

# Fair trade group changes name

New title is 'more inclusive,' organizer says  
See Page 8

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**Women's Health Supplement Inside**

**In this week's issue**

# THE

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# Spotlight

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VOLUME LIII      NUMBER 39      75¢      SEPTEMBER 29, 2010



## Fruits of their labor

The vegetables Bethlehem Middle School's Garden Club harvests from its garden is incorporated into student lunches and snacks. After harvesting lettuce, carrots, radishes and tomatoes, students enjoyed salads made from garden foods.

See Page 16.



## Meatless and greet

The Capital Region Vegetarian Expo, scheduled for Saturday, Oct. 2, at the Empire State Plaza, aims to educate people about three components of vegetarianism: animal advocacy, health and the environment.

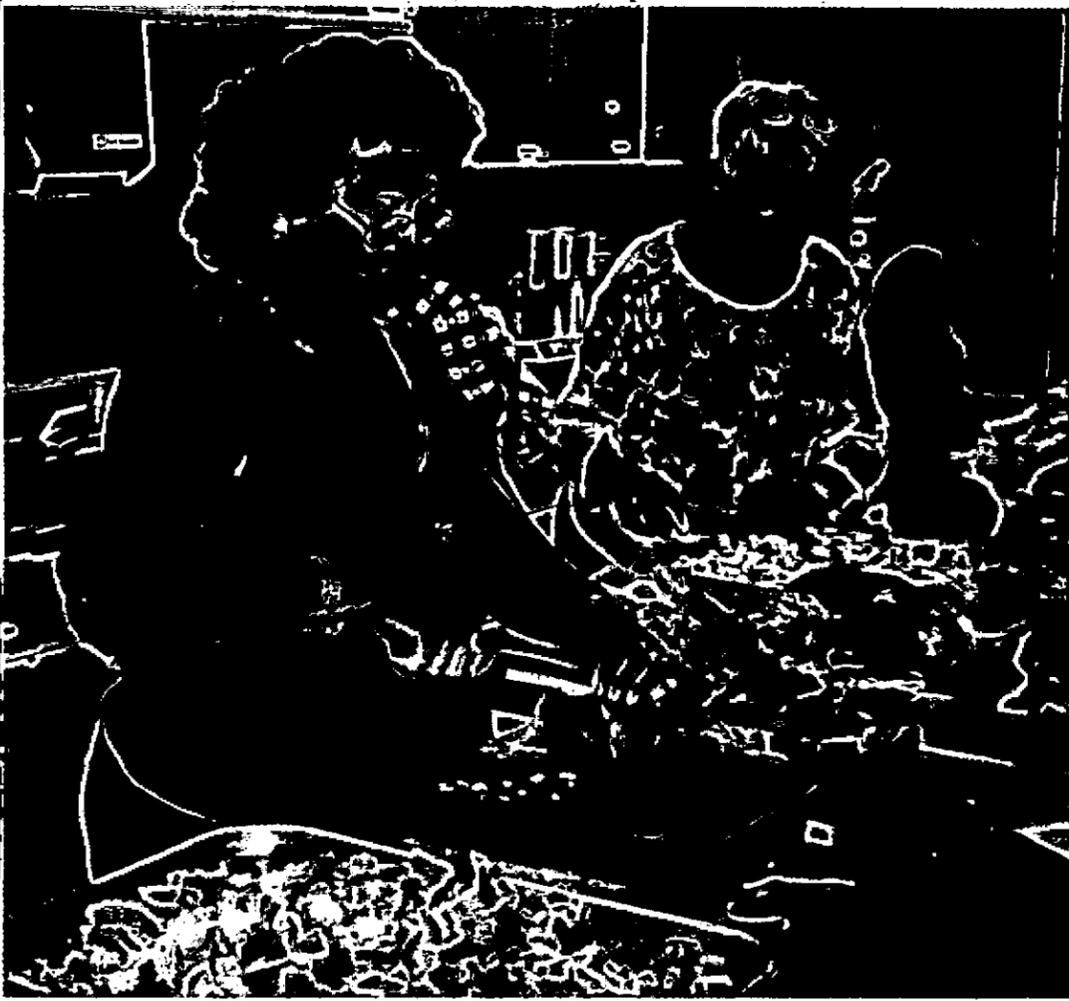
See Page 18.



## Back on track

The Bethlehem boys soccer team bounced back from a 3-1 loss to Saratoga Springs last Tuesday with Suburban Council victories over Niskayuna and Burnt Hills-Ballston Lake.

See Page 32.



Dolores Johnson, left, and Ferne Horn prepare for one of the Community United Methodist Church's Zippy Dinners. The Slingerlands church will be offering a free chicken and biscuit dinner on Sunday, Oct. 2, with two seatings scheduled to serve a total of 224 people.

Submitted photo

# Free dinner, party of 200

## Out of weekly pickup meals comes community sit-down

By CHARLES WIFF  
wiffc@spotlightnews.com

Members of the Community United Methodist Church in Slingerlands are not strangers to serving up big helpings of homemade food with their ubiquitous Zippy Dinners, but they're serving up a meal of a different type come Sunday.

The church is slated to hold a free commu-

nity dinner for more than 200 people Sunday, Oct. 2. Anyone is welcome as long as they call ahead for a reservation, said organizer Dolores Johnson.

The "Giving Back to the Community Dinner" is not only a nice event, she said, but a way to recognize those who have faithfully purchased the church's fundraising dinners.

"We're trying to get the community together," Johnson said. "We want them to come to have fun and meet each other and have a good dinner."

□ Dinner Page 23

# Town's budget on table

## Board derides plan as a 'shell game'

By CHARLES WIFF  
wiffc@spotlightnews.com

The Town of Bethlehem has a tentative 2011 budget on the table, and while Supervisor Sam Messina has called it a prudent plan for the future, his colleagues on the Town Board are panning it as a compilation of risky accounting tricks.

The tentative budget calls for \$40.2 million in spending, about the same as budgeted in 2010. There has been a fair amount of disagreement related to the first-time inclusion of a capital plan with the budget, as well as a viability of some of the assumptions made for the coming year.

## The bottom line

Under the plan, the tax levy would increase 1.8 percent, a relatively low year-to-year jump for the town. Property owners' blended tax rate would increase 0.19 percent with the change.

The tentative budget calls for about \$800,000 in cuts, including a reduction in part-time and seasonal personnel, a 3-percent reduction in contractual spending (which could

□ Table Page 22

## Porco wins right to appeal

See story on Page 5

# New regulations spur water discussion

## Call for public comment sees few takers at recent meeting

By CHARLES WIFF  
wiffc@spotlightnews.com

As the old adage goes, if it ain't broke, don't fix it—and as evidenced by the existence of thousands of homes and businesses, the Bethlehem water system is working. But new federal regulations slated for 2012 require a decision on the future of Bethlehem's

water supply must be made sooner rather than later.

That's when new regulations on the monitoring of "disinfectant byproducts" go into effect, and unfortunately for the Town of Bethlehem, the new Environmental Protection Agency guidelines have a deep impact on the status quo.

In short, chlorine added to drinking water reacts with organic compounds to form the aforementioned byproducts, chemicals like chlorite or haloacetic acids. The government has required testing for these elements, but

in 2012 the town will have to draw samples from the furthest limits of the system, where the water sits longer and has more opportunity to form these byproducts.

So the town needs to make a change to keep water from the Vly Creek Reservoir moving through the system faster. Town engineers are suggesting sending well water processed by the Clapper Road Water Treatment Plant out into the larger system, keeping things flowing in the far reaches of the water system. The well water it draws also

□ Water Page 29



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# Police Blotter

## Elsmere Ave. crash



A two-vehicle crash happened Monday afternoon, Sept. 13, on Elsmere Avenue around 2:15. At least one person was taken to the hospital, according to witness reports. Bethlehem Police are investigating. The road was closed between Wellington and Norge roads for about 25 minutes as crews tended to the scene.

Tom Heffernan Sr./Spotlight

## Cell call leads police to wanted husband

The New York State Police said a traffic stop for cell phone use led to the apprehension of a wanted man on Thursday, Sept. 23. Troopers pulled over a woman in the City of Albany for using a cell phone while driving and she told police she was speaking to her husband and running late meeting him for dinner in Guilderland, police said.

A routine DMV check of the vehicle revealed it to be registered to the driver's husband, Graig P. Arcuri, 51, of Castleton, who was wanted by police in Punta Gorda, Fla., for grand larceny in the first degree.

The trooper issued the driver a ticket and

confirmed the status of the warrant, then proceeded to go to the couple's meeting place and arrested Arcuri on the charge, according to police.

Arcuri was arraigned in Guilderland Town Court and remanded to the Albany County jail without bail pending extradition.

### Other arrests

• The Bethlehem Police Department on Saturday, Sept. 11, arrested Jean C. Rodrigue, 35, of 98 Maple Road, Voorheesville, and charged him with aggravated DWI and traffic violations.

Police stopped Rodrigue's vehicle after he allegedly made a left turn onto Delaware Avenue in Delmar without using his signal at about 9:05 p.m. He pulled over in the Peter Harris Clothes parking lot on Kenwood Avenue.

Police said the car had two occupants, both of whom were highly intoxicated. Rodrigue had the odor of alcohol on his breath, admitted to consuming alcoholic beverages and was unsteady on his feet exiting the care, police said. He was placed into custody after failing field sobriety tests, and a chemical test at the station showed his BAC to be .22 percent, police said.

He was arraigned in Bethlehem Town Court by Justice Paul Dwyer, who suspended his license. A return date of Tuesday, Oct. 5, was issued and Rodrigue was released to a third party.

• The Bethlehem Police Department on Thursday, Sept. 2, arrested Gregory A. Blanch III, 26, of 39

Harrison Avenue, Delmar, and charged him with DWAI-Drugs, unlawful possession of marijuana and traffic violations.

Police pulled over his vehicle in the parking lot of the Solid Rock Church on Kenwood Avenue in Delmar for traffic violations, and detected the odor of marijuana when interviewing Blanch, according to arrest reports. He allegedly admitted to having smoked a joint shortly before being stopped.

Blanch was taken into custody after failing several sobriety tests, police said, and a glass pipe and a small baggy of marijuana was allegedly found in his vehicle. Blanch agreed to submit to a chemical blood test, and blood was drawn at Albany Medical Center.

Blanch was given a court date of Tuesday, Sept. 21, in Bethlehem Town Court, and released to his father.

• The Bethlehem Police Department on Sunday, Sept. 19, arrested Paul D. Durlacher, 20, of 416 Kenwood Avenue, Delmar, and charged him with trespassing and resisting arrest.

Police responded to a call at about 6:37 a.m. that Durlacher, who was intoxicated, was trying to force their way into the engine bay at the Delmar Fire Department, located at 145 Adams Street, according to police. Persons at the scene tried to block his way, and he also tried to enter an ambulance sitting on the front ramp of the fire department, according to police.

Durlacher left the property, and police located him on the front step of his mother's residence on Kenwood Avenue. He allegedly refused to talk to officers and had injuries to his hands and face. When police went to take him into custody, Durlacher allegedly resisted by placing his hands underneath himself and refused to place them behind his back.

Durlacher was arraigned before Justice Ryan Donovan and remanded to Albany County jail on \$4,000 cash or \$6,000 bail bond, and was given a court date of Tuesday, Sept. 21. He refused treatment for his injuries from Delmar EMS at the police station.

• The Bethlehem Police Department on Monday, Sept. 20, arrested Cynthia J. Griffin, 29, of 307 New Salem Road,

Blotter Page 7

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# Lafarge modernization process moving ahead

**Public comment period will be open once state accepts latest info**

By CHARLES WIFF  
wiffc@spotlightnews.com

Cement maker Lafarge North America has submitted to the state Department of Environmental Conservation plans it hopes will clear the way for a \$400 million modernization of its facility in Ravena.

The economic impact statement required by law has been in the works for several years now and has been through many rounds of revisions, often with the chance for public comment. The latest version is 1,400 pages long.

Lafarge has promised to post the entire document on its Web site within 36 hours of its acceptance by the DEC, at which point a public comment period will be opened. The public can make comment in writing to the DEC or attend one of the public hearing sessions yet to be scheduled.

The company expects this public comment process to begin in the next few weeks, assuming the DEC doesn't require more revisions to the document.

The construction

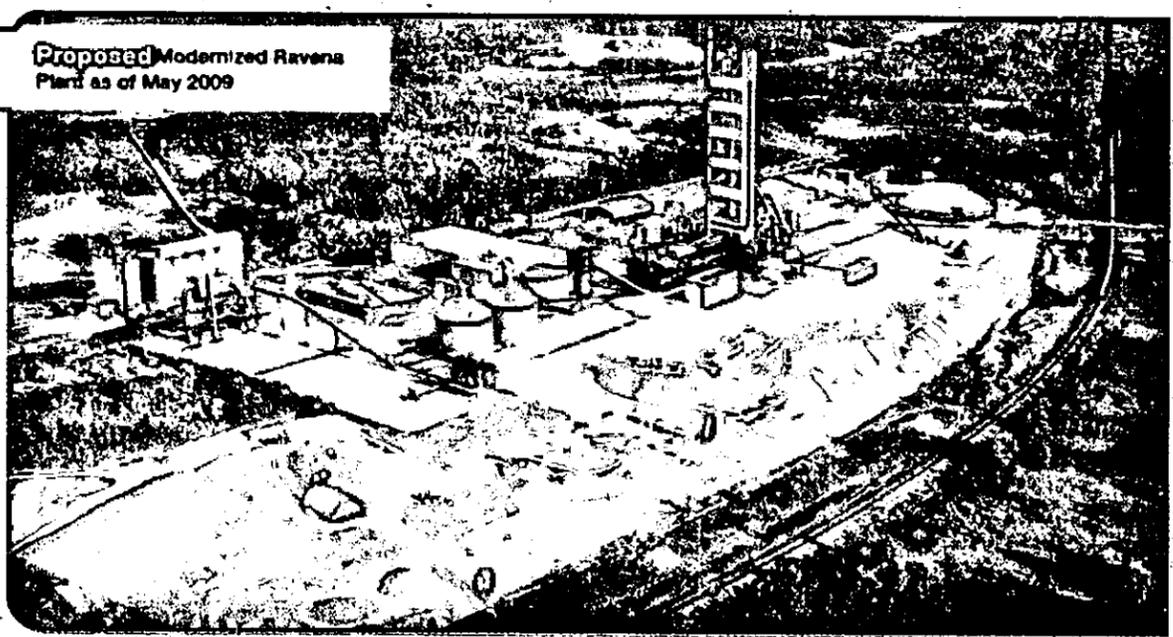
project itself is to cost in the neighborhood of \$400 million, much of which will be for equipment. Still, Lafarge said \$170 million would be spent in the local community. 800 temporary jobs would also be created, many of which would be needed during the most intense 12 months of the process.

The new plant would retain its current staff of 180, according to Lafarge.

Assuming everything goes according to plan, the company would hope to enter the final design and construction phase in 2011. The project is expected to take between 36 and 42 months altogether, with the modernized plant coming online by the start of 2015.

While the modernization includes many upgrades to the facility, chief among them is the new kiln that is used to heat raw materials to great temperatures. The technology used today is a half-century old and mixed the raw materials with water. The new dry process doesn't waste energy evaporating water, and has extra features to reuse heat.

"We're basically trading in our old Model T for a new car," said Lafarge North America President



Lafarge North America is nearing the end of the state approval process for plans to modernize its facility in Ravena. The upgrade would cost the cement maker about \$400 million, and include a new kiln that's more energy efficient and would decrease emissions significantly.

Image provided by Lafarge North America

Joseph Goss.

The new plant should realize a decrease in energy use by about 50 percent overall. It will actually take more electric power to run the kiln but it will have to burn far less coal, which along with new scrubbers and other environmental protection processes would greatly reduce the output of sulfur dioxide and nitrogen oxide.

Also seeing major reduction would be the plant's mercury emissions, which has been a topic of considerable

controversy in past years. The plant now holds the dubious honor of being the largest emitter of mercury in the state between 2004 and 2006. The state DEC recently renewed the plant's air permit to include a cap on mercury emissions at 176 pounds per year, which is more than the plant has reported emitting in recent years.

"We're really eagerly awaiting the DEC releasing the draft environmental impact statement because that will have much greater detail about what the

modernization is going to entail," said Elyse Kunz, co-chair of Community Advocates for Safe Emissions, a local group that has been critical of the plant's operation. "We're certainly in favor of any measures that are going to offer a meaningful reduction."

Kunz added she hopes the community will become involved in the upcoming public comment period, and is eager to see what effect the new kiln would have on the output of other compounds that have not received as much

attention as mercury.

"The decisions are going to be made over the next two months... and the outcome is going to be something we're going to live with for the rest of our lives."

Goss emphasized the new plant is being designed to meet the more stringent requirements expected to be handed down by the federal government.

"We will not be able to operate unless we meet those conditions," he said.

# Guilderland hears McKownville drainage plans

**Study outlines stormwater problems**

By ARIANA COHN  
news@spotlightnews.com

Representatives from Delaware Engineering, P.C. presented a McKownville drainage analysis at the Tuesday, Sept. 21, Guilderland Town Board meeting that recommends nearly \$7 million be spent to correct drainage issues in that part of town.

Supervisor Ken Runion said solutions to the drainage issues, which affects between 60 and 70 homes, could begin as soon as next fall.

"We have some serious problems down there," he said. "To get some relief

in that area, I think, is something that would be prudent."

The study, which was commissioned last November, examined five separate areas in McKownville, ranking them from most severe to least. The area experiencing the most severe problems is between Western Avenue and the University at Albany campus, according to Runion.

Runion said residents there see frequent flooding of their yards and basements after heavy storms and snow melt.

After hearing frequent complaints about the issue, the town hired Delaware Engineering to conduct a drainage study. The draft was completed in July and distributed to the board in August.

According to Fred Grober, an engineer with Delaware Engineering, 125 acres in McKownville were examined, including more than 500 properties. McKownville's population represents about 20 percent of the town.

Grober said in order to correct the drainage issues, engineers would have to install new, bigger pipes at the property line, which would drain out to a central retention system. Individual property owners would then be able to pump the water out to the stormwater retention system instead of onto their lawns and basements.

"The property owner would be responsible for connecting to the lateral at their property line," said Grober, adding that such a connection would cost about \$2,500 and be optional for the property owner.

The study also examined possible stormwater management systems and potential locations for a retention site.

"Retention without some sort of water management system in place could have an impact on utilities downstream," said Grober.

Grober said that the town needs to come up with a long-term system

rather than simply picking a new spot to retain the stormwater.

After the meeting, Runion said that the town currently has a stormwater retention site, but that site is nearly full. The town would need to choose another site before making repairs to the drainage system as outlined in the study.

"I think one of the issues that this board is grappling with is funding," said Runion.

Grober told the board that Delaware Engineering has already applied for many assistance programs that would help ease the burden of the nearly \$7 million project. Runion said the town has received a commitment of \$500,000 from Sen. Neil Breslin, D-Delmar, through New York State multi-modal funds that are to be used for the town's stormwater management system.

"Primarily, this will probably be used for design," said Runion. "The rest will probably be used in [the most severe areas]."

Grober said, the northern section of McKownville has not seen the same type of drainage issues as the western section.

Grober said he hopes that if the town can receive some assistance, they would be able to parlay the funding into receiving additional funding to complete the project without the town having to foot the bulk of the bill.

Councilman Warren Redlich asked Grober if it would be cost-effective for the town to look into acquiring some of the properties through eminent domain, but Grober said he did not think this would be beneficial for the town as it would not save the town a significant amount of money.

"Nobody likes to take other people's property, and if you are going to take someone's property, you better have a good reason," said Grober.

Runion said that generally, the board would not approve imminent

domain in a situation like this.

After the board was finished asking questions, Don Reeb, a resident of McKownville who has been an outspoken critic of the drainage issues, passed out copies of legislation on the matter that was rejected by the Guilderland Town Board in 1950.

"This Town Board has been so much more interested and supportive of addressing stormwater issues in 2010," said Reeb, expressing his appreciation to the Town Board.

Runion asked Grober to prepare an outline prioritizing the repairs for the board, in addition to providing a recommendation for how the town can "get the biggest bang for the buck" out of the \$500,000 in state funding on the project. The supervisor said the Town Board expects to have more information on the state funding commitment at the next regular Town Board meeting on Tuesday, Oct. 5.

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# To boldly say what no dad's said before

By WILLIAM R. DEVOE  
devoew@spotlightnews.com

My family has a propensity for things involving William Shatner.

I am the proud owner of "Has Been," Shatner's second album, released almost 40 years after he belted out "Lucy in the Sky with Diamonds" on "The Transformed Man."

My kids like old reruns of "Star Trek" — the monsters and aliens are hokey enough to be laughed off at bedtime, although they refuse to play with anyone wearing a red shirt. My father loves him as Denny Crane on "Boston Legal" (I use present tense because, although the show has been off the air for a few years, my dad is still catching up by means of this new thing he discovered called DVD).

My wife, Jess, just likes the icon that William Shatner has become. Not being the pop-culture sponge that I am, she thinks it's funny that the guy from "T.J. Hooker" has such a following.

So, when I found out Shatner had (yet another) new show coming out, I was tickled. I'm looking forward to watching "[Bleep] My Dad Says" on CBS, and I'm aware of the real comments the show is based on, but I have to tell you, I'm not sure if it can best some of the



stuff my neighbors must hear come out of my mouth.

And, before you get all "Well, DeVoe just thinks he's funnier than television" on me, know two things:

First — Yes. Yes I do think I'm funnier than television. In fact, I think most of real life is funnier than most of what's on television, and I bet it takes half the rehearsal time, to boot. Not just the "you couldn't make this stuff up" coincidences and correlations that life gives us, but also the wacky stuff people will say if given the right opportunity.

For the uninitiated, I offer up the piece of [bleep] my father said to me when, at the age of 6, I asked if I were adopted:

"Son, do you think that if me and your mother had our pick of all the kids in this world, we would've chosen you?"

See? That's comedy gold, Jerry, and my dad never even had a lesson.

Second — Half of (what I believe to be) humorous things that escape my craw or most

**"Sarcasm and withholding affection are merely two weapons in my parenting arsenal."**

other people's were never intended to be funny in the first place.

Take, for example, a recent conversation between my 7-year-old son, Kevin, and I about doing his chores. One of his duties is to clean the backyard of the dog's waste every week so that no one gets a surprise on their shoes when we're playing badminton.

(You may think that it is unusual for me to phrase that so it seems Kevin is picking up the yard for the sole purpose of badminton. You would be wrong. We are a family that loves our badminton. We play often and very competitively. We do not stop for broken bones, and after the sun goes down and even our glow-in-the-dark shuttlecocks have become too hard to see, we will go inside and read about badminton. Currently, my wife is constructing snowshoes from applewood and rawhide so we can play in the snow.)

Kevin is a master negotiator and had duped us into going out to eat that night as long as he

did his chores. Usually, I don't mind if he doesn't do his chores — I figure he's learning the same amount of responsibility as we hold our professional athletes, actors and politicians to, and besides, I can then take the \$5 I would have given him and spend it on tobacco or hard liquor.

But this time, not being able to eat until he was done, I had a vested interest in his completing his chores, so I got him his shovel and his trash bag, pointed him in the direction of the dog's favorite spots and mustered the most encouraging words I can on an empty stomach: "Hurry up."

Author Clarence "Bud" Kelland once wrote: "My father didn't tell me how to live; he lived, and let me watch him do it."

You know, that is a great sentiment, but an awfully tough thing to do, so while my son was wondering through a half acre of dog excrement in various states of matter, I went up on the porch, lit a cigar and sipped on some iced tea. The way I figured it, I was showing him how to live once all of a person's chores are done.

This led to the first bit of

bleep that I said that day. Kevin ambled up to the porch, shovel in hand.

"How come Nathan doesn't have to pick up dog poop?" he asked about his 3-year-old brother. "It's his dog too, you know."

Instead of taking the time to explain to him that Nathan is too young to even wield a shovel, let alone understand the concept of performing chores for compensation, I simply said, "Because we love Nathan more than we love you."

Sarcasm and withholding affection are merely two weapons in my parenting arsenal.

Realizing that I was probably not going to enjoy my cigar and iced tea with all of the bothersome questions and dog-poop-picking-up going on around me, I went inside.

About five minutes later, I looked out the window to see Kevin wandering aimlessly around the yard.

I went out on the back porch and yelled to him, "Kevin, if you don't pick up that dog poop, how are we going to eat?"

It was then that I noticed one of my neighbors was out in her backyard. What brought my attention to her was the awful retching noises she was making. I said hello, but all she could do was place her hand over her mouth and run inside.

See that? No script, no rehearsal. Just the kind of [bleep] people say every day.

Cue vomit and roll credits.

## Got news?

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

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

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

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

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# WEEKLY WEATHER

Chief Meteorologist Mike Bono

**TIME WARNER**  
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### Albany Almanac

**Record high/low/year**

Day	AVERAGE HIGH 65°	AVERAGE LOW 43°
Wednesday, September 29	86°/1921	29°/2000
Thursday, September 30	88°/1905	28°/1991
Friday, October 1	90°/1927	28°/1993
Saturday, October 2	85°/1927	30°/1972
Sunday, October 3	83°/1967	29°/1945
Monday, October 4	86°/1891	26°/1948
Tuesday, October 5	91°/1941	26°/1965

**ANNUAL PRECIPITATION**  
21.17 inches as of Friday, September 24<sup>th</sup>  
7.50 inches below average

**This week in weather**  
October 4, 1987 Albany received its record early season snowfall when 6.5 inches of extremely wet snow fell, resulting in deaths, injuries and widespread power outages as trees were still in leaf. Up to 1 to 2 feet of wet snow fell in the Catskills, Taconics and Berkshires.

