

# Cell tower in final stretch

ESCO granted height variances  
See Page 3

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# Spotlight

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VOLUME LIV NUMBER 4

75¢ JANUARY 26, 2011

## BC pushes for computers

Plan would cost \$8M over next  
five years, details to be decided

By CHARLES WIFF  
wiffc@spotlightnews.com

The Bethlehem Central School District has been introducing technology in the classroom for years now, with even young children being exposed to laptops, the Internet and online collaboration like class wiki pages.

But now, a much more expansive program

is being pitched, one with a goal of issuing a personal computing device to every high schooler and greatly expanding laptop access to lower grades.

Although the details have yet to be decided upon, the district estimates such an endeavor would cost \$8 million to accomplish in the next five years, a sum that would be borrowed and need voter approval. Superintendent Michael Tebbano such a move could be a hard sell, but he said he hopes the community will see the

Pushes Page 16



Fourth-grade Clarksville Elementary students in Laurel Jones' class work on laptops.

Submitted photo

## Vista road funding uncertain

Developer has worked  
\$1M promise into  
financing proposal

By CHARLES WIFF  
wiffc@spotlightnews.com

Developers are preparing to submit to the Town of Bethlehem the first detailed sets of plans for many of the structures they hope will be going up in the coming year at the Vista Technology Campus.

At the same time, financing for the project's vital infrastructure is still not certain. Columbia Development is seeking bonds issued by the Bethlehem Industrial Development Agency to finance the nearly \$7 million Vista Boulevard, a plan that the independent agency tentatively approved recently.

The developer is also expecting to receive \$1 million from Albany County for that project, but a county representative recently questioned if the 2003 promise applies to this plan.

"The county's intent was that this money was to support high-tech job creation at the park," said spokeswoman Mary Duryea. "Thus far, no commitments have been made on the county's end."

Road Page 16



What's your favorite  
place to snowshoe?  
Comment at  
www.spottlightnews.  
com.

Girl Scout Daisies from  
Guilderland Troop 1613  
head out on snowshoes to  
find animal tracks at the  
Five Rivers Environmental  
Education Center in Delmar  
last January.

Submitted photo

## Short days, short getaways

Capital District options  
abound for a snowbound  
escape

By CHARLES WIFF  
wiffc@spotlightnews.com

It's nearly February. There's been fewer than 10 hours of daylight for more than two months. The temperature stays stubbornly below the freezing point. The twinkling lights are packed away, the Christmas cookies are stale and weeks of sitting by the fire are morphing into an acute case of cabin fever.

So what's a snowbound Capital District resident to do? Well, for those who are looking for some local outdoor fun in the colder months, snowshoeing can offer a relatively cheap and easy escape from the winter doldrums.

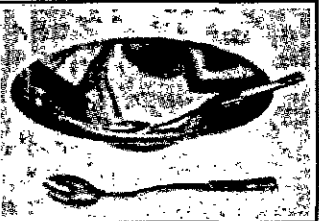
Unlike downhill skiing (mostly centered dozens of miles away) or its cross-country cousin, snowshoeing takes hardly any practice, requires limited equipment and can be practiced almost anywhere with a good settling of snow.

Short Page 8

## Hamagrael kids lend a hand

More than 50 students of Hamagrael Elementary recently stayed after school to help others.

See Page 13.



## Glass master

Ever since she learned how to make a glass bead at a class in Corning, Cheryl Gutmaker has been fascinated by glass.

See Page 14.



## Close game

The Shenendehowa boys basketball team held on for a 62-58 Suburban Council victory over Bethlehem Thursday in Clifton Park.

See Page 24.

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## BC eyes district offices, Clarksville for closure

The Bethlehem Central School District will be taking a closer look at closing a facility, although it's unlikely a decision will be reached anytime soon.

The school board has directed Superintendent Michael Tebbano to look into closing Clarksville Elementary School and the district offices at 90 Adams Place in Delmar. Those were two popular ideas arrived at by a Fiscal Think Tank group that met in the fall to look at long-term solutions to keep the district fiscally sound.

Tebbano said he'd discuss the decision with the board on Feb. 2, but it's likely the district will, for the immediate future, focus more on this year's budgeting process, which is kicking off.

Both closures could save money, Tebbano said, but his biggest concern is that the benefits would be one-

time revenues, such as money from a sale.

"No decision has been made yet, and we're exploring the feasibility of what the Fiscal Think Tank suggested in the fall is something we could do to procure long-term savings," he said.

Clarksville's enrollment has been declining for some time, and that's creating a disparity between class sizes there and in the rest of the district's elementary schools. Predictions and the rate of growth in the area indicate enrollment will continue to fall.

"The reason why we're thinking of that isn't so much that we want to punish a part of the community," Tebbano said. "When you take a look at the long-range data ... our elementary population is declining over the next six to eight years."

— Charles Wiff

## Glenville cleared of oak wilt

**DEC completes two-year effort to remove fungus, will continue monitoring area**

By JOHN PURCELL  
purcellj@spotlightnews.com

After nearly two years of intensive eradication efforts, the New York State Department of Environmental Conservation is declaring the Glen Oaks neighborhood in Glenville free of oak wilt, a devastating tree disease.

On Friday, Jan. 7, DEC officials said measures to halt the spread of oak wilt, including tree and stump removal from the affected neighborhood, have been successful, but monitoring will continue in the coming years. The DEC's efforts also included



Symptoms of oak wilt can be identified by blotchiness in white oak (A) and discoloration in red oak (B).

Image courtesy of the NYS DEC

the planting of maple trees to replace some of the removed oaks.

"We believe the disease has been successfully eradicated from this site and we are hopeful that further monitoring will confirm the eradication," said Gene Kelly, regional director for the DEC. "The last maple tree was planted in November, which concluded our operational efforts in the Glen Oaks neighborhood in Glenville."

Oak wilt is a tree disease caused by the fungus *Ceratocystis fagacearum*. It kills thousands of oak trees in eastern United States forests, woodlots and residential property every year. Once infected, the fungus grows in water-conducting vessels of host trees and causes the vessels to produce gummy plugs that prevent water flow. As water movement within the tree slows down, the leaves wilt before falling to the ground, and over time the tree will die.

Efforts to remove the trees began in April 2009, when 75 infected oak trees were cut down. Last spring, 45 tree stumps were ground up, and recently 14 maple trees were planted. Property owners impacted by the removal of trees were offered free stump removal and a free maple tree. The DEC also placed a quarantine on the removal of any un-chipped oak material from the area until further notice to prevent spreading the disease.

### A disease takes root

"This [the oak wilt infestation] was something

*"This was something that could have potentially been very devastating to the town."*

— James MacFarland,  
director of operations for Glenville

that could have potentially been very devastating to the town," said James MacFarland, director of operations for Glenville. "We lobbied as hard as we could from the town perspective that this was potentially huge, and DEC, to their credit, they spent the money that had to be spent."

Terry Phillips, of Summerset Lane, said he first noticed there was something wrong with the trees in his neighbor's yard, and soon he noticed the same thing happening with his trees.

"My next door neighbor had some trees die, and they just died all of a sudden," said Phillips.

He contacted an arborist, who told him he thought the trees were suffering from oak wilt so Phillips called the Cornell Cooperative Extension, which at first was skeptical since there hadn't been any confirmed cases of oak wilt.

Phillips' friend Frank Strauss, who lives nearby, also had several trees die. Strauss brought a sample to Cornell Cooperative Extension, but the initial results were inconclusive. To get a better sample, Phillips brought in a fresh branch and the results came back positive for oak wilt.

At that point, Cornell Cooperative Extension officials contacted the DEC.

### Keeping oak wilt in check

The Glenville trees are the only confirmed instances of oak wilt in New York, but DEC officials are not clear how the disease entered the town.

"We don't know for sure. Someone could have possibly brought in some firewood from another part of the country, but that is just speculation right now," said Rick Georgeson, spokesman for the DEC. "At this point, it does not have appear to have spread. ... We are going to be out there

for the next few years, keeping our eyes open to make sure it hasn't spread."

Moving firewood more than 50 miles is prohibited by the DEC, unless the wood meets the state's heat treatment standards through kiln drying, which is meant to kill harmful pests.

Scientists also don't know where the disease originated from nationwide, but it could have entered the country from a foreign plant or evolved from a related endemic fungus. Forest pathologists in Wisconsin first identified oak wilt in 1944. Georgeson said DEC officials periodically take surveys throughout the state to look for any diseases of concern on wild lands.

Georgeson said the DEC was surprised to find out about the Glenville oak wilt, because "the closest outbreak was quite a distance away."

Red oak trees are more affected than white oak trees, and the disease can kill a tree in as little as three weeks.

"If you just look around, we're loaded with red oaks in Glenville," said MacFarland.

The most noticeable way to know if an oak tree is affected, said MacFarland, is if a large number of the leaves fall off before July 4.

Roots of nearby trees within 50 feet most commonly spread the disease once an area is affected, but insects can also carry the disease to healthy trees with fresh wounds caused by pruning or storm damage, according to a report from Cornell University on the incident.

### Some trees spared

At first the DEC didn't plan to cut down healthy trees, but Phillips said the plan was revised to

□ Oak Page 9

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# Strong showing at Lafarge hearing

**Ravena residents and community leaders urge DEC to move modernization project ahead**

By CHARLES WIFF  
wiffc@spotlightnews.com

Twenty-seven people on Thursday, Jan. 20, provided the state Department of Environmental Conservation with comments about a proposed modernization of the Lafarge cement plant in Ravena, the overwhelming majority of which were positive.

That was a change for the cement maker, which has been the subject of several recent public meetings on the health impact of the plant on the surrounding community. On Thursday night, even the most outspoken of Lafarge's critics voiced general support for the massive overhaul, which the company promises would reduce emissions and increase efficiency.

"We have been waiting for this evening for years," said Susan Falzon, director of the Friends of Hudson advocacy group. "We are generally supportive of the idea of the modernization."

Falzon and others still raised concerns about the plan, including a provision that would require air quality monitoring at the Ravena-Coeymans-Selkirk High School — across the street from the plan — for one year. Falzon and others said that monitoring should continue for longer.

Questions about dealing with dust emanating from the plant were also raised, with some saying an effort should be made to better insulate conveyor belts that carry limestone and cement through the community.

"The question is not whether or not to modernize, the question

is whether the plans submitted by Lafarge are truly state of the art," said Elyse Kunz, of the local Community Advocates for Safe Emissions group. "We have got to get it right."

CASE, Friends of Hudson and the Scenic Hudson groups said they're conducting a detailed review of the lengthy environmental impact statement, and would be providing more detailed written comments.

Approval of the document would be a major regulatory milestone for the project.

Lafarge has long been working toward approval of the overhaul, which would replace the "wet kiln" now used with a "dry kiln" process. The company has said this would use significantly less energy and limestone (the raw material used in the cement-making process). Some of the plant's emissions would also be reduced, including the output of mercury.

The company would like to start construction this year and finish up in 2014. The \$400 million project would create 800 construction jobs, Lafarge representatives said.

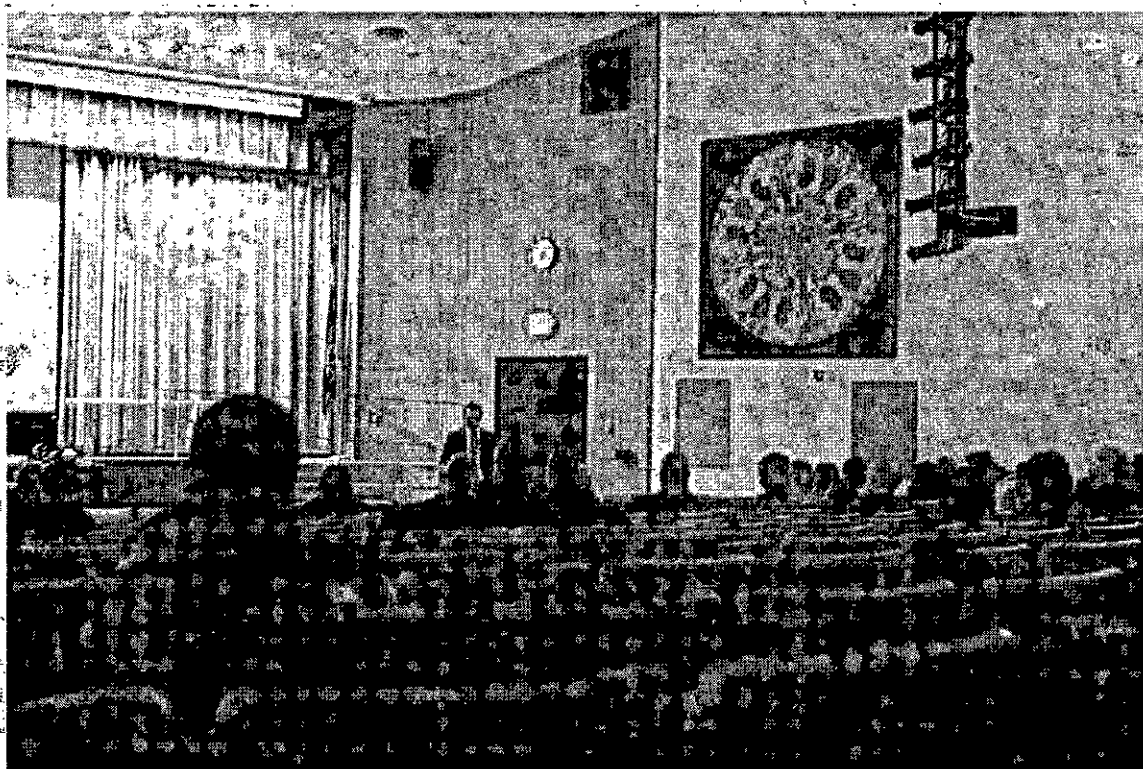
Those economic benefits were the focus of politicians and business leaders who provided comments Thursday.

Michael Tucker, president of the Center for Economic Growth, was one of many speakers who noted Lafarge doesn't have to build in Ravena, and argued the plant would be "in jeopardy" without the modernization.

"We do live in a global economy, and we are subjected to global competition," he said.

Others said it would be folly to turn away private investment, especially at this time.

"Unlike many projects of this size, it's not dependent on



Twenty-seven people, including local politicians business leaders and residents, voiced their opinion of a modernization of the Lafarge Cement plant at a recent public hearing at the RCS High School. Almost no one disapproved of the project, which would reduce the plant's emissions, but some brought to bear criticism of the plant's past years of operation.

Photos by Charles Wiff/Spotlight

**"Our community has the opportunity to become a ghost town or the home of the most modern cement plant in the United States."**

— Mary Dristoll, Ravena resident



Mary Dristoll, a 45-year resident of Ravena, was one of many who spoke in favor of a modernization of the Lafarge Cement plant at a recent DEC public hearing. She called the company's massive operation the economic heart of the riverside community.

a significant investment from the state to go forward," said Ken Polasky of the Business Council of New York. "It's important that job retention receives as much attention as job creation."

Other notable figures speaking at the event or issuing statements through a representative (all supportive of the project) were Congressman Paul Tonko, Assemblyman Steve McLaughlin, Coeymans

Councilman Thomas Boehm, Vice President of the Albany Chamber of Commerce Diana Ehrlich, Ravena Mayor John Bruno and Ravena Councilman Bruce Roberts.

Plant employees and citizens of Ravena also spoke, largely in support of the modernization. Mary Dristoll, a 45-year resident of Ravena, said the Lafarge plant has been vital to the community's economic health for many years.

"Our community has the opportunity to become a ghost town or the home of the most modern cement plant in the United States," she said.

The public comment period on the modernization environmental statement will remain open until Feb. 22, though Thursday's meeting was the last public hearing. Written comments may be faxed to 357-2460 or emailed to r4dep@gw.dec.state.ny.us.

## 'Monopine' cell tower on track for final approval

**Height variances granted to ESCO, but not without objections from some ZBA members**

By CHARLES WIFF  
wiffc@spotlightnews.com

ESCO Towers may have approval for a Bethlehem cell tower some time next month.

The town's Zoning Board of Appeals approved the final variances needed for the tower off of Van Dyke Road on Wednesday, Jan. 19, in a 3-2 vote. The Planning Board must now issue a special use permit.

The ZBA vote did not come without some members voicing their protest of not only the tower itself, but also the three-year review process they said they were pushed out of. Board member David DeCancio,

in particular, objected to the fact his board did not have a say in the selection of a monopine design for the tower, one that is supposed to make the structure look like a big pine tree.

In fact, he argued, the Planning Board was the only party in favor of the design, with the landowner and tower company preferring a cheaper method. A majority of ZBA members in October said they didn't like the monopine.

"It seems like the agenda of a few is dictating everything about this project," DeCancio said. "Something just doesn't seem right."

ZBA member Matthew Watson said he was disappointed that a joint environmental review with the Planning Board had left the ZBA with no say on the tower appearance. He said he would be

**"It seems like the agenda of a few is dictating everything about this project. Something just doesn't seem right."**

— David DeCancio, ZBA member

unlikely to support such an arrangement in future applications.

"I'm discouraged by the whole process, and I'd like to recommend to the supervisor that a process is developed for cell towers," Watson said.

ZBA Chairman Daniel Coffey, however, said he was able to talk about the entire project with the Planning Board and planning staff.

"We can talk about, are there better ways to coordinate? ... I'm willing to listen to constructive ideas," he said. "I personally didn't feel

there was a breakdown of communication on the cell tower."

Coffey had originally opposed the monopine design, but after recently seeing information from ESCO's tower design firm, the Holbek Group, he said his mind was changed.

"I came away from that feeling that the monopine ... I didn't think the monopine looked all that bad, to be honest with you," Coffey said.

The ESCO tower is likely to have a lasting effect not only on the landscape of western Delmar, but also on the cell

phone service in that area. Verizon and AT&T would be placing equipment on that tower, at heights of 110 and 120 feet above the ground, respectively.

The ZBA had in October approved a 120-foot height variance for the tower, but on Wednesday passed a 132-foot one to accommodate the extra aesthetic "crown" of fake pine branches. DeCancio argued the tower should be lower, since a study by the town's radio frequency consulting engineer indicated AT&T's antenna would be just as effective at lower heights.

He also noted a monopine construction would make it more expensive to expand the tower higher so more equipment could be put on it later.

"The proposed monopine will not minimize the proliferation of cell towers," he said. "This

project is irresponsible. The agenda of a few is pushing this through."

But Coffey noted a 120-foot height would leave room for other carriers below AT&T and Verizon. Sprint had focused on a competing tower application nearby that would have been 90 feet tall.

Despite a lively debate, there was also a sense among some that the project has seen enough study.

"If you don't pass this variance ... I think it's very unlikely the Planning Board would issue its special use permit in two weeks," acting counsel to the ZBA Keith Silliman said.

"The only other project that has received this level of scrutiny was Wal-Mart," he added.

ZBA member Leonard Micelli joined DeCancio in casting a dissenting vote.

# Weather report sends chill through family

By WILLIAM R. DEVOE  
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After seeing a monster-truck show Friday night — which I'm sure took years off of our lives, between the exhaust, the noise and the 60-year-old man screaming obscenities in our ears — we pretty much vegged out for the remainder of the weekend. Sure, there were jaunts to the gym and the supermarket, little housework projects done here and there, but a lot of time was spent in front of the tube, I'm sad to say.

I worry about what my kids learn from television. Not so much from the violence they might see on the "Avengers" cartoon, or sexual undertones that my prudish self believes are too racy for the kids on "Hannah Montana" or "iCarly." That I can deal with.

No, I worry about the news. (A little disclaimer: A large part of my day job is devoted to the news direction and general success of the chain of community newspapers in which you are reading this, so I may have a bit of a bias and you should take what I say with a



grain of salt. On the other hand, I do not for one second fool myself into considering most broadcast news programs our competition. We are different animals and, for the most part, they are larger animals with bigger cages and nicer toys. But I still thought you should know.)

From watching the news Sunday afternoon, I know that it will be extremely cold and that I will die if go outside. I know this because in addition to the several times this particular national news program cut to someone in the Northeast actually holding a thermometer, they also had one of those fancy weather bugs in the bottom right-hand corner of the screen reiterating the temperature in Albany (I live in East Greenbush, but I appreciated the attempt at localizing the coverage of the death freeze.) is only 5 degrees,

and if that didn't drive the point home, there was a graphic with a few sharp icicles flying like daggers behind it.

I'm not sure if the reporter didn't trust his own station's computer-generated weather bug, but I have to commend him for buying his own thermometer and double-checking. That's the type of journalism America needs.

After hearing for about the seventh time that if you stay outside for 5 minutes in -10 degree weather, your fingers and eyes will freeze and fall off of your body, my son began to wonder if he would have school tomorrow.

"I think you will," I said "You've had a lot of snow days in the past couple of weeks and it's not going to be that bad out."

"But I could die waiting for the bus," he said matter-of-factly. "My nose and toes could fall off because of frostbite."

"Kevin," I said to him, because that is his name, "Your grandfather drives you to the bus stop and watches as you wait. You would have to try very hard to get frostbite at the bus stop."

***I worry about what my kids learn from television. Not so much from the violence they might see on the "Avengers" cartoon, or sexual undertones that my prudish self believes are too racy for the kids on "Hannah Montana" or "iCarly." That I can deal with. No, I worry about the news.***

His 3-year-old brother, Nathan, who has to do everything Kevin does — only better — pipes up from the other end of the couch: "I'm gonna get frostbite! On my butt!"

Nathan likes to "work blue" most of the time, punctuating his sentences with a prepositional phrase like "on my butt" or "with my butt." The wit, I think, doesn't so much lie in the variety of body parts he says (Spoiler: it's always "butt"), but (heh, heh) rather in his choice of scenario in which to tell someone about his butt.

For example, we may be out at a restaurant enjoying a nice meal when the waiter or waitress will politely ask Nathan if he would like more apple juice. Nathan will equally politely respond that yes, indeed, he would like more apple juice ... "In my butt." A response for which we must politely apologize to the server and then politely excuse ourselves so that I may administer some good, old-fashioned, discipline ... on his butt.

I digress. Back to media-driven, death-chill bolstered, elementary school avoidance.

"But what about my project?" Kevin asks, choosing to ignore his brother's one-upmanship in the frostbite department.

And now we were getting to the heart of things. See, Kevin had school project due that Monday morning. He'd worked hard on it for a couple of weeks, and was only finishing some minor details that Sunday, but he's the type who never passes up an opportunity to

procrastinate.

I do it myself — procrastinate, that is — but I can't understand it when I see it in others. He'd worked very hard reading a book about wolves and envisioning a project to present to his class. He drew, with some parental help on the part of his more artistic mother, a 3-foot-tall, 4-foot-long wolf and colored it appropriately. All he had left to do was write out some interesting things he learned so he could share them with his class.

"What if it's so cold that my project freezes and shatters like glass?" he asked.

"I don't think it will be that cold," I said. "Close. I mean, it'll be cold, but it'll be just shy of freezing solid objects so that they shatter like glass."

"Are you sure? The guy on the news looks very cold."

"I know, but you don't have to do that, you just have to go to school. Someone is paying that guy on the news to stand outside and tell people how cold it is."

"Couldn't they just put the thermometer outside and look at it from the window?" Kevin asked.

"That lacks journalistic integrity, Kev," I said.

**Did you know?**  
You can visit spotlightnews.com to read "Pop Culture" online. There you can share the column with others via Facebook, Twitter or any number of social media outlets I don't know enough about.

## Got news or views?

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](mailto:news@spotlightnews.com), faxed to 439-5198, or mailed to Spotlight, P.O. Box 100, Delmar 12054.

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

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

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

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

For information on submitting a Point of View, e-mail [news@spotlightnews.com](mailto:news@spotlightnews.com) or call 439-4949.



## WEEKLY WEATHER

Chief Meteorologist Mike Bono



### Albany Almanac

Recent High/Low/Avg		
AVERAGE HIGH	32°	AVERAGE LOW 13°
Day	High/Year	Low/Year
Wednesday, January 26	59°/1950	-17°/1920
Thursday, January 27	62°/1974	-23°/1994
Friday, January 28	56°/1916	-16°/2005
Saturday, January 29	54°/2002	-10°/1925
Sunday, January 30	54°/1974	-12°/1965
Monday, January 31	58°/1913	-26°/1948
Tuesday, February 1	65°/1989	-20°/1920

**SEASONAL SNOWFALL TO DATE**  
44.8 inches as of Friday, January 21st  
13.8 inches above average

**January 29-31, 1966** A Northeast blizzard produced a foot of snow in Albany, but then lake effect kicked in with Rome receiving 41 inches and Oswego reporting 75 inches with unofficial reports of 100 inches of snow in only 2 days.

Sun & Moon		
Day	Sunrise	Sunset
Wednesday	7:15am	5:00pm
Thursday	7:14am	5:02pm
Friday	7:14am	5:03pm
Saturday	7:13am	5:04pm
Sunday	7:12am	5:06pm
Monday	7:11am	5:07pm
Tuesday	7:10am	5:08pm

#### Moon Phases



Planets	When	Where
Saturn	Dawn	High SE
Venus	Dawn	Bright SE
Jupiter	Dusk	Bright SW

### Ski Report

Adirondack Park				Catskills			
Resort	Base Depth	Lifts	Trails	Resort	Base Depth	Lifts	Trails
Gore Mtn.	28" - 50"	7	73	Stratton Mt.	30" - 44"	9	92
Whiteface	23" - 34"	8	77	Sugarbush	18" - 32"	10	111
Bromley	14" - 34"	5	43	Hunter Mtn.	45" - 90"	11	50
Mt. Snow	18" - 36"	10	63	Jay Peak	12" - 18"	8	76
Okemo	28" - 36"	13	119	Jiminy Peak	22" - 57"	5	45
Belleayre	45" - 74"	7	48	Windham	22" - 60"	6	46
Stowe	24" - 44"	10	96	Smugglers'	18" - 50"	8	78
Killington	30" - 40"	15	129	Bousquet	16" - 36"	3	28

**Factoid**  
Last year, the Albany seasonal snowfall was 45.4 inches, compared to the seasonal average of 62.7. This season we had 45 inches by January 21<sup>st</sup>.

Tides at Albany			
Day	High	Low	
Wednesday	10:09am, 10:24pm	4:16am, 4:56pm	
Thursday	11:10am, 11:29pm	5:13am, 5:57pm	
Friday	12:11pm	6:11am, 6:56pm	
Saturday	1:12pm, 1:34am	7:09am, 7:54pm	
Sunday	2:09pm, 2:37am	8:05am, 8:49pm	
Monday	3:02pm, 3:36am	8:59am, 9:40pm	
Tuesday	3:50pm, 3:29am	9:50am, 10:28pm	

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## BusPlus to spur Route 5 travel

**Program will take riders from Schenectady to Albany with only 18 stops**

ANDREW BEAM  
beama@spotlightnews.com

During his portion of the State of the Union address at Colonie Center, Capital District Transportation Authority CEO Carm Basile unveiled a new program called Busplus, or Bus Rapid Transit (BRT) that will to make a 17-mile trip down the Route 5 from Schenectady to Albany in only 18 stops. It would be similar to that of a railroad service, he said.

"We're studying the same thing on Western and Washington avenues," he said. "I think over time, in the next 10 or 15 years, that's really our big thing for the future. Bring bus service that looks like and mimics rail service, and I think development and job opportunities will follow that."

The program will be implemented on April 4. Basile said riders can expect it to be a more comfortable and efficient route. He said because there are fewer stops, everyone on the road will have a more fluid travel experience.

CDTA Spokesperson Margo Janack said the estimated cost for the BRT is expected to be \$36 million, with \$16.5 million already invested in infrastructure.

"We estimate that it will cost \$2 million to operate the service annually," she said. "We are seeking additional funding to install the additional phases, which will take a few years to happen. It's not going to happen overnight."

The red and grey CDTA bus stops around town are part of the basic run of the service along with limited stop service. Janack said they are hoping to install wireless Internet on the buses and at the stations, along with real-time information for

travelers so they know when the bus will arrive.

Janack also said CDTA is also hoping to implement fare kiosks, where riders can purchase their tickets right at the station instead of having to buy them on the bus and holding people up as they are receiving their change.

"All these elements are going to make for a better customer experience for them," she said. "If they're coming from downtown Albany or downtown Schenectady, they're only stopping no more than 18 times, and it may be less if people aren't at the stations."

There will be a local service that will complement the main service, Janack said, where routes will be split between the main transfer station, Colonie Center mall, with one line going to Schenectady and the other going to Albany. The BRT service would be traveling straight through.

Colonie Town Supervisor Paula Mahan said the new service presented by CDTA will not only be good for residents but also the environment.

Mahan said the town is working closely with CDTA in implementing this program.

"We have to make sure people are aware so they can travel safely and so our police department will be aware of the traffic patterns," she said. "It's a whole collaborative effort between all of the communities as well as the Department of Transportation and CDTA."

Janack said CDTA encourages people to purchase pre-paid passes as they will still be paying the normal \$1.50 a ride or less depending on their amount of travel. CDTA will also be offering the new BusPlus service for free from April 4 to April 18.

## Police blotter

# Missing man found in Troy

The Bethlehem Police Department briefly looked to the public last week for assistance in locating a missing man.

Police said Leon Arthur Dumas, 56, had last been seen Dec. 13. Police said he had alcohol problems and was on medication for depression, which he left behind when last seen by his family.

Dumas was located in the City of Troy the day following the announcement.

### Arrests

•The Bethlehem Police Department on Sunday, Jan. 16, arrested Andrew Allen Cowan, 39, of 86 Brookhaven Lane, Glenmont, and charged him with aggravated DWI.

At about 4:37 p.m., police responded to a call of an erratic driver on Route 9W from a witness who followed the 2001 Ford Taurus to Brookhaven Lane, where it parked in a driveway, police said. Police arrived to find Cowan behind the wheel at his residence, and he allegedly had alcohol on his breath and impaired motor function.

Cowan allegedly told police he was coming back from the Playdium in Albany and had consumed a couple of alcoholic beverages. Police said he failed sobriety tests and at the police station tested for a 0.27 percent BAC, more than three times the legal limit.

Cowan was given a court date of Tuesday, Feb. 1.

•The Bethlehem Police Department on Friday, Jan. 14, arrested Orlando Perez, 43, of 6 Bertha St. Floor 1, Albany, and charged him with felony criminal possession of a controlled substance with intent to sell, misdemeanor and felony criminal possession of a controlled substance and multiple vehicle and traffic law violations following a traffic stop on Route 9W in Selkirk.

Police allege they observed Perez's vehicle traveling without headlights at about 4:38 a.m., and when he was pulled over, he was discovered to be driving with a suspended license and to be wanted in the City of Albany on a bench warrant.

Police took Perez into custody and, when searching him, allegedly found a Valium pill, six packages of crack cocaine totaling nearly 2.5 grams, 14 warfarin pills (an anticoagulant) and \$145.59 in various denominations.

Perez was remanded to Albany County jail without bail due to a prior felony conviction.

•The Bethlehem Police Department on Friday, Jan. 14, arrested Jesse James Swindell Jr., 28, of 320A Elsmere Avenue, Delmar, and charged him with felony identity theft, felony aggravated unlicensed operation of a motor vehicle, misdemeanor criminal

impersonation and a number of vehicle and traffic law violations.

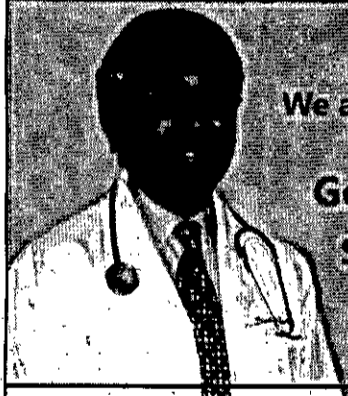
Police ticketed Swindell on Tuesday, Jan. 11, for driving an uninspected auto, but he allegedly had given a false identity that checked out. Police later did a check on a parolee status at his address and found that Swindell had provided a false identification, according to police. He was arrested at his residence and remanded to Albany County jail without bail, with a preliminary court date of Jan. 19 and a return date of Tuesday, Feb. 1.

•The Bethlehem Police Department on Tuesday, Jan. 18, arrested Mark Andrew Cossingham, 53, of 565 Russell Road, Albany, and charged him with aggravated DWI.

Police responded to a 911 call hangup at Cossingham's address at about 5:42 p.m. They saw a 1990 Pontiac Bonneville in the driveway of the residence and Cossingham allegedly told police he had just left the house a few minutes ago to go to Stewart's. He allegedly said he'd had several light beers and was probably over the limit.

Cossingham allegedly failed sobriety tests, and at the police station tested for a 0.21 percent BAC. He was given a court date of Tuesday, Feb. 1, and released to his roommate.

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Dr. Divakara joins us from The Stratton Veterans Affairs Medical Center. He has extensive experience presenting on topics relating to his specialized field of adult medicine and makes it a point to practice both evidence and experience-based medicine. Dr. Divakara has served as the Chairman of numerous quality control committees throughout his career and has participated in clinical research studies and publications on topics including hypertension, and disease prevention and screening.

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## Matters of Opinion in The Spotlight

## Tech trends worth keeping up with

"When it comes to the future, there are three kinds of people: those who let it happen, those who make it happen, and those who wonder what happened."

— John M. Richardson Jr., author, professor at School of International Service, American University

Newspapers are as averse to technological advances as taxpayers are to increases, so it may seem a little odd for us to advocate something that will result in both.

The Bethlehem Central School District wants to issue a personal computing device to every high schooler and expand laptop computer access to lower grades. From Charles Wiff's story on page one: "The district would, next school year, start expanding its stock of laptops available to fifth-graders, so that in a few years there would be enough for all classes to provide every student with a laptop from computer carts that would rotate between classrooms. Laptops would also be introduced to eighth-grade classes and work their way into seventh and sixth grade as time goes on. Also next year, 100 select students in grades nine and 10 would receive computing devices. Their experiences would be integral in expanding the program little by little until the 2013-14 school year, when every ninth-grader would be issued a device."

The district estimates the plan would cost \$8 million over five years, contingent on your approval, of course. Now, judging by the less-than-scientific polling done on the issue at [www.spotlightnews.com](http://www.spotlightnews.com), nearly 85 percent of you think it should not be done at all or done with no cost to taxpayers.

But maybe the issue is a little too close to home for us here at *The Spotlight*. Maybe we, like many in the field of journalism, wish someone had gotten ahead of this technological learning curve long ago, before revenue streams ran dry and the industry realized it needed to monetize something it gladly gave away for free, simply because it was novel and exciting.

Ask anyone in the news business, playing catch-up devours a lot of resources, so this type of thinking on Bethlehem's part could wind up saving the district money in the long run. Imagine that a student could download all of his textbooks (a \$4 billion print industry) onto a \$139 Kindle. At the end of his or her four-year run in high school, offer a buyout option to phase out old tech and help with the purchase of new.

When the details of the plan come to light, you can bet *The Spotlight* will look at them with a discerning eye, but conceptually we agree with BCSD Superintendent Michael Tebbano when he says the district can't "hide under a rock" waiting for a better economy, and we owe it to our students to poise them to make the future happen.

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# Longer days mean inside plants need room to grow

By SUSAN PEZZOLLA

The author is a community educator for horticulture with the Cornell Cooperative Extension of Albany County.



Cornell University  
Cooperative Extension  
Albany County

It may seem like winter days will be here forever, but ever so subtly, things are changing. Imperceptible to most of us but not unnoticed by our foliage friends, is the fact that the days are lengthening.

This signals a wake-up call to plants to begin to push out new growth—the delicate balance of hormones is at play orchestrating the change. It comes as no surprise that hormones are once again the prime movers of the spring games; after all it is that way for much of the animal world. Why should plants be any different?

Mother Nature may be choreographing the dance, but for the plants held hostage in our homes, the rules are a bit different. We need to remember that keeping plants indoors in containers is an artificial environment and it is up to us, the caretakers, to make sure that the conditions are as good as they can be for our plants to do more than just survive.

Late winter is the time to check to see if plants are pot bound. Go ahead and tip that pot upside down and slip it off ever so gently to reveal the plant's true state of health—the roots. If all you see is a white swirling mass of roots and very little soil, then it is time to pot up a size to give the plant some "leg room" so to speak. The new pot should be one to two sizes larger—for example if your plant is in a 6-inch diameter pot, then consider a 7- or 8-inch new pot. Never fall into the trap of over potting because you know how big the plant will eventually become.

Life indoors has its own rules and rule No. 1 is patience. Always use a sterilized potting soil—do not use soil from the garden as it contains insect life that you would prefer remain out of doors. Repot the plant by placing a small amount of soil in the bottom of the new pot and repositioning the plant in the middle of the new pot. If the roots are very tight, tease them gently with your fingers to release a few so that they will stretch out into the new soil area. Fill in with soil around the plant and gently tap the pot to settle the soil. The repotted plant should sit comfortably

in the new pot just slightly below the rim to allow room for water. Do not fertilize a newly repotted plant; instead, give the disturbed roots a few weeks to recover and then begin with a dilute application of fertilizer—one-third to one-half the recommended rate. From November to March, most houseplants need a rest from the fertilizing routine. This also allows for the leaching of any fertilizer salt build up. Gradually work up to the standard dosage and then alternate with

clear water as you go through the summer. Reverse the process in the fall to wean the plant off the fertilizer by November.

Late winter is also a good time to inspect

your plants for any problems or pests. Place pot in the sink and look over the leaves carefully, especially the undersides. Inspect the stems for any bumps or swellings that might be scale insects. Look carefully at the crotches of the stems for any white, cottony masses, aka mealy bug.

The sink or tub is also useful to shower off the winter dust from the foliage (except for hairy leaves such as African violets) but always use tepid water. Fungus gnats are often seen as the seasons change and the humidity increases. They appear as small flying insects often mistaken for fruit flies. If you suspect fungus gnats, the first line of defense is to let the soil dry out.

Monitor plants by placing yellow sticky cards in the soil. These are small cards colored bright yellow to appeal to the bugs' eye and coated with a very sticky substance that traps flying insects. These cards are available at garden centers and come with a device to hold them in place at the proper level. Check the cards weekly to determine what pests you have and then treat accordingly. If you are not certain what the insects are, you can bring in a sample (or the sticky card) to the cooperative extension office closest to you for identification and the best approach to deal with the problem.

## Late winter is a good time to inspect your plants for any problems or pests.

## Weekly poll

President Obama visited Schenectady last week, touting manufacturing, foreign trade and naming General Electric CEO Jeffrey Immelt to lead the Council on Jobs and Competitiveness.

So, this week's question is:

## What does the President Obama's visit mean to local business?

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

## Last week's poll results:

Question: "Should schools give every student a laptop, tablet or smartphone?"

- Yes. It's important to get tech experience in today's job market.: 17%
- No. That's an extra parents should shell out for, not schools.: 45%
- Only if it comes at no cost to taxpayers.: 37%

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## Your Opinion in The Spotlight

## Jonesy's coming home

Editor, *The Spotlight*:

Michael Jones of Delmar suffered a serious spinal cord injury on Feb. 27, 2010, leaving him paralyzed from the neck down. After months in the hospital and months in a Rehab. facility he is currently residing in a local nursing home. Mike's goal and dream throughout all of this was to be able to come home and live with his wife and 2-year-old daughter. Thanks to the support and generosity from the community in making his home handicap accessible his dream is about to come true. Final preparations are in the works for bringing him home this month.

None of this would have been possible without all of your help, so I personally and on behalf of the Jones family (Michael, Lisa and Liliana) would like to thank all who helped make this goal a reality. Special thanks to Steve Bolduc (Keystone Builders) who without hesitation upon hearing this story, stepped into action and got this project started.

Thank you all: Keystone Builders - General Contractor (Delmar); Steve Bolduc and Employees; Alside Supply Center; Bonded Concrete; Murray Painting (Delmar); Clemente Latham

Concrete; Collins Insulation Company (Delmar); 84 Lumber; Bobby Grimm (Mason); Curtis Lumber; Blue Diamond Septic; Geurtze Builders (Delmar); Park Building Materials; Colonial Plumbing; Passonno Paints;

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If I have inadvertently left anyone out, please accept my apology, and thanks for whatever part you had in making this possible.

Katrina Bolen  
Project Coordinator

## Dream of vista may be hallucination

Editor, *The Spotlight*:

On Jan. 19, the Spotlight published an editorial endorsing the Town's funding plan for developing infrastructure at the Vista Technology Campus. (If you build it, they will come, page 6). The plan envisions the town underwriting a significant debt offering with nearly \$6 million dollars of taxpayer money in the hope that it will earn, in the Spotlight editor's words, an "economy-driving reality."

While the Town's plan is admirable in its intent, Town officials are myopic in the way they view this investment. Their best wishes for a positive outcome have overshadowed all other

considerations. For example, based on the published facts, there is no cash flow. Developers have yet to secure any commitment from any tenants. Also, as reported in Charles Wiff's page 3 article, the developers have attracted no significant commercial investment. Apparently the potential for loss attending this project is too high for those who are in the business of lending money. These facts, taken together, suggest a high level of risk that Town officials seem all too ready to ignore as they place a bet subsidized by taxpayer funding.

Supervisor Sam Messina assures us that this is the best deal

"on the horizon." But governments are not set up to properly analyze commercial risk and our Board of Supervisors is no exception. If the will to do this exists, the town should conduct and publish a risk analysis for taxpayers to consider. It should address the potential for default and define any resulting loss to the taxpayers of the town.

We deserve transparency. A full disclosure and airing of the facts will contribute to our reaching a sound decision. Otherwise, the vision for Vista might very well prove to be a hallucination.

Daniel P. Cunningham  
Bethlehem

## Sponsors make Bethlehem Caring and Sharing Program a success

Editor, *The Spotlight*:

This letter is to publicly thank the many sponsors who once again this year combined to make the Bethlehem Holiday Caring and Sharing Program a heartwarming success. Due to the generosity and dedication of each of these people and organizations, 100 families throughout the Bethlehem School District were assisted during this holiday season.

It is with sincere thanks that we recognize the following for their participation and contribution in this program:

Bethlehem Preschool, Drs. Giombetti/Brady and staff, Choices Hair Studio, Vintage Merlots "Red Hatters", Bethlehem Lutheran Church, Cindy Daley and Family, Bethlehem Central Transportation Department, Delmar Reformed Church, Appellate Division-3rd Dept-Supreme Court, Santa, VFW Women's

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Helene Meckler and Family, Randy Lipnick and Family, Staci Lawrence and Family, Slingerlands PTA, Key Bank, BCUEA, Vince and Claire Sellitti, Brittany Hedderman and Family, BCMS Administration and Guidance, BCMS Faculty and Staff, Peter and Pat Burkart, Security Supply Corp., BCHS Custodial Dept., and the Town of Bethlehem.

In addition, we would be remiss if we failed to mention the school nurses, JoAnn Menrath, Kathy Betzhold, Stacie Decker, Sheila Jones, Molly Fusco, Francie Gransbury, and Monica Vail, who together worked so hard in confidentially identifying and contacting the many families who benefited from the community's outpouring of generosity.

Finally, a special recognition is in order to Nan Lanahan and the staff of the Bethlehem Office of Parks and Recreation for continuing to accommodate us so well, and to Ron Shelmerdine,

who arranged for all the food pick ups at the school to be delivered with care to the Town Park by Charlie Blanchard, Tom Meyer, Rich Augar, and Keith Kaulfuss.

So many others helped through out the organization of the program and the day of "pick up" and we would like to express our gratitude to: Sue DiMuria, Penny Palaygi, Scott Carlton, Katie Burkart, Ryan St. John, Lisa Carr, Mike Jones, Kim Watson, Kristen Burns and Pat Fritts.

This is what community is all about and it was wonderful to be part of this true spirit of giving.

Pat Burkart  
Program Coordinator  
Sandy Morley  
BC Administrative Coordinator

## Curbing violence starts with a healthy diet

Editor, *The Spotlight*:

The shootings in Tucson are a dramatic reminder that we are one of the world's most violent societies. Violence governs our foreign relations, our sports and video games, and our daily diet.

Yes, our diet. Desensitization to violence begins in the home, when parents assure their naturally inquisitive, animal-loving children that chickens "give" eggs, cows "give" milk, and that pigs "give" their flesh for us to eat. The horrific daily violence and barbaric slaughter on these innocent animals and subsidized by us at the checkout counter gets buried in our subconscious mind.

Once our kids have learned to live with the violence of their diet, how much of a stretch is it

to while away their idle hours on video games like "Mortal Kombat," "Manhunt," or "Grand Theft Auto?" How likely is this experience then to govern how they resolve a social confrontation in their neighborhood or a military one in an Afghan village?

Most of us abhor violence, but we don't know how to prevent it.

Giving our kids an honest answer when they ask "Mommy, where do hamburgers come from?" is certainly a great start.

Richard Tokarowski  
Delmar

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## Your Opinion in The Spotlight

### Cuomo should respect state workforce

Editor, *The Spotlight*:

The Governor's State of the State address laid out some positive visions but also included some questionable statements.

At a time when workers are being laid off and unemployment is near ten percent, the governor thought it was cute to include cartoons, jokes and caricatures.

The graphics of the battleships on the Hudson River, complete with Skelos, Silver and Cuomo in naval uniforms, were distasteful, and cheesy too. Cuomo depicts special interest groups as firing at his ship but fails to show where his bullets are aimed — at his own workers who provide the services essential to the mission of state government.

Governor Cuomo has stated that he plans on taking on the public sector unions that represent tens of thousands of families throughout New York. His rhetoric only fans the flames of class warfare with middle class workers in the cross hairs.

These "special interest groups" as we are called, do not have a limited scope. We are families in every county. We work in your schools, provide help to troubled families, ensure safety throughout our communities, provide care for the elderly and disabled, build and maintain roadways and bridges, ensure that professional licensing requirements

are met, run and maintain our state parks, provide emergency services, and the list goes on.

If people want to get angry at those benefiting from the state's largesse they can look to the friends and donors of elected officials holding six figure political patronage jobs. Or they can look at the millions directed to temporary agencies that pass on a small cut to the thousands of temporary workers making up a shadow workforce in the state. Or, perhaps, the private contractors and consultants New York State has been so generous to with our tax dollars.

The real priority should be to reduce jobs that are created to pay back individuals who have worked on campaigns and to insist that people follow the laws of our Civil Service system. Civil Service employees have committed themselves to work for all of us, to follow the laws that our legislature has adopted and are paid according to contracts that are available to any citizen of New York.

There are many challenges ahead in New York State but instead of taking aim at public workers, Governor Cuomo should show some respect for the state's unionized workforce and direct his arsenal to those truly deserving.

Kathy Garrison  
CSEA Capital Region  
President

### We must condemn 'inflammatory rhetoric'

Editor, *The Spotlight*:

It has happened.

A man with a legally concealed semiautomatic gun with 30 rounds "locked and loaded", put his "liberal, commie, socialist, Nazi, etc." political enemy in the "crosshairs" and used his "second amendment remedy" to "take out" Congresswoman Giffords and as many of her supporters as possible.

I'm sure in his demented mind he felt he had done his country a great service. (There is little doubt that this is a mentally disturbed individual (as are most mass murders, suicide bombers, political assassins). However, his delusions have been fed with two years of an ever-louder cry

from the radical right and its media for "real Americans" to become "armed and dangerous" to protect this country from the "liberal, commie, Democrats that are destroying this Great Country. (Protect from whom? Their fellow Americans?)

These voices of division, anger, self-righteousness, and disdain for those that have different opinions are already making the case (with their well funded media) that their comments had nothing what-so-ever to do with this "random act of violence by a disturbed young man."

To make that case, many facts have to be ignored. Over the last year there have been scores of personal assaults. Threats

on government officials are up over 300%. Numerous threats were made against Judge Rolls and Congresswoman Giffords, including one from a man carrying a 'Don't Tread On Me' sign and a concealed handgun. Her opponent campaigned with an assault rifle. This was a planned Political Assassination.

Words count. Anger and vitriol do cause damage. As a nation we have the obligation to learn from this. We must condemn inflammatory rhetoric and stop listening to those who use it. If we fail, we not only fail ourselves, we also fail the families of this terrible tragedy, and the victims to come.

Charles Brown  
Saratoga Springs

### Short

(From Page 1)

That said, buying snowshoes is not an insignificant investment. If buying, expect to spend \$100 or more for an adult pair, with many high-end models eclipsing the \$200 mark. Most area outdoor retailers carry snowshoes in the winter season, including Eastern Mountain Sports (in Mohawk Commons, Stuyvesant Plaza and in Saratoga Springs) and LL Bean in Colonie Center.

Luckily many retailers, including those two, also rent shoes for full- or half-days, so novices can have a chance to try out the sport. There's no excuse to not get back into nature this winter, so the following are some great local locations to hit the trail or field.

Some favorite snowshoeing grounds will rent equipment on site, making an outing even easier. The Fiver Rivers Environmental Education Center in New Scotland,

for example, offers rentals and holds periodic "learn to snowshoe" walks with the center's staff.

Five Rivers is also holding a "Gloomiest Day" walk on Saturday, Jan. 29. The 23rd is generally considered the gloomiest day of the year for a number of reasons, including the arrival of holiday bills and lack of sunlight, and taking a walk in the woods can be a good way to perk things up.

Snowshoes can be borrowed free of charge for the outing. To register, call 475-0291 by Thursday, Jan. 27, and visit [www.dec.ny.gov/education/1835.html](http://www.dec.ny.gov/education/1835.html) for more on Fiver Rivers' programming.

Though much of Thacher Park's facilities are infamously shuttered, the hiking trails at the park remain open and are a great winter resource. There are also trails in the adjacent Thompsons Lake Park, where shoes can be rented from the Emma Treadwell Thacher Nature Center. The center can be contacted at 872-0800.

Like at Fiver Rivers, there are plenty of guided walks through the Voorheesville park's trail system. The next journey is on Sunday, Jan. 30, at 10 a.m.

The 3,100-acre Albany Pine Brush Preserve has miles of hiking trails that are well suited to a winter snowshoeing or cross-country skiing expedition. The preserve does not rent shoes but occasionally holds outings where equipment is provided for a modest cost. Visit [www.albanypinebush.org](http://www.albanypinebush.org) for a calendar of events and directions to trailheads.

For a flatter, rolling hills type of snowshoeing experience, one might give the Saratoga Spa State Park a try. There are plenty of trails accessible by several trailheads throughout the park, and those wishing to stray from the established routes will find many of opportunities to do so through the golf course. Maps are available at the park office or [www.saratogaspastatepark.org](http://www.saratogaspastatepark.org).

Unlike many local parks and preserves, the Plotter Kill Preserve in Schenectady County doesn't have a welcome center or educational outreach building, so you'll have to pack your own gear.

What this over 600-acre preserve does have is mile after mile of varied terrain that will keep any winter sojourner interested. Trails generally follow the river gorge to three waterfalls that provide interesting winter sights. Visitors should exercise caution when hiking on some trails, as they can pass near cliffs and falloffs.

It's also worth mentioning snowshoeing can be done anywhere that boasts a lot of snow. Plenty of area golf courses offer good opportunity for virgin snowshoeing ground without necessitating a long trip.

Sound off on your favorite outdoor winter fun spots at [www.spotlightnews.com](http://www.spotlightnews.com).

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# Project updates 'Around Town'

## Bethlehem community meeting draws few as supervisor details rail-trail, housing progress

By ALYSSA JUNG  
jung@spotlightnews.com

At the Bethlehem Around Town community meeting on Thursday, Jan. 20, Supervisor Sam Messina and other town officials gave a handful of residents an update on some of the development projects currently in the works.

Messina said he is looking forward to opening a 1.85-mile portion of Rail Trail that would stretch from Fireman's Memorial Park to Veteran's Memorial Park. The holdup, he said, is the county's ability to find funding.

"[It] costs a lot of money, and we're not going to get that money soon unless someone can tell me where it's coming from," said Messina. "The town isn't leading this, as a matter of fact, it wouldn't cost the town anything. The county has to support this and Mohawk-Hudson is taking a leadership role."

Sheri Sanduski stepped in for the town historian to give a brief update on the portion of town trying to get listed on state and federal historical registries as the Slingerlands Historic District. The area in question is New Scotland Road from the town line to the roundabout and a portion of Kenwood Avenue. The town is currently in the process of putting together an application that would go to the state and feds sometime in the spring.

"Most areas you'd see [encompassed] are natural historical properties in the hamlet of

Slingerlands. To have this collective element of really a very sustainable quality of life that we can build here, not only for ourselves but we have to build this for our next generation," said Sanduski. "We have to make sure there's a balance of economic development and preservation. This is a very special place. ... It's unlike other areas."

Sanduski said the historic district designation would hopefully attract families, residents that don't know about the area and visitors and businesses.

Messina said he wanted to emphasize that there would be no downsides to the town, landowners, property owners or homeowners if the area is deemed a historic district.

"It's not one of those situations where you want to change something and will be overregulated; that's not the deal here," said Messina. "There's nothing to fear here. It's all good stuff about this district."

**"[The rail-trail] costs a lot of money, and we're not going to get that money soon unless someone can tell me where it's coming from."**

— Supervisor Sam Messina

Michael Morelli, director of the department of economic development and planning, gave an overview of the Vista Technology Campus. He said construction of Vista Boulevard, or Phase 1A, would include a 40,000-square-foot, two-story office building. It would preserve the cemetery at the back of the boulevard and would place a roundabout at the back.

**"The property [Vista] is zoned for mixed economic development. About 80 percent will be professional offices and technology based businesses but they can also build 20 percent for secondary uses that would serve the residents."**

— Michael Morelli, director of the department of economic development and planning

He also said some secondary uses for the tech park haven't been formally submitted but have been talked about, like a couple banks, a drugstore, a grocery store not to exceed 65,000-square feet and a 5,500-square foot sit-down restaurant.

"The property is zoned for mixed economic development. About 80 percent will be professional offices and technology based businesses but they can also build 20 percent for secondary uses that would serve the residents," said Morelli.

Morelli gave an update on the Hamlet Apartments project on New Scotland Road that would create a 50-unit multi-family residential development. While there are constraints with wetlands, Morelli said high-end apartments with garages are proposed, and the project is in the early conceptual stages. A walking path with access to Price Chopper Plaza is also planned.

Rob Leslie, senior planner, said the 130-acre Phillipin Kill Manor would have 30 twin homes off Fisher Boulevard, six homes off Orchard Street to resemble large estate lots and 49 single-family homes. The project received approval from the town board as a planned development district. About 35 acres of conservation land in that area would be dedicated to NYSDEC Five Rivers and there are plans to provide pedestrian access to the preserve.

## Oak

(From Page 2)

include all healthy trees near infected trees.

"The DEC came back and said in order to save the state of New York money, they are going to cut down every healthy tree in order to save other trees," said Phillips. "The key thing that got me, besides being involved from the beginning, they had changed their plan in order to save the state of New York money."

In Phillips' yard there were two trees that were supposed to come down in the revised plan, but through talks with the DEC, Phillips was able to save the trees by digging a 4-foot trench around his property. If the trees die within three years of the start of efforts, Phillips will be responsible for

any costs associated with disposing them.

"If the DEC came to me and said in order to save the trees in New York state, your two trees have to come down, I would have been sad, but if it was a necessity in order to save the trees in the rest of the state, I would say take them down," said Phillips. "I didn't put anymore trees at risk by saving my two trees because I did everything they said."

Phillips' trees have survived for two years now, and he doesn't think they will die off in the third year. The outcome for the rest of the neighborhood also appears to be good.

"Right now we are pretty optimistic for having a successful outcome," said MacFarland. "When you start looking at the total amount of invasive species that are hitting this area ... it is remarkable right now how many threats there are out there."

## Got views?

Spotlight Newspapers welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length and should be contained to 300 words or less.

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

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

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

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

For information on submitting a Point of View, e-mail [news@spotlightnews.com](mailto:news@spotlightnews.com) or call 439-4949.



## ASK THE VET

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Melinda Schwoegler, DVM

### Why did my guinea pig need her teeth filed down?

Guinea pigs and rabbits have teeth that continuously grow throughout their lives. Although they are normally worn down during daily activity, the teeth can become prone to overgrowth or malocclusion.

Guinea pigs are often brought in to the hospital due to drooling, anorexia, or, in severe cases, weight loss. These symptoms often point to dental problems. Specifically, the misaligned premolars and molars are not worn down correctly and start to form a bridge from left to right. This results in entrapment of and trauma to the tongue. The resultant pain and damage to the tongue causes an inability to chew and swallow and can result in life threatening dehydration and malnutrition if left without treatment. Your veterinarian will clip and/or file down your guinea pig's dental arcade. This sometimes requires mild anesthesia. These pigs often require periodic trimming or filing throughout their lives. We will often modify the diet as an over abundance of selenium is suspected as the culprit of tooth overgrowth.

Rabbits are susceptible to tooth overgrowth as well. The four front incisors of the rabbit's mouth should get worn away during normal chewing. However, trauma and various chewing patterns and food types can predispose them to misalignment of the incisors and thus overgrowth. The front teeth should meet one another when the mouth is closed. Notify your veterinarian if the teeth overlap one another or go off to the side as this suggests the need for clipping and filing the teeth.

A proper, well balanced diet complete with roughage helps decrease the possibility of dental problems. However some animals will develop dental alignment issues regardless of proper preventative care.

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**Tract 2:** 46 Church St., Champlain, NY (Clinton County)  
2-Story, 2-BR Home W/2-Baths & Garage  
Inspections: 1-29: 11-12 Noon & 2-1: 11-12 Noon

**Tract 3:** 269 - 275 No. Main St., Herkimer, NY (Herkimer County)  
60-Unit Commercial Apartment Bldg with 4-Comm. Spaces  
Inspections: 1-29: 11-12 Noon & 2-1: 11-12 Noon



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## Nimblefingers plan annual open house

The nimble fingers of our Tuesday needleworkers have been stitching away and they are delighted to invite you to see the results of their efforts at the annual Nimblefingers Open House on Tuesday, Feb. 8, from 1 to 3 p.m.

Beautiful tapestry, quilts, crocheting, and embroidery projects will be displayed in the gallery and display case. This is an opportunity to acquaint yourself with the ladies who meet weekly, year-round at the library for fun and good conversation while they show off their current projects. You are encouraged to stop by and admire the work, particularly if you have an interest in joining the group, which always welcomes newcomers. And, of course, the ladies will attempt to fatten you up with delicious homemade goodies.

The show will be up through February. You can also read the blog written by coordinator Julie Stump at <http://nimblefingersnews.blogspot.com/>

### 'Social Network' screening

"The Social Network," winner of the Golden Globe for Best Picture of 2010, will be shown in the library community room on Sunday afternoon, January 30 at 1:30 p.m. The film is a superbly crafted chronicle of the phenomenon of Facebook that the New York Times calls "a brilliant film". Come and watch it with us. (Rated PG-13, running time 121 minutes) There is no charge and



the room is handicapped accessible.

### Best books

Best Books of 2010 are featured in a display in the main reading room. The selection is compiled from lists from *The New York Times*, *The Boston Globe* and others, and is sure to include something of interest to you.

### Ongoing programs

• Babygarden (10:15 a.m.) and Teen Writers (2:30 p.m. at the HS) both meet on the first and third Thursdays of each month at and Philosophy 101 (third Thursday of each month) at 7 p.m.

• Every Other Thursday Night Poets meet at 6:30 p.m. on Feb. 10 and 24 with poetry talk on Feb. 3 at 7.

• Book discussions: Adult fiction at 7 p.m. on the first Wednesday; no adult non-fiction this month; teens (at the HS) on the third Thursday at 2:30; second and third grade book discussion meets on Friday, Feb. 4, at 7 p.m. and grades four and five on Feb. 11. Parents are welcome to attend. The library is closed except for this program.

Barbara Vink

• All library programming is free (unless otherwise noted) and open to the public. Voorheesville Public Library is located at 51 School Road, Voorheesville. For information, call 765-2791 or visit [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org).

## Library concert series continues

The Acoustic Doorways Concert Series continues Friday, Feb. 11, with notable local musician Kevin McKrell and friends Doug Moody and Brian Melick at 7:30 p.m. in the Grace Methodist Church on Hillcrest Drive in Ravena. Their evening of Celtic bluegrass music promises to be a lyrical treat for the audience.

Ticketholders from previous years can vouch for the quality and value of the series. As always, the ticket prices are a steal. Series tickets for the remaining three concerts are \$15 adult/\$9 senior citizen and youth; for each concert, they are \$8 adult/\$5 senior citizen and youth.

The library thanks this year's local sponsors to date: Babcock Funeral Home, Bullock Utilities, Peter Clouse, Julie

### RCS COMMUNITY LIBRARY

Dessloch, the Domerys, Dr. Steven Essig, the McElligotts, Mueller's Automotive, Persico Oil, Ravena Shop n' Save, Shear Creations, State Telephone Company, and the Steinkes. The Library also has just learned that it will receive support from the Art\$Grant program funded by The Arts Center of the Capital Region through the New York Council on the Arts.

The library is offering business, individual and family sponsorships as it works toward making the series independent of grant funding. All donors receive program acknowledgement. Higher levels of donation also receive tickets to concerts. More detailed

information is on the library website, [www.uhls.org/rcscl](http://www.uhls.org/rcscl). Contact Judith Felsten, Library Director, for information at 756-2053 or [rcscl@uhls.lib.ny.us](mailto:rcscl@uhls.lib.ny.us).

### Snowy days and storytimes

As the wintry days just keep coming, the library's storytime staff would like to remind families of our snowy day policy. Library storytimes follow the RCS School District's closings – if RCS School District is delayed two hours or is closed, there will be no library storytime. On those days, have a great romp in the snow with your kids and then curl up with a book. We will see you next time.

### What's new

• Adult fiction  
"The Border Lords, No. 4" by T. Jefferson Parker

"Clara and Mr. Tiffany" by Susan Vreeland  
"Pictures of You" by Caroline Leavitt  
"The Inner Circle" by Brad Meltzer

"The Sentry" by Robert Crais

• Juvenile fiction

"Like the Willow Tree" by Lois Lowry

"Replay" by Sharon Creech

"The Rivalry" by John Feinstein

"Spaceheadz Book 1" by Jon Scieszka

"Spaceheadz Book 2" by Jon Scieszka

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

## Library to hold E-Book open house

Did you get an e-reader as a holiday gift? Do you know how to download free library ebooks? Bring your e-reader (most Sonys, The Nook and the Kobo are compatible with our system) and a laptop if you have one, to our E-Book Open House on Sunday, Jan. 30, anytime between 1 and 3 p.m. We'll help you learn how to use our ebook database.

If you don't have an e-reader yet but are curious, come on in to see and try e-readers that are compatible with the library system.

### Social networking basics

Since when is Twitter more than what birds do in the morning? Have you and Facebook had a face-off? What's a Wii, and how do you pronounce it?

If you're asking these questions, you're not alone. "From A to Wii: social networking basics for the rest of us" will



provide some answers on Saturday, Feb. 12, at 2:30 p.m. Our teen experts will be ready to give you individual attention. Bring your cellphone, too; your coach will help you store phone numbers and figure out other features.

### It takes a village: Raising a green family

Thursday, Feb. 10, 7 p.m.

Tips on living green, green shopping, and green cleaning with Barb Stevens of Cornell Cooperative Extension. (parents and caregivers)

### Teen time

Friday, Feb. 11, 3 to 4:30 p.m.

Guitar Hero, DDR, Wii, and games for grade 6 and up.

### Valentine's Day bingo

Saturday, Feb. 12, 11

a.m.

Playing pieces are hearts, of course—don't eat 'em till later! (families)

### Daybooks

Monday, Feb. 14, 1:30 p.m.

"In an Instant" by Lee Woodruff. Copies available at the information desk. New members welcome.

### Library board

Monday, Feb. 14, 6:30 p.m.

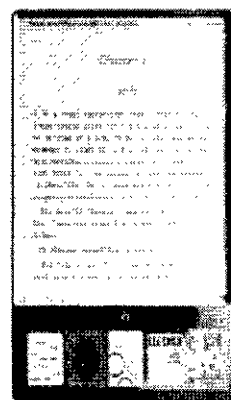
### The Children's Circle

Thursday, Feb. 17, 6:30 p.m.

Stories, songs, crafts and toys for special needs children and their families. Call Jennifer Hanley at 439-9314, ext. 3031, if you have questions about your child's specific needs.

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.



Barnes and Noble's Nook is one of the e-readers that is compatible with the Bethlehem Public Library's system.

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## Luncheon, concert set for March 15

Seniors are invited to a luncheon and concert on Tuesday, March 15, at noon at The Italian-American Community Center.

The dining choices are corned beef and cabbage or chicken parmesan.

An \$18 donation per person is requested. Checks can be made payable to Cluster II.

Transportation service is available upon request. Tickets are on sale Feb. 8 to March 8.

### Tax help

From Jan. 31 to April 11, free tax preparation and e-mail filing will be provided Mondays and Saturdays at the Guilderland Library by the all-volunteer AARP Taxaide Program.

Volunteers are trained and certified in cooperation with the IRS, and prepare personal federal and New York state tax returns for taxpayers of all ages with low and moderate incomes. A separate appointment is required for each taxpayer.

Bring a copy of last year's return, all 2010 W-2's, 1099 statements, sold investments' purchase dates and cost basis with supporting documents if itemizing deductions. Taxaide volunteers can't do returns with rental incomes or returns requiring Schedule C (business returns with a net loss, inventory, employees, or expenses over \$5,000.)

Both taxpayers must be present if filing a joint return, except in case of illness or infirmity.

### Town of Guilderland SENIOR CALENDAR

For appointments, call 456-2400, ext. 7, starting January 10, 2011.

**Monday, Feb. 7**  
Scheduled Shopping  
9 a.m. Aerobics  
10:30 a.m. Osteo Busters  
10:30 a.m. Senior Fitness  
1:30 p.m. Osteo Busters

**Tuesday, Feb. 8**  
9 a.m. OsteoBusters  
11:30 a.m. Luncheon: Roast Pork or Cold Plate  
Noon Special Raffle  
12:30 p.m. Bingo/Games/Billard

**Wednesday, Feb. 9**  
Scheduled Shopping  
9 a.m. Line Dancing  
10:30 a.m. Osteo Busters  
10:30 a.m. Senior Fitness  
1 p.m. Needlecraft  
1:30 p.m. Osteo Busters

**Thursday, Feb. 10**  
Scheduled Shopping  
9 a.m. Osteobusters  
9 a.m. Aerobics  
1 p.m. Pinochle/Mahjongg

**Friday, Feb. 11**  
Scheduled Shopping  
10 a.m. Painting  
10:30 a.m. Bridge  
1 p.m. Quilting

## Church makes \$5,000 donation

We continue to be blessed with generous supporters and donors. In January, Bethlehem Senior Projects, Inc., received \$5000 from the parishioners of the First United Methodist Church in Delmar. The donation will be divided between Senior Transportation and the Food Pantry.

We also received \$550 for the Food Pantry from the Elsmere Fire Department. These donations allow us to continue our mission to help seniors with transportation needs, social work assistance for issues related to aging, and food assistance for the needy families of our town.

Do you like basketball? This is Siena basketball, the best in the Capital District. Join us at the Times Union Arena on Sunday, Jan. 30, at 2 p.m. Tickets are purchased at the door. Senior transportation will leave Town Hall at 1 p.m. Transportation can be arranged by calling 439-4955, ext 1176. Suggested van donation: \$5.

You will not want to miss Bethlehem Central Middle School's presentation of the popular musical "Beauty and the Beast" on Thursday, Feb. 3, at 7 p.m. The cost is \$5 at the door. Transportation will leave Town Hall at 4:30 p.m. for an early supper at Mercato's, cost on your own. Home pick up is available on pre-arranged basis. Transportation can be arranged by calling 439-4955, ext 1176. Suggested van donation: \$3.

A.A.R.P. tax counseling is available from Feb. 1 to April 12 from 9 a.m. to 3 p.m. by appointment at the Bethlehem Town Hall.

### Senior Action

Town of Bethlehem

Call 439-4955, ext. 1176, to make an appointment. Bring copies of your 2009 federal and state returns, your 2010 W-2 and 1099 Forms and receipts for contributions, interest, medical bills and property/school taxes.

### Program highlights

**Tuesday, Feb. 1**  
• 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, Feb. 2**  
• Senior grocery shopping for residents of Elsmere, Delmar, Slingerlands, North Bethlehem and Marie Rose Manor. For reservations, call 439-5770.

• The Senior Discussion Group will meet from 10:30 a.m. to noon at 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, Feb. 3

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

• Bethlehem Senior Citizens Club meets for an enjoyable afternoon of games and socializing at the Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar at 11:30 a.m. to 3:30 p.m. We play bridge, mah jongg, bingo and pinochle. All seniors are welcome. Bring a sandwich and join others for lunch if you wish.

### Friday, Feb. 4

• "What To Do When You Are Feeling Blue", Presented by Kim Swire, LMSW, C-ASWCM. Winters are long in the Northeast and, at times, people may feel SAD, Seasonal Affective Disorder. Learn how to identify the signs and symptoms of depression and how to develop

coping skills to alleviate a depressed mood. You will also learn when to seek formal treatment for depression. The program runs from 1 to 2 p.m. at the Town Hall auditorium. Join us for lunch before the program at the Windowbox Café in Slingerlands, cost on your own. Enjoy the program only, no reservations needed or call 439-4955, ext. 1176 to make a reservation for lunch.

• 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.

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

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

Wilma DeLucco,  
Bethlehem Senior  
Projects, Inc.  
Board member

Julie

January 30, 2011 1:30 pm

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President Barack Obama speaks at General Electric in Schenectady on Friday, Jan. 21. He named General Electric CEO Jeffrey Immelt, seated, right, to lead the new national Council on Jobs and Competitiveness.

Photos by John Purcell/  
Spotlight

# Obama electrifies GE

## GE's Immelt to lead president's Council on Jobs and Competitiveness

By JOHN PURCELL  
purcellj@spotlightnews.com

Amidst snow and media storms, President Barack Obama spoke at General Electric in Schenectady on the importance of green energy technology and the United States competing in the global marketplace. General Electric CEO Jeffrey Immelt was also appointed by Obama to lead the new national Council on Jobs and Competitiveness.

"I just had a chance to see some of the high-tech steam turbines and all kinds of fancy stuff that is being made here," said Obama. "It is unbelievably impressive and it is part of a proud tradition, because GE has been producing turbines and generators here in Schenectady for more than a century."

Obama noted a lot has changed over 100 years, with technology transforming methods of communication and increasing global competition transforming the country's economy. Upstate New York has also seen its fair share of hard times. Although, he said America is still home to the most creative businesses and productive workers in the world.

Outside of GE and along nearby streets the Schenectady Neighbors for Peace, along with other local peace groups, held up signs touting "Fund peace, not war" and "How is the war economy working for you?" to greet Obama and onlookers. Also, Elaine Klein, with the peace group, wrote a letter to Obama along with the group dropping off a basket of peace cranes at Mayor Brian Stratton's office to be given to Obama.

Klein said the group

welcomed Obama and his support for green energy initiatives, but asked him to bring end to the country's war economy.

"We need to see our country take part in more ventures and agreements that will promote peace throughout the world," said Klein in her letter. "We don't need upstate New York sending drones from Syracuse to bomb people, many of them civilians, in Afghanistan and Pakistan. We don't need to see \$473.3 million taken from our congressional district and spent on the current wars, as proposed for 2011."

Before Obama delivered his speech, he took a quick tour of the plant seeing machines such as a nuclear monoblock and a D11 steam turbine. The Schenectady facility is also where GE Energy's Power and Water division is located, which manufactures generators, wind turbines, solar technology and steam turbines. The planned advanced battery manufacturing plant will add another element to the plant in the future. Currently, there are around 4,000 employees at the Schenectady facility.

Obama said he wants there to be facilities like GE across the country to drive innovation and strengthen the economy.

"Our challenge is to do everything we can to make it easier for folks to bring products to market and to start and expand new businesses, and to grow and hire new workers," said Obama. "I want plants like this all across America. You guys are a model of what's possible."

Earlier, Immelt also shared his belief that GE is one of the leading businesses in the country.

"I like to think that

this is where capitalism and where innovation really was born, with Thomas Edison right here in Schenectady," said Immelt in his opening remarks. "This business was one of the few businesses in the world, Mr. President, that had positive earnings every year during the crisis. We did it because we are a big exporter, we're a high tech company and that is pretty much the story."

Even with the local success GE has experienced, Immelt noted 60 percent of the company's revenue comes from out of the country. He said he has a responsibility to make sure this country is the most competitive and productive nation in the world.

"We're a big exporter, 90 percent of all the product that are made in this facility are exported out of the United States, so it is really a great example I think of what we want to do to renew this country and this company. We know at GE that the future is given to no one; we have to compete and we have to win and I know that this team can compete with anybody in the world."

By extending a federal program to make green energy choices easier, Obama said GE has seen \$6 billion through investments from customers, which have spun up the demand from wind turbines.

"In an ever-shrinking world, our success in these efforts will be determined not only by what we build in Schenectady, but also what we can sell in Shanghai. For America to compete around the world, we need to export more goods around the world," said Obama.

While walking through the plant, said Obama, he

☐ Obama Page 13

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# Hamagrael kids lend a hand

More than 50 students of Hamagrael Elementary school took the time to stay after school and lend their less fortunate brethren a hand Wednesday, Jan. 19, during a Kids Helping Kids Committee workshop.

The kids made sandwiches to be distributed through the Homeless Outreach Committee's Outreach Van, created birthday bags for kids undergoing treatment at St. Catherine's Center for Children and made craft kits for sick children at Albany Medical Center.

Having students directly doing hands on work, the committee's goal, is good for their development, said Hamagrael Principal David Ksanznak.

"It's a wonderful program that we have here," he said. "It's good for kids to see the value in helping others, and they've really jumped on board with all their projects."

Usually the group goes outside the school's walls, however. This is the first time in the committee's roughly 10 years that a project was held after school, said committee member Becky Lane.

"We tried to do it at the school to make it easier for students and parents," she said.

That seemed to pay off Wednesday, as kids made 75 sandwiches, two dozen craft kits and two dozen birthday bags.

"We could've done twice that if we had



known that many kids were coming," said Lane.

The committee gets involved in a variety of efforts, and students often go out into the community to help sort food at the Bethlehem Food Pantry or hold a Halloween party at the Beverwyck nursing home. An Adopt a Snowflake Drive this year collected presents for Unity Household families.



Hamagrael Elementary school students participate in a variety of charitable activities during a Kids Helping Kids Committee workshop on Wednesday, Jan. 19.

Charles Wiff/Spotlight



"The community is really awesome about these kids and projects," Lane said. "Almost every event we do is well attended."

The Kids Helping Kids Committee will travel to Albany's south end in April to serve lunch at the St. John's and St. Ann's Outreach Center.

— Charles Wiff

## Obama

(From Page 12)

saw signs next to the various items and all of them had a foreign country listed for where it is being sold and shipped. He said that is exactly why he recently met with China's leaders to open up trade agreements, which he said will result in \$45 billion in new business for American companies.

"We want to open up their markets so that we got two-way trade, not just one-way trade," said Obama. "I've set a goal of doubling American exports within five years and we're on track to do it."

Obama said the last two years the country has been trying to escape a recession, but the next two years are about putting the country's economy back into "overdrive."

When Obama took office two years ago he assembled a team of business leaders, including Immelt, to help him and the country overcome a dwindling economy. Now Immelt will once again be at Obama's side as he tries

to reignite the economy.

"Jeff is somebody who brings a wealth of experience to the table. He is one of the nation's most respected and admired business leaders, and that's a reputation he earned over 10 years at the helm of this company," said Obama. "I know this council will be an important asset as we seek to do everything we can to spur hiring and ensure our nation can compete with anybody on the planet. That means spurring innovation in growing industries like clean energy manufacturing, the kind of stuff that's being done right here at this plant, ensuring our economy isn't held back by crumbling roads and broken-down infrastructure."

Immelt said he was honored to lead Obama's council and he is confident the country will be able to overcome its troubles.

Mayor Stratton had flown back with Obama in Air Force One, because he had been attending a conference for Mayors in Washington, D.C. and Obama had joked Stratton had "looked like he was having a pretty good time."



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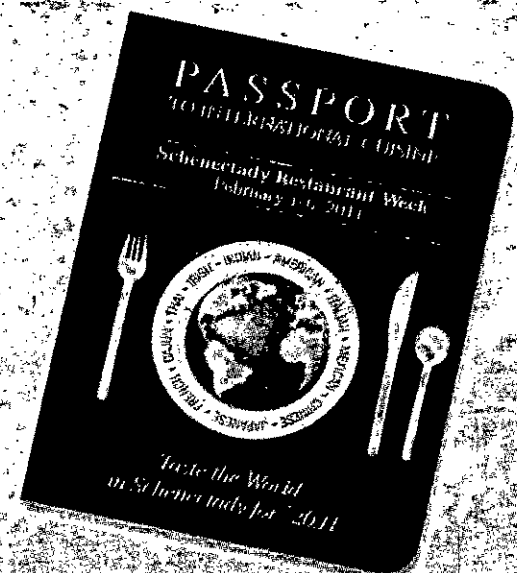
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- Clinton's Ditch
- Cornell's Restaurant
- Grog Shoppe
- Katie O'Byrne's
- Manhattan Exchange
- Mari's Japanese Cuisine

- Mr. Wasabi Japanese
- Moon & River Café
- Petta's
- Pinhead Susan's
- John Riccitello Restaurant
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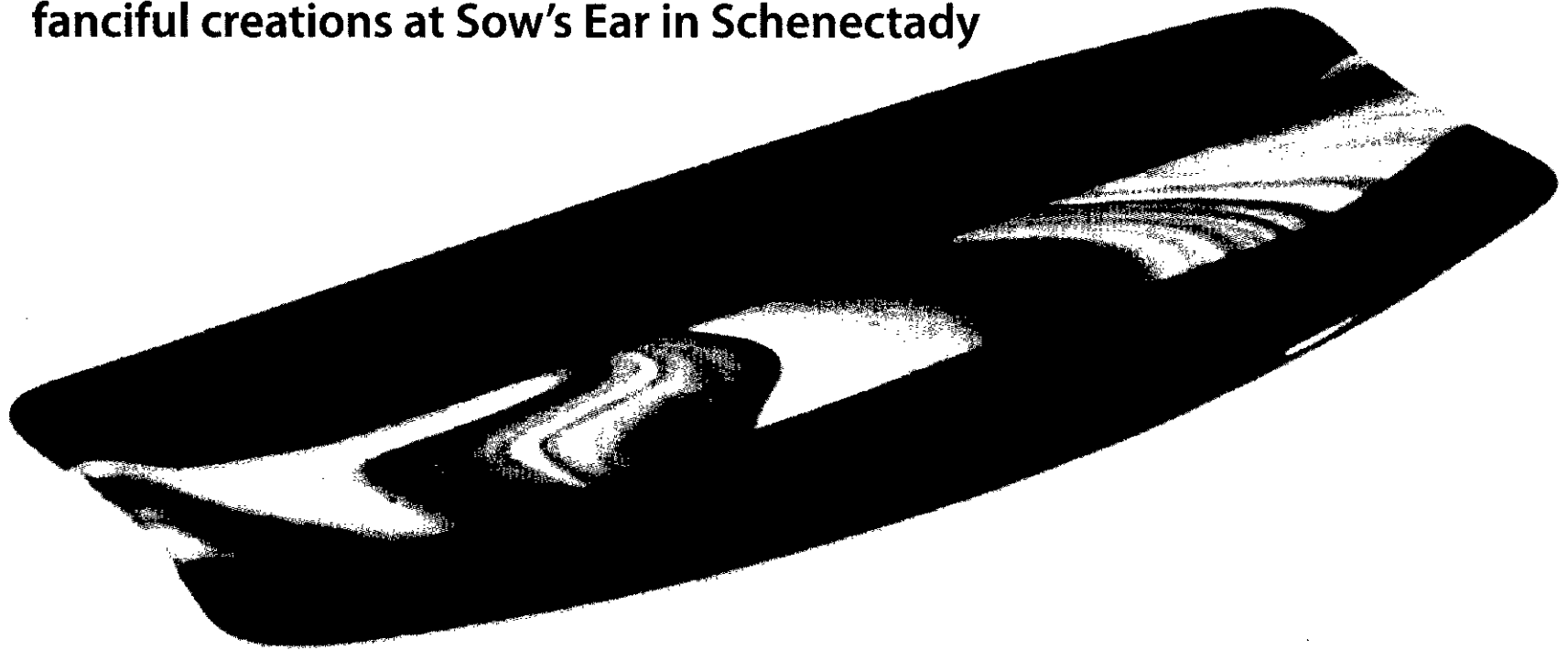
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## in the Spotlight

# A glass act

**Cheryl Gutmaker will display her functional and fanciful creations at Sow's Ear in Schenectady**



**A serving tray by Cheryl Gutmaker.**  
*Submitted Photos*

By JACQUELINE M. DOMIN  
dominj@spotlightnews.com

Cheryl Gutmaker liked making jewelry. So when she and her husband were on a vacation in Corning and he learned about a glass bead-making class, he signed his wife up.

Gutmaker enjoyed it so much that she took another class later the same day.

"I was just captivated," she said. "Glass is headstrong. It does what it wants to do. Yet you can make the glass do what you want to do."

That prospect proved so appealing that since the trip to Corning in 2004, she's built a studio in her Glenville home to make glass creations. She and her husband blow glass together, and Gutmaker is about to have her first solo show, "Functional & Fanciful Glass Art," at Sow's Ear in Schenectady. The exhibit will kick off with a reception from 5 to 8 p.m. on Friday, Jan. 28, and run through Saturday, Feb. 26.

Gutmaker is the only glass artist who displays at Sow's Ear, and owner Rosemary Prock said she was drawn to Gutmaker's "very innovative" work.

At the root of that work is fused glass, which Gutmaker creates by cutting sheet glass, layering it and

putting it in a kiln. The temperature is increased until the glass fuses together.

The process is often used to meld pieces of glass that are different colors. But Gutmaker said she also likes to fuse two pieces of clear glass.

"You can do it with clear glass and have interesting effects – bubbles, ridges, textures," she said.

With her fused glass, Gutmaker usually creates functional pieces, such as big salad bowls, platters and sushi plates. She's just starting to dabble in more artistic pieces.

"I love playing with color and combinations of color," she said.

As fun as working with glass is, Gutmaker is serious about her craft. She returns frequently to Corning, home of the renowned Corning Museum of Glass, to take classes.

"We're learning all the time," she said.

She and her husband also like to check out the local arts scene. In fact, that helped her land a spot at Sow's Ear. During an Arts Night in downtown Schenectady, the couple was having dinner on Union Street when they spotted Sow's Ear and decided to check it out.

"I thought, gee, this might be a really nice place to have some of my glass," Gutmaker said.

So on her next trip to the studio, she brought some

samples of her work, and Prock gave them an enthusiastic reception.

"The functional stuff is absolutely beautiful," Prock said.

Wanting to keep things fresh at the studio, Prock asked Gutmaker if she would be interested in doing a show.

"I was thrilled," Gutmaker said.

Most of the pieces in the show will be functional: serving trays, bowls, that sort of thing. A couple of artistic pieces will be included, too.

Gutmaker has come a long way since she crafted that first glass bead. One thing that hasn't changed is her fascination with glass. She likes the small window of opportunity glass offers when it is malleable; she has to act quickly to form it into the design she envisions.

"It's a very immediate type of thing," she said. "With other types of art, you have all the time in the world. With glass, you don't. It's just such a rush."

Sow's Ear is at 1597 Union St., Schenectady. For more information, call 370-2042 or visit [sowsearstudio.com](http://sowsearstudio.com). For more of Gutmaker's work, visit [www.theladysgotglass.com](http://www.theladysgotglass.com).



Cheryl Gutmaker calls this an "art piece" that's 14 inches in diameter.

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# Arts and Entertainment

## Theater

### ACTIONABLE

Bob Wiseman's one-man multimedia play about what happened to him after he left Canadian roots rock band Blue Rodeo, Jan. 29, 8 p.m., Caffé Lena, 47 Phila St., Saratoga Springs, advance tickets \$14, door price \$16. Information, 583-0022.

### ALMOST, MAINE

John Cariani's comedy about life and love in a mythical New England town, presented by Schenectady Civic Players, Schenectady Civic Playhouse, 12 South Church St., Schenectady, Jan. 28-30 and Feb. 2-6, \$15. Information, 382-2081.

### SHIPWRECKED

Based on the adventures of Louis de Rougemont, presented by Capital Repertory Theatre, 111 North Pearl St., Albany, through Feb. 13, call for ticket prices. Information, 445-7469.

### THE SWEEPERS

John C. Picardi's first play about the Italian-American experience in the 20th century, presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through

Feb. 12, \$20. Information, 877-7529.

## Music

### MIKE HARRISON

Playing old-time hit songs, Jan. 27, 8 p.m., Moon and River Cafe, 115 South Ferry St., Schenectady, free. Information, 382-1938.

### TONY & ALEX SCETTINO

Country, blues, rock and jazz duo, Jan. 28, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, free. Information, 512-5100.

### BILL STAINES

Country/folk singer-songwriter, Jan. 28, 8 p.m., Caffé Lena, 47 Phila St., Saratoga Springs, advance tickets \$18, door price \$20. Information, 583-0022.

### ERIN HARKES

Rocking singer-songwriter, Jan. 28, 8 p.m., Moon and River Cafe, 115 South Ferry St., Schenectady, free. Information, 382-1938.

### ALAN GOLDBERG

Singer-songwriter, Jan. 29, 7 p.m., Emack

and Bolio's, 366 Delaware Ave., Albany, free. Information, 512-5100.

### OLD SONG SAMPLER CONCERT

Old Songs Festival benefit concert featuring St. Regis Stringband, Robin O'Herin, Ruth Pelham, Fairview Avenue and more, Jan. 29, 8 p.m., Old Songs Inc., 37 South Main St., Voorheesville, adults \$20, children 12 and under \$5. Information, 765-2815.

### THE JUMP DADDIES

Swing band, Jan. 29, 8 p.m., Moon and River Cafe, 115 South Ferry St., Schenectady, free. Information, 382-1938.

### STEVE FORBERT

Nashville-based artist who weaves together elements of folk, rock, country and R&B, Jan. 30, 7 p.m., Caffé Lena, 47 Phila St., Saratoga Springs, advance tickets \$25, door price \$27. Information, 583-0022.

### JOE LOVANO & JOHN SCOFFIELD QUARTET

Two jazz guitarists team up, Jan. 30, 7:30 p.m., Swyer Theater, The Egg, Empire State Plaza, Albany, \$29.50. Information, 473-1845.

## Comedy

### MOP AND BUCKET COMPANY

Weekly show of improvised comedy and music, Jan. 28, 8 p.m., Proctors Underground, 432 State St., Schenectady, adults \$14, students/seniors \$6. Information, 346-6204.

## Visual Arts

### NEW YORK STATE MUSEUM

"Wish You Were Here! New York State Photographed by You," through March 3; "Not Just Another Pretty Place: The Landscape of New York," through March 3; "Citizen Soldier," through March 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

"Bill Sullivan: A Landscape Artist Remembered," through Feb. 27; "Curator's Choice: Recent Acquisitions," through June 5; 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

Installations by Paul Katz, Harry Leigh, Harold Lohner, Lillian Mulero, Ken Rags-

dale, Nancy Shaver and Joy Taylor. Information, 242-2243.

### ALBANY CENTER GALLERY

"Eco Primitive Eco Surreal: Thomas D'Ambrose and RADICAL!" through Feb. 12, 39 Columbia St., Albany. Information, 462-4775.

### ARTS CENTER OF THE CAPITAL REGION

"Andrea Hersh: Flora & Fauna," through Feb. 26; "Vignette," through March 20, 265 River St., Troy. Information, 273-0552.

### CLEMENT ART GALLERY

"Appreciations," fine printed and handmade paper collages by Channing Lefebvre, through Feb. 24, 201 Broadway, Troy. Information, 272-6811.

### CHAPEL + CULTURAL CENTER

Presenting the Blind Artists Society's exhibition featuring works by Emilia Beer, Jonathan Beer, Anne Carrabis, Aileen Cinquemani, Bill Edmonston, Joel Foster, Barbara Garro, Ian McKay, Dick Morrill, Barbara Romain and Arlissa Vaughn, through Feb. 25, 2125 Burdett Ave., Troy. Information, 274-7793.

### 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.

### LOCAL COLOR ART GALLERY

"Got Color!" through Feb. 28, 1138 Troy Schenectady Road, Latham. Information, 786-6557.

### SARATOGA AUTOMOBILE MUSEUM

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

### SCHENECTADY MUSEUM AND PLANETARIUM

"Our Favorite Things," through April 23; plus "FETCH! Lab" and "Fueling the Future," ongoing; Nott Terrace Heights, Schenectady. Information, 382-7890.

### 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

"The Strange World of Albrecht Durer,"

through March 13; "Eye to Eye: European Portraits 1450-1850," through March 27; 225 South St., Williamstown, Mass. Information, (413) 458-9545.

### MASS MOCA

"Everything That Rises Must Converge," through February; plus "Material World: Sculpture to Environment," through Feb. 27; "one floor up more highly," an installation by Katharina Grosse, through October; "Ruse," through Dec. 31; "Sol LeWitt: A Wall Drawing Retrospective," ongoing; 87 Marshall St., North Adams, Mass. Information, (413) 664-4481.

### ARKELL MUSEUM

"Look With Your Own Eyes: Landscapes, Portraits & Pastimes in American Paintings," through February; plus "2010 Arkell Annual Juried Show," through Jan. 30; and "Arkell's Inspiration: the Marketing of Beech-Nut and Art for the People," ongoing; Canajoharie. Information, 673-2314.

## Call for Artists

### THE CHORALERS

Musical group looking for singers of all abilities, performs concerts at Christmas and in the spring; pieces are familiar and fun to sing, no auditions are necessary, practices are 6:30 p.m. Wednesdays at Saint Clares' Chapel, McClellan Street, Schenectady.

### 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.

### CLIFTON PARK COMMUNITY CHORUS

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

### 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, focusing 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.

### 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.

### RIVER VALLEY CHORUS

Sweet Adelines group based in Niskayuna is looking for women to join group. Information, 346-5349.

### MONDAY MUSICAL CLUB WOMEN'S CHORUS

Invitation for new members to join in singing classical and popular songs, Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

### ARTISTS WANTED

Exhibit space available for original paintings at Local Color Art Gallery, 1138 Troy-Schenectady Road, Latham. Information, 220-9027.

# SUDOKU

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

## ELECTION AFTERMATH

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
62			63					64	65					
66						67					68			
69						70					71			

## ACROSS

- 1 River in SW Asia
- 5 Refs
- 9 Sire
- 14 Hang loose
- 15 Type of insurance
- 16 Arrow poison
- 17 Losers' imperative
- 20 Von Trapps' Vermont home
- 21 Cross threads
- 22 Favorite son of Virginia
- 23 Reverberate
- 26 London transportation
- 28 Winners' euphoria
- 35 Actor Jack or Tim
- 36 Medieval tale
- 37 Papal scarf
- 38 Lyricist Gershwin
- 39 Shelters
- 42 Compete
- 43 First name in cosmetics
- 45 Nice season
- 46 Qualifying contest
- 47 Backers' distress
- 51 Location
- 52 Designer Cassini

- 53 Inquire
- 56 Cilium
- 58 Ottoman sultan
- 62 Electorates' condition
- 66 African tableland
- 67 Fabulous Fitzgerald
- 68 Town in Rovigo, Italy
- 69 To the point
- 70 Incentive
- 71 Kennel talk

## DOWN

- 1 European range
- 2 Defeat
- 3 Countertenor
- 4 Least progressive
- 5 Actress Hagen
- 6 One of Alcott's Little Women
- 7 Boat part
- 8 Unruffled
- 9 Range roamers
- 10 Miss the mark
- 11 British prison
- 12 Sea bird
- 13 Chapeau worn here
- 18 Strait
- 19 French artist

- 24 Tree toad
- 25 Glacial ridges
- 27 Russian space station
- 28 Pilferer
- 29 Arab
- 30 Overjoy
- 31 Lama land
- 32 Expert
- 33 Near the pelvis
- 34 Prongs
- 39 Relic
- 40 Roman ruler
- 41 Lively dance
- 44 Guido's note
- 46 Main route
- 48 In proximity
- 49 Hydrogen and methane
- 50 Tree for a partridge
- 53 Alaskan island
- 54 Herringlike fish
- 55 TV chef
- 57 Menial workers
- 59 Apportion
- 60 Nobleman
- 61 Fall in globules
- 63 Grief
- 64 Seasonal disorder
- 65 Dinghy necessity

## Pushes

(From Page 1)

value of providing current technology to students preparing "for a global future."

"I'd hate to be a school district that hides under a rock waiting for this economic crisis to go away," he said. "If we don't go forward with this this year, when will we do it?"

If the plan is approved in May, the district would start next year expanding its stock of laptops available to fifth-graders, so that, in a few years, there would be enough for all classes to provide every student with a laptop. Laptops would also be introduced to eighth-grade classes and work their way into seventh and sixth grade as time goes on.

Also next year, 100 select students in grades nine and 10 would receive computing devices. Their

experiences would be integral in expanding the program little by little until the 2013-14 school year, when every ninth-grader would be issued a device.

By the 2015-16 school year, laptops would be in the hands of every middle schooler, and all high schoolers would have a computing device they'd be free to take home. It's possible high schoolers would do more "cloud" computing, with their device providing a terminal to BC's servers, where their work resides. That could offer greater control to staff, too.

District Director of Technology Sal DeAngelo said there does exist the possibility for distraction and misuse of the devices, but added under the type of system the school hopes to implement, teachers would be able to monitor every student's device while in the classroom. They could then pull that image up for the whole class to discuss should a student, say, find a pertinent piece of information on the Internet.

In this way, the classroom could become a more interactive environment.

"This does not replace good instruction in the

classroom. ... It's just that the paradigm of [teachers'] role is changing," DeAngelo said. "Gone are the days when the teacher is the keeper of knowledge."

Expanding to a "1:1 computing" program has long been a district goal, DeAngelo said, and it is one that was studied by the district's 21st Century Committee. Other area schools, including Niskayuna, Schenectady, Watervliet and Albany, are moving toward such a standard.

The borrowed money would cover the cost of the computers, but a full-time job in the technology department eliminated this year would have to be reinstated, with another being added later. With decreasing state aid and ballooning health and pension costs, the district has cut money from its budget in the past few years even while taxes rise.

"We've never had a good budget year," said Tebbano, who has been superintendent since 2008. "When other school districts around the area are achieving this through similar means, I think it probably stands to reason we have to get our kids ready for the future."



Columbia Development is seeking bonds issued by the Bethlehem Industrial Development Agency to finance the nearly \$7 million Vista Boulevard.

Charles Witt/Spotlight

## Road

(From Page 1)

The county executive has serious questions about the bonding structure and the county's liability."

Construction of Vista Boulevard must start soon if Columbia and builder BBL Construction want to move some of their interested tenants into the park. Most of those promised businesses are retail, though, and their construction would begin as soon as Vista Boulevard's placement allows it.

The biggest store would be a 65,000-square-foot ShopRite grocery, followed by a 14,800-square-foot CVS. Berkshire Bank, SEFCU and a yet-to-be-named restaurant would

also have spaces. All would be standalone buildings.

Developers have been less forthcoming on the identity of commercial enterprises, including a company that is apparently looking to occupy a 110,000-square-foot building by the end of the year. Another office building would be located near the end of Vista Boulevard.

BBL Construction recently appeared before the town's Development Planning Committee to run down its plans for Vista's first structures. Although the initial phase of construction involves mostly retail, the combined space is only about a third of the "secondary" space Vista is allowed to develop. The campus' plan requires that 80 percent of its approved 1.4 million square feet of

floor space be "primary use," or offices and high-tech use. Plans also call for condominium housing at Vista.

The first round of construction would lay the beginnings of a trail system that will wind through the park. It's planned as a 6-foot-wide wood chip path, but given the wetland constraints at the site, there was some question as to where exactly it will go.

Planning Board Chairman George Leveille recommended the builder the path should serve to enhance accessibility as well as recreational pursuits.

"The treatment of the commercial area should really have a neighborhood feel to it," he said. "There still should be opportunity for residents of New Scotland Road and the like to walk over."

If there has been one theme between developers and the town in recent meetings, it has undeniably been speed. With a glut of high-tech companies poised to come to the Capital District to support the GlobalFoundries plant in Malta, Columbia and BBL are pushing an aggressive construction schedule.

"We need to get site plan approval to indicate the town is supportive of this," Jonathan deForest of BBL Construction said.



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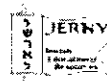
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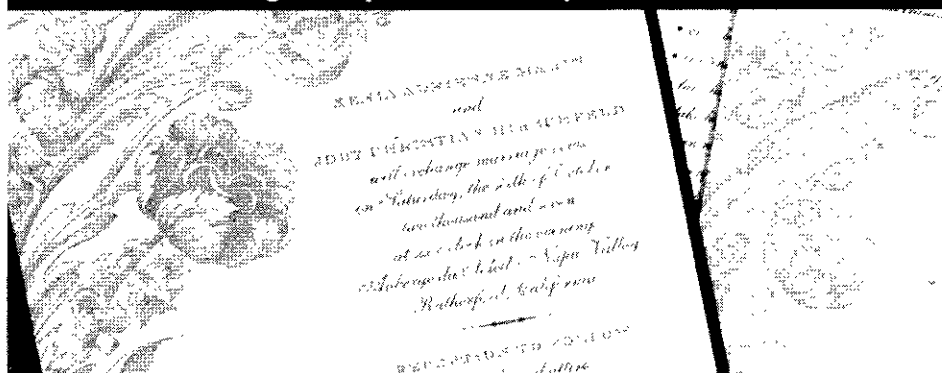
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## Your Community in The Spotlight

### Industry veteran joins RealtyUSA Delmar

RealtyUSA is proud to announce the addition of Licensed Associate Real Estate Broker, Caroline E. Caputo, to their Delmar Office sales team.



**Caroline E. Caputo**

Caroline has over 18 years experience assisting clients with the buying or selling of their homes throughout Delmar and the Capital District at large. "With her level of industry knowledge and her reputation for client service, Caroline is an incredible asset to our team," remarked Office Manager, Bill Alston.

RealtyUSA is the largest, independent real estate company in New York State, now boasting 53 sales offices and nearly 2,000 agents. RealtyUSA is ranked #6 in the United States among independent real estate firms based on transaction sides as reported by RealTrends.

### BCHS grad traveling world

Michelle Elise Hebert, a Sage College student and graduate of Bethlehem Central High School, embarked Jan. 12, on a study abroad program that

will take her around the world in 104 days, visiting 11 countries.

Stops include Brazil, Ghana, India, China and Japan. To track her progress, visit [semesteratsea.org](http://semesteratsea.org) and click on Spring 2011.

### Local actors needed

Cocca Casting is seeking SAG/Non-SAG Day Players for new web series to begin filming in Albany area from Feb. 19 to Mar. 5. Men and women aged 20 - 50, kids aged 6-10.

Opportunity to work with award-winning filmmaker and Actors on a professional film set. Reliability, professionalism and friendliness are required.

Please send a current head shot and resume to [c.cocca@cocccasting.com](mailto:c.cocca@cocccasting.com). Head shots without resumes go to [http://cocccasting.com/Profile\\_Page.html](http://cocccasting.com/Profile_Page.html).

### HUNS to hold open house

Hamilton Union Nursery School will hold an open house for registration of 3- and 4-year olds for the 2011-2012 school year on Saturday, Jan. 29, from 10 a.m. to noon.

The school is at 2291 Western Ave., Guilderland.

### Old Songs slates dance

Old Songs will host a participatory contradance Saturday, Feb. 5.

The evening will start with a potluck at 6:30 p.m., followed by dance instruction at 7:30. The dance starts at 8 with caller Paul Rosenberg and live music by Will Welling and Friends.

Admission is \$10. No partner needed, but participants must have clean, soft-soled shoes.

For more information, call 765-2815.

### Telethon set for Jan. 30

The 51st Annual Center for Disability Services Telethon will be held Sunday, Jan. 30, from noon to 7 p.m., at the Holiday Inn Albany on Wolf Road.

The broadcast will air on WXXA-TV/FOX23 News, and Country 107.7 WGNA FM will air a radiothon to kick off the weekend.

New this year is an improved phone system and procedure for donors who call in pledges during the telethon. If the operator who answers the call on stage has difficulty hearing or being understood, the caller will be transferred to an off-stage operator who is in a quiet phone bank room in the hotel. The change

## Cuts for cancer



**Albany Academies Coach Brian Fruscio watches barber Mike O'Connell cut Nikko Moutopoulos's hair at the Cuts for Cancer fund raiser at Gregory's Barber Shop in Delmar. Nikko's brother John is a freshman on the Albany Academy Varsity Basketball team. LEFT: Coach Fruscio talks with his players in the waiting area of Gregory's.**

*Bob Goo/Spotlight*

is in response to public concern that callers could not be heard properly and were often asked to repeat information because of the on stage noise that is part of the live broadcast.

The telethon will be hosted by news anchors John Gray and Ann Hughes, sports director Rich Becker, meteorologist Steve Teeling, and DayBreak anchor Mark Baker from FOX23.

Capital Region residents are invited to tune in to the 2nd Annual Country 107.7 WGNAFM Radiothon, sponsored by AT&T, all day on Friday, Jan. 28. There will be live and taped interviews with the center's families, inspirational stories, information, and the opportunity make regular pledges or enter the drawing for a deluxe package for SuperBowl XLV at Dallas Cowboys Stadium by making a \$100 donation on MasterCard, Visa or American Express. The radiothon will also air on WTMM 104.5 The Team ESPN Radio during the late afternoon.

For more information, go to [www.cfdnsny.org](http://www.cfdnsny.org) or call 944-2120.

### Swing dance Set for Feb. 4

A Capital Swing Dance will be held Friday, Feb. 4, from 8:30 to 11:30 p.m. at the Albany

Elks Lodge, 25 South Allen St.

Music by Sonny and Perley's Jive Five. Admission, including 7:30 beginner lesson, is \$15 or \$12 for DFO members and \$10 for seniors and students. For more information, visit [www.danceflurry.org/swing](http://www.danceflurry.org/swing).

### JCC offers Poconos trip

The Sidney Albert Albany Jewish Community Center offers a three-day getaway to the Pocono Mountains of Pennsylvania, leaving the Albany JCC, 340 Whitehall Road, on Tuesday, July 26 and returning on Thursday, July 28.

The trip package includes deluxe motor

coach bus transportation, a two nights' stay in Lehighton, all meals (two breakfasts, three lunches and two dinners), two musical theatre performances (at the Shawnee Playhouse in Shawnee on Delaware and at Muhlenberg College's professional summer theatre in Allentown), a lecture by East Stroudsburg University professor Robert McKenzie on comparing media from around the world, guided tours of Bear Mountain Butterfly Sanctuary, Callie's Pretzel Factory and Candy Kitchen and the historic town of Jim Thorpe, with lunch at the restored Jim Thorpe Inn. Participants will also see downtown Bethlehem, and have dinner at the Historic Bethlehem Hotel.

Cost for the trip is \$495 per person (double occupancy hotel room) and \$590 per person (for a single room). Prepaid nonrefundable reservations are due in the senior adult office by Feb. 4 or by calling 438-6651, ext. 112.

## A Titanic event



Delmar Place Assisted Living Residence, at 467 Delaware Ave., Delmar, will host Titanic historian Denise D. Vanaria on Thursday, Jan. 27, at 2 p.m. Vanaria will give a presentation of the life and times of Mrs. Thomas Andrews, widow of one of the Titanic's chief designers who perished in the Titanic wreck. This heart-rending experience will include a recount of the events, photos of artifacts and authentic Edwardian clothing from the Titanic era. Vanaria is a historian and consultant on Edwardian fashion and clothing to area museums and entertainments, including the Broadway musical "Titanic". She restores Edwardian clothing and has one of the largest authentic, private collections on the East coast. Seniors are invited to attend this free event. Reservations are required by calling 434-4663.

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**RECYCLE**

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

**Sudoku Answers**

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

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### HOUSE FOR SALE

\$299,000. 4 Bedroom, Cape Cod. New upgrades on kitchen and 2 1/2 baths. 783-1668 - Latham

Bethlehem School District. Great Location, 6 Merrifield Place, Delmar. 3 Bedroom, 1 1/2 Baths. \$199,000. For appointment call 463-9230 or 496-2148

### HOUSING WANTED

Looking for a 2BR flat or house. Pet friendly. Guilderland, Westmere, Voorheesville, Carmen Rd area. imaginethat06@gmail.com

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Upstate New York LAND BARGAINS ATV & Snowmobile Trails. State Game Lands. 19 Acres Valley Views-\$29,995. 5 Acres Camp Lot-\$15,995. Adirondack River-WAS: \$119,995. NOW: \$69,995. 24 Acres Tug Hill-\$17,995. Scheduled land tours 7days/week. Call: 800-229-7843 Or Visit www.LandandCamps.com

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Experienced Mason Needed North Colonie is looking for an experienced Mason (min. of 10 yrs) to work on short-term construction project to start in April and last for 6-8 wks. Add'l requirements include experience with footings, slab, block work and ability to read/follow blueprints. \$21/hr., no benefits. Submit application ([www.northcolonie.org](http://www.northcolonie.org)) and letter of interest to: NCCSD, HR Dept., 91 Fiddlers Lane, Latham, NY 12110. Fax 783-1707, email jobs@nccolonie.org.

Line/Prep Cook. Some experience necessary. Part/full time. Ten minutes from Guilderland Center. 872-2100 after 1.

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### High School Psychologist

(Burnt Hills-Ballston Lake Central School District, Burnt Hills, NY):

Conduct psycho-educational assessments, FBA's, BIP's, implement RTI, develop tests/surveys, development programs for students at risk for academic failure, serve as CSE Sub-Chairperson and provide counseling to students.

Please apply to the Human Resources Office

50 Cypress Drive  
Glenville, NY 12302

All completed applications must include:

- Cover Letter and Resume
- College Transcripts
- Certification
- Essay Response to the follow topic:

Please submit an essay that specifically describes the activities and initiatives that you implemented as the School Psychologist, to insure that pre-referral intervention strategies (Response to Intervention-RTI) were provided to students prior to Committee on Special Education referrals.

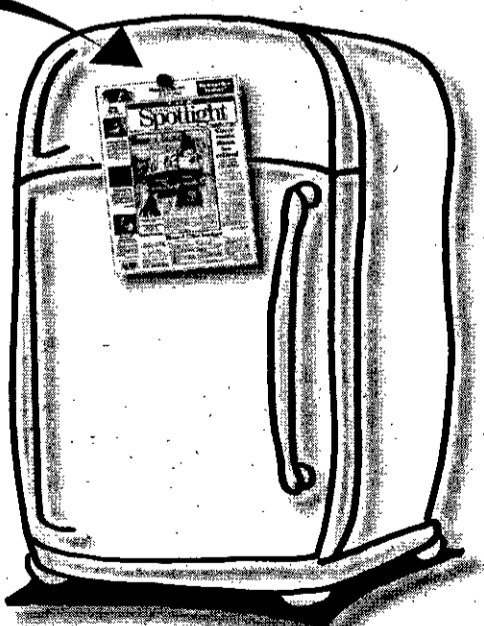
### REQUIREMENTS

Master's degree in Psychology, plus 5 years related experience. NYS certification as School Psychologist. Substance abuse counseling, psychiatric and for-credit teaching experience required.

69686

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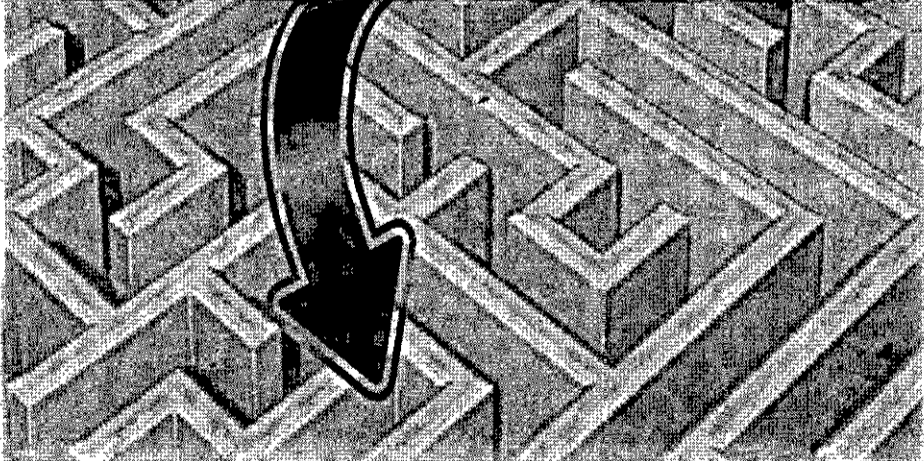
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## LEGAL NOTICE

## LEGAL NOTICE

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**  
The name of the LLC is CONTAINER, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 12/1/2010. The purpose of the LLC is to own, operate and manage a publishing company, and also to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 11 Peel Street, Selkirk, NY 12158. 68568 (D) (January 26, 2011)

## LEGAL NOTICE

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**  
The name of the LLC is THECITESOURCE, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 12/1/2010. The purpose of the LLC is to own, operate and manage an online research company, and also to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 11 Peel Street, Selkirk, NY 12158. 68569 (D) (January 26, 2011)

## LEGAL NOTICE

Name of LLC: SCOTIA PARTNERS, LLC. Art. of Org. filed Dept. of State of NY on 11/19/2010. Off. Loc. in NY: Albany Cty. Secy. of State designated as agent of LLC upon whom process against it may be served. Sec. of State shall mail a copy of process to princ. bus. loc.: 250 Van Rensselaer Blvd., Menands, NY 12204. Purpose: any lawful activity. 68570 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of formation of AC-COUNTING & TAX GENIUS LLC. Arts. of Org. filed with SSNY on 10/14/10. Off. Loc.: Albany Co. SSNY design. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 1761 W 5th St., Apt. C1, Brooklyn, NY 11223. Purpose: Any Lawful purposes. 68571 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of formation of CONCORD BUSINESS MANAGEMENT 26A, LLC. Arts. of Org. filed with SSNY on 06/22/10. Off. Loc.: Albany Co. SSNY design. 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. 68572 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of formation of LM REALTY 23H, LLC. Arts. of Org. filed with SSNY on 06/21/10. Off. Loc.: Albany Co. SSNY design. 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. 68573 (D) (January 26, 2011)

## LEGAL NOTICE

## LEGAL NOTICE

Notice of formation of LM REALTY 20A, LLC. Arts. of Org. filed with SSNY on 06/21/10. Off. Loc.: Albany Co. SSNY design. 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. 68574 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of formation of SP REALTY PH3, LLC. Arts. of Org. filed with SSNY on 06/21/10. Off. Loc.: Albany Co. SSNY design. 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. 68575 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Qualification of SWEPI LP. Authority filed with Secy. of State of NY (SSNY) on 12/3/2010. Office location: Albany County. LP formed in Delaware (DE) on 8/1/1983. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LP: c/o The Corporation Trust Company, 1209 Orange St., Wilmington, DE 19801. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any and all lawful purposes. 68576 (D) (January 26, 2011)

## LEGAL NOTICE

**NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC)**  
Name: CD RIDGEHILL LLC. Articles of Organization filed with NY Secretary of State, December 10, 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 c/o Segel, Goldman, Mazzotta & Siegel, P.C., 9 Washington Square, Albany, NY 12205. 68577 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Qualification of Farient Advisors, LLC. Authority filed with Secy. of State of NY (SSNY) on 11/22/10. Office location: Albany County. LLC formed in Delaware (DE) on 9/13/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 2600 Mission St., Ste. 201, San Marino, CA 91108. Address to be maintained in DE: 3500 South DuPont Hwy, Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 68578 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of AEG CONSULTING, LLC. Arts. of Org. filed with SSNY on 12/8/10. 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. 68579 (D) (January 26, 2011)

## LEGAL NOTICE

## LEGAL NOTICE

Notice of formation of JCRR, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on November 18, 2010. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, at 7 Executive Centre Drive, Albany, New York 12203. The purposes of the LLC are to engage in any lawful purposes; to incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the LLC; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Members in their discretion may deem desirable. 68580 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Qualification of Outland Renewable Energy Field Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/9/10. Office location: Albany County. LLC formed in Minnesota (MN) on 2/18/09. 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 to be maintained in MN: 302 1st St., E. Canby, MN 56220. Arts. of Org. filed with MN Secy. Of State, 60 Empire Dr., Ste. 100, St. Paul, MN 55103. Purpose: any lawful activities. 68582 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Qualification of Genesis Networks Integration Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/7/10. Office location: Albany County. LLC formed in Delaware (DE) on 8/27/10. 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. DE address of LLC: 615 S. DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, PO Box 898, Dover, DE 19903. Purpose: any lawful act or activity. 68583 (D) (January 26, 2011)

## LEGAL NOTICE

Name of For. LLC: Keehfus Capital, LLC. App. for Auth. filed NY Dept. of State: 11/15/10. Jurisd. and date of org.: DE 4/18/06. City off. loc.: Albany Cty. Sec. of State designated as agent of foreign LLC upon whom process against it may be served. The Sec. of State shall mail copy of process to princ. bus. loc.: 1184 Troy Schenectady Road, Latham, NY 12110. Addr. of foreign LLC in DE is: c/o National Corporate Research, Ltd., 615 South DuPont Hwy., Dover, DE 19901. Auth. officer in DE where Cert. of Form. filed: DE Sec. of State, PO Box 898, Dover, DE 19903. Purpose: any lawful activity. 68584 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Qualification of Lamar Central Outdoor, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/2/2010. Office location: Albany County. LLC formed in Delaware (DE) on 8/18/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Mr. James

## LEGAL NOTICE

R. McIlwain, General Counsel, The Lamar Companies, 5551 Corporate Blvd., Ste. 2A, Baton Rouge, LA 70809. 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. 68585 (D) (January 26, 2011)

## LEGAL NOTICE

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: LABRAT SOFTWARE, LLC.**  
Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/22/10. The latest date of dissolution is 12/31/2110. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 2338 Shirl Avenue, Niskayuna, New York 12309. Purpose: For any lawful purpose. 68586 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of TOP DOG RECYCLING, LLC. Arts. of Org. was filed with SSNY on 12/13/10. 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. 68587 (D) (January 26, 2011)

## LEGAL NOTICE

WEST AMAZONS LLC was filed with the SSNY on 12/09/10. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Paracorp Incorporated, One Commerce Plaza, 99 Washington Ave, Albany, NY 12210-2822. Purpose: any lawful purpose. 68589 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of formation of KFG PROPERTIES, LLC, pursuant to NY Limited Liability Law 203, Art. of Org. filed with Secy. of State of NY (SSNY) on 11 / 23 / 2010. Office location: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to: c/o the LLC, 16 Cloverfield Drive, Loudonville, NY 12211. Purpose: To engage in any lawful act or activity. 68590 (D) (January 26, 2011)

## LEGAL NOTICE

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**  
Name: ALP Property Management, LLC (LLC). Articles of Organization filed with NY Dept. of State on 12/13/10. 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 195 Lark St., Albany, NY 12210. Purpose: Any lawful act or activity. 68591 (D) (January 26, 2011)

## LEGAL NOTICE

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RNR RESTAURANT GROUP**

## LEGAL NOTICE

LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/08/10. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 1021 Tolgate Lane, Schenectady, New York 12303. Purpose: For any lawful purpose. 68592 (D) (January 26, 2011)

## LEGAL NOTICE

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)**  
Name: FILTECH LLC. Articles of Organization filed with New York Secretary of State (SSNY) on: 11/15/2010. Office Location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process c/o James R. Schultz, Esq., Maynard, O'Connor, Smith & Catalinotto, LLP, 6 Tower Place, Albany, New York. Term: N/A. Purpose: Any lawful act or activity for which limited liability companies may be organized. 68598 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of Nooy Properties LLC. Arts. Of Org. filed with Secy. Of State of NY (SSNY) on 6/29/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. 68913 (D) (January 26, 2011)

## LEGAL NOTICE

NANI ELLE LLC Arts. of Org. filed with SSNY 12/13/10 under the name RB 8 LLC. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. 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. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 68915 (D) (January 26, 2011)

## LEGAL NOTICE

UNIVERSAL SOLUTIONS LLC Arts. of Org. filed with SSNY 12/3/10 under the name CORFTEX SOLUTIONS LLC. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. 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. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 68916 (D) (January 26, 2011)

## LEGAL NOTICE

**NOTICE OF FORMATION BIRDSALL STREET LLC**  
Arts. of Org. filed with SSNY on 12/17/2010 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. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 68917 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of 7271 Hylan Blvd, LLC. Arts. of Org. was filed with SSNY on 12/16/10. 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. 68918 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of 2504 EAST 64 STREET, LLC. Arts. of Org. was filed with SSNY on 12/16/10. 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. 68919 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of 32 PARK STREET, LLC. Arts. of Org. was filed with SSNY on 12/16/10. 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. 68920 (D) (January 26, 2011)

## LEGAL NOTICE

**NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**  
The name of the LLC is House Check, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 12/14/10. The purpose of the LLC is to own, operate and manage a home inspection company, and also to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 12 Rigi Court, Selkirk, NY 12158. 68922 (D) (January 26, 2011)

## LEGAL NOTICE

**NOTICE OF FORMATