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County plans H1N1 clinic

Out of vaccine, area sees first death
See Page 10

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In this week's issue

THE
Serving Bethlehem,
New Scotland, Guilderland

Spotlight

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VOLUME LII NUMBER 44 75¢ NOVEMBER 4, 2009



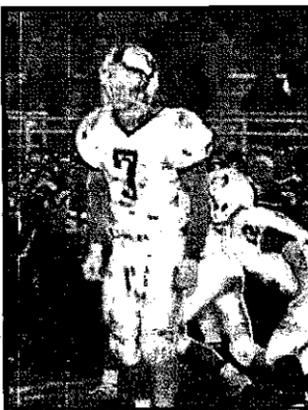
Singing for supper

Concertgoers at Guilderland High School on Thursday, Oct. 29, were asked to bring canned food and monetary donations that went to the Regional Food Bank of North Eastern New York. See Page 17.



Bringing books to life

Mermaid Theater of Nova Scotia returns to Albany on Saturday, Nov. 7, presenting "The Very Hungry Caterpillar and other Eric Carle Favorites" at the Egg. See Page 20.



Dutchmen can't hold early lead

Ballston Spa scored the final 36 points of the game to defeat Guilderland 42-9 in last Friday's Section II Class AA semifinal game. See Page 36.

G'land tackles budget issues

Public hearing set for Nov. 5

By DAN SABBATINO
sabbatinod@spotlightnews.com

Guilderland officials hashed out budget issues at two separate meetings last week. The Town Board met with department heads from a number of departments over the course of Monday, Oct. 26, and Thursday, Oct. 29.

On Thursday night, Chief of Police Carol Lawlor, along with Captain Curtis Cox and Lt. Dan McNally, discussed a number of items, including coverage areas, schedules, the role of the town's investigators and the possibility of hiring part time officers to supplement the town's existing force.

Lawlor said she prefers a policy, one that she said other agencies have employed, where retired officers can come back with a limited number of hours.

"I don't know how many it would be," Lawlor said of the possible future retirees coming up, but noted that it could be between two and four. "You can't count on it until the papers are signed anyway."

The policy would allow officers who retired within the last two years to come back. The only two retirees from the department are Investigator John Tashjian, Lawlor's husband, and former chief

□ Tackles Page 18



Public weighs in on budget

Words are exchanged over idea of flat tax rate in Bethlehem

By CHARLES WIFF
wiffc@spotlightnews.com

About 10 people took the opportunity to address the Bethlehem Town Board on the subject of the proposed town budget on Wednesday, Oct. 28, during a public hearing. Their comments were largely critical of the tax hike included in the proposed budget.

The tentative budget, constructed over the course of several months and released in September, calls for a 2 percent tax rate hike and a 3.78 percent increase in spending for a nearly \$39.9 million total budget.

The tax levy would be kept to a \$195,996 increase despite a \$1.2 million increase in overall expenditures through bonding and leasing of capital improvement items such as equipment purchases and some use of the town's reserve balance, which is projected to stand at \$8.1 million by the end of the year.

Also included in the budget would be a 1.5 percent cost-of-living adjustment for town employees not under a union contract.

Under the proposed budget,

□ Public Page 18



Early revelry

Members of the Guilderland community came out to Town Hall on Friday, Oct. 30, to celebrate Halloween and pick up some holiday safety tips. The event also featured a haunted house and cider donuts, and Department of Criminal Justice Services members created digital identification fingerprinting cards.

ABOVE: Aiden, 4, was Spider-Man and Abriana, 5, was a glamorous witch. LEFT: Cameron Ingle, 7, served up some scares.

Dan Sabbatino/Spotlight

Give a little, get a lot

Day of Simple Giving to connect kids, community with those in need

By CHARLES WIFF
wiffc@spotlightnews.com

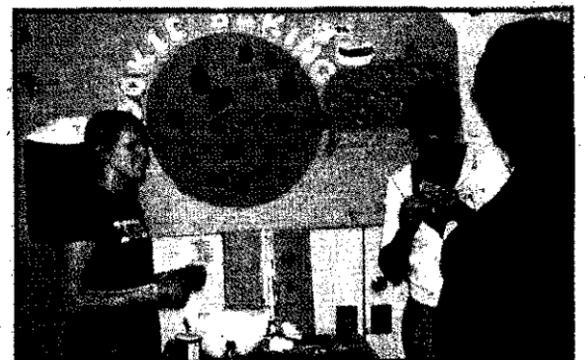
Have you ever wanted to lend a hand to the less fortunate in the Capital District but were unsure how to go beyond simply opening the checkbook? Organizers of the Day of Simple Giving, to take place Saturday, Nov. 7, hope the event will give mem-

bers of the community an opportunity to make a difference.

This will be the third DSG, which is largely organized by the Bethlehem Children's School. They last held one in May, and the first event, which was smaller and took place at the school, took place on Martin Luther King Day, largely in response to the call from President Barack Obama for Americans to engage in community service.

Holding an event like DSG gives the roughly 40 students of Bethlehem Children's School and their families a chance to be more involved in charitable actions.

□ Give Page 18



Whether it's baking cookies for a kitchen or making balls for the Boys and Girls Club, there will be many ways for participants to directly contribute to the less fortunate Saturday, Nov. 7, on the third Day of Simple Giving.

Submitted photo



Police Blotter

Woman allegedly stole with daughter in tow

Guiderland Police arrested Danielle S. Armstrong, 20, and Jenay C. Willingham, 18, on a number of charges, including felony robbery in the third degree, on Thursday, Oct. 22, according to police reports.

Armstrong was charged with a misdemeanor count of acting in a manner that risked injury to a child. The pair also had assault with intent to cause injury, resisting arrest, obstructing governmental administration and petit larceny among their charges.

The report states that Armstrong allegedly stole from J.C. Penney at Crossgates Mall while in the presence of her 4-year-old daughter along with Willingham. When the loss prevention officer tried to stop the pair, the report states, they did not comply.

The report states that while Armstrong was holding her daughter, she pushed, shoved and threatened the loss prevention officer. Willingham

allegedly fought with the officer as well. The officer is said to have suffered "substantial pain," including a torn fingernail on the right hand, abrasions to the knuckles and "bruising and swelling in her right forearm."

The report states the two defendants tried to obtain their personal belongings and the stolen merchandise, which the loss prevention officer was able to obtain. The pair fled, and police attempted to take custody of the child, but Armstrong would not give her up and refused to get on the ground, per police instructions, the report says.

Police eventually pried Armstrong's fingers from the child while one officer supported the child and prevented her from falling to the ground.

Armstrong and Willingham were arraigned later that day, and the child was turned over to her father. Child Protective Services have been contacted, the report states.

Police: man produced paint swatch as ID

The Bethlehem Police Department arrested Matthew G. Cossingham, 22, of 526 Yates St., Albany, and charged him with aggravated DWI and obstruction of justice on Sunday, Oct. 25.

Police were called about a suspicious vehicle with a male asleep inside on Russell Road in Slingerlands. Upon arrival, officers observed Cossingham slumped over the wheel of the vehicle — a Budget rental truck — with the keys in the ignition and a cell phone ringing on the passenger seat, according to arrest reports.

Police repeatedly banged on the driver's side door to awaken Cossingham, who allegedly said he was sleeping and didn't know how he had gotten there. When asked for ID, he allegedly produced a Sherwin Williams paint swatch from his wallet. He then produced a driver's license when asked for it, police said.

Police administered field sobriety tests and Cossingham admitted to drinking, according to police.

At the station, police allegedly found his BAC to be 0.24, three times the legal limit. During fingerprinting, Cossingham allegedly refused to follow officers' instructions, screaming "No!" and "No, [expletive] you!" He then pushed an officer and was placed on the ground for restraint, according to police reports.

Cossingham was placed in a holding cell, where he continued cursing and spitting blood on the

cell floor and door of the cell from a bloody lip due to him biting a lip piercing when placed on the floor, according to police. EMS was called to check the bloody lip, but he refused medical treatment saying, "I bite it all the time, I'm fine," according to police.

Cossingham was held on \$2,000 cash or \$4,000 bail bond and was scheduled to appear in Bethlehem Town Court on Tuesday, Nov. 17.

Other arrests

• Guiderland Police arrested Chelsea L. Reamer, 21, of 23 Pine Park Drive in Berne on charges of aggravated DWI on Saturday, Oct. 26, according to police reports.

Reamer was arrested near 6654 Dunnsville Road, after being involved in a property damage accident, the report states. Police said Reamer had a .25 percent blood-alcohol content at the time of the arrest.

Reamer is scheduled to appear in court on Thursday, Nov. 12, the report states.

• The Bethlehem Police Department arrested Michael W. Pelton, 34, of 1079 River Road, Selkirk, and charged him with DWI and leaving the scene of an accident on Saturday, Oct. 24.

According to police reports, police found a vehicle registered under Pelton's name off the roadway on the embankment of Route 9W in Selkirk, about 100 feet south of the intersection with Creble Road, stuck between two support wire for a National Grid

pole. Police checked the area for the driver or passengers without success, but obtained a former registration for Pelton through the registration. Police made contact with Pelton's wife, who said he was staying with his aunt, police said.

Dispatch contacted the aunt, who allegedly said Pelton was at River Road residence and asleep in his bedroom. Police traveled to the location and woke Pelton to interview him, according to police reports. Pelton allegedly stated he was traveling eastbound on Creble when he lost control at the intersection with Route 9W. He then started walking northbound and was picked up by an unknown female, who gave him a ride to his residence, police said. He planned to pick up his vehicle in the daytime.

Police said Pelton had a strong odor of alcohol on his breath and exhibited glassy, bloodshot eyes. Field sobriety test were administered and failed, and a breath test showed positive for the presence of alcohol, according to police. A chemical test at the police station showed Pelton's BAC to be 0.13 percent, according to police.

Pelton was scheduled to appear in Bethlehem Town Court on Wednesday, Nov. 4.

• The Bethlehem Police Department arrested Taylor P. Vatalaro, 18, of 32 Coons Road, Coeymans Hollow, and charged him with DWAI-drugs on Saturday, Oct. 24.

Police allegedly observed Vatalaro's vehicle making an abrupt right hand turn from Route 9W onto Feura Bush Road in Glenmont, and then cross over the fog line, almost striking several mailboxes. Police said the vehicle also failed to stop for a red light at the intersection with Henderson Road. When police approached the vehicle, the occupants were observed making furtive movements, and the passenger threw a lit object from the window of the vehicle, according to police. Police said a strong odor of marijuana was observed coming from the car.

Vatalaro allegedly stated that they had smoked a joint a few hours ago. The passenger allegedly said the object tossed from the car was a tobacco cigarette, and police were unable to locate the object.

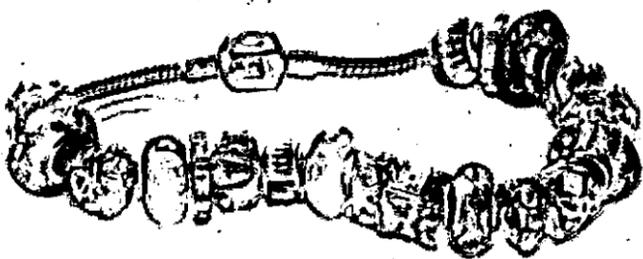
Police administered field sobriety tests to Vatalaro, during which he exhibited poor balance and coordination, according to police. He submitted to a blood test, which was taken at Albany Medical Center, according to police.

Vatalaro was scheduled to appear in Bethlehem Town Court on Wednesday, Nov. 4. He was released to his father.

www.Spotlightnews.com

Bead Event! Saturday, Nov. 7th

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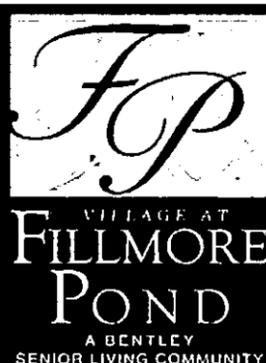
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South Bethlehem playground to get new equipment

Town votes to replace aging structures

By CHARLES WIFF
wiff@spotlightnews.com

The Bethlehem Town Board voted unanimously at a Wednesday, Oct. 28, meeting to use money out of the Recreation Department's Parkland Set Aside Fund to replace playground equipment at the South Bethlehem Park and to provide matching funding for a grant that will allow the town to complete a

shoreline stabilization study for the Henry Hudson Park.

The Parks and Recreation Department was authorized to spend \$30,000 altogether, \$21,000 for the playground equipment and \$9,000 as a 25 percent match on the Department of Environmental Conservation grant.

The town found a good deal on playground equipment that will replace deteriorating wood structures that were donated in 1990 by General Electric, said town Parks and Recreation Department Director Nan Lanahan.

"It's been sort of on our wish list, that we need to look at replacing the playground," she said. "We just came upon an offer that one of the playground manufacturers was offering this 50 percent matching funds for some of their preset playground systems... For us, we're getting a pretty good system for almost half price."

To take advantage of the low price, the equipment will be purchased now and stored until the spring or summer.

The purchase won't have an impact on tax dollars. Building

fees levied on developers building new structures in town provide the Set Aside Fund, which stands at about \$163,000.

The study on shoreline erosion at Henry Hudson Park will hopefully be the opening step in a project to correct a problem that has been developing at the park for two decades, said Lanahan. With the fund money and DEC grant, the town will hire a consultant to examine what ways the threat of shoreline erosion can be reversed.

"The old concrete dyke built

by the Army Corp years ago was crumbling," Lanahn said. "It's causing problems, it's getting worse every year."

Replacing the barrier completely would cost millions, though, making that option cost prohibitive. Addressing the erosion issue is one element of a comprehensive plan for the park.

The town's Engineering Department will soon put out a request for proposals for the consulting work, and work on the study can hopefully begin before the end of the year.

Cunningham wins WFP ballot line

Delay could cost those overseas their vote

By CHARLES WIFF
wiff@spotlightnews.com

The final count in the Bethlehem supervisor's Working Families Party primary race is Sam Messina 11, Jack Cunningham 15.

Absentee ballots that had been kept sealed by legal challenge were opened Thursday, Oct. 29, after the state Court of Appeals declined to consider an appeal filed by Messina.

Messina — who is running on the Republican and Conservative lines — had filed suit along with Albany County Board of Elections Republican Commissioner John Graziano, claiming that the identities of 12 voters registered at the last minute were not properly verified, and that their ballot applications were also illegally submitted.

A judge had found in his favor, but an appeals court reversed that decision, saying the winning argument was introduced as an amendment too late to allow the other side to respond to it.

Messina maintained that he was on solid legal ground.

"This was a technicality in terms of filing on the part of Mr. Graziano that was not accepted," said Messina. "Mr. Graziano was right on the laws and so were the attorneys."

Messina was endorsed by the WFP, and Cunningham staged a write-in campaign that involved registering a number of first-time voters in the party. Messina likened it to "stuffing the ballot box."

"This was just really dirty politics," he said. "Mr. [Democratic Election Commissioner Matthew]

"When you have court challenges, they have to run their course. I think most of the absentee ballots will get sent out."

— Democratic Election Commissioner Matthew Clyne

Clyne and Mr. Cunningham took the actions they did, and they knew if I went to court I didn't have the deep pockets they had to fight this thing."

Cunningham has maintained that the votes were perfectly legitimate, and said on Thursday that he was pleased with the outcome.

"I'm glad that the votes got counted," he said. "I'm pleased to be able to represent the Working Families Party in the general election."

The outcome means the absentee ballots were mailed out on Friday, Oct. 30, some time after the Board of Elections would have mailed them under normal circumstances. BOE staff also began programming voting machines once the outcome of the race was known, said Clyne, who is one of the parties named in Messina's lawsuit.

Approximately 540 of Bethlehem's 23,156 voters applied for absentee ballots, said Clyne, and those residing in town should receive their ballots Saturday. For those overseas, however, the odds are slim they will be able to postmark their ballots by the cutoff—midnight Monday, Nov. 2. Clyne could not identify how many ballots were to be sent overseas.

"When you have court challenges, they have to run their course," he said. "I think most of the absentee ballots will get sent out."

Clyne said he does not anticipate trouble at polling locations because of the delay.

Messina will appear on the Republican and Conservative lines, and Cunningham will appear on the Democrat and Independent lines.

A Five Rivers legacy



New York DEC Commissioner "Pete" Grannis, Herb Repass, father of the late Wendy Repass Suozzo and Judith Enck, secretary to the Governor for the Environment and Energy, take part in a ground-breaking ceremony on a new education building that is being funded in part by a donation from Suozzo's family. Wendy Repass Suozzo ran the school education program at the center for many years. She died in August 2008.

Photo submitted by Geraldine Oakley

FMS set to raise money, roof

Students team up with Barnes and Noble for Nov. 6 benefit and Poetry Jam

By DAN SABBATINO
sabbatinod@spotlightnews.com

Students at Farnsworth Middle School will aim to raise money for the school, while also getting a chance to show off their poetry skills on Friday, Nov. 6.

The event will take place at the Barnes and Noble at the Colonie Center Mall, and gives the school a portion of the proceeds it helps bring in.

"We view the event itself, regardless of who does it, as a way to celebrate the school and celebrate the kids," said Marisa Geraghty, community relations manager at Barnes and Noble.

A portion of the sales that are generated from those affiliated with the school, denoted by a special voucher, will be donated back to the school.

The event will begin at 10 a.m.

and will feature student artwork and digital research and media projects, according to information from the school.

Students from book club will be at the bookseller to lead discussions in the children's section and student musicians are slated to perform in the multimedia department. At 4 p.m., FMS teachers and administrators will also participate as guest readers and board games will be explored throughout the remainder of the evening.

The daylong event concludes with the ninth annual FMS Poetry Jam event. "Students in grades six through eight will read original poems in a coffeehouse-type atmosphere. While the Poetry Jam is typically held at the middle school, performing in this new venue will give the students an opportunity to present their work to the wider community. Poetry Jam runs from 6 to 8 p.m. and all are invited to stop by and enjoy the outstanding work of our young poets," according to the district's Web site.

FMS is prepared to provide entertainment, and Geraghty said as many as 20 students will help with the stores normal story time. There are 43 students participating in a poetry event, as well.

"They're really going big," Geraghty said.

"We are so proud to have our students participating in such a unique learning experience," said Lynné Wells, middle school instructional administrator for English language arts, reading, and social studies. "The extravaganza will provide a platform for the children to share their research, writing, and voices with a real-world audience."

Geraghty said the fundraising program is designed specifically for schools K-12.

"We provide them with all the promotional material, she said.

If FMS can help raise up to \$1,999, it will receive 10 percent the proceeds. Between \$2,000 and \$9,999, it receives 15 percent, and more than \$10,000 yields a 20 percent donation.

If the school chooses to use the money to purchase books through Barnes and Nobles, an additional 5 percent is added to each interval, Geraghty said.

The proceeds are going to be used to help bring author to speak at the middle school, according to information provided by the district.

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A swine time was had by all this Halloween

By WILLIAM R. DEVOE
 devoew@spotlightnews.com

The other day I was making a 20-foot, UFO-shaped helium balloon — you know, just something for the kids to play around in — when my 6-year-old son, Kevin, comes up to me to tell me some disturbing news:

“Dad,” he says, “I don’t want to be a superhero for Halloween.”

My heart stopped. What had I done wrong as a parent? Not enough television? I could get him subscriptions to all of Marvel and DC’s best sellers, but I doubt they’d get here in time for me to change his mind.

“I want to be something scary,” he says.

“Spiderman’s scary.”

“I’ve been Spiderman three times,” he said, and it was true. One year, I purposely told him it was Halloween a few months early so I could dress like Dr. Octopus and chase him around the neighborhood. You see, I had all of this dryer vent hose lying around and I ... Well, I digress.

“What about a scary superhero? We can compromise.”

“There are no scary superheroes. How could they save people if they’re scary?”

Commentary:



Besides, I already know what I want to be.”

“And what’s that?”

“Death.”

“Death?”

“Death.”

“Like, the guy in the black robe with the scythe?”

“That’s the one,” he says. “I saw him at Wal-Mart.”

“It makes sense,” I say. “There are a lot of old people there.”

So, on Halloween night, my eldest son donned a pretty gnarly looking robe and hefted a plastic scythe over his shoulder, ready to hit the streets. He had developed a little cough the night before, but no fever, so we made him put a sweatshirt on underneath his robe. Despite the extra layer of clothing, a smile was spread across his face, the whiteness of his teeth accentuated by the fact that his face was painted completely black.

His younger brother, Nathan, at 2 years of age and not yet old enough to break his father’s heart, was dressed as the

pudgiest Batman Gotham has ever seen.

Off they went, on that merry quest to panhandle candy, with my wife, her mother and me in tow.

The first couple of houses almost go without a hitch. I say almost because at the first house we had to explain to Nathan that he actually had to leave a person’s porch after he got the candy. I think he was under the impression that he could eat the candy there and then just ask for more.

About a dozen houses into our expedition, a little girl greets us on the porch. She is wearing a curly, black wig and is otherwise dressed normally. “Happy Halloween,” I said. “What are you dressed as?”

“I’m Sonia Sotomayor,” she said happily.

“Awww,” said my wife.

“How cute,” said my mother-in-law.

“Your parents must hate you,” said I.

The statement was due less to any political bent I may have as it was to my feeling that Halloween is a day for far less earthbound costumes than a history-making Supreme Court Justice. I believe I had this visceral reaction because I once made the mistake of dressing like something other

than a werewolf or vampire or Superman.

One year I dressed as David Bowie.

It was early in my Halloween career, mid-’80s, and MTV had impressed upon my young mind that David Bowie was the coolest thing ever, and the easiest to dress like. One needed only blonde, spiky hair and some cuffed jeans — they were all the rage back then, anyway.

To further the illusion that I was, indeed, the performer formerly known as Ziggy Stardust, my father and I built a guitar out of a two-by-four, an Optimo Palma cigar box and some fishing line.

The detail was amazingly lacking.

Back then it was not yet punishable by death to have a Halloween event at a public school, so when the day came, I got dressed in my David Bowie get-up — spiked hair, rolled jeans, a white T-shirt and my “guitar” — nice and early so I wouldn’t miss the bus.

My brother, who was in high school at that point, rolled out of his bed about five minutes before the bus came and said, “Aren’t you getting dressed up for Halloween? And what’s that thing on your back? A collection basket? Does mom know you stole from church?”

“It’s a guitar,” I said, but I started getting nervous about the quality of my costume. “I’m David Bowie.”

After about 90 seconds of laughter, my brother went and got a black marker. “If you insist on getting beat up today, let’s make sure it’s for the right reasons,” he said, and wrote “David Bowie” on the front of my shirt.

I learned two things that day: The first is that a grilled cheese sandwich can fit inside one of my nostrils with the aid of half a dozen sixth-graders shouting “How’s this for ‘Modern Love,’ moron!?”

The other is that if you have to explain your costume, it’s probably not a good one.

But back to present-day Halloween shenanigans:

After being served candy by the first Hispanic female Associate Justice of the Supreme Court, we rounded the corner and knocked on the next door. At about the same time the door started to open, Kevin did apparently the scariest thing anyone could have done this Halloween: He coughed.

“What’s wrong with him?” asked this wavering voice behind the screen door. “Is it swine flu? It sounds like swine flu.”

“It’s not swine flu,” I said. “His doctor said it was just a virus that’s going around. Not swine flu.”

“Your doctor could be wrong!” the voice yelled. A hand came around the screen door and threw a handful of candy at my son. The door shut.

“I’m sorry about that, Bubba,” I said to Kevin. I expected him to be upset, scared — who knows.

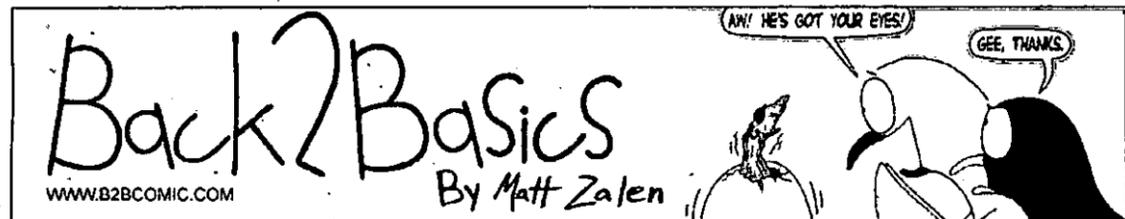
I didn’t expect him to be overjoyed.

“That guy threw, like, six Butterfingers! That was awesome!”

At the next house, a gentleman came to the door.

“Ooh, you’re scary,” he said. “What are you supposed to be?”

“I have swine flu,” Kevin said.



WEEKLY WEATHER

Chief Meteorologist Mike Bono



TIME WARNER CABLE

Albany Almanac

Record high/low/year

Day	AVERAGE HIGH 51°	AVERAGE LOW 33°
Wednesday, November 4	76°/1994	17°/1951
Thursday, November 5	75°/1994	17°/1951
Friday, November 6	75°/1948	15°/1951
Saturday, November 7	75°/1938	18°/1962
Sunday, November 8	75°/1975	18°/1971
Monday, November 9	71°/1975	11°/1971
Tuesday, November 10	72°/1931	16°/1965

ANNUAL PRECIPITATION
 35.24 inches as of Friday, October 30th
 2.82 inches above average

This week in weather

November 10, 1988 Strong winds around a deep low pressure system in southeastern Ontario hit the Lower Great Lakes Region the hardest. Winds in Buffalo gusted to 68 mph and 69 mph at Niagara Falls. Four people were injured at Rome when a tree was blown onto their car.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	6:33am	4:44pm
Thursday	6:34am	4:43pm
Friday	6:36am	4:41pm
Saturday	6:37am	4:40pm
Sunday	6:38am	4:39pm
Monday	6:39am	4:38pm
Tuesday	6:41am	4:37pm



Planets	When	Where
Venus	Dawn	Bright Low E
Saturn	Dawn	Higher ESE
Mars	Dawn	V High SE
Jupiter	Evening	Bright SSW

Rivers & Recreation

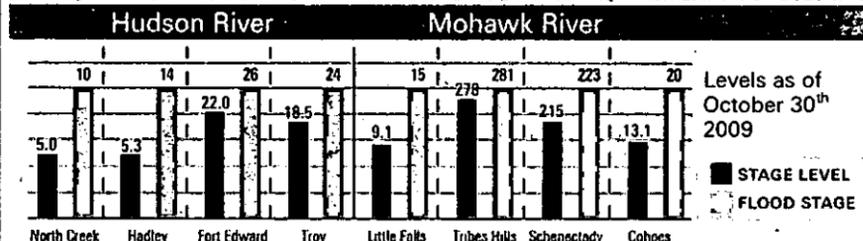
Tides at Albany

Day	High	Low
Wednesday	5:30am, 5:50pm	12:09am, 12:06pm
Thursday	6:13am, 6:35pm	12:55am, 12:51pm
Friday	7:01am, 7:23pm	1:44am, 1:41pm
Saturday	7:54am, 8:16pm	2:34am, 2:35pm
Sunday	8:54am, 9:15pm	3:28am, 3:35pm
Monday	9:58am, 10:18pm	4:24am, 4:38pm
Tuesday	11:04am, -----	5:20am, 5:41pm

Factoid

Ever wonder how much rain weighs? If one inch of rain falls on an acre of ground, it weighs approximately 226,000 pounds.

River Levels



Panel: Di Maggio flier misrepresented facts

Decision has no legal weight, but satisfies Democratic candidate for Town Board

By CHARLES WIFF
wiffc@spotlightnews.com

An independent Fair Campaign Practices for the Capital Region panel found on Saturday, Oct. 31, that a campaign flier distributed by Republican Town Board candidate Fred Di Maggio violates the organization's principles.

Democratic candidate Mark Jordan had protested the flier, which appeared as an insert in the Friday, Oct. 23, edition of the Times Union and alleged that Jordan was the recipient of 116 "ghost" parking tickets in the City of Albany worth more than \$7,500. Jordan said that those tickets were issued to a vehicle registered to his wife and him, and were received during the course of her law enforcement duties prior to having been issued an official state vehicle.

An FCP panel found that the statements in Di Maggio's flier violated their provision that candidates must not use campaign material that "misrepresents,

distorts or otherwise falsifies a fact or the facts regarding his opponent."

FCP President the Rev. Mick Drown confirmed that both candidates signed a fair campaign pledge with the group.

"I'm gratified with their decision," said Jordan. "I think it's unfortunate that my opponent felt the need to resort to a negative campaign that was factually misleading and had nothing to do with the issues in Bethlehem."

Di Maggio said that while he respects the panel's determination, he feels the six-member panel "missed the point."

"The point is this is a legitimate campaign issue that could be and should be raised," he said. "This is in the public venue, and it's something that's been thoroughly investigated by the media, as well as the comptroller's office."

The panel also noted that assigning a monetary value to the tickets, which were "no-fine" tickets and were not assigned value by the comptroller's report the flier cites, was also misleading.

Di Maggio said that he calculated the figure himself with the knowledge a parking ticket

in downtown Albany, with late payment fee, is \$65. As the owner of a business on South Pearl Street, he said he is intimately familiar with the parking ticket situation in the city.

He also protested that Jordan did not produce any of the tickets in question in his defense.

"Somehow the committee felt that since there was no fine attached that there was no wrongdoing here," said Di Maggio.

"I never got any tickets; I don't have any tickets," countered Jordan. "If he's going to make an allegation, he should be prepared to back it up. I don't think I should have to prove that I didn't do something."

The panel also found that there was no contact information or address on the flier, but said that this violation does not rise to the standard required in an emergency complaint.

The FCP does not have any legal authority, but serves as an impartial watchdog in the campaign process.

Check www.spotlightnews.com or read the Nov. 11 print edition of *The Spotlight* for the results of the Tuesday, Nov. 3 election.

The first cut



Tiffany Westervelt cut the ribbon on her Glenmont barbershop along with local officials and representatives of the Bethlehem Chamber of Commerce on Monday, Oct. 26. The 21-year-old has been studying cosmetology since high school and said she searched for a location for her own shop for about a year before finding the store at 340 Glenmont Road, which she renovated with help from her boyfriend, Tucker Reinisch. "I knew when I was in barber school this is what I wanted to do," she said. A mysterious benefactor agreed to pay the dues for Westervelt to become a chamber member—Keith Bennett of Security Supply Corp. and a chamber member put up the cost and revealed himself at the ribbon cutting. From left to right: Chamber Board member Melanie Calzone, Town Board member Sam Messina; Reinisch; Westervelt; Tiffany's mother, Judy; Supervisor Jack Cunningham; Chamber representative Bob Miller.

Charles Wiff/Spotlight

IN BRIEF

Helderview Garden Club to meet

The Helderview Garden Club will meet at 6:45 p.m. on Thursday, Nov. 5, at the Wyman Osterhout Community Center in New Salem.

A power point presentation on "Lyme Disease: Prevention and Detection" will be given by Sue Swan from the state Department of Health. The club is a non-profit organization. Some of the club's projects include the care of the Clock Tower Park gardens, the flower boxes and barrels around town and the Voorheesville Garden Project.

The public is welcome at all times.

Q.U.I.L.T. to host November meeting

Q.U.I.L.T. Inc. will meet on Friday, Nov. 13, at Delmar Reformed Church, 386 Delaware Ave, Delmar.

The meeting starts at 9:45 a.m.; doors open at 9:15 a.m. There is a \$5 visitor donation. General Meeting and Lecture by Fourth & Sixth Designs (Barbara Persing & Mary Hoover) "StrataVarious Quilts and Trunk Show."

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Matters of Opinion *in the* Spotlight

How about a life of simple giving?

Sainthood is a lot to ask of us earthbound mortals, so with what a group of local school kids and community members are doing in mind, let's focus on something a little more attainable.

From Charles Wiff's story on the matter (see page 1, if you haven't already), "Students of the Bethlehem Children's School, Grassroots Givers, Interfaith Partnership for the Homeless and members of the community will come together Saturday, Nov. 7, for the third Day of Simple Giving.

Editorial

"The event is organized by the Bethlehem Children's School. They last held one in May, and the first event, which was smaller and took place at the school, took place on Martin Luther King Day, largely in response to the call from President Barack Obama for Americans to engage in community service."

The Day of Simple Giving will run from 10 a.m. to 2 p.m. at St. Sophia's Church on Whitehall Road in Albany. If you'd like more information, contact the school at 478-0224.

These fine students and community members are doing their part for as long as they can. But we ask of our readers, and from ourselves, that we follow their example and help others out a little more regularly. Spread out your giving. Don't wait for a group of charity-minded individuals to organize an event to feel as though you should help out those less fortunate than yourself.

A life of simple giving is a lot to ask of one person. But if we all pledge to spread out when we give and volunteer, it becomes a practical task — and one worth striving toward.

Need doesn't follow a schedule. Charity shouldn't either.

• • •

And now a note about our election coverage:

Because of *The Spotlight's* production schedule, election results and coverage for our Albany County papers will appear on the Web before they are in print. So log on to www.spotlightnews.com for detailed results and stories about the local races that affect your town, and be sure to pick up the Wednesday, Nov. 11, edition of *The Spotlight* for the in-depth, local coverage that you've come to expect from us.

Student at sea is at home in the world

By LIZ PERRY

The author is a graduate of Shenendahowa High School who lives in Clifton Park. This is the second of three articles regarding her experiences during her semester at sea. The first article appeared in print Aug. 20 and is available at www.spotlightnews.com. The third article will appear in a future edition of The Spotlight.

The last time I wrote, it was two weeks before I took off on a voyage around the world on a 921-passenger ship called the MV Explorer. Since I left two months ago, I have already been to six countries including Canada, Spain, Morocco, Ghana, South Africa, and Mauritius. The voyage has been a rocky one, literally, but also an incredible experience — more than I could have ever imagined.

When I first arrived in Nova Scotia, Canada, with my family in late August, I had no idea of what was to come. I remember walking through the city of Halifax wondering if the person in front of me was someone I'd be living with for the next three and a half months. In the halls of the Westin Hotel, I would pass by hundreds of people, thinking that in a matter of days, even hours, I will be able to build a relationship with that person that could last a lifetime. It was a scary thought to me — leaving my own family without any idea or expectations to go and build a new kind of family with people who live all over the world.

On the 28th, I took my first step in the doors of the MV Explorer. At first I was nervous, but within seconds I met a cute boy who insisted on carrying my bags to my cabin for me. That, to me, was the perfect start to the voyage. I walked into my cabin, but my roommate had already dropped off her bags and left. I wandered around the ship, joining in on conversations and sitting out on the back deck at the water thinking,

Point of View

This is the view I will see every morning — the clear blue waters of the ocean."

Did I mention I have never been on a ship before this? Well unless you count the Minne-Ha-Ha in Lake George. I doubt a three-hour tour can be compared to living on a ship for three and a half months. The first couple of days on the ship, a lot of people were getting sea sick, but I toughed out and tried holding off on those seasickness pills.

The deans were the first faculty we met, one even made sure he greeted everyone as they entered the ship on the first day. During the orientation, we were able to meet the rest of the faculty and, of course, Captain Jeremy. Captain Jeremy is quite the character. He's that voice you hear calmly announcing a fire drill, the man with a monotone that both students and faculty will later impersonate. Still he is willing to paint himself green and piece his ears to transform himself into King Neptune for when we cross the equator on Neptune Day. Neptune Day was a morning of ceremonies for those who have never crossed the equator by ship before. There was a "baptism," where you got fish guts dumped on your head before jumping into the pool.

After being "baptized" you had to greet King and Queen Neptune (aka the captain and Dean Rita). Those who had the courage had their heads shaved. Surprisingly a quarter of those who got their heads shaved were girls. I was not part of that group.

The very second we walked on the ship, the ship's staff changed our outlook on our own moms and grandmothers — making them look bad. They make our beds, vacuum our floors and always make sure we have clean towels every day. When we eat, they pick up our plates and ask us if we would like anything else to eat or drink, and even bring us dessert. If there is a spill, they clean it up or if someone is walking to a table they'll carry the plate for them and even push in their chair. Yes, we are spoiled, but think about it as though the staff is taking care of the ship not spoiling the students. They clean our rooms because they think if they don't, we won't either (well, yeah, that is correct). Since there is no washer or dryer available to the students and faculty, they have to bring us fresh towels, otherwise everything would smell like fish. When it comes to the kitchen, the staff definitely does more than they have to, but I learned that they take the plates and cups from us because certain things are able to go into the ocean, but if we don't separate our food from our paper and

plastic, then it makes it harder later on when we are trying to dispose of our waste.

When we arrive at port, there are several opportunities for everyone. You can go and travel independently, but I usually stay close to port and go on trips semester at sea offers. When there is extra time, I am able to swipe my card and walk around the city, try the food and take pictures. But before we ever walk off the ship, the two days before we arrive in port we have "cultural pre-port" and "logistic pre-port." Cultural pre-port is when the faculty talks to us about what to try, for example in Spain they suggested we try the ham and sangria. They also tell us what to watch out for and what to pay attention to, whether or not the cars drive on the opposite side of the road or not. During "logistic pre-port" we talk more about what the currency exchange is, how much taxis and stamps usually cost and where we could find a phone to call home.

All the ports so far have been amazing. Spain was the best port to start off in. It was a small city, where you could basically walk to anywhere you needed to go. There were a lot of restaurants, museums and cathedrals that were close by.

Morocco was definitely not what anyone expected. It was so hard to get a sense of the culture until I spent the day at an orphanage and an evening with a Moroccan family during Ramadan. That is when my time in Morocco completely changed and I got to see the people for who they are. I even got the opportunity to go the second largest mosque in the world and watch their prayer.

Ghana was unbelievable. The people were friendly, we got great bargains and there was so much to do. I don't know if it's true or not, but I heard that we were the largest group of Americans to ever go to Ghana at one time, which was pretty exciting for being the 100th voyage of semester at sea. Next was South Africa. Cape Town was beyond beautiful but very much Americanized (which is not what I wanted when I planned on traveling the world). I was still able to walk through the townships and learn about its history of Apartheid and District Six. Then there was Mauritius, which was definitely the destination where everyone, including students, faculty and staff took the time to sit back and relax. Now I am on my way to India, not knowing what to expect but preparing myself for the culture shock.

If someone offered me this opportunity again, I would take it in a heartbeat. (I say that now but wait till I graduate and I get a huge bill sent to my front door.) This trip has given me more opportunities to experience the world than I ever thought I would receive, and it's only halfway through the voyage.

THE Spotlight

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Your Opinion *in the* Spotlight

Bethlehem library needs to be cost effective

Editor, *The Spotlight*:

Taxpayer monies should be viewed as sacred, as a public trust, to be used in the very best ways possible. The philosophy guiding spending decisions is all-important, especially these days.

About the same tax dollars are spent on the library as the Highway Department. A good book is wonderful, but good roads are necessary. The library board will defend its spending decisions, but like all government, the library is beset with a bureaucratic mindset and we cannot afford it.

I gained insight into the library's profligate ways and errant views because of a lost DVD. I was billed \$27.50. Though I had borrowed a well-used DVD, the replacement was to be brand new and shrink wrapped.

Other late DVDs were assessed a \$1 per day penalty. My bill totaled \$63. The library pays about the same for DVDs and books, but the fines are dramatically different. I am paying \$311 in confiscatory library taxes and I'm not being allowed to use the library. Those not paying the highway tax can still use the roads.

Certain library policies are not well thought out, are anti-citizen and confiscatory. "It's policy," was the answer I received to my queries, indicating an entrenched bureaucratic mindset.

I have several suggestions, made in the hopes that the library and our town will be enhanced:

1. To reduce costs, purchase books, tapes, DVD's, in conjunction with other libraries.
2. Accept donations of books, CDs, DVDs, audio programs. Give a receipt for a tax deduction, like any not-for-profit.
3. Bureaucratic objections to the donating process can be overcome by thinking creatively, asking, "How else can this be done?" and using volunteers.
4. Volunteers can, at no cost, store excess materials off site at the volunteer's home; sort, catalogue, label, review materials, receive and shelve books, vacuum; do accounting, computer work, the newsletter, schedule, etc., like other not-for-profits.
5. Donations of DVDs would be significant, potentially supplying many copies of any particular DVD, eliminating the reason for the \$1 per day fine.
6. Donated books eliminate the "need" to purchase extra copies, with special, heavy duty bindings. If a book is damaged, use another donated book, dramatically reducing the budget for new purchases.
7. The range and extent of library services can be increased by using volunteers instead of new hires.
8. A library volunteer

coordinator can find the volunteers and plan their activities, similar to the Senior Citizens Program in Bethlehem, which has coordinated enough volunteer man hours to pay for 11 full time employees. Anytime one hire can get the equivalent work of 11, it is a smart move and a good deal.

9. For volunteering, give a tax credit to older taxpayers, so they can afford to stay in Bethlehem. Empire building and bureaucratic mindsets are practices we cannot afford. Ask, "Why is paid staff necessary for anything a volunteer can do?" "It's easier," isn't a good answer.

The Bethlehem library is a wonderful institution. Let's make it cost effective.

Mitchell Goldstein
Bethlehem

Kudos to two of Bethlehem's heroes

Editor, *The Spotlight*:

I had an interesting shopping trip to Hannaford!

After selecting vegetables in the produce department, I discovered my purse was missing and only then recalled I had left it several yards away near the packaged greens. After thoroughly searching the area, I went immediately to customer service, who then brought over a store manager, Mr. Lynch. He and his assistant literally combed the store.

The police were called. I had no car keys. Mr. Lynch offered me a ride home, but I called my son-in-law.

Bethlehem Police Officer David Harrington arrived and was collecting information from

me when Mr. Lynch and his assistant rushed up holding my purse. At that point, my son-in-law entered the store. Officer Harrington quickly "handcuffed" me to my purse and my son-in-law saw how elated we all were and joined us in the laughter. The purse was found near the oranges — a mystery to me.

Mr. Lynch insisted that Hannaford pay for the groceries I had in the cart.

Because of the compassion, dedication and sense of humor of Mr. Lynch and Officer Harrington, a very upsetting situation was greatly alleviated.

I hold both of these men in the highest esteem.

Kay George
Delmar

Bouncy traffic taps out tale of two Bethlehems

Editor, *The Spotlight*:

The heavy dump trucks carrying coal to Lafarge and incessant tractor trailer traffic to and from the Selkirk Thruway entrance continually shake our River Road homes as they hit the road degradations between Lincoln Drive and Simmons Road. It is like an earthquake each time the behemoths bounce off one road degradation to hit the next.

The last Department of Transportation survey we are aware of clocked 85 percent of traffic traveling in excess of 65 mph on a road with a posted limit of 55 mph.

Nowhere else in the Town of Bethlehem endures these conditions, nor should they. Where is the enforcement? Where is the concern for quality of life or the safety of residents?

On Aug. 10, my wife wrote to our current town supervisor regarding these problems and even invited him to spend 15 minutes any weekday at our home to verify that our complaints are legitimate. To date, we have had no response whatsoever from Mr. Cunningham.

Are there two Bethlehems?

One where concerns are evaluated and dealt with, and another where the residents just pay their taxes and are ignored?

That's certainly the way it feels with every seismic bounce on River Road.

Anthony G. Burt
Glenmont



For more information regarding the Crohn's & Colitis Foundation of America go to www.cffa.org, or to make a donation in honor of one of the recipients, contact Chapter President Linda Winston at 518.608.5069 or mail your donation to CCFA 103 Patroon Drive #10 Guilderland, NY 12084



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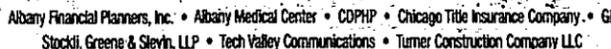
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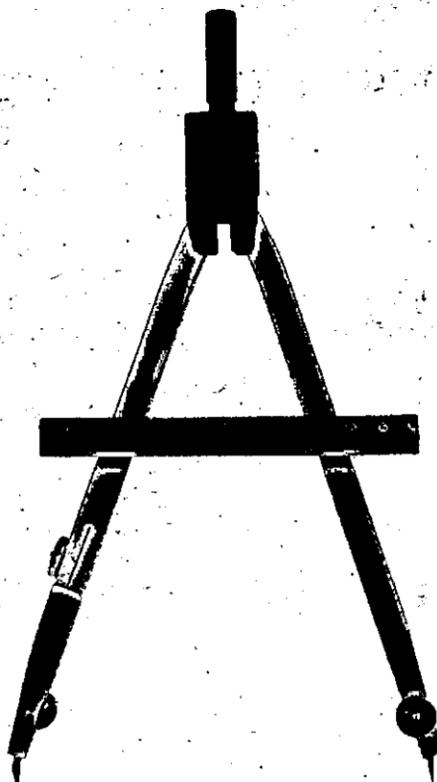
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Walking the walk in Slingerlands

Group opens elementary nature trail with help from community

By CHARLES WIFF
wiff@spotlightnews.com

How many dedicated community members does it take to build a nature trail? In Slingerlands, the answer is: quite a few.

And that's hardly a bad thing. At Slingerlands Elementary School, students and the general public can now enjoy a 0.2-mile stroll through the woods, complete with a nature guide and informational signage, thanks to donations of money and labor to the PTA's Garden Committee, which was just formed in 2006.

The eight-to-10-member Garden Committee first tackled beautifying the front of the school, which is located on Union Avenue. But turning the wooded area behind the school — which some students use to cut over to Western Avenue — was always something on the committee's agenda.

"This has been, for me, a three-year process," said Garden Committee Chairwoman Kathleen Kalmer.

Since the project began, her son has graduated from Slingerlands, and Kalmer will hand the reins over to another now that the trail is complete.

During that time, though, the trail went from a muddy footpath to a wide, groomed passage through the trees, cushioned by wood chips donated by the town Highway Department. Members of Cub



Members of the Bethlehem Garden Club, Bethlehem Opportunities Unlimited, Cub Scout Pack 272, the Slingerlands Girl Scouts, the Slingerlands PTA Garden Committee and others gathered at Slingerlands Elementary School for the opening of a 0.2-mile nature trail looping through the woods behind the school. The trail has been a multi-year project for the Garden Committee that was recently completed with help from many community individuals and organizations.

Charles Wiff/Spotlight

Scout Troop 272 have made spreading the chips part of their Earth Day project for the past two years, and the Girl Scouts SU 195 joined in this year.

Will Vail, leader of Cub Scout Troop 272, noted that the nature trail presents a great educational opportunity for students.

"You can see a lot of diversity in a very small loop," he said.

Helping walkers identify local flora and fauna will be a trail guide, copies of which are located in a box at the trailhead. Committee member

Kar: Mowers illustrated the guide with drawings of leaves, birds and animal footprints.

Informational signage will also give walkers pause. Local handyman Larry Gill installed the signposts, as well as the trailhead sign and a new bridge across a swampy area. He donated his labor.

The cost of materials was offset by grants from the Bethlehem Garden Club and Bethlehem Opportunities Unlimited, in the amounts of \$1,000 and \$570, respectively.

"It was a beautiful application and we could see they had been

working on it for a number of years," said the Garden Club's Grant Coordinator Susan Easton.

In addition, Hanifin Builders donated cedar shingles for the trailhead sign and Bryan Braun, Albany County coordinator for the New York State Bluebird Society, installed two bluebird boxes on the trail.

Hudson-based Crawford and Associates Engineering, who also donated their services, mapped the looping trail with GPS and produced a map.

The students of Slingerlands Elementary have already taken advantage of the trail, and classes have been making sojourns as part of their science education.

"It's a wonderful addition to the Slingerlands community," said Principal Heidi Bonacquist.

The public is invited to walk the trail, which is located in the western corner of the school property.

Bethlehem Festival Fund begins holiday appeal

The Bethlehem Festival Fund, a non-profit that provides temporary assistance to Bethlehem residents, has begun its annual holiday appeal with an increased goal of \$35,000 to meet the escalating needs of individuals and families hurt by the dire regional economy.

The Fund will host a concert featuring the GB five Band, plus Special Guests, music from the 40's to the 50's, on Saturday, Nov. 21, from 7:30 to 10:30 p.m. at the American Legion Blanchard Post, 16 West Poplar Drive, Delmar.

Suggested donation is \$5 to \$10; cash bar and snacks will be available. For information, contact Greg Jackson at 462-6731 or BethFestFund@aol.com.

The Festival Fund, which helps more than 200 individuals and families throughout the year, provides a quiet way for Bethlehem residents to help neighbors in need and was formally known as the "White Christmas Festival" when it began in 1942.

The Fund relies on the generosity of Town residents to help neighbors who are struggling to pay bills and unusual expenses caused by personal circumstances such as layoffs, medical problems and divorces.

Fund trustees work closely with Bethlehem Senior Services and the school district to identify individuals and families who need emergency assistance for utility bills, medicine, eyeglasses and other necessities. Students receive help with field trips, school supplies, breakfast food and other school activities to ensure that they are able to participate regardless of ability to pay.

The Festival Fund also provided two scholarships to Bethlehem Central High School students in 2009 to help defray college costs.



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To benefit local homeless animals

County seeks cell phones for seniors

Program gives the elderly emergency access to 911

By DAN SABBATINO
sabbatinod@spotlightnews.com

Albany County officials are asking for donations of old cell phones to provide emergency 911 coverage for the elderly as the program's own stockpile dwindles.

The program began in May 2008 and provides free, used cell phones that have been deactivated for normal service. Even though service has been cancelled, the phones can still call 911 and provide emergency coverage for seniors.

Due to the program's success, Albany County Sheriff James Campbell is making an appeal for more phones. Campbell noted that it is vital that people donating the phones also donate the chargers.

"When they realize all they have to do is punch 911, it makes it easier for them," he said. "We're trying to keep up with the demand."

After they are collected, the phones are checked to make sure the 911 function is still operational, and then the Albany County Department of the Aging issues the phones to those who have requested them.

"Since its inception, this program has been highly successful. Hundreds of phones have been donated and distributed to seniors throughout Albany County. Due to this fact, our supply of

phones is running low so we are asking the public for their help in donating their phones," Campbell said in a statement.

Campbell said that even though seniors from other areas have made requests, only Albany County residents are eligible, as there are a limited number of phones.

Alicia Roney, aging service assistant in the county, said the program allows residents to keep the phones in the community and help neighbors in need.

The program has no sign of being discontinued, and she said as long as there are elderly residents expressing an interest in having the phones, the county will continue to collect them.

The county has run out of phones for now, and there is a waiting list of about 15 names, Roney said.

"The people are so happy once they learn how to use it," she said.

She said it would be great if those who receive phones as presents during the holidays donate their old ones to help stimulate the program.

There are four collection points in Albany County: The Harold L. Joyce County Office Building, 112 State St. in Albany, the Albany County Judicial Center, 6 Lodge St., Albany, the Albany County STOP-DWI Office at 75 Remsen St. in Cohoes and the Albany County 911 Communication Center Route 85A in Voorheesville,

Seniors interested in a phone can contact the Department of the Aging at 447-7177.

Delmar Farmers Market adds winter dates

Saturday event to transfer to Delmar Presbyterian Church

By CHARLES WIFF
wiff@spotlightnews.com

The popular Delmar Farmers Market appeared in the parking lot of the Bethlehem Middle School for the last time this season on Saturday, Oct. 31, but don't let that spook you, because the organizers will hardly miss a beat transitioning to an indoor venue.

The winter market is to run Saturdays from Nov. 7 to Dec. 19, at the Delmar Presbyterian Church at 585 Delaware Ave., from 9 a.m. to 1 p.m.

The summer market was new to Delmar this year, starting on June 6 after months of work by organizers and donations of funding and other assistance from town businesses and organizations. It was a resounding success, said Market Manager

Paul Tick.

"From day one we had overflowing crowds," he said. "Hundreds of people came out every Saturday."

Tick said he expects the indoor market to also be an attractive weekend activity this winter. Gone will be the fresh greens a fruits of the summer, replaced with root vegetables. Local, chemical-free meat vendors will still be on hand, as will a range of craft vendors whose wares will make holiday shopping a breeze. Crafts that aren't made by local artisans will be fair trade items, made by indigenous peoples in places like Guatemala and Cambodia.

"For right now this is what we're planning so that people can get all their holiday foods and gifts," said Tick. "We're super,

super excited."

The plan is not to change what made the summer market so vibrant, said Tick, just to move it inside as the weather turns. Live music, kids' activities and environmental demonstrations will still be on tap.

"The atmosphere is like a community event at the center of town, where people come not just to shop but to meet each other," Tick said. "We won't have a picnic-y atmosphere, but we'll have an indoor celebratory atmosphere."

All of the foods sold at the market are from farmers growing within 35 miles of the town, and who grow chemical-free or with an absolute minimum of pesticides.

For information, visit www.delmarmarket.org.

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IN BRIEF

Masons to hold first ever open house

The Albany Masonic District invites the public to its first open house.

On Saturday, Nov. 7, tour the buildings, meet neighborhood Masons, and ask questions. This event will be held in lodges throughout Albany and Rensselaer Counties.

Masonry is the oldest fraternal organization in the world. Freemasons support charitable work and community projects, such as blood drives and Child ID programs.