### Sun & Moon

Day	Sunrise	Sunset
Wednesday	6:50am	6:40pm
Thursday	6:51am	6:38pm
Friday	6:52am	6:37pm
Saturday	6:53am	6:35pm
Sunday	6:54am	6:33pm
Monday	6:56am	6:31pm
Tuesday	6:57am	6:30pm

**Moon Phases**  
Sept 30<sup>th</sup> Last Oct 7<sup>th</sup> New

Planets	When	Where
Venus	Dusk	Vy Low SW
Mars	Dusk	Vy Dim, W
Jupiter	Evening	Bright ESE
Mercury	Dawn	Vy Low-E

### Rivers & Recreation

**Fall foliage outlook for Oct 3, 4**

Region	Outlook
Capital Region	At least 50%. Greater in hills.
Adirondacks	75% to Peak. Some leaf drop higher elevations.
Catskills	50% to 75%. Near peak higher elevations.
Berkshires	50% to 75%. Near peak higher elevations.
Vermont	Peak Color Mountains. 75% Valleys
New Hampshire	Peak to Just Past, White Mtns. and North Woods

**Factoid**  
Although chilly nights can help, the autumn color change is caused by the days getting shorter, which stops the green chlorophyll production and allows other pigments to come through.

**River Levels**

River	North Creek	Hadley	Fort Edward	Troy	Little Falls	Tribes Hills	Schenectady	Cohoes
Levels as of September 24 <sup>th</sup> , 2010	2.9	2.5	20.8	15.7	5.7	279	281	223

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## Porco appeal to move forward

Christopher Porco has won the right to appeal his case to the highest court in the state.

Porco, currently serving a 50 year to life sentence for the 2004 ax murder of his father and attempted murder of his mother, gained approval Tuesday, Sept. 21, to advance his case to the Court of Appeals. The conviction was upheld earlier this year by a lower appeals court.

The next step in the process will be for the defense to file briefs with the court, said Court of Appeals spokesman Gary Spencer. From there, the

prosecution can file its own arguments, and the case will go before the court for oral arguments.

That process usually takes about seven months, and a decision is generally rendered in the following month, Spencer said.

Porco's attorney had based the previous appeal around his mother's nod to police the night of the attack when they asked if her son had committed the attack. The defense had argued Joan Porco's response should be treated as an "excited utterance" and be deemed inadmissible in court.

Joan Porco later claimed

she had no recollection of the attack and maintained her son's innocence and testified as such at his trial.

"Every defendant convicted of a crime after trial in our country has the right to appeal. The defendant in this case has the absolute right to exhaust every avenue in his pursuit to overturn the decision of the jury," said Albany County District Attorney David Soares in a statement. "We will continue to fight to preserve the will of the jury and the people of Albany County."

-Charles Wiff

## Police turn to propertyroom.com to clean out evidence room

The Town of Bethlehem is doing its best to leave no stone unturned when it comes to saving money, and the town police department recently gained approval to look in its evidence room for some extra revenue.

The Town Board has approved the use of the eBay-style Web site propertyroom.com as a clearinghouse for disposed evidence to be auctioned off.

The company will collect property from closed cases from the department, evaluate it, sell it and ship it to customers. Propertyroom takes half the sale price

and the other half is returned to the town, to be deposited in the general fund. Other area agencies like the Colonie Police Department and Albany Police Department already use the site.

It's a win-win for the town, said Lt. Robert Berben of the Bethlehem Police Department. Since it doesn't create more work than is already required, it's basically all profit.

"It's just a nice clean way of getting rid of property," he said.

Right now, the department does not auction off recovered property. If it's not claimed it is destroyed or thrown

away. It's hard to say how much revenue the agreement might bring, since the amount and value of property the department recovers varies.

The department most commonly recovers items involved in larceny cases or in credit card thefts. In the latter case, stores are reimbursed for fraudulently obtained goods by the credit card companies, and they usually don't want the recovered goods back.

The department will continue to hang on to bicycles, said Berben, for use in the regularly-held Bike Expo events.

-Charles Wiff

## Preston Hollow committee holds Harvest Festival

The Preston Hollow Beautification Committee will sponsor a Harvest Festival Fundraiser on the Columbus Day Weekend of Oct. 9 and 10.

Come and join in the fun at Bayard Elsbree Town Park, State Route

145, in Preston Hollow, from 10 a.m. to 4 p.m. on both days.

The event will offer good food, live music, Silent Auction, as well as booths of crafts, baked goods, antiques, hand made soaps, stain glass, wine tasting,

home made chocolate, Senior Citizens Flea Market, raffles, and much more.

Hay rides, pumpkin painting, face painting, and games will be available for children.

Admission is free.

## Life-saving LUCAS



Members of Delmar EMS demonstrate the new LUCAS 2 chest compression system, an external, mechanical chest compression device for use during CPR. The device will help the volunteer EMS personnel to provide pre-hospital treatment to cardiac arrest patients. The system is already in use, and Delmar EMS is one of the first agencies in the area to implement the new technology. "Combining our use of the LUCAS 2 system at the scene and en route to the hospital, the early CPR and defibrillation provided by the Bethlehem Police Department, and the advanced life support provided by Albany County Paramedics will maximize the potential for patient recovery for a member of our community in cardiac arrest," said Steven Kroll, chief operating officer of Delmar EMS.

Submitted photo

## V'ville FD hosts open house, muster

The Voorheesville Volunteer Fire Department, 12 Altamont Road, Voorheesville, will be hosting the annual Albany County Volunteer Firefighters Muster on Saturday, Oct. 2, at the Voorheesville Fire House.

Fire Departments from throughout Albany county will be in attendance, bringing their fire apparatus to be judged in several categories - pumper; aerial; tanker and antique.

The Walter Eck Traveling Memorial Trophy for Best Appearing Overall, which the Voorheesville Volunteer Fire Department won last year, will be presented to the winner.

The Ladies Auxiliary

will be offering hot dogs and soda from noon to 2:30 p.m. during the judging of equipment.

This event will be held in conjunction the annual Voorheesville F.D. Open House, held to commemorate Fire Prevention Week.

The Open House will feature fire extinguisher training on a BullEx Inc. (www.bullexsafety.com) live-flame extinguisher system for the community to sharpen their skills, rides on the fire trucks, information on fire prevention and the annual poster contest, open to students from the Voorheesville Elementary School, grades K-5.

There are prizes for the top three posters in each grade level and the overall

vote getter has their poster featured on the Fire House calendar for the upcoming year.

As part of the Open House, the F.D. will be serving a spaghetti dinner from 3 to 6 p.m.

The cost will be \$4 for those 10 years old and older and free for those under 10 years of age. Carry-out will be available.

All proceeds from the spaghetti dinner will support the Albany County Burn Fund.

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## Matters of Opinion in The Spotlight

## Financial procrastination

A wise and indolent man once asked, "Why do today what you can put off until tomorrow?" An even wiser man replied, "Why do tomorrow what you can get away with never doing at all?"

Unfortunately for the Bethlehem Town Board, the town cannot indefinitely put off the payment of its pension payments or repayment of money bonded for the capital spending plan.

It sure is trying, though.

Instead of paying a \$144,000 portion of pension contributions due in 2011 (about 0.0036 of the town's \$40 million budget), the proposed budget spreads that out — plus interest — over the next 10 years.

So, instead of the \$144,000 being counted as an expense for next year, and ruining that flat-budget feeling, it will, in the words of Town Comptroller Suzanne Traylor, "be considered an expense for 2012, '13, '14, '15 and so on."

Phew. We were worried about 2011 there for a minute.

From Charles Wiff's page-one story: "The tentative budget calls for \$40.2 million in spending, about the same as in 2010... Under the plan, the tax levy would increase 1.8 percent, a relatively low year-to-year jump for the town. Property owners' blended tax rate would increase 0.19 percent with the change. The budget includes about \$800,000 in cuts, including a reduction in part-time and seasonal personnel, a 3 percent reduction in contractual spending (which could include anything from paper use to maintenance projects) and a 2-percent increase in the employee share of health care costs."

Now, we won't go so far as some board members who have said things are "hidden" in the budget, or that it is a "shell game." But we will say that this budget appears to be highly optimistic of future finances.

One council member expressed concerns about using savings to the extent that they come close to the 15-percent-of-total-budget mark. While it is true, as the supervisor points out, the town does not drop below the 15-percent level this year, it is not known yet whether the town will have to dip into the same reserve next year.

We would like to believe the comptroller when she says this isn't the case, and we commend the town for its painful reductions and new revenue, but we feel the rosy outlook for 2011 may be an optimistic and unrealistic view of the town's finances.

### Editorial

## Garden check-list for fall chores

By SUE PEZZOLLA  
news@spotlightnews.com

The writer is a community educator at the Albany County Cornell Cooperative Extension.

September ushers in the next season in the garden as it calls us to begin the clean-up tasks that prepare the garden for its winter rest.

Here is a monthly calendar to keep you on track to get the chores done in time to prepare for the Holidays:

### September through October

- Early September is still the time to plant seed for a fall crop of lettuce and radish—hopefully beets, kale, broccoli and collards went in by mid August for a fall harvest.

- Mid August through the end of September is the ideal time to do lawn work such as, aerating, thatching and seeding.

- Take cuttings from or pot up any tender annuals and check for pests before they come indoors.

- Fall is the time to divide the spring and early summer blooming perennials.

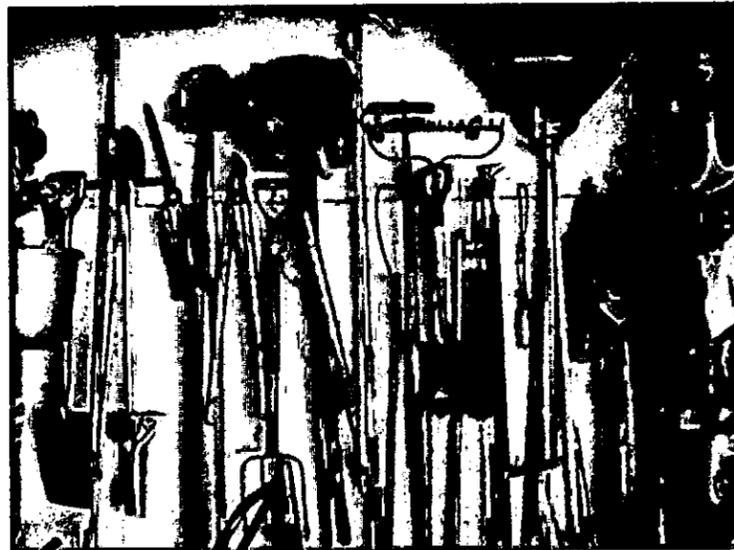
- Cut back perennials as they cease blooming unless you want to leave some seed heads for the birds or winter interest. Do not cut back woody perennials in the fall—plants such as lavender or caryopteris will do better if trimmed in the early spring.

- Have a soil sample tested for pH level and amend soil if necessary.

- Harvest, glean, and clean as produce ripens—eat, share, can or freeze but do not waste!

- Recycle garden debris that is not diseased by composting.

- Inspect houseplants that are outside for the summer—shower off the foliage before bringing them indoors. Use insecticidal soap per label directions to treat any insect problems. Be sure the plants are pest free before they return



Winter is a good time to organize and maintain your garden tools



Cornell University  
Cooperative Extension  
Albany County

inside.

- Continue to water trees and shrubs and perennials if there is not an inch of water a week.

- Plant a cover crop in the veggie garden such as winter rye to add "green manure" to the soil.

- Plant fall bulbs (tulips, crocus, daffodils, etc.) now for spring bloom—don't forget the bulb fertilizer!

- Dig, clean and store corms and tubers of summer flowering plants after a touch of frost.

- Fall is a good time to find deals on trees and shrubs and most can be planted until the ground freezes but continue to water until Thanksgiving. Look for good branch structure.

- Rake leaves to prevent the lawn from being smothered.

- Enjoy the cooler days as you work in the garden and be sure to watch the autumnal gift from Mother Nature as she paints the fall landscape with gold, yellows and reds.

### November through December

- Cut back asparagus foliage after it has yellowed and top

dress the bed with 2 inches of composted cow manure.

- Finish up any garden clean-up and add a thick layer of compost on the veggie garden.

- Perennial beds can be mulched with 2 inches of shredded hardwood or compost after plants are cut back. This can also be done in the spring but it is nice to have this done as spring gets out of control quickly!

- Roses benefit from soil mounded up around the crown late in the season. Tie up climbers to prevent wind damage and limit pruning in the fall.

- Protect broadleaf evergreens with an anti-desiccant or a burlap shelter. Water well if there is not an inch of rain a week up until the ground freezes.

- Plant pots of paper whites or amaryllis for winter enjoyment.

- Shut off all outdoor faucets and drain hoses before storing.

- Clean and sharpen garden tools.

- Add final entries for the year into the garden journal.

- Line up winter gardening reading.

- Watch for the catalogs to start arriving and begin the planning for 2011.

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### Weekly poll

"Violent crime is down nationwide this year," but a home invasion and numerous other violent crimes made headlines over the past week.

So, this week's question is:

**Do you feel the Capital District is safer than it was last year?**

Log on to [www.spotlightnews.com](http://www.spotlightnews.com) to cast your vote.

### Last week's poll results:

Question: "Were local primary campaigns too negative?"

• No.: 23%

• Yes: 58%

• Not nearly negative enough. Bring the pain!: 17%

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Your Opinion in The Spotlight

# Town should go with monopole

Editor, *The Spotlight*:

With the withdrawal of the application for the school property site on Elm Avenue, the remaining issue for the tower off Van Dyke Road is the choice of esthetics.

From previously published descriptions, it appears that Delmar will have a towering faux cross-

pollinated monstrosity looking like a giant redwood topped by an occasionally deciduous evergreen with a six foot sprout. A disguised cell tower sticking up in the natural sky line still looks like a cell tower and attracts more attention.

In regard to the loss of revenue due to site location, perhaps the town could

accept a straightforward monopole design and the school district could accept a one-time donation of the differential in cost between a monopine and a monopole.

The expense of installing and maintaining a less than pleasant visual attraction could be put to better use.

Alex Yatsevitch  
Delmar

# Town Board meeting shows a sad reality

Editor, *The Spotlight*:

Our Town Board members act as if they are on one of those zany reality television shows by demonstrating shallow character, false anger, and bad manners.

Our society seems to be fixated on these outrageous shows. Well, I wasn't exactly fixated by the reality of recent Town Board meetings, but utterly disappointed.

Although it's been 20 years since I've been involved in Bethlehem government, I am appalled by the lack of civility and accountability of our Town's Board members. The board reflects what is wrong with government throughout America. Sarcasm, defensiveness, pettiness, and grandstanding are destructive to good governance. This behavior is nothing more than a distraction from the issues at hand, serious issues that should be vetted and discussed in a constructive manner.

I monitored two Bethlehem Town Board meetings in September. The main focus of the Sept. 8 meeting was the town's water problem. The board members asked very few questions. One board member even complained that he had already seen the presentation before and seemed annoyed he had to sit through it once again. To develop a record, it would have been prudent for the board members to ask many questions so we, the public, could "peel back the layers of the onion" and read the answers in the board minutes.

This is a complicated issue requiring in depth information for a sound decision by this Board and acceptance by the community. I was left wondering whether these elected officials really cared about making an informed and educated decision.

The Sept. 22 board meeting was

even more appalling when the budget was presented. After a thoughtful presentation by town officials, one board member became the antagonist. He complained that the numbers in this preliminary budget were changed from Friday to Tuesday.

Changing numbers in a preliminary budget is to be expected, so his reaction was a red herring. He got sillier when he criticized the recommendation for reducing the supervisor's and all board members' pay by 10 percent, but not the town attorney's. The town attorney has a greater work load and should be compensated. He implied if he were to be punished, so should the town attorney.

These are the types of cuts also needed in state and federal government.

It was evident the Town is looking to cut as much as possible to prevent a huge tax increase. However, the Board members are whining about process, petty nonsense, and are rude, arrogant, and destructive to the budget process. They have been involved in the budget process since the spring. Why act like it's a total surprise?

I was left wondering if they had the candor and the humility to be a part of the solution to reduce the cost of government, or were they too self-motivated to see the greater good?

These two board meetings showcased bad acting in a very serious reality, and it's not a TV show. It's our lives. It's the quality of our community. Their decisions have a direct impact on us and our pocketbooks.

Join me. Tune in to the next board meeting and let's together make each member accountable through mutual respect and constructive dialogue.

Sue Ann Ritchko  
Slingerlands

# Community makes blood drive successful

Editor, *The Spotlight*:

On Sept. 15, Bethlehem Town Hall staff and the American Red Cross sponsored a Blood Drive.

Town employees and residents, including nine new donors, assisted in helping us to surpass our goal - enough blood was collected to positively impact 180 lives.

A Bone Marrow Registry drive, sponsored by the national BeTheMatch.org program, was also conducted at the same time to which many joined - a swab of one's cheek is all it took.

Many thanks to Erin Wascavage, Joyce Becker and Elizabeth Mosier for all of their organizing and to Marilyn Hauss, Kathy

Newkirk and Elizabeth Mosier who assisted with sign-ins and the food canteen.

A heartfelt thank you to all who took the time to help us to help others.

Susan Alexander  
Bethlehem Town Hall  
Blood Drive Coordinator

# Blotter

(From Page 2)

Voorheesville, and charged her with DWI.

Police stopped Griffin's vehicle on Delaware Avenue in Delmar for speeding, and noticed a strong odor of alcohol on her breath when interviewing her. She also allegedly admitted to consuming alcohol earlier.

A chemical test at the station revealed her BAC to be .16 percent, police said. She was released to her brother and given a court date of Tuesday, Oct. 5.

The Bethlehem Police Department on Saturday, Sept. 18, arrested Kevin J. McCarthy, 54, of 25 Pine Street, Delmar, and charged him with DWI.

Police received a call reporting an erratic driver at about 11:33 p.m. on Friday

night. The caller reported a blue Honda Accord driving "all over the road" on Delaware Avenue, in one instance striking a curb and causing sparks to fly, according to arrest reports. The caller followed the vehicle until it turned onto Pine Street, and a police officer arrived there about one minute later, police said.

The officer observed the tail lights of a vehicle matching the description and registration of the vehicle described by the caller, and allegedly saw McCarthy exiting it. When spoken to, McCarthy denied having just operated the vehicle, saying he had come out from his house to retrieve his cigarettes from the car, police said. The car hood was warm to the touch and the front passenger side tire rim was very dirty and appeared to have scrape marks not covered by dirt, according to police.

McCarthy allegedly told police he had consumed a "couple of beers" after work at a bar in Albany, with his last drink being at 7 p.m. He denied drinking inside the house, police said. When asked later, he said he had consumed eight beers at the bar, and when police asked him if he drove home afterward, he then said he had two beers at the bar then consumed more beers after driving home, according to arrest reports.

McCarthy performed field sobriety tests and was taken into custody. A chemical test at the station allegedly showed his BAC to be .10. A witness statement was later obtained from a person who saw McCarthy arrive home moment before police arrived, according to arrest reports.

McCarthy was given a court date of Tuesday, Oct. 5, and given a ride home.

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## Town to host electronics recycling program

On Friday, Oct. 1, from 8 a.m. to 3 p.m. and Saturday, Oct. 2, from 8 a.m. to noon, bring your old computers and electronics out of the closet and basement.

The opportunity to do the right thing with this equipment is approaching. How about the VCR or television or telephone that doesn't work anymore?

Many items contain heavy metals such as lead, cadmium and mercury (for instance, see the article, below, regarding compact fluorescent light bulbs). They should be handled properly and not disposed in a landfill.

Town of Bethlehem residents and pre-registered businesses can bring their obsolete electronics to the Highway Garage, 74 Elm Avenue East, Selkirk. Items that are acceptable include computers and all their parts, VCRs, televisions, cell phones and telephones.

All cell phones will be donated for emergency services. Do not bring stereo speakers, vacuums, lights or other electric items. If you are unsure of any of your items, please contact the Recycling Coordinator. If you cannot wait for the Fall Electronic Recycling Program or the Spring Household Hazardous Waste Days, please see the article in Recycling News on how to recycle your electronics.

All electronics determined to be unusable will be disposed of in an environmentally safe manner. Computers that can be serviced will have the hard drive data destroyed and the repaired computer will be redistributed for further use. The electronic vendor hired for this program will also refurbish radios and televisions that can still be used. 97% of all non-repairable electronics will

be recycled. Cell phones will be donated to area emergency programs. Those turning in used cell phones are asked to keep the battery in the phone and include the charger. Please attach the charger to the phone with a rubber band. Cell phone recycling is also ongoing. Cell phones with their batteries and chargers can be dropped off during business hours at the Highway Department or in the box at the information desk in front of the Town Clerk's Office.

Businesses in the Town of Bethlehem may participate in this electronic recycling program, too. They must pre-register due to regulations and quantities they may wish to turn in for recycling. Please call 439-4955, extension 1510, Monday through Friday from 8 a.m. to noon, to pre-register or for all other inquiries.

## Fair trade group changes name

- What's in a name, anyway?

For the Fair Trade Delmar campaign, enough to make a change. The group is changing its monicker to Fair Trade Bethlehem.

"It makes it more inclusive," said organizer Anna McMahon. "The campaign is for all of Bethlehem, not just Delmar."

The campaign has been working to have Bethlehem designated as a Fair Trade Town, which is bestowed by the Fair Trade Towns USA group. Most of the qualifications have been met, but the Town Board needs to pass a resolution in support of fair trade.

The campaign has been before the town before, but members were reticent to pass a resolution without ensuring the town's business community was behind the movement. McMahon said the Bethlehem Chamber of Commerce does not typically take a stance on such issues, so she and other campaign members will continue to petition the Town Board.

The Village of Ballston Spa remains the only Fair Trade Town in the state. Fair trade items are those that are guaranteed to provide a living wage to the product's makers. Common items include coffee and chocolate, which are usually grown in poor countries.

The campaign is also gearing up for October, which is Fair Trade Month. The campaign plans to be at the Delmar Farmers Market once again, and will focus on raising awareness of the availability fair trade chocolate products in light of the approaching Halloween holiday.

Similarly, there will be a screening of the documentary movie "The Dark Side of Chocolate" at the Bethlehem Public Library Thursday, Oct. 14, at 7 p.m. The 45-minute film highlighting the prevalence of child labor in the cocoa and chocolate industry will be followed by a discussion session.

-Charles Wiff

## Parks and Rec hosts Youth Golf Tournament

On Saturday, Oct. 2, Colonial Acres will be host to the 3rd Annual

Bethlehem Parks and Recreation Youth Golf Tournament.

The participation fee is \$25 and all youth in grades 4-12 are eligible. Prizes and food included. Check

in will be at 2:30 p.m. with a 3 p.m. shotgun start.

All golfers will be placed in a foursome predetermined by the Parks and Recreation Department.

All golfers must have their own bags and clubs.

Pre-register by Sept. 30, visit the Park Playbook for more registration details.

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## TOWN OF BETHLEHEM Electronics Collection 10/1 - 10/2

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Fri., Oct. 1<sup>st</sup>, 8 am - 3 pm  
Sat., Oct. 2<sup>nd</sup>, 8 am - 12 pm

Town Highway Garage  
74 Elm Avenue East, Selkirk

Accepted items: Computers and their parts, VCRs/DVD players, TVs (no consoles), microwaves, cell phones and telephones.



Free for Town Residents per DEC grant. Businesses must pre-register and pay a small fee.

Info: 439-4955 ext. 1510

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Submit Your Questions at:  
[WeCanHelp@TheAnimalHospital.com](mailto:WeCanHelp@TheAnimalHospital.com)

Ed Becker, DVM

**My dog has been itching all the time. Do I need to be concerned?**

Itching is a very common symptom in dogs and can be very frustrating to treat. The four main causes of itching are ectoparasites (fleas), environmental irritants, allergies including food, and secondary infections of the skin. It is important to seek veterinary attention to determine which type of irritation is causing your dog to itch and scratch.

Fleas can be the cause of itching even if you do not see them. Fleas can survive in low numbers year round, and oftentimes adult fleas fall off during itching. Flea saliva is a major allergen and it only takes a few bites to cause great discomfort. Your veterinarian can help you achieve safe flea control to ensure that this is not the cause of the itching.

Environmental allergies, also known as atopic dermatitis can range from mild irritation to severe hives. Most mild cases can be managed with as needed anti-histamines whereas more severe forms may require skin allergen testing and long term medications.

Food allergies arise when the animal develops hypersensitivity to an ingredient in the diet, usually a protein or carbohydrate. If food allergies are the cause of your dog's itching, your veterinarian will work with you to facilitate a proper food trial to determine the origin of the allergy.

Allergies are usually lifelong problems. However, proper control of the discomfort can be achieved through identification of the underlying cause and maintenance with medications and/or diets.

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## Albany Curling Club Open House



Saturday, October 2nd  
10 am - 4pm  
Sunday, October 3rd  
noon to 4 pm

Stop by and learn about curling - go out on the ice and sweep with a broom or "throw a rock"!

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# Two ideas for dinner

Join us for Chicken'n Biscuits Dinner Out at the Community United Methodist Church, 1499 New Scotland Road in Slingerlands on Sunday, Oct. 3, at 2:30 p.m. There is no cost, but donations are accepted. Senior transportation will leave town Hall at 1:30 p.m.

Mark your calendar for dinner at McDonald's in Delmar. On Tuesday, Oct. 19, McDonald's will donate a percentage of the sales between 4 and 8 p.m. to the Bethlehem Food Pantry. Senior transportation will leave Town Hall at approximately 3:30 p.m.

Call 439-4955, ext. 1176, for reservations to either or both of the above programs. Home pickup is available. Suggested van donation: \$3.

## Program highlights

**Monday, Oct. 4**  
• Shopping Center trip to Colonie Center and Northway Mall. Call 439-5770 to make a reservation.

• Food Stamp and Medicaid Assistance offered by the Albany County Dept. of Social Services and the Legal Aid Society from 10 a.m. to noon. Call 439-4955,



ext. 1176, to make an appointment.

**Tuesday, Oct. 5**  
• Seniors in Motion  
A low level fun aerobic exercise class to music. Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 9 to 10 a.m. No registration is necessary. \$3 fee per class.

**Wednesday, Oct. 6**  
• Senior grocery shopping for residents of Elsmere, Delmar, Slingerlands, North Bethlehem and Marie Rose Manor at Price Chopper in Slingerlands. For reservations, call 439-5770.

• The Senior Discussion Group will meet from 10:30 am to noon at the Town Hall, room 101. Jane Sanders will lead a discussion on current news events, human interest stories, and reminisces about the past. Transportation can be arranged by calling 439-4955, ext 1176.

**Thursday, Oct. 7**  
• Senior grocery shopping for residents of Glenmont, Selkirk, and South Bethlehem at Hannaford at Price Chopper in Glenmont. For reservations, call 439-5770.

