECTION 206 (c)
1. The name of the limited liability company is Remark Properties, LLC
2. The date of filing of the articles of organization with the Department of State was May 29, 2008.
3. The county in New York in which the office of the company is located is Albany.
4. The Secretary of State has been designated as agent of the company upon whom process may be served, and the Secretary of State shall mail a copy of any process against the company served upon him or her to: Jeremiah F. Manning, Esq. 49 Oldox Road Delmar, NY 12054
5. The latest date upon which the company is required to be dissolved is January 1, 2069
6. The business purpose of the company is to engage in "any and all business activities permitted under the laws of the State of New York"
LD-19077
(August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 53 FREEMANS BRIDGE RD. LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/25/08. 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, 19 Blue Jay Way, Rexford, New York 12148. Purpose: For any lawful purpose.
Sec. 206
LD-19079
(August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ALLIANCE BOOK GROUP LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/10/08. Office location: Albany County. SSNY has been designated as agent of the

LEGAL NOTICE

LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 30 Lorraine Avenue, Mount Vernon, New York 10553. Purpose: For any lawful purpose.
Sec. 206
LD-19080
(August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 37-91 102 REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/19/08. 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 Steve Kokolis, 26 Gristmill Road, Manhasset, New York 11030. Purpose: For any lawful purpose.
LD-19081
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of WINTER ESTATES LLC. Arts. of Org. was filed with SSNY on 6/18/08. 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.
Sec. 206
LD-19084
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of PEARLSCENT LLC. Arts. of Org. was filed with SSNY on 6/19/08. 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.
Sec. 206
LD-19085
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of GRONICE CONSULTING LLC. Arts. of Org. was filed with SSNY on 6/19/08. 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.
Sec. 206
LD-19086
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of BOUTICCA LLC. Arts. of Org. was filed with SSNY on 6/19/08. 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.
Sec. 206
LD-19087
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of CHRUMMER LLC. Arts. of Org. was filed with SSNY on 6/19/08. 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.
Sec. 206
LD-19088
(August 6, 2008)

LEGAL NOTICE

ny, NY 12207. The registered agent is: USA Corporate Services, Inc. at the same address. Purpose: all lawful activities.
Sec. 206
LD-19088
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of MACHA LLC. Arts. of Org. was filed with SSNY on 6/19/08. 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.
Sec. 206
LD-19089
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of EDRINIOS LLC. Arts. of Org. was filed with SSNY on 6/19/08. 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.
Sec. 206
LD-19090
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of SULTUINE LLC. Arts. of Org. was filed with SSNY on 6/19/08. 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.
Sec. 206
LD-19091
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of ZITENCE LLC. Arts. of Org. was filed with SSNY on 6/19/08. 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.
Sec. 206
LD-19092
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of PETRO CHEMICAL GENERAL TRADING LLC. Arts. of Org. was filed with SSNY on 6/10/08. 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.
Sec. 206
LD-19093
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of 696 INTERNATIONAL LLC. Arts. of Org. was filed with SSNY on 6/10/08. 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.
Sec. 206
LD-19094
(August 6, 2008)

LEGAL NOTICE

LD-19094
(August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Equity Industrial Sherrill Limited Partnership. Authority filed with Secy. of State of NY (SSNY) on 06/16/08. Office location: Albany County. LP formed in Massachusetts (MA) on 6/13/08. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o 145 Rosemary Street, Suite E, Needham, MA 02494, also the address to be maintained in MA. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with Secy. of The Commonwealth of Massachusetts, One Ashburton Place, Rm 1719, Boston, MA 02108. Purpose: any lawful activities.
LD-19102
(August 6, 2008)

LEGAL NOTICE

Notice of Qualification of EDR Syracuse, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/9/08. Office location: Albany County. LLC formed in Delaware (DE) on 10/29/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Corporate Research, LTD, 10 East 40th Street, 10th Floor, NY, NY 10016. Address to be maintained in DE: 615 South Dupont Hwy, Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities.
LD-19103
(August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Equity Loans LLC. Fictitious name Equity Home Capital LLC. Authority filed with Secy. of State of NY (SSNY) on 5/19/08. Office location: Albany County. LLC formed in Georgia (GA) on 2/27/08. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Incorp Services, Inc, One Commerce Plaza 99 Washington Ave, Ste. 805A, Albany, NY 12260. Address to be maintained in GA: 1140 Hammond Drive, Ste. I-9150, Atlanta, GA 30328. Arts. of Org. filed with GA Secy. Of State, 315 West Tower, 2 MLK, Jr. Dr., Atlanta, GA 30334. Purpose: any lawful activities.
LD-19104
(August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Fay Servicing, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/23/08. Office location: Albany County. LLC formed in Delaware (DE) on 4/2/08. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered Agent Solutions, Inc., 1773 Western Ave., Albany, NY 12203. Address to be maintained in DE: 32 W. Lookerman St., Ste. 201, Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4., Dover, DE 19901. Purpose: any lawful activities.
LD-19105
(August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is 241 GLENWOOD, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State, under Section 203 of the Limited Liability Law, on June 13, 2008. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Schenectady County. The

LEGAL NOTICE

Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 4017B State Street, Schenectady, New York 12304.
Sec. 206
LD-19108
(August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ISKAY MS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/19/08. 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, 3622 15th Avenue, Brooklyn, New York 11218. Purpose: For any lawful purpose.
Sec. 206
LD-19109
(August 6, 2008)

LEGAL NOTICE

Notice of Qualification of ION HOLDCO, LLC. Authority filed with NY Dept. of State on 6/5/08. Office location: Albany County. Principal business address: 80 State St., 7th Fl., Albany, NY 12207. LLC formed in Delaware (DE) on 4/30/08. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: c/o The Corporation Trust Co., 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-19110
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of Justin Kang CPA, PLLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/19/08. Office location: Albany County. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: profession of CPA.
LD-19114
(August 6, 2008)

LEGAL NOTICE

Notice of Qualification of McGowan Asbestos Removal, LLC. Authority filed with Secy. Of State of N.Y. (SSNY) on 06/19/08. LLC Formed in Connecticut (CT) on 06/02/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. CT address of LLC: 96 East Ave., Norwalk, CT 06851. Arts. Of Org. filed with CT Secy. Of State, 30 Trinity St., Hartford, CT 06115. Purpose: any lawful activity.
LD-19116
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of GT Media Group, LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/12/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity.

LEGAL NOTICE

LD-19117
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of Tomlin 4 LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/16/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity.
LD-19118
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of Build Fabrication LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/05/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity.
LD-19119
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of The Tiring House LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 05/09/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity.
LD-19120
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of HJM & M LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 04/12/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity.
LD-19121
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of Steven J. Helfand, Psy.D. PLLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 04/28/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: profession of psychology.
LD-19122
(August 6, 2008)

LEGAL NOTICE

Notice of Formation of Abraham J. Schreiber, MD, PLLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 04/10/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: profession of medicine.
LD-19123
(August 6, 2008)

LEGAL NOTICE

Notice of Qualification of 60 Oxford Drive, L.L.C. Authority filed with Secy. Of State of N.Y. (SSNY) on 03/31/08. LLC Formed in New Jersey (NJ) on 06/23/03. 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 Allstate Corp. Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. NJ address of LLC:

LEGAL NOTICE

71 Hudson St., Hackensack, NJ 07601. Arts. Of Org. filed with NJ Dept. Of Treasury, State Treasurer, 225 W. State St., Trenton, NJ 08608. Purpose: any lawful activity. LD-19124 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Burnt Chicken Productions, LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 03/31/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19125 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of DMV911.Com, LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 04/08/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19126 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Perimeter 360 LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 05/22/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19127 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Conference Of Birds LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 05/21/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19128 (August 6, 2008)

LEGAL NOTICE

Name of LLC: INTEGRATED ASSOCIATES, LLC. Articles of Org. filed Dept. of State of NY on 1/10/03. Office location in NY: Albany County. Secy. of State designated as agent of LLC upon whom process against it may be served. Sec. of State shall mail a copy of process to 159 Westchester Drive, Delmar, NY 12054. Purpose: any lawful activity. LD-19129 (August 6, 2008)

LEGAL NOTICE

Name: RONALD L. STRAM, MD P.L.L.C. Arts. Of Org. filed with Secy. of State of NY on 1/8/03. Office location: Albany Cty. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail copy of process to: 159 Westchester Drive, Delmar, NY 12054. Purpose: practice the profession of medicine. LD-19130 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Great Lakes Restaurants, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 6/18/08. Fictitious name in NY State: Great Lakes Restaurants of Missouri, LLC. Office location: Albany County. LLC formed in Delaware (DE) on 6/2/08. SSNY

LEGAL NOTICE

designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: 615 S. DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. LD-19131 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of ATLAS NORTHERN HOLDINGS LLC. Authority filed with Secy. of State of NY (SSNY) on 06/20/08. Office location: Albany County. LLC formed in Delaware (DE) on 04/28/08. 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, registered agent upon whom process may be served. Arts. of Org. filed with Harriet Smith Windsor, Delaware Secretary of State, John G. Townsend Building, Federal & Duke of York Street, Dover, DE 19901. Purpose: Any lawful activity. LD-19132 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of DYNAMOD RECORDS, LLC. Arts. Of Org. filed with Secy. of State of NY (SSNY) on 06/04/08. Office location: Albany County. Principal business location: 135 West 29th Street, Suite 602, New York, NY 10001. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Ziv Damary, 135 West 29th Street, Suite 602, New York, NY 10001. Purpose: Any lawful activity. LD-19133 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of MORTGAGES UNLIMITED, LLC. Authority filed with Secy. of State of NY (SSNY) on 06/06/08. Office location: Albany County. LLC formed in Delaware (DE) on 09/26/02. LLC agrees to use fictitious name of MORTGAGES UNLIMITED OF SOUTH CAROLINA, LLC while conducting business in NY. 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, registered agent upon whom process may be served. Arts. of Org. filed with Secretary of State of Delaware, Federal and Duke of York Streets, Dover, DE 19901. Purpose: Any lawful activity. LD-19134 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of RESIDENTIAL HOME DIVISION, LLC. Authority filed with Secy. of State of NY (SSNY) on 06/23/08. Office location: Albany County. LLC formed in Delaware (DE) on 04/30/08. 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, registered agent upon whom process may be served. Principal office of LLC: MAC#X2401-049, Des Moines, IA 50328-001. Arts. of Org. filed with Secretary of State of Delaware, Federal and Duke of York Streets, Dover, DE 19901. Purpose: To provide residential mortgage lending. LD-19135 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Buckeye Albany Terminal LLC. Authority filed with

LEGAL NOTICE

Secy. of State of NY (SSNY) on 06/25/08. Office location: Albany County. LLC formed in Delaware (DE) on 06/18/08. 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, registered agent upon whom process may be served. Principal office of LLC: 301 Noirmanskill Street, Albany, NY 12202. Arts. of Org. filed with Secretary of State of Delaware, Division of Corporations, 401 Federal Street, Suite 4, Dover, DE 19901. Purpose: Petroleum storage. LD-19136 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of CHRIS GILBOY'S I'LL DO IT LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 06/18/08. Office location: Albany County. Principal business location: 41 Eastern Avenue, Watervliet, NY 12189. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 41 Eastern Avenue, Watervliet, NY 12189. Purpose: Any lawful activity. LD-19137 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ANDOVER MANAGEMENT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/19/08. 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 Anthony Ritter, 400 East 84th Street, Apartment 38A, New York, New York 10028. Purpose: For any lawful purpose. LD-19138 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: J. BIDERMAN CONSULTANTS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/18/08. The latest date of dissolution is 12/31/2108. 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, 450 Seventh Avenue, Suite 955, New York, New York 10018. Purpose: For any lawful purpose. LD-19139 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SARA KAY FINE ART LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/18/08. The latest date of dissolution is 12/31/2107. 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, 365 Bridge Street, Suite 7F, Brooklyn, New York 11201. Purpose: For any lawful purpose. LD-19140 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of CMA CGM (America) LLC. Authority filed with Secy. of State of NY (SSNY) on 2/26/08. Office location: Albany County. LLC formed in New Jersey (NJ) on 12/31/07. SSNY designat

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ated as agent of LLC 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. Address of the principal office: 5701 Lake Wright Dr., Norfolk, VA 23502. Arts. of Org. filed with NJ Secy. Of State, Bureau of Commercial Recordings, Division of Revenue, Dept. of Treasury, 225 West State St., 3rd Fl., Trenton, NJ 08608. Purpose: any lawful activities. LD-19142 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Forgiveness, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/24/08. 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, 247 Centre St., Ste. 7, NY, NY 10013. Purpose: any lawful activities. LD-19143 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of an LLC: R E W Consulting, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 11, 2008. Office location is in Schenectady County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail a copy of Process to the LLC, 803 Vista Boulevard, Schenectady, NY 12306. Purpose: for any lawful purpose. LD-19152 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of APPLEBROOK HOMES, LLC. Authority filed with Secy. of State of NY (SSNY) on 06/27/08. Office location: Albany County. LLC formed in Delaware (DE) on 07/15/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Arts. of Org. filed with Division of Corporations, John G. Townsend Bldg., Suite 4, 401 Federal St., Dover, DE 19901. Purpose: Any lawful activity. LD-19156 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RATIO-NAL PARTNERS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/11/08. 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 William Kummel, 1060 Park Avenue, 6E, New York, New York 10128. Purpose: For any lawful purpose. Sec. 206 LD-19158 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 258 AERO LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/20/08. 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 Ray Gregor, 401 East 80th Street, Apartment 34K, New York, New York 10075. Purpose: For any lawful purpose.