Open houses will be held at the following locations:

- Albany Masonic Temple, 67 Corning Place, Albany from 10 a.m. to 3 p.m.
- Delmar Masonic Temple, 421 Kenwood Ave., Delmar from noon to 3 p.m.
- East Greenbush Masonic Temple, 710 Columbia Tpk., East Greenbush from noon to 3 p.m.
- Berne Masonic Temple, 2163 Main Street, Berne from noon to 3 p.m.
- Altamont Masonic Temple, 138 Maple Ave., Altamont from 12 p.m. to 3 p.m.

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Albany County planning clinic for H1N1 vaccine

Out of vaccine, county reports first death related to swine flu

By ARIANA COHN
cohn@spotlightnews.com

What is it, how can you get it and what should you do if you think you have it?

These are the three most common questions as a pandemic of the H1N1 virus has increased the number of cases of influenza at an earlier onset than in most recent years.

Albany County officials say they are fast at work to answer these questions, and many more, and plan a clinic where residents can get the vaccine as soon as it is made available in the Capital District.

According to Mary Duryea, spokeswoman for Albany County Executive Mike Breslin, the county is currently out of the vaccine that is said to prevent the H1N1 virus.

"Right now, we don't have a

large quantity of the vaccine, but we are expecting to get more in the month of November," she said. "Once we have received a number of the vaccine, we will schedule clinics at the Times Union Center."

Duryea said the county has been working hard to obtain the vaccine, but that there is no indication of how much of the vaccine the county will receive.

The county has already disbursed some of the vaccine to some county officials that were at the top of the Center for Disease Control's advisory for who is at top priority for receiving the vaccine.

"We've had a few clinics to [provide the vaccine] to health personnel and EMS," said Duryea. "We had a very small amount of the vaccine."

On Monday, Nov. 2, county officials reported the first Albany County death related to the H1N1 virus.

"A pediatric death is a tragedy and our sincere condolences are

extended to the family at this difficult time," said Dr. James Crucetti, the Albany County Health Commissioner in a statement. "This news, while troubling, should not be the cause for alarm. The H1N1 virus continues to be a predominately mild illness and this fatality does not mean the H1N1 virus has changed to cause a more severe illness."

The death occurred some time during the week of Oct. 26, and was later determined to have been linked to H1N1. The identity of the victim was not identified, but the county's report states the victim was an adolescent. It also states that "underlying medical conditions" in children increases the chances of complications from the flu, as they did in this case. Duryea said the guidance for the county was to provide the vaccine to those who would be administering health care to others as they could come in close contact with individuals infected and spread the virus.

The county is now working on obtaining more of the vaccine for the public.

In the meantime, Jennifer Cason, public health educator for the Albany County Health Department, said one thing families can do is be aware of their symptoms, and if they have symptoms of H1N1, to stay home to avoid risk of spreading the virus.

Cason said the county health department has been receiving many calls from residents concerned about when and where they can get the vaccine, as well as many calls from pregnant women and people who either

□ H1N1 Page 11

Some facts about H1N1

• The seasonal flu vaccine is not expected to protect against the 2009 H1N1 flu.

• Eating properly handled and prepared pork is safe, and will not spread H1N1.

• Seasonal and H1N1 flu can be spread from one day before getting sick and up to five to seven days after. This could be longer for those with weakened immune systems and with H1N1.

• Coughing sneezing and touching are likely causes of the spread of both H1N1 and the seasonal flu.

• Local hospitals have changed their visitation policies as follows: children 12 and under are not permitted; any visitor with respiratory symptoms (fever, sore throat, cough, shortness of breath) a rash or diarrhea is not permitted; and only two visitors will be permitted in a patient's room at one time. The hospitals listed on the policy are Albany Memorial Hospital, Bellevue Woman's Center, Ellis Hospital, St. Mary's Hospital (Troy), St. Peter's Hospital, Samaritan Hospital, Saratoga Hospital and Sunnyside Rehabilitation Hospital.

• Symptoms of the flu come suddenly, and are usually a fever, sore throat, cough, runny nose and fatigue. Some may experience vomiting and diarrhea.

• Fevers, body aches, extreme tiredness and dry cough can be more intense with flu, compared to a cold.

• Keep children home for 24 hours after their fever has broken without a fever reducing medication.

• It is expected that there

will be enough 2009 H1N1 flu vaccine for anyone who chooses to get vaccinated. The US federal government has procured 250 million doses of 2009 H1N1 flu vaccine.

• H1N1 vaccine will begin to be generally available to persons in priority groups beginning in November and to the general public in December. But not everyone will be able to get vaccinated at once. Please be patient. Vaccinations will continue through November and December.

• Recommended priority for H1N1 flu vaccine includes pregnant women, household contacts and caregivers for children younger than 6 months of age, health-care and emergency medical services workers, all people from 6 months through 24 months of age, persons aged 25 through 64 years who have health conditions associated with higher risk of serious illness and medical complications from the flu.

• Gov. David Paterson announced that CDC originally projected 200 million doses of H1N1 vaccine would be available by the end of November. The CDC now projects 65.9 million doses will be available nationwide by the end of that month. New York State receives 6 to 7 percent of the national vaccine supply, based on population.

• People who are allergic to eggs might be at risk for allergic reactions from receiving influenza vaccines, including the 2009 H1N1 vaccine.

— Center for Disease Control and Prevention, Albany County Department of Health and St. Mary's Hospital

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IN BRIEF

Foundation to mark 35th anniversary

Historic Albany Foundation will celebrate its 35th anniversary this year with the Beverwycked Ball and BUILT, a gala event and annual art exhibit and silent auction.

The event will take place on Saturday, Nov. 7, at the Cathedral of All Saints, 62 South Swan St., Albany, from 6 to 10 p.m.

The ball is a black-tie optional, "historic costumes preferred," gala event. Costumes will be inspired by 400 years of Albany's history. Included in the ticket price will be light dinner fare catered by Spoonful Catering, beer, and wine. There will also be a cash cocktail bar and dancing to a live swing band.

The 35th Anniversary Pillars, a group of Historic Albany's founding members and leadership over the past 35 years, will receive special honors at the event.

BUILT: Albany's Architecture Through Artists' Eyes, will also take place at the Beverwycked Ball. The show and auction will take place as in previous years, and will feature Albany-inspired, works of art.

The event is part of an effort to promote awareness of Albany's built environment and to raise funds for preservation efforts. While the work need not be representational, it should speak to the buildings of Albany's past, present and future and their impact on Albany's built and social environments.

A cash prize of \$500 will be awarded for Best in Show at the ball. This prize honors the late Nancy Hyatt Liddle in recognition of her vast contributions to and support of art and architecture in Albany. Additionally the BUILT Committee will award the Nancy Lawton Committee Choice Award.

Tickets for the Beverwycked Ball are on sale now. Call Jacqueline at 465-0876, ext. 10, or jburton@historic-albany.org for information.

Church to hold annual turkey dinner

The annual Helderberg Reformed Church Turkey Dinner is Saturday, Nov. 14.

Dinner, which will be served at 3:30, 5 and 6:30 p.m., will feature Thanksgiving dishes including roast turkey, cranberry sauce, butternut squash, rolls, and pies. Reservations can be made for a sitdown meal, and take out is also available.

The dinner costs \$10 for adults, \$5 for children 5 to 12, and is free for children under the age of 5. Reservations can be made by calling 452-6021.

Helderberg Reformed Church is at 140 Main St., Route 146, in Guilderland Center.

Church to offer Polish buffet

Blessed Virgin Mary of Czestochowa National Catholic Church will host an all you can eat buffet on Friday, Nov. 6, from 4 to 8 p.m.

The menu includes Polish and American favorites, such as

golabki, kapusta, kielbasa, bigos (hunters, stew), borscht, potato pancakes, roast pork, mashed potatoes, vegetable, and dessert. Frozen Polish food items will also be available for purchase to take home.

The buffet is \$15 per person; children from 6 to 12 pay \$6; children 5 and under eat free.

For information, call the church at 453-2258. The church hall is at 250 Maxwell Road in Latham (Colonie).

Ten Broeck to host Italian history talk

"Italian American History Unknown And Untold" is the topic of a talk by Philip J. DiNovo, president and director of the newly opened American Italian Heritage Museum and Cultural Center, on Wednesday, Nov. 11, at 5:30 p.m., at the Ten Broeck Mansion, 9 Ten Broeck Place, Albany.

The event is free and open to the public. For information, call 436-9826.

H1N1

(From Page 10)

have underlying health conditions or have children with underlying health conditions. These are the people, she said, at the highest risk for contracting the virus.

"They fit into one of the targeted groups identified on the CDC Web site," Cason said.

In terms of age range, the targeted group is people 6 months to 24 years old. Targeted groups are those that will be the focus of administering the vaccine as a small supply will be available, Cason said.

Cason said most people have stopped trying to identify whether they or their children have the H1N1 virus, and instead have begun self-medicating or doing at-home treatments.

Because of this, Cason did not wish to disclose the number of confirmed cases in the county.

"The number of confirmed cases really isn't a number

worth sharing at this point," she said. "[H1N1] is considered to be widely spread throughout the county."

Cason said that with children, it is harder to identify their symptoms as they sometimes have difficulties communicating them and this can lead to misdiagnosis of H1N1 as a more common seasonal cold.

"I think a lot of parents think their kids might have the common cold and they might be mistaking that for H1N1," Cason said. "We're encouraging you to take precautions."

Taking precautions does not mean going to your doctor's office, Cason said, unless symptoms become severe.

Examples of severe symptoms in children would be an extraordinarily high fever or difficult breathing.

Other symptoms Cason said parents can look for to identify the flu, but don't necessarily require a trip to the doctor, include "fast breathing or trouble breathing, bluish or grey skin color, if they're not drinking enough fluids, small children

— if they're not urinating or have no tears when they're crying, persistent vomiting, not waking up or waking up with confusion, pain or pressure in the chest or abdomen, or if the small child is so irritable that they don't want to be held."

For adults, Cason said the symptoms are similar, and that an adult would probably be able to tell if he or she feels exceptionally ill.

Her advice is to try to identify what is making you ill and then come up with the treatment.

"If it feels just like the regular flu, manage it at home," she said. She also recommended regular, over the counter flu medications, but if someone does have an underlying health condition they contact their doctor to see if they should be on any anti-viral medications.

The county is posting weekly updates about the H1N1 virus, its effect on the county and information about the vaccine on its Web site at <http://www.albanycounty.com/health/flu.asp>.



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Church to offer Polish buffet

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The menu includes Polish and American favorites, such as



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SARATOGA BUSINESS JOURNAL



Court splits on Pine Bush case

Ruling lets proposed hotel's environmental review stand; says activists have right to bring suit

By DAN SABBATINO
sabbatinod@spotlightnews.com

New York state's highest court issued a split decision regarding a proposed hotel on the Washington Avenue Extension, according to a Tuesday, Oct. 27, ruling.

Save the Pine Bush, activists seeking to preserve endangered species in the Pine Bush Preserve located in Guilderland, Albany and Colonie, sued the City of Albany, which granted a rezoning permitting the hotel in September of 2003. The Oct. 27 ruling gives the group standing in the case, meaning they were considered a legitimate party with the right to bring suit, but ultimately decided their case failed on its merits.

Lynne Jackson, a representative of the advocacy group had mixed emotions.

"We won the right to bring the case to court," she said. "The irony is, we lost the case on the merits."

Jackson contested that a rare breed of snake lives on the location where the hotel is proposed.

Tharaldson Development Company owns the 3.6-acre parcel of land on Washington Avenue Extension where the hotel is proposed, according to information from the Court of Appeals.

Attempts to reach the Fargo, N.D.-based company were unsuccessful as of press time.

According to the ruling, "The City of Albany did not violate SEQRA when, in examining the environmental impact of a zoning change for property located near the Pine Bush, it focused its

attention on the areas of major environmental concern. It was not required to scrutinize every possible environmental issue, and the failure of the city's environmental impact statement (EIS) to discuss the possible impact of rezoning on certain rare species was therefore not a fatal flaw."

One the other hand, the court stated the group could bring suit under the State Environmental Quality Review Act.

"We hold that a person who can prove that he or she uses and enjoys a natural resource more than most other members of the public has standing under the State Environmental Quality Review Act (SEQRA) to challenge government actions that threaten that resource. Applying that rule to this case, we hold that the individual petitioners who are members of petitioner Save the Pine Bush, Inc., and the organization itself, have standing to challenge an action alleged to threaten endangered species in the Pine Bush area," the ruling states.

Jackson also argued that subsequent facts have shown the merits of the case to favor Save the Pine Bush, but they were too late to introduce.

"We are vigorously exploring our next legal steps," Jackson said. "I am extremely unhappy the Marriot wants to build in the Pine Bush."

IN BRIEF

Legal Leaders plan MDA fundraiser

On Thursday, Nov. 5, from 5:30 to 7:30 p.m., La Serre Restaurant in downtown Albany will hold a fundraiser for The Muscular Dystrophy Association.

The MDA, as well as over 100 members of the legal community, came together last year to raise money toward the fight against Duchene muscular dystrophy. This year, the evening serves two purposes: to raise funds for MDA, and for Steve Coffey to recognize some of the community's "Legal Leaders."

Coffey's Legal Leaders was created to honor the memory of his son Quinn while simultaneously raising money and awareness for MDA. More than \$28,000 was raised last year, and 78.4% of every dollar raised from this event will be used to continue Duchene muscular dystrophy research. It costs \$85 to keep worldwide research going for an additional minute.

For information, contact Piper Allport at 489-5495.

Joseph's House and Shelter to hold walk

Joseph's House and Shelter in Troy will hold Winter Walk for the Homeless events on Dec. 3, 5, and 6.

The events will begin with a reception at the Franklin Terrace Ballroom on Dec. 3 from 6 to 9 p.m. On Saturday, Dec. 5, a

pancake breakfast will take place before the walk from 8:30 to 10:30 a.m. at the First Baptist Church, followed by the Winter Walk for the Homeless from 10:30 a.m. to 12 p.m. in Barker Park. The walk will be followed by a reception from 12 to 1 p.m. at the First Baptist Church.

Wreath sales will be held in conjunction with the Walk on Saturday the 5th from 10:30 a.m. to 12 p.m. and on Sunday the 6th throughout the city during the Victorian Stroll.

Joseph's House and Shelter is located at 74 Ferry St. in Troy.

Saint Gregory's to host craft fair

Saint Gregory's School will hold its first holiday craft fair on Saturday, Nov. 14.

There will be more than 40 specialty craft vendors at the event, which will run from 9:30 a.m. to 4 p.m. Lunch will be served in the café, and homemade baked goods will be available for purchase. Admission to the event is free. Babysitting is available throughout the day.

The craft fair will be held in the large gym and Kopp wing at Saint Gregory's School, 121 Old Niskayuna Road, Loudonville. Call 785-6621 for information.

Wellness centers holding food drive

During the months of November and December, AAC Family Wellness Centers will be sponsoring a canned food drive.

Drop your donations at AAC Family Wellness Centers at either 2558 Western Ave., Guilderland (456-3100) or 402 Rowland St., Ballston Spa (363-0202).

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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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11/12	Friendly’s Latham	2:00 PM
12/01	Smith’s	2:00 PM
12/03	Friendly’s Latham	2:00 PM
12/10	Colonie Diner	10:00 AM
12/10	Tool’s Restaurant	2:00 PM
12/15	Smith’s	2:00 PM
12/17	Friendly’s Latham	2:00 PM
1/07	Colonie Diner	10:00 AM
1/19	Smith’s	2:00 PM
1/21	Tool’s Restaurant	2:00 PM

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IN BRIEF

Friends Of Five Rivers to meet

The Friends of Five Rivers invites the public to the Friends' annual meeting Wednesday, Nov. 18, at 7 p.m., at Five Rivers Center, 56 Game Farm Road, Delmar.

The program will feature a presentation by George Shuler, director of Conservation Science and Practice for the Nature Conservancy, on the history of efforts to preserve the environmental quality of the Hudson River. A short business meeting reviewing the Friends' accomplishments of the past year will precede the program. This program is open to the public free of charge.

For information, call the Friends at 475-0295.

Arts center slates exhibit, auction

The second annual Grand Street Community Arts BoardedUP exhibition and

silent auction will be held on Nov. 6 from 5 to 9 p.m. at the Grand Street Community Arts Center.

The event will feature an outdoor exhibition of artwork and is an opportunity for local artists to paint a board from the windows of the Arts Center, formerly St. Anthony's church. The exhibition is free, and proceeds from the silent auction will help fund Grand Street Community Arts youth programs and renovation of the Arts Center building. Music and refreshments will also be available.

The Grand Street Community Arts Center is at 68 Grand Street in Albany. For information, call the arts center at 433-0679 or visit grandarts.org.

College to hold information session

Empire State College, of the State University of New York, will hold public information sessions about its associate and bachelor's degree programs at

its North East Center location, 21 British American Blvd., Latham on Thursday, Nov. 12, at 5:30 p.m.

To reserve a space for an upcoming information session please visit www.esc.edu and select the location nearest to you or call 518 783-6203. You may also register by calling 800 847-3000 and select option 1.

The college's options include guided independent study with a faculty mentor, group studies and online learning, as well as credit earned through college-level experiential learning. With over 19,000 students and 60,000 alumni, Empire State College is dedicated to enabling motivated adults, regardless of geography or life circumstance, to manage and master a rigorous program and earn a degree. Empire State College is the SUNY College for Adults.

Benevolent society plans meeting

The Albany Independent Benevolent Society will hold its bi-annual business meeting on Sunday morning, Nov. 8, at the Fuller Road Fire Department in Albany.

The membership will discuss issues involving upkeep of the cemetery and programming for the coming year.

For the past 94 years since the incorporation of The Independent Benevolent Society in 1915, its cemetery and chapel on the east side of Fuller Road, bordering the State University at Albany, has served the needs of the Capital District Jewish community. Those of the Jewish faith, regardless of synagogue affiliation or non-affiliation are eligible for membership in the Albany IBS at the age of 18.

For information on the society, go to the Web site www.albanyibs.org.

Shoes for the Shoeless is deemed a success

Drive brings in nearly 11,000 pairs of shoes locally

By DAN SABBATINO sabbatinod@spotlightnews.com

Charity is best when it reaches from the head down to the toes.

The "Shoes for the Shoeless" Drive, organized by Gail Leonardo Sundling, who owns the Delmar Bootery in Stuyvesant Plaza, recently collected new and "gently worn" shoes for those in need.

The drive, which ended Sunday, Nov. 1, collected close to 11,000 pairs from throughout the Capital District.

Sundling said this is her 14th year collecting shoes for the event. It began as an effort to collect footwear from shoe stores like her own, but evolved to include collections from churches and schools and other organizations.

"The churches are very much involved. The schools are very much involved," she said.

Sundling, a Delmar native whose background in shoes dates back to her parents' shop near The Four Corners in Delmar circa 1938, said she is happy with this year's turnout.

St. Clements School in Saratoga Springs donated more than 1,260 shoes as part of a second-grade project.

Louise Gionet, one of two second-grade teachers involved with the project at St. Clements, said it served to teach kids about helping others, but also imparted other useful lessons.

"We typically are involved in a lot of community outreach," Gionet said.

She said the shoes being distributed around the country allowed the teachers to integrate geography lessons. The shoes also needed to be counted and boxed, allowing the students to practice their adding and sorting skills.

The students worked in small groups to count and sort the

"We've received such a variety of shoes through the church and through the school."

Becky Stauffer

shoes, Gionet said.

"It's also promoting teamwork," she said. "It's amazing how well they cooperate and how well they work together. They absolutely love doing it."

Gionet thanked the parents who volunteered to bring the boxes of shoes down to Albany County.

Becky Stauffer was the other second-grade teacher involved with the project.

"We've received such a variety of shoes through the church and through the school," Stauffer said. "We've topped last year's number."

Information from the Delmar Bootery indicates the shoes will be distributed to families in need through the Lions Club of Glasgow, Del., and Appalachian churches. They will distribute the shoes throughout locations in Virginia, Kentucky, Ohio and West Virginia.

Delaware Lions member Albert O'Neill Jr. distributes the shoes himself, Sundling said, and travels on his own expense in order to help deliver them to those in need.

Sundling said O'Neill has traveled to New York City and has even helped survivors of Hurricane Katrina. She said she tries to help him with traveling expenses when she can.

"We're getting very organized," she said.

Both Sundling and St. Clements will be participating in the shoe drive next year. Although they aren't taking shoes anymore this year, they ask that if you have old shoes between now and next September to think about the drive before throwing them away.

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Five Rivers marker to be unveiled

The New Scotland Historical Association cordially invites the public to the unveiling of an historical marker at DEC's Five Rivers Environmental Education Center, 56 Game Farm Road, at 1 p.m. on Saturday, Nov. 7.

Designed and funded by the NSHA, the sign commemorates Five Rivers' pivotal national importance in the wildlife conservation and environmental education professions.

From 1933 to 1936, Five Rivers was the site of Civilian Conservation Corps Camp (CCC) S-72, which helped convert a hard-scrabble fruit farm into the Conservation Department's Delmar Experimental Game Farm. CCC was a work camp for men between the ages of 18 to 25 who were unemployed,

unmarried, from a needy family; not in school, healthy and capable of doing work. The game farm was the state's only game farm dedicated to wildlife research as well as propagation.

Research activities at the site were expanded in 1941 with construction of the site's renown Wildlife Research Center. From 1948-1970, a small menagerie at the site became known as the Delmar Zoo. When the game farm and zoo operations closed in 1970, the site was re-dedicated to environmental education.

Sandy Slingerland, member of NSHA and former staffer at the Wildlife Research Center, noted that "from the CCC Camp 75 years ago to the Education Center today, Five Rivers has provided employment opportunities for our families

and has offered wholesome education and outdoor recreation opportunities for our intellectual growth and spiritual refreshment. The installation of this historical marker publicly recognizes Five Rivers' long-standing role as a vibrant public institution which has helped to enhance our quality of life, define our sense of community, and contribute to pride in our town."

The unveiling continues the NSHA's annual program of acknowledging important local landmarks via historical markers. Following the unveiling, the Association will serve refreshments in the Visitor Center. This program is open to the public free of charge. For information, call the center at 475-0291.

IN BRIEF

Delmar church to hold fundraiser

Healing a Woman's Soul is holding a "Journey of Hope" fundraising event Saturday, Nov. 7, at 6 p.m. at St. Stephen's Episcopal Church, 16 Elsmere Ave., Delmar.

A silent auction and buffet will aid domestic violence victims on their journey to heal, physically, emotionally and spiritually.

For information, call 755-3325.

Women's club slates auction, luncheon

The annual basket silent auction and luncheon sponsored by the Capital District Christian Women's Club will take place on Wednesday, Nov. 11, at the Evans

Public House at 5180 Western Avenue in Guilderland from 11:30 a.m. to 1:30 p.m.

The event will feature a holiday basket silent auction, several live auction items, a "turkey dinner" menu, music, and a speaker. Reservations should be made by Nov. 6 at 869-0642 or 235-4297.

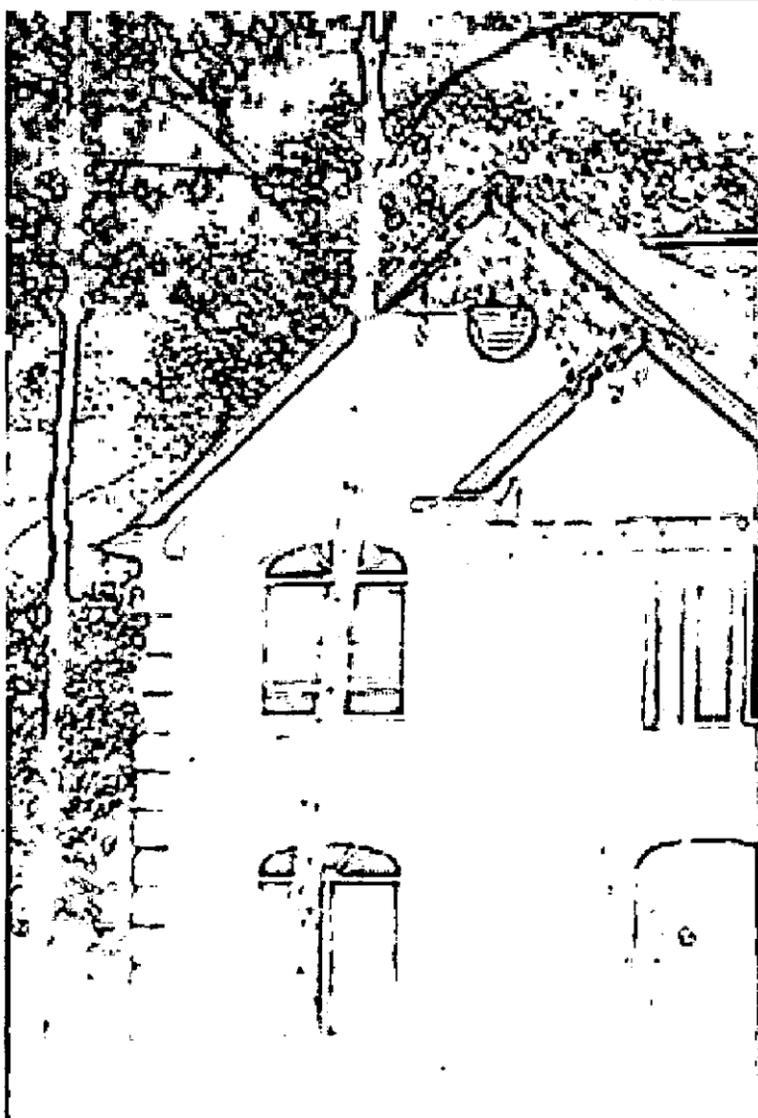
The cost for the event is a cash payment of \$13.50.

Specialist to host fibromyalgia event

Dr. Thanasi Sarris, of AAC Family Wellness Centers, located at 2558 Western Ave., Guilderland, will be hold a free fibromyalgia workshop on Wednesday, Nov. 18 at 7 p.m.

Seating is limited. Call 456-3100 to reserve a spot.

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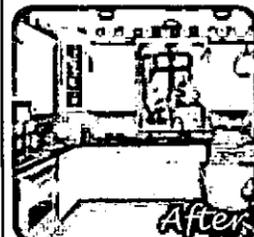
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These tires were recycled at the Albany County Soil and Water Conservation District's Oct. 16 event.

County residents have chance to recycle tires

Using Conservation Project Financial Assistance funds, the Albany County Soil and Water Conservation District is offering its final free tire recycling event for 2009 to Albany County residents.

The event will take place on Sunday, Nov. 15, from 4 to 6 p.m. at the Albany County Department of Public Works. Only car and light truck tires will be accepted. Registrations are required and are being accepted until Nov. 12 on a first come, first served basis. For liability purposes anyone who has not registered prior to the event will not be allowed to participate.

The district is limited to

collecting 999 tires and will not accept more than 25 tires per household, five of which can be on rims.

One of most important aspects of recycling and reusing waste tires is keeping them out of landfills. With their rounded, hollow shape, tires quickly consume a landfill space. Additionally, stored tires pose an enormous environmental risk if they are ignited. Tire fires can burn for months (or years) and release harmful toxins into the air, soil and water.

For information, visit www.albanycounty.com/swcd or call 765-7923.

Former Delmar woman chosen as a top dental professional

For the second year in a row, Chatham dentist Vicki Cohn has been designated a top dental professional by a nationwide referral company called topDentists.

Cohn will be featured in the November issue of Hudson Valley Magazine as a result of the honor. The topDentists designees are chosen by professionals in the field. Cohn was first named to the topDentists list in 2008, based on her experience in all phases of dentistry and ongoing commitment to education and excellence in her field.

Cohn is a general dentist who offers full mouth rehabilitation, implants, Invisalign, root canals, cosmetic make-overs, veneers, and TMJ diagnosis and therapy. Cohn grew up in Delmar, graduated from SUNY Buffalo School of Dental Medicine in 1984 and completed her residency at Strong Memorial



Vicki Cohn

Hospital in Rochester. She has been practicing in Chatham since 1987, when she purchased the practice from Charles Mesick.

A few years ago, Cohn sold the practice, now known as Countryside Dental, to Domenic

Riccobono, but she has continued to work there.

"Removing practice management from my duties has allowed me to spend more time on advanced education and training," Cohn said.

In addition to managing a large, rural dental practice, Cohn's past experience includes dental research projects and participation in programs at advanced training centers such as the Dawson Academy and the Seattle Study Club. Cohn has had professional papers published in the Journal of Dental Research and Journal of Chemistry and Physics, and has made presentations at the American Association of Dental Research in Ohio and Simmons College in Boston.

"I am honored to have been chosen again by my peers for this award," Cohn said of the latest topDentists designation.

Troop 75 to host 37th annual SportsMart

Delmar Troop 75 will host its 37th Annual SportsMart on Saturday, Nov. 21, in the Bethlehem High School cafeteria, Van Dyke Ave Entrance.

Drop-off hours are 8 to 11 a.m. Shopping hours are 1 to 4 p.m.

The SportsMart is a single-day used sporting equipment

sale. Items brought in by the public in the morning are offered for sale in the afternoon on a consignment basis, with a portion of sale proceeds supporting Troop 75's scouting activities. While its primary focus is winter sports equipment, including gear for

downhill skiing, cross-country skiing, snowboarding, hockey and ice skating, SportsMart also offers numerous items for baseball, lacrosse, bicycling, soccer and other outdoor recreational activities.

For information, visit www.delmartroop75.org

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At Guilderland High School, music makes a meal

Concert benefits area food pantry

By DAN SABBATINO
sabbatinod@spotlightnews.com

Guilderland High School played music to a local food bank's ears.

On Thursday, Oct. 29, members of the music community came out to perform a variety of instrumental and vocal jams at the high school auditorium. Concertgoers were asked to bring canned food and monetary donations. The proceeds went to the Regional Food Bank of North Eastern New York.

The Guilderland Music Faculty and Friends recital had performers from every grade level, as well as community members.

Lori Hershenhart, who played the saxophone for the concert and is district administrator for music, said it is a great opportunity for members of the community to play together.

"It's wonderful watching the musicians work with each other. It's our community," she said. "It's our way of giving back."

The content was "accessible" for students of any age, Hershenhart said, and the show had a wide appeal. Both instrumental and vocal performances were featured, including a performance by opera singer Julie Norman, daughter of Starr Norman, a music teacher at FMS. Norman performed a piece from "Mignon." There were students, teachers, children of teachers, husband-and-wife combinations and entire families playing together at the show.

Rea Jean, Sean and Kat Teeter performed "Walkaway Joe" with Lenore Aldi Snow on piano.

"The music is a gift itself," Hershenhart said, adding that with Thanksgiving approaching, the district wanted to make a contribution to a charitable organization.

Attendees donated canned goods, money or both to the Regional Food Bank of Northeastern New York.

"It's wonderful watching the musicians work with each other. It's our community. It's our way of giving back."

Lori Hershenhart

"We are thrilled to have this collection taking place on our behalf," said Tracey Martin, associate director at the Regional Food Bank. "In today's economy, more and more people find they need help feeding their families. Every can collected and every dollar donated at the concert will be used to combat hunger right here in the Capital District."

The Regional Food Bank of Northeastern New York serves the area from Plattsburgh to Newburgh and provides nearly 20 million pounds of food each year to more than 1,000 agencies, according to information from Martin.

"Music feeds the soul, and now thanks to students and faculty at Guilderland High School, it will also feed the body," Martin said.



The Guilderland Music Faculty and Friends recital on Thursday, Oct. 29, had performers from every grade level, as well as community members.

Dan Sabbatino/Spotlight



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Tackles

(From Page 1)

James Murley, who recently was cited as violating the town's sick leave policy on more than 50 occasions.

"I don't think we would want the chief back," Runion said. Lawlor noted that her husband has not indicated any interest in coming back to work either.

The hires would come at the discretion of the Town Board, but Lawlor recommended that their annual income be kept under \$30,000, so that they do not add to their pensions.

The possible salary would be \$25 per hour for 20 hours each week, the board discussed.

Even if the retiring officers are replaced with full time workers in addition to the part time add-ons, the department is still looking at keeping its budget down, since the freshman officers' starting salary is so much less than those of the retiring officers.

Runion added that the part time officers are already receiving benefits through their pension, so the town would not be responsible for more than the hours they work.

"That's the nice part of it. The benefits are already being paid," Runion said.

The Police Benevolent Association had considered drafting a letter to the supervisor with concerns that coverage in the town was an issue, but with the department's latest hire, Matt Hanzalik, sworn in on Friday, Oct. 30, the PBA opted not to draft the letter, said PBA President Brian Forte.

Officials also discussed overtime, which Lawlor said is being monitored closely to keep costs down.

The investigators' overtime is down she said, and the sergeants line is on pace. The regular overtime line is at \$220,000, close to 100 percent for the expected 2009 num-

ber, with still two months to go.

Forte said there were some officers who would like to see more overtime, but for the most part the department is understanding of the town's budget issues.

"We understand the cut in overtime," he said.

Emergency medical services were discussed after the police, and Town Board member Warren Redlich expressed concerns that the 2010 budget calls for \$686,000, while spending in 2007 and 2008 was \$730,000 and \$735,000 respectively.

The 2009 spending projection is \$720,000.

With the full-time salaries of the workers rising, Redlich expressed concerns about how the number could be so much lower.

He said he has not yet been given a satisfactory explanation of the discrepancy.

"I think the plan is to eliminate the part-timers," Redlich said on Monday, Nov. 2. "There's no question about it, they're cutting paramedics services."

Runion said as of Monday the numbers have not been crunched, but said shifts the overtime budget line for part timers to the full time line might explain the discrepancy. He also said that in 2008 and 2009 there were full time paramedics out on long-term disability, and the town was paying more in part time to cover those shifts.

"They're running the numbers now," Runion said.

He said no full time workers are slated to be cut, and with the full-time hours reworked to be more efficient, it's hard to say if part time hours will decrease.

Redlich said he would like to see the budget broken down by part time and full time to better address the discrepancy.

A public hearing for the adoption of the 2010 budget will be held on Thursday, Nov. 5, at Town Hall.

Public

(From Page 1)

the town tax would raise by 5 cents per \$1,000 of assessed property value.

In a later interview, Supervisor Jack Cunningham said that he felt the tax increase was "small, but reasonable," and noted that it represents an \$8 tax hike for the owner of a \$150,000 house. He said that some sort of tax hike should be expected when the town is being forced to dip into reserves, in part because of rising costs and slumping sales tax revenues.

"We did a ton of work on this budget, it wasn't just something that we slapped together and said, this is good enough," Cunningham said.

Many of the comments on Wednesday referenced a proposal put forward by Town Board member and candidate for supervisor Sam Messina to shoot for a flat tax rate. Messina's proposal, which he released to the media Oct. 16, calls for a zero percent tax hike to be achieved

by cutting 2 to 4 percent from each town department's budget.

"A 2 percent town tax is inconsistent with the economy around us," said planning board member John Smolinsky who spoke during the public hearing. "Let's spend time reevaluating how we prioritize projects. ... Give us better government for more tax dollars."

"Why is there a cost-of-living adjustment for town employees?" said Jared King. "Why is the town providing civil service raises when there is 9.8 percent unemployment?"

Republican Town Board candidates John Flanagan and Fred Di Maggio also spoke in support of a flat tax rate.

Messina restated and defended his plan during the portion of the agenda devoted to new business. He and Town Board member Kyle Kotary — a Democrat running for reelection — exchanged words briefly over the content and timing of the proposal.

Kotary also said that the town made \$1 million in cuts to create the proposed budget in the face

of increased pension and health-care costs.

"It was a long and difficult process," Kotary said, adding that he believes Messina's across-the-board cuts to be a disastrous proposition.

"That will have not only a severe impact to the services ... there will be layoffs," he said.

Town Board member Mark Hennessey — a Democrat whose seat is not up for election — said he was surprised to hear Messina's proposal through the media and not at one of the previous budget workshops. He reiterated his support for the proposed budget.

"To go back and peel back the onion and cut it again would make a soup I would never want to eat," he said.

Cunningham said he would be communicating with Town Board members and department heads on any possible changes to the budget. It is expected the Town Board will adopt a budget at its Nov. 10 meeting, where there will be a presentation. A budget must be adopted by Nov. 20.

Give

(From Page 1)

"In the past for our school, we've traditionally had a gala fundraiser, and we felt it was moving away from where our target area was," said school Director Deb Monteith. "We decided to have a more giving-oriented type of event."

Students and volunteers can work at a number of "stations" to directly make items that will be distributed to organizations around the area. At one station, for example, volunteers will assemble ingredients to make chicken soup in a jar and bake cookies for distribution to shelters and food kitchens at another. At others, volunteers will be creating sports supplies for the Albany Boys and Girls Club and kitchen towels and trivets for Habitat for Humanity.

Students have also been collecting donations in CDTA "bus banks" that CDTA will match with free bus passes for people going to job interviews.

More than 15 charities and organizations will benefit in some form from the DSG, said Monteith.

The day also opens up the school to parents and the community at large, who are invited to come and participate in the Day of Simple Giving. BCS has collaborated with Grassroots Givers in all the events so far, and will continue to do so.

"With BCS, we have worked collaboratively and come up with projects where we can make things and help out the shelters," said Grassroots Director Roberta Sandler.

The group strives to make connections between those in need and those who can supply what is needed, so the Day of Giving fits right into the organization's goals.

"Lots of stuff comes out of this day," Sandler said.

This Saturday's event is planned to be bigger and more influential than ever because the school and Grassroots will be partnering with the Interfaith Partnership for the Homeless, which has held an event the last three Novembers to kick off Homelessness Awareness Month.

Participants will be led by Ric Mitchell of B95.5 in the "Cha-Cha Slide" in a symbolic effort to "Stomp out Homelessness."

Partnering with the Day of Simple Giving was really a no brainer, said Interfaith Development Director Bonnie St. Onge.

"We're often recipients of the good things they do, so it's kind of a way for us to give something to them and help them grow," she said. "We had an event, and they had an event, so we decided, let's bring them together."

Interfaith runs a 30-bed emergency shelter and also a drop-in center that provides everything from showers to help finding a job for the homeless. They also run a transitional housing program that aims to put those in emergency shelter into permanent housing, and recently cut the ribbon on housing for the homeless with disabilities.

Members of the Albany Legends Dream Girls dance team will be on hand Saturday to give dance tips to kids.

"To have kids involved this year, it's a whole other element," said St. Onge. "It's a full circle now."

The Day of Simple Giving will run from 10 a.m. to 2 p.m. at St. Sophia's Church on Whitehall Road in Albany. For information, contact BCS at 478-0224.



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Health fair to offer screenings and more for seniors

Very good and healthy news: On Friday, Nov. 13, Bethlehem Senior Projects, Inc. and Bethlehem Senior Services will sponsor a health fair at Bethlehem Town Hall, 445 Delaware Ave., Delmar, from 10 a.m. to 2 p.m. While all ages are welcome, only individuals age 60 or older are eligible for a number of free screenings, including cholesterol, hearing, glucose, and pulmonary function.

Seasonal flu shots (not for H1N1) will be administered by Maxim Health Systems personnel with walk-in registration available that day. Medicare and other health insurance cards will be needed, and individuals not insured by an approved provider will be charged \$30.

The Mobile Mammography Coach of Bellevue Woman's Hospital will provide screening. Appointments are strongly encouraged. To schedule an appointment or to ask questions, call 1-888-423-3366.



Representatives from many organizations and health-related organizations will be available for information, including St. Peter's Lifeline; Community Hospice; St. Peter's Home Care; EPIC; Umbrella of the Capital District; NYS Division of Veteran Affairs; YMCA; Bethlehem Senior Services; Bethlehem Parks and Recreation; Bethlehem Public Library and other important and helpful town offices.

For information, call 439-4955, ext. 1176.

Program highlights Saturday, Nov. 7

• Complete turkey dinner at the Bethlehem Grange, South Bethlehem, \$10 at the door.

Bethlehem senior transportation leaves Town hall at 3:30 p.m. with home pickup available on a pre-arranged basis. Suggested van donation \$3. For reservations, call 439-4955, ext. 1176; however, transportation is on a wait-list basis at this time.

Monday, Nov. 9

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

Tuesday, Nov. 10

• Seniors in Motion - a low-level aerobic exercise class to music, Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 9 to 10 a.m. No registration necessary. \$3.00 fee per class.

Wednesday, Nov. 11 Veterans' Day

Bethlehem Town Hall closed No Senior Services transportation available today.

Thursday, Nov. 12

• Senior Legal Services Program-free for Albany County residents 60 years of age or older, Bethlehem Town Hall, 445 Delaware Ave., Delmar, 10:30 a.m. to noon. Appointments are necessary. Call 439-4955, ext. 1176. The program is funded by Albany County Dept for Aging and staffed through the Legal Aid Society of Northeastern NY, Inc.

• Bethlehem Senior Citizens Club meets for an enjoyable social afternoon of games and entertainment, Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 11:30 a.m. All seniors welcome. For information, call 439-4955, ext.1176.

• Parkinson's Support Group, the Terrace at Beverwyck, 40 Autumn Drive, Slingerlands, 7

p.m. The group provides support, education, encouragement and information to persons with Parkinson's disease and to their families and friends. For information, call Wolfgang Wehman, 439-5252.

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

Friday, Nov. 13

• Health fair at Bethlehem Town Hall, 10 a.m. to 2 p.m. See details in lead above. • Seniors in Motion (see Tuesday's activities for details) • Seniors grocery shopping for residents of Good Samaritan Senior Housing and Van Allen Senior Apartments. For reservations, call 439-5770.

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

Doris Davis,
Bethlehem Senior Projects, Inc.
board member

Talk to HIICAP rep at Town Hall

A representative from HIICAP, Health Insurance Information, Counseling and Assistance Program, will be at Town Hall on Nov. 23 to individually review Medicare Health Insurance plans. Call MaryAnn at 356-1980, ext. 1095, to schedule an appointment. Open enrollment dates are Nov. 15 to Dec. 31.

HEAP program

Cold months approach. Heating costs increase. People with monthly incomes under \$2,030 for one person, or \$2,657 for two people, etc., are eligible for the Heating Assistance Program called HEAP. This grant can be received each heating season and goes directly to the heating company. The amount of the payment to each person is determined by income, living expenses and type of fuel used. Applications to the program are now available in the Senior Office. Please act quickly as funds are limited.

Holiday luncheon

Guiderland seniors are invited to a holiday luncheon Tuesday, Dec. 15, at noon at Mallozzi's Clubhouse, Western Turnpike Golf Course, Route 20.

The menu will feature the entrée choice of chicken marsala or sliced sirloin of beef. The cost is \$18 per person.

Tickets are available from Nov. 10 to Dec. 8.

Town of Guiderland SENIOR CALENDAR

Monday, Nov. 9

Scheduled Shopping
9 a.m. Aerobics
10:30 a.m. Strong Bones+
10:30 a.m. Sr. Fitness
1:30 p.m. Strong Bones+

Tuesday, Nov. 10

9 a.m. Strong Bones +
11 a.m. Tuesday Lunch Group to White Stone Café

Wednesday, Nov. 11

Town Hall Closed Veteran's Day

Thursday, Nov. 12

Scheduled Shopping
9 a.m. Strong Bones +
10:30 a.m. Caregivers' Presentation
1 p.m. Pinochle/Mahjongg

Friday, Nov. 13

Scheduled Shopping
10 a.m. Painting
1 p.m. Quilting

Bethlehem Tomboys Girls Softball League 2010 REGISTRATION

The Bethlehem Girls Softball League will hold registration for girls grades K to 12.

Thursday, November 5th
6:00pm - 8:00pm
R.C.S. High School

Thursday, November 19th
6:00pm - 8:00pm
Bethlehem Town Hall

Visit www.bethlehemtombos.com
For online registration and information

Two Beverwyck residents honored

Beverwyck retirement community residents Katherine P. Dixon and Constance Strong have been honored with the 2009 Senior Lifetime Achievement Award by the Capital District Senior Issues Forum.

The awards ceremony took place at Congregation Beth Emeth in Albany on Oct. 14.

Dixon worked for the Red Cross as a World War II nurse in the South Pacific and wrote the

book "Red Cross Kay: My Journey of Service in World War II" based on her experiences. Kay is still an active Red Cross volunteer. Strong has held numerous community leadership positions as a scout leader, choir mother for the Delmar Methodist Church, and president of the Delmar Newcomers Club and Bethlehem Garden Club.

The women live at the Beverwyck, a Slingerlands retirement community.

NOW ACCEPTING APPLICATIONS FOR FALL 2010
Early Childhood • Elementary • Middle School



Join us for an Open House

Saturday, November 7, 2009 • 12:30-3 pm

(snow date Saturday, November 14)

Meet the faculty; tour the campus. Discover how the proven excellence of a Montessori education can help your child achieve a lifetime of outstanding results.

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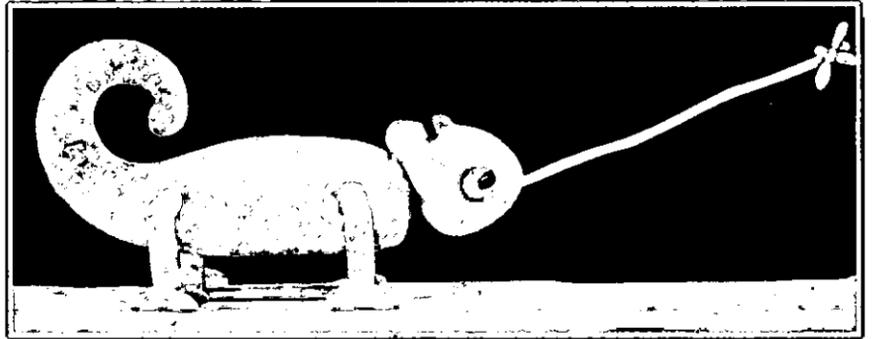
1879 Central Ave., Colonie, NY

464-5050

Entertainment *in the* Spotlight

In Mermaid Theater's "The Mixed-Up Chameleon," a chameleon takes a trip to the zoo and tries to resemble the animals he sees.

Submitted photos



Staging storybooks

Mermaid Theater's 'The Very Hungry Caterpillar' brings the Eric Carle classic to life

The founders of Mermaid Theater of Nova Scotia never intended for their plays to be staged only in Nova Scotia.

Members of the theater regularly travel across Canada, the United States and Asia to perform the theater's trademark plays, which are based on children's storybooks.

"The idea was that it would be theater that would be taken to the people," artistic director Jim Morrow said.

Over the theater's 37 years,

Albany has been a frequent stop, and Mermaid Theater returns to the city on Saturday, Nov. 7. The Egg is hosting "The Very Hungry Caterpillar and other Eric Carle Favorites" at 11 a.m.

"We've had this particular one before, and it's very popular," said Peter Lesser, the executive

director of the Egg. "Everybody loves The

Hungry Caterpillar."

That's not an accident. When Mermaid Theater is deciding on storybooks to adapt, it strives to find pieces that are being read and enjoyed by kids around the world.

"We have to like the message," Morrow added, and Carle's stories fit the bill, even though on the surface, they might seem simple.

In addition to "The Very Hungry Caterpillar," which tells the story of a caterpillar that transforms into a beautiful butterfly, the Egg show will spotlight "Little Cloud," who changes into various shapes of things it sees, and the "Mixed-Up Chameleon," who takes a trip to the zoo and tries to change to look like each of the animals he sees.

Mermaid Theater stays true to the original stories while also mixing in its trademark black light effects and original music.

"The language and the music go together," Morrow said. "We don't try to overpower the child."

In fact, Mermaid Theater prides itself on offering a "gentle" experience that is suitable for kids as young as 2. Morrow said that going to the theater for the first time can be scary for kids, given that it's dark and unfamiliar inside, and Mermaid strives to put on a show that puts everyone at ease.

Lesser said the shows are "really simple," but at the same time, "striking."

"Kids really respond to them," he said, noting that the black light effects always earn high marks.

Morrow said that "The Very Hungry Caterpillar" easily lent itself to a Mermaid Theater production because of all the color Carle uses. The titular caterpillar, for example, has a blue-green body, an orange head, and green eyes encircled by yellow.

Mermaid Theater's other current touring productions are "Goodnight Moon" and "The Runaway Bunny." "Guess How



This is a scene from Mermaid Theater of Nova Scotia's "The Very Hungry Caterpillar" by Eric Carle, which tells the story of a caterpillar that turns into a beautiful butterfly.

Submitted photos

Much I Love You" and "I Love My Little Storybook," "When Dinosaurs Dance by Moonlight" and "Swimmy," "Frederick" and "Inch by Inch."

One of Mermaid Theater's aims is to encourage kids to read. Morrow said another objective is to get families out of the house and enjoying the theater experience together.

"The thing I like most about our performances is to share an experience together," he said.

And he hopes that the

experience stays with the audience even after the final curtain. He pictures them talking about the play after ward, maybe revisiting the stories in books.

"Hopefully the theater lives outside when they leave," said Morrow, who has been with Mermaid Theater since he joined as a performer in 1978.

"The Very Hungry Caterpillar & Other Eric Carle Favorites" takes the stage at the Egg in Empire State Plaza at 11 a.m. on Saturday, Nov. 7. Tickets are \$15.

“The test of democracy is freedom of criticism.”
 —David Ben-Gurion

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Arts & Entertainment

Theater

FIVE WOMEN WEARING THE SAME DRESS

Presented by Albany Civic Theater, 235 Second Ave., Albany, through Nov. 22, 8 p.m. Fridays and Saturdays, 2 p.m. Sundays, adults \$15, students \$10. Information, 462-1297.

IN CONFLICT

Presented by SCCC Players, Taylor Auditorium, Schenectady County Community College, 78 Washington Ave., Schenectady, Nov. 4-7, adults \$5, students/seniors \$3, SCCC students free. Information, 381-1355.

ON GOLDEN POND

Presented by Footlighters theater troupe, Nov. 6-7 and 13-14, Jean DeLollo Theatre, Calvary United Methodist Church, 15 Ridge Place, Latham, advance tickets \$8, door tickets \$9.

ROBIN HOOD

Classic English tale, presented by Steamer No. 10 Theater, 500 Western Ave., Albany, through Nov. 15, 3 p.m. Saturdays and Sundays, 11 a.m. Sundays, \$12. Information, 438-5503.

Music

EMANUEL AX

World-renowned pianist performing works by Chopin and Schumann, Nov. 4, 8 p.m., Memorial Chapel, Union College, Schenectady, general admission \$25, students \$10. Information, 388-6080.

DEER TICK

Alternative country/folk band, Nov. 4, 7:30 p.m., Revolution Hall, 425 River St., Troy, \$15. Information, 274-0553.

EMERALD DAWN

Celtic/folk duo, Nov. 6, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, free. Information, 512-5100.

STRAIGHT EIGHTHS QUINTET

Student jazz band, Nov. 6, 7 p.m., Emack and Bolio's, Uptown, Town Center Plaza, 1704 Western Ave., Guilderland. Information, 250-4196.

THE FIERY FURNACES

Sibling-fronted rock band, Nov. 6, 7:30 p.m., Revolution Hall, 425 River St., Troy, advance tickets \$12, day of show \$15. Information, 274-0553.

WHIPPERSNAPPERS

Traditional acoustic trio, Nov. 6, 8 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, \$15 advance tickets, \$17 at door. Information, 583-0022.

THE RIGHT MIX

Featuring performances by Jim Gaudet and the Railroad Boys, Michael Jerling and Rick Rourke and Lost Wages, Nov. 7, 7 p.m., Saratoga Arts Theater, 320 Broadway, Saratoga Springs, \$15, \$20 with pre-performance reception starting at 6 p.m. Information, 584-4132.

CHRISTINE DANIEL

Acoustic blues/alternative rock, Nov. 7, 7 p.m., Emack and Bolio's Uptown, Town Center Plaza, 1704 Western Ave., Guilderland. Information, 250-4196.

MIKE KERN

Golden oldies, Nov. 7, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, free. Information, 512-5100.

SUMAC

Capital District rock/country band, with special guest Sugar Proof, Nov. 7, 9 p.m., The Ale House, 680 River St., Troy, \$5. Information, 272-9740.

EMPIRE STATE YOUTH ORCHESTRA

Performing works by Rimsky-Korsakov, Wagner, Kabalevsky and Laio, Nov. 8, 3 p.m., Troy Savings Bank Music Hall, corner of Second and State streets, Troy, adults \$18, students/seniors \$10. Information, 273-0038.

Comedy

THEATRESPORTS

A judged improvisational comedy competition, presented by Mop and Bucket Company, Nov. 6-8, 8 p.m. Fridays and Saturdays, 2 p.m. Sundays, Upstairs at Proctors, 440 State St., Schenectady, \$15. Information, 348-6204.

Visual Arts

NEW YORK STATE MUSEUM

"Through the Eyes of Others: African Americans and Identity in American Art," through Jan. 6; "This Great Nation will Endure," a collection of photographs from the 1930s and 1940s, through March 14; "1609," through March 10; plus "Beneath the City: An Archeological Perspective of Albany," permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF ART

"Hudson River Panorama: 400 Years of History, Art and Culture," through Jan. 3, 2010; plus "The Folk Spirit of Albany: Folk Art from the Collection of the Albany Institute of History and Art" and exhibits on Hudson River School painting, American sculpture and the history of Albany, 125

Washington Ave. Information, 463-4478.