• "Carfit" will check to see that you and your car fit well together. The check includes sight line over the steering wheel, adjustment of head rests, and easy access to gas and brake pedals. It's at the Town Hall parking lot. Call 439-4955, ext. 1176 to make a 30 minute appointment between 10 a.m. and 2 p.m.

**Friday, Oct. 8**  
• Seniors in Motion  
• Senior grocery shopping for residents of Good Samaritan Senior Housing and Van Allen Senior Apartments at Price Chopper in Glenmont. 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, #1176.

Wilma DeLucco,  
Bethlehem Senior Projects,  
Inc. Board Member

# Flu vaccine to be given

A vaccine for the seasonal flu only will be given on Thursday, Oct. 14, from 1 to 3 p.m. at Town Hall. Please wear loose, short sleeve shirts.

Pre-registration will take place on Tuesday, Oct. 5, from 10 a.m. to 1 p.m. at Town Hall. Please bring your health insurance cards and doctor's name and address.

## Fall luncheon

Town of Guilderland Senior Services will host a fall luncheon Tuesday, Oct. 26, at noon at The Italian-American Community Center on Washington Avenue Extension.

The cost is \$18/person. Tickets are on sale until Oct. 19. Make checks payable to CLUSTER II, c/o Senior Office, P.O. Box 339, Guilderland, NY 12084.

## Meals On Wheels driver needed

We are seeking a volunteer to deliver Meals on Wheels to area homebound residents on Tuesdays, from 10 to 11:30 a.m. We also need more substitute drivers for all weekdays. Call 356-1980, ext 1048, for more information.

## Monday, Oct. 4

Scheduled Shopping  
9 a.m. Aerobics  
10:30 a.m. OsteoBuster  
10:30 a.m. Sr Fitness

## Town of Guilderland SENIOR CALENDAR

1:30 p.m. OsteoBuster

## Tuesday, Oct. 5

9 a.m. OsteoBuster  
9:30 to 11:30 a.m. Flu clinic registration  
11:30 a.m. Luncheon: Marinated Chicken Breast or Cold Plate  
12:30 p.m. Bingo/Billiards/Games

## Wednesday, Oct. 6

Scheduled Shopping  
9 a.m. Line Dancing  
10:30 a.m. OsteoBuster  
10:30 a.m. Bridge  
11:45 Sr. Fitness  
1 p.m. Needlecraft  
1:30 p.m. OsteoBusters

## Thursday, Oct. 7

Scheduled Shopping  
9 a.m. OsteoBusters  
10 a.m. to 2 p.m. Mammography screening  
1 p.m. Pinochle/Mahjongg

## Friday, Oct. 8

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

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69338

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## DELMAR FIRE and EMS ANNUAL OPEN HOUSE AND COMMUNITY DAY

**Sunday, October 3, 2010 1:00-4:00**

**145 Adams Street at Nathaniel Blvd.**

- Learn about fire prevention and emergency medical services
- Children's activities and giveaways
- Refreshments
- Live fire demonstration at 3:00PM.

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69246

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62437

# Reading goes to the dogs



Oliver is the latest volunteer at the Bethlehem Public Library.

Oliver has been volunteering in his community for about six months now. A youngster himself, he loves to be around other kids. He is bright, good-looking, friendly, gentle and... furry.

Oliver is a Bernese mountain dog who has begun a new volunteer opportunity at the library. At 2 years old and 105 pounds, this big guy loves to have kids read to him. He is one of three dogs participating in the library's Paws to Read program.

Created under the auspices of Therapy Dog International, Paws to Read (our name for TDI's Tail Wagging Tutors) gives children uncertain or shy about reading aloud a chance to practice in the company of a non-judgmental canine companion. The program is known to improve children's reading skills, self-esteem and confidence. For children not used to dogs, the program also helps them feel easier about canine



**Check It Out**

company.

Oliver's other volunteer work takes him to Albany Medical Center once a week, where he visits people in the surgical waiting room and the pediatric ward. He also visits the Wildwood School in Schenectady and the Center for Disability Services in Albany and its satellite in Delmar. In recent years, use of therapy dogs has expanded beyond guide dogs to include help for people with seizures, post-traumatic stress disorder, autism and other challenges.

Oliver's owner is Happy Scherer, a Delmar resident and former library trustee who has over 16 years experience with service and therapy dogs. She has trained about a dozen dogs.

Oliver has passed all the prerequisites, which include good health, immunizations, and a "canine good citizenship"

test. These dogs must prove to be gentle, trustworthy, and able to take direction.

This fall, Paws to Read offers two sessions of three meetings each, Thursdays at 4pm. The first session began last week; the second session runs October 14, 21 and 28. Children must attend all three sessions. Handlers remain with the dogs as "silent partners," and parents are invited to remain if they wish.

The library hopes to develop this program and is open to experimenting with different days and times. Call 439-9314 to sign up; therapy dog owners who would like to participate should ask for youth services librarian Jennifer Hanley. Visit <http://www.tdi-dog.org> for more information.

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.

# Authors to read banned books

Popular author Lauren Myracle, whose books "Kissing Kate," "ttyl," "tftn," and "L8r, g8r" have a huge following among young adult readers, headlines the list of local authors, writers, and notables who will present a "Banned Books Read-Out!" commemorating Banned Books Week at the Guilderland Public Library on Wednesday, Sept. 29, at 5:30 pm.

Banned Books Week highlights the benefits of free and open access to information while drawing attention to the harms of censorship by spotlighting actual or attempted bannings of books across the United States. Two of the titles challenged or banned in 2009 include The Merriam Webster Collegiate Dictionary and Anne Frank: The Diary of a Young Girl. BBW is held annually during the last week of September (Sept. 25 through Oct. 2

GUILDERLAND PUBLIC LIBRARY  
[www.guilpl.org](http://www.guilpl.org)

this year); the 2010 theme is "Think For Yourself and Let Others do the Same."

Myracle is no stranger to censorship; "tftn" and "ttyl" both have been challenged. In fact, she topped the list of banned books last year. She lives in Colorado, so she will visit via the Library's Skype audiovisual connection. Myracle will talk about her own experience with censorship and answer questions from the audience. Liza Frenette, Rose Kent, Donna Liquori, Peter Marino, Marlene Newman, James Preller, Coleen Paratore and local librarians will read selections from challenged and/or banned books.

The program is co-sponsored by the Children's Literature Connection, who will

offer some of its members' books for sale. The New York Civil Liberties Union helped with event planning. The evening includes refreshments and special giveaways.

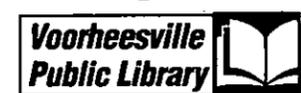
This program is free; seating is based on a first-come, first-seated basis. Program attendees are encouraged to view the Guilderland Public Library's lobby display of titles challenged or banned in 2009-2010, and find out who targeted these books ... and why.

Mark Curiale

All library events are free unless otherwise noted. The Guilderland Public Library is located at 2228 Western Avenue, Guilderland. Call 456-2400 x 12 for more information, or visit the library's website at [www.guilpl.org](http://www.guilpl.org).

# Friends planning bus trip to NYC

It's New York shopping, dining and sightseeing on the annual Friend's holiday bus trip on Saturday, Dec. 4. Paid reservations are being taken at the circulation desk at a cost of \$40 for FOL members and \$45 for others. If you love the library and want to take part in the wonderful activities they plan, become a member now and get a discount on all your bus trip tickets. Trip details are available at signup.



Design that is being offered as part of the "Take A Chance On October" raffle is available for viewing. Ask to see it and how you can win it when you purchase your tickets at the library circulation desk.

### Poetry talk

The Every Other Thursday Night Poets invite you to participate in their 5th Night poetry talk on Thursday, Sept. 30, at 6:30 p.m. The

topic for the evening is "Why Do You Write?" and everyone is welcome. Regular meetings in October are the 14th and 28th.

### Trustees needed

If you are interested in serving the community on the Voorheesville Public Library Board of Trustees please send a letter to President Richard Ramsey outlining the reasons you are interested and why you think you would be a good candidate for appointment.

Barbara Vink

### Necklace on display

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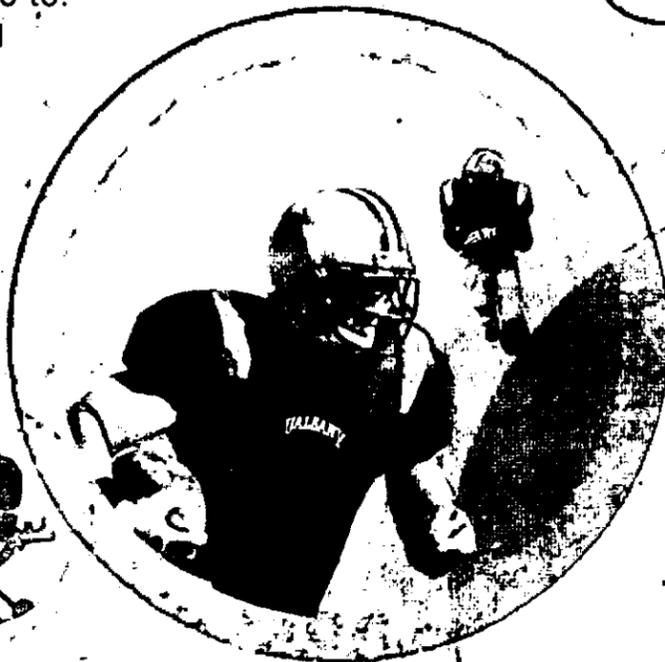
# Fall Festival & BOOK FAIR 10am - 3pm

SATURDAY  
OCTOBER  
9TH

Join us for a day of fun at the University at Albany.  
Festivities begin at 10am on the back lawn of the Science Library.

- 5K Run 10am - 11am**  
 The Fall Celebration kicks off with a 5K run at 10am to benefit cancer research.
- Farmers' Market 10am - 3pm**  
 Locally grown and homemade treats will be available from 10am to 3pm. All proceeds will benefit the Regional Food Bank of Northeastern New York.
- UAlbany Authors Book Fair 10:30am - 3pm**  
 Over two dozen UAlbany faculty and alumni authors will be on hand to showcase and provide readings from their books. First reading starts at 10:30am and goes until 3pm. Authors will be available for book signings and their books will be on display for purchase.
- Football/Tailgate 11am - 1pm**  
 Tailgating will begin at 11am under the big tent to get everyone excited to cheer on the UAlbany Great Danes at 1pm against St. Francis.
- Student Performances 11am - 1pm**  
 Come watch UAlbany's talented students perform. The lineup includes UAlbany a cappella groups and demonstrations of salsa dancing and karate. First act goes on 11am and the last act will go on at 2pm.
- Fun for Kids 11am - 3pm**  
 Kids activities for all ages will be available from 11am to 3pm. Climb a rock wall, practice your putting on UAlbany's putting green, paint some pumpkins, get a balloon from Mr. Twisty or paint your face. These activities are hosted by UAlbany's Alumni Association.
- Sustainability Efforts 11am - 1pm**  
 UAlbany's sustainability efforts will also be on display with a sheepherding demonstration from 11am to 12pm and 12pm to 1pm, hosted by Gary Kleppel, professor of biological sciences and director of the Biodiversity, Conservation and Policy program at UAlbany, and a farmer, as well.
- UAlbany Homecoming Football Game 1pm - 3pm**  
 Great Danes vs. St. Francis

Parking in Dutch Quad lot.  
For more information go to:  
[albany.edu/fallfestival](http://albany.edu/fallfestival)



THE WORLD WITHIN REACH



# SCCC grad jumps into the fire on television show

## Lake George chef takes a shot at 'Hell's Kitchen' challenge

By JOHN PURCELL  
purcellj@spotlightnews.com

If something's called Hell's Kitchen, you wouldn't expect to find people vying to get into it. But Melissa Doney, a 2003 Schenectady County Community College graduate in culinary arts and executive sous chef at Fort William Henry in Lake George, has her reasons.

Doney is a contestant on the current season of "Hell's Kitchen," which features Chef Gordon Ramsay putting aspiring restaurateurs through intense culinary trials as they prepare dishes for his

restaurant Hell's Kitchen in Los Angeles.

"I really wanted to be on 'Hell's Kitchen' to put myself out there and challenge myself as a chef and show people what I can do," said Doney. "It is an amazing feeling, I'm so excited to have the opportunity."

More than 50,000 people applied to be on the show, and only 16 were selected. The show began airing Wednesday, Sept. 22, at 8 p.m. on FOX and was filmed over six weeks, starting in February of this year. The winner receives a coveted black chef's jacket, \$250,000 and the position of head chef at LA Market in Los Angeles.

For Doney, the journey started in September 2009 when she filled out an

online application for the show. The following day she received a phone call from the casting agency. Three days later she went down to New York City to do an on-camera interview.

She said her fiancé Phil Sheridan urged her to apply for the show and gave her the push she needed.

"He got sick of me watching these culinary competition shows and wanted me to put my money where my mouth is," said Doney.

She credited SCCC for preparing her mentally for the food industry and her experience on the show. One of her college experiences she cited was working at the Kentucky Derby and the Belmont Stakes.

"There is always the

book version of what the food and beverage industry is like and then there is the reality of it," said Doney. "[SCCC] really helped to make us well-rounded individuals for the real world."

Toby Strianese, a professor in the Hotel, Culinary Arts and Tourism Department at SCCC, knew Doney applied for the show last fall and was waiting to hear the outcome. Strianese was ecstatic to find out she was selected.

"When Melissa first enquired about our Culinary Arts program, I asked her what her goals would be when she graduated. She replied, 'One of them is to be on TV,'" said Strianese. "From her experiences working in food service at

the Kentucky Derby and interning at Walt Disney World, along with her determination and her bubbly personality, she should be well-prepared for Chef Ramsay and the "Hell's Kitchen" challenge."

Doney said she became interested in cooking while she was attending SUNY Potsdam. When she was looking for a job, the only one she could find was salad prep at a local Italian restaurant. The following semester she rearranged her schedule at college to allow her to work more hours at the restaurant to further her learning experience in the kitchen.

"There was something about it that I just felt this is something that I want to do," said Doney. "I was

transferred to the fine dining restaurant owned by the same people and ended up being their sauté cook over there."

Doney said she was always very passionate about food, and her first job was at an ice cream parlor and snack bar.

"I've always been involved in food and beverage to some capacity. ... It has always been in me," said Doney. "I tried the office routine sitting behind a desk, but that just isn't really me."

Doney said her current boss, Executive Chef Anthony Teta, was very supportive throughout the process and always had complete faith in her.

"When I found out, I was literally brought to tears," said Doney. "I think one of the things is my personality and passion for food in the industry. ... I was myself throughout the application process and taping of the show."

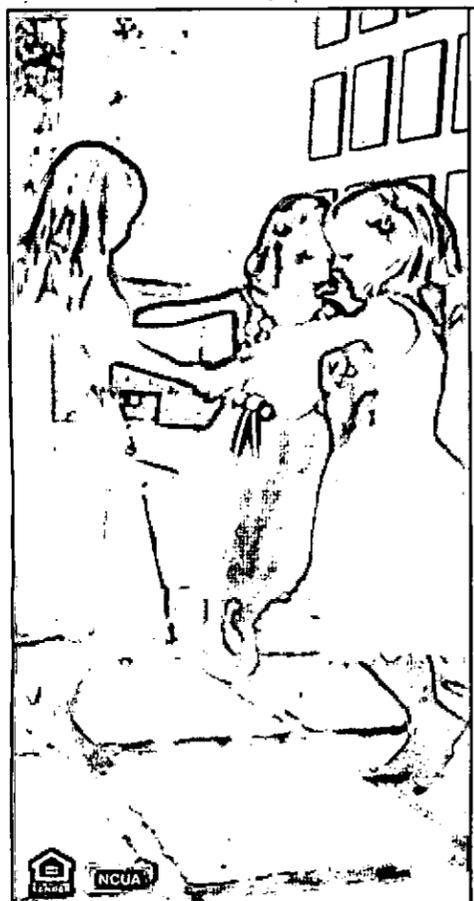
Doney said being on the show allowed her to grow professionally and as an individual. It was also a confidence builder for her.

"I feel this whole experience has really made me a stronger individual in this field," said Doney.

Being around Ramsey allowed her to experience his techniques first-hand and learn some new techniques she will always take with her while cooking.

Doney added that entering the competition was also a way to show gratitude to everyone she has worked with along her career path.

"I credit the people that I've worked with and the people that I'm working with now," said Doney. "I'm not only doing it for myself, it is, in a sense, a thank you."



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# Anne's Quest continues

**5K run, fundraiser held in honor of mother who died of colon cancer**

ANDREW BEAM  
beama@spotlightnews.com

The race is not about competition and it isn't about any reward. Roger Rosenthal and his daughter Kelli are holding the third annual Anne's Quest 5K run on Oct. 23 to promote family fun and educate people about colon cancer.

Anne Rosenthal died of the disease on Oct. 20, 2007, at the age of 55, leaving behind her husband, Roger, and her children Kelli, Erin and Timmy. Anne became an avid runner in her 40s, according to Kelli, who said her mother ran about 4 miles every other day.

"The race and the foundation [also called Anne's Quest] involves everything my mom stood for," Kelli said. We make it a very family-friendly race. We don't make it competitive."

Kelli said they have received complaints, along with some praise, that they don't spend money on medals or prizes for the winning runner. Kelli said she believes that money is

better spent directly with the foundation.

However, there will be a raffle at the end of the event for donated prizes such as Chuck E. Cheese's tokens, certificates of salons and a basket full of wine and cheese will be given away.

The run will begin at Shaker High School, where Anne was a math teacher for 20 years, and head to Siena College, where she graduated from and met her husband, and back to Shaker.

"We'll have facts and advice on how to prevent colon cancer," said Kelli.

Education means a lot to Roger, who believes that the age of 50 is too late to get your first colonoscopy, even though it is the age the federal government suggests.

"If we can get one person to get a colonoscopy," said Roger, "then we've done our job."

Roger added that they are working with the American Cancer Society to try to create an outreach program to encourage physicians to do more about educating people about colon cancer. He said the ACS already has a program in place, which they will try to "piggyback off of."

"We don't think enough is being done by doctors," he explains. "When someone gets to the age of needing to get a colonoscopy, that supply of information to patients is not timely at all."

A brochure created by the Anne's Quest foundation is the next step, said Roger, and the organization hopes to send the mailing to physicians.

Last year, the race generated \$20,000, with some of that money going toward the Jack and Jill Late Stage Cancer Foundation, based out of Atlanta, Ga. The foundation provides what they call a "Wow!" experience to families with a mother or father who is suffering from a terminal disease and is in the late stages.

The families are sent on trips to help divert their attention from the pain and suffering of their loved ones.

"If you look at the families they help support, they are people with colon cancer well below the age of 50," said Roger. "In most cases, they're not going to see their kids grow up. It's a quality-of-life issue that we feel is important."



Participants walk during last year's Anne's Quest. This year's race will be held on Saturday, Oct. 23. Kelli Rosenthal hopes the foundation will raise \$25k. Submitted photo

Kelli said a family's oncologist must refer them to the Jack and Jill Foundation.

"It's meant for the family to really forget about the cancer for a while and just have fun," said Kelli. "So

when, unfortunately, the person does pass away, they have those memories to look back on."

Anne's Quest first worked with the Jack and Jill Foundation in 2009 and was able to help five different

families travel to places such as Useppa Island, Fla., Universal Studios in Los Angeles, Philadelphia and New York City.

Kelli said the organization hopes to raise \$25,000 this year.

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John

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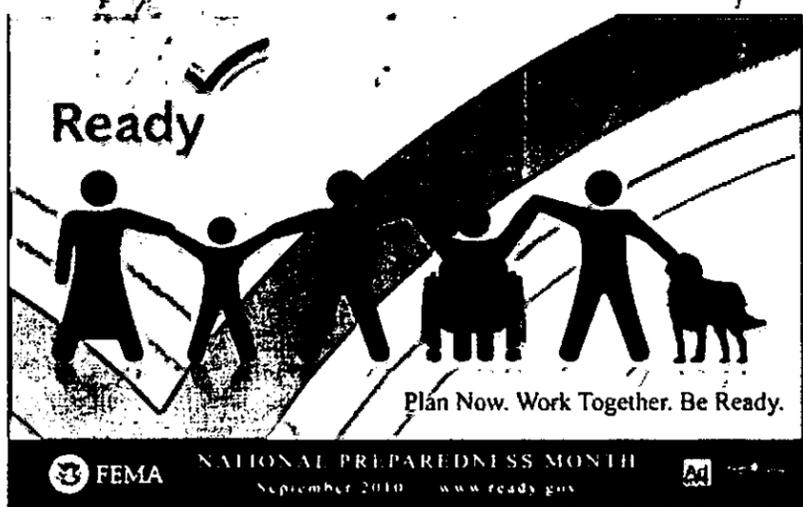
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ABOVE: The Garden Club's plot behind the Bethlehem Central Middle School grows not only lettuces and other common vegetables, but squashes, potatoes, corn, herbs and wildflowers.

ABOVE: Middle school students work after school to bring in the Garden Club's fall harvest. This is the second year the club has maintained a garden, and it's yielding enough food to provide the cafeteria with ingredients and snacks that are the definition of "locally grown."

Charles Wiff/Spotlight



## Coming up green

**Middle school Garden Club starts harvest early**

By CHARLES WIFF  
wiff@spotlightnews.com

Any gardener, farmer or discerning eater will tell you the same: food tastes better fresh.

That's a lesson students at Bethlehem Central Middle School were learning first hand last week, as the Garden Club began to harvest its extensive plantings behind the school. The entire school enjoyed salads made with ingredients from the garden on Friday.

This is the second year the Garden Club has maintained a garden. Last year, the club timed the harvest to coincide with Harvest for Kids Week, a statewide initiative that runs the first week of October. A hot, dry summer forced an early harvest, though.

"We're lucky that we're getting it done now," said Assistant Principal Mark Warford, who heads the Garden Club.

Parents, teachers and about 20 students were at the garden after school on Tuesday, Sept. 21, pulling up, digging up, washing and bagging lettuces, carrots, radishes, tomatoes and potatoes. The garden also has squashes, herbs, beans and other veggies, all of which make their way to the school's cafeteria.

The Garden Club has 30 to 40 active members and meets twice a week after school, said Warford. Most of the club's labor is done in the first and last days of the school year, when the ground is warm enough to be worked with.

There's no comparison between fresh-picked stuff right out of the ground and stuff that's grown 1,500 miles away," Warford said.

The club doesn't just spend time tilling the earth. It educates the students about environmental issues and renewable practices," Warford hopes to do a "scavenger hunt" at the Delmar Farmers Market so students can learn about locally grown foods firsthand.

During the summer, families sign up to maintain the garden for a certain period of time, said Life Science Teacher David Lendrum, who was helping with the harvest Tuesday.

"It's kind of a community get together," he said.

The value of homegrown food is not lost on the students who lend a helping hand, many of whom said they are working to make their own gardens at home. Seventh-grader Camirr Sanders said he likes knowing his food is free of

Green Page 17

# Entertainment in the Spotlight

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ABOVE: Bethlehem Middle School Life Science Teacher David Lendrum helps 7th-grader Camirr Sanders dig up potatoes.  
LEFT: Middle School students, teachers and parents gathered at the garden Tuesday, Sept. 21, to harvest and clean some of the bounty.

## Green

(From Page 16)

chemicals and pesticides. "Being environmentally friendly like this, it's good," he said. "It pays to be organic."

The garden at the Middle School is not the only one in the BC district.

In fact, most the elementary schools have their own plots and in most schools there is some equivalent to the Garden Club. Warford said he hopes to bring all the garden coordinators together for a meeting soon, where they can discuss techniques they use in their respective gardens.

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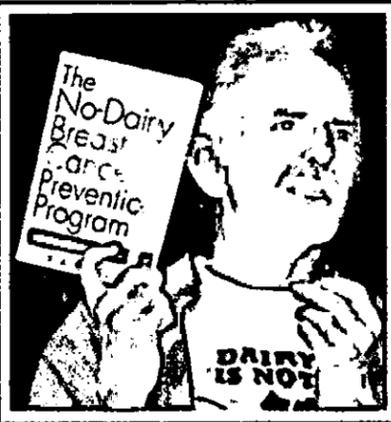
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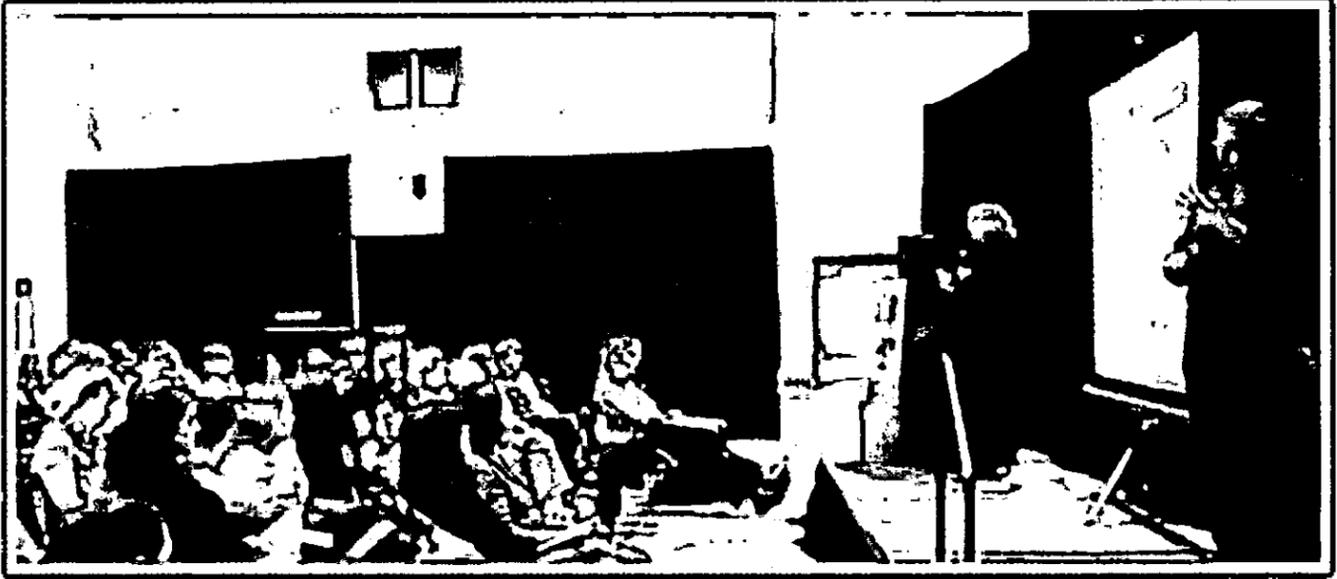


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# Entertainment in the Spotlight



Above: Registered dietitian George Eisman talks about the health detriments of dairy at the Vegetarian Expo at the Empire State Plaza, Albany. Right: Speakers are one of the main components of the expo.



## A meeting without meat.

By JACQUELINE M. DOMIN  
dominj@spotlightnews.com

When Kristin Lajeunesse's teenage brother told their parents he wanted to be a vegetarian, they weren't thrilled. Worried that a vegetarian lifestyle was unhealthy, they set out to dissuade him. "They just researched the heck out of it," Lajeunesse said.

Then a funny thing happened. As they read more and more about the benefits of a vegetarian diet, Jan and Dave Lajeunesse not only gave their son their blessing to give up meat, they decided to do the same.

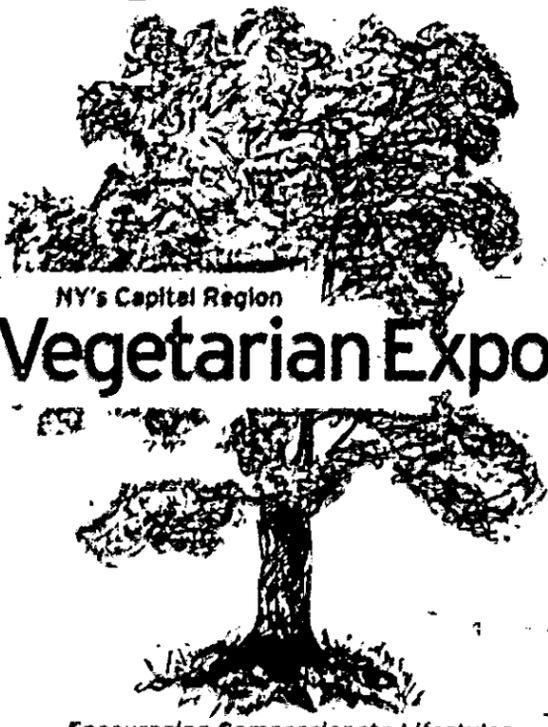
And they suggested Kristin try it, too.

So the Lajeunesses adopted their new diet as a family. Being in high school at the time, Kristin remembers being a little turned off that the only options at local restaurants seemed to be salads and pizza, but she said her parents did a good job incorporating flavorful foods at home.

"Today, there's pretty much an alternative for anything you're craving," she said, although she added with a laugh, "Those first few batches of veggie burgers were not good."

Veggie burgers notwithstanding, the Lajeunesses enthusiastically adopted their new lifestyle. They went to vegetarian expos around the country and sought out other non-meat eaters in the Capital District. That led them to launch the Albany Vegetarian Network, which held its first vegetarian expo four years ago. This year's expo is Saturday, Oct. 2, from 10 a.m. to 5 p.m. at the Empire State Plaza.

The event aims to educate people about three components of vegetarianism: animal advocacy, health and the environment. There are a number of speakers, covering such topics as "Saving the Earth One Bite at a Time," "Guides to Plant-Based Eating" and "Wholesome Holiday Desserts to Live For." Exhibitors include everyone from food vendors to Five Rivers Environmental Education Center to a pit bull rescue group. There will also be a vegan fashion show that showcases cruelty-free clothing products, and the



culmination of the event is a pre-screening of the movie "Forks Over Knives."

The point of the event, Kristin said, is not to "convert" anyone. If past years are any indication, many of the people who attend will already be vegetarian or vegan, which means they don't use or consume animal byproducts. If any meat eaters attend, Kristin said, the objective is to teach them about some of the benefits of the other diets and maybe offer them some food samples.

While Kristin was pretty open about trying a vegetarian lifestyle herself, she balked when her parents turned vegan. "I wasn't ready to give up my cheese and my ice cream," she said.

But on her trips home from college, she noticed things were disappearing from the refrigerator. Regular milk was gone. Ice cream soon followed. Her parents bought her shirts that said, "Vegan."

talk about the detriments of dairy products. "That's what triggered it for me," she said.

While the health aspect was at the root of what convinced her family to make the move to a vegan lifestyle, in the ensuing years, they've also grown conscious of the benefits to animals and the environment. "It's a powerhouse combination," she said.

She remembers growing up with a friend whose dad couldn't fathom giving up meat. When he saw Kristin and her family, he would tease them, saying, "You're going to eat grass for dinner."

Not long ago, though, Kristin's friend convinced her dad to attend the vegetarian expo. He listened to the speakers, bought some books and was soon on the phone to Lajeunesse family.

"He said, 'Oh my goodness, I'm sorry. I didn't realize how amazing it was,'" Kristin said, noting that the man has been vegetarian ever since.

New to the expo this year is the vegan fashion show, which will be notably absent of leather and other animal products. Lajeunesse thinks it will be a fun event for both people who are into animal rights and those who just have a general interest in fashion. Also debuting at the expo is "Forks and Knives," which examines the claim that many degenerative diseases can be controlled, or even reversed, by switching to vegetarian and vegan lifestyles. The movie has not been released nationally yet, and Lajeunesse said the expo is very excited to host the pre-screening. A \$10 advance donation is required as seating is limited.



The movie "Forks Over Knives" will be screened at the expo at 5:30 p.m.

Admission to the expo, meanwhile, is free, although a \$5 donation is suggested. Sign language interpreters will be on hand.

For more information, visit <http://www.nyvegetarianexpo.org>.

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# Arts and Entertainment

## Theater

### CALIFORNIA SUITE

Neil Simon comedy about three different couples visiting Beverly Hills, presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through Oct. 9, performances Thursdays through Sundays, \$20. Information, 877-7529.

### THE COMPLETE HISTORY OF AMERICA (ABRIDGED)

Comedic look at the history of this country, presented by Albany Civic Theater, 235 Second Ave., Albany, through Oct. 3, performances Fridays through Sundays, \$15. Information, 462-1297.

### OUR SON'S WEDDING

Middle class couple from the Bronx goes to their son's wedding to another man, presented by Lake George Dinner Theatre, Holiday Inn Resort, Lake George, through Oct. 14, dinner performances 6:30 p.m. Wednesdays through Saturdays, luncheon performances 11:30 a.m. Tuesdays through Thursdays, call for ticket prices. Information, 668-5762, ext. 411.

### 33 VARIATIONS

Regional premiere of Moises Kaufman's Tony Award-nominated drama, presented by Capital Repertory Theatre, 111 North Pearl St., Albany, through Oct. 3, performances Tuesdays through Sundays, call for ticket prices. Information, 445-7469.

## Music

### ALEJANDRO ESCOVEDO

Eclectic rocker, Sept. 30, 7:30 p.m., The Egg, Empire State Plaza, Albany, \$28. Information, 473-1845.

### MIKE HARRISON

Singer-songwriter, Oct. 1, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, free. Information, 512-5100.

### TOMBSTONE BULLIES

Roots rock duo from Austin, Tex., Oct. 1, 7 p.m., Emack and Bolio's Uptown, Town Center Plaza, 1704 Western Ave., Guilderland, free. Information, 250-4196.

### HARMONIOUS WALL

Wisconsin jazz quartet, Oct. 1, 8 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, advance tickets \$16, door tickets \$18. Information, 583-0022.

### LUKA BLOOM

Irish troubadour, Oct. 1, 8 p.m., The Egg, Empire State Plaza, Albany, \$8. Information, 473-1845.

### TOMBSTONE BULLIES

Roots rock duo from Austin, Tex., Oct. 2, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, free. Information, 512-5100.

### ROB JONAS BAND AND ANONYMOUS FIGG LEAFS

Americana bands, Oct. 2, 7 p.m., Emack and Bolio's Uptown, Town Center Plaza, 1704 Western Ave., Guilderland, free. Information, 250-4196.

### BEATLEMANIA AGAIN

Beatles tribute band, Oct. 2, 8 p.m., WAMC Performing Arts Center, 339 Central Ave., Albany, \$20. Information, 465-5233, ext. 4.

### DOC MARSHALLS

Honky tonk quintet, with opening act Holly and Evan, Oct. 2, 8 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, advance tickets \$15, door tickets \$17. Information, 583-0022.

### BERNIE WILLIAMS

Former New York Yankees outfielder plays jazz guitar, Oct. 2, 8 p.m., The Egg, Empire State Plaza, Albany, \$24.50-\$34.50. Information, 473-1845.

### FAREWELL DRIFTERS

Americana band, Oct. 3, 7 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, advance tickets \$15, door tickets \$17. Information, 583-0022.

## Comedy

### MOP AND BUCKET COMPANY

Weekly improv comedy show, Oct. 1, 8 p.m., Proctors Underground, 432 State St., Schenectady, adults \$14, students/seniors \$6. Information, 346-6204.

## Visual Arts

### NEW YORK STATE MUSEUM

"Focus on Nature XI," through Oct. 31; 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

"Ransoming Matthew Brady: Re-imagining the Civil War," through Oct. 3; "Hudson River Panorama," through December; "The Perfect Fit: Shoes Tell Stories" and "Old Soles: Three Centuries of Shoes," through Jan. 2; 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

"The Imaged Word," through Jan. 9; plus installations by Paul Katz, Harry Leigh, Harold Lohner, Lillian Mulero, Ken Ragsdale, Nancy Shaver and Joy Taylor. Information, 242-2243.

### ALBANY CENTER GALLERY

"Paradoxa: Recent Works by Kathy Goodell," through Oct. 30, 39 Columbia St., Albany. Information, 462-4775.

### BOGHT ARTS CENTER

"Healing Winds and the Holy Spirit," an art exhibit featuring Native American artists and healers, through Nov. 5, 583 Boght Road, Cohoes. Information, 785-2787.

### CLEMENT ART GALLERY

"Robert Moylan: Recent Paintings," through Oct. 28, 201 Broadway, Troy. Information, 272-6811.

### LOCAL COLOR ARTS GALLERY

"The Human Condition: Figures and Portraits," through Sept. 30, 1138 Troy-Schenectady Road, Latham. Information, 220-9027.

### NATIONAL MUSEUM OF DANCE

"Postage Paid: Dance Around the World," through fall 2012; "In a Labyrinth: The Dance of Butoh," through March; "A Midsummer Night's Dream," through May; plus a Michael Jackson tribute, a "Dancing with the Stars" exhibit and the C.V. Whitney Hall of Fame, 99 South Broadway, Saratoga Springs. Information, 584-2225.

### SARATOGA AUTOMOBILE MUSEUM

"Woodies! The Charlie and Marie Montano Woodie Collection," through Oct. 17; "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

"Suzanne Bocanegra: I Write the Songs," through Feb. 2; "The Jewel Thief," through Feb. 27; "Paula Hayes: Understory," through April 1; Skidmore College, 815 North Broadway, Saratoga Springs. Information, 580-8080.

### CLARK ART INSTITUTE

"Juan Munoz," through Oct. 17, 225 South St., Williamstown, Mass. Information, (413) 458-9545.

### MASS MOCA

"Everything That Rises Must Converge," through February 2011; plus "Material World: Sculpture to Environment," through Feb. 27, 2011; "Gravity is a Force to be Reckoned With," through Oct. 31; "Sol LeWitt: A Wall Drawing Retrospective," ongoing; 87 Marshall St., North Adams, Mass. Information, (413) 664-4481.

### ARKELL MUSEUM

"Reflections on Water in American Painting," through Oct. 3, plus "Arkell's Inspiration: the Marketing of Beech-Nut and Art for the People," ongoing; Canajoharie. Information, 673-2314.

## Call for Artists

### BEEKMAN STREET ARTS DISTRICT

Seeking artists to exhibit their work in celebration of National American Craft Week, Oct. 2, 11 a.m. to 8 p.m., Beekman Street, Saratoga Springs. Information, 583-1163.

### HILLTOWN PLAYERS

Holding auditions for its Student Talent Show, Oct. 27, 7:30 p.m., Berne-Knox-Westerlo High School Route 443, Berne, seeking students in kindergarten through 12th grade, acts must be "performance ready" and provide your own accompaniment, show is Oct. 16. Information, 872-9455.

### FIRST NIGHT SARATOGA SPRINGS

Seeking volunteers to work at its 30+ venues on New Year's Eve, volunteers work a three-hour shift between the hours of 6 and 11:40 p.m., all volunteers receive an admission button, a poster and a gourmet snack. Information, 496-1327.

### THE CHOBALIERS

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### ETUDE CLUB

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

### 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.

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

### CAPITLAND 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 Orlanso 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, fo-

cusings on old favorites and show tunes, rehearsals Tuesday mornings at Delmar Reformed Church, Delaware Avenue, Delmar. Information, 439-2360.

### SIENA CHAMBER ORCHESTRA

Rehearsals Thursdays at 7:30 p.m., Siena College, Route 9, Loudonville. Information, 783-2325.

### SIENA COMMUNITY CHORALE

Rehearsals Mondays at 6 p.m., Siena College, Loudonville. Information, 783-2325.

### THE ORCHESTRA ON THE COMMON

Openings in the string section, also need French horn, trombone, flute and bass drum players, rehearsals Friday at 9 a.m., Shenendehowa Senior Center, Clifton Common, Clifton Park. Information, 372-5146.

### ELECTRIC CITY CHORUS

Male singing group, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information, 399-1846.

# SUDOKU

			4		1				
		2		5	3				
								8	7
2	5								4
			9			4	7		
6						8			1
8			1						9
7							3		
		3	5			7			8

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

## Weekly Crossword

### DUAL MEETINGS

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17				18					19				
20				21					22				
				23				24					
25	26	27	28			29				30	31	32	
33						34				35			
36						37				38			
39						40				41			
42						43				44			
						45				46			
	47	48						49			50	51	52
53										54			55
56										57			58
59										60			61

### ACROSS

- 1 Strip artist?
- 5 Collector's book
- 10 Scat lady
- 14 Cohan tune: "There"
- 15 Legal document
- 16 Gaseous element
- 17 Mimics meet rainy day duo?
- 20 Wonderment
- 21 Bible book
- 22 On the \_\_\_ free
- 23 Reagan, to Nancy
- 24 Highway feature
- 25 Aspects
- 29 Protuberance
- 30 Half of a lively dance
- 33 Place for elves
- 34 Hollywood "Auntie"
- 35 Israeli airline
- 36 Clover meets musical style?
- 39 Dorothy's dog
- 40 \_\_\_ Bien Phu
- 41 Century plant
- 42 \_\_\_ - disant
- 43 Null's companion
- 44 State cop

### DOWN

- 13 Reply to a ques.
- 18 Plains man
- 19 Capitol topper
- 24 Type of candle
- 25 Oktober and song
- 26 Gesundheit!
- 27 Raccoon's cousin
- 28 Tar's patron saint
- 29 Kind of truth
- 30 Dagger adjunct?
- 31 Split in twain
- 32 Actress Kirstie
- 34 1,103, to Nero
- 35 Therefore
- 37 Panel feature
- 38 Singer Vic
- 43 Purdah
- 44 Ear bone
- 45 French writer
- 46 German seaport
- 47 Satisfy
- 48 Vino center
- 49 Opposed
- 50 WWI pursuit plane
- 51 Air: prefix
- 52 Type of fall
- 53 Man on the hundred
- 54 Enzyme ending
- 55 School gp.

## Milestones

### Kevin David Klein

DELMAR, NY: Kevin David Klein passed away on September 17, 2010 after a long illness. Kevin was born July 18, 1940 to the late Henry Irving Klein and Helen Mae Cade.

Kevin graduated from Bethlehem Central High School in Delmar and from Western Michigan University, Kalamazoo, Michigan. Kevin was a proud member of the 210th Armored Division, New York State National Guard, serving as a Lt. from 1963 to 1969. He opened Sutter's Mining Co. Restaurant (Sutter's) at 1200 Western Ave., Albany in 1973.

Kevin was predeceased

in death by his brother, Lt. Henry Irving Klein, Jr., who was killed during the Viet Nam War in 1966.

Kevin is survived by his wife of 43 years, Susan Klein; his children, Melissa Anne Tremel (Michael), Park City, Utah; Henry Irving Klein III (Melissa), Slingerlands; David Kevin Klein (Sharlyn Jones), Park City, Utah; and Peter William Klein (Joanne), Kent, Washington; his grandchildren, Alexandra Eagan, Andrew and Addison Treme; Henry Irving Klein IV and William Klein; Scarlett and Tenneson Klein; and Sydney Klein.

Kevin is also survived by three sisters, Virgie A. Clukey, Naperville, IL; Erma Klein-Gjonaj, Delmar, NY; and Kristine A. Klein, Watervliet, NY.

The family would like to acknowledge with great affection the friendship of John Heckman.

A Mass of Christian Burial was celebrated on Wednesday, September 22, 2010 at The Church of St. Thomas the Apostle, 35 Adams Pl., Delmar, NY. Interment was in Our Lady Help of Christians Cemetery, Glenmont, NY. There were no calling hours.

Memorial donations may be made to the Lieut. Henry I. Klein Scholarship Fund at Bethlehem Central High School in care of Donna Ann Bartlett, Treasurer, Tawasentha Chapter, Daughters of the American Revolution, 38 Ingalside Rd. Greenville, NY 12083 or the Delmar Rescue Squad, 145 Adams St. Delmar, NY 12054.

# Nault, Gatta marry

Jacqueline Nault, daughter of Daniel and Judy Nault of Glenville, N.Y., and Adam Gatta, son of Mark and Kim Gatta of Scotia, N.Y., were married on August 7, 2010. The Wedding and Reception took place at Riverstone Manor in Scotia, N.Y.

The Maid of Honor was Nicole Steuben, sister of the bride. Bridesmaids were friends of the bride, Lindsay Estaris and Jennifer Green, as well as Sara Gatta, Lindsey Gatta and Makala Gatta, all sister-in-laws of the bride. The Best Man was Nathan Gatta, brother of the groom. Groomsmen were Mark Gatta, Todd Gatta, and Brett Gatta, brothers of the groom. Dan Capogna, friend of the groom and Anthony Gatta, cousin of the groom, were also Groomsmen.

The bride is a graduate of Burnt Hills - Ballston Lake High School. She earned a Bachelor of Science from Springfield College as well as a Masters of Science in Physical Therapy from Springfield College. Jackie is a Physical Therapist at Sunnyview Rehabilitation Hospital in Schenectady, N.Y.

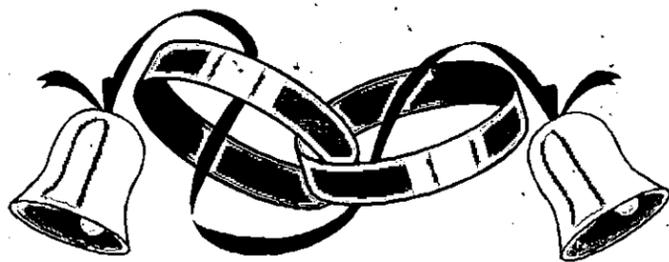
Her husband graduated from Scotia - Glenville High School and went on to



Jackie and Adam Gatta

earn an Associates Degree in Physical Education from Hudson Valley Community College. Adam's employer is General Electric. He is currently attending Hudson Valley Community

College through G.E. to be a machinist and working at G.E. as an apprentice. The couple honeymooned in Aruba. Jackie and Adam reside in Glenville, N.Y.



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### IN BRIEF

#### Group plans film screening

On Thursday, Oct. 7, from 6:45 to 8:45 p.m., the Bethlehem Neighbors for Peace will screen William Kunstler's "Disturbing the Universe" at Bethlehem Public Library, 451 Delaware Ave., Delmar.

Kunstler's daughters, Sarah and Emily Kunstler, chronicle their father's life. The documentary captures the daughter's personal journey as well as much of the political climate of the U.S. in the

'60s through the '90s. Kunstler represented the "Chicago 8," who protested the Vietnam War; inmates at Attica, and the American Indian Movement when they stood up to the US government at Wounded Knee. He also represented accused rapists and assassins.

For more information, call 466-1192.

#### Youth golf tourney slated

On Saturday, Oct. 2, Colonial Acres will

host the third annual Bethlehem Parks and Recreation Youth Golf Tournament.

The participation fee is \$25 and all youths in grades four to 12 are eligible. Prizes and food included. Check in will be at 2:30 p.m. with a 3 p.m. shotgun start.

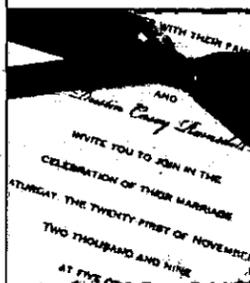
All golfers must have their own bags and clubs. Pre-register by Sept. 30. Visit the Park Playbook for more registration details.

#### PaTHs to hold public meeting

The PaTHs 4 Bethlehem Committee will hold a public meeting on Wednesday Oct. 6, from 7 to 9 p.m. at Bethlehem Town Hall Auditorium to present the "Draft Bicycle and Pedestrian Priority Network" and "Draft Evaluation Process for New Pathway Investment" to the community.

There will be an opportunity for the public to comment on these resources, which are available on the web at www.townofbethlehem.org.

### Invitations & Announcements



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# Local ice cream earns global nod at dairy expo

Stewart's ranks No. 1 with French Vanilla, Dark Chocolate flavors

By ALYSSA JUNG  
ajung@spotlightnews.com

The world's best ice cream hails from a small town known more for its race tracks and touristy summers than for its dairy. But for more than six decades, this ice cream has been loved and perfected in a family-owned and operated plant right in Saratoga Springs, turning out the award-winning flavors recently named the world's best at the 2010 World Dairy Expo in Madison, Wisconsin.

Stewart's Shops' French Vanilla and Dark Chocolate were ranked No. 1 in the world at the dairy extravaganza, with regular Vanilla and regular chocolate ranked third in their categories and Philly Vanilla ranked second in its category. The five awards will be handed out Tuesday, Sept. 28.

Achieving global

recognition was 65 years in the making and to celebrate the company's milestone anniversary, Stewart's had a birthday celebration Friday, Sept. 17, at the site of the very first shop ever built in 1945, 170 Church Ave. in Ballston Spa. Ice cream cones and hotdogs were on sale, birthday cake was cute and devoured and Flavor, the shop's "Spokescow," milled around taking photos with customers.

Much of Stewart's success comes from valuing quality, customers, employees and keeping the operation close to the vest, said Tom Mailey, a spokesperson.

"A lot of the quality has to do with [the Dakes], who created a vertical integration, if you will," said Mailey, referring to the founding family. "We make our own ice cream, all in our own plant and warehouse. About three-quarters of approximately 3,000 items in Stewart's Shops are made and/or

delivered to the shop by our company; we do almost everything in it."

Mailey said in addition to producing the majority of the products it sells, the company even goes so far as to handle the technical side of the business too.

"We have our own department that handles all the registers and ordering and the technical side of things. Part of the warehouse is devoted to all the pieces it takes to build a Stewart's, from coffee makers to microwaves. They're all on rotation and when trucks make deliveries they take some back to the warehouse for rehab and repair, where they're maintained and then put back into service," said Mailey.

Stewart's has another unique spin that sets it apart, aside from the home-grown attitude toward its

products and production—it's considered employee owned, too.

"Employees can qualify for an employee share program, so they own a third of Stewart's," said Mailey, who said the company currently employees around 4,000 people total. "They qualify through a certain number of hours, and we have a retirement plan that the company funds, not employees, so at the end of every year, the company puts money into the employee share program, and at seven years you're vested."

The employees feel respected and honored, said Mailey, so they extend that same kindness and humanity to its customers, another characteristic he believes makes Stewart's so special and successful.

"We talk to our customers, and the shops all have their

own personality; because of that, customers all have their Stewart's Shop where they get their milk or where they bring their kids for ice cream after a concert or ballgame," said Mailey. "There's conversation and our people know the people that shop there regularly, address them by name and you don't get that everywhere; it boils down to personality."

Before the end of the year, there will be another new shop ready to take on a personality of its own, said Mailey, and the company will continue to rebuild or renovate older shops.

"We put a lot of the money back into the company through the course of the year," said Mailey.

Stewart's has the best ice cream in the world, happy employees and longevity under its belt, but it has one more accomplishment

it can be proud to brag about.

"We donated \$2.5 million for the past couple years. What's really helped brand Stewart's has been the giving back and donations we do, through financial grants [for local organizations] and products for events," said Mailey. "Every Thanksgiving and Christmas, we have a jug for customers to throw their pocket change in, and we tally it up and write a check to match it, which is then given out to specific financial grants. Last year we had over 1,400 grant applications."

Information about all Stewart's products is available on their Web site, www.stewartshops.com and to celebrate being ranked No. 1 in the world, all full half gallons of ice cream will be on sale for \$2.89 the week of Oct. 4.

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# Table

(From Page 1)

include anything from paper use to maintenance projects) and a 2-percent increase in the employee share of health care costs.

"Reductions are painful. Our budget was already lean," said Deputy Supervisor John Smolinsky, who presented the budget for Messina at a public meeting, as the supervisor was absent. "We need to plan now and act now to secure Bethlehem's financial security and quality of life."

There are also a number of new revenue items totaling \$220,000. The major piece is a change in the cable franchising fee structure to the tune of \$130,000, but also proposed are a false alarm fee for the police department, increased dog licensing

fees, increased usage fees for park facilities and a start to charging for notary service at the town clerk's office.

There is a 1 percent raise for town employees in the budget, and a contractual 2.5 percent raise for police department personnel. Members of the Town Board, Planning Board, Zoning Board of Appeals and the supervisor would take a 10 percent cut in pay for about about \$27,000 in savings.

Messina called the budget a prudent response to tough times, and one that sets the town up for future stability.

"This budget did what it needed to do for 2010, 2011, and get us reasonably prepared for where we need to be in 2012," he said.

## Board pans budget

But other members of

the Town Board contended the exact opposite is true, saying many of the practices in the budget would put the town on its heels should another tough year come.

"The fact of the matter is this budget spends more, taxes more, borrows more and hides more," Councilman Kyle Kotary said. "We're spending a lot more than we did in '09, we're spending more than we did in '10...that just causes me great concern as we're going forward."

Members criticized an amortization of pension contributions, a new measure allowed by the state to offset the massive pension contribution costs municipalities are encountering (Bethlehem will see its pension costs rise 39 percent in 2011). That \$144,000 sum would be deferred from next year's payment and spread

out over the next 10 years, plus interest.

"While there is no planned use of town savings in 2011, the budget does make use of interfund transfers, where the four funds essentially charge one another for services. This would smooth out projected deficits in some funds and surpluses in others.

The budget presentation also included a proposal to address the town's anticipated 2010 revenue shortfall through the use of savings. The gap is expected to run nearly \$1 million.

Councilwoman Joann Dawson expressed reservations about the plan, noting it would bring saving levels close to 15 percent of the entire budget. The 2011 budget doesn't call for them to be used at all, a point she characterized as overly optimistic.

"How could we possibly

predict that next year's going to be better than this year?" Dawson said.

The tentative budget includes a decrease in receipts of sales and mortgage taxes.

Dawson also objected to having the plan be built into the 2011 budget, when just a few weeks ago Messina indicated he would like to wait until more concrete tax receipt information emerges later this year.

Messina said it's a proper practice to spend savings to close the gap.

"I think prudent fiscal management for the Town of Bethlehem is to make sure we don't drop below the 15 percent level, but stay close to that level," he said.

## Disagreement over capital plan

Especially at issue is the inclusion of a 4-year capital spending plan, a measure the town has

been working towards for several years. Though an informal schedule has been examined before, this is the first time it's been attached to the budget itself, and has caused some squabbling over exactly what should be considered an expense for the town.

The plan mostly chart out spending on equipment and repairs, some of which would be borrowed on to spread the cost out over the lifetime of the equipment. The capital plan calls for \$1 million in spending in 2011 including \$1.4 million in borrowing and \$2 million in the spending of capital reserves.

Projects include upgrades to the Clapp Road Water Treatment Plant and several new police cares, to name just a few items.

Capital reserves are built and spent separate from the budget as a whole and targeted at specific projects.

□ Budget Page 2

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## Budget

(From Page 22)

said Comptroller Suzanne Traylor, and have been in past years, as well. The reserves are funded by through interest, transfers and bonding.

"We already have \$2 million sitting in a reserve fund. We're just saying, here's what we want to spend it on," Traylor said.

But members of the Town Board said this amounted to an effort to keep these expenses off the budget sheet. Councilman Mark Hennessey compared the tentative budget to a "shell game."

"It seems like this budget looks under every mattress to find money left behind," he said. "It's a borrowing, binging and spending budget."

But Traylor said the only difference this year is the board is seeing the reserve expenses and borrowing up front, instead of granting approval later on.

"We don't typically show how we plan to spend reserves for the year," she said. "It's no different than in previous years. The only difference is that we're telling everybody about it."

Last year, for example, the town expended nearly \$2.7 million in capital reserves, much of which was for improvements to the town's sewer pump stations. The town is slated to spend about \$1.7 million of its capital reserves this year.

These monies are organized into 10 funds, each with a specific purpose. They totalled about \$6.4 million at the end of 2009.

Also built into the budget

is the assumption the town will begin delivering water from the Clapper Road Water Treatment plant into the water supply at large. Should the town pursue another option to meet approaching federal guidelines, costs of \$1 million or more could be added to the budget. The debate is ongoing.

The budget will now see several weeks of examination before a final proposal is vote on. There will be a public hearing on Wednesday, Oct. 27, at 6 p.m. at Town Hall. The board is slated to adopt a budget at its meeting on Nov. 10.

Copies of the tentative budget are available for review at the town clerk's office, libraries in town and on the town's website, [www.townofbethlehem.org](http://www.townofbethlehem.org), under the comptroller's department.

## Dinner

(From Page 22)

Community United Methodist Church has been offering pickup "Zippy Dinners" for about a decade now on Tuesdays from 4:30 to 6:30 p.m. The original idea was to draw families coming home from nearby soccer matches.

"Instead we got other people, but not them," Johnson said. "It's kind of been really fun seeing it evolve. We started out serving about 30 people and now we're up to about 80 to 100 people depending on the dinner."

The church usually does six to eight dinners in the spring and fall every year. It's a good fundraiser for the modest-sized congregation, said Pastor

**"For a small congregation, they really do a lot of outreach."**

Pastor Laurel W. Phillips

Laurel W. Phillips. The church is heavily involved in local missionary work, and regularly contributes to Interfaith Partnership for the Homeless, Habitat for Humanity and the Bethlehem Town Food Pantry.

"For a small congregation they really do a lot of outreach," said Phillips, who just came to United Methodist in July. "It's a congregation where most everybody who comes is fairly active in doing something."

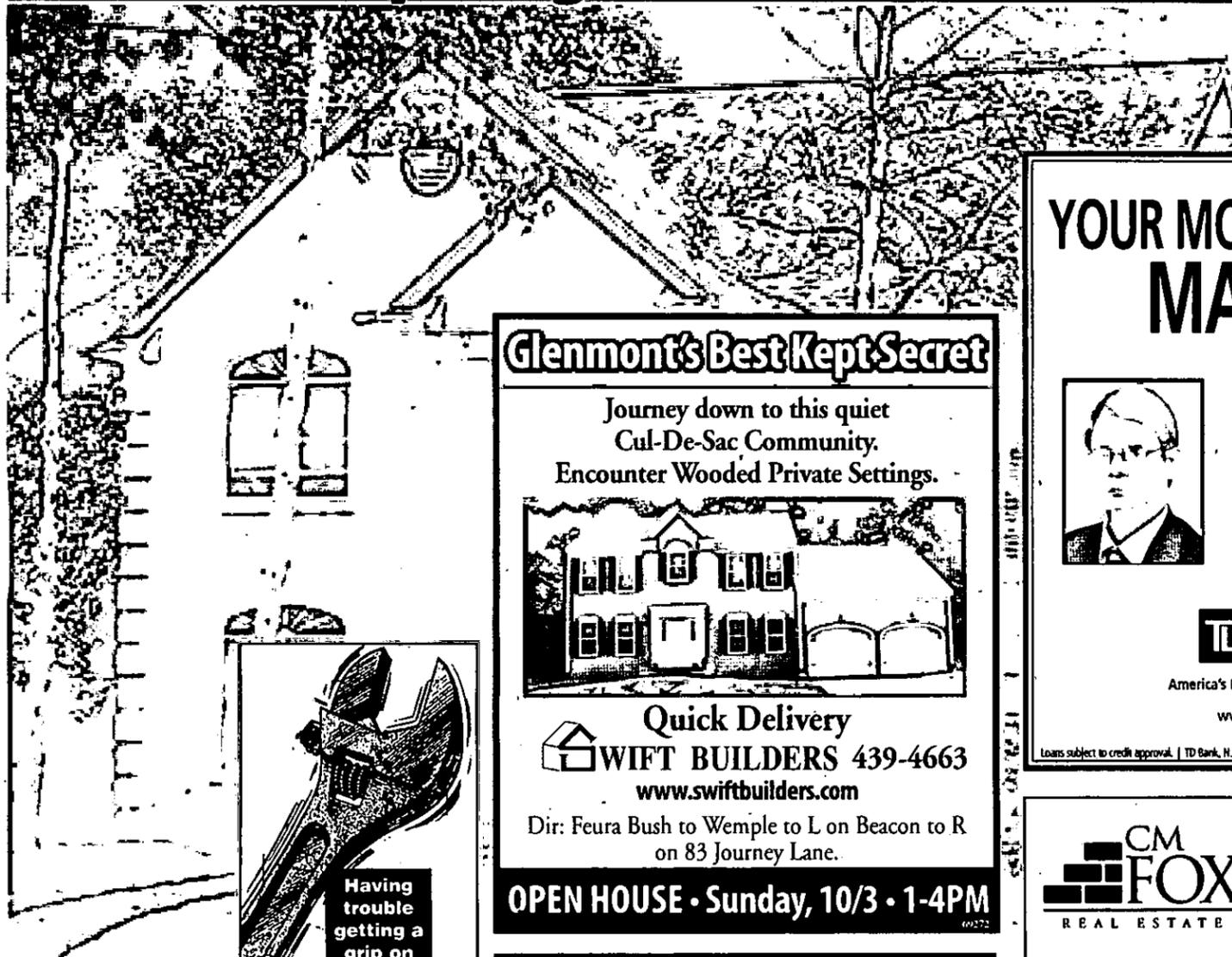
But this will be the

church's first time offering a free meal. They'll have the help of Girl Scout Troop 1229, which has volunteered to handle serving duties. A member of the congregation is funding the dinner, making it possible to offer it for free.

The meal will be homemade chicken and biscuit dinner, which has been a highly praised Zippy Dinner offering.

The "Giving Back to the Community Dinner" will take place Sunday, Oct. 2, with seatings at 2:30 and 4:30 p.m. Donations toward the cost of the event are appreciated, but not required. Call ahead for reservations at 439-1766. The Community United Methodist Church is at 1499 New Scotland Road, Slingerlands.

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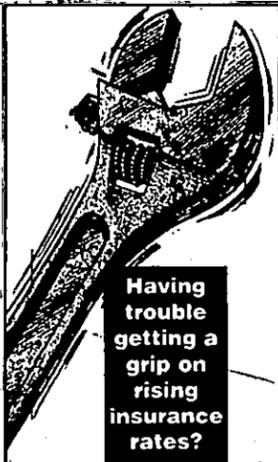
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## Your Community in The Spotlight

### Finding the right fit



State Troopers Heather Savage and Jeff Bult fit 5-day-old Amelia Mary Spadola of Nassau to her new car seat. As part of National Child Passenger Safety Awareness Week, the Albany County Department Of Public Works Traffic Safety Educational Program held its annual child-seat check at Crossgates Mall on Saturday, Sept. 25.



As part of the program, authorities show parents the proper installation and buckle up of children. Bill Van Alstyne, of the traffic safety educational program, said that it is a lot harder to install a child seat correctly than it looks. There were about 70 vehicles that came to have their child seats inspected for proper installation, he said, and most were not properly installed.

Photos by Tom Heffernan Sr./Spotlight

### Q.U.I.L.T. to meet

Q.U.I.L.T. Inc. will meet on Friday, Oct. 8, at Delmar Reformed Church, 336 Delaware Ave, Delmar.

The meeting starts at 9:45 a.m.; doors open at 9:15 a.m. There is a \$5 visitor donation.

The general meeting will be followed by a lecture by Marlous Carter, "If I Can Do It, So Can You."

For information, call 439-1194 or visit [www.quiltinc.org](http://www.quiltinc.org).

### Take photos of wild animals at night

Join the Friends of the Pine Bush Community on Tuesday, Oct. 5, at 7 p.m. to learn about using auto-triggering cameras during a program on remote photography - "Take Photos of Wild Animals at Night" by Jennifer Ford

and Keith Freeman. They will show photos they have taken of animals like Eastern Coyote and Fisher in the town of Guilderland. The program will include how to select a camera, the basics of using it, and how and where to set it up. The free program will be held at the Albany Pine Bush Discovery Center, 195 New Karner Road, Albany.

What sort of wild creatures roam your yard or woods at night? You can find out with a remote camera, set to trigger when something comes close. This "how to" program will get you started.

The Friends work cooperatively with the Albany Pine Bush Preserve Commission to support activities that further conservation and education purposes in the Albany Pine Bush Preserve. Friends organize opportunities for the public to participate in activities that contribute to stewardship and

appreciation of the unique natural communities found in the Albany Pine Bush Preserve.

For more information about the Pine Bush, visit [www.albanypinebush.org](http://www.albanypinebush.org)

### Five Rivers to hold Girl Scouts program

A program for Girl Scouts throughout the Northeastern New York Council in celebration of Disability Awareness Month will be conducted at the NYSDEC Five Rivers Environmental Education Center, 56 Game Farm Road, Delmar on Saturday, Oct. 23, from 10 a.m. to 3 p.m.

"Passport to Awareness" will feature round-robin activity stations such as service animals, American Sign Language, and adaptive recreational equipment, which are designed to foster a culture of understanding, recognition and appreciation of persons of all abilities.

### Get 'Souped-Up' on Guilderland

For the fourth year in a row, the Guilderland Chamber of Commerce is hosting Souped Up on Guilderland at Altamont Orchard on Saturday, Oct. 2. The event is open to the public and will run from 10 a.m. to 2 p.m., with the soup contest starting at 11. Entry into the "soup tent" is \$5 for all the soup you can eat.

The soup contest features many local restaurants that compete for the best-tasting soup. This year, restaurants who have won over the past few years are pulling out all the stops as one of the biggest contenders is closed. Participating restaurants include BFS Restaurant, The Cider House, Mezza Notte, The Highlands, Different Drummers Kitchen, Athos, Londonderry Café, Township Tavern, Elegant Touch Catering, and a few more to come. The soup contest runs from 11 a.m. to 2 p.m. Awards are given for Best Soup, Best Chili, Best Soup, and Most Unique entry.

Beginning at 9 a.m., the GCC will host a car and motorcycle show which will feature a variety of antiques, muscle cars, and other vehicles. The GCC received great acclaim for the car show last year, so this year promises to be even better. Celebrity judges from the car and bike show world, and town of Guilderland will be there, and 25 car awards will be given out.

The event will also feature family-friendly activities. The GCC and Altamont Orchard invites everyone to participate in maze crates, apple picking, listening to live entertainment and checking out the spooky haunted house. New this year is a farmers market with local wineries and other farm fresh items.

For more information, visit [www.tasteofguilderland.com](http://www.tasteofguilderland.com).

Participants will increase knowledge of disability issues, help recognize and change stigmatizing attitudes and enhance their skills in making friends with their peers with disabilities.

The program is produced by the NYS Interagency Disability Awareness Committee, a team of professionals from NYS Department of Health, NYS Vocational and Educational Services, Independent Living Center of the Hudson Valley, Capital District Center for Independence, NYS Department of Environmental Conservation, Quad Design, and the NYS Commission on Quality of Care and Advocacy for Persons with Disabilities.

For more information and/or to register your troop, please contact Carole Fraser, NYSDEC's accessibility coordinator, at 402-9428.

Participants should bring a bag lunch and an open mind. Five Rivers Environmental Education Center is a designated New York State Watchable Wildlife site.

### PaTHS to hold meeting

On Wednesday, Oct. 6, from 7 to 9 p.m. at the Bethlehem Town Hall auditorium, the town's PaTHS 4 Bethlehem Committee will hold a public meeting to present the "Draft Bicycle and Pedestrian Priority Network" and "Draft Evaluation Process for New Pathway Investment" to the community. There will be an opportunity for the public to comment on these resources,

which are available on the PaTHS 4 Bethlehem Committee webpage at [www.townofbethlehem.org](http://www.townofbethlehem.org).

For more information, contact Jason Gallo at 439-4955, ext. 1604 or [jgallo@townofbethlehem.org](mailto:jgallo@townofbethlehem.org); or Rob Leslie at 439-4955 ext. 1157 or [rleslie@townofbethlehem.org](mailto:rleslie@townofbethlehem.org).

### Albany Institute postpones Beer Fest

The Albany Institute of History & Art has postponed a planned Beer Fest event schedule for Saturday, Oct. 2, due to a scheduling conflict. A nearby organization sponsoring a similar event rescheduled for the same day.

The Albany Institute will host the Beer Fest in the winter of 2011, at a date to be determined.

### NSHA to view life of Civil War soldier

The Life of a Civil War Soldier, a living history presentation by Private Matt George of the 134th New York Infantry, will be the program at the New Scotland Historical Association on Tuesday, Oct. 5, at 7:30 p.m. at the Wyman Osterhout Community Center in New Salem.

George described the everyday life of a soldier during the Civil War - why and where he enlisted, where his camp was, what camp life was like and the journey into the war. George is president

of the Capital District Civil War Roundtable and has taught eighth-grade social studies at Mohonasen for 28 years.

The museum will be open a half hour before the program for your viewing pleasure. The exhibit consists of a 1940s barber shop and a display of the Civilian Conservation Corps (CCC) activities in New York and other parts of the country.

For more information about the program, or the Historical Association, call 765-3125.

### Shaker Class of 1960 to hold 50th reunion

The Shaker High School Class of 1960 will hold its 50-year reunion on Sunday, Oct. 24, at the Colonie Elks B.P.O. E 2192, 11 Elks Lane, Latham.

For information, contact Walter Crall at 792-3560.

### Center to host fundraiser

The Fit For Life Wellness Center will host its annual breast cancer fundraiser at 1 p.m., Friday, Oct. 15, at the Outback Steakhouse at 610 Old Route 146 in Clifton Park.

Tickets are \$20 (\$14 tax deductible) and all funds raised will be distributed to the American Cancer Society, Capital Region Action Against Breast Cancer and the Susan G. Komen For The Cure Foundation.

For tickets contact call 518-423-7666 or email [fitforlifeny@yahoo.com](mailto:fitforlifeny@yahoo.com).

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20yr old college student available for babysitting afternoons + weekends. EMAIL: RLS89@aol.com

Experienced State Registered Family Child Care. Full or Part-time openings. Ages 2-5, Call Brandie 439-0704. Glenmont

### COLLECTIBLES FOR SALE

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 rwenksen@verizon.net

### ENTERTAINMENT SERVICES PROVIDED

**AFFORDABLE DJ/KARAOKE SERVICE. \$150 FOR ANY 4 HOUR BIRTHDAY, GRADUATION, OR HALLOWEEN PARTY. \$200 PER HOLIDAY PARTY. REFERENCES AVAILABLE UPON REQUEST. CALL CAZZ AT 518-542-6599.**

### FINANCIAL

**IT'S YOUR MONEY!** Lump sums paid for structured settlement or fixed annuity payments. Rapid, high payouts. Call J.G. Wentworth. 1-866-294-8771. A+ Better Business Bureau rating.

### FIREWOOD FOR SALE

**Get-Wood.net**  
2-YR. SEASONED DRY HARDWOOD  
Free Delivery, Cut, Split. Full or Face Cords.  
**TYPE**  
Get-Wood  
on your phone pad.  
518-438-9663.

### MIXED HARDWOODS:

Full cords, \$225. Face cords, \$110. Jim Haslam, 439-9702.

Prime Hardwoods. Sun-dried/split properly for easy handling. Prompt delivery. Half-cord (64cuft) \$185. 669-9512

### FOR SALE

2 Hankook Snowtires- new. Size 185/65R14. \$100. 518-439-1311

### FOUND

**FIND SOMETHING?** Advertise it free. Call 439-4949.

### FOUND

Found; gray female cat with pink collar; Glenmont area. (518) 462-7029

### GARAGE SALES

**Estate Sale- Glenmont.** 28 Quincy Rd. (Chadwick Sq.). 10/1 & 10/2, 8-3. Contents, furniture, antiques, collectibles, china, glassware, Stangle pottery, Hummels, household, garden tools, books. PJ Estate Sale

**Estate Sale: furniture + other items for sale.** If interested please call 542-6599 to set up an appointment.

### HORSE BOARDING

**Horse Boarding -** Excellent full care, pastures with Keepsafe Diamond Mesh fencing, outdoor arena, numerous trails. Emerald Acres Ranch (518) 475-0929

### LAWN CARE & ODD JOBS

Owen B. McLaughlin Yard Maintenance/Odd Jobs Raking, Mulching, Mowing, Trimming. Interior Painting Odd Jobs of Any Kind. (518) 847-1905

Love your yard this year... leave the work to me!

### MEDICAL SUPPLIES

Stairlifts- Starting at \$1995. Installed with warranty! We also install Wheelchair Lifts, Elevators, Dumbwaiters, Ramps, Van Lifts, RV Lifts & Chairlifts. 888-558-5438 for more info!

### MISCELLANEOUS

**ATTEND COLLEGE ONLINE** from home. \*Medical, \*Business, \*Paralegal,

\*Accounting, \*Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. Call 888-201-8657 www.CenturaOnline.com

### MISC FOR SALE

**CHERRY BEDROOM SET.** Solid Wood, never used, brand new in factory boxes. English Dovetail. Original cost \$4500. Sell for \$749. Can deliver. 347-534-1657

Child's adjustable size roller blades. \$5.00. 885-2637

Sealy double pillowtop mattress. \$30. 885-2637

### MUSIC INSTRUCTIONS

**Instrument Classes,** Voorheesville. Six weeks, beginning 1st week of October. Fiddle, Mandolin, Mountain Dulcimer, Guitar, Accordion, Pennywhistle, Music Theory, Quebecois Tunes. Call Old Songs, 518-765-2815

### PET SERVICES

Paw Prints Pet Services www.pawprintspet-servicesny.com Pet sitting, Dog walking, Dog waste clean-up. Competitively priced. 892-3189

**THE DOG LADY** 518-586-6292 www.thedoglady-ny.com

Walking, Training, Behavior Rehabilitation, Overnight Sitting, & Much More!

### PIANO TUNING & REPAIR SERVICES PROVIDED

**PROFESSIONAL TUNING and REPAIR, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. Over 30 years. 427-1903.**

### POOL SERVICES PROVIDED

**BIG SPLASH Pool Service -** Closings & equipment repairs. Over a decade experience. Fully Insured. 961-6060 www.bigsplashpoolservice.com

### SITUATION WANTED

Available for all your homecare needs, including convalescent Alzheimer's & Dementia care. Appointments, errands, light housekeeping & more. Dedicated, reliable, available 24/7. Comprehensive background + motor vehicle checks. Hannah's Helpers + Staff Relief Registry, 925-3836, 225-9491. Locally owned + operated by nurses, registered with NYS.

Responsible, caring, middle-aged man with excellent references seeks housing in exchange for help on your property. Please call: (518)439-6561

### SPORTS EQUIPMENT FOR SALE

Wrestling Gear (boys) for sale- shoes, earguards, etc. Please call 885-2637.

### WANTED

**ATTENTION. DO NOT MELT YOUR HEIRLOOMS.** Retired Physician and collector, willing to PAY MORE to preserve them for posterity. WANTED: OLD WATCHES, pocket and wrist, cases, movements. ALSO CLOCKS. Entire COLLECTIONS and WATCHMAKERS' ESTATES welcome. Dr Malebranche, 518 882-1507. Leave message PRN and THANKS. WILL PAY FOR SUCCESSFUL LEADS.

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

**Super Crossword Answers**

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

**Sudoku Answers**

9	6	8	4	7	1	2	3	5
4	7	2	8	5	3	1	9	6
5	1	3	6	9	2	4	8	7
2	5	1	7	6	9	8	4	3
3	8	9	5	1	4	7	6	2
6	4	7	3	2	8	9	5	1
8	2	4	1	3	6	5	7	9
7	9	6	2	8	5	3	1	4
1	3	5	9	4	7	6	2	8

## Classified Information

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

**READERSHIP:**  
12 Newspapers;  
113,400 Readers

**Mail Address • In Person**  
Spotlight Newspapers  
P.O. Box 100  
Delmar, NY 12054

125 Adams St.  
Delmar, NY 12054

**Phone • Fax**  
(518) 439-4940  
(518) 439-0609 Fax

**E-MAIL: classified@spotlightnews.com**

### Classified Rates

Private Party Classifieds - Line Ads - Twelve paper combo - \$17.50 for 15 words 50 cents for each additional word.

Commercial Classifieds - Line Ads - Twelve paper combo - \$20.50 for 15 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.

All line ads must be pre-paid in order for placement.  
Ads will appear in all twelve newspapers,  
as well as on the internet for the number of weeks requested.

## Order Form

Classified Category: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ Number of Weeks \_\_\_\_\_

MasterCard or Visa# \_\_\_\_\_

Expiration date: \_\_\_\_\_ Signature: \_\_\_\_\_

# EMPLOYMENT CLASSIFIEDS

### HELP WANTED

**AIRLINES ARE HIRING-** Train for high paying Aviation Career. FAA approved program. Financial aid if qualified. Job Placement assistance. CALL Aviation Institute of Maintenance (866)296-7093

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.

**EARN HOLIDAY MONEY OR GIFTS. SWISS FORMULATED HEALTH AND BEAUTY COMPANY NEEDS BUSINESS BUILDERS AND EVENT HOSTS.** 364-7061

Group Exercise Instructors Wanted: Zumba, Yoga, Pilate's, ETC... Must have current minimum AFAA Primary and CPR. Please respond to glenvillehealth@aol.com Or 518-384-0229, Glenville Health & Fitness

High-Paying Postal Jobs! No Experience Required! DONT PAY for informa-

tion about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit [www.ftc.gov](http://www.ftc.gov) to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

### DRIVERS

Drivers, CDL A local or regional tanker or dry van 888-880-5901 ext 1178 [www.wadhams.com](http://www.wadhams.com) @recruiterjim on twitter

Drivers: Owner/Op's. Excellent pay. Pd Weekly. 1,000 sign on bonus. CDL-A 2yrs exp. req. Apply: RB Humphreys 315-838-2650 x15 or x18

Driver Training CDLA: Tractor Trailer Learn to Earn \$35- \$45,000 per NTTS grad employers, D.O.L.,A.

T.A., National Tractor Trailer School, Liverpool, NY [www.ntts.edu](http://www.ntts.edu) 1-888-243-9320

**TRUCK DRIVERS WANTED!** More Hometime! Top Pay! EXCELLENT BENEFITS! NEWER EQUIPMENT! Up to \$.48/mile company drivers! HEARTLAND EXPRESS 1-800-441-4953 [www.heartlandexpress.com](http://www.heartlandexpress.com)

### BOOTH RENTAL

Hair Salon Booth Rental Available. Prime Delmar, Delaware Ave location. Please call Jennifer at 221-8450 for information.

### POSITION WANTED

Available aide/companion. I can Live-in. I can work Full-Time/Part-Time, 24 Hour Shifts. Errands. Starting at \$12 and up. Call Jean at 518-209-4458 or Stephania at 506-1206

### SITUATION WANTED

Available for all your homecare needs, including convalescent Alzheimer's & Dementia care. Appointments, errands, light housekeeping & more. Dedicated, reliable, avail-

able 24/7. Comprehensive background + motor vehicle checks. Hannah's Helpers + Staff Relief Registry, 925-3836, 225-9491. Locally owned + operated by nurses; registered with NYS.

### SITUATION WANTED

Responsible, caring, middle-aged man with excellent references seeks housing in exchange for help on your property. Please call: (518)439-6561

## FOOD SERVICE

### Great People, Real Opportunities

Morrison Senior Living, a Member of Compass Group, has experienced major growth in the Albany, NY area which has created dynamic opportunities available for experienced Food Service professionals in the following management positions:

- Director, Dining Services
- Plant Operations Managers
- EVS Supervisors
- Executive Chefs
- Chefs/Kitchen Managers
- Diet Technicians/Nutritional Care Managers



We offer high quality work environments, great pay & benefits, and unlimited career opportunities. For consideration, please apply online at: [iammorrison.com](http://iammorrison.com), or forward resume to [DReason@iammorrison.com](mailto:DReason@iammorrison.com). EOE & AA Employer M/F/D/V

69221

# REAL ESTATE CLASSIFIEDS

### APARTMENT FOR RENT

600. Colonie. Near Executive Woods and I-90. Spacious apt. 1 BR, den, R, stove, refrig. No pets. Off-street parking. Security required. Reply with references to P.O. Box 1293, Loudonville, NY, 12111.

Delmar "Old Delmar" Duplex 2BR, 1BA, H/W Floors. Screened porch, Gas, A/C, 1/2 D Hook-up, Driveway. Non-Smoker \$1150.00/month 439-3479.

Delmar Duplex - Large remodeled 2-story 2 bedroom 1.5 baths deck garage. No pets/No smoking \$1,000+ available 11/1 478-0026

### APARTMENT FOR RENT

DELMAR- \$920+ Large, 2BR apt. w/garage. Excellent condition. Gas heat, central air. Porch. Quiet area. No Smoking/No cats 2nd Floor. 533-2525

Delmar- 2 Bedroom, 2nd Floor, Delaware Ave., Heat/HW included. References, Security Deposit, No Pets. 465-0613

Delmar: 1 BR, no pets, lease, utilities incl. \$775. 424-7426

Glenmont Duplex, 3 Bedrooms, 1.5 Baths, LR, DR, wood floors, private basement, patio/carport, nice yard, No smokers, No pets, \$1,340 + utilities. 439-3926

### BUILDINGS FOR SALE

HAS YOUR BUILDING SHIFTED OR SETTLED? Contact Woodford Brothers Inc, for straightening, leveling, foundation and wood frame repairs at 1-800-OLD-BARN. [www.woodfordbros.com](http://www.woodfordbros.com). "Not applicable in Queens county"

### HOUSES FOR SALE

HOLIDAY VILLAGE Ormond/Daytona, Florida, 4mi. to beach. Double-wide manufactured home. † 2Bdrs/2 baths, den, † DR/LR, screened room, † 40+ Clubhouse/pool. \$24,999 386-677-8136

### LAND FOR SALE

Hudson River, Cedar Hill, 25 acres. Private, near estates. 15min to capital district. 518-434-4590 or 209-8933

### LAND WANTED

LAND WANTED Serious cash buyer seeks 100+ acres with long road frontage in the Southern Tier and/or Finger Lakes Regions with or without mineral rights. Will close quickly. Brokers welcome & protected. Call 607-563-8870 ext. 13 or email [Landbuyer2@yahoo.com](mailto:Landbuyer2@yahoo.com)

### RETAIL/ OFFICE SPACE AVAILABLE

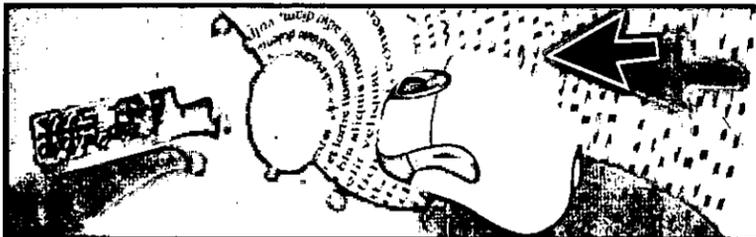
Retail/office space for rent. 540 Delaware Ave., Albany. 1,200 sq. ft. Handicap accessible. Call 432-0516

### STORAGE SPACE

INDOOR STORAGE at the Altamont Fairgrounds will begin October 11 - 30, 2010. For information call 861-6671.

### VACATION PROPERTIES

VIRGINIA MTN CABIN- Galax area. Brand new! Great views, private, fishing in stocked trout stream! 2 acres, \$159,500. call owner, 866-275-0442



Spotlightnews.com In Print and Online!

## Are you trying to sell your home?



Have you tried advertising in the **Spotlight Newspapers?**

One ad allows you to advertise in all of these fine Spotlight publications:

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



Contact us at: **439-4949** to advertise!

## Is your basement, attic, garage or closet overflowing with stuff?



IT'S **GARAGE SALE TIME!** at Spotlight Newspapers

**DE-CLUTTER** your space and **MAKE MONEY** doing it!

**Garage Sale SPECIAL**  
15 Words plus a Yard Sale Sign Pack  
All for just **\$25!**

Call us at: **439-4949** to place your ad **NOW!**



**The Spotlight**

**LEGAL NOTICE**

**LEGAL NOTICE**  
 Notice of formation of limited liability company (LLC). Name of LLC: Wolff's Real Estate, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on July 20, 2010. Business location: 258 Lark Street, Albany, New York, Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to: Wolff's Real Estate, LLC, 258 Lark Street, Albany, New York. LLC has been formed to engage in any lawful act or activity. LLC shall be manager managed. 64405 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Qualification of Earle I. Mack LLC. Authority filed with Secy. of State of NY (SSNY) on 7/27/10. Office location: Albany County. LLC formed in Delaware (DE) on 2/20/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: c/o Corporation Service Company, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. 64407 (D) (September 29, 2010)

**LEGAL NOTICE**  
**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.** NAME: BARV'S Catering, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/26/10. 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, PO Box 242, Slingerlands, NY 12159. Purpose: For any lawful purpose. 64412 (D) (September 29, 2010)

**LEGAL NOTICE**  
**NOTICE OF FORMATION OF PLLC**  
 Articles of Organization for VILLAGE ANIMAL CLINIC, PLLC were filed with the Secretary of State of New York on August 9, 2010. The office of the company is located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at Lombardi, Walsh, Wakeman, Harrison, Amodeo & Davenport, P.C., III Winners Circle, Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. 64416 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of 193-195 7TH AVE REALTY LLC. Arts. of Org. was filed with SSNY on 8/16/10. 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. 64417 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Organization of 4-6 Sheridan, LLC On August 10, 2010, 4-6

**LEGAL NOTICE**

Sheridan, LLC (the "LLC") filed Articles of Organization with the New York State Department of State. The principal business location of the LLC is 9 Eliot Drive, Albany County, Slingerlands, New York. The New York Secretary of State is designated as the agent upon whom process against the LLC may be served. The post office address to which the Secretary of State shall mail a copy of any process against the LLC served upon him or her to the LLC, is the LLC c/o Gaetano Alonge, 9 Eliot Drive, Slingerlands, New York 12159. The LLC is organized for the purpose of real estate purchase, sale, lease and development and any other lawful business. 64418 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of GMD Holdings NYC LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/7/10. 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, Seyfarth Shaw LLP, NY Times Bldg., 620 8th Ave., NY, NY 10018. Purpose: any lawful activity. 64420 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of MVB MEDIA CONSULTING LLC. Arts. of Org. was filed with SSNY on 8/18/10. 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. 64424 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of DVS RESTAURANT, LLC. Arts. of Org. was filed with SSNY on 8/20/10. 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. 64426 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Qualification of Traditional Golf Management - Monster Golf, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/16/10. Office location: Albany County. LLC formed in Virginia (VA) on 8/12/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 9700 Mill Pond Run, Toano, VA 23168. VA address of LLC: 200 South 10th St., Ste. 1600, Richmond, VA 23219. Arts. of Org. filed with VA Secy. of State, 1300 East Main St., 1st Fl., Richmond, VA 23219. Purpose: any lawful act or activity. 64427 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of CORE398 LLC. Arts. of Org. was filed with SSNY on 8/24/10. 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. 64429 (D) (September 29, 2010)

**LEGAL NOTICE**

**LEGAL NOTICE**  
 Notice of Formation of BLUE DIAMOND MEDIA LLC. Arts. of Org. was filed with SSNY on 8/24/10. 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. 64430 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of JACK'S GOURMET LLC. Arts. of Org. was filed with SSNY on 8/24/10. 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. 64431 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Qualification of Gracechurch Intermediaries LLC. Authority filed with Secy. of State of NY (SSNY) on 8/10/10. Office location: Albany County. LLC formed in Delaware (DE) on 7/12/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 110 Eddy Glover Blvd., New Britain, CT 06053, also the address of the principal office. Arts of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 64437 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of Detroit Renaissance LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/20/10. 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, 601 West 26th St., Ste. 1776, NY, NY 10001. Purpose: any lawful activities. 64438 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Qualification of Woolpert New York, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/14/10. Office location: Albany County. LLC formed in Ohio (OH) on 3/11/2010. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 4454 Idea Center Blvd., Dayton, OH 45430-1500. Address to be maintained in OH: 41 South High St., Ste. 2800, Columbus, OH 43215. Arts of Org. filed with OH Secy. Of State, 180 East Broad Street Columbus, OH 43215. Purpose: engineering, architecture and any lawful activities. 64439 (D) (September 29, 2010)

**LEGAL NOTICE**  
**NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).** Name: COLUMBIA 425 NS LLC. Articles of Organization filed with NY Secretary of State, August 24, 2010. 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. 64443 (D) (September 29, 2010)

**LEGAL NOTICE**

**LEGAL NOTICE**  
**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY PARTNERSHIP (LLP)**  
 The name of the LLP is DRIVER GREENE, LLP. The Certificate of Registration of the LLP was filed with the New York Secretary of State on August 18, 2010. The purpose of the LLP is to engage in the profession and practice of law. The office of the LLP is to be located in Albany County. The Secretary of State is designated as the agent of the LLP upon whom process against the LLP may be served. The address to which the Secretary of State shall mail a copy of any process against the LLP is Driver Greene, LLP, c/o Patrick K. Greene, Esq., 70 Gullane Drive, Slingerlands, New York 12159. 64444 (D) (September 29, 2010)

**LEGAL NOTICE**  
**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**  
 Name: PC Shrewsbury, LLC (LLC). Articles of Organization filed with NY Dept. of State on 8/31/10. Office location: Albany County. NY Secretary of State (SOS) is designated as agent of LLC for service of process. SOS shall mail copy of process to c/o Negro Companies, 20 Corporate Woods Boulevard, Albany, NY 12211. Purpose: Any lawful act or activity. 64447 (D) (September 29, 2010)

**LEGAL NOTICE**  
**NOTICE OF APPLICATION FOR AUTHORITY OF FOREIGN LIMITED LIABILITY COMPANY**  
 Name: One Mustang Drive II, LLC (LLC). Application for Authority filed with Dept. of State of NY on 8/25/10. Certificate of Change filed with Dept. of State of NY on 9/1/10. Jurisdiction and date of organization: DE, 7/30/10. Office location: Albany County. Secretary of State of NY (SOS) is designated as agent of LLC for service of process. SOS shall mail copy of process to c/o Teal, Becker & Chiaramonte, CPAs, P.C. Principal Office: 7 Washington Square, Albany, NY 12205. A copy of the Certificate of Formation of the LLC may be obtained from the Delaware Secretary of State, Division of Corporations, 401 Federal Street, Suite 4, Dover, Delaware 19901. Purpose: Any lawful act or activity. 64451 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of CARNESI CONSULTING LLC. Arts. of Org. was filed with SSNY on 8/27/10. 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. 64453 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of CHALLENGE SPORTS WORKS LLC. Arts. of Org. was filed with SSNY on 8/31/10. 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. 64454 (D) (September 29, 2010)

**LEGAL NOTICE**

**LEGAL NOTICE**  
**SUPREME COURT, CITY OF SCHENECTADY** Index No. 2009-2741 (SUMMONS BY ORDER TO SHOW CAUSE) To: Manjeet M. Singh. This summons is served upon you by publication pursuant to an Amended Order of Hon. Kramer dated 9-3-10. Let Manjeet M. Singh show cause on or before October 22, 2010 at 9:30 am why an order should not be made Conveying Title to 1064 Garner Ave (SBL 50.22-2-50) to the City of Schenectady and in case you fail to appear, judgment may be taken terminating your right, title and interest in the property. By: Attorney Moses, 105 Jay St. Rm 201, 12305 (518) 382-5073. 64455 (D) (September 29, 2010)

**LEGAL NOTICE**  
**NOTICE OF FORMATION OF KESAC, LLC**, filed Articles of Organization with the New York Secretary of State on August 31, 2010. 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, 790 Watervliet-Shaker Road, Latham, NY 12110. The street address of the principal business location is 790 Watervliet-Shaker Road, Latham, NY 12110. 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. 64456 (D) (September 29, 2010)

**LEGAL NOTICE**  
**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**  
 Name: Creative Marketing Concepts of the Capital Region, LLC (LLC). Articles of Organization filed with NY Dept. of State on 9/3/10. Office location: Albany County. NY Secretary of State (SOS) is designated as agent of LLC for service of process. SOS shall mail copy of process to 950 New Loudon Road, Latham, NY 12110. Purpose: Any lawful act or activity. 64687 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of BIO-LIFE ENERGY SYSTEMS SOLUTIONS LLC. Arts. of Org. was filed with SSNY on 9/2/10. 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. 64689 (D) (September 29, 2010)

**LEGAL NOTICE**  
**LEGAL NOTICE**  
 CU Factory Built Insurance Agency, LLC  
 LLC was filed with the SSNY on 8/30/2010. 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: Jeffrey Mouat, 2124 Silver Sage Ct, Keller, TX 76248 Purpose: Any lawful purpose. 64860 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of My Decisions LLC. Arts. of Org.

**LEGAL NOTICE**

filed with Secy. of State of NY (SSNY) on 8/3/10. 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 Insurgent Media, 45 Main St., Ste. 1030, Brooklyn, NY 11201. Purpose: any lawful activities. 65687 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of Triad Studios, LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on 08/09/2010. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 2677 Grand Avenue, Bellmore, NY 11710. Purpose: any lawful act or activity. 65688 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Formation of O.W. REALTY CO 513, LLC. Arts. of Org. was filed with SSNY on 8/3/10. 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. 65689 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Qualification of Osiris Holdings, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/9/10. Office location: Albany County. LLC formed in Maryland (MD) on 02/11/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Robert Probasco, PO Box 4597, Timonium, MD 21094, also the address to be maintained in CA. Address of the principal office: 2400 York Rd., Suite 200, Timonium, MD 21094. Arts of Org. filed with MD Secy. Of State, 16 Francis St., Annapolis, MD 21401. Purpose: any lawful activities. 65690 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Name: ALTAMONT PROPERTIES I LLC. Articles of Organization filed with NY Secretary of State, August 9, 2010. 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. 65692 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Qualification of Workrite Ergonomics, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/5/10. Office location: Albany County. LLC formed in Delaware (DE) on 12/16/1998. 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: 1450 Technology Lane, Petaluma, CA 94954. 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. 65693 (D) (September 29, 2010)

**LEGAL NOTICE**

**LEGAL NOTICE**  
**NOTICE OF FORMATION OF HOME CHECK INSPECTIONS, LLC**  
 Under Section 206 of the Limited Liability Company Law First, the name of the limited liability company Home Check Inspection LLC Second, the articles of organization were filed with the New York Department of State on June 14, 2010. Third, the County in which the limited liability company is located is Schenectady, New York. Fourth, The Secretary of State of the State of New York has been designated as agent of the limited liability company upon whom process against it may be served. The principal address of the limited liability company is 11 Mohawk Avenue, Alplaus, New York 12008. Fifth, the purpose of the company is to engage in any lawful act or activity for which limited liability companies may be organized under the New York Limited Liability Law. 69163 (D) (September 29, 2010)

**LEGAL NOTICE**  
**NOTICE OF FORMATION OF DOMESTIC LIMITED LIABILITY COMPANY (LLC)**  
 Name: JEFFERSON APARTMENTS ASSOCIATED LLC. Articles of Organization filed with NY Secretary of State, August 2, 2010. 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 c/o Dav Homes Management, Corporate Woods Boulevard, Albany, NY 12211. 69167 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of Qualification of FULCRUM RETAIL ENERGY NEW YORK, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/10/10. Office location: Albany County. LLC formed in Delaware (DE) on 9/3/10. 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. Address of LLC: 615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful act or activity. 69168 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of formation of GROUP, LLC a NYS LLC Formation filed with SSNY on 03/19/10. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail process to: The LLC, 47 3rd Avenue, Brooklyn, NY 11220. Purpose: Any Lawful purposes. 69169 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of formation of REALTY 31B, LLC. Arts. of Org. filed with SSNY on 05/27/10. Off. Loc.: Albany Co. SSNY design. as a upon whom process may be served. SSNY shall mail process to: The LLC, 40 Rector St., Ste 1502, New York, NY 10006. Purpose: Any Lawful purposes. 69170 (D) (September 29, 2010)

**LEGAL NOTICE**  
 Notice of formation of REALTY 27D, LLC. Arts. of Org. filed with SSNY on 05/27/10. Off. Loc.: Albany Co. SSNY design. as agent upon whom process may be served. SSNY shall mail

# Water

(From Page 1)

does not contain organic matter like algae, so the water won't form byproducts, unlike the above-ground reservoir water drawn by the New Salem plant.

"What it's going to do is change the water age at parts of the system," said Deputy DWP Commissioner Erik Deyoe.

The other alternatives — buying more water from the City of Albany or rebuilding the New Salem plant — would also meet the EPA requirements. All of the options would have consequences on how costly and flexible the town's supply will be for years to come.

Interestingly, the three options have similar price tags over the long term, between \$130 and \$140 million through 2023. A lot of that cost has to do with continuing to buy Albany water. Renegotiating to buy more would result in better terms, but still saddle the town with a substantial fixed cost that can't be dialed back should demand decrease.

Rebuilding New Salem would have a substantial up-front cost, since it must be done immediately. But again, if demand for water decreases the town would be left with debt service on a plant it doesn't need.

Under either scenario, rates would increase sharply, potentially driving away economic development.

Town engineers are

instead recommending wedding Clapper Road's output to the rest of the water system. It's more expensive to produce water at Clapper Road because it has to be pumped from the source, but expanding its use would not result in more long-term, fixed costs. Come 2023, there would be no additional contractual costs or debt service, something the other two plans can't promise. And if demand falls, the town could simply make less water.

"From my point of view, capital is the most important because it's right here today," said Greg Daviero, of town consultant Malcolm Pirnie. "Once I've spent a dollar today, it's spent."

These factors were discussed at a Town Board

meeting Wednesday, Sept. 22. Despite sparking a public debate years ago, only two members of the public spoke on the issue of water supply during a period reserved for comment. Both spoke about the contract with Albany, including Bob Jazinski, who wondered if the town could sue to get out of the contract.

"We're certainly looking into options with respect to that contract," said Town Attorney James Potter in response.

But the Town Board had more questions for the DPW, including specifics on how they test for the presence of PCBs in the well water.

DPW Commissioner Josh Cansler explained there have been 23 samples analyzed for

PCBs between 2002 and 2009, and in only one instance were they found in the raw water at a level of 9.57 parts per trillion, which is about 50 times less than the EPA level for safe drinking water.

The town does PCB tests quarterly. That's twice as often as if required, which costs about an extra \$25,000 per year.

The town is required to conduct a litany of tests to account for a range of elements both o the raw and finished water. 7,300 analyses have been conducted since 1996.

The Town Board set a public hearing on the issue of water supply options to be held at the Town Board meeting on Wednesday, Oct. 13.

# Cyberbullying panel planned

Parents, students and community members are invited to attend a Tuesday, Oct. 5, panel discussion on cyberbullying.

"Cyberbullying: Responding to the Challenges of Teens and Technology" is being presented by the Addictions Care Center of Albany, Inc. in partnership with the Bethlehem Central School District. It will begin at 7 p.m. in the Bethlehem Central High School auditorium.

The panel will address what cyberbullying is; how to identify it; how it affects children, their schools and the community; how schools are addressing the issue; and how schools and parents can address it.

**LEGAL NOTICE**  
process to: The LLC, 40 Rector St., Ste 1502, New York, NY 10006. Purpose: Any Lawful purposes. 69171 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of formation of LM REALTY 24C, LLC. Arts. of Org. filed with SSNY on 05/27/10. Off. Loc.: Albany Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 40 Rector St., Ste 1502, New York, NY 10006. Purpose: Any Lawful purposes. 69172 (D) (September 29, 2010)

**LEGAL NOTICE**  
NOTICE FOR PUBLICATION PURSUANT TO NY LLC LAW SECTION 206  
The name of the limited liability company is Felthousen Family, LLC. The date of the filing of the Articles of Organization was September 9, 2010. The County in which the office of the LLC is to be located is Schenectady. Its principal business location is Schenectady, New York. The agent of the LLC upon whom process against it may be served is the Secretary of State and such shall mail a copy of any process to: Walter T. Burke, Esq., Burke & Caserly, P.C., 255 Washington Ave. Ext., Albany, New York 12205. The term of the LLC shall commence on the date of filing of the Articles of Organization and continue indefinitely. The purpose of the Company is real estate related services and for any other lawful act or activity for which limited liability companies may be formed under the Limited Liability Company Law. 69173 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation of The Discoverers Movie, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/5/10. 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, 100 Wall St., 23rd Fl., NY, NY 10005. Purpose: any lawful activity. 69174 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Qualification of BPIF LLC. Authority filed with Secy. of State of NY (SSNY) on 8/27/10. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/03. SSNY designated as agent of LLC upon whom process against it may be served.

**LEGAL NOTICE**  
SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Address to be maintained in DE: The Corporation Trust Company, 1209 Orange St., Wilmington, DE 19801. Arts of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 69175 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Qualification of Marich Confectionery Associates, A California Limited Partnership. Authority filed with Secy. of State of NY (SSNY) on 8/10/10. Office location: Albany County. LP formed in California (CA) on 7/1/84. SSNY designated as agent of LP 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, the registered agent, and the address of the principal office. CA address of LP: The Partnership, 2101 Bert Dr., Hollister, CA 95026-2562. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with CA Secy. of State, 1500 11th St., Sacramento, CA 95814. Purpose: any lawful activities. 69177 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation of HP REALTY GROUP LLC. Arts. of Org. filed with SSNY on 9/16/10. 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. 69180 (D) (September 29, 2010)

**LEGAL NOTICE**  
NOTICE OF FORMATION OF LLC  
Breakeime V, LLC, filed Articles of Organization with the New York Secretary of State on 9/17/10. 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, PO Box 265, Glenmont, NY 12077. The street address of the principal business location is 525 Route 9W, Glenmont, NY. Its business is to engage in any lawful activity for which limited liability companies may be organized

**LEGAL NOTICE**  
under Section 203 of the New York Limited Liability Company Act. 69181 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation of an LLC: Biscanney Bay, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on September 9, 2010. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. SSNY shall mail a copy of Process to the LLC, at 11 New England Avenue, Cohoes, NY 12047. Purpose: for any lawful purpose. 69183 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation of EJ MEDIA GROUP LLC. Arts. of Org. was filed with SSNY on 9/20/10. 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. 69184 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Qualification of FLAT 801 MANAGEMENT COMPANY LLC. Authority filed with Secy. of State of NY (SSNY) on 9/15/10. Office location: Albany County. LLC formed in Delaware (DE) on 9/14/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o 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. 69185 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation of Underbelly Film LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/17/10. 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 Stephanie Johns, 48 Berkeley Place, 2nd Fl., Brooklyn, NY 11217. Purpose: any lawful activities. 69186 (D) (September 29, 2010)

**LEGAL NOTICE**  
SUMMARY NOTICE OF SALE  
\$4,018,674  
BETHLEHEM CENTRAL SCHOOL DISTRICT ALBANY COUNTY, NEW YORK SCHOOL DISTRICT (SERIAL) BONDS, 2010 (Book Entry Only)(Callable)  
SALE: 11:30 AM prevailing time, October 6, 2010 at Fiscal Advisors & Marketing, Inc., 120 Walton Street, Suite 600, Syracuse, New York 13202 Bonds dated October 15, 2010, interest payable October 15, 2011, April 15, 2012 and semi-annually thereafter on April 15th and October 15th of each year until maturity. Bonds mature in principal installments on October 15th as follows:

Year	Amount
2011	\$143,674
2018	\$280,000
2025	\$125,000
2012	\$220,000
2019	\$290,000
2026	\$130,000
2013	\$235,000
2020	\$300,000
2027	\$135,000
2014	\$245,000
2021	\$315,000
2028	\$140,000
2015	\$250,000
2022	\$320,000
2029	\$65,000
2016	\$260,000
2023	\$175,000
2017	\$270,000
2024	\$120,000

Principal installments may be adjusted by the School District after award to the extent necessary to provide for substantially level or declining annual debt service pursuant to Section 21.00(d) of the New York State Local Finance Law. The Bonds maturing on or before October 15, 2017 are not subject to redemption prior to maturity. The Bonds maturing on or after October 15, 2018 shall be subject to redemption prior to maturity on not less than thirty (30) days notice as a whole or in part (and by lot if less than all of a maturity is to be redeemed) at the option of the School District on October 15, 2017 or on any date thereafter at par, plus accrued interest to the date of redemption. The Bethlehem Central School District reserves the right to change the time and/or date of the bid opening, and notice thereof shall be provided at least 24 hours prior to the time set forth above and transmitted over the TM 3. Bids, accompanied by \$80,374 good faith deposit check or wire, must be for all \$4,018,674 bonds. Award shall be based on net interest cost. Legal opinion to be provided by Whiteman Osterman & Hanna LLP, Albany, New York. Bidders must refer to the

**LEGAL NOTICE**  
full Notice of Sale for the complete terms and conditions of the sale. Copies of said Notice of Sale and the Official Statement may be promptly obtained from Fiscal Advisors & Marketing, Inc., 120 Walton Street, Suite 600, Syracuse, New York 13202; phone: (315) 752-0051; fax: (315) 752-0057. Additional Official Statements may be downloaded from Fiscal Advisors & Marketing, Inc., Internet address: <http://www.fiscaladvisors.com>. Dated: September 27, 2010 James E. Dering, President of the Board of Education Bethlehem Central School District 69188 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation EVITAR LLC Arts. of Org. filed with SSNY 9/21/2010. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 69189 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice is hereby given that the Slingerlands Fire District Board of Fire Commissioners of the Town of Bethlehem, Albany County, State of New York, will hold a public review of the Slingerlands Fire District Annual Budget for the year 2011. The review will be held on Tuesday, October 19, 2010 at 7:00 p.m. at the Slingerlands Firehouse, 1520 New Scotland Road, Slingerlands, New York. NOTE: As at all public Fire Commissioner's meetings, reasonable accommodations and access are available. Gayle A. Griffiths Secretary to the Board Slingerlands Fire District 69190 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation of GRAND PUBLISHING LLC. Arts. of Org. was filed with SSNY on 9/21/10. 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. 69191 (D) (September 29, 2010)

**LEGAL NOTICE**  
NOTICE OF PUBLIC

**LEGAL NOTICE**  
HEARING  
TOWN OF BETHLEHEM, ALBANY COUNTY  
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem, Albany County, New York will hold a public hearing on October 13, 2010 at 6:00 p.m. at the Town Hall, 445 Delaware Avenue, Delmar, NY to consider Future Water Supply Alternatives. All parties in interest and citizens will have an opportunity to be heard at the said hearing. Individuals with disabilities who are in need of an accommodation in order to participate should contact the Town Clerk's office at 439-4955, Ext. 1183. Advanced notice is requested.  
BY ORDER OF THE TOWN BOARD  
TOWN OF BETHLEHEM  
Nanci Moquin  
TOWN CLERK  
Dated: September 23, 2010 69193 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, October 6, 2010 at 7:00 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application by Michael & Tina Fabe for an Area Variance under Article XIII, Use and Area Schedules, Section 128-100, Schedule of Yard and Bulk Requirements, Lot Occupancy and Front Yard Setback. The applicant requests the ability to build a first floor addition that does not meet the lot and bulk requirements for property located at 28 McMillen Place, Delmar. Daniel W. Coffey Chairman Board of Appeals Individuals with disabilities who are in need of an accommodation in order to participate should contact the Town Clerk's Office at 439-4955 Ext. 1183. Advanced notice is requested. 69195 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, October 6, 2010 at 7:15p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application by Glenwood Village, Glenmont Rd, Glenmont for area variances under Article 128-100, rear yard setback, maximum height, maximum density, Section 128-33 D) Specific regulations for the District,

**LEGAL NOTICE**  
building footprint, and Section 128-56, Off Street Parking and Loading for the construction of a 148 unit senior housing complex. Daniel W. Coffey Chairman Board of Appeals Individuals with disabilities who are in need of an accommodation in order to participate should contact the Town Clerk's Office at 439-4955 Ext. 1183. Advanced notice is requested. 69196 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation CHAMP'S AQUARIUM SUPPLIES, LLC Arts. of Org. filed with SSNY 9/22/2010. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 69197 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation PILARINOS REAL ESTATE LLC Arts. of Org. filed with SSNY on 8/30/2010. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 1709 Western Ave., Albany, NY 12203. Purpose: all lawful activities. Latest date to dissolve 12/31/2095. 69200 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation of Montgomery Family Realty, LLC, Art. of Org. filed Sec'y of State (SSNY) 7/8/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to August Montgomery, 50 Delaware Ave., Albany, NY 12202. Purpose: any lawful activities. 69201 (D) (September 29, 2010)

**LEGAL NOTICE**  
Notice of Formation of Integra Holdings, LLC, Art. of Org. filed Sec'y of State (SSNY) on 9/9/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to Integra Holdings, LLC c/o McNamee Lochner Titus & Williams, P.C., 677 Broadway, Ste. 500, Albany, NY 12207. Principal place of business: 745 Albany Shaker Rd., Latham, NY 12110. Purpose: any lawful activities. 69202 (D) (September 29, 2010)

# R-C-S

(From Page 32)

their opponents. They've averaged 241 yards per game led by Ford (220 yards and six touchdowns in the last two games) and Cory Watts (477 yards and eight touchdowns in four games).