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Sec. 206 LD-19159 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: TENTH MAN PRODUCTIONS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/12/08. 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 Spenser Chandler, 484 West 43rd Street, 31-L, New York, New York 10036. Purpose: For any lawful purpose. Sec. 206 LD-19160 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: THE PURPLE SUITCASE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/27/08. 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, 124 West 60th Street, 34-D, New York, New York 10023. Purpose: For any lawful purpose. LD-19161 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ChildInfoSafe LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/28/08. 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, P.O. Box 269, Altamont, New York 12009. Purpose: For any lawful purpose. Sec. 206 LD-19162 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PetInfoSafe LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/28/08. 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, P.O. Box 269, Altamont, New York 12009. Purpose: For any lawful purpose. Sec. 206 LD-19163 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BLARK ASSOCIATES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/26/08. 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, 36-01 43rd Avenue, Long Island City, New York 11101. Purpose: For any lawful purpose. Sec. 206 LD-19164 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY

LEGAL NOTICE

COMPANY. NAME: CAS-TLES UNLIMITED LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/19/08. 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, 101 Ocean Parkway, Apartment 2A, Brooklyn, New York 11218. Purpose: For any lawful purpose. Sec. 206 LD-19165 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: DI MAN-NO DESIGNS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/03/08. 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, 209 West 23rd Street, #608, New York, New York 10011. Purpose: For any lawful purpose. Sec. 206 LD-19166 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 28-21 37th STREET, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/19/08. 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, 28-21 37th Street, Astoria, New York 11103. Purpose: For any lawful purpose. Sec. 206 LD-19167 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: NEW BRUNSWICK VENTURES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/30/08. 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, 151 Linderhurst, New York 11757. Purpose: For any lawful purpose. Sec. 206 LD-19169 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Fast-trad Chicago LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 1/31/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 101 N. 3rd St., Brooklyn, NY 11211. Purpose: any lawful activity. LD-19170 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of FIRSTCITY US OPPORTUNITY FUND, L.P. Authority filed with Secy. of State of N.Y. (SSNY) on 6/26/08. Office location: Albany County. LP formed in Delaware (DE) on 6/10/08. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: 6002 Imperial Drive, P.O. Box 8216, Waco, TX 76714. DE address of LP: 615 South DuPont Hwy.,

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Dover, DE 19901. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. LD-19171 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of 4814 Realty LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/23/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19172 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Sleeve It, LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/24/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19173 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Schmanagement LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/20/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19174 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Day-oritos Learning Center & Day Care LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 04/14/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19175 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Urban Edge Realty LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/25/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19176 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Blue Link Ventures, LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/25/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19177 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of 238 56th Street LLC. Arts. Of Org.

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filed with Secy. Of State of N.Y. (SSNY) on 07/01/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19178 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of LBenjamin LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/01/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity LD-19179 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY. NAME: COSTIGAN INSPECTIONS, LLC. Articles of Organization were filed with the Secretary of State (SSNY) on 06/24/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to the LLC, 17 Quincy Court, Glenmont, New York, 12077. Purpose: For any lawful purpose. LD-19182 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of B&B PROTECTOR PLANS INSURANCE SERVICES OF TEXAS, LLC. Authority filed with Secy. of State of NY (SSNY) on 06/30/08. Office location: Albany County. LLC formed in Texas (TX) on 05/07/08. 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, registered agent upon whom process may be served. Principal office of LLC: 7557 Rambler Road, Suite 818, Dallas, TX 75231. Arts. of Org. filed with Secretary of State, Texas, Corporation Section, P.O. Box 13697, Austin, TX 78711-3697. Purpose: To engage in all lines of insurance related business as an insurance agent/broker. LD-19183 (August 6, 2008)

LEGAL NOTICE

NOTICE TO BIDDERS DIVERSION DAM CATWALK EXTENSION CONTRACT 1G TOWN OF BETHLEHEM ALBANY COUNTY, NY NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for Diversion Dam Catwalk Extension, Contract 1G located at the Town's existing Stage III Diversion Dam located off of Wolf Hill Road, New Scotland, New York. Sealed bids will be received by the Town of Bethlehem at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054 until 3:00 p.m., on Thursday, July 31, 2008, at which time they will be publicly opened and read. Bids shall be addressed to Mr. John Cunningham, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. Original and ONE COPY shall be submitted. Sealed bids will be received for the following: --Contract 1G - General Construction The work includes providing

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all labor, materials, machinery, tools, equipment and other means of construction necessary and incidental to the completion of the work shown on the plans and described in these specifications including, but not necessarily limited to the following: Furnish and install a steel catwalk extension, including handrails and grating. Furnish and install a trash grate. Drawings and Specifications may be examined at the office of Clough Harbour & Associates LLP, III Winners Circle, Albany, New York and at the Town of Bethlehem, Town Hall, 445 Delaware Avenue, Delmar, New York, 12054. Complete sets of the drawings, specifications and bid forms may be obtained from Clough Harbour & Associates LLP, III Winners Circle, Albany, New York 12205, in accordance with the Instructions to Bidders. Contract Documents will be provided electronically on Compact Disc (CD) in pdf format and may be obtained by faxing a request to (518) 453-4773. There will be no cost for the CD or shipping via USPS media-mail. Also, the CD does not need to be returned. All bids must be made on the official Bid Form or an exact copy by reproduction thereof and enclosed in a sealed envelope. This is a lump sum bid as described in the Instructions to Bidders. No Bidder may withdraw his bid within forty five calendar days after the actual date of the opening thereof. Each bid must be accompanied by a bid security in the amount of five percent of the base bid in accordance with the Instructions to Bidders. The successful Bidder will be required to furnish construction performance and payment bonds in the full amount of the contract price. The successful bidder will be required to comply with all provisions of the Federal Government Equal Employment Opportunity clauses issued by the Secretary of Labor on May 21, 1968 and published in the Federal Register (41CFR Part 60-1, 33 F.2 7804). The Town Board reserves the right to waive any informalities in and/or to reject any or all bids and the right to disregard all nonconforming, non-responsive or Conditional Bids. **ENGINEER OWNER** CLOUGH HARBOUR & ASSOCIATES LLP III Winners Circle Albany, NY 12205 Phone: (518) 453-4500 **TOWN OF BETHLEHEM** Town Hall 445 Delaware Avenue Delmar, NY 12054 Phone: (518) 439-4955 **BY ORDER OF THE TOWN BOARD** OF THE TOWN OF BETHLEHEM Kathleen A. Newkirk, MMC/RMC Town Clerk Dated: July 9, 2008 LD-19184 (August 6, 2008)

LEGAL NOTICE

NOTICE TO BIDDERS ELSMERE AVENUE, AND ROCKEFELLER FORCE-MAIN IMPROVEMENTS CONTRACT 1G TOWN OF BETHLEHEM ALBANY COUNTY, NY NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for Elsmere Avenue and Rockefeller Force-main Improvements, Contract 1G located on Bender Lane and Rockefeller Road in the Town of Bethlehem, New York. Sealed bids will be received by the Town of Bethlehem Town Clerks Office, 445 Delaware Avenue, Delmar, NY 12054 until 3:00 p.m., on Thursday, August 14, 2008, at which time they will be publicly opened and read. Bids shall be addressed to Mr. John Cunningham, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. Original and ONE COPY shall be submitted. Sealed bids will be received for the following: --Contract 1G - General Construction The work includes providing

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shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. Original and ONE COPY shall be submitted. Sealed bids will be received for the following: --Contract 1G - General Construction Elsmere Avenue and Rockefeller Force-main Improvements The work includes providing all labor, materials, machinery, tools, equipment and other means of construction necessary and incidental to the completion of the work shown on the plans and described in these specifications including, but not necessarily limited to the following: Installation of a new sanitary force-main and connection to existing force-main, as well as the installation of a new gravity sewer. Drawings and Specifications may be examined at the office of Clough Harbour & Associates LLP, III Winners Circle, Albany, New York and at the Town Hall, 445 Delaware Avenue, Delmar, NY 12054. Copies of the Contract Documents may be obtained at the Issuing Office, Clough Harbour & Associates LLP, III Winners Circle, Albany, New York 12205 in accordance with the Instruction to Bidders. Contract Documents will be provided electronically on a compact disc (CD) in PDF format and may be obtained at no cost. If mailing of documents is required, CDs will be mailed via the US Postal Service. Also, the CD does not need to be returned. All bids must be made on the official Bid Form or an exact copy by reproduction thereof and enclosed in a sealed envelope. This is a unit price bid as described in the Instructions to Bidders. No Bidder may withdraw his bid within forty five calendar days after the actual date of the opening thereof. Each bid must be accompanied by a bid security in the amount of five percent of the base bid in accordance with the Instructions to Bidders. The successful Bidder will be required to furnish construction performance and payment bonds in the full amount of the contract price. The successful bidder will be required to comply with all provisions of the Federal Government Equal Employment Opportunity clauses issued by the Secretary of Labor on May 21, 1968 and published in the Federal Register (41CFR Part 60-1, 33 F.2 7804). The Town Board reserves the right to waive any informalities in and/or to reject any or all bids and the right to disregard all nonconforming, non-responsive or Conditional Bids. **ENGINEER OWNER** Clough, Harbour & Associates LLP Town of Bethlehem III Winners Circle Town Hall, 445 Delaware Avenue Albany, NY 12054 Phone: (518) 453-4500 Phone (518) 439-4955 **BY ORDER OF THE TOWN BOARD** OF THE TOWN OF BETHLEHEM Kathleen A. Newkirk, MMC/RMC Town Clerk Dated: July 9, 2008 LD-19185 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of VOXNET LLC. Authority filed with Secy. of State of NY (SSNY) on 07/02/08. Office location: Albany County. LLC formed in Delaware (DE) on 04/28/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Arts. Of Org. filed with Delaware Secretary of State, Division

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of Corporations, 401 Federal Street, Ste. 4, Dover, DE 19901. Purpose: Any lawful activity. LD-19193 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of NPB FINANCIAL GROUP, LLC. Authority filed with Secy. of State of NY (SSNY) on 06/30/08. Office location: Albany County. LLC formed in California (CA) on 08/19/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 3500 W. Olive Avenue, Suite 300, Burbank, CA 61505. Arts. of Org. filed with State of California, Secretary of State, 1500 11th Street, Sacramento, CA 95814. Purpose: To get a non-resident insurance license to sell in the State of New York. LD-19194 (August 6, 2008)

LEGAL NOTICE

Notice of formation of AV-CAPITAL LLC a NYS LLC Formation filed with SSNY on 02/22/08. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 172 Bathgate St., Staten Island, NY 10312. Purpose: Any lawful purposes. LD-19195 (August 6, 2008)

LEGAL NOTICE

Notice of formation of VASTAREX OF NY, LLC a NYS LLC Formation filed with SSNY on 05/14/08. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 81 Sandalwood Drive, Staten Island, NY 10308. Purpose: Any lawful purposes. LD-19196 (August 6, 2008)

LEGAL NOTICE

Notice of formation of SHEEPSHEAD BAY VISION CENTER, LLC a NYS LLC Formation filed with SSNY on 05/09/08. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 1607 Sheephead Bay Rd., Brooklyn, NY 11235. Purpose: Any Lawful purposes. LD-19197 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of LFB/GTC LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 07/01/08. 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 12207-2543. Purpose: Any lawful activity. LD-19203 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: COLUMBIA QC KINGSTON II, LLC. Articles of Organization filed with NY Secretary of State, June 30, 2008. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 302 Washington Avenue Ext., Albany, NY 12203. LD-19205 (August 6, 2008)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of BROXBURN VENTURES 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 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-19206 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of DATA-PHONICS LLC. Arts. of Org. was filed with SSNY on 7/7/08. 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-19208 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of MAR SOLUTIONS LLC. Arts. of Org. was filed with SSNY on 6/16/08. 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-19210 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Name: EXCALIBUR GRAPHIC ENTERPRISES, LLC. Arts. of Org. filed with NY Sec. of State (SSNY) on 5/12/08. Office location: Albany County. SSNY has designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: c/o the LLC, 25 Park Place, Delmar, NY 12054. Purpose: Graphic design and any other lawful activity. LD-19211 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 111 CONKLIN STREET LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/27/08. The latest date of dissolution is 01/15/2098. 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 Anthony J. Addeo, Esq., 145 Merritts Road, Farmingdale, New York 11735. Purpose: For any lawful purpose. LD-19212 (August 6, 2008)

LEGAL NOTICE

LEGAL NOTICE NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization of S. Carey Construction, LLC (the "LLC") were filed with the Secretary of State of New York ("SSNY") on June 24, 2008. Office location: Albany County. SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to c/o S. Carey Construction, LLC, 22 Crisafulli Drive, Albany, NY 12205. The LLC does not have a specific date of dissolution. Purpose: All legal purposes. LD-19213 (August 6, 2008)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 732 4TH AVENUE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/18/08. 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 Jose Sanchez, 732 4th Avenue, Brooklyn, New York 11232. Purpose: For any lawful purpose. LD-19217 (August 6, 2008)

LEGAL NOTICE

Name of Foreign LLC: FACADE TECHNOLOGY, LLC. App. for Auth. filed NY Dept. of State: 6/24/08. Jurisd. and date of org.: PA 11/27/00. County off. loc.: Albany County. Princ. bus. loc.: 680 Ben Franklin Highway, Birdsboro, PA 19508. Sec. of State designated as agent of foreign LLC upon whom process against it may be served. The Sec. of State shall mail copy of process to: 680 Ben Franklin Highway, Birdsboro, PA 19508. Addr. of foreign LLC in PA is: 680 Ben Franklin Highway, Birdsboro, PA 19508. Auth. officer in PA where Cert. of Form. filed: Pennsylvania Dept. of State, 206 North Office Bldg., Harrisburg, PA 17120. Purpose: any lawful activity. LD-19218 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PERETS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/02/08. The latest date of dissolution is 12/31/2108. 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 Abe Reiss, Esq., 2222 Richmond Avenue, Staten Island, New York 10314. Purpose: For any lawful purpose. LD-19219 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: METRO MASTERS MANAGEMENT LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/20/08. 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 Tehila Spigel, 131 Tehama Street, Brooklyn, New York 11218. Purpose: For any lawful purpose. LD-19220 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Scanris - M, LLC, Art. of Org. filed Sec'y of State (SSNY) 7/2/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. TX and principal business address: 24 Waterway Ave., Suite 300, The Woodlands, TX 77380. Arts. of Org. filed with TX Secy. of State, 1019 Brazos, Austin, TX 78710. Purpose: any lawful activity. LD-19230 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Scanris, LLC, Art. of Org. filed Sec'y of State (SSNY) 7/2/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to 1500 2nd Ave., Watervliet, NY 12189. Purpose: any lawful activities. LD-19221 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Scanris, LLC, Art. of Org. filed Sec'y of State (SSNY) 7/2/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to 1500 2nd Ave., Watervliet, NY 12189. Purpose: any lawful activities. LD-19222

LEGAL NOTICE

(August 6, 2008)

LEGAL NOTICE

Notice of Formation of 17 Chapel, L.L.C., Art. of Org. filed Sec'y of State (SSNY) 6/10/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to 115 Great Oaks Blvd., Albany, NY 12203. Purpose: any lawful activities. LD-19223 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of CWG Experiences, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/3/08. 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 Levene Gouldin & Thompson, LLP, 450 Plaza Dr., Vestal, NY 13850. Purpose: any lawful activities. LD-19224 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Operations Texas One, L.L.C. Authority filed with NY Dept. of State on 7/8/08. Office location: Albany County. LLC formed in TX on 10/20/06. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. TX and principal business address: 7750 N. MacArthur Blvd., Ste. 120, PMB 237, Irving, TX 75063. Arts. of Org. filed with TX Secy. of State, 1019 Brazos, Austin, TX 78701. Purpose: distribute and sell discount medical cards. LD-19228 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of LIIF SUB-CDE IV, LLC. Authority filed with NY Dept. of State on 6/5/08. Office location: Albany County. Principal business address: c/o Low Income Investment Fund, 100 Pine St., Ste. 1800, San Francisco, CA 94111. LLC formed in Delaware (DE) on 1/18/08. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Townsend Bldg., Dover, DE 19901. Purpose: any lawful purpose. LD-19229 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of GPM Energy, LLC. Authority filed with NY Dept. of State on 7/9/08. Office location: Albany County. LLC formed in TX on 4/3/06. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. TX and principal business address: 24 Waterway Ave., Suite 300, The Woodlands, TX 77380. Arts. of Org. filed with TX Secy. of State, 1019 Brazos, Austin, TX 78710. Purpose: any lawful activity. LD-19230 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of an LLC: LW Land Development, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 17, 2008. Office location is in Albany County. The SSNY has been designated as agent of the

LEGAL NOTICE

LLC, upon whom process against it may be served, SSNY shall mail a copy of Process to the LLC, at 494 Western Turnpike, Altamont, NY 12009. Purpose: for any lawful purpose. LD-19231 (August 6, 2008)

LEGAL NOTICE

Asian Developments and Properties LLC was filed with the SSNY on 07/02/08. Office: Albany County. SSNY designated as agent of LLC whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Vanguard Corporate Services, Ltd., 307 Hamilton Street, Albany, NY 12210. Purpose: any lawful purpose. LD-19232 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Lucky Seven Traders, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/18/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs. Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19233 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of EZ Premier Realty LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/02/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs. Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19235 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Nos Via LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/27/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19236 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of CK & JK LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/19/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19238 (August 6, 2008)

LEGAL NOTICE

NOTICE OF CONVERSION TO A DOMESTIC LIMITED LIABILITY COMPANY (LLC) COLUMBIA MANNING GROUP, LLC converted from NY partnership to NY limited liability company. Name of partnership was COLUMBIA MANNING GROUP. Certificate of Conversion filed with NY Secretary of State June 3, 2008. Purpose of LLC - to engage in any lawful act or activity. LLC to be managed by one or more members. Office of LLC to be located in Albany County. Secretary of State is agent for process against LLC and shall mail copy of process to 302 Washington Avenue Extension, Albany, NY 12203.

LEGAL NOTICE

LD-19240 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of an LLC: Amedore Concord, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 11, 2008. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail a copy of Process to the LLC, at 1900 Western Avenue, Albany, NY 12203. Purpose: for any lawful purpose. LD-19241 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of CTC Consulting, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/16/08. Office location: Albany County. LLC formed in Delaware (DE) on 3/31/08. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o TT Administrative Services, LLC, 888 SW Fifth Ave., Ste 1600, Portland, OR 97204. Address to be maintained in DE: c/o Corporation Trust, Wilmington, DE 19801. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. LD-19242 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 69-44 76 STREET REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/27/08. The latest date of dissolution is 12/31/2107. 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, 69-44 76th Street, Middle Village, New York 11379. Purpose: For any lawful purpose. LD-19243 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 69-04 JUNIPER VALLEY ROAD LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/30/08. The latest date of dissolution is 12/31/2107. 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, 78-04 Queens Midtown Expressway, Middle Village, New York 11379. Purpose: For any lawful purpose. LD-19245 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 60-50 68th ROAD LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/30/08. The latest date of dissolution is 12/31/2107. 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, 78-04 Queens Midtown Expressway, Middle Village, New York 11379. Purpose: For any lawful purpose. LD-19246 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FEEKS

LEGAL NOTICE

LANE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/11/08. The latest date of dissolution is 12/31/2107. 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, 60 Feeks Lane, Locust Valley, New York 11560. Purpose: For any lawful purpose. LD-19247 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: COLEMAN CHILDREN LITTLE RAM, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/11/08. The latest date of dissolution is 12/31/2107. 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, 60 Feeks Lane, Locust Valley, New York 11560. Purpose: For any lawful purpose. LD-19248 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: STICK FREE PRODUCTIONS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/26/07. 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, 880 Third Avenue, 16th Floor, New York, New York 10022. Purpose: For any lawful purpose. LD-19249 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY Under Section 206 of the Limited Liability Company Law 1. The name of the limited liability company is Kaplowitz Company, Remodeling and Design, LLC. 2. The Articles of Organization were filed with the Secretary of State on July 16, 2008. 3. The office of the limited liability company is to be located in Albany County. 4. The Secretary of State of the State of New York is hereby designated as agent of the limited liability company on whom all process of any action or proceeding against the limited liability company may be served, and the address to which the Secretary of State shall mail a copy of such process is: Kaplowitz Company, Remodeling and Design, LLC, 605 Elkin Court, Delmar, New York 12054. 5. The limited liability company is formed to engage in any lawful act or activity for which limited liability companies may be formed under the laws of the State of New York. LD-19250 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Silvia L. Serpe, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/16/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State Street, Albany, NY 12207. Purpose: any lawful activity. LD-19251 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Herald Realty II, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 05/27/08. Office location: Albany County.

LEGAL NOTICE

SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs. Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19252 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Bagatelle Holdings LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/10/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19253 (August 6, 2008)

LEGAL NOTICES

Notice of Formation of Kiss and Fly Holdings LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/10/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19254 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of INTERNATIONAL PROJECT DESIGN & MANAGEMENT LLC. Arts. of Org. filed with SSNY on 7/14/08. 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-19255 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Integrated Biometric Technology, LLC. Authority filed with Secy. of State of NY (SSNY) on 07/07/08. Office location: Albany County. LLC formed in Florida (FL) on 12/05/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Arts. of Org. filed with Secretary of State, Florida Department of State, RA Gray Building, 500 South Bronough Street, Tallahassee, FL 32399. Purpose: Any lawful activity. LD-19256 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of SIRVA Relocation Properties, LLC. Authority filed with Secy. of State of NY (SSNY) on 06/16/08. Office location: Albany County. LLC formed in Delaware (DE) on 05/21/08. 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. Purpose: For any lawful purpose. LD-19262 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MCMSC CONSULTING GROUP LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/20/08. 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, 15 Crown Street, 1A, Brooklyn, New York 11225. Purpose: For any lawful purpose. LD-19258 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ROSETTI PROPERTIES III, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/03/08. 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-19259 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ROSETTI PROPERTIES III, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/03/08. 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-19259 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ROSETTI PROPERTIES I, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/03/08. 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-19260 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ROSETTI PROPERTIES I, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/03/08. 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-19260 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: M.CENT PROPERTIES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/17/08. 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, 60-23 74th Street, Middle Village, New York 11379. Purpose: For any lawful purpose. LD-19261 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 406 STANHOPE ST. LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/16/08. 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, 1024 Mosefan Street, Franklin Square, New York 11010. Purpose: For any lawful purpose. LD-19262 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ELEMENTAL PARTNERS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/11/08. 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, 237 West 37th Street, Suite 300, New York, New York 10018. Purpose: For any lawful purpose. LD-19263 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: HG PARTNERS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/14/08. 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, 1735 Central Avenue, Albany, New York 12205. Purpose: For any lawful purpose. LD-19264 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Prodovis Mortgage, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/11/08. Office location: Albany County. LLC formed in Delaware (DE) on 9/19/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Incomp Services, Inc., 41 State St., Ste. 405, Albany, NY 12207-2827. Address to be maintained in DE: c/o 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19903. Purpose: any lawful activities. LD-19265 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of University Mortgage LLC. Authority filed with Secy. of State of NY (SSNY) on 7/14/08. Office location: Albany County. LLC formed in New Jersey (NJ) on 11/30/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Incomp Services, Inc., One Commerce Plaza, 99 Washington Ave., Ste. 805A, Albany, New York 12260. Address to be maintained in NJ: 1 Susan Lane, Saddle Brook, NJ 07663. Arts. of Org. filed with NJ Secy. Of State, New Jersey Division of Revenue, 225 West State St., 3rd Floor, Trenton, NJ 08609-1001, New Jersey Department of the Treasury. Purpose: any lawful activities. LD-19266 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of BVT Parking, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/22/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19267 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of 4702 Realty LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/25/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19268 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of MALDWIN & EDSTROM DEVELOPMENTS LLC. Arts. of Org. was filed with SSNY on 7/17/08. 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-19269 (August 6, 2008)

LEGAL NOTICE

(August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: PLAT-FORM AUDIT GROUP LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 23, 2008. Office location: 14 Corporate Woods Blvd., City of Albany, County of Albany, State of New York. 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, 14 Corporate Woods Blvd., Albany, New York 12211. For any lawful purpose. LD-19270 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: FCIBM 708 LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 23, 2008. Office location: 22 Century Hill Drive, Ste 301., Town of Colonie, Albany County, State of New York. 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, 22 Century Hill Drive, Ste 301, Latham, New York 12110. For any lawful purpose. LD-19271 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP (L.P.). Name: 110 SHAKER ST., L.P. Certificate of Limited Partnership filed with NY Secretary of State July 15, 2008. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State designated as agent for service of process against L.P. and shall mail copy to 9 Washington Square, Albany, New York 12205. LD-19272 (August 6, 2008)

LEGAL NOTICE

NOTICE OF CONVERSION TO A DOMESTIC LIMITED LIABILITY COMPANY (LLC) COLUMBIA NORTHERN GROUP, a partnership, converted to COLUMBIA NORTHERN GROUP, LLC. Certificate of Conversion filed with NY Secretary of State July 15, 2008. Purpose of LLC - to engage in any lawful act or activity. LLC to be managed by one or more members. Office of LLC to be located in Albany County. Secretary of State is agent for service of process against LLC and shall mail copy of process to 302 Washington Avenue Ext., Albany, NY 12203. LD-19273 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ROSETTI PROPERTIES II, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/03/08. 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-19274 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ROSETTI CONSTRUCTION LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/03/08. 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-19275 (August 6, 2008)

LEGAL NOTICE

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-19275 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ROSETTI ACQUISITIONS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/03/08. 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-19276 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 111 CONKLIN STREET LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/27/08. The latest date of dissolution is 01/15/2098. 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 Anthony J. Addeo, Esq., 145 Merritts Road, Farmingdale, New York 11735. Purpose: For any lawful purpose. LD-19277 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MESEE PRODUCTIONS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/07/08. 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 Ry Russo, 65 Greenwich Street, New York, New York 10014. Purpose: For any lawful purpose. LD-19278 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: WARREN 1090, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/09/08. 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, 101 Warren Street, Unit 1090, New York, New York 10007. Purpose: For any lawful purpose. LD-19279 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MENDY'S ON CONEY, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/13/08. The latest date of dissolution is 12/31/2108. 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, 1359 & 1361 Coney Island Avenue, Brooklyn, New York 11230. Purpose: For any lawful purpose. LD-19280 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 2013 ASSOCIATES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/09/08. The latest date of dissolution is 12/31/2107. 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, 7024 18th Avenue, Brooklyn, New York 11204. Purpose: For any lawful purpose. LD-19281 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Kerr Group, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/18/08. Office location: Albany County. LLC formed in Delaware (DE) on 7/11/974. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 101 Oakley St., Evansville, IN 47710. Address to be maintained in DE: c/o National Registered Agents, Inc., 160 Greentree Dr., Ste. 101, Dover, DE 19904. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4., Dover, DE 19901. Purpose: any lawful activities. LD-19287 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of PETS-VETSPACE, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/18/08. 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, 8 West 65th St., #4B, NY, NY 10023. Purpose: any lawful activities. LD-19288 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Cumberland 268, LLC. Arts. of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/14/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Pl., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19289 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Reisch Fitness, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/14/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Pl., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19290 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Church Media, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/15/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Pl., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19291 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Island Life Surf Company, LLC. Authority filed with Secy. Of State of N.Y. (SSNY) on 07/16/08. LLC Formed in Delaware (DE) on 07/14/08. Office location: Albany Coun-

LEGAL NOTICE

ty. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs. Corp., 1 Commerce Pl., 99 Washington Ave., Ste. 1008, Albany, NY 12260. DE address of LLC: 341 Raven Circle, Wyoming, DE 19934. Arts. Of Org. filed with DE Secy. Of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-19292 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of MD Pizzeria, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Pl., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19293 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Fine Young Man Productions, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Pl., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19294 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Romasians, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 06/19/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Pl., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19295 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Sea Distributors, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/17/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Pl., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19296 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of 56 Windsor, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/09/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Pl., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19297 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of Sky Studio Designs, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/17/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Pl., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19298

LEGAL NOTICE

(August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: I PRO-NOUN, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/09/08. The latest date of dissolution is 12/31/2060. 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 Christine Kaitz, 21 Adams Road, Ossining, New York 10562. Purpose: For any lawful purpose. LD-19307 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: KING PICKLEBRAIN PRODUCTIONS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/20/08. 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 Law Offices of Howard Leder, 261 Madison Avenue, 12th Floor, New York, New York 10016. Purpose: For any lawful purpose. LD-19308 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RGRN, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/14/08. 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 Law Offices of Stephen R. Markman, 105 Court Street, Suite 510, Brooklyn, New York 11201. Purpose: For any lawful purpose. LD-19309 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 2201 AVENUE X EQUITIES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/14/08. The latest date of dissolution is 12/31/2107. 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, 460 Kings Highway, Brooklyn, New York 11223. Purpose: For any lawful purpose. LD-19310 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BROADWAY CAPITAL TRADING LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/30/08. 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, 65-45 Utopia Parkway, Fresh Meadows, New York 11365. Purpose: For any lawful purpose. LD-19311 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: L.SIMON RESTORATION LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/16/08. Office location: Albany County. SSNY has

LEGAL NOTICE

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, 168 W. 86th Street, PH1, New York, New York 10024. Purpose: For any lawful purpose. LD-19312 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of Orton Gillingham Associates, LLC. Authority filed with Secy. of State of NY (SSNY) on 07/21/08. Office location: Albany County. LLC formed in Massachusetts (MA) on 05/25/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State Street, Albany, NY 12207, registered agent upon whom process may be served. Arts. of Org. filed with Secretary of the Commonwealth of Massachusetts, Corporations Division, One Asburton Place, 17th Floor, Boston, MA 02108-1512. Purpose: Any lawful activity. LD-19313 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of GAVILON, LLC. Authority filed with Secy. of State of NY (SSNY) on 07/03/08. Office location: Albany County. LLC formed in Delaware (DE) on 12/29/95. 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, registered agent upon whom process may be served. Principal office of LLC: Eleven ConAgra Drive, Omaha, NE 68102. Arts. of Org. filed with Secretary of State of Delaware, 401 Federal Street, Dover, DE 19901. Purpose: Commodity trading and merchandising operations. LD-19314 (August 6, 2008)

LEGAL NOTICE

Notice of formation of B & A DEVELOPMENT OF NY, LLC a NYS LLC Formation filed with SSNY on 06/27/08. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 50 Brighton 1 Rd., # 5E, Brooklyn, NY 11235. Purpose: Any Lawful purposes. LD-19315 (August 6, 2008)

LEGAL NOTICE

Notice of formation of JJB WORLDWIDE LLC a NYS LLC Formation filed with SSNY on 07/08/08. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 22 Coleridge St., Brooklyn, NY 11235. Purpose: Any Lawful purposes. LD-19316 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of AARON INDUSTRIAL COMPANY LLC. Arts. of Org. was filed with SSNY on 6/18/08. 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-19317 (August 6, 2008)

LEGAL NOTICE

Best Practices of America, LLC LLC was filed with the SSNY on 07/7/2008. Office: Albany County. SSNY designated as agent of LLC whom process against may

LEGAL NOTICE

be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Michael T. Rodman 1500 State Street, Ste. 220 San Diego, CA 92101 Purpose: Any lawful purpose. LD-19318 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of a Limited Liability Company (LLC): Name: Grumpy Bulldog LLC, Articles of Organization filed with the Secretary of State of New York (SSNY) on 05/20/2008. 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: Grumpy Bulldog LLC, 234 Davis Ave, Albany, NY 12208 Purpose: Any lawful activity. LD-19319 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Articles of Organization for BRIGAR WORD MANAGEMENT, LLC were filed with the Secretary of State of New York on July 23, 2008. The office of the company is located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at Lombardi, Walsh, Wakeman, Harrison, Amodeo & Davenport, P.C., 111 Winners Circle, Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-19320 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RIVER FOREST ADVISORS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/17/07, with an existence date of 01/01/08. 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, 420 East 54th Street, Suite 8D, New York, New York 10022. Purpose: For any lawful purpose. LD-19323 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RIVERHOUSE LUCKY 7 LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/17/08. 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, 16 East 41st Street, 5D, New York, New York 10017. Purpose: For any lawful purpose. LD-19324 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FERN LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/21/08. 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 Del Prete & Cheng, LLP, 111 Atlantic Avenue, Suite 1R, Brooklyn, New York 11201. Purpose: For any lawful purpose. LD-19325 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 200 E61-23F LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/17/08. 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 Tal Shlomi, 206-04 Emily Road, Bayside, New York 11360. Purpose: For any lawful purpose. LD-19326 (August 6, 2008)

LEGAL NOTICE

Notice of Formation of STRAIGHTLINE CONSTRUCTION AND REMODELING, LLC pursuant to NY Limited Liability Law Sec. 203, Art of Org. filed with Secy. of State of NY (SSNY) on 07/16/2008. Office Location: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to: c/o the LLC, 34 South Main, Voorheesville, NY 12186. Purpose: To engage in any lawful act or activity. LD-19327 (August 6, 2008)

LEGAL NOTICE

Twice as Nice Consignment Sale, LLC Notice of Formation of the above Limited Liability Company ("LLC"). Articles of Organization (DOM LLC) filed with the Secretary of State of NY ("SSNY") on July 11, 2008. Office location, County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: Twice as Nice Consignment Sale, LLC, P.O. Box 368, Delmar, New York 12054. Purpose: Any lawful act. LD-19329 (August 6, 2008)

LEGAL NOTICE

Notice of Qualification of New Penn Financial, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/18/08. Office location: Albany County. LLC formed in Delaware (DE) on 4/18/07. 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. 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: any lawful activity. LD-19332 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 504 ASSOCIATES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/30/08. 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, 70 Kensington Drive, Fort Lee, New Jersey 07024. Purpose: For any lawful purpose. LD-19333 (August 6, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: VOC-COLI FLATS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/17/08. Office location: Albany County. SSNY has been designated

Athletes

(From Page 40)

Judo
Stephen Saunders (Voorheesville) – silver medal, open men's 66-kilogram division

Lacrosse
Amy Branchini (Slingerlands), Cameron Caesar (Delmar), Kylie Caesar (Delmar), Jen Madsen (Slingerlands) and Michelle Primomo (Delmar) – fifth place, scholastic women's division

Andrew Vivian (Slingerlands) – sixth place, scholastic men's division

Shooting
Paul Rapoport (Delmar) – sixth place, scholastic men/women free rifle prone duo (1,978); 12th place, scholastic men's free rifle prone individual (927)

Soccer
Jaclyn Levie (Coeymans Hollow) – bronze medal, open women's division
Ryan Banagan (Delmar), Ryan Brooks-Newton (Selkirk) and Geoff Narode (Glenmont) – 0-3 record, open men's division
Anna Gray (Delmar), Taylor Teal (Delmar) and Ashley Wilson (Selkirk) – silver medal, scholastic women's division
Thomas Klim (Glenmont) and Kevin Wendth (Slingerlands) – 1-2 record, scholastic men's division

Gymnastics
Molly Quirk (Delmar) – gold medal, open women's all around (38.125); gold medal, open women's uneven bars (9.600); silver medal, open women's team (184.075); fifth place, open women's balance beam (9.075); fifth place, open women's vault (9.200); sixth place, open women's floor exercise (9.100)
Eliza Barach (Delmar) – gold medal, scholastic women's floor exercise (9.625); silver medal, scholastic women's all around (36.150); silver medal, scholastic women's team (173.400); silver medal, scholastic women's uneven bars (8.600); bronze medal, scholastic women's vault (9.225); eighth place, scholastic women's balance beam (8.200)

Softball
Amber Maisonet (Slingerlands) – gold medal, open women's division

Swimming
Kevin Burns (Ravena) – silver medal, open men's 200-meter backstroke (2:17.13); bronze medal, open men's 200-meter individual medley (2:19:19); fourth place, open men's 400-meter freestyle (4:26.13)
Lenna Bickel (Slingerlands) – gold medal, open women's 100-meter backstroke (1:09.96)
Courtney Goodrich (Glenmont) – 14th place, open women's 100-meter breaststroke (1:28.84); 12th place, open women's 200-meter breaststroke (3:08.53); 12th place, open women's 200-meter individual medley (2:51.23)
Savannah Hotaling (Ravena) – 15th place, open women's 400-meter individual medley (6:52.86)
Matthew Washburn (Delmar) – 12th place, open men's 200-meter breaststroke (3:57.59); 17th place, open men's 200-meter freestyle (3:14.12)
Geoff Fryer (Ravena) – 11th place, open men's 200-meter butterfly (2:59.67)
Wolfgang Wittkowski (Slingerlands) – gold medal, masters men's 80-84 100-meter

Track and field
Alyssa Knaack (Delmar) – fifth place, scholastic women's 400-meter dash heat (1:02.03)
Nathan Bub (Voorheesville) – fifth place, scholastic men's 400-meter dash heat (53.23 seconds)
Jake Platel (Delmar) – gold medal, scholastic men's pole vault (4.25 meters)
Bernard Gansle (Slingerlands) – sixth place, masters men's 55-59 100-meter dash (14.6)

Tennis
Christine Cary (Selkirk) – part of 1-4 scholastic women's team
Michael Amico (Delmar) – part of 2-3 scholastic men's team

Volleyball
Christianne Ludwick (Slingerlands) – part of 0-5 scholastic women's team
Kristina Kemmer (Voorheesville) and Ann Mantha (Selkirk) – gold medal, masters women's 30+ division

Wrestling
Andrew Loux (Delmar) – gold medal, open men's freestyle 63 kilograms; gold medal, open men's Greco Roman 63 kilograms
If any names are missing, contact sports editor Rob Jonas at jonasr@spotlightnews.com.

backstroke (2:19.30); silver medal, masters men's 80-84 100-meter freestyle (2:18.73); bronze medal, masters men's 80-84 200-meter freestyle (5:21.62); gold medal, masters men's 80-84 50-meter backstroke (1:03.80)

Tennis
Christine Cary (Selkirk) – part of 1-4 scholastic women's team
Michael Amico (Delmar) – part of 2-3 scholastic men's team

Track and field
Alyssa Knaack (Delmar) – fifth place, scholastic women's 400-meter dash heat (1:02.03)
Nathan Bub (Voorheesville) – fifth place, scholastic men's 400-meter dash heat (53.23 seconds)
Jake Platel (Delmar) – gold medal, scholastic men's pole vault (4.25 meters)
Bernard Gansle (Slingerlands) – sixth place, masters men's 55-59 100-meter dash (14.6)

Brian Dollard (Voorheesville) – bronze medal, masters men's 40-44 discus (29.57 meters)
Joe Herkenham (Slingerlands) – gold medal, masters men's 45-49 3,200-meter relay (10:19.7)
Joe Meyer (Voorheesville) – gold medal, masters women's 45-49 800-meter run (2:45.52)

Volleyball
Christianne Ludwick (Slingerlands) – part of 0-5 scholastic women's team
Kristina Kemmer (Voorheesville) and Ann Mantha (Selkirk) – gold medal, masters women's 30+ division

Wrestling
Andrew Loux (Delmar) – gold medal, open men's freestyle 63 kilograms; gold medal, open men's Greco Roman 63 kilograms
If any names are missing, contact sports editor Rob Jonas at jonasr@spotlightnews.com.

Olympics

(From Page 40)

Most of the other facilities used that year had already been built for other purposes and went back to their original uses (i.e. the Georgia Dome for football, the Atlanta Convention Center for conventions). The city knew it wasn't going to get another chance, even before the complaints poured in about the Olympic Fair ... I mean, Olympic Plaza (which looked like a county fair) ...

Granted, many of the facilities built for the Olympics get used again by the host cities, perhaps even for international competitions. Just not for the Olympics. After all, once the

Olympics have been to a city, why go back? Well, except for Athens, London, Los Angeles and Lake Placid. All of those lucky cities have hosted multiple Olympics, although they had to build new facilities to do so.

My question is, why should any city have to pour so much money into hosting an event once? Outside of the prestige associated with being an Olympic city, there isn't a lot for these places to gain from their expenditures. Maybe some new housing once they convert the Olympic Village into public residences; but that seems to be about it. Otherwise, it looks like a big waste of money.

Then again, what a waste of money some of these facilities

Olympics Page 39

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LEGAL NOTICE	LEGAL NOTICE	LEGAL NOTICE	LEGAL NOTICE	LEGAL NOTICE	LEGAL NOTICE	LEGAL NOTICE	LEGAL NOTICE
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 Robert Gurbo & Louise Voccoli, 6911 Sixth Avenue, Brooklyn, New York 11209. Purpose: For any lawful purpose. LD-19334 (August 6, 2008)	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-19336 (August 6, 2008)	Authority filed with NY Dept. of State on 7/25/08. Office location: Albany County. Principal business address: 200 North Point Center East, Ste. 200, Alpharetta, GA 30022. LLC formed in DE on 11/30/05. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-19338 (August 6, 2008)	Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19339 (August 6, 2008)	Madison Ave., Ste. 1010, New York, NY 10017. Registered Agent upon whom process may be served: Allstate Corporate Services Corp., 41 State St, Ste 415, Albany, NY 12207. Purpose: any lawful activity. LD-19341 (August 6, 2008)	(SSNY) on 07/28/08. 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, 25 Cardinal Drive, Royal, New York 11576. Purpose: For any lawful purpose. LD-19343 (August 6, 2008)	OF LIMITED LIABILITY COMPANY. NAME: PRESTIGE 404 EAST. LLC Articles of Organization were filed with the Secretary of State of New York on 07/29/08. 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 The Law Offices of David C. Berg, 425 Madison Avenue, 11th Floor, New York, New York 10017. Purpose: For any lawful purpose. LD-19345 (August 6, 2008)	
Notice of Qualification of BOC LLC. Authority filed with Secy. of State of NY (SSNY) on 07/25/08. Office location: Albany County. LLC formed in Delaware (DE) on 12/05/73. 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. Registered agent upon whom process may be served. Arts. of Org. filed with Secy. of State, Delaware, Townsend Bldg., 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: Any lawful activity. LD-19335 (August 6, 2008)	Notice of Qualification of RWC Consulting Group, LLC. Authority filed with NY Dept. of State on 7/21/08. Office location: Albany County. Principal business address: 1580 S. Main St., Ste. 105, Boerne, TX 78006. LLC formed in DE on 8/29/00. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-19337 (August 6, 2008)	Notice of Formation of Absolute Technology Consulting, LLC. Arts of Org. filed with Secy. of State of NY (SSNY) on 07/23/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce	Notice of Formation of Eco-Rockt, LLC. Arts of Org. filed with Secy. of State of NY (SSNY) on 07/22/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19340 (August 6, 2008)	New York State, Department of State, Division of Corporations, State Records and UCC, Albany, NY 12231, Under Section 203 of the Limited Liability Company Law, Name: INDIAN MEADOW HORSE AROUND, LLC. The county is Albany. The SOS is designated as agent of the LLC upon whom process against it may be served. The address within or without this state to which the SOS shall mail a copy of any process against the LLC served: Smith Phillip, PLLC, 450 NewKamer Road, Albany, NY, 12205. For any lawful purpose. LD-19342 (August 6, 2008)	NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ANDI KORNFIELD & ASSOCIATES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/29/08. The latest date of dissolution is 12/31/2055. 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 Philip Narotzky, 141 West 26th Street, Suite 400, New York, New York 10001. Purpose: For any lawful purpose. LD-19344 (August 6, 2008)	NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: BBL VERONA RESTAURANT, LLC. Articles of Organization filed with NY Secretary of State, July 17, 2008. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 302 Washington Avenue Extension, Sec. 206 LD-19348 (August 6, 2008)	
Notice of Formation of LIBERTAS CAPITAL LLC. Arts of Org. was filed with SSNY on 7/21/08. Office location: Albany County. SSNY designated	Notice of Qualification of Avega Health Systems, LLC.		Notice of Formation of Pura Vida Beauty, LLC. Arts of Org. filed with Secy. of State of NY (SSNY) on 06/09/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Albert Tucker and Associates, LLC, 295			NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ADZOO-MI, LLC. Articles of Organization were filed with the Secretary of State of New York	

Proclaim your sports allegiance

Here's your chance to sound off about the Capital District sports scene. Answer this questionnaire and mail your responses to Sports Department, Spotlight Newspapers, P.O. Box 100, Delmar 12054. The deadline for submissions is Aug. 15. The results will appear in the Aug. 27 edition. You can also find the poll online at www.spotlightnews.com.

1. What level of sports do you follow most closely?
 - A. High school.
 - B. College
 - C. Minor league
 - D. Major league
 2. What was the greatest Capital District sports event of the last 30 years?
 - A. Siena beating Stanford (1989 NCAA Tourney)
 - B. Albany Firebirds win 1999 Arena Bowl
 - C. Funny Cide winning 2003 Kentucky Derby
 - D. Other _____
 3. Who is the greatest Capital District athlete of the last 30 years?
 - A. Sam Perkins
 - B. Jeff Blatnick
 - C. Dottie Pepper
 - D. Funny Cide
 - E. Other _____
 4. What is the best Capital District team?
 - A. Albany River Rats
 - B. Siena College (men's basketball)
 - C. University at Albany (men's lacrosse)
 - D. Tri-City ValleyCats
 - E. Other _____
 5. If given the choice, would you spend your sports money on ...
 - A. Local college/minor league game
 - B. Out of area college/major league game
 6. What is the focal point of the Capital District sports scene?
 - A. High schools
 - B. Colleges
 - C. Minor leagues
 7. Would the sports scene suffer without professional minor league teams?
 - A. Yes
 - B. No
 8. Do local teams get adequate media coverage?
 - A. Yes
 - B. No

If no, what teams should be covered more?
 9. What type of venue should be added to region?
 - A. A large stadium for football or baseball
 - B. A smaller arena for hockey or basketball
 - C. A large race track for NASCAR events
 - D. Nothing
 10. How proud are you of the area's sports scene?
 - A. A lot
 - B. Somewhat
 - C. Not a lot
 - D. Not at all
- Other thoughts about the sports scene:
- _____
- _____

Olympics

(From Page 38)

turn out to be. Beijing's National Stadium (a.k.a. the "Birds Nest") and natatorium (a.k.a. the "Water Cube") are both architectural marvels that will likely rival the Forbidden City and the Great Wall for ... well, at least for as long as the Olympics last. In fact, I'd wager that those two facilities will be remembered as fondly as the Viking Ship in Lillehammer (you know, the speed skating arena that looked like an ancient capsized seagoing vessel).

The funny thing is, many athletes could care less about the way the facilities look. They're Olympians. They're representing their countries. They are at the pinnacle of their respective sports. If they had to compete in front of 150 people at a high school track or a dozen spectators at a YMCA gym, they'd do it. They might not like doing it, but for a shot at international glory, they'd do it.

Yet, in order for a city to host the Olympics, it has to step up to the plate with a list of new facilities that are bigger, bolder and better than the previous host city. The cities that are vying for the 2016 summer games (a list that includes Chicago) are already looking at what London is spending and determining how much they're going to spend to

host the event. Chances are, the price tags they come up with will be well into the billions of dollars.

I don't believe for a second that cities should have to spend that amount of money to host an event that brings them international glory for two weeks. If they want to host the Olympics, they should already have many of the facilities they need, if not all of them. They don't need to build new facilities that will only be seen around the world for a fleeting moment and then barely get used again.

Unfortunately, that's not how the International Olympic Committee works. Unless you knock its socks off with a bid that includes an architectural marvel, you're not going to be an Olympic city.

That might not be a bad thing. After all, think what several billion dollars could do for a city's educational system or its police force. Both are more important to a city than hosting the Olympics.

Try to remember that when you're watching the Olympics over the next two weeks.

Quick reminder: there is still time to answer the "Proclaim your sports allegiance" survey. Clip the survey from this page, fill out the questions and mail them to the address on the form. Or, go online to www.spotlightnews.com and find the survey there. Thank you.

NFL Alumni hosts annual golf tourney

More than three dozen National Football League legends are scheduled to participate in the annual NFL Alumni Upstate New York Chapter/Northwestern Mutual Financial Network Charity Golf Classic Tuesday, Aug. 12, at Saratoga National Golf Club.

Miami Dolphins executive vice president Bill Parcells is co-hosting and playing in the event, which raises money for the Center for Disability Services in Albany.

Three Pro Football Hall of Famers are scheduled to play in the event — Bobby Bell from the Kansas City Chiefs, Michael Haynes of the Oakland Raiders and Lenny Moore of the Baltimore Colts.

Other former NFL players scheduled to participate include New York Giants' Jim Burt, Rodney Hampton, Erich Barnes, Derek Brown and Karl Nelson, as well as New York Jets' Mark Gastineau and Emerson Boozer. Earl Morrall, Mark Mosely, Louis Lipps, Ben Davidson, Tom Keating and Ickey Woods will also play.

Tournament foursomes are available at \$5,000 per foursome, along with select sponsorship opportunities.

The golf tournament has raised more than \$215,000 for the Center for Disability Services over the last 14 years.

For information, call Joe Culver at (607) 226-1685.

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Sports *in the* Spotlight

News & Notes

'Toga jockeys raise money for their own

Jockeys from the Saratoga Race Course will play a sixth-grade basketball team from Texas in a fundraiser for the Permanently Disabled Jockeys Fund at 7 p.m. Thursday at Saratoga Springs High School.

The jockeys have hired Kentucky head coach Billy Gillispie and top trainer Todd Pletcher as their coaches. Gillispie joins the coaching staff after guiding Kentucky to a 12-4 record in the Southeastern Conference and an NCAA Tournament berth, while Pletcher guided the jockeys to a victory over the same Texas team last year.

Admission is free, but donations to the Permanently Disabled Jockeys Fund will be accepted at the door. Donations have already been made by several stables sponsoring Thursday's game including Stonerside Stable, Circle E Racing, West Point Thoroughbreds and WinStar Farm.

The Permanently Disabled Jockeys Fund aids the nation's 60 permanently disabled jockeys with their health care and daily living expenses.

Albany team heads to Syracuse

The Albany-based "Life is Good" women's tennis team will play in the USTA's Eastern Adult Section Championships this weekend in Syracuse.

The team of Ellen Taussig, Lisa Baker, Mary Chamberlain, Barbara Clay, Nancy Down, Tracey Duesterdick, Jennifer Evans, Carrie Hoffman, Gloria Jean Hooper, Amy McElrath, Susan Polino, Jenny Rizzo, Leslie Roccario, Kathleen Ryan, Jessica Walther and Sandra Westfall are looking to advance to its third consecutive national championship tournament this fall in Arizona.



The Adirondack region masters women's volleyball team won the gold medal with a two-game sweep of Western in the finals. The team is Gretchen Belanger (Ballston Spa), Courtney Deming (Ballston Spa), Sally Gillich (Clifton Park), Paula Isaksen (Glenville), Kristi Kemmer (Voorheesville), Ann Mantha (Selkirk), Shannon Combs (Clifton Park) and Christine McCarroll (Clifton Park). *Submitted photo*

Area athletes earn medals

Miller, Platel, Loux strike gold at Empire State Games

The following athletes competed at the Empire State Games July 24-27 in Binghamton.

Archery

Richele Ford (Ravena) – silver medal, open women's all around (2,215)

Baseball

Randy Bowers (Delmar), Keith Hoyt (Ravena) and Sean Quinlan (Delmar) – silver medal, scholastic men's division

Bowling

Denise DeCarlo-Johnson (Selkirk) – gold medal, open women's trio (2,509); silver medal, open women's all around (1,687); silver medal, open team (4,859); sixth place, open mixed doubles (1,569); ninth place, open women's individual (761)

Canoe/kayak

Jesse Chartier (Voorheesville) – gold medal, open men's C-2 200-meter (52:39); fifth place, open

men's C-2 500-meter (2:32.84)

Cycling

Beth Miller (Delmar) – gold medal, open women's time trial (25:51.25); gold medal, open women's road race (2:33:37); silver medal, open women's criterium (66)

Andy Ruiz (Delmar) – 19th place, open men's road race (2:58:05); 21st place, open men's time trial (24:08.42); 24th place, open men's criterium (37)

Anthony Felitte (Delmar) – 17th place, open men's criterium (44); 25th place, open men's road race (2:59:30); 34th place, open men's

time trial (24:58.71)

Gary Gurney (Coeymans Hollow) – 11th place, masters men's 55-64 road race (1:52:23)

Kevin Mosher (Voorheesville) – sixth place, masters men's 45-54 road race (2:20:47)

Gene Primomo (Delmar) – seventh place, masters men's 45-54 criterium (1); eighth place, masters men's 45-54 road race (2:27:34); ninth place, masters men's 45-54 time trial (25:38.28)

Diving

Meredith Michl (Delmar) – fourth place, open women's 3-

meter diving (305.30)

Kristie Russell (Feura Bush) – silver medal, scholastic women's 1-meter diving (334.00); fourth place, scholastic women's 1-meter diving (325.95)

Grant Fecteau (Delmar) – bronze medal, scholastic men's 3-meter diving (358.25); eighth place, scholastic men's 1-meter diving (342.10)

Fencing

Analise Peleggi (Slingerlands) – gold medal, open women's competition

□ Athletes Page 38

Olympics is a waste of money

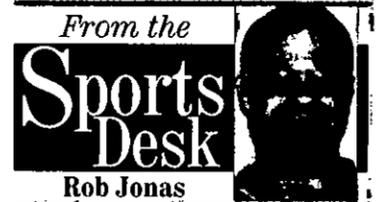
The Summer Olympics start Friday in Beijing, although by the time we see the Opening Ceremony on TV (thanks to a nine-hour time differential), the first medals will be handed out – and then subsequently be taken away due to a failed drug test.

Put aside the fact that China has a horrible human rights track

record for a moment (because the International Olympic Committee certainly did that when it awarded the games to Beijing). There's something else wrong with how the Olympics are being handled.

These days, the Olympics are all about which country is willing to spend the most money building ridiculously extravagant facilities to stage the various events. Beijing came up with the most elaborate presentation in 2001 – thus, it won the right to host the Olympics. Same thing goes with Vancouver with the 2010 winter games and London with the 2012 summer games. Check the price tags on the cost to stage the Olympics in those cities, and you'll see what I mean.

And, it's not as if those cities will get the chance to host the Olympics again soon. Remember how many people marveled at the beauty of Lillehammer, Norway when it hosted the 1994 Winter



Olympics and how they all said the small coastal town deserves to host again? No word on when that may happen. And for all the talk that Sydney should get another crack at hosting the Summer Olympics after a stellar job in 2000, I seriously doubt that Australia's largest city will get that chance in my lifetime.

At least, Atlanta was up front with its intentions when it hosted the Summer Olympics in 1996. The Olympic Stadium was turned into the home of the Atlanta Braves less than a year after the Olympic flame was extinguished.

□ Olympics Page 38

The new



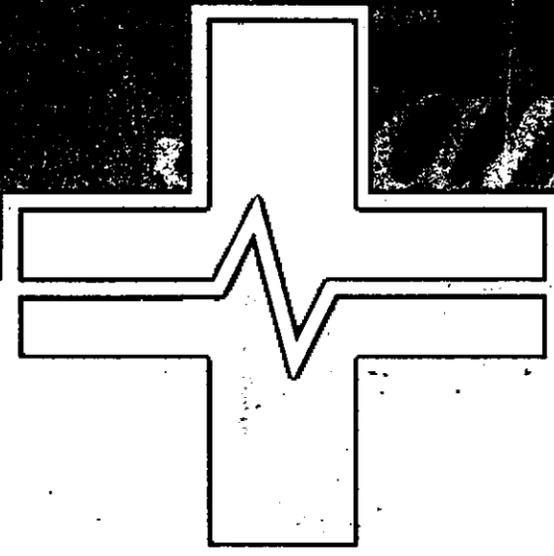
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August 6, 2008

Family Health



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- **Be on lookout for Lyme disease**

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- **What is the proper way to dispose of medications?**

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a supplement to

The Capital District's Quality Weekly
Spotlight
NEWSPAPER
www.spotlightnews.com

Trade-up daily routines and enhance your health

People know healthful habits can benefit their well-being, but often come up with excuses for not sticking to them. Avoiding flossing due to discomfort and skipping the gym as a result of a hectic schedule are just a few of the excuses people use to relieve the guilt.

"Living a long and healthy life can actually be achieved more simply than people have been led to believe," says Dr. Thomas Perls, famed aging expert and author of "Living to 100." "While DNA still matters, changing only a few habits at a time can also make a world of difference in how long we live."

Dr. Perls offers tips on ways to upgrade and trade-up your old-fashioned daily routines to enhance your health, while making them more enjoyable to incorporate.

Upgrade Your Exercise Regimen - Everyone knows they should exercise for 30 minutes a day and many do go running and participate in other aerobic exercises. But what many don't know is that they still might be missing a key exercise. A lot of women do not strength train be-

cause they fear gaining weight, but building muscle actually helps to more effectively burn calories and fat. Muscle build-up also helps decrease harmful inflammatory substances in the body and helps build cognitive health. So when thinking of your daily exercise routine, budget time for aerobic exercise as well as some strength training.

Trade up Your Old-Fashioned Floss - Replace old-fashioned, white box floss in the corner of your medicine cabinet, with one that makes this healthy habit a better experience. Oral-B Satin Floss is made of satin-like fibers that rest comfortably against your fingers and slide smoothly between teeth and below the gum line to remove plaque.

Trade up Your Diet - Consumers should try to avoid red meat and trade-up to a Mediterranean diet consisting of fish, poultry and vegetables. People believe that the risks associated with red meat are due to increased fat and cholesterol, but the bigger risk may be that red meat is also a major source of iron. Too much iron can have a role in making bad free radicals in

your body which may accelerate aging and lead to heart disease, cancer and other diseases.

Upgrade Your Work Environment - Studies show that staring at your computer screen for lengthy amounts of time can hurt your eyes and contribute to stress. It's important to take your eyes off the screen for a few seconds every hour. Try filling your workspace with pho-

tos. The photos can help distract your eyes throughout the day and will warm your heart with good memories. Also, trade up your old office for one with windows. Having open windows will let the air circulate and keep airborne viruses at bay.

Upgrade Your Family Time - The benefits of get-togethers and eating as a family can last longer than the meal does. Eat-

ing together keeps the door of communication open, creates bonding time and can often help in stress reduction. Trade up your old-fashioned family dinners by incorporating more fun activities like themed get-togethers and game nights. Reviving family time will create new traditions that will bring happiness to generations to come.



Researchers found that simple steps like disinfecting surfaces and using alcohol-based hand sanitizers helped reduce student absenteeism rates in elementary schools.

Cleaning hands, desks keeps kids in school

Nearly 22 million school days are lost each year due to illness, according to the Centers for Disease Control and Prevention. But a new study from researchers at Children's Hospital Boston, published in "Pediatrics," found that simple steps like disinfecting surfaces and using alcohol-based hand sanitizers helped reduce student absenteeism rates in elementary schools.

"It is critical to prevent exposure to certain bacteria and viruses that can cause illness and make children miss school. Our research shows that elementary schools should consider infection control practices to help keep schools healthier," says Thomas Sandora, MD, MPH, a pediatric infection control specialist at Children's Hospital Boston.

The study, led by Dr. Sandora, involved 285 third and fifth-grade students in Avon, Ohio. Teachers in intervention class-

rooms used disinfecting wipes on surfaces such as desks, and students and teachers used hand sanitizer at key points throughout the school day. Other classrooms followed normal hand washing and cleaning procedures. Over eight weeks, researchers tracked the frequency and reasons for student absences. Investigators also compared the presence of viruses and total bacterial counts on several classroom surfaces.

The researchers found that absenteeism rates for gastrointestinal (GI) illnesses were 9 percent lower in classrooms that disinfected surfaces and used hand sanitizers. Respiratory illnesses were not affected by the infection control measures.

The study suggests that schools should consider adopting simple infection control practices, including disinfecting common surfaces and using alcohol-based hand sanitizers in classrooms to reduce the num-

ber of school days lost to common GI illnesses, which can cause nausea, vomiting and diarrhea.

"I am thrilled by the results of the study because it confirmed what we already suspected - using disinfecting wipes and hand sanitizers in the classroom will help keep students in school," says Michelle Kocar, principal of Avon Heritage South Elementary School, where the study was conducted.

"As an educator and parent, I urge other schools and parents to adopt similar infection control protocols in their schools and at home," says Kocar.

Study funding, hand sanitizer and disinfecting wipes were provided by The Clorox Company.



When thinking of your daily exercise routine, budget time for aerobic exercise as well as some strength training.

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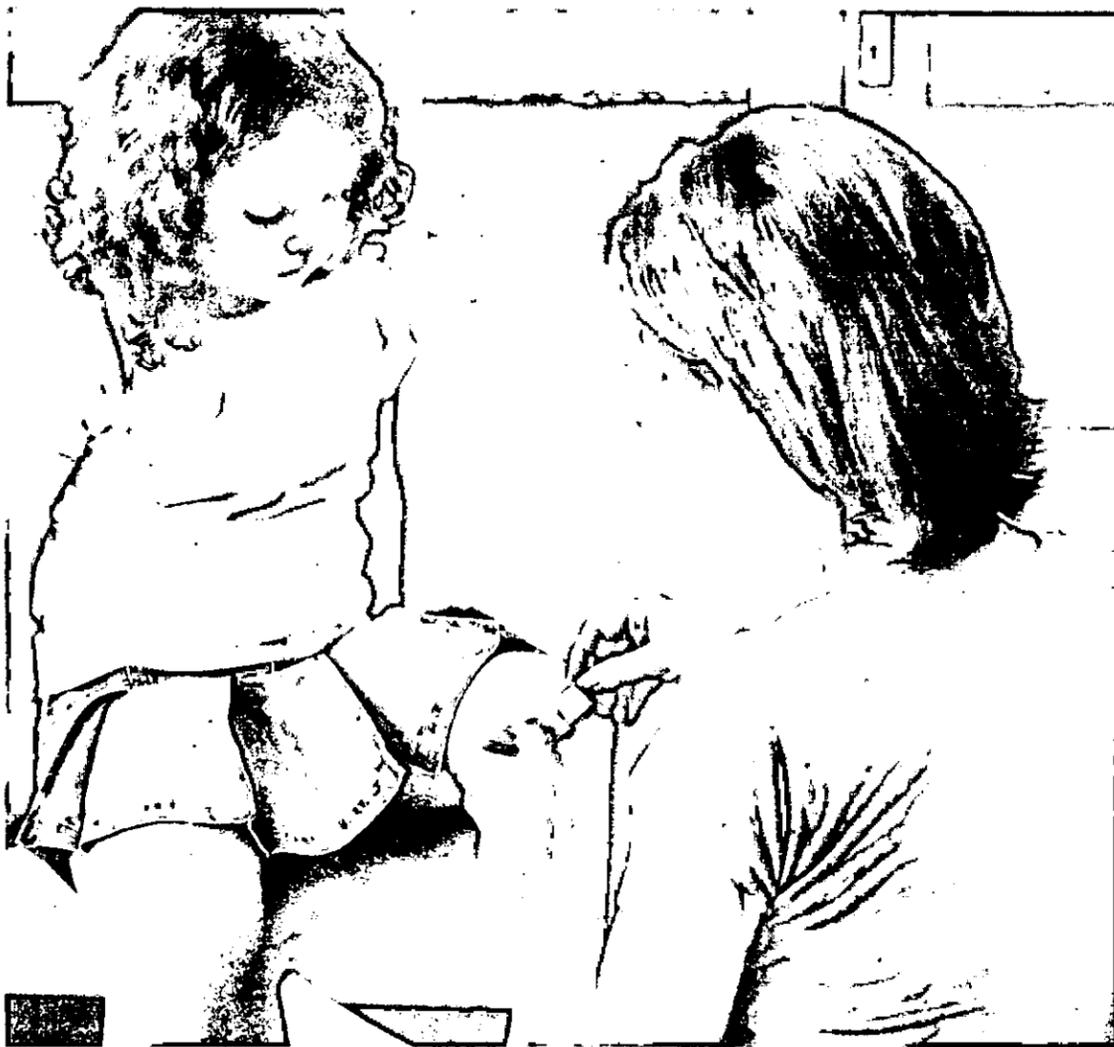
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After reassuring a child that he/she will be OK, promote proper healing from an accidental scrape or minor cut with these suggestions.

Parents: Tips on caring for cuts and scrapes

It's something every parent has experienced. It's a beautiful day and your children are outside having fun at a playground, backyard barbecue or party when an accidental scrape or minor cut turns the laughter into tears. Once a child is reassured that he/she will be OK, here's what you need to know to promote proper healing so that everyone can get back to enjoying the sun:

- The first thing to remember is that any time there is a break in the skin, there is danger of infection, so make sure to wash your hands properly before caring for the wound. And although you might do it with the best intentions, do not blow on the wound to comfort your child and "make the pain go away," as it introduces germs to the area.

- Most minor wounds usually stop bleeding on their own, but if they don't, apply direct pressure to the wound with a non-stick pad or gauze pad until it stops.

- Once the bleeding has stopped, clean the wound using lukewarm, running water to wash away surface particles and dirt. If dirt or debris remains embedded in the wound after washing with warm running water, seek medical attention. Don't attempt to remove embedded particles by yourself.

- Cleaning the area around the wound with soap and water reduces the risk of infection. Try to keep soap out of the wound itself because soap can cause irritation and make it more difficult to always wipe away from the wound to avoid contamination.

- Most minor cuts and scrapes will heal just fine

out antibiotic ointment, but applying a product such as Silvasorb Gel can speed healing and has been shown to be effective against MRSA and other antibiotic-resistant organisms.

- Although some people may say to let the wound "breathe," the most current medical ad-

vised practice is to cover it up with an adhesive bandage. Curad makes a unique island pad, where the adhesive surrounds the non-stick pad, that helps seal out dirt and germs. They also make special bandages that are designed to fit kid-sized wounds and are

filled with fun colors and characters that kids love.

- Finally, be sure to cleanse the wound and change the bandage at least daily or whenever it becomes wet or dirty.

In general, you should consult your doctor for all cuts that are deep, large or continue bleeding—they may require stitches. Also see your doctor if the wound does not heal in one week or less or if signs of infection appear.

The more you and your children know about the proper way to treat the cuts and scratches that accompany childhood activity, the easier it will be to care for them and reduce scarring. When in doubt about the severity of a wound, whether stitches are necessary, or any time the child continues to complain of pain or discomfort, consult your pediatrician.



vice is to cover it up with an adhesive bandage. Curad makes a unique island pad, where the adhesive surrounds the non-stick pad, that helps seal out dirt and germs. They also make special bandages that are designed to fit kid-sized wounds and are

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Be on lookout for Lyme disease

BY KRISTIN M. COOKE,
 FNP-CS, GNP-CS
 Bethlehem Family Practice

If you live within the Capital District, you live in an area that is high risk for Lyme disease. Although we need to be aware of this disease throughout the year, we need to take extra precautions in the late spring and summer months as this is when ticks that transmit Lyme disease are most active.

Lyme disease is caused by a bacteria, and is transmitted to humans through tick bites. Typical symptoms include a fever, headache, fatigue and a skin rash, called erythema migrans, or EM. It is essential to seek treatment for these symptoms as untreated Lyme disease can spread to the joints, heart and nervous system.

The first sign of infection is usually the circular rash called EM. This rash occurs in approximately 70-80 percent of infected persons and begins at the site of a tick bite within 3-30 days. A distinctive feature of the rash is that it gradually expands over a period of several days, reaching up to 12 inches across. The center of the rash may clear as it enlarges, resulting in a bull's-eye appearance. It may be warm but is not usually painful. Some patients develop additional EM lesions in other areas of the body after several days. Patients also experience symptoms of fatigue, chills, fever, headache, and muscle and joint aches, and swollen lymph nodes. In some cases, these may be the only symptoms of infection.

Lyme disease is diagnosed by symptoms, physical findings, lab tests and possibility of exposure to infected ticks. In the Capital District area, all deer (blacklegged) ticks are assumed to be infected with

the bacteria that causes Lyme disease in humans. Most cases of Lyme disease are treated successfully with oral antibiotics given for about three weeks. Please contact your healthcare provider if you are experiencing any of the symptoms of Lyme disease. Prompt treatment is essential.

It is important to take steps to prevent Lyme disease. These include using insect repellent and removing ticks promptly. It is important to check yourself and your children thoroughly after being

Typical symptoms of Lyme disease include a fever, headache, fatigue and a skin rash, called erythema migrans. Failure to seek treatment for these symptoms could result in the disease spreading to the joints, heart and nervous system.

outdoors. Ticks prefer wooded and bushy areas with high grass and a lot of leaf litter, so avoid these areas when possible. Use insect repellent with 20 percent - 30 percent DEET on exposed skin and clothing to prevent tick bites. Wear long pants, long sleeves, and long socks to keep ticks off your skin. Light-colored clothing will help you spot ticks more easily. Tucking pant legs into socks or boots and tucking shirts into pants help keep ticks on the outside of clothing. If you'll be outside for an extended period of time, tape the area where your pants and socks meet to prevent ticks from crawling under your clothes.

Take steps to keep yourself safe and have a healthy summer!

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Back-to-School snacking is a whole new bag

The haggling over school snacks and lunches is as old as, well, school lunches.

On one hand, children want to enjoy the foods they eat while in school. On the other, parents - not to mention teachers - want to ensure that students eat the right things to sustain them through a long day, and beyond that, for a long life. Many snack companies are joining with parents, teachers and healthcare professionals to battle the rising tide of childhood obesity. New products, ranging from bagged apple slices to fortified breads, reflect innovations in product development designed to satisfy both finicky kids and concerned adults.

Portion control and calorie counting are key elements of weight control. With this in mind, many companies, including Snyder's of Hanover, have started to introduce 100-calorie packs. These packs mix the power of portion control with convenience and kid-friendly appeal.

In time for back-to-school season, Snyder's of Hanover is adding two MultiGrain Sunflower Chip varieties to its line of 100-calorie snack packs: French Onion and Southwestern Cheddar. The wholesome, all-natural snacks provide up to 6 grams of

whole grains per serving. Whole grains are the building block of government dietary recommendations.

While adults can take heart in the nutritional profile and convenience of the 100-calorie snack packs, when it comes to children, it's still all about favor and crunch. "The pretzels and chips in our new 100-calorie snack packs are our original delicious chips kids love and parents count on as part of a healthy diet," said Claude O'Connor of Snyder's of

everything from school supplies to clothing to grocery bills. As part of its back-to-school promotion, many food companies are teaming up to help ease grocery costs with special seasonal promotions.

For example, Juicy Juice, Egglands Best Eggs, Snyder's of Hanover, Hormel's Kids Kitchen and Parents Magazine have created a special back-to-school coupon booklet, with savings of more than \$47. The booklet will be included in specially marked packages of Snyder's of Hanover 100-calorie snack packs.

Just as better-for-you snacks are part of a long-term approach to healthy eating, parents know that they must plan ahead for their children's future education. To that end, Snyder's of Hanover is offering a chance to win a \$3,000 scholarship. Consumers can find out more information and enter online at www.snydersofhanover.com.

For information on Snyder's of Hanover full line of 100-calorie snack packs available in pretzel sticks, minis, snaps and the new MultiGrain varieties or about the coupon book and scholarship offer, consumers can call (800) 233-7125 or visit the company Web site, www.snydersofhanover.com.



Hanover. "We realize that one of the keys to combating obesity is portion control - the snack packs are a great way for parents to teach kids about portion control and also to help with their own."

Meanwhile, beyond planning lunches and snacks that are both good and good for their kids, parents are facing other stresses as they head into another school year. Chief among those concerns are higher prices for



Children want to enjoy the foods they eat while in school, while parents and teachers want to ensure that students eat the right things and battle the rising tide of childhood obesity.

Tough traveler packs offer superior comfort, design

Tough Traveler, a Schenectady company that makes bags and packs, offers a number of products for campers, vacationers, travelers and day-trippers.

Tough Traveler offers carry-ons, duffels, backpacks, shoulder bags, purses, pouches, toiletry bags, baby/child carrier packs, wheeled luggage, child packs, dog packs and more. Made locally in the Capital District, these Tough Traveler bags and packs are sold to people worldwide through its Web site, www.toughtraveler.com, and also may be purchased locally through the Tough Traveler retail store.

Come to the store on Sche-



Tough Traveler's new Poplar, a combination backpack and shoulder bag-purse with four easy-to-access slide-in spots.

nectady's State Street and look through a wide selection, or order on the Web site and get local delivery.

Who uses Tough Traveler bags, luggage and packs

Little kids, babies, college students, families, senior citizens, travelers, campers, hikers, workers, business people, shoppers, library-goers, fairgoers - all are customers for Tough Traveler products, which are purchased and used from the local Capital District to California, Hawaii, California, Japan, Nepal, Italy, England, Maine. Tough Traveler makes sustainably USA-manufactured products.

What's new at Tough Traveler?

While Tough Traveler baby backpacks are known worldwide for superiority in comfort

and design for carrying babies and toddlers, one of the new Tough Traveler bags and backpacks gaining popularity is the Poplar, an especially cute and sturdy combination backpack and shoulder bag-purse with four easy-to-access slide-in spots for credit cards, licenses, keys, library cards and health insurance cards.

Another new Tough Traveler product that is catching the eye of Web surfers and store visitors is the Clipper, a very lightweight wheeled luggage carry-on that has been purchased by a number of customers who have been disappointed with non-durable wheeled luggage from other companies.

bag, or a backpack (with optional hide-away padded shoulder straps).

Another recommendation includes the BlueLux Pal-Mino, the Tough Traveler baby/child backpack that recently won the Parenting Excellent Product Award. And don't forget the Tough Traveler Super Padre series. It's recommended by chiropractors and made for young people, college students and elderly seniors. All are able to enjoy the superior comfort of this unique backpack series, designed from the popular Tough Traveler Cayuga backpacks that often go through many, many years of school and adulthood.

What to get at Tough Traveler

From the Jiff or Sprite light-hiking bags that just received the ShapeYou.com Excellent Hiking Gear Awards, to the Venture luggage/backpack convertible - that allows travelers to take it all comfortably - Tough Traveler Ltd. is the place to shop. They offer useful products, all made here in the Capital District.

What notable awards and media have Tough Traveler received?

The Tough Traveler current hot product, the Tri-Zip Business Carry-on, recommended in Kiplinger's Business Magazine and sold to Tough Traveler customers worldwide, is a good-looking carry-on that works great as a suitcase, a shoulder

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Day at 'Beach' offers more than just a tan

Exercise tips for success

Relax, glow and renew at Planet Beach Contempo Spa®

Before Planet Beach came along, those who wanted to add a little glow to their skin visited a tanning salon and a day spa to receive a variety of pampering services. Then Planet Beach had the inspired idea of merging the two sets of services to provide one-stop skincare, becoming the first and only chain of 'Contempo Spas'. Planet Beach Contempo Spa® is a new breed of skincare center that combines automated day spa and UV therapy treatments under one roof. All treatments are fully automated, enabling customers to pamper both face and body at the press of a button, in privacy and without an attendant. Relax your body and soul, renew your skin, and get a golden glow — all in one place, at a reasonable price, and without spending a whole day. This exclusive mix of services is available only at Planet Beach®, with locations in Clifton Park, Gunderland and Niskayuna.

Skincare at the press of a button

For a whole-body skin treatment, Planet Beach offers Hydro-Derma Fusion, a combination of steam, aromatherapy, light therapy and heat massage that hydrates dry skin, cleans pores, improves collagen and skin elasticity, and helps prolong the life of any tan. Combined with a healthy lifestyle and workout regimen, Hydro-Derma Fusion treatments have aided in weight loss for Planet Beach clients, with some clients burning up to 300 calories per session.

The latest in skin rejuvenation, Planet Beach offers the Lumière, a breakthrough unit that combines professional level LED light treatment and specially-formulated topical skincare products to immediately begin to effectively counteract the visible signs of aging without pain, discomfort, surgery or injections. Lumière helps to clear and soothe problematic skin, even out skin tone and texture, purge and close clogged pores, lighten age spots, sun spots and dark circles, diminish crows feet

and tighten thin, sagging skin to remove fine lines and wrinkles. The Clifton Park and Niskayuna locations also offer a fourth spa service, UMO Spa, which forms a unique mist to diminish fine lines and wrinkles, improve skin elasticity and brighten skin.

UV therapy

As a recognized leader in UV therapy and skin care services, Planet Beach offers assistance to clients in selecting personalized skin care regimens. UV equipment is offered at locations for UV therapy, to achieve the moderate recommended amount of sun exposure. Planet Beach refers to the positive effects of UV exposure through our equipment as UV therapy. We do not refer to UV equipment as tanning beds as the benefits of UV far exceed that of a tan. Impressive research has actually shown moderate sun exposure several times a week can help ward off a number of diseases such as diabetes, hypertension, multiple sclerosis, depression and even cancers of the colon, breast and prostate. The body's main source (80-100 percent) of Vitamin D is UV Light from the sun.

Sunless tan and SkinSpa Spray

UV-Free, spray tanning (Planet Beach offers Mystic) is also a very popular choice for the fair-complected, those who need a golden glow quickly or would like to supplement their existing color. Mystic tanning remains a popular choice among celebrities as well—it's a great way to get a golden glow in less time, and lasts five to seven days.

Mystic now also offers a new SkinSpa™ line. From gentle exfoliation creating a natural glow to a full-body spa treatment in under two minutes, Mystic helps your skin look good and feel great. Perfect for the person-on-the-go, these luxurious spa treatments can be completed in just a matter of minutes, so they are high on results, low on time!

Experience a day 'At the Beach'

For additional information, please visit www.planetbeach.com or call one of the salons below.

Everybody knows that exercise is good. Doctors have told us for years that exercise can help us lose weight, look better, feel better, and even sleep better. However, exercise sounds like work, and many of us claim that we just don't have time to add more work to our daily lives.

Dr. Bart Lerner (EdD), president of Argosy University, Phoenix, offers guidelines for approaching an exercise regimen that can help everyone benefit from exercise. Lerner says, "Simply stated, sport-exercise psychology can be defined as mental management of physical resources. Staying mentally focused is the most important factor."

To build motivation for exercise, Lerner recommends outlining the reasons why you want to participate in the activity. Some people exercise to improve their performance in a sport, while others exercise to tone muscles, or socialize with friends at a gym. "There is usually more than one reason why we exercise," Lerner says. "The number one reason is weight control. It could be to lose extra weight gained throughout the year or to address health problems that have a tendency to appear in overweight people."

Making changes in your environment can help keep motivation levels high. If your exercise equipment sits in the basement, consider moving it to a more convenient spot in your house. If you don't have the facilities at home, purchase a gym membership. "When you provide for successful exercise experiences, good things can happen," says Lerner. "You don't have to do three sets of 10 from the start. Provide realistic goals. Doing one set will give you success, and you can build on that success each time."

Lerner also suggests making your exercise fun. "People are less likely to see exercise as a chore when it contains elements of fun. Consider adding music as a motivator during the session. Mix it up a bit by varying the content or sequence of the workout. Work on arms and legs one day, and legs and stomach the next," says Lerner. "By



Exercise can help us lose weight, look better, feel better, and even sleep better, but many of us claim that we just don't have time to fit it into our daily lives.

setting realistic goals that you can achieve frequently, you feel satisfied along the way. As you progress in the level of your workout, you'll feel better. At that point, the workout

percent to 70 percent of your maximal heart rate. A simple formula for figuring maximal heart rate is to take 220 and subtract your age. Each time you exercise, try to reach 60



becomes its own motivator." Lerner says that those who seek to benefit from working out should exercise three to five days a week for 25 to 45 minutes at a time. During each session, try to reach 60

percent of that number. To find your heart rate, feel your pulse and count the beats for ten seconds. Multiply by six to get the heart rate per minute. "Exercise can reduce the chances of heart disease and hypertension, and reduce stress," Lerner says. "It releases endorphins in the brain, which can add to our emotional well-being. Exercise also makes one more aware of self, and can build confidence."

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What is the proper way to dispose of medications?

BY SARAH CARVEL AND PAUL B. PAGNOTTA

Why is proper medication disposal important?

The improper disposal of medications may contribute to two important health and environmental issues in the U.S.:

1. The rising trend in prescription drug abuse. Prescription pain killers are now the second most abused drug in the U.S. (following marijuana). The improper disposal of medications that are no longer needed, used, or have expired are partly to blame for this diversion of prescription medications because it becomes easier for the abusers to obtain the medications. Forty-seven percent of teens who abuse prescription medications say they get them free from a friend or relative.

2. Contamination of the nation's water supply. Traces of prescription drugs have been found in the water supply of several US cities. These medications get into the water supply through one of two ways; the actual medications are flushed down the toilet, or they are passed through a user's body and are subsequently flushed downstream.

What types of medications are being found in the water supply?

Prescription medications are just one of thousands of chemical substances found in the nation's water supply. The EPA

refers to this broad collection of substances as PPCP's Pharmaceuticals and Personal Care Products. Many of the PPCPs are unable to be filtered out by most treatment systems. Human and animal medications found included anti-seizure medications, antiinflammatory medications, antibiotics, tranquilizers, sex hormones and disinfectant used in antibacterial soaps called triclocarban.

Are these harmful to our health?

The medications are being found at such low levels that they do not pose an immediate threat to our health. However, the effects of drinking water with these chemicals over a long period of time are unknown. Some experts say there is little to no health risk to humans, while others say immune responses or developing hormone systems in adolescents could be altered from chronic exposure to the contaminated water. The effect on aquatic animals is being evaluated.

What can we do to help?

The Federal Government has issued guidelines for proper disposal of prescription drugs, and they strongly encourage Americans to:

- Take unused, unneeded, or expired prescription drugs out of their original containers
- Mix the prescription drugs with undesirable substances (used coffee grounds, kitty litter) and put them in imperme-

able, nondescript containers, such as empty cans or sealable bags, further ensuring that the drugs are not diverted or accidentally ingested by children or pets

- Throw these containers in the trash

- Return unused, unneeded, or expired prescription drugs to pharmaceutical take-back locations that allow the public to bring unused drugs to a central location for safe disposal

- Flush prescription drugs down the toilet only if the accompanying patient information specifically instructs it is safe to do so; certain medications have specific instructions for their disposal. Examples of medications the FDA advises that have specific disposal instructions include:

- Actiq (fentanyl citrate)
- Daytrana Transdermal Patch (methylphenidate)
- Duragesic Transdermal System (fentanyl)
- OxyContin Tablets (oxycodone)
- Avinza Capsules (morphine sulfate)
- Baraclude Tablets (entecavir)
- Reyataz Capsules (atazanavir sulfate)
- Tequin Tablets (gatifloxacin)
- Zerit for Oral Solution (stavudine)

Meperidine HCl Tablets
Percocet (Oxycodone and Acetaminophen)

Xyrem (Sodium Oxybate)
Fentora (fentanyl buccal tablet)

The American Pharmacists Association (APhA) made the following additional recommendations to help prevent drug abuse:

- Crush solid medications and dissolve them in water be-

In addition, water providers and regulators have been advised that they need to exercise caution and may need to upgrade their water treatment systems to deal with this array of newly identified and increasing contaminants in the water.

Sources cited March 26, 2008:

http://www.whitehouse-drugpolicy.gov/drugfact/fact-sheet/proper_disposal.html

ASK THE PHARMACIST

fore disposal

- Dilute liquid medications with water before disposal

- Remove and destroy all personal information (eg. prescription label) from container before disposal

What else is being done to combat this issue?

The Environmental Protection Agency will continue to research the long-term effects of pharmaceuticals in water sources while the Bush Administration has set a goal of reducing prescription drug abuse by 15% over three years as part of the National Drug Control Strategy.

www.whitehousedrugpolicy.gov

<http://epa.gov/ppcp/faq.html>

If you have specific questions, contact your Four Corners Pharmacy Pharmacists John and Paul at 439-8200.

Please contact Paul Pagnotta at Pagnotta@FourCornersRx.com if you have a question that you would like featured in this article.

Sarah Carvel is doctor of pharmacy candidate at Albany College of Pharmacy. Paul Pagnotta, is co-owner and pharmacist at Four Corners Pharmacy Delmar.

The key to healthy aging for men is the whole body

It's no secret men are living longer, working later into life and taking on more roles than ever before. Understandably, men are also looking to improve and prolong their health and happiness with preventive steps to achieve a higher quality of life. And with notions of age changing rapidly, the best way to stay healthy is to focus on the whole body.

"Men of past generations invoked a 'fix what's broken' mentality and that mindset is as ineffective for health as it is for a car," says Dr. Marcus Laux, a naturopathic physician and health science advisor to Life Span labs. "Physical, emotional, and sexual well-being are all interconnected and a whole-body approach is the best way to ensure a man's health is running on all cylinders."

Dr. Laux offers the following tips to keep men aging healthy:

- Weigh your options - Getting your weight under control can go a long way in improving your overall health. It takes pressure off of the cardiovascular system, as well as joints. Men with a waist 42-inches or more are also at a 50 percent greater risk for diminished sexual ability. Practice the rewards of eating to live and you will live well at a healthy weight.



- Move like your life depends on it - Exercise is nature's champion of health. It lowers stress, strengthens the body's ability to repair itself, supports healthy blood flow

and it can even help improve your mood. Regular exercise is best, so make sure you incorporate enjoyable activities and mix up your routine to avoid boredom and burnout. Whether that means finding a fitness partner or getting the guys together to play a regular game of basketball, just make sure to keep moving.

• It's not just what you eat, but what's eating at you - Distress is a true crippler and, if left unchecked, a killer. It affects every aspect of your well-being, accelerates problems, prevents normal healing and generates excessive free radicals - which ages your body prematurely. Everyone experiences stress, but if it's used as a motivator to eat well or exercise more, it can be a catalyst for improving overall health.

• Smoking is a smoking gun - Smoking not only exposes you to seemingly endless documented health risks, but it is also one of the most adverse factors in sexual health. It only takes two cigarettes a day to negatively affect your drive, and that's not taking into account the unpleasant breath and dulled smile incurred by regular smoking.

• Reconnect with your partner - Married men generally live longer than their single counterparts, and an invigorating relationship can add even more joy to those extra years. While the last couple of decades may have been spent

continued on page S8

GRIEF RECOVERY SUPPORT GROUP

YOUR JOURNEY FROM MOURNING TO JOY

GriefShare is a special weekly seminar/support group for people grieving the death of someone close. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time in your life.

GriefShare groups meet every Tues. 6:30 - 8:30 p.m. at Loudonville Community Church 374 Loudon Road, Loudonville, NY 12211 Call 426-0751 for more information.



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Improving the odds in the fight against breast cancer

In a matter of seconds, most people can think of eight women who are important in their lives, whether they are mothers, wives, sisters, daughters, friends or coworkers.

The ease with which most people can come up with this list just reinforces the prevalence of breast cancer in this country; according to the American Cancer Society, one in eight women will develop breast cancer in her lifetime.

"We estimate that more than 180,000 women in the United States will be diagnosed with invasive breast cancer, while approximately 40,000 women will die from the disease this year," says Robert Smith, Ph.D., director of cancer screening for the American Cancer Society.

According to Dr. Smith, encouraging women to have annual mammograms is one of the primary ways to increase early detection of the disease, which is important since breast cancer is more treatable the earlier it is discovered.

The importance of early detection is the main reason that Aetna, an insurer based in Hartford, Conn., worked with the American Cancer Society to develop an educational video titled Mammograms Matter. The video, which can be viewed on the American Cancer Society Web site (www.cancer.org/aetnamammo), emphasizes the significance of mammograms for women 40 and older by

showing several women - including breast cancer survivors - describe their feelings about breast cancer.

Education helps overcome fears

Before creating the video, Aetna worked with members who had never had a mammogram or who had not had one in the past five years. These meetings helped the company identify the main reasons the women did not undergo screenings, such as perceived pain and discomfort of the screening; fear of the unknown or finding out the results; and false confidence or misperceptions if there is no family history.

"We tried to address some of these points with statistics, such as the fact that 70 percent to 80 percent of breast cancer patients have no family history of breast cancer," says Joanne Armstrong, M.D., a senior medical director at Aetna who is also featured in the video. "However, this video is mostly about the voices of the women who participated, trying to explain how important it is to get annual screenings."

According to Dr. Armstrong, this video is just one way that insurers like Aetna are trying to educate women on the importance of mammography screenings. Through a separate program, Aetna makes targeted phone calls and sends mailings to Latina and African American women who have not had their



The importance of early detection prompted Aetna to work with the American Cancer Society to develop an educational video titled Mammograms Matter, which can be viewed on the American Cancer Society Web site, www.cancer.org/aetnamammo.

annual mammogram. This type of outreach, which is made in both English and Spanish, stresses the importance of screenings and can even help women find a local mammography center.

"Early detection of breast cancer is important for all women, but is particularly critical for African American and Latina women, who are less likely to receive

mammography screenings, and more likely to die from breast cancer because the condition is not identified early enough," Dr. Armstrong says.

As this type of information and similar programs become more readily available to women, Dr. Smith is hopeful that the spread of the message will result in some tangible changes.

"If more women realized the true significance of regularly scheduled mammograms, we could reduce the pain and death associated with breast cancer," Dr. Smith says. "Hopefully, videos like this one will help women overcome any fears they may have and get the appropriate screenings."

Support group deals with the devastation of divorce

Divorce ends more than a marriage between two people, it ends a dream, a hope, a way of life and an identity. It can also end friendships, in-law relationships and financial stability. Often, divorced people are left to struggle with feelings of depression, loneliness and anger as they adjust to life as a single person again.

DivorceCare, a 13 week biblically based support group, offers help, hope and healing to those who are experiencing the pain of separation or divorce. The group is conducted

by people who have recovered from the trauma of divorce, and understand what divorced people feel and experience. DivorceCare is a safe place for participants to recover from their divorce or separation experience.

DivorceCare features 13 dynamic DVD sessions that cover topics such as "What's Happening to Me?," "The Road to Healing," "Financial Survival," "Kid Care" and "New Relationships." Participants talk about the information presented, learn how to deal with the pain of the past

and how to move forward in rebuilding their life.

DivorceCare starts on Tuesday, Sept. 9, from 6:30 to 8:30 p.m. at Loudonville Community Church, 374 Loudon Road, Loudonville. A registration fee of \$12 includes a workbook and 13 sessions. To register for the support group, or learn more about DivorceCare, call Carl Noakes, director of Congregational Care, at 426-0751.

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Hope, help for hurting people

If you or someone you love is experiencing the pain of losing a loved one through death, there is help and hope available through GriefShare, a 13 week biblically based program designed to help hurting people through the journey of grief. The group is facilitated by Harry and Prudy Bombard, who have been through the pain and the process of grief recovery after their own 19-year-old son was killed in a car accident. The Bombards know that a caring, supportive group can be a part of recovering from grief.

Grief is a unique experience for each individual, yet there are many similarities to the feelings that grieving people experience. Many GriefShare participants are relieved to discover that they are not alone in their grief experiences. Over the 13 week seminar, topics such as "Liv-

ing With Grief," "The Journey of Grief," "When Your Spouse Dies," "Why?" and "Stuck In Grief" are presented on DVD by nationally respected grief experts. After the DVD seminar, participants discuss the topic as it relates to their experience. GriefShare is a safe place for hurting people to express their feelings and find comfort, strength and information that will help them on their journey from mourning to joy.

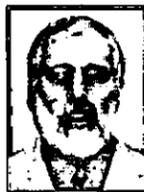
GriefShare meetings are held every Tuesday from 6:30 to 8:30 p.m. at Loudonville Community Church, 374 Loudon Road. Registration fee of \$10 covers workbook and 13 sessions. To register or for information, call Carl Noakes, director of Congregational Care, at 426-0751.



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Since men are living longer, they are looking to improve and prolong their health and happiness with preventive steps to achieve a higher quality of life.

Aging

from page S6

putting the family before your relationship with your partner, re-embrace the importance of anniversaries, date nights and other romantic occasions. Be proactive about improving sexual health, an issue that's common as we age. Daily supplements like 112 Degrees can provide men with a safe option for improving this important part of life.

It takes dedication to stay in good physical condition,

watch what you eat and drink, get plenty of rest and manage stress in your life. However, committing to even a few simple changes can significantly improve your physical, emotional and sexual well-being. With abundant warm weather and plenty of outdoor activities to get you started, it's the perfect time to get on track and in the field.

For information about a whole-body approach to men's health, visit www.112degrees.com.

A safe and simple solution for vertigo

Do you ever feel dizzy or lightheaded and have no idea why? The problem could be caused by a common condition called benign paroxysmal positional vertigo (BPPV). For sufferers, there is now a simple solution.

The best treatment for vertigo is also the easiest and quickest one — simple manipulation of the head and body by your doctor or a qualified therapist, according to a new guideline from the American Academy of Neurology (AAN).

Up to 3 percent of Americans — more than 9.1 million people — will likely experience benign paroxysmal positional vertigo (BPPV) at some point in their lives, says Dr. Terry D. Fife, of the University of Arizona who is the lead author of the guideline published in the May 27, 2008, issue of the medical journal *Neurology*.

BPPV, an inner ear disorder that commonly causes feelings of dizziness, is probably caused by loose calcium carbonate crystals that move in the sensing tubes of the inner ear. Although no one is sure exactly what causes the crystals to break loose from the inner ear sensor, the problem has been linked to head trauma and viral infections of the inner ear, Fife says. At



A form of vertigo called benign paroxysmal positional vertigo (BPPV) is thought to be caused by loose calcium carbonate crystals that move in the sensing tubes of the inner ear. While the condition is uncomfortable, BPPV is not considered a serious health risk.

least one study indicates that your chances of developing BPPV increase with age, or if you have a history of migraine or stroke.

The treatment of choice for BPPV sufferers has long been to simply "tough it out." While the condition is uncomfortable and can put the sufferer at risk of falling if he or she tries to move while experiencing vertigo, BPPV is not considered a serious health risk. If untreated, each episode lasts about two weeks, but recurrence is common.

"The good news is that this type of vertigo is easily treat-

ed," Fife says. "Instead of telling patients to 'wait it out' or having them take drugs, we can perform a safe and quick treatment that is immediate and effective."

By moving the patient's



head and body through a prescribed range of motions, a doctor or therapist can actually coax the calcium carbonate crystals out of the inner ear sensing tube where they don't belong and into another inner chamber of the ear, where the body is able to reabsorb them.

"I have seen people who had BPPV for more than 15 years and who were cured after just one repositioning maneuver," Fife says. In fact, studies show that the vertigo can be cured in more than 80 percent of patients at the time of treatment. Without treatment, the problem generally resolves itself within one month in about 20 to 50 percent of patients.

While it may be possible for patients to perform the maneuvers themselves, it's probably still a good idea to have a doctor or therapist perform the treatment, Fife says. "There's no evidence to suggest that having a patient do the maneuvers at home is more effective than having it done by a professional," he says.

To learn about the American Academy of Neurology, visit www.aan.com.

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