ALBANY AIRPORT GALLERY

"Out of this World: Transcending the Terrestrial in Contemporary Art," through Nov. 29; "Repetitive Nature," in Concourse A gallery; "Air Craft," photos by Jeffrey Milslein; plus site-specific installations by Larry Kagan and Cara Nigro, as well as installations by Anthony Garner, Boris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

ALBANY CENTER GALLERY

"About Light: Photographs by Bill Delaney and William Jaeger," through Nov. 28, 39 Columbia St., Albany. Information, 462-4775.

NATIONAL MUSEUM OF DANCE

Ballet Russes exhibit, "On Broadway," chronicling the progression of dance on Broadway, and ongoing exhibits, 99 South Broadway, Saratoga Springs. Information, 584-2225.

SARATOGA AUTOMOBILE MUSEUM

"The Syracuse Mile," featuring two of the central New York's famous stock cars, plus ongoing exhibits including "East of Detroit" and New York racing, 110 Avenue of the Pines, Saratoga Springs. Information, 587-1935, ext. 20.

TANG TEACHING MUSEUM AND GALLERY

"Lives of the Hudson," through March 14, 2010; Skidmore College, 815 North Broadway, Saratoga Springs. Information, 580-8080.

CLARK ART INSTITUTE

"Steps Off The Beaten Path: 19th Century Photographs of Rome and its Environs," through Jan. 3; Crow and Raven: Baskin, Hughes, Manet, Poe," through Jan. 10; 225 South St., Williamstown, Mass. Information, (413) 458-9545.

ARKELL MUSEUM

"Arkell's Inspiration: the Marketing of Beech-Nut and Art for the People," ongoing; Canajoharie. Information, 673-2314.

Call for Artists

CIRCLE THEATRE PLAYERS

Holding auditions for its January production of "The Nerd," a Larry Shue comedy, looking for four men in their 30s and 40s, one pre-teen male and two women age 30-40, Nov. 9 and 10, 7 p.m., Sand Lake Center for the Arts, 2880 Route 43, Averill Park. Information, 674-2007.

CLASSIC THEATER GUILD

Holding auditions for its February production of Craig Lucas' play "Reckless," Nov. 8, 7 p.m., Zu Zu's Wonderful Life Cafe, 299

Hamilton St., Albany, and Nov. 9, 7 p.m., Proctors Arcade, 440 State St., Schenectady. Information, 441-7863.

SCHENECTADY CIVIC PLAYERS

Holding auditions for its winter production of "Beau Jest," looking for four men to play people age 25-30, 30-35 and 55-65, and two women to play people age 25-30 and 55-65, Nov. 10 and 12, 7:30 p.m., Schenectady Civic Playhouse, 12 South Church St., Schenectady. Information, 859-7657.

IMPROVISATIONAL THEATRE WORKSHOP

Teaching all aspects of improv comedy, Wednesday evenings, through Nov. 11, ZuZu's Wonderful Life, 299-301 Hamilton St., Albany. Information, Gary Arzberger 466-4586 or garzberger@nycap.rr.com.

ETUDE CLUB

Looking for women interested in vocal and instrumental performance, meetings held the first Thursday of every month. Information, 374-5536.

CAPITAL COMMUNITY VOICES

Non-audition choral group is seeking singers in all voice parts for its December concert, "A Cool Yule with CCV," rehearsals are Tuesdays at 7 p.m. at Columbia High School, Luther Road, East Greenbush. Information, 370-5434.

SARATOGA ARTS

Seeking local artists and fine crafters to display their works at its downtown gallery shop. Information, Adrianna Flax 584-4132 or aflax@saratoga-arts.org.

CLIFTON PARK COMMUNITY CHORUS

Ongoing rehearsals for its winter concert, Shenendehowa Adult Community Center, Clifton Common, Clifton Park, no auditions required to join. Information, 371-6681.

SARATOGA SPRINGS HOLIDAY SHOWCASE OF ART

Seeking fine arts and crafts vendors for second annual show at the Art Center Theatre, 320 Broadway, Saratoga Springs on Saturday, Nov. 21, booth cost \$50. Information, Frenchy Loeb 461-4893.

MOP AND BUCKET COMPANY

Holding auditions for a substitute accompanist to provide music for its improvised comedy shows. Information, contact Michael Burns at michaelburns@mopco.org or Kat Koppett at katkoppett@mopco.org.

CAPITALAND CHORUS

Openings for all voice parts for women who love to sing and perform, rehearsals are at 7 p.m. Thursdays at New Covenant Presbyterian Church, corner of Oranoso and Western avenues, Albany. Information, 785-3567.

TANGO FUSION DANCE COMPANY

Auditioning professional dancers by appointment at Arthur Murray Dance Studio, 75 Woodlawn Ave., Saratoga Springs. Information, 306-4173.

ADIRONDACK PASTEL SOCIETY

Seeking new artists that work in pastels, meetings are the first Tuesday of every month at the Dave Francis Gallery, the Shirt Factory, Glens Falls. Programs, artist demonstrations and exhibitions are planned throughout the year. Information, 793-9309 or 793-9350.

DELMAR COMMUNITY ORCHESTRA

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

COLONIE TOWN BAND

Several openings, rehearsals on Mondays

at 7:30 p.m. at town hall, Route 9, Newtonville. Information, 783-2760.

COLONIE CENTENNIAL BRASS CHOIR

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

SUBURBAN SOUNDS COMMUNITY CHORUS

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

FRIENDSHIP SINGERS

Openings in women's singing group, focusing on old favorites and show tunes, rehearsals Tuesday mornings at Delmar

Spotlight on poetry

This month's column is sponsored by *The Spotlight Newspapers* and the *Hudson Valley Writers Guild*. For information, visit www.spotlightnews.com or www.hvwg.org.

Drums Again are Beating
by Melinda Morris Perrin

Lengthening rays of autumn sun
Brighten yellow sugar maple leaves and
Cast grave shadows from weather-worn stone markers.
In the old soldiers cemetery on top of the hill

Who lies there?
What dreams do they dream in their eternal rest?
Do regrets haunt them still?
The west wind frees a leaf
The first of many to fall
Far off the drums of war
Again are beating

This month we continue our fall theme. The simple images of the grave marker and the leaf falling, along with those haunting questions, gives us a lovely poem to commemorate Veterans' Day. This poem was inspired by a visit to a cemetery in the Town of Knox.

Melinda Morris Perrin resides along the Mohawk River in Scotia with her husband, Dan. Check out www.icecubeexpress.com for information about her latest publications: *Prairie Smoke* and *Goldenrods*.

Perrin will be reading her work at the Schenectady Community of Writers Program on Sunday, Nov. 22, at 2 p.m. at the Schenectady Library.

Weekly Crossword

ACROSS

- 1 Author John Le
- 6 Throat sound
- 10 Route.
- 13 To right or left, at sea
- 14 Enamelware
- 15 Fly alone
- 16 Western scout and impresario
- 19 Rds.
- 20 Dodger phenom Hideo
- 21 Obeah
- 22 Bombay dress
- 23 Football "pick": abbr.
- 24 "What's My Line?" regular
- 30 Scientist Curie
- 31 ___-pros
- 32 Conclude
- 34 Over, in Bonn
- 35 Adorable one
- 37 Spouse
- 38 Godfather
- 39 Bali ___
- 40 Bays
- 41 Ward's kid

DOWN

- 1 Members of the hack pack
- 2 Touch on
- 3 Grid zebras
- 4 British pilots: abbr.
- 5 Issue
- 6 Part of AEC
- 7 Tramp
- 8 Inventor Whitney
- 9 "Omoo" author
- 10 Lumber
- 11 Actor Ray
- 12 Stringed toy.
- 15 Glaswegians

ANIMAL MAGNETISM

- 17 Australian parrot.
- 18 Actress Anderson
- 22 ___-fry
- 24 Skewered meat
- 25 Actress Dunne
- 26 Escapade
- 27 King: Fr.
- 28 Split
- 29 Come in
- 30 Strong java
- 33 ___ Moines
- 35 Kentucky cigars
- 36 Mideast org., formerly
- 37 Relocate
- 40 Rebounded
- 42 A miss is as good as ___
- 43 Peddle
- 44 Ralph of fashion
- 45 Tan
- 48 Blind as ___
- 49 Remarkable thing
- 50 Splotch
- 51 Author Ferber
- 52 Forum fashion
- 53 Merely
- 54 Lyric poems
- 56 Acquired
- 57 Blemish

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Calendar of Events *in the* Spotlight

Wednesday, Nov. 4

BINGO

American Legion Blanchard Post No. 1040, 16 Poplar Drive, Delmar. 7:30 p.m. Food available.

PLAYGROUP MEETING

First United Methodist Church playgroups will meet from 10:30 to noon in the nursery. Playgroup provides opportunity for child caretakers and pre-nursery school age children to socialize in a relaxed atmosphere. Information, 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 and fourth Wednesday during the school year. www.mops.org

SOLID ROCK CHURCH

Evening prayer service 7:00 p.m.; Bible study 7:30 p.m.; 1 Kenwood Ave., 7 p.m. Information, 439-4314.

BETHEHEM LIONS CLUB (NOT IN JULY OR AUGUST)

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857. First and third Wednesday of each month.

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

PIONEER CLUBS

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

AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. 765-2895.

Thursday, Nov. 5

BETHEHEM SENIOR CITIZENS

Meets Thursdays at 1 p.m. in Town Hall Auditorium, 445 Delaware Ave. Activities include cards, games, bingo and conversation. A bi-monthly newsletter is available in the senior services office. Information, 439-4573.

AA MEETINGS

Slingerlands Community Church, 1499 New Scotland Road, noon.

YOUTH EMPLOYMENT SERVICES

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

BETHEHEM LUTHERAN

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

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

Friday, Nov. 6

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

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

STORY TIMES

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

Saturday, Nov. 7

DELMAR SATURDAY FARMERS MARKET

The Delmar Saturday Farmers Market will be open Nov. 7 until Dec. 19 from 9 a.m. until 1 p.m. The market is located at the Delmar Presbyterian Church at 585 Delaware Ave. For more info, go to www: delmarmarket.org.

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 to 9:00 p.m. Information, call 439-4328.

GLENMONT

Story Hour at Tea and Tattered Pages Used Books, 329 Glenmont Road, Glenmont. Information, 447-9910.

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

Sunday, Nov. 8

WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm Ave., 439-3135.
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.
Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407.
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.
Delmar Reformed Church, 386 Delaware Ave., 439-9929.
Family of God Nazarene Church, Krumkill Road at Blessing Road, North Bethlehem, 453-9953.
First Church of Christ, Scientist, 555

Delaware Ave., 439-2512.
First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.
First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.
Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.
Gospel Fellowship, 10 Rockefeller Road, Delmar, 482-2132.
King's Chapel, 434 Route 9W, Glenmont, 426-9955.
KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 10 a.m. meditation, 11 a.m. tea, 11:30 a.m. study course, 374-1792.
Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.
Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.
Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.
South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.
St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.
St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265.
St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.
Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

NEW SCOTLAND

WORSHIP INFORMATION

All Nation's Baptist Church, 2558 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 -
The Onesquethaw Fish & Gun Club will be having their Annual Fall Breakfast on from 7 a.m. to noon at 2032 Tarrytown Road, Clarksville. The breakfast will include Pancakes, Eggs, Bacon, Sausage, Sausage Gravy and Toast. The cost is \$7 and children under 5 are free. The proceeds will be used for sending a child to DEC Summer Camp and Outdoor Educational equipment. For more info contact Tony or Carol at 768-2320.

Monday, Nov. 9

BETHEHEM

PEACE VIGIL

Bethlehem Neighbors For Peace, weekly peace vigil, Four Corners intersection, Delmar, 5 to 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, 439-9976 ext. 228

YOUTH EMPLOYMENT SERVICES

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

CLASS IN JEWISH MYSTICISM

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

DELMAR COMM. ORCHESTRA

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

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 to 10 p.m.

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

Tuesday, Nov. 10

BETHEHEM

FARMERS MARKET (SUMMER ONLY)
Market and Chicken Barbeque, 2:30p.m. to 6p.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.

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

FILM

Soldiers of Conscience will be shown a 9 p.m. at the Bethlehem Public Library, 451 Delaware Ave., Delmar. Made with cooperation from the U.S. Army and narrated by Peter Coyote, the film profiles eight American soldiers, including four who decide not to kill, and become conscientious objectors; and four who believe in their duty to kill if necessary. Veterans for Peace members John Arlison and Frank Houde will lead the discussion following the film.

Sponsored by Bethlehem Neighbors for Peace and Veterans for Peace. Information 466-1192.

Wednesday, Nov. 11

BETHEHEM

DELMAR ROTARY

Normanside Country Club, 7:30 a.m. Information, 767-2015

BINGO

American Legion Blanchard Post No. 1040, 16 Poplar Drive, Delmar. 7:30 p.m. Food available.

PLAYGROUP MEETING

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

BETHEHEM BUSINESS WOMEN

Normanside Country Club, Salisbury Road, Elsmere, 6 p.m.; dinner 7:00 p.m., information and meeting to follow dinner. Information, 439-9628. First Wednesday of each month.

SOLID ROCK CHURCH

Evening prayer service 7:00 p.m.; Bible study 7:30 p.m.; 1 Kenwood Ave., 7 p.m. Information, 439-4314.

BETHEHEM TOASTMASTERS

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

HEALING TESTIMONY MEETING

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

HEALING TESTIMONY MEETING

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

BC-SCHOOL BOARD

district office, 90 Adams Place, first and third Wednesdays 7 p.m. Information, 439-7098.

NEW SCOTLAND

TOWN COUNCIL

New Scotland Town Hall, Route 85, 7 p.m. Information, 439-4889. Second and fourth Wednesday of each month.

BETHEHEM

TOWN BOARD

Bethlehem Town Hall, 445 Delaware Ave., 5:30 p.m. Information, 439-4955. Second and fourth Wednesday of each month.

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

PIONEER CLUBS

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

TOWN BOARD

Bethlehem Town Hall, 445 Delaware Ave., 5:30 p.m. Information, 439-4955. Second and fourth Wednesday of each month.

AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. 765-2895.



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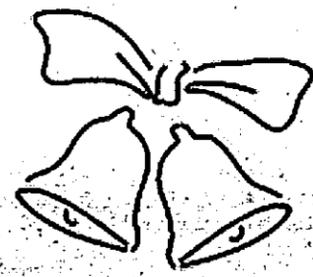
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Milestones *in the* Spotlight



Dana Kristin Scalere and Morgan Shiels Ruthman



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Ruthman, Scarlere to marry

Rex and Elisabeth Ruthman of Slingerlands, NY are delighted to announce the engagement of their son, Morgan Shiels Ruthman, to Dana Kristin Scalere, daughter of Thomas and Florence Scalere of Rockville Centre, Long Island. A May 30, 2010, wedding is planned on Long Island at the Martha Clara Vineyards.

The future bride is a 1997 graduate of Kellenberg Memorial High School, Rockville Centre, Long Island; Georgetown University and

Hofstra University Law School, where Ms. Scalere was on the editorial board of the Hofstra Labor and Employment Law Journal. Ms. Scalere is employed with the Internal Revenue Service, Office of Chief Counsel, in New York City as an attorney.

The future groom is a 1997 graduate of the Albany Academy and Georgetown University, cum laude. He received his Master's Degree in International Relations from George Washington

University in 2004 and his law degree from Albany Law School this past May. Mr. Ruthman has just taken the bar examination and will be looking for employment in the New York City area, where the couple will reside.

Spotlight Newspapers
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Jeanne Stanley Brown

DELMAR - Jeanne Stanley Brown of Delmar, daughter of the late Minnie J. Wagoner Brown and Alfred J. Brown, entered into eternal life on Saturday, October 24, 2009.

She was a graduate of Bethlehem Central High School and was also a member of the American Legion Auxiliary Post #1040.

There will be no calling hours. Funeral service will be private. Arrangements were under the direction of the Applebee Funeral Home, 403 Kenwood Ave., Delmar.

Author, storyteller team up for event

On Saturday, Nov. 7, from 11 a.m. to noon, at The Book House at Stuyvesant Plaza 1475 Western Ave., Albany, Delmar author Norman G. Cohen, aka jambbal, presents stories from his "Fables by jambbal, simple stories for complex people...and children" as told Nancy Marie Payne, local storyteller.

This is a free family event for children 8 years and older. The author will be available to sign books for sale — paperback edition is \$12.95 plus tax; hard cover gift edition is \$19.95 plus tax.

For information, visit www.fablesbyjambbal.com.

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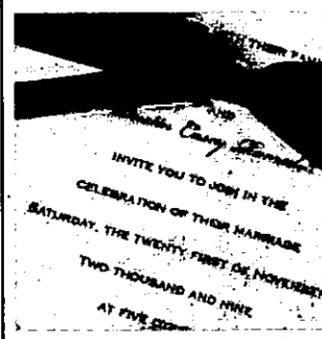
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Milestones *in the* Spotlight



Jackie Nault and Adam Gatta

Nault, Gatta to marry

Daniel and Judy Nault of Glenville, NY, are pleased to announce the engagement of their daughter, Jackie, to Adam Gatta, son of Mark and Kim Gatta of Scotia, NY.

The future bride is a graduate of Burnt Hills - Ballston Lake High School. She went on to Springfield College, where she earned a Bachelor of Science and a Master's of Science in Physical Therapy. She is a Physical Therapist at Sunnyview Hospital in Schenectady, NY.

The future groom graduated from Scotia-Glenville High School. He then earned an Associate's in Physical Education from Hudson Valley Community College. He is currently going to Hudson Valley Community College through GE in Schenectady, NY, where he is working as an apprentice and training to be a machinist.

The wedding will take place August 7, 2010 at Riverstone Manor in Scotia, NY. Jason Framont will officiate.

Conroy, Bucker exchange vows

Michelle Lynn Conroy of Scotia, NY, and Jack William Dallas Buckner of Tulare, CA, celebrated a summer garden wedding with family and friends at the Glenn Sanders Mansion in Scotia. Michelle's parents are Michael S. and Toni Ann Conroy

of Scotia, NY. Jack is the son of Jack C. and Jacquelyn Buckner of Tulare, CA.

Mrs. Kimberly Kelsey, sister of the bride, served as Matron of Honor, and long-time best friend Jeremy Pfitzer served as Best Man. Bridesmaids were Stacy Barron and Kelly Dennis and Groomsmen were Joseph Buckner and Shawn Conroy. After their honeymoon in the Outer Banks of North Carolina, the couple established their first home in historical Williamsburg, VA where Michelle is a Reading Specialist teacher for Hampton City Schools and Jack is a 1st Class Boatswain's Mate in Riverine Squadron 3 United States Navy.

Second Milers to host USS Slater talk

On Wednesday, Nov. 11, the Second Milers retired mens luncheon club will observe Veterans Day by hearing Richard Walker speak about the USS Slater.

Walker is a longtime and active volunteer for the Destroyer Escort Historical Museum, a nationwide organization headquartered in Albany. This organization has brought the Slater to Albany and

is restoring and maintaining the vessel.

A Coast Guard veteran of 16 years service, Walker will tell the group about some of the triumphs and tribulations of keeping the museum doors open, and in the case of a maritime museum, keeping the ship afloat. The Slater, DE 766, is the last WWII destroyer escort afloat in North America.

The Second Milers meet at the Normanside Country Club, off Salisbury Road in Elsmere, at noon, Nov. 11, for a sitdown, three course, hot luncheon. The public is invited, but call Robert Mulligan at 439-3802 by Sunday, Nov. 8, to reserve a place.

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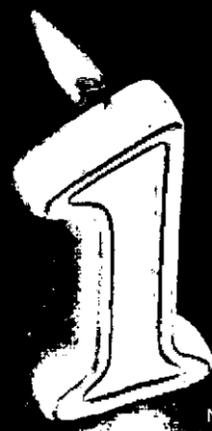
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Daycare Openings For Small Breeds

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Library to host Technology Fair

The Bethlehem Public Library is hosting its third annual Technology Fair this Saturday, Nov. 7, from 11 a.m. to 2 p.m. in the library lobby. Library staff and representatives from several area businesses and interest groups will introduce the latest high-tech products and services through exhibits and demonstrations.

Get a holiday shopping preview of what's out there for techies and novices, kids and teens. And try out Sports Resort, the newest addition to our Wii collection. There will also be activities for our youngest techies. Barbara Stevens and Mary Jane Rissacher, 4-H educators for Cornell Cooperative Extension, will help kids with some eco-friendly craft projects.

Appropriate for all ages and levels of technical knowledge, the fair will also feature exhibits by Adirondack Solar, Capital Region Geocachers, CR Wireless, Four Musketeers LEGO team, Staples, the library's Computer Partners tutoring service and more. So "tech a break" and join us on Saturday.



Reading by mystery writer Susanne Alleyn

Susanne Alleyn, author of the Aristide Ravel/French Revolution mystery series, will be our guest this Sunday, Nov. 8, at 2 p.m. Books will be available for sale and signing.

Alleyn's mystery series was suggested by an actual series of murders committed in early 19th century Paris. She is working on a fourth Aristide novel. Alleyn also operates her online bookstore Tricolor Books, specializing in out-of-print, rare and academic books on French history. The talk is free. Seating is first-come, first-admitted.

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.

Get your game on at the library

National Gaming Day is happening on Saturday Nov. 14, and VPL is participating with a Wii Bowling Tournament.

This is for anyone with a spirit of competition - teens, family members, friends. Pair up with a friend, parent, sibling or anyone you can haul in off the street to make a two-member team. The action will be fast and furious on our new big screen, even if you have no bowling experience. Wii is amazing fun. If you are not up to the bowling, we will bring out the Uno cards and Pictureka for some quieter competitive play from 1 to 4 p.m. There will be prizes and refreshments for participants, bystanders and of course, the winners.



People Choice Art Show at VPL. Everyone is welcome to meet her at VPL on Sunday, Nov. 8, from 1 to 4 p.m.

music, movies and more. Pick up a copy on the display table behind the reference desk, where you can browse and buy copies of the featured selections.

Real life: Social Security

Sign up for When Should I start Taking Social Security? with Attorney Robert L. Wolff on Nov. 11 at 7 p.m. This sounds like a very pertinent session that is part of VPL's Real Life 101 series.

Artist reception

The public is invited to a reception for Voorheesville artist Diane Wozniak, who will be exhibiting in the hall gallery for the month of November. Diane is a wonderful watercolorist who is on the board of the Bethlehem Art Association and helped coordinate the recent

Seasons Readings

Seasons Readings is making its appearance right now. Our annual booklet is crammed full of good reading, viewing, listening and gift giving suggestions. Our librarians all contribute their recommendations for books,

Prose writers

Lifelines Prose Writers group has changed its monthly meeting night to Mondays at 6:30 p.m. The first meeting of the season will be in the director's office on Nov. 9. No sign-up is necessary. For information, call coordinator Cathy Anderson at 765-0066.

Miniatures on display

On display this month are miniatures from the collection of Fran Arthur.

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.

Italian Heritage Museum to honor veterans

During November, the Italian Heritage Museum will have a special display that honors Italian Americans who have fought all of America's wars.

The museum is at 1227 Central Ave., Albany. It is open Monday, Thursday and Friday from 11 a.m. to 2 p.m. and Saturday and Sunday from

noon to 4 p.m. Founded in 1979, its goal is to record and preserve members' Italian heritage. There are 1,650 members in 36 states and five countries.

For information, contact Philip J. DiNovo, president/executive director, at 435-0591 or 435-1979.

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Bring an old book to the library for an appraisal

You know you have some old books around the house, and you suspect they might be worth something, but you just don't know. Here's your chance to find out what they're worth.

Jim Presgraves, a book appraiser with 40 years' experience, will be giving a short lecture and then appraising books for the appraisal portion of the program - at the Guilderland Public Library on Tuesday, Nov. 10. The 7 p.m. lecture is free, and the appraisals will begin about 7:30 p.m.; Jim will appraise books for a fee of \$5. This is a fundraising event sponsored by the Guilderland Library Foundation. To register for the appraisals, call 456-2400 x 7.

Jim's customers include most state libraries and esteemed national collections such as the Smithsonian Institution and the Winterthur Museum. He has been an elected member

of the Antiquarian Booksellers' Association of America since 1978.

Wanted: Lady to wear glass slipper

If the Disney Friday Night Movie for Nov. 6 were a want ad, it might read "Wanted: Lady to wear glass slipper, but only after she cleans the hearth." This is the classic tale of Cinderella, who overcomes an oppressive domestic situation (her cruel stepmother does not want her to go to the ball) with some unexpected help from lovable mice Gus and Jaq. She gets to the ball, there's a glass slipper, the clock strikes midnight, a carriage suddenly goes Halloween in a big way, and, well, you know

the rest. But your kids don't, so bring them to the library and let them enjoy this richly animated feature. The movie starts at 7 p.m. in the Helderberg Ball Room.

Kids celebrate Veterans Day on the wings of heroes

Young people in grades four to six are invited to celebrate Veterans Day with a program that starts at 1 p.m. (on Nov. 11, of course) that discusses "On the Wings of Heroes," Newbery Medal-winning author Richard Peck's graceful book of prose and sly humor that recaptures the gentle pace and sense of community in Middle America before and during World War II. The program continues with

fun examination of the Powers of Persuasion posters of World War II.

This program is made possible by a grant awarded to the library through the "We the People" Bookshelf, funded by the National Endowment for the Humanities in cooperation with the American Library Association.

Harry Potter's Magic Slime and Wizard's Ring

On Saturday, Nov. 7, at 10:30 a.m., children in grades three to six have the unusual opportunity to find out what dragon boogers look and feel like! Come make your own and take it home! Create a wizard's ring to sparkle up your hand! Enter Harry Potter's world... just for a little while. You must register for this program.

Do you have your 2010 calendar yet?

Get your "Page-A-Day Book

Lover's Calendar for 2010" at the library, and not only will you get lost in a year's worth of good authors, good books, and good reading, but you'll save money. These are being offered at the discounted price of \$12. Printed on recycled paper, and with a recycled plastic backer, this is your daily "green" calendar.

Board of Trustees meeting

The Guilderland Public Library's Board of Trustees will hold its monthly meeting on Thursday, Nov. 12, at 7:30 pm. The public is invited to attend.

Mark Curiale

Note: All library events are free unless otherwise noted. The Guilderland Public Library is at 2228 Western Ave., Guilderland. Call 456-2400, ext. 12, for information, or visit the library's Web site at www.guilpl.org.

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Library seeking input on services

RCS Community Library will spend the week of Nov. 15 listening to community feedback about the quality of the library's services. The results will guide the library's planning over the next few years.

To keep the listening objective, the Board of Trustees engaged Libby Post, of Communication Services, Inc. in Albany, to design and run the feedback sessions. Post and her staff are well known in the New York library world for asking good questions, listening impartially and analyzing what they hear in useful ways.

The trustees used long lists of district residents organized by local communities or by age groups to randomly invite district residents to eight

RCS COMMUNITY LIBRARY

different sessions. Each group needs a substantial number of participants to produce enough information. If you received an invitation, please come. It's a one-time-only commitment that will help the library serve you better. Your trustee contact person can answer your questions about the project and is waiting to hear from you.

Best-selling novels at the library

It's the season for many popular authors to release new titles, and the RCS Community Library has ordered all your

favorites. New books that are on their way:

"Under the Dome" by Stephen King

"Kindred in Death" by J.D. Robb

"I, Alex Cross" by James Patterson

"Breathless" by Dean Koontz

"The Quilter's Holiday" by Jennifer Chiaverini

"Blood Game" by Iris Johansen

"Capital Offense" by William Bernhardt

"Tempted" by P.C. Cast

"Diary of a Wimpy Kid 4" by Jeff Kinney

Patrons who have requested a title get it first, so the faster you get your name on a new title's request list, the sooner you will have it in your hands. Call the library (756-2053) and ask a staff member to request it for you. You can also make your own request with our on-line catalog at www.uhls.org/rcsl.

What's new

• Adult fiction

"Black Friday" by Alex Kava

"Evidence" by Jonathan Kellerman

"Necessary As Blood" by Deborah Crombie

"The Professional" by Robert B. Parker

• Juvenile fiction

"The Cupcake Queen" by Heather Hepler

"The Faceless Ones" by Derek Landy

"Going Bovine" by Libby Bray

"The Monstrumologist" by Rick Yancey

• All library programming is free (unless otherwise noted) and open to the public. RCS Community Library is located at 15 Mountain Road, Ravena. For information, call 756-2053 or visit www.uhls.org/rcsl/.

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BOOK FAIR

Sunday Nov. 8th Albany Institute Antiquarian Book and Ephemera Fair, 10am-4pm Washington Ave. Armory (195 Washington Ave. Albany). Fifty dealers selling out-of-print books, manuscripts, autographs, postcards, maps, posters, photos. www.albanybook-fair.com for more info.

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

CRAFT FAIR

Juried Craft Fair, Sunday, 11/8/09, 10a-4p, Italian American Community Center, 257 Washington Ave. Ext., Albany 456-0292 ext.17, Food/Drinks, Free Admission.

Schalmont High School Craft Fair- Saturday, November 7, 2009 10 am -3 pm

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LOST - APPOINTMENT BOOKS/ADDRESS BOOK - DARK BROWN LEATHER COVER - 5" X 8". LOST AT SLINGERLANDS POST OFFICE AROUND 3PM ON TUESDAY, OCTOBER 27. REWARD FOR RETURN. PLEASE CALL: ERICA SUFRIN - 765-4271 or 439-6997.

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BUYING: All Old Costume and Better Jewelry. Call 439-6129.

Dr. R. MALEBRANCHE (ret). WOULD THANK YOU FOR A CHANCE AT BUYING YOUR OLD WATCHES (POCKET AND WRIST) AND CLOCKS. MOVEMENTS, PARTS, LARGE COLLECTIONS ARE WELCOME. 518 882-1507. LEAVE MESSAGE PRN.

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B	U	F	F	A	L	O	B	I	L	L	C	O	D	Y	
S	T	S	N	O	M	O	V	O	O	D	O	O			
			S	A	R	I	I	N	T						
	K	I	T	T	Y	C	A	R	L	I	S	L	E		
M	A	R	I	E		N	O	L		E	N	D			
U	B	E	R		C	U	T	I	E		M	A	T	E	
D	O	N		H	A	I		C	O	V	E	S			
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B	U	L	L	D	O	G	D	R	U	M	M	O	N	D	
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Real Estate Classifieds

APARTMENT FOR RENT

\$525-1 bdm, Selkirk, heat inc, laundry, 10 min to Alt on 9W, quiet area, 477-9100 pin#309

\$600+ util. Delmar, one BR, Lease, quiet, laundry, wall-to-wall, off-street parking. No pets/smoking. 439-3469

\$835 - One bedroom, Selkirk. On site laundry. One year lease, Security deposit. No dogs. 767-2633

\$875 FIRST MONTH FREE! Cherry Arms, 2BR, 1B, Laundry, BusLine, No PETS, No Smoking 439-4606

COEYMANS: 1 bedroom, washer/dryer-hookup, off street parking, energy efficient \$500+ utilities & Security. 966-4661.

Delmar, 2BR. Newly renovated. \$700+ utilities. One-Month Security Off-street parking. Immediate Occupancy. 518-364-9831 Leave Message

Delmar: \$925+ Large 2BR apartment w/ garage. Excellent condition and location. Busline, a/c, gas heat, w/d, porch. No cats/ no smoking. 533-2525

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One bedroom with study. 2nd floor. Quiet. Dead-end street. Off-street parking,

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Employment Classifieds

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

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Qualifications: High school diploma or general education degree (GED) and a minimum of 1 year related customer service and/or hospitality experience. The best qualified candidates will be enthusiastic and professional, with a passion for providing excellent service. *Position hours are Thursday 9:40a - 7:20p, Saturday 9:40a - 3:20p, and Sunday 10:40a - 2:20p.*

Part-Time Loan Processor - Albany

As a part of our Solutions (Call) Center, assist in guiding members through the consumer loan process by initiating the loan process and ensuring receipt of documentation necessary for loan closing. Act as a support to Consumer Lenders by inputting phone applications, gathering necessary loan paperwork, and preparing loans for disbursement

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700 Patroon Creek Boulevard, Albany, NY 12206 - Fax 518-464-5363

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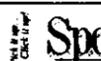
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LEGAL NOTICE
Notice of Qualification of Thrive HR AO, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/8/09. Office location: Albany County. LLC formed in Florida (FL) on 8/17/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Incorp Services, Inc., One Commerce Plaza, 99 Washington Ave., Ste. 805-A, Albany, NY 12210-2822. Address to be maintained in FL: 13014 N. Dale Mabry #362, Tampa, FL 33618. Arts of Org. filed with FL Secy. Of State, 2661 Executive Center Circle, Tallahassee, FL 32301. Purpose: any lawful activities. LD-21666 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of Paper Planes, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/4/09. Office location: Albany County. LLC formed in Delaware (DE) on 6/23/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Delaney Corporate Services, Ltd., One Commerce Plaza, 99 Washington Ave., Ste. 805-A, Albany, NY 12210-2822. Address to be maintained in DE: National Registered Agents, Inc., 160 Greentree Dr., Ste. 101, Cover, DE 19904. Arts of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-21667 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: ARES SYRACUSE, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on August 26, 2009. Office Location: 21 Euclid Avenue, City of Delmar, County of Albany SSNY has been designated as the agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 21 Euclid Avenue, Delmar, New York 12054 for any lawful purpose. LD-21670 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF LLC Squid Ten LLC, filed Articles of Organization with the New York Secretary of State on 09/15/09. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to the LLC, at LLC, 121 Karner Road, Albany, NY 12205. The street address of the principal business location is 121 Karner Road, Albany, NY 12205. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-21672 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
The name of the Limited Liability Company is THREE PINE AVENUE LLC, the articles of organization of the LLC were filed with the NYS Secretary of State on 9/16/2009, the purpose of the LLC is to engage in any lawful act or activity, the office of the LLC is to be located in Albany County, the street address of the principal business location is 3 Pine Ave, Cohoes, NY 12047, the Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served, the address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Lifford RD #1, 7 Forest Avenue, Cohoes, NY 12047 LD-21675 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Publication - NAMU ARTICULATIONS, LLC Arts. of Org. was filed with SSNY on 9/16/2009 Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: any lawful purpose. LD-21681 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of JALOSA LLC. Arts. of Org. was filed with SSNY on 9/16/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21685 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
BLANDI INTERNATIONAL LLC Notice of Organization: BLANDI INTERNATIONAL LLC was filed with the SSNY 5/17/05. Office: Albany County. SSNY designated as agent of LLC upon whom process may be served. P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Rotondi & Associates 230 Park Ave., Suite 2300, New York, NY 10169. Purpose: To engage in any lawful activity. LD-21689 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of formation of Larry's Foods LLC Arts. of Org. filed with Sec. of State of New York (SSNY) on July 20, 2009. Office location: Albany County. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: the LLC, 8 Paxwood Road, Delmar, NY 12054. Purpose: any lawful purpose. LD-21690 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: D'Arrigo Residential Properties LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/15/09. 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 LLC, 42 Huntswood Ln, Glenmont, NY 12077. Purpose: For any lawful purpose. LD-21691 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of QualityTech, LP. Authority filed with Secy. of State of NY (SSNY) on 9/22/09. Office location: Albany County. LP formed in Delaware (DE) on 8/5/09. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc. (CSI), 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LP: c/o CSI, 615 South DuPont Hwy., 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-21694 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of QualityTech GP, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/22/09. Office location: Albany County. LLC formed in Delaware

LEGAL NOTICE

LEGAL NOTICE
(DE) on 8/5/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc. (CSI), 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: c/o CSI, 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-21695 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of AN-DRICK MANAGEMENT LLC. Arts. of Org. was filed with SSNY on 9/25/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21696 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of ZULINAKA LLC. Arts. of Org. was filed with SSNY on 9/28/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21697 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Publication MILES REAL ESTATE HOLDING LLC Arts. of Org. was filed with SSNY on 9/24/2009 Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. The registered agent is: Accumerà LLC at the same address. Purpose: any lawful purpose. LD-21699 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of Belvedere of Albany LLC, App. for Auth. filed Secy of State (SSNY) 4/11/02. Office location: Albany County. LLC org. in DE 5/3/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to 3 East Comm Square, Albany, NY 12207. DE office addr.: Incorporating Services, 3500 S. DuPont Hwy., Dover, DE 19901. Cert. of Form. on file: SSDE, Townsend Bldg., Dover, DE 19901. Purpose: any lawful activities. LD-21700 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of 1520 48 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-21701. (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
INSPIRED HEALTH COACHING LLC (the "LLC") filed Articles of Organization with the NY Secretary of State ("SOS") on 9/22/2009. LLC office is in Albany County, NY. SOS was designated as agent of the LLC upon whom process against it may be served. SOS shall mail copy of process served to Inspired Health Coaching LLC, 6254 Johnston Road, Albany, NY

LEGAL NOTICE

LEGAL NOTICE
12203. The purpose is any lawful act or activity. LD-21706 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of United Debt Holding LLC. Authority filed with Secy. of State of NY (SSNY) on 8/14/09. Office location: Albany County. LLC formed in Delaware (DE) on 6/23/08. 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 Avenue of the Americas, Ste. 501, NY, NY 10001. Address of the principal office: 4833 Front St., Unit B, Ste. 243, Castle Rock, CO 80104. Address to be maintained in DE: 160 Greentree Dr., Ste. 101, Cover, DE 19904. Arts of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-21707 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Veruca Salt of New York, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/16/09. 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 David J. Kukur, 111 E. Wayne St., Ste. 800, Fort Wayne, IN 46802. Purpose: any lawful activities. LD-21708 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Publication SPECKLED LIZARD LLC Arts. of Org. was filed with SSNY on 9/30/2009 Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: any lawful purpose. LD-21711 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: CYPRIANA CATERING & EVENTS, LLC. Articles of Organization filed with NY Secretary of State, October 1, 2009. 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 1975 Central Avenue, Albany, New York 12205. LD-21717 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE
1. The name of the Professional Service Limited Liability Company is Jeffrey Ryan Family Medicine, PLLC.
2. The Articles of Organization were filed April 23, 2008.
3. The office of the Professional Service Limited Liability Company is located in Albany County.
4. The Secretary of State has been designated as the agency of the Professional Service Limited Liability Company upon whom process against it may be served.
5. The purpose of the Professional Service Limited Liability Company is to engage in any lawful activity for which a Professional Service Limited Liability Company may be formed. LD-21721 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of formation of IT OF NYC, LLC a NYS LLC Formation filed with SSNY on 8/24/09 Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall

LEGAL NOTICE

LEGAL NOTICE
Notice of formation of IT OF NYC, LLC a NYS LLC Formation filed with SSNY on 8/24/09 Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall

LEGAL NOTICE

LEGAL NOTICE
mail copy of process to: The LLC, 2692 Coney Island Ave., Brooklyn, NY 11235. Purpose: Any Lawful purposes. LD-21722 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
ANNUAL MEETING, BETHLEHEM CEMETERY ASSOCIATION, INC. 7 P.M. MON. NOVEMBER 9, 2009 AT DELMAR REFORMED CHURCH, LOCATED AT 386 DELAWARE AVE., DELMAR. THOSE WISHING TO VOTE MUST CONTACT 439-2394 FOR VERIFICATION OF RIGHTS BY 11/5/09. LD-21723 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of RONIA AMIRA SKIN CARE LLC. Arts. of Org. was filed with SSNY on 7/31/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21724 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of AA CAPITAL SERVICES LLC. Arts. of Org. was filed with SSNY on 9/29/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21725 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of KOBIA WORLDWIDE LLC. Arts. of Org. was filed with SSNY on 9/29/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21726 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Labouriau, PLLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/1/09. 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 Delaney Corporate Services, Ltd., 99 Washington Ave., Ste. 805A, Albany, NY 12210. Purpose: any lawful activities. LD-21727 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Publication PINDER AND VINDER, LLC Arts. of Org. was filed with SSNY on 10/7/2009 Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: any lawful purpose. LD-21730 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of a New York Professional Service Limited Liability Company The name of the Professional Service Limited Liability Company is NATALIE LOPASIC, M.D., PLLC (the "Company"). The Company was formed, and the Articles of Organization were filed with the Secretary of State, on October 2, 2009. The

LEGAL NOTICE

LEGAL NOTICE
Company's principal office is located in Albany County. The registered agent for the Company, upon whom process against the Company may be served, is 711 Troy-Schenectady Road, Suite 109, Latham, New York 12110. The Company does not have a specific date of dissolution. The character or purpose of the business of the Company is to engage in any lawful activity, for which limited liability companies may be formed under the Professional Limited Liability Company Law. Respectfully submitted, JAMES F. SEELEY, ESQ. October 7, 2009. LD-21731 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Articles of Organization of GR Initiatives, LLC. Under Section 203 of the Limited Liability Law: The name of the limited liability company is GR Initiatives, LLC. The County within this state in which the office of the limited liability company is to be located is Albany. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: 14 Bridle Place, East Greenbush, NY 12061. Filed by Mark Yavoritzki- 125 State St. 3rd Floor, Albany, NY 12207 LD-21741 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of DNA 2050 Outlet, LLC. Authority filed with Secy. Of State of N.Y. (SSNY) on 09/28/09. LLC Formed in Delaware (DE) on 07/23/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. DE address of LLC: 32 W. Loockerman St., Ste. 201, Dover, DE 19904. Arts. Of Org. filed with DE. Secy. Of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-21744 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Publication PYNKC LLC Arts. of Org. was filed with SSNY on 10/13/2009 Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: any lawful purpose. LD-21743 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of 301W57-22C, LLC. Authority filed with Secy. Of State of N.Y. (SSNY) on 03/06/09. LLC Formed in Delaware (DE) on 03/03/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 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-21745 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Name: Trudeau Architects, PLLC. Arts. of Org. filed with Secy. of State of NY on 9/30/09. Off. Loc.: Albany Cty. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail copy of process to: The LLC, 219 Forts Ferry Rd., Latham, NY 12110. Purpose: practice the profession of architecture. LD-21754 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of 30W61-30E, LLC. Authority

LEGAL NOTICE

LEGAL NOTICE
filed with Secy. Of State of N.Y. (SSNY) on 09/25/09. LLC Formed in Delaware (DE) on 09/18/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. DE address of LLC: 32 W. Loockerman St., Ste. 201, Dover, DE 19904. Arts. Of Org. filed with DE. Secy. Of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-21746 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Kiddie Krawlers, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/19/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21747 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of It's All About Me Now, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/20/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21748 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of 45 Dune Road LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 09/22/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21749 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF A PROFESSIONAL LIMITED LIABILITY COMPANY (PLLC). Name: ROBERT P. VIGNALI, DDS, PLLC. Articles of Organization filed with NYS Secretary of State September 2, 2009. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for service of process against PLLC and shall mail copy to 790 Madison Avenue, Albany, NY 12208. LD-21751 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Name: Trudeau Architects, PLLC. Arts. of Org. filed with Secy. of State of NY on 9/30/09. Off. Loc.: Albany Cty. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail copy of process to: The LLC, 219 Forts Ferry Rd., Latham, NY 12110. Purpose: practice the profession of architecture. LD-21754 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Bird-brain Films LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/14/09. 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, c/o Crossroads Films, 136 West 21st St., 5th Fl., NY, NY 10011. Purpose: any lawful activities. LD-21764 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of ZAAS GROUP, LLC. Arts. of Org. was filed with SSNY on 10/14/09. 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 St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21767 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of DA AUDIO, LLC. Arts. of Org. was filed with SSNY on 10/13/09. 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 St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21768 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of formation of a Limited Liability Company (LLC). Name: Desert Network L.L.C. Articles of Organization filed with NY Secretary of State, May 22, 2009. County in which office is located: Albany. Secretary of State of NY (SSNY) has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to 2008 New Scotland Rd, Slingerlands NY 12159, which is also the principal business location. Purpose: Any lawful purpose. LD-21769 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Publication B L D REALTY, LLC Arts. of Org. was filed with SSNY on 9/28/09 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, 4 Anderson Drive, Albany, NY 12205-1401. Purpose: any lawful purpose. LD-21773 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of KS 55 Realty, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 09/29/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21775 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Absinthe, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/31/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served.

LEGAL NOTICE

LEGAL NOTICE
SSNY shall mail process to: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21776 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Empirisoft Strategies LLC. Arts of Org. filed with Secy. Of State of NY (SSNY) on 09/17/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21777 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of Holly Star LLC. Authority filed with Secy. of State of NY (SSNY) on 10/8/09. Office location: Albany County. LLC formed in Delaware (DE) on 9/30/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Anil R. Kamat, PRA, RBM LLP, 5 West 37th St., 9th Fl., NY, NY 10018. Address to be maintained in DE: 32 W. Lockerman St., #201, 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-21779 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of Spy Kids 4 SPV, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/19/09. Office location: Albany County. LLC formed in Delaware (DE) on 10/15/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 3075 Greenwich St., NY, NY 10013, also the address of the principal office. Address to be maintained in DE: 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-21780 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of Celligen Therapeutics LLC. Authority filed with Secy. of State of NY (SSNY) on 10/16/09. Office location: Albany County. LLC formed in Delaware (DE) on 10/13/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Bob Suva, BlackPoint Group, 100 Fore St., Portland, ME 04101, also the address of the principal office. 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-21781 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: EBULLIENT PICTURES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 9/08/09. 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 Ann Marie F. Lizzi, 64

LEGAL NOTICE

LEGAL NOTICE
York Blvd., Albany, New York 12203. Purpose: For any lawful purpose. LD-21783 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of Quality Technology Services Holding, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/15/09. Office location: Albany County. LLC formed in Delaware (DE) on 9/19/06. SSNY 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-21785 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of Quality Technology Services, N.J. II, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/15/09. Office location: Albany County. LLC formed in Delaware (DE) on 9/18/09. SSNY 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-21786 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF CONVERSION TO A DOMESTIC LIMITED LIABILITY COMPANY (LLC) 1245 KINGS ROAD REALTY LLC, a NY limited liability company converted from 1245 KINGS ROAD REALTY CO., a NY partnership. Certificate of Conversion filed with NYS Secretary of State October 20, 2009. Purpose of LLC - to engage in any lawful act or activity. LLC to be managed by one or more members. Office of LLC: in Albany County. Secretary of State shall mail copy of process against LLC to 302 Washington Avenue Ext., Albany, NY 12203. LD-21787 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF CONVERSION TO A DOMESTIC LIMITED LIABILITY COMPANY (LLC) 1204 KINGS ROAD HOLDING LLC, a NY limited liability company converted from 1204 KINGS ROAD HOLDING CO., a NY partnership. Certificate of Conversion filed with NYS Secretary of State October 20, 2009. Purpose of LLC - to engage in any lawful act or activity. LLC to be managed by one or more members. Office of LLC: in Albany County. Secretary of State shall mail copy of process against LLC to 302 Washington Avenue Ext., Albany, NY 12203. LD-21788 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
INIGO VENTURES LLC was filed with the SSNY on 10/20/09. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o CorpCo, 910 Foulk Rd., Suite 201, Wilmington, DE 19803. Purpose: any lawful purpose. LD-21789 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of formation of DEBT FREE SOLUTIONS, LLC a NYS LLC formation filed

LEGAL NOTICE

LEGAL NOTICE
With SSNY on 10/14/09 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, 2801 Emmons Ave. Brooklyn, NY 11235. Purpose: Any Lawful purposes. LD-21798 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
ANNUAL ELECTION OF SLINGERLANDS FIRE DISTRICT
December 8, 2009 PLEASE TAKE NOTICE, that the Annual Election of the Slingerlands Fire District will take place on December 8, 2009 between the hours of 6:00 p.m. and 9:00 p.m. at the firehouse located at 1520 New Scotland Road, Slingerlands, New York for the purpose of electing one Commissioner for a 5-year term commencing on January 1, 2010 and ending on December 31, 2015. All duly registered residents of the Slingerlands Fire District shall be eligible to vote. Candidates for District Office shall file their names with the Secretary of the Slingerlands Fire District at 628 Kenwood Avenue, Delmar, New York, no later than November 18, 2009. Gayle A. Griffiths Fire District Secretary Slingerlands Fire District LD-21800 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of PRO-ROYAL LLC. Arts. of Org. was filed with SSNY on 10/14/09. 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 St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21801 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Registration of Moss Adams LLP. Ctr of Reg. filed with Secy. of State of NY (SSNY) on 10/20/2009. Office location: Albany County. LP formed in Washington (WA) on 1/4/96. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave of the Americas, Ste 501, NY, NY 10001. Address of the principal office: c/o Delaney Corporate Services, 99 Washington Ave., Ste. 805-A, Albany, NY 12210-2822. Ctr of Reg. filed with WA Secy. Of State, 801 Capitol Way South, PO Box 40234, Olympia, WA 98504-0234. Purpose: Practice Law and any lawful activities. LD-21810 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF PRODUCTION OF JUST KAPTURE PRODUCTIONS LLC. Arts. of Org. was filed with SSNY on 10/22/09. 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 St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21802 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
On July 7, 2009, E N - ERGY SOLUTIONS BY AMERICANS, LLC filed its Articles of Organization with the Secretary of State for NYS (hereafter SOS). The LLC has been formed under NYS law, as a limited liability company, whose purpose is to engage in any and all lawful activities, having Dorothy M. Verch as its member, and offices at 83 Myrtle Lane, Westerlo, N.Y. 12193 in Albany County, and designated the SOS for NYS as agent upon whom service of process against it may be served. The SOS shall mail a copy of any such process to the LLC at 83 Myrtle Lane, Westerlo, N.Y. 12193 LD-21804 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of HEL-GEVOLD CONSULTING, LLC Arts. of Org. filed with ssny on 10/8/09. Off. Loc. Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 184 Orchard Hill Road, Slingerlands, New York 12159. Purpose to engage in any lawful activity. LD-21805 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of LASER MARCELLUS GATHERING COMPANY, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/20/09. Office location: Albany County. LLC formed in Delaware (DE) on 10/15/09. SSNY 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-21806 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: Bill's Restaurant LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/08/09. 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 Bill's Restaurant LLC, c/o Donna Linen, 155 Ontario Street, Cohoes, NY 12047. Purpose: For any lawful purpose. TU 61 (391563) LD-21807 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of PRO-ROYAL LLC. Arts. of Org. was filed with SSNY on 10/14/09. 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 St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21801 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Registration of Moss Adams LLP. Ctr of Reg. filed with Secy. of State of NY (SSNY) on 10/20/2009. Office location: Albany County. LP formed in Washington (WA) on 1/4/96. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave of the Americas, Ste 501, NY, NY 10001. Address of the principal office: c/o Delaney Corporate Services, 99 Washington Ave., Ste. 805-A, Albany, NY 12210-2822. Ctr of Reg. filed with WA Secy. Of State, 801 Capitol Way South, PO Box 40234, Olympia, WA 98504-0234. Purpose: Practice Law and any lawful activities. LD-21810 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of Bond Street Mortgage, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/21/09. Office location: Albany County. LLC formed in Delaware (DE) on 4/29/09. 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 12210-2822. Address of the principal office: 270 Spring Valley Rd., Paramus, NJ 07652. Address to be maintained in DE: 1521 Concord Pike, Ste. 202, Wilmington, DE 19803. Arts of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. LD-21811 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Killer Management LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/23/09. 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, 526 West 26th St., #715, NY, NY 10001. Purpose: any lawful activities. LD-21812 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of CG Collections, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 10/16/09. Office location: Albany County.

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of CG Collections, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 10/16/09. Office location: Albany County.