"The offensive line got in the weight room, so now they're a year older and a year stronger," said VanDerzee. "And our running backs have done a good job."

Saturday's game was a continuation of R-C-S's early domination. Watts rushed for 165 yards and a touchdown on the ground, while Ford racked up 123 yards and three

touchdowns. Watts also caught a touchdown pass for the Indians, who led 20-7 after the first quarter.

R-C-S returns home Friday to face a Hudson team that owns a 2-2 record, but still has its sights set on making a push to unseat the Indians and Albany Academy at the top of the Reinfurt Division.

"They're a quality team," said VanDerzee. "They lost a couple of tough ballgames, but they were in both of those games."

In other Section II football action this weekend, Bethlehem and Guilderland continue to make their bids for Class AA playoff berths. Bethlehem (1-2, 1-3) travels to Albany Friday, while Guilderland (1-2, 2-2) hosts Ballston

Spa in Empire Division games.

The Dutchmen enter their Empire Division home game off a 34-26 victory over Albany last Friday at Bleecker Stadium. The Dutchmen built a 34-6 lead and then withstood a fourth quarter Falcon rally to earn their first divisional victory.

Running back Anthony Stanish ran for two touchdowns, and quarterback Ryan Smith threw two scoring passes to Dominic Litz for Guilderland, which scored 21 of its 34 points in the second quarter. Josh Sommers added two third quarter field goals.

Bethlehem is hoping for similar success against winless Albany after

suffering a 35-6 loss at Ballston Spa last Friday. Jon Martin kicked two field goals to give the Eagles a 6-0 lead before the Scotties (3-1, 3-1) scored the next 35 points to pull away.

Voorheesville (1-2, 2-2) is also looking to bounce back following a tough defeat when it hosts Ichabod Crane Saturday in a non-league game. The Blackbirds fell to Class C South Division co-leader Chatham 42-13 last Friday.

Josh Keyes - Class C's leading rusher - gained more than 300 yards on the ground and scored five touchdowns to lead the Panthers (3-0, 4-0). Max Schuster and Anthony Scaccia reached the end zone for the Blackbirds.

# Game

(From Page 32)

• Here's one thing no Section II football fan expected: Tamarac is 4-0 in Class C. That's four wins and no losses for a program that has lost far more games than its won over the last three decades.

• If the Suburban Council is one of the toughest boys soccer leagues in New York, then the North Division alone could be better than 90 percent of the state.

Defending Section II Class AA champion Shenendehowa has outscored its opponents 18-5 in its first seven games, and yet the Plainsmen are only 3-2-2 and in THIRD place, three standings points BEHIND Saratoga Springs. The Blue Streaks have won five consecutive games after an 0-1-1 start, but they're still a half point behind first-place Ballston Spa, which owns a 5-0-2 record and has outscored its opponents 19-3. And I haven't mentioned Shaker (4-3-0), Niskayuna (4-3-0), or Burnt Hills-Ballston Lake (3-4-0) - all of whom are capable of beating anybody.

At least, the South Division has been a little more predictable. Bethlehem is back in first with a 5-2-0 record, two

points clear of second-place Colonie (4-3-0). The rest of the division has been struggling to get wins.

Barring injuries, Bethlehem should fend off its South Division rivals to take first place. The North Division winner probably won't be decided until the final day of the regular season when Shen meets Saratoga and Ballston Spa battles Niskayuna.

• I'm not sure what the Siena College women's soccer team has to do in order to get into the top 25 for the weekly NCAA Division I poll.

The Saints are the only undefeated and untied team left in the Division I ranks, and yet they only received eight votes in the most recent NSCAA coaches poll (Sept. 21). Granted they don't play as tough of a schedule as teams like North Carolina, Stanford or Boston College (and they might have a hard time beating those schools), but they deserve at least as much recognition as No. 23 South Carolina or No. 25 Memphis.

The nice thing is that there are some strong Section II connections with the Saints. Two key offensive players - Ashleigh Barone (Shen) and Caitlin Cahalan (Shaker) - hail from the region, and head coach Steve Karbowski (who recently earned his 100<sup>th</sup> coaching victory) is a Clifton Park native.

Hopefully, Siena can keep its record clean long enough for the pollsters to move the Saints into the top 25.

• Since Sept. 4, the New York Yankees' record is 7-13. They've had a pair of four-game losing streaks - one of which they broke with Sunday's 4-3 extra-inning victory over Boston in a game that they could have easily lost. Their pitching staff has allowed five or more runs in eight of those 13 losses. Their only consistent starting pitcher has been CC Sabathia. One of their other starters, Javier Vazquez, has been banished to the bullpen, and he still hasn't corrected his control issues.

Yet, there is a part of me that still thinks the Yankees are going to find a way back to the World Series. Any lineup that includes Derek Jeter, Mark Teixeira, Nick Swisher, Robinson Cano and Alex Rodriguez is going to be difficult to handle in the playoffs.

• It must be said - hockey season begins next weekend. It feels like it was only yesterday when the Chicago Blackhawks hoisted the Stanley Cup after eliminating the Philadelphia Flyers in six games. Yet, it seems so long ago because several key players from that Chicago team are now playing elsewhere because the Blackhawks had to get under the salary cap.

# Dutch

(From Page 32)

in northwestern Saratoga County.

Mike Morrow's first-place finish helped the Indians secure the team championship with 74 points, 11 points ahead of Colonial Council rival Cohoes. Morrow covered the 2.82-mile course in a time of 15:50.

Eddy Griffy placed fourth with a time of 16:42 for R-C-S. Zack Penzebene (14th, 17:38), Nick Reynolds (24th, 18:13)

and Joe Kelly (31st, 18:46) rounded out the Indians' top five.

The R-C-S girls placed sixth in the large school division in the standings at Galway with 92 points. Alaina Krueger (seventh place, 20:44) led the Lady Indians.

Alexandra Eddy (12th, 21:29) and Carlie Morrow (23rd, 23:16) also placed in the top 25 for R-C-S.

The Bethlehem boys placed third at Saturday's Warwick Valley Wave Mania invitational in southern New York.

The Eagles had three

runners in the top 20 of the Varsity I race to finish with 84 points. The hosts from Warwick Valley won the team title with 32 points, and Don Bosco Prep from New Jersey was second with 46 points.

Chris Collier led the Eagles with a fifth-place finish in a time of 16:07. Mike Clarke was 15th with a time of 17:17, and McKinley Gray placed 19th with a time of 17:43.

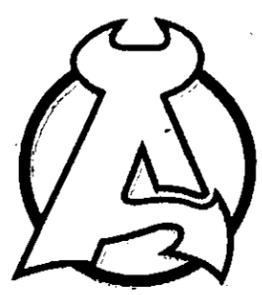
Lucas Carpinello (21st place, 18:00) and Ben Fishbein (24th, 18:11) rounded out Bethlehem's top five.

While the Bethlehem boys were downstate, the Bethlehem girls traveled west to Utica for Saturday's E.J. Herrmann Invitational.

The Lady Eagles finished fourth in the Varsity 3 division standings with 100 points. Holy Names was first with 48 points, and Cicero-North Syracuse finished second.

Lindsay Cheu paced Bethlehem with a ninth-place finish in a time of 20:54.2. The rest of the Lady Eagles' top five finished in a pack between 22nd and 27th places.

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# Eagles

(From Page 32)

3-0) won a wild 4-3 match against Guilderland last Tuesday on goals by Luke Scarchilli, Ryan Buckley and Bobby Daley in the final 25 minutes of regulation. Then after a scoreless tie against Shen last Thursday, the Dutchmen fell to unbeaten Ballston Spa 2-1. Connor Preece tallied both of the Scotties goals, while Jordan Weeden scored on a penalty kick for Guilderland.

In other soccer action last week, Voorheesville (4-1-1 league, 5-1-1 overall) extended its winning streak to four games with a 3-1 Colonial Council victory over Mechanicville Saturday.

Chris Dimmitt and Evan Campana scored two of the Blackbirds' three goals in the match. The other tally came on an own goal by Mechanicville's defense.

Voorheesville's win-

ning streak appeared to be in jeopardy when the Blackbirds hosted Cobleskill-Richmondville last Thursday. The Bulldogs took a 2-1 lead before Voorheesville scored twice in the final 10 minutes to pull out a 3-2 victory. Joey Cillis tallied the game winner for the Blackbirds.

Voorheesville hosts Cohoes Wednesday before meeting Division 1 leader Schalmont Friday.

Ravena-Coeymans-Selkirk (1-4-1, 1-5-1) is at the opposite end of the soccer spectrum. The Indians are in the midst of a four-game winless streak entering Wednesday's home game against Mechanicville.

R-C-S gained a 2-2 tie with Lansingburgh last Thursday, but it couldn't build off of that momentum in a 7-0 loss to Colonial Council newcomer Ichabod Crane Saturday. Seth Scarano and Derric Feboff each scored twice for the Riders.

## Guilderville swims past Ballston Spa

The Guilderville girls swim team improved its dual meet record to 3-1 with last Thursday's 96-90 victory over Ballston Spa.

Guilderville led throughout the meet thanks to Jenna Bickel. The junior won two individual races and swam on two winning relays.

Bickel - who qualified for the 2012 United States Olympic team trials - won the 50-yard freestyle with a time of 25.17 seconds and finished first in the 100-yard backstroke with a time of 59.88 seconds.

Nicole Das also won two individual events for Guilderville. Das finished first in the 200-yard freestyle (2:08.33) and the 100-yard breaststroke (1:16.07).

Das and Bickel were part of Guilderville's winning 200-yard medley relay team. Bickel also swam the lead leg of Guilderville's 200-yard freestyle relay.

Reynalyn Canchela (200-yard individual medley) and Mackenzie Cietek (100-yard freestyle) contributed individual victories for Guilderville against Ballston Spa.



Bethlehem's Dan Carrillo-Rodriguez controls the ball as he makes contact with Niskayuna's Tanner Macivor during last Thursday's Suburban Council cross-divisional game. *Rob Jonas/Spotlight*

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## Sports in the Spotlight

# R-C-S returns to the top

**Indians exceed 2009 win total in first month**

By ROB JONAS  
jonasr@spotlightnews.com

The Ravena-Coeymans-Selkirk football team is a year older, a year wiser and already one win better than last year's team.

The Indians (2-0 division, 4-0 overall) maintained their share of first place in the Class B Reinfurt Division with Saturday's 37-7 victory over Cohoes.

It was the third consecutive convincing win for a R-C-S squad that had an uncharacteristically poor 2009 season, in which the Indians finished with a 3-6 record that included an 0-5 divisional mark. It was R-C-S's first losing season

since 1993.

"The kids worked hard in the off-season," said R-C-S coach Gary VanDerzee. "They learned a lot from last year, and they're playing better."

The first unit defense has been especially strong for the Indians. After a 21-20 opening week victory over Cobleskill-Richmondville, R-C-S's starting defense has allowed one touchdown or less in wins against Johnstown, Cairo-Durham and Cohoes.

"Daryl Ford is doing a great job at linebacker for us, and R.J. Boomhower and Devin Clark have been playing well on the defensive line," said VanDerzee.

Offensively, the Indians have been running over

□ R-C-S Page 30



Bethlehem's Connor Oberlander, left, and Niskayuna's Kyle Maiuccoro battle for the ball during last Thursday's Suburban Council cross-divisional game in Delmar.  
Rob Jonas/Spotlight

# Lady Dutch win title

**Fish places third to lead G'land at Bowdoin**

The Guilderland girls cross country team took first place in a highly-competitive field at Saturday's Bowdoin Classic near Poughkeepsie.

The Lady Dutch finished with 91 points, 12 points ahead of runner-up Bronxville (Section I).

Michelle Fish led Guilderland with a third-place finish in a time of 20:13.18. Anna Pickett (18th place, 21:26.52) was the next Lady Dutch

runner across the finish line, followed by Chrissy Herkenham (21st, 21:43.49).

21:48.92) and Anna Joynt (26th, 21:59.09) rounded out Guilderland's top five.

The Guilderland boys team placed seventh at Bowdoin with a total of 223 points. Andrew Coy (25th, 17:38.47) led the Dutchmen.

In other cross country action last weekend, the Ravena-Coeymans-Selkirk boys team came away with the large school division title at the Galway Invitational

□ Dutch Page 30

# Eagles back on track

**Bethlehem rebounds from Saratoga loss with two wins**

By ROB JONAS  
jonasr@spotlightnews.com

After a small hiccup, the Bethlehem boys soccer team is back on track.

The Eagles (5-2-0) rebounded from a 3-1 loss to Saratoga Springs last Tuesday with Suburban Council victories over Niskayuna and Burnt Hills-Ballston Lake to solidify their hold on first place in the South Division.

"We're doing well," said Bethlehem coach Phil Ridgway. "We're starting to move the ball

around nicely."

Neither win came easily for Bethlehem. The Eagles were locked in a midfield battle with Niskayuna (4-3-0) for most of last Thursday's cross-divisional game before Zach Rockmore scored off a corner kick late in the second half to give Bethlehem a 1-0 win.

"The Niskayuna game was good for us," said Ridgway. "We made some adjustments from the Saratoga game, we played better and we got the goal that we needed."

Saturday's 3-2 victory over BH-BL (3-4-0) was also hard earned. The Eagles fell behind 2-0 before Rockmore came through with a hat trick. Two of Rockmore's three goals were on free kicks, with the third coming off a corner kick.

Rockmore's goal scoring spurt is a recent development for Bethlehem. The Eagles had gotten many of their goals from brothers Patrick and Ethan Gunty, with Brian Spina Connor Oberlander also contributing.

The Eagles are hoping the goals keep coming this week as they re-enter divisional play. After traveling to Columbia (1-6-0) Tuesday, they host Guilderland (2-3-2) Thursday.

"Guilderland is always a hard game for us," said Ridgway. "The kids always get up for this game, and it's always a physical match."

Guilderland struggled through a run of games against North Division powers Shaker, Shenendehowa and Ballston Spa last week. Shaker (4-

□ Eagles Page 31

# Shaker-Troy game could provide rousing finale

Fall officially started last week, and already area sports fans have gotten previews of the Siena College men's basketball team and the Albany Devils

— two WINTER sports teams. Did I just see a flock of Canadian geese fly south? When do we get our first six inches of snow? HELP! OK, moving on...

• Unless something crazy happens in the next two weeks, the Class AA Liberty Division title will be decided in the final weekend of the regular season when Shaker meets Troy.

Shaker has a favorable schedule heading into the Oct. 16 showdown. The Blue Bison host LaSalle (1-3) this weekend and visits Columbia (0-4) the following week.

Troy's schedule is a little more demanding, though manageable. The Flying Horses go to Saratoga Springs (2-2) Friday and visit Niskayuna (2-2) Oct. 8. And though both Saratoga and Niskayuna are tougher than the four teams Troy beat up thus far (LaSalle, Colonie, Schenectady and Columbia), those games are winnable

for a team that has yet to give up a point.

If both teams handle their business, the Oct. 16th game should be a treat for Section II football fans. In particular, it will be interesting to see if Troy's defense can contain Shaker's well-balanced offense — an offense that got healthier last Friday with the return of tailback Conor Alund and receiver Christian Sherwin. It will also be interesting to see if Shaker's offense can handle Troy's one-two punch of Jordan Canzeri and Shatiek Lewis, who have combined for nearly 900 rushing yards and 17 touchdowns in the first four games.

• While the Liberty Division title won't likely be decided until the final game, the Empire Division crown could be decided Friday when first-place Shenendehowa travels to Christian Brothers Academy in Colonie.

CBA (3-1) has been a pleasant surprise this season. After a shaky start that included a Week 2 loss to Bethlehem, the Brothers have posted impressive road victories over Guilderland and Saratoga Springs to move within a game of first-place Shen (4-0).

CBA's defense looked especially good in last Friday's 27-2 victory at Saratoga. The Brothers forced four turnovers, including two inside their own 20-yard line that halted Blue Streak drives.

The biggest turnover came late in the second quarter. Already up 6-0 on Nick Antoinette's 5-yard touchdown

run, CBA picked off Saratoga quarterback Luke Fauler on the Blue Streaks' next play from scrimmage. A short time later, Elijah Dukes leaped and caught Casey Crotty's pass into the back corner of the end zone to double the Brothers' lead 23.9 seconds before halftime. Saratoga never recovered.

Ironically, CBA's win over Saratoga helped Shen's cause. If the Plainsmen defeat the Brothers Friday, then they need only one more win against either Guilderland or Saratoga to clinch the division title, since they already own a victory over Ballston Spa this season.

CBA's challenge will be stopping Shen's talented tailback duo of Bronson Greene and Tony Fusco. If the Brothers can force the Plainsmen into throwing the ball, they have a chance to pull off the victory and turn the Empire Division into a jumbled mess.

Of course, CBA still has to score touchdowns against a tough Shen defense (31 points allowed through four games) to pull off a win. The Plainsmen's first unit defense showed some signs of vulnerability in last week's 35-21 cross-divisional victory over Schenectady, but you have to believe head coach Brent Steuerwald will have his players ready for containing CBA's chief weapons — Crotty, Dukes, wide receiver Max Weaver and tailback Trey Williams.

□ Game Page 30



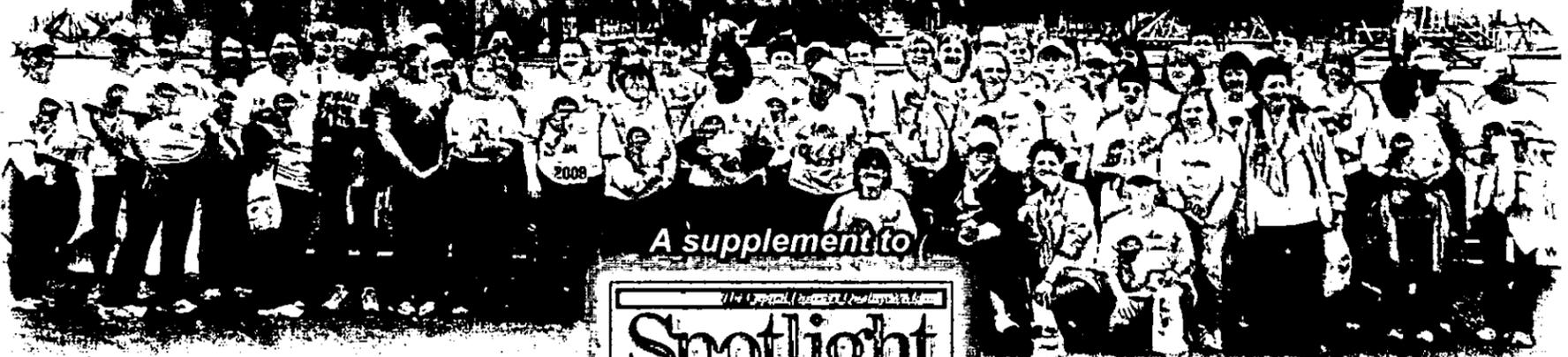
# Women's Health & Breast Cancer Awareness Month

September 29, 2010



## Inside:

- Race for the Cure benefits breast cancer research, treatment — 2
- The doctor will see you... right now — 7



A supplement to

**Spotlight**  
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# Race for the Cure benefits breast cancer research, treatment

## 16th Susan G. Komen race a great experience for runners, walkers

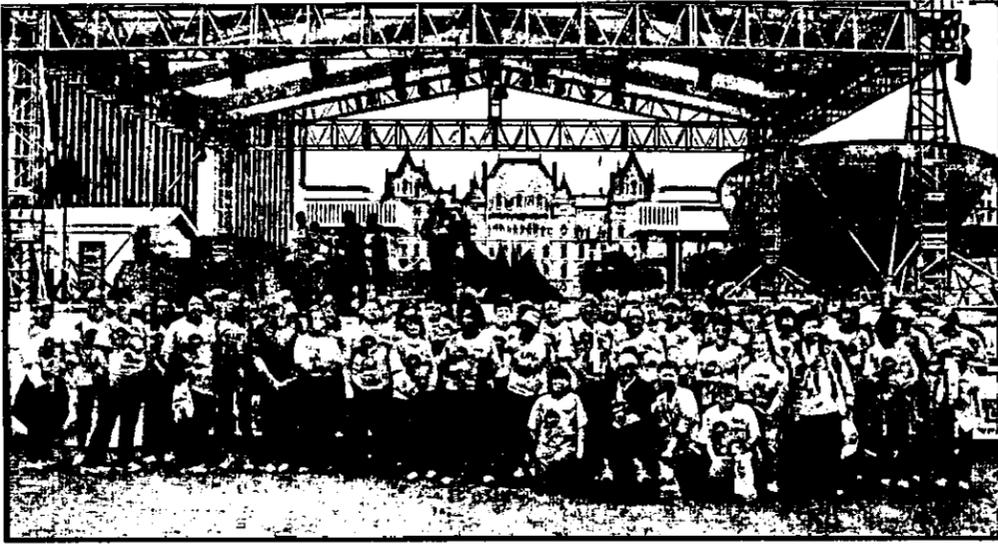
The Susan G. Komen Race for the Cure – on Oct. 2 this year – follows the same 5K USAT&F Certified Course (NY09032JG) through Albany as the Freihofer's Run for Women – for good reason. The Race for the Cure benefits research on breast cancer, the second leading cause of cancer deaths among women.

In 2009, 4,200 people ran or walked the Race for the Cure. New this year are start mats for individual chip timing that gives runners instant finish times.

"This is a great race experience, run over a familiar course by runners united in their support for a compelling cause," said Lynette Stark, executive director of the Northeastern New York Affiliate (NENY) of Susan G. Komen for the Cure. "It is also a celebration of life by many breast cancer survivors and a memorial to loved ones we have lost far too early."

Nearly 40,000 women will die from breast cancer this year, and more than 207,000 new cases will be reported.

Fighting breast cancer since 1982, Susan G. Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists. United to save lives by empowering people impacted by the disease, it ensures quality care and energizes scientific



Above: Cancer survivors gather at last year's Susan G. Komen Race for the Cure. This year's event will be held on Oct. 2 and will follow the same 5K USAT&F Certified Course through Albany as the Freihofer's Run for Women. Right: More than 4,200 participants ran or walked the course last year. Bottom right: A recreational fun walk is offered for kids.



research on prevention, detection and treatment.

Last year, the Susan G. Komen NENY Race for the Cure raised \$250,000, benefiting breast cancer programs in Albany, Clinton, Essex, Franklin, Hamilton, Montgomery, Rensselaer, Saratoga, Schenectady, Warren and Washington counties; as well as national research programs.

This year, the Komen Northeastern New York Affiliate has provided grants totaling \$279,889 to more than a dozen local cancer programs including the YWCA of Schenectady Encore program, the Adirondack Medical Center, Glens Falls

Hospital, Hope in the Boat, Peaceful Acres Horses, Inc. and others.

Runners often wear special signs as they race, signifying they run "In memory of" or "In celebration of" loved ones. Breast cancer survivors run the race wearing their distinctive pink Zeta Tau Alpha caps and T-shirts.

Runners and walkers raise funds for Susan G. Komen for the Cure through their own donations and those they collect from friends, family and co-workers. Now in its 16th year, the Race also attracts support from sponsors. The Race Platinum sponsor this year is Eric Mower

and Associates and Gold Sponsors are St. Peter's Breast Center, Price Chopper and United Healthcare.

The 5K Race for the Cure begins and ends on Madison Avenue in Albany at the NYS Museum overpass. Those out of town or unable to participate due to injury can join by participating in the Sleep-In for the Cure: Register online through Race Day, Oct. 2.

"Breast cancer touches everyone, and I hope the appeal of the Race for the Cure touches every runner with the compelling message of our cause," said Lynette Stark.

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## Light therapy offers new hope for neuropathy patients

By DR. JAY RUGOFF, DC

There are more than 20 million Americans suffering from some form of peripheral neuropathy. The problem is often misdiagnosed, or not diagnosed at all.

The condition is caused by nerve damage resulting from metabolic disorders such as diabetes (the most common cause), chemicals such as chemotherapy or cholesterol lowering statin drugs or trauma such as spinal stenosis.

Some neuropathies come on suddenly, others develop over many years. Some people are affected by a weakness in the arms and legs, which leads to difficulty standing, walking, or getting out of a chair. The loss of sensation from the feet, ankles and toes can contribute to patients not having a "good sense" of where their feet are in space, and this causes them to lose their balance and fall very easily. Other symptoms can include restless leg syndrome, burning sensations, sharp or jabbing pain, electric pain, and extreme sensitivity to touch. Up until now, treatment has largely centered on drug therapy. The majority of people do not respond well to drug therapy, or develop additional symptoms from the side effects of these drugs.

I have studied the results of more than 10 years of research on this class of conditions, collectively known as "peripheral neuropathy." Studies over the last few years have supported the hypothesis that pulsed



The new pulsed infrared light therapy brings effective, drug free relief to those suffering from neuropathy.

light therapy offers new hope to neuropathy sufferers and those looking for an effective, drug free way of treating their symptoms. The use of light to stimulate tissue repair has recently become a recommended therapy by the American Diabetes Association. Specific frequencies of pulsed infrared light are converted to chemical energy in the body, stimulating the damaged nerves to regenerate.

Along with light therapy, other forms of stimulating therapy are used. This multi pronged approach helps "wake up" or stimulate the repaired nerves. The result is reduced pain, tingling, burning, numbness, as well as the relief of touch without extreme pain. There is also less dependency on medication, improved balance, less restless leg and better sleep. This therapy is non-invasive

and painless. I have used this break-through protocol to successfully treat patients with peripheral neuropathy. They achieve significant success in the relief of their symptoms. I have seen this treatment change people's lives.

When patients visit my office, they are given an evaluation to determine if they have neuropathy. If the exam reveals that they have a treatable form of neuropathy, a care plan is devised to rehabilitate the nerves and reduce discomfort. Due to the demand for this treatment, I offer this evaluation, in my office, at no charge.

Dr. Rugoff is a certified member of The Peripheral Neuropathy Centers of America. Inquiries should be directed to his office at 489-2628 or, for more information, visit his website. [www.livepnfree.com](http://www.livepnfree.com).



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## Arthritis: the number one cause of disability in the U.S.

By CHRISTINE BARR, BSN, MPH,  
Certified Clinical Research Coordinator  
and IRIS KLEIN, BS,  
Clinical Research Coordinator

The Center for Rheumatology, LLP is a regional referral center for the diagnosis and care of individuals with arthritis, autoimmune and musculoskeletal disease and for the investigation of cutting edge treatments for these disorders.

With 12 Rheumatologists and three Physician Assistants working out of two offices in the Capital Region (Albany and Saratoga Springs), their mission is to be a center of excellence in the care of individuals with rheumatic diseases; in the research and development of treatments; and in establishing ourselves as resources in Rheumatology education within the medical community and the public at large.

Arthritis remains the number one cause of disability in the United States, according to the Centers for Disease Control. This is particularly true in women living with arthritis, who are

5% more likely to become disabled than men. There are more than 100 different types of arthritic conditions, including Rheumatoid Arthritis, Osteoarthritis, Scleroderma, Lupus, Gout, Ankylosing Spondylitis, and Polymyalgia Rheumatica, to name a few. Many of these diseases are more common in women than in men, for reasons not yet clear.

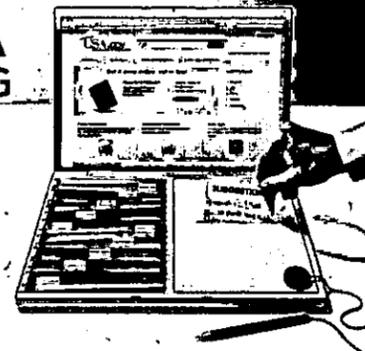
People of all ages can be afflicted with arthritis. The Center for Rheumatology aims to tailor treatments and care to each individual, making efforts to maximize both safety and quality of life. Some of these diseases are very serious and can be difficult to diagnose and treat. They are in the midst of a period of tremendous growth in the knowledge of rheumatic and autoimmune diseases. This knowledge continues to transform and advance available treatments for these conditions.

A robust research program is available to their patients offering many investigational treatment options intended to supplement

□ Cause Page 7

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### Fit For Life to host fundraiser

The Fit For Life Wellness Center will be hosting their Annual Breast Cancer Fundraiser at 1 p.m., Friday, Oct. 15 at the Outback Steakhouse at 610 Old Route 146 in Clifton Park.

Tickets are \$20 (\$14 tax deductible) and all funds raised will be distributed to the American Cancer Society, Capital Region Action Against Breast Cancer and the Susan G. Komen For The Cure Foundation. The menu for the luncheon includes an Outback combo of chicken and sirloin steak, Caesar salad, brown honey bread, baked potatoes, coffee, tea, soda, iced tea and cheesecake for dessert. Take out is available for 1:30 p.m. pickup.

For tickets contact call 518-423-7666 or email [fitforlifeny@yahoo.com](mailto:fitforlifeny@yahoo.com).

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Visit [www.ORALtrials.com](http://www.ORALtrials.com) for more information or contact:

The Center for Rheumatology  
1367 Washington Ave., Suite 101, Albany NY 12206  
Iris @ 518-533-1344

# A simple way to help local cancer patients

**Woman creates nonprofit to provide cleaning, organizing services**

By JACQUELINE M. DOMIN  
dominj@spotlightnews.com

A few years ago, Nicole Wilson decided to pursue a career that would give her more flexibility than her job as a financial adviser did, opening a cleaning business.

"I figured, this is what people need," Wilson said.

Life Maid Simple hadn't been open long when Wilson realized there was one group of people who were in particular need of cleaning help. Many of her clients, she said, were cancer patients who just didn't have the energy to keep up with

**"One of my favorite things is, we give them their self-control back."**

- Nicole Wilson  
founder of Simplifying Lives For a Cause

housework.

Around the same time, she got a call from Cleaning for a Reason, a Texas-based company that offered free cleaning services for women battling cancer. They were looking for a local cleaning business to work with women in the Capital District. Wilson was more than happy to donate her services, but she couldn't help thinking she'd like to reach even more

people. Some of her clients had kids who were battling cancer; in other cases, it was the husband who was sick. No matter who in the family had cancer, cleaning wasn't easy to squeeze into the schedule.

That led Wilson to form Simplifying Lives For a Cause in May of 2009. The nonprofit offers complimentary cleaning and organizing services to any cancer patient undergoing treatment. Based in Glensville, it serves clients in Saratoga, Schenectady and Albany counties by providing a three-hour cleaning service once a month for six months.

Wilson would love to increase the frequency of the free visits, but she's operating on a shoestring budget. People often offer to help clean for free, but because of insurance issues, Wilson has to turn them down. The cleaning is done by employees of Life Maid Simple.

So far this year, Wilson has already arranged more than 100 free cleanings. They're largely funded by donations, she said. For instance, one of the cancer patients was married to a Price Chopper employee; when he passed away, Price Chopper donated \$2,000 to Simplifying Lives for a Cause.

It'd be great if people wanted to help her arrange and hold fundraisers, she said. Maybe a local business could put a coin jug at the register and collect money that way. Students at Abram Lansing Elementary School in Cohoes collected pennies and donated \$928 to Simplifying Lives.

Even if raising money is a

struggle, Wilson is committed to Simplifying Lives. Her grandmother had lung cancer, and Wilson remembers she didn't want relatives cleaning her house. If a professional organization had come in and done it, Wilson thinks that would have been a different story.

She's grateful for the chance to extend that opportunity to others.

"One of my favorite things is, we give them their self-control back," she said.

To learn more about Simplifying Lives or to inquire about its services, call 935-3271 or visit [www.simplifyinglives.org](http://www.simplifyinglives.org).

*This story appears courtesy of the monthly publication The Senior Spotlight, the Capital District's premier resource for seniors. For more information about The Senior Spotlight contact Editor Jackie Domin at 439-4949, ext. 423, or e-mail [dominj@spotlightnews.com](mailto:dominj@spotlightnews.com).*

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**Tuesday, Oct. 19th - 9AM - 2PM**

Albany Memorial Hospital - 600 Northern Blvd., Albany  
- Mammogram (immediate results!), Colorectal Cancer Screening

**Wednesday, Oct. 20th - 9AM - 1PM**

Koinonia Primary Care - 553 Clinton Ave., Albany  
- All Screenings Available

**Thursday, Oct. 28th - 4PM - 7PM**

St. Peters Breast Center - 317 South Manning Blvd., Albany  
- Mammogram, Clinical Breast Exam, Pap Test and Colorectal Cancer Screening

**Wednesday, Nov. 3rd - 9:30AM - 1PM**

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**SCREENING SAVES LIVES!**

## Ballston Seniors to host annual bazaar

The Ballston Area Senior Citizens will be sponsoring their annual bazaar on Saturday, Oct. 23, at the Milton Community Center (310 Northline Road, Ballston Spa) from 9

a.m. to 3 p.m.

The bazaar will feature handmade crafts, used books and puzzles, plants, jewelry and much more for sale. There will be raffles, baked goods for sale, and

lunch will be available.

Parking and admission is free.

Call 885-6740 on Thursdays for more information.

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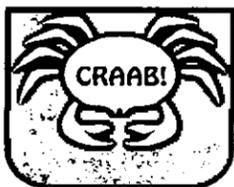
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## Capital Region Action Against Breast Cancer!

### "Don't Lift More Than 5 Pounds"

Tuesday, October 5th at 5:30pm  
Explore myths about exercising after breast cancer

### "Luncheon for a Cure"

Friday, October 15th at 1:00pm  
Outback Steakhouse, Clifton Park;  
\$20 per person

### "Pink Ribbon Blues"

Tuesday, October 26th at 5:00pm  
A discussion of the "pink ribbon culture"

### "A Woman's Journey"

Wednesday, October 27th  
from 4:00 - 8:00pm

A health forum for minority women;  
complimentary dinner

### "Rock and Bowl Halloween Bash"

Saturday, October 30th at 2:00pm  
Fundraiser for CRAAB! at Boulevard Bowl; Raffle and Prizes!

For more information and to register, call 435-1055

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# New hope for those at risk for Alzheimer's

Scientists are still racing to find a cure for Alzheimer's disease. Although there currently is no cure for Alzheimer's, evidence points to strategies individuals can take to help slow the onset of the disease or help prevent memory loss.

Although the symptoms and onset of Alzheimer's disease are most notable during a person's senior years, scientists say that the neurological changes of Alzheimer's actually may start much earlier on — as early as when a person is in his or her 20s. A frantic lifestyle, poor dietary choices and inactivity can contribute to Alzheimer's over one's lifetime. Recognizing behaviors or other habits that may contribute to Alzheimer's is the first step to making

changes to prevent the condition.

Here are some facts to consider.

- Obesity can increase risk for Alzheimer's.

- Smoking after the age of 65 makes a person almost 80 percent more likely to develop Alzheimer's.

- Diabetics are twice as likely to get the disease.

- Genetics are only responsible for about one-quarter of Alzheimer's cases.

Although there aren't any magic pills or potions, there are easy things anyone can do to reduce risk of Alzheimer's disease.

- Stop smoking and greatly reduce alcohol intake.

- Manage diet to control or prevent

diabetes.

- Avoid activities that can lead to head injuries.

- Eat a balanced diet, and one that limits processed foods.

- Enjoy brain-friendly foods, such as those high in Omega fatty acids.

- Make attempts to reduce stress.

- Avoid a sedentary lifestyle and behaviors that lead to obesity.

- Prevent high cholesterol and hypertension.

- Get plenty of sleep and restorative rest.

- Keep the mind active with puzzles, reading and other thought-inducing activities.

The Mayo Clinic reports that exercise is very important to keeping Alzheimer's at bay. In fact, it may be the most



Activities such as reading, puzzles and exercise can help promote brain health.

important component of preventing the disease. Scientists have documented that physical

activity effectively reduces the probability of Alzheimer's disease and other dementias

over the duration of time. This makes exercise an essential part of anyone's lifestyle.

## Ladies Night Out planned for Guilderland

The Ladies Night Out women's wellness expo kicks off Breast Cancer Awareness Month on Sept 30 from 5:30-8 p.m. at the Best Western Sovereign on Western Avenue.

The event is the second annual, and is coordinated by the Guilderland Chamber of Commerce Women in Business group, Capital Care Physicians, CDPHP, and Guilderland Medical Imaging.

The event features 30 vendors with wellness-related interactive and informational booths, including massage therapy, dentists, make-up demonstrations, travel and shopping. Wellness is defined in the broadest sense of the word to include a variety of fun and entertaining businesses.

The event is free to the public and includes a sponsored cocktail and hors d'oeuvres party, live classical guitar music, and gift basket drawings from all of the vendors. Last year, over 250 people attended the event.

The Ladies Night Out event was the idea of Teri Spina, marketing director for Guilderland Medical Imaging.

Ms. Spina attended a few larger Health and Wellness Expos as part of her job, and wanted to see something in Guilderland done on a more intimate scale. The vendors are local business people and members of the Guilderland Chamber of Commerce, and this type of venue provides a hometown atmosphere.

"Last year, the attendees came from Rotterdam, Altamont, Voorheesville, and Guilderland and many new each other as well as the vendors. It was really a Ladies Night Out!" said Spina. Those interested in attending can call and rsvp at the Guilderland Chamber at 456-6611 or go online to [www.srpicimaging.com/LadiesNightOut.htm](http://www.srpicimaging.com/LadiesNightOut.htm).

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October is Breast Cancer Awareness Month





Diabetic women can have babies. They just need to take a few extra precautions.

## Can diabetic women have babies?

For years the norm was to tell women who were diabetic not to get pregnant.

The bodily changes that occur during pregnancy, as well as the potential risks to the fetus and mother led many doctors to take this overly cautious position on pregnancy. Today, pregnancy is risky for diabetics, but can be successful if careful monitoring and attention to health is followed.

Good blood sugar control is essential for women thinking about becoming pregnant. Sugar levels should remain in the ideal range, which is 70 to 100 mg/dL before meals, less than 120 mg/dL two hours after eating, and 100-140 mg/dL before the bedtime snack.

Women considering pregnancy should work with a doctor to be sure glucose levels are in check. That's because many times women become pregnant without knowing it and the early weeks of embryo formation are essential. High levels of sugar early in pregnancy can lead to birth defects, say doctors.

All women need more rest, an increase in nutrients and periodic monitoring to grow a healthy baby. The same can be said for diabetics. Women who

have diabetes may find that being pregnant causes abrupt changes in their blood-glucose levels. In fact, non-diabetics often experience changes in blood sugar as well, which is why a blood-glucose test is recommended in the midpoint of a pregnancy. Some women develop gestational diabetes when they had no previous types of diabetes.

In addition to the normal problems high blood sugar could present in diabetics, pregnant women can be at risk for miscarriage or problems during labor. Too much sugar may contribute to an excessive amount of amniotic fluid forming, forcing a fetus into preterm labor.

What's more, infants born to diabetics tend to be larger in size, called "macrosomia," meaning "large body." This can present discomfort during pregnancy and lead to complications during delivery and may necessitate a cesarean section.

With macrosomia, the fetus receives too much sugar via the placenta. The fetus' pancreas senses the high sugar levels and produces more insulin in an attempt to use up all the extra sugar. That extra sugar is converted to fat, making a large baby.

An infant just born may

experience very low blood-sugar levels from all the insulin being produced. The baby may have to be given glucose intravenously to restore sugar levels.

During the entire pregnancy more insulin or oral drugs may be needed to control the diabetes, and diet will need to be more carefully monitored. An obstetrician also may require frequent check-ups to ensure both mother and baby are doing well.

While it is possible to deliver at term, many OBs prefer that diabetic women give birth a few weeks in advance of their due dates because of the larger size of the fetus. Also, diabetes can contribute to high blood pressure or pre eclampsia during delivery. It might lead to the baby being born early and also could cause seizures or a stroke (a blood clot or a bleeding in the brain that can lead to brain damage) in the woman during labor and delivery, according to the Centers For Disease Control and Prevention.

With proper diet, frequent check-ups and extreme control of blood-glucose levels, diabetic women can give birth to healthy children.

## Easy ways to ward off winter weight gain

With winter on the horizon once again, the familiar retreat indoors is in full swing. With the colder weather comes less time spent outside, and more time spent on the couch.

While it's difficult for those who live in areas with particularly harsh winters to do much of anything outdoors once the temperatures begin their annual descent, it's not that difficult

for cold-climate dwellers to continue emphasizing their health during such months. However, the colder climes coupled with the holidays make it easy to ignore healthier habits during the winter. As a result, many people pack on extra pounds throughout the winter months, taking advantage of all those holiday goodies while also using the bitter weather as an excuse to avoid daily exercise or healthy habits.

Just because the weather outside is frightful doesn't mean the attitude inside should be an unhealthy one. In fact, there are many ways for those stuck inside to stay healthy this winter, no matter how many feet of snow have piled up outside.

\* Brown bag it.

Instead of visiting the office cafeteria or the nearby food truck for lunch, pack your own lunch instead. Doing so gives individuals complete control over their own diets, enabling them to eat healthy foods instead of the often processed foods available



Brown-bagging your lunch is an easy weight to promote weight loss.

at cafeterias or other locales that cater to the office lunch crowd. When packing lunch, choose foods that won't be energy drainers for the afternoon.

Weight Page 8

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# The doctor will see you... Right now

by Dr. Mark Oldendorf, MD  
Oldendorf Medical Services

Oldendorf Medical Services offers walk-in (no appointment necessary) services for primary care patients Monday through Saturday mornings; they are interested in treating the inevitable daily illnesses as well as preventing them. OMS offers all the traditional services of a modern primary care office with an emphasis on being highly accessible and preventing the number one killers of men and women: heart attack and stroke.

Here are some frequently asked questions answered by Dr. Mark Oldendorf, MD, Board Certified in: Internal Medicine, Family Practice, Geriatrics, Sleep Medicine and Clinical Lipidology (the study of atherosclerosis):

**Q: Your primary care practice has great emphasis on heart attack and stroke prevention. What do you tell your patients who report for their yearly physical?**

**A:** I tell them they can't depend on cholesterol levels to accurately predict their chance of heart

attack or stroke. People have been told they are safe from heart attack if their cholesterol is below 200. If you take the next 100 patients admitted to a Capital District hospital for heart attacks, you would find 50 of them have cholesterol less than 200.

Of course, for every victim that makes it to the hospital, almost as many die suddenly and never make it to the emergency room.

**Q: You have a way around this dilemma?**

**A:** The state of the art is to take pictures of your blood vessels to determine if they are becoming narrowed or developing clumps of fats called plaque. A blood vessel undergoes physical changes long before the disease causes a heart attack or stroke. This is a period of time during which you can look for these changes and do something to alter the course of the disease. It is plaque that ruptures and causes sudden death.

**Q: How do you do you take these pictures?**

**A:** We use a technique called IMT ultrasound.

This is a highly accurate measurement of plaque in the artery, done in the doctor's office, without radiation. If you see plaque, you have the beginning of atherosclerosis, or hardening of the arteries, the cause of heart attacks and most strokes.

In addition, we accurately measure the blood pressures in the legs and arms and compare them by computer. The blood pressure should be higher in the legs than arms, if not, blockages are occurring.

A third method we use is to test the integrity of the lining of the blood vessel wall through a simple test of the forearm that determines if your blood vessels are able to open and close appropriately. If they don't, this is an indicator something is wrong and the process of atherosclerosis may have begun. All testing is done in our office.

**Q: Why don't other medical providers use these tests?**

**A:** The use of IMT ultrasound is spreading. The state of Texas just mandated insurance companies pay for this simple ultrasound test. We have been doing this test for four years and

have examined over 1000 patients. The key is that you can repeat the scan in a year or two and see if your treatment is working. You can decrease the atherosclerosis in your arteries and stop the disease in its tracks in most patients, and then you can prove it by repeating your IMT, ultrasound. We have known how to stop the progression of this disease for years; we just never knew who to treat. Now we do.

**Q: Is sleep apnea a significant risk factor for heart attack and stroke?**

**A:** Yes, that is true. The disease (cessation of breathing during sleep due to severe snoring) is of epidemic proportions in our country.

**Q: How do you know you have sleep**

**apnea? Do you have to go and spend a night in a "sleep lab" and have all those wires put on your head?**

**A:** A night in the sleep lab is an excellent way to get the most accurate information of whether you have sleep apnea. It should be done if you have the disease so you can tailor your treatment. But, the advance of technology now allows us the ability to do in-home testing with a device you place on your forehead, so you can be diagnosed in the comfort of your own bed, and it is reimbursed by insurance. We carry the device in our practice.

**Q: Is your Board Certification in Sleep Medicine integrated into your approach to patient care?**

**A:** Yes. I sought this degree because I saw the vicious effect of sleep apnea and sleep deprivation on my patients.

I always ask my patients who have plaque about how well they sleep and if they snore and if anyone has witnessed them not breathing while asleep. I am also Board Certified in Internal Medicine, Family Practice, Geriatrics and Clinical Lipidology (the study of atherosclerosis). We attempt to apply the principles of all these disciplines in our practice.

*Oldendorf Medical Services is currently accepting new patients into their primary care. Call (518) 435-1300 for more information or to schedule an appointment or visit them on the web at [www.OldendorfMedical.com](http://www.OldendorfMedical.com).*

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## Cause

(From Page 3)

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Dr. Joel Kremer is the Director of Research at The Center for Rheumatology and with over 30 years of research experience has made significant contributions to the field, especially in the treatment of Rheumatoid Arthritis. Dr. Lee Shapiro specializes in Scleroderma research and is committed to improving outcomes and quality of life in persons affected by this disease.

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# Weight

(From Page 6)

It's often difficult enough to maintain energy after lunch when the weather is cold and leaving the office isn't an option. Choose foods that will boost energy, such as fruits and vegetables.

\* Avoid missing meals.

Perhaps due to the often hectic holiday season, many people find themselves eating whenever they can and not necessarily when they should once winter arrives.

Thought it can be difficult to make time during the holidays, it's imperative to stay on a meal schedule. Skipping meals often leads to overeating, as it's human nature to overcompensate for a missed meal by eating more when the chance presents itself.

The side effects of overeating are well known and, if coupled with the more sedentary lifestyle many people live during the winter, can result in

serious physical problems before the season is over.

\* Change eating habits.

Competitive bodybuilders call it "grazing," eating several smaller, healthier meals throughout the day instead of sitting down to the more widely accepted three meals per day. Such a schedule might seem radical, but it's highly effective if done correctly.

Grazing effectively helps keep blood sugar levels stable throughout the day, so people won't get the hunger pangs they otherwise might. However, when grazing, it's important to limit calorie consumption.

It's very easy for beginning "grazers" to overdo it with each meal, as they're used to eating meals with lots of calories. But eating six meals per day with too many calories will likely prove disastrous.

Instead, limit meals to between 200 to 300 calories and stick to the schedule of eating every 2 to 3 hours. While it will likely prove a difficult

adjustment at first, the results will begin to show and energy levels could rise as well.

\* Say so long to sugar-laden drinks.

Most people would admit they eat too much sugar during the holidays. But even when the holidays have come and gone, chances are there's plenty of ways for health-conscious men and women to reduce their sugar intakes.

Perhaps no way to do that is more effective than to say so long to sugary beverages, including sodas and seasonal beverages like hot chocolate.

Even everyday drinks like coffee and tea can be enjoyed without sugar. It's easy to find non- or reduced-sugar hot chocolate, and those who like sugar in their coffee can either enjoy it without sugar or simply reduce how much sugar they put in their morning cup o' Joe.

Oftentimes, what we drink is far more sugar laden than what we eat, so be on the lookout for beverages that are high in sugar

# Zumba Gold



Helen Harper and Jeanne Miller participate in Zumba Gold at Atria Shaker Assisted Living Community in Loudonville. Residents participated in their first Zumba Gold class recently in the community's outdoor Pavilion. Certified Zumba instructor, Patty Brown, led the seniors in this innovative, new form of exercise. This week is Active Aging Week at the community and the residents are celebrating with a different physical activity each day. So far they have taken Ballroom Dancing, Zumba Gold and Chair Yoga Classes. Atria residents enjoy keeping up with the newest trends and staying active.

Submitted photo

# Did you know?

According to the Centers for Disease Control and Prevention, breast cancer is the second most common form of cancer in women. (Non-melanoma skin cancer is the leading form of cancer among

women.)

In 2006, the most recent year for which statistics are available, 40,820 women died from breast cancer. That same year, 191,410 women were diagnosed with breast cancer.

Among Hispanic women, breast cancer is the No. 1 cause of cancer death, while it is the second most common cause of cancer death among white, black, Asian/Pacific Islander, and American Indian/Alaska Native women.

Overall, the incidence of breast cancer in women in the United States is 1 in 8, or 12.5 percent. Still, roughly 2.5 million women in the U.S. have survived breast cancer.

In addition, though it's highly uncommon, breast cancer is not exclusive to women. Though less than 1 percent of all new breast cancer cases occur in men, estimates suggest roughly 2,000 men are diagnosed with breast cancer each year.



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