LEGAL NOTICE

LEGAL NOTICE
SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21813 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Five Tons Abstract LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 10/13/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21814 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of 25 To Life Films LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 10/13/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21815 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of 139 Street LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 10/06/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21816 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Nekonyx LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 10/06/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21817 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Simon & Simon Properties Of NY LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 10/02/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21818 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of 4 Great Jones Holdings LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 10/01/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21819 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of MWHC LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 09/30/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21820 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Maple Nihongo LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 09/30/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21821 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Crystal Ware LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/17/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21822 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Gouger & Shapiro LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 09/10/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21823 (November 4, 2009)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Testori-Mark Design LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 09/08/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21824 (November 4, 2009)

LEGAL NOTICE

99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21824 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Spiegel Realty LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 09/08/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21825 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Ubook24-7 LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 09/02/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21826 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Jubilee Gallery LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/28/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21827 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of T.Y.T LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/20/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21828 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of W.B.Y.R LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/20/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21829 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Bob Grisanti Video Production Services, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/18/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21830 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of SP Family Office LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/17/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21831 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Watch Guard 24/7 LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/18/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21832 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of 1590 W. 8 St. LLC. Arts Of Org. filed with Secy. Of State of

LEGAL NOTICE

NY (SSNY) on 08/14/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21833 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Little Platos, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/13/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21834 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of 1147 JK LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/10/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21835 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Nojo Promo LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/03/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21836 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Atlantic 6th LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 09/03/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process

LEGAL NOTICE

to: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21837 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of N.M.S. LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/19/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21838 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Fran Chesleigh LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/12/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21839 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Hung and So Fine, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/22/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21840 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of L&M 353 Franklin Avenue LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 09/02/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21841 (November 4, 2009)

LEGAL NOTICE

1008, Albany, NY 12260. Purpose: any lawful activity. LD-21841 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Helbig Agency, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 10/05/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21842 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Brian Smith PR, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 6/29/09. 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 Madison Ave., Ste. 1010, New York, NY 10017. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21843 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Tiqiq, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 7/2/09. 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 Madison Ave., Ste. 1010, New York, NY 10017. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21844 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Black Turtleneck Consulting, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 7/3/09. 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 Madison Ave., Ste. 1010, New York, NY 10017. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21845 (November 4, 2009)

LEGAL NOTICE

Notice of Formation of Bay 29th St. Development LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/09/08. 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-21846 (November 4, 2009)

LEGAL NOTICE

Notice of Qualification of Axis Design Group International LLC. Authority filed with Secy. Of State of N.Y. (SSNY) on 08/19/09. LLC Formed in New Jersey (NJ) on 03/31/06. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. NJ address of LLC: 744 Broad St., 14th Fl, Newark, NJ 07102. Arts. Of Org. filed with NJ Dept. Of Treasury, State Treasurer, 225 W. State St., Trenton, NJ 08608. Purpose: any lawful activity. LD-21847 (November 4, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: BBL HOOSICK MANAGEMENT, LLC. Articles of Organization filed with NY Secretary of State, October 23, 2009. 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-21848 (November 4, 2009)

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 Hall, 445 Delaware Avenue, Delmar, NY 12054 until 2:00 p.m., on Tuesday, December 1, 2009, 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,

LEGAL NOTICE

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 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. Drawings and Specifications may be examined 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 the Town of Bethlehem, Town Hall, 445 Delaware Avenue, Delmar, New York, 12054, 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 F2 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.
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OWNER
TOWN OF BETHLEHEM
Town Hall
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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: October 29, 2009
LD-21849
(November 4, 2009)



Sick

(From Page 36)

a championship, you want to feel like if you have to lose, you want to do so when everyone is playing at their best. You never want to think about what could have been if you weren't missing key players because they were sick.

I can soldier on because all I have to do is stand still or walk the sidelines a bit. I don't have to run around, tackle an opponent or swim 500 yards. As long as I'm not wiped out by this virus, I'll be there to watch as Section II hands out its championship plaques.

All I'm hoping for is that all the teams involved in this weekend's championship games and meets will be healthier than me.

With that said, here are my picks for the five Sectional football championship games starting with the smallest schools and finishing with the largest schools.

Class D: Greenwich vs. Rensselaer - The Witches looked dominant in beating Saratoga Central Catholic 50-0 last Friday, but there's a big difference between Saratoga Catholic and Rensselaer. That big difference

is Mico De Los Santos, who has 16 touchdowns for the Rams this season. I don't think Greenwich will stop De Los Santos or the Rams. **Edge: Rensselaer**

Class C: Chatham vs. Hoosick Falls - This game comes down to one thing: Can the Panthers keep Josh Keyes out of the end zone long enough to pull out the win? So far, no one has been able to stop Keyes, who has 39 touchdowns through nine games. As good as Hoosick Falls' defense has been this season (the Panthers have allowed less than 10 points per game), I don't think it can stop Keyes. **Edge: Chatham**

Class B: Schalmont vs. Lansingburgh - When these teams met in Week 2, the Knights pulled out a 42-29 victory over the Sabres. Since then, Schalmont's defense has improved to the point where it has not allowed more than two touchdowns in a game over the last three weeks, while Lansingburgh has been involved in some high-scoring games. Initially, I was going to pick the Knights, but I think the Sabres have enough on both sides of the field to pull off the win. **Edge: Schalmont**

Class A: Burnt Hills-

Ballston Lake vs. Troy - This one could be the game of the year in Section II. It certainly shapes up as a battle between BH-BL's high-scoring offense and Troy's stingy defense. The Flying Horses have done a very good job of shutting down talented offenses, but they haven't seen an offense with as many weapons as the Spartans. And as long as BH-BL's defense controls Troy's running attack, I think the Spartans will repeat as Sectional champions. **Edge: BH-BL**

Class AA: Ballston Spa vs. Saratoga Springs - It was only a month ago when the Blue Streaks fended off the Scotties 17-14, but that was Ballston Spa quarterback Mark Seager's first game back after injuring himself three weeks earlier against Shenendehowa. Seager is at 100 percent now, and I'm not certain that even Saratoga's vaunted defense can shut him down for an entire game. I'm calling for the upset here. **Edge: Ballston Spa.**

OK, now that I've dispensed with the predictions, I think I'll go find some chicken soup and the cold medication. See you this weekend ... I hope.

Eagles, Dutchmen advance in Class AA

By ROB JONAS
jonasr@spotlightnews.com

Bethlehem and Guilderland had no trouble getting out of the first round of the Section II Class AA boys soccer playoffs.

Steve Russo scored all three of his goals in the first half to lead Bethlehem to a 6-0 victory over Schenectady in one first-round game last Thursday, while Guilderland used a balanced attack to down Christian Brothers Academy 7-0 in its Sectional opener.

"We took it to [Schenectady] right away," said Bethlehem coach Phil Ridgway. "We wanted to get off to a quick start, and they responded to that by scoring in the first two minutes."

Chris Wilsey contributed a pair of second-half goals for Bethlehem (13-3-1), which met Shaker in a quarterfinal game Monday in Delmar. Phil Sell and Gavin Tougher also tallied.

Like Bethlehem, Guilderland (11-3-3) scored three times in the first half and four times in the second half to dispose of its Big 10 opponent. Caleb Ciaschetti led the Dutchmen against CBA with a pair of goals.

Zack Matteo, Cliff Bondi, Vito Mesiti, Nick Cannistraci and Jordan Macken also tallied for Guilderland, which traveled to Big 10 champion Albany Monday for a quarterfinal game.

In other Sectional soccer action last week, Voorheesville moved on to the Class CC semifinals by beating Galway 1-0 in last Saturday's quarterfinal round.

Zach Keller notched the only goal of the game off a corner kick by Chris Dimmitt, and goaltender Joe Keenan stopped a point-blank shot to help the top-seeded Blackbirds (14-2-1) pull out the win.

Voorheesville meets defending champion Maple Hill Wednesday at Johnstown.

Got sports news?

Spotlight Newspapers welcomes articles on community sports events and updates on athletes in college.
E-mail Sports Editor Rob Jonas sports@spotlightnews.com or fax information to 439-0609.

Final

(From Page 36)

Spa State Park.

Saratoga packed its top five runners among the top 10 overall finishers to win the girls team title with 21 points. Shenendehowa was second with 48 points, and BH-BL placed third with 58 points.

Freshman Keelin Hollowood led Saratoga, with a first-place finish in a time of 17:27.4. Shenendehowa senior Nicole Irving was second in a time of 17:54.1, while Saratoga's Brianne finished third in a time of 18:03.5.

On the boys' side, BH-BL placed four runners in the top 11 to defeat Shen 46-69. Shaker took third place with 78 points.

Shen's Dan Harris won the

individual title with a time of 15:19.62, two seconds ahead of runner-up Otis Ubriaco of BH-BL. Scott Maughan was third for BH-BL in a time of 15:25.26.

Here are the results from the Suburban Council Championships.

Boys

Team standings: Burnt Hills-Ballston Lake 46, Shenendehowa 69, Shaker 78, Ballston Spa 123, Saratoga Springs 129, Niskayuna 157, Colonie 171, Guilderland 195, Bethlehem 205, Averill Park 294, Columbia 302, Mohonasen 347

Top 20 runners: 1. Dan Harris (Shen) 15:19.62; 2. Otis Ubriaco (BH-BL) 15:21:80; 3. Scott Maughan (BH-BL) 15:25.26; 4. Kyle Wegan (Shaker) 15:32.53; 5. Max Groves (BS) 15:44.91; 7. Sean Pezzulo (BH-BL) 15:51.86; 8. Dave

Marthy (Shaker) 15:54.79; 9. Mitch Todorov (Shen) 15:58.49; 10. Ian Dorset (Shen) 15:59.07

11. Chris Fernandez (BH-BL) 16:00.12; 12. Erich Voelker (Colo) 16:02.98; 13. Chris Collier (BC) 16:06.67; 14. Mike Libruk (Shaker) 16:09.19; 15. Jon Vallecorsa (Shaker) 16:11.95; 16. Sam Place (Sara) 16:15.13; 17. Jake Flynt (BS) 16:18.23; 18. Ed Brown (Colo) 16:20.77; 19. Ryan McTague (Nisky) 16:23.91; 20. Sam Kimmey (Shen) 16:26.92

Girls

Team standings: Saratoga Springs 21, Shenendehowa 48, Burnt Hills-Ballston Lake 58, Columbia 155, Guilderland 174, Shaker 176, Niskayuna 198, Ballston Spa 216, Bethlehem 219, Colonie 231, Averill Park 273, Mohonasen 386

Top 20 runners: 1. Keelin Hollowood (Sara) 17:27.48; 2. Nicole Irving (Shen) 17:54.11; 3. Brianne Bellon (Sara) 18:03.50; 4. Sydney King (Sara) 18:03.79; 5. Cassie Goutos (Sara) 18:04.04; 6. Danika Simonson (Shen) 18:06.69; 7. Molly Pezzulo (BH-BL) 18:11.99; 8. Madison Carr (Sara) 18:18.18; 9. Kiersten Anderson (BH-BL) 18:19.98; 10. Amanda Borroughs (Sara) 18:40.05

11. Cara Janeczko (Shen) 18:48.55; 12. Riley Wilk (BH-BL) 18:49.41; 13. Rachael Cyrus (BH-BL) 18:50.42; 14. Gina Stalica (Shen) 18:51.04; 15. Jordan Westcott (Shen) 18:59.10; 16. Erin Mossop (Guild) 18:59.92; 17. Alyssa Drapeau (BH-BL) 19:00.62; 18. Natalie Cullings (Climb) 19:07.09; 19. Kaylee Scott (Climb) 19:12.49; 20. Alex Burtnick (Shen) 19:15.00

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Upset

(From Page 36)

including a 50-yard touchdown run midway through the third quarter to put the Scotties in total control.

Seager wasn't the only one running all over the place for Ballston Spa. Nick Tubolino carried the ball six times for 61 yards and a pair of touchdowns, Matt Clark contributed two scoring runs and Alex Nicol added 47 rushing yards and a touchdown as the Scotties gained more than 300 yards on the ground.

"That's what this is all about. If you want to try to stop one guy, someone else is going to beat you," said Bowen.

Meanwhile, Guilderland's offense had a hard time getting anything going after taking its 9-6 lead. Though the Dutchmen (4-5) got into Ballston Spa territory several times, turnovers and penalties stalled their drives.

"I credit our kids so much because they knew we didn't have much depth because we were missing some players, and they kept playing hard," said Penna.

Things looked good for Guilderland early on when quarterback Ryan Smith connected with Matt Ward on a 15-yard touchdown pass in the first quarter. But Ballston Spa responded with a scoring drive of its own - capped by Clark's 4-yard touchdown run - to tie the game at 6.

Following Lavelle's field goal early in the second quarter, Ballston Spa took the lead on Nicol's 16-yard touchdown run. Matt Belghey added the extra point to give the Scotties a 13-9 advantage.

Guilderland's defense couldn't

shut down Ballston Spa's running attack after that. Tubolino scored on a 4-yard run late in the second quarter, and Seager broke free for his long scoring scamper in the third quarter to give the Scotties a 27-9 lead. Then, Clark capped another Ballston Spa drive with a 5-yard touchdown run late in the third quarter to make the score 34-9.

The exclamation point came in the fourth quarter. Tubolino scored on a 9-yard run, and Seager added a two-point conversion on a fake extra point to give Ballston Spa its final margin of victory.

Ballston Spa advances to Friday's Class AA final against Route 50 neighbor Saratoga Springs, which shut out Schenectady 32-0 in last weekend's other Sectional semifinal.

"It's a special thing to be a part of," said Bowen. "I hope this continues through next week."

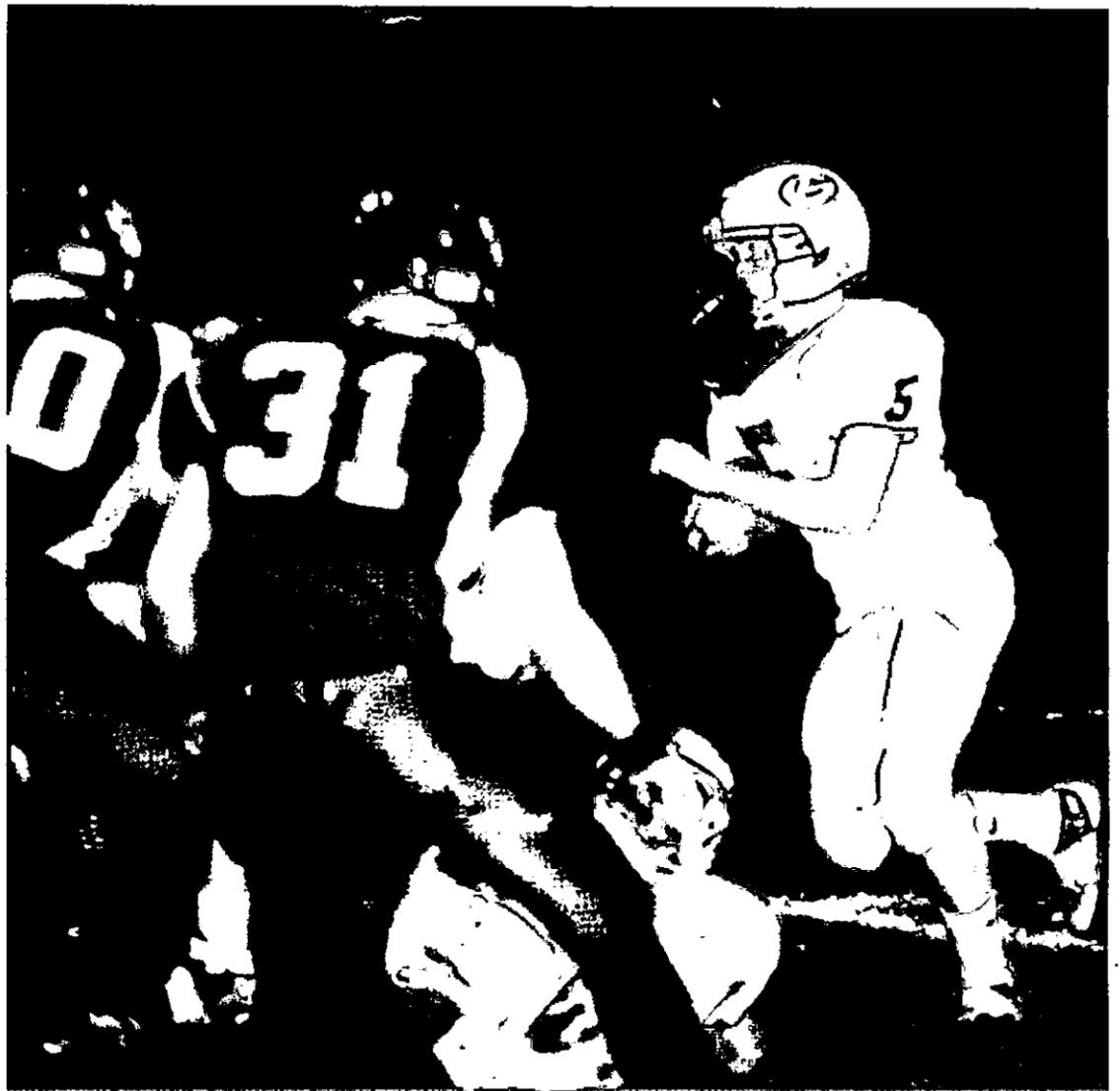
Eagles win OT thriller

The Bethlehem football team wrapped up its season by edging Shaker 29-28 in overtime last Thursday in a crossover game.

The Blue Bison (3-6) took a 21-14 lead in the fourth quarter when Ben Capeless threw a 20-yard touchdown pass to Sam Hyatt. But Cody Nolan tossed a 26-yard scoring strike to Trey Silver late in the period to tie the game for the Eagles (4-5).

Bethlehem won the toss for overtime and elected to play defense first. Shaker got on the scoreboard with a 1-yard touchdown plunge by Capeless and a Jack Morrison kick, but Casiem Maxwell scored on a 12-yard run on Bethlehem's possession. Then, Nolan completed a two-point conversion pass to Mike Strohecker for the victory.

Maxwell rushed for 139 yards and scored two touchdowns to lead Bethlehem.



Guilderland's Matt Ward looks for an opening in Ballston Spa's defensive line during last Friday's Section II Class A semifinal game. *Rob Jonas/Spotlight*

★ Announcing Elder Law Workshops ★

"When To Start Taking Social Security"

Presented by Robert L. Wolff, Esq., on Wednesday, November 11th from 7-8 p.m. at Voorheesville Public Library, 51 School Road, Voorheesville, New York (518) 458-9274

You think, I have earned my Social Security by working all my life and I want to receive what I am due. What's the best way to get the most money out of my contribution to Social Security? Should I take Social Security at 62, wait until 65 or 70? What will my break-even age be if I wait until 70 or start taking Social Security at 62? Can I take Social Security based on my spouse's or deceased spouse's Social Security benefit? If I am divorced, can I qualify for Social Security benefits under my ex-spouse's social security? These are many of the questions this class will cover. The class is intended to provide a guide for making an informed decision when considering when to begin collecting Social Security.

The class will be taught by Robert Wolff who has been certified as an Elder Law Attorney by the National Elder Law Foundation, and has been designated a Chartered Retirement Planning Counselor by the College for Financial Planning.

For more information, call (518) 271-0801.

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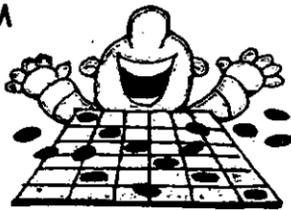
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Sports *in the* Spotlight

Final tune-up

Saratoga County teams dominate league meet

If Friday's Section II Cross Country Championships go the same way that last weekend's Suburban Council meet went, Saratoga County teams should do very well.

Saratoga Springs ran away with the girls team title, while Burnt Hills-Ballston Lake ended Shenendehowa's reign as league champions on the boys' side at last Saturday's meet at Saratoga

□ Final Page 34



Runners take off from the starting line during last Saturday's Suburban Council Cross Country Championships at Saratoga Spa State Park. *Robert Goo/Spotlight*

News & Notes

Lady Eagles open playoffs Wednesday

The Bethlehem girls soccer team ends its hiatus Wednesday when it hosts a Section II Class AA quarter-final game.

The top-seeded Lady Eagles (15-1) have been off since beating Guilderland 5-1 in their regular season finale Oct. 22 – a span of nearly two weeks.

Bethlehem meets the winner of Monday's Amsterdam-Guilderland opening round game. Guilderland (8-5-3) is the No. 8 seed, while Amsterdam is the No. 9 seed.

The winner of Wednesday's quarterfinal game goes on to the semifinals this weekend.

In opening round action from other classes, Galway scored twice in the second half to defeat Voorheesville 2-0 in last Saturday's Class CC quarterfinal, while Tamarac defeated Ravena-Coeymans-Selkirk 3-1 last Thursday.

Carolyn Gibbins had a goal and an assist, and goal-tender Jacqueline DeFoe made 12 saves for Galway. Michelle Thamsen stopped seven shot for Voorheesville (8-7-1).

Lindsay King, Elisabeth Morris and Julia Sloboda tallied for Tamarac against R-C-S (7-9). Emily Scott scored for the Indians.

Colonie defeats BC in semifinals

After losing the first game, Colonie rallied to win the next three games and defeat Bethlehem 3-1 in the semifinals of last week's Suburban Council Boys Volleyball Tournament.

The No. 2-seeded Eagles won the first game 25-22 before the No. 3-seeded Garnet Raiders took the next three sets by scores of 25-21, 26-24 and 25-20.

Kyle Landrigan led Bethlehem with 32 assists and was named to the all-tournament team.

Top-seeded Burnt Hills-Ballston Lake defeated Colonie 25-19, 25-11 and 25-15 in the finals to claim the league title and a berth in the state regionals.

R-C-S Soccer Club holds registration

Registration is under way for the Ravena-Coeymans-Selkirk Soccer Club's 2010 season.

Registration can be completed on-line at the club's Web site www.rcssoccerclub.com. The deadline for forms is Feb. 15.

Upset special stalls

Dutch get early jump, but Scotties get the last word

By ROB JONAS

jonasr@spotlightnews.com

When Mike Lavelle kicked a 39-yard field goal early in the second quarter, the Guilderland football team had a 9-6 lead on Ballston Spa.

That was the moment Ballston Spa turned on the jets.

The Scotties (8-1) scored the final 36 points of the game to defeat the Dutchmen 42-9 in last Friday's Section II Class AA semifinal game in Ballston Spa.

"We weathered an early storm," said Ballston Spa coach John Bowen. "They came out with a great game plan early on, and we had to weather it."

"Defensively, we knew they would be a tough offense to stop," said Guilderland coach Dan Penna. "We had a couple of kids playing different positions because of injuries, but that's no excuse. They just outplayed us."

Ballston Spa quarterback Mark Seager completed two passes for 47 yards, but he didn't need to. He created enough havoc with his feet as he rushed for 146 yards

□ Upset Page 35



Guilderland's Connor Hurley finds some daylight to run in during last Friday's Section II Class AA semifinal game against Ballston Spa. *Rob Jonas/Spotlight*

This is the wrong time of year to be sick

As I write this column, I can feel some sort of virus overcoming my body, which figures because we're at the time of year when nearly every sport is having its championship game or meet.

For weeks, I've been both looking forward to and dreading this weekend. I've been looking forward to it because nothing compares to the excitement of a championship game. But I've been dreading it because I don't think I've gone through an entire championship weekend in the fall without some sort of illness

From the
**Sports
Desk**
Rob Jonas



hitting me.

Of course, it's one thing for me to be sick at this time of year. All I'm doing is standing on the sidelines with a notebook and a camera capturing the action as best as I can. It's an entirely different thing for a team to be

going through a rash of illnesses at this time of year because it can cost them a championship.

Some schools have already been hit hard by viruses and are (hopefully) recovering. Burnt Hills-Ballston Lake, Bethlehem, Columbia and Mohonasen are among the schools I know of that had athletes out due to flu-like illnesses last month, and I'm pretty sure that's only the tip of the iceberg.

Fortunately, from everything I've heard from people who have had these flu-like symptoms, it's

not nearly as bad as what you see on the national TV newscasts from places like Texas, Oklahoma, Arkansas and California. There are children dying from the flu there including kids who play there and have had no underlying health issues. Up here, it's usually a week's worth of misery, and then it's over.

Still, it's a week's worth of misery that – if enough players are sick – can leave a team shorthanded at the wrong time of year. When you're playing for

□ Sick Page 34



BOOMERS & Beyond



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Seniors stroll for a cause 4

a supplement to

The Capital District's Quality Weeklies

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Assisted living director shares her experience with Alzheimer's

By ROSALYN LARRABEE

Rosalyn Adams Larrabee is the marketing and public relations director for Ingersoll Place, my duties include touring, sitting with families regarding their choices for their loved ones, I encourage them to include their loved ones in the decision process.

November is National Alzheimer's Awareness Month and I sit on the Alzheimer's Educational and Conference Committee. The Conference will be Monday, Nov. 23, at Union College. It is for all care givers, professional and non-professional.

We, as you know, have a memory care area here at Ingersoll, along with assisted living. I see day to day our residents on both sides. I'm the first contact and remain a point of contact with each resident and family.

I learn about each resident. I know if they take sugar and cream or not in their coffee. It is important, as especially our memory care residents (they fall under the umbrella of dementia and Alzheimer's) they will tend to forget or be confused.

My parents both had Alzheimer's. My father well back in the day (my father born in Sicily was an older man when he had me, I lost

him young) when no one really knew Alzheimer's, said my father was going senile because of his arteries and not enough blood flowing, at the time there was nothing to be done, so he deteriorated and passed on.

It was so frustrating to see a renaissance type man just not know anything anymore. It was sad because we did not understand what was happening and our patience was not always perfect.

My mom would forget, but not always. My sisters and I kept her close and offered her much socialization, she was busy she was fine, though we had to remind her of things. In her early 80s we really realized things were not right.

She would walk and walk but not know her direction. She saw people that did not exist. No major behavioral issues, we were lucky. She did grow tired. She was diagnosed with Alzheimer's but we do not know exactly how long it was progressing so we never had a complete record. She wound up in stare off state, broke her hip, and slipped away. It was all too much for her.

She was a great seamstress and lost that ability. She was placed on Aricept. She was able to remain with us

for several years from the time she was diagnosed. I think the thing that kept her going most was socialization. She would water my plants, I would watch but have her help me in the kitchen, took her to church, put on music, and she ate what she loved.

I do recall the night before she passed on, the nurse put the phone to her ear, (I called to check as I normally would at night) and after hearing my voice she called my name, Rosalyn, and said to me that she would be ok.

She passed on early the next day.

Independence for those with Alzheimer's needs to remain. We should treat the person as a person and not them as the disease.

We can still ask them their opinion, though we may have to direct a better choice. Memories are not only in the mind, but memories are held in the heart. My parents still exist in my heart, in the things I do, and I have carried to my sons their grandparents' thoughts, so that my children will carry mine, and on we all go.

I invite people to tour and to inquire about Ingersoll and what we offer. Do not wait for a crisis to hit, be informed of what is available to support you and your family.

REMIND ME

by Rosalyn Adams Larrabee

(Dedicated to her parents who passed on their memoirs, in order to offer her and her sons memories)

Remind me—you who knew me—remind me of the scent I would love to wear...

Chanel...Jean Nate...Jovan... Somewhere...

Remind me of how I combed my hair....

My favorite pair of shoes, red where they not, oh darn, have I forgot

Remind me of how I tucked my shirt....fixed my tie and at the sight of my love would sigh.....

My favorite food, meat, pasta, fish, what was my favorite dish?

Children, I had many, but now it seems I have not any.....

Sons so strong, but it seems so long....

Daughters so warm, I feel so torn.

I recall my dog, bright, protective, warm nose, paw on my knee,

Miss her....miss me.....

I love the sun, but now I sit inside, why not ask me to go out and have fun...

Ocean breezes once kept me cool, my speech may be mumbled and I may drool....

Do you think I forgot all, I can still pray, I can still have a say, do you know how to listen? With your ears, with your heart, I think not.....

I held a job outside of my home, I wrote or painted, I drove.....

I may be missing my true love, my friends, my parents..... maybe you...too...

Doctors may tell you how I feel, based on stats....maybe facts.... no changes in that recipe.....

My memory is fading from my mind, but per chance not my heart....

Though I'm may be unable to express, take a moment ...take part.....

Days may grow shorter, I know you want what is best for me, but have you ever asked me? Do you really know me?

I was your mother, your friend, the one who sat up and waited for you to come home at night, I was the PTA, made lunch, baked the cookies, did the laundry, smiled at your art work or poem, cried when you went to war, believed in love when you married, told you to hang true to your dreams, loved your hugs; when you were sad I was sad, helped with homework, sat up with the measles and colds, taught you your first words, directed you with a sense that God exist, I know He does, who am I now, let me be and allow my spirit and heart to be free....God holds my memories in His Book, and when He is ready will take me home.....

You may face this one day...in your own way...

Do not forget I'm not far...I will watch over you...

I was here for a reason, a season....for to leave you is so hard...He understands..... memories you will carry on.....

I ask that you carry on "our" memories and to make new ones to share with generations to come, for it the past that holds the future.

One memory will carry over into the place I go One memory cannot be lost..... remember this...it the memory of love.

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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Visiting a senior? Keep the flu germs at bay

Schools with only a third of the students sitting in chairs, offices sending out notices to employees asking anyone with a fever or cough to please stay home, and hand sanitizer stations popping up everywhere; the signs are very visible this year that flu season has arrived.

Seasonal and H1N1 flu viruses are making big headlines. And while everyone has the potential to catch either variety, senior citizens tend to suffer more from the complications of flu.

"It's a good idea for everyone - including caretakers of senior citizens - to get the flu shot. And there are many other ways to help prevent the spread of viruses from one person to another," says Richard Bitner with Visiting Angels, a senior home-care service. "If you provide care, or even just frequently visit with a senior, pay attention to their living environment to make sure it is safe and protects your loved one from viruses. And make sure you take care of yourself as well, so you don't pass on the germs."

Seniors are more vulnerable

because they spend time with grandchildren, get out and explore new activities and visit with friends and family. The CDC recommends everyone over the age of 50 get a yearly flu vaccine because the flu can be more serious and even deadly for seniors. About 36,000 people die from flu

medicines, alcohol-based hand rubbing solution and tissues, so that if you do start experiencing symptoms, you don't need to go out and to purchase supplies.

* Wash your hands every day with soap and water - or if this isn't available, hand sanitizer.

* Avoid close contact with sick people.

When you are visiting a senior citizen in senior home care, make sure they have supplies on hand and are practicing good personal hygiene. Do they have a squirt bottle of soap next to

every sink in their house? Do the counters and bathroom sinks get cleaned frequently? Are tissues available next to chairs in every room?

Remember, seniors may not pay attention to basic preventative measures when it comes to viruses. But by practicing good health habits yourself, you can help keep them from getting sick from the flu. For more information about flu prevention and seniors, visit visitingangels.com/library.asp.

—Courtesy of ARAcontent

"It's a good idea for everyone - including caretakers of senior citizens - to get the flu shot."

Hardly itner
o Visitin An els a senior home are ser vie

complications annually, and of those deaths, 90 percent are age 65 or older.

In addition to getting both the seasonal flu vaccine and the H1N1 vaccine, the Centers for Disease Control and Prevention recommends the following steps to help protect your health:

* If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone - unless you need to get medical care.

* Even if you aren't sick, keep your home stocked with a supply of over-the-counter

Conifer breaks ground on senior living community

Conifer Realty, LLC, has broken ground on Clifton Park Senior Living, a living community for seniors aged 55 and older.

Conifer's newest affordable rental housing development will contain 64 one-bedroom and 6 two-bedroom units located near the intersection of Waite Road and Route 146 in western Clifton Park. There will be units set aside for mobility and hearing or visually impaired residents. This is Conifer's first project in Saratoga County.

This dynamic community is being developed following New York's Green Building and Energy Efficiency Initiatives. All off the heating and cooling equipment, appliances and light fixtures will have an ENERGY Star rating, and water conserving fixtures will be installed throughout the building. Each apartment will feature maple cabinets, Berber carpet and window treatments along with an individual patio or balcony.

"Clifton Park Senior Living will provide affordable housing that will offer an unparalleled higher quality of life to our Residents," stated Andrew Bodewes, Conifer Project Director for the project. "The Community will include an exercise room, computer lab, community room, centralized laundry facilities and more, making it one of the area's finest examples of senior living."

The groundbreaking will be attended by Brian Lawlor,

executive deputy commissioner at the state's Division of Housing and Community Renewal, Clifton Park Town Supervisor Phil Barrett, other local and state officials and those involved with the Conifer Development and Management team.

"The town welcomed the opportunity to partner with Conifer Realty to bring affordable quality housing for seniors to Clifton Park," Barrett said. "The project provides a model of green infrastructure design that we encourage other developers to

consider with future projects."

Conifer Realty, LLC is a full-service real estate company specializing in the development, construction and management of high-quality, affordable housing communities. Since its formation in 1975, Conifer has developed over 225 properties representing more than 16,000 multi-family units.

For more information, please visit our websites, <http://www.coniferllc.com> or www.coniferliving.com.

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Roughly 50 residents, family members and staff of the Good Samaritan Adult Home and Lutheran Health Care Center in Delmar took to the streets to raise money for the fight against Alzheimer's on Wednesday, Oct. 21. As of the most recent count, around \$1,314 was raised.

Charles Wiff/Spotlight

Seniors stroll for a cause

Roughly 50 residents, family members and staff of the Good Samaritan Adult Home and Lutheran Health Care Center in Delmar took to their feet, walkers and wheelchairs in an effort to raise money for the fight against Alzheimer's

on Wednesday, Oct. 21. About \$1,314 came in as of the most recent count.

This is the first time the facility has held such an event, said Director of Marketing and Admissions Jennifer Travis, but in light of the event's success it

won't be the last.

"It's going to become an annual event," she said.

According to the Alzheimer's Association, roughly half of nursing home residents suffer from Alzheimer's or other forms of dementia, and that pretty much holds true at Good Samaritan, said Travis.

"We felt that we have a lot of reasons to walk," she said.

Money was raised through donation and the sale of Alzheimer's awareness items like Tibetan peace flags and bracelets. The money is being donated to the Alzheimer's Association of Northeastern New York.

"A non profit raising money for other non profits, I think that says something about what our mission is here," said Travis.

Good Samaritan is a faith-based, non-profit care facility providing independent senior housing, and adult home and long term and short term nursing care.

—Charles Wiff

Brandle Meadows is an empty-nester's dream

Nestled under the Helderbergs in Altamont, one finds Brandle Meadows, the Capital District's newest condominium community designed for active adults, 55-plus.

Brandle Meadows is an empty-nester's dream, offering maintenance-free living in spacious, open floor plans with plenty of storage space and the opportunity to completely customize one's living space. But its more than that... a clubhouse with fitness center, great room, heated pool, putting green, community gardens, pond and nature trail are all part of this quaint Victorian village.

But what is really special is the true sense of community evolving as more and more residents move in.

Just a week ago, on an especially warm evening as the sun was setting on the rich golds and russets of the Helderbergs, residents Jim and Sandi Andi and Pete and Rose Russo met on the porch of the clubhouse to share a glass of wine and celebrate the beauty of autumn in their new homes.

The two couples had not known each other before moving to Brandle Meadows, but have since become fast friends.

Sandi remains amazed. "Here we are with all these great friends we didn't even know a year ago. We get together for dinner, events in the Clubhouse, or a walk on the nature trail. Before, at this time of year, I was a 'football widow'....now there is always someone to join me for a walk or a Sunday

afternoon chat."

At a recent open house, a couple from Delmar was pleasantly surprised. Just starting to think about a move from their large colonial home, they said "This is like a big secret being revealed to us. We had no idea that a place like this existed so close by. We have several friends who are ready to make the move, and this place is perfect for all of us."

This is a typical response, according to Karen Giles, of KGiles Associates.

Giles represents Coldwell Banker Prime Properties as the Director of Sales for Brandle Meadows. "Every day I literally watch people fall in love with Brandle Meadows.

"Here we are with all these great friends we didn't even know a year ago."

Brandle Meadows resident Sandi Andi

They picture themselves here, and long to be part of it."

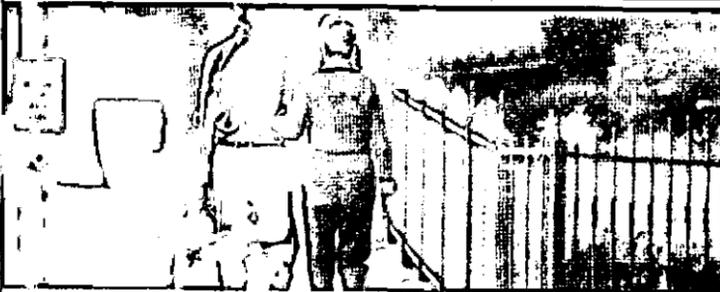
A specialist in active adult and senior real estate, Giles knows first-hand that the decision to downsize, or "right-size", as she calls it, is a big one. "Most people think about it for several years before actually making the leap...but once they see Brandle Meadows, they often find that they are readier than they thought."

That may account for the fact that Brandle Meadows is the fastest-selling 55-plus community in the Capital District, with nearly 65 percent of the 72 units already occupied or reserved. The final phase of construction is underway.

While units are still available immediately, Giles notes, "This last phase is perfect for folks who want to put their homes on the market in late 2009 or early 2010. They can reserve their unit now, take time to get their home ready for sale, and make a smooth transition."

For more information, call Brandle Meadows at 861-3300.

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Register at www.brandlemeadows.com

Directions: Rt. 20 to Rt. 146 S towards Altamont (5mi.) to left on Brandle Rd., 1/4 mile on left. See offering plan for full terms. File no. CD07-0722

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Transforming a challenge into an opportunity

Braving the cold to walk



On Monday, Oct. 19, Colonie Senior Service Centers presented the Ann Marie Sheehy Bright Horizons Award to Robert H. Gottfredsen, left, a caregiver for his wife Kathleen who was diagnosed with dementia eight years ago.

Submitted photo

Special to the Spotlight by Danielle Simons, CSSC, Inc.

Being a caregiver is challenging and difficult, meeting that challenge with grace and compassion is easier said than done. On Monday, Oct. 19, Colonie Senior Service Centers presented the Ann Marie Sheehy Bright Horizons Award to Robert H. Gottfredsen, caregiver for his wife Kathleen who was diagnosed with dementia eight years ago.

For most of their 41 years of married life, Bob and Kathleen lived in New Jersey. They have three children and now have six grandchildren. A career as a nurse kept Kathleen active for many years while Bob worked with his dad in the restaurant business. About ten years ago Kathleen started showing signs of dementia, but was not diagnosed as dementia until two years later.

Bob and Kathleen moved to the Capital Region so Bob could get help from nearby family members. Once here, he couldn't believe how nice and helpful people were.

The Town of Colonie Senior Resources Department pointed him in the direction of Bright Horizons, and Bob and Kathleen's lives both changed for the better. "Bright Horizons is such a big break for me; I am able to do things

like grocery shop and attend caregiver meetings."

With Kathleen enjoying her time in Bright Horizons making jewelry, playing bingo, and exercising with Wii Fit, Bob decided to use his respite time to drive for our Transportation Service. "I had wanted to get a part time job and driving for Colonie Senior Service Centers gets me around people. Bright Horizons is a huge help . . .

everyone is treated with respect and dignity and both Kathleen and I have become part of the Bright Horizons family."

Bob loves helping other seniors and enjoys getting to know his riders. And the bonus is that he gets to drive Kathleen to Bright Horizons everyday! Bob has definitely transformed a challenge into positive experience for all.

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www.brighthorizonssocialcenters.org

Funded in part by the Albany County Dept. for Aging, the NYS Office for Aging, US Administration on Aging, the Town of Colonie and participant contributions.



ABOVE: Barbara Saville, a heart attack survivor, Laura McDonald, Barbara Kigens and Carol Caruso bundled up to walk for the North Country Start! Heart Walk.

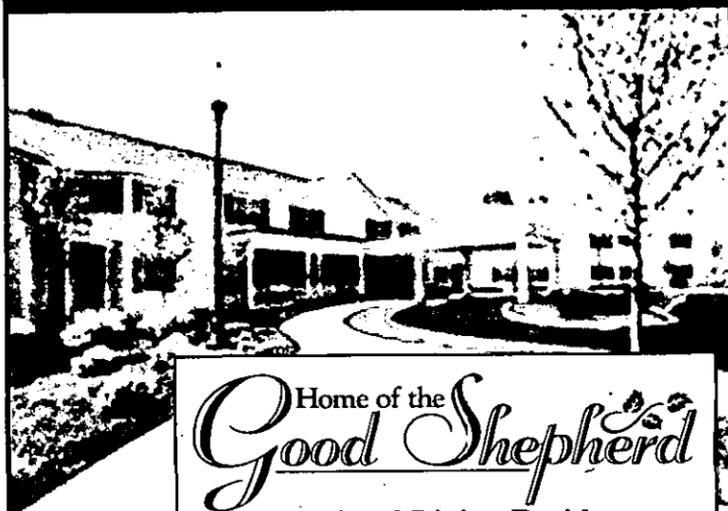


LEFT: Ian Cohn, 11, of Clifton Park, posed as the American Heart Association's mascot, "Ticker," with Jeffrey Spencer of East Greenbush.

Jackie Sher/Spotlight

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Community news

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Three reasons you need a last will

If you've been paying attention to celebrity news, you've probably noticed several cases where courts are tied up with relatives and lawyers fighting over estates, children and money. One reason these cases take time – and money – to be resolved is because of the absence of an updated will.

No matter how young, healthy, wealthy or prepared for retirement you are, you can't predict what will happen in the future. But you can make your wishes for the future known, especially those that involve your family after your death.

A last will could be the most important document you ever sign. Without one, the courts determine what happens to your assets – and your minor children – when you die. Here are three reasons everyone should organize a last will:

1. **Children.** If you have minor children, you need to specify guardians. A will allows you – and not court system – to determine who would best care for your children and raise them the way you would rear them.

2. **Property.** Recording your

wishes for the distribution of your assets and property not only ensures that your decisions are honored but it can also help your family avoid destructive conflicts over these issues.

3. **Final decisions.** Grieving the loss of a loved one is hard enough to handle. Sparing your loved ones the stress and anxiety of determining how you would like to be honored and remembered can be avoided with a will.

Preparing a last will isn't difficult, and services like LegalZoom.com make the process easier and affordable. LegalZoom helps you create reliable legal documents from your home or office. Simply answer a few questions online and your documents will be prepared within 48 hours. Your answers are reviewed for consistency and common mistakes, and the company guarantees your satisfaction.

By completing a last will online and keeping it updated, you can have all of your final wishes followed, and save your family plenty of stress.

—Courtesy of ARAcontent

Arthritis exercise is like oil for the joints

The word "arthritis" is a general term that means "joint inflammation". In actuality, the term refers to more than 100 rheumatic diseases.

The most commonly known types of arthritis are Osteo and Rheumatoid. Osteoarthritis involves a degeneration of the cartilage that cushions the surface of joints, causing bones to rub together resulting in pain and loss of movement. Rheumatoid arthritis is a reaction by the body's immune system that results in inflammation and thickening of the joint lining, also resulting in pain and loss of movement.

With over 100 types of arthritis, and symptoms that vary with each individual, the treatment of arthritis is unique to each person affected.

One course of action that the Arthritis Foundation recommends is a regular recreational exercise program on both "good and bad" days. Exercise is like oil for the joints. Although an individual may feel sore and stiff at

the on-set, movement and gentle use of the joint helps to increase flexibility and range of motion, as well as maintain muscle strength which supports the weakened joint. Each individual should use their own judgment as to the intensity with which they participate, listening to their own body. Vigorous exercise that aggravates inflammation in the joints is harmful and should be avoided.

Regular recreational exercise also helps individuals to overcome some of the psychological impacts of Arthritis. When there is pain, a person tends to stop moving or using that joint which leads to loss of motion and decreased function. The limits of decreased function can lead to loss of self-esteem, depression, anger and withdrawal from social activities. The stress of these feelings can lead to increased tension and pain, creating a circular symptom cycle which leads to continued decline.

However, by participating in a group exercise program,

participants may experience relief and more positive feelings as the class creates an outlet for stress and negative feelings. Group activities decrease isolation and provide an opportunity to improve self image and self esteem.

The Arthritis Foundation Exercise Program incorporates exercises, educational information, strength, endurance and balance exercises, along with relaxation techniques to specifically improve joint flexibility and range of motion.

Each exercise serves a purpose and directly relates to skills needed for daily living activities, such as getting in and out of a car, or reaching for an object in a cupboard. Simple tasks that can be taken for granted may become difficult with Arthritis. Using the techniques, form and positioning found in the Arthritis Foundation Exercise Program throughout daily living tasks, can help to provide a level of protection against pain and injury.

Beginning in November Delmar Place Assisted Living Residence will host an Arthritis Foundation Exercise Program. For details and to participate, please call the Welcome Desk at 434-4663. The class is free and open to the public.

Editorial submitted by Kristin Vivian, Director of Community Outreach at Delmar Place with information provided by the Arthritis Foundation. Visit delmarplace.com.

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Got News?

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

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Embury Apartments are half way there

Embury Apartments, The Wesley Community's housing for independent seniors with modest incomes, has passed the midway point in its \$13 million rehabilitation project, which began in the fall of 2008.

Renovations in the East Tower are nearly complete and work has already begun in West Tower.

Improvements enhance comfort, safety, and accessibility for current and future residents. East Tower apartments boast totally new kitchens with modern appliances and new cabinetry. Bathrooms are completely overhauled, with tubs converted to showers.

Other upgrades maximize energy efficiency and address environmental concerns. Replacement windows throughout East Tower and additional insulation improve the effectiveness of the heating plant. Air conditioners are new and Energy Star rated.

East Tower now has new two-bedroom apartments, in place of some of the alcove (studio)

apartments. Handicapped accessible and adaptable apartments have been added.

"The residents have been really good sports about the moves."

Relocation coordinator Lynn Long

During this phase of the project, as many as five floors at a time have been under construction. While work is taking place, the residents on each floor have been relocated to vacant apartments in other parts of the building.

"The residents have been really good sports about the moves," says relocation coordinator, Lynn Long. She and her assistant, Sam Livsey, help the residents with preparations and then move them. There is no cost to residents for the moves.

Work on the project is expected to continue for another eight months.

For more information about Embury's newly renovated apartments please call Nikki Ferguson, director, at 518-691-1551 or April Varnam, assistant manager, at 518-691-1552.

CHOICES: Providing caring service for 20 years

As the population of adults over age 60 increases, caregivers and family members are often overwhelmed as they try to handle the challenges associated with caring for an older adult.

Since 1989, CHOICES Geriatric Care Management Program has been assisting older adults and their families develop a plan of care that will support the health, safety, independence, financial security, and quality of life for older adults throughout the Capital Region. CHOICES continues to grow to meet the needs of today's seniors.

CHOICES is operated under the belief that all older persons deserve the help they need to remain safe and secure in the living environment they prefer. With CHOICES, older adults and their families remain in control of health care decisions.

CHOICES provides compassionate care to clients and their families. Each client receives a comprehensive in-home assessment focusing

on the client's physical, mental, emotional and social needs. The staff at CHOICES will develop a personalized plan of care that will identify problems and specific services needed such as:

- medical care coordination
- education on elder care issues
- counseling regarding life transitions
- finding placement in senior housing
- supervision and monitoring of plan of care
- written informative reports to families
- home safety evaluations
- consumer advocacy

The professional staff of the CHOICES Program is caring, knowledgeable and experienced with the many issues involving eldercare. Each member of the staff is a New York State licensed,

master's level social worker with significant expertise in navigating the complex medical and community service delivery system. As part of the Case Management Department at St. Peter's Hospital, convenient access to nurses, pharmacists and other medical professionals is close at hand. In addition to serving clients in Albany, Rensselaer, Schenectady and Saratoga counties, CHOICES regularly collaborates with agencies in these counties.

Each staff member of CHOICES is affiliated with the National Association of Professional Geriatric Care Managers, an association that promotes the highest quality of service available.

Seniors and caregivers can learn more about the CHOICES program by calling (518) 525 - 6803 or by visiting their website at www.sphcs.org/.

Are you at risk for type 2 diabetes and heart disease?

There are many things that can put you at risk for developing type 2 diabetes and heart disease. Some of these things you have the power to change - if you smoke or exercise - and some you don't - your age or family history. Either way, you should know how all of these things can add to your chances for type 2 diabetes, heart disease and stroke.

My Health Advisor, an online tool from the American Diabetes Association, can help you understand your risk. All you have to do to is enter some basic health information, such as:

- * Family history
- * Height and weight
- * Blood glucose level
- * Cholesterol level
- * Smoking history
- * Age, race, gender

My Health Advisor takes your information and creates a personalized online health profile, and will let you know if you are at risk. Your results are compared to results of dozens of clinical trials to make sure it is accurate.

My Health Advisor will also create a personalized plan that will help you lower your risk

of diabetes and heart disease. Tips may include eating healthier foods or smaller portions, and increasing your level of physical activity. But the real benefit is that you can see instantly how these small changes to your day-to-day routine can lower your risk.

With each small change, you will be on your way to a longer, healthier life. You can stop type 2 diabetes and heart disease. Visit www.CheckUpAmerica.org/MA today for your personalized risk profile.

To learn more about type 2 diabetes and heart disease, call the American Diabetes Association at (800) DIABETES (800 342-2383), e-mail AskADA@diabetes.org or visit www.CheckUpAmerica.org.

—Courtesy of ARACONTENT

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BOOMERS
& Beyond

Financial services built on trust **COPD patients: It's vital to stay active**

For over 100 years, Trustco Bank has been providing residents of the Capital District comprehensive banking services to best meet their everyday needs.

Known for efficient and hassle free mortgage products coupled with competitive deposit rates, it is no secret why Trustco Bank is ranked as one of the top performing banks in the country year after year.

In addition to our customer's everyday banking needs, Trustco Bank also provides a local, full service Trust Department to assist with other financial services.

Our experienced representatives provide a range of financial services to the community and assist individuals in all three stages of their wealth needs: accumulation, preservation and distribution.

From establishing and implementing an investment strategy, to helping you plan for the distribution of assets upon death, our local representatives realize that any investment approach should be unique to

your individual needs. We also believe that your assets should be reviewed periodically to ensure you are positioned effectively. Through periodic face-to-face meetings, we review such topics as: long and short term goals, cash needs and investment

In addition to our customer's everyday banking needs, Trustco Bank also provides a local, full service Trust Department to assist with other financial services.

allocation, to name a few.

Here are some questions that you may want to ask yourself:

* Do you have a Will that passes your estate to your family or favorite charitable organization according to your wishes?

* Does your investment/retirement portfolio balance income and growth with a level of risk you are comfortable with?

* Does your financial plan take advantage of current opportunities to reduce the impact of income and estate taxes?

What makes Trustco Bank's Trust Department unique from

other financial service firms is the traditional service we're proud to provide with at-home visits and personal face-to-face reviews; however, you can rest assured that products we offer are just as up-to-date and modern as any other financial service firms.

Plus, not only do we offer you current products and traditional service, but we also provide our services on a fee basis with no commissions paid to Trustco so you can take comfort in the knowledge that your money is being managed objectively and for your best interests.

We realize a wise financial plan involves not only products and services but also a trusting relationship with your account manager, rather than a one-time event with no follow-up.

Our Trust Department representatives would be happy to sit down with you today for a complimentary review to establish your goals and help you to build a foundation for your future.

Feel free to call us today at 381-3644 to get started.

A diagnosis of Chronic Obstructive Pulmonary Disease often results in a patient feeling helpless and depressed about not being able to maintain a normal, active lifestyle. However, with a chronic lung disease like COPD, it's particularly important, and tremendously beneficial, for patients to exercise and stay active.

It is a misconception that people with COPD are unable to stay active post diagnosis. On the contrary, exercise can help patients feel less short of breath, strengthen muscles (including the heart) and can improve a patient's mood, according to the National Jewish Medical and Research Center.

COPD patients should always consult with their doctor to collaborate on developing an appropriate exercise program prior to beginning one. Done properly under a doctor's supervision, exercise can increase energy levels, muscle strength, cardiopulmonary endurance and help with shortness of breath. If you have COPD and are overweight, the extra weight can make it even more difficult for you to breathe. Losing the weight

by participating in a doctor-supervised exercise program will help to reduce the strain on your heart and lungs. Common activities include stretching, strength exercises such as leg lifts and arm extensions and endurance activities like cycling, swimming and water aerobics.

Patients and their caregivers may be concerned about blood oxygen saturation (measured by oximetry) levels during periods of activity. In the past, patients would be required to visit a clinic to have their blood oxygen saturation levels monitored. Today, however, doctors often prescribe a fingertip pulse oximeter for patients with COPD.

Managing a condition like COPD is a lifelong commitment. It is important to stay active, keep healthy and monitor your oxygen during exercise. Work with your doctor to create a program that best suits your needs and take back control of your life.

For more information on the GO2 fingertip pulse oximeter, as well as helpful patient education resources, visit www.Nonin.com/go2.

—Courtesy of ARAcontent

**IT'S ABOUT TODAY.
IT'S ABOUT TOMORROW.**



IT'S ABOUT FINDING THE RIGHT FIT FOR YOU.

You've worked hard to build your financial position. How can you both protect and make the most of it?

For over 100 years, people have relied on Trustco Bank to make the most of their money:

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- ✘ Planning for Retirement
- ✘ Trust Administration
- ✘ Estate Settlement
- ✘ Bill Paying Services
- ✘ Frequent Personal Meetings
- ✘ FREE Account Consolidation Services
- ✘ FREE Portfolio Analysis

With Trustco, you have an institution that you *know* will be there for you.

IN THE END, IT'S ABOUT TRUST.

Free Review

Call us today for your free evaluation of your portfolio including a breakdown of the actual fees you're paying now.

Call Trustco's **Trust Department** today, at
518-381-3643 or 1-800-846-1657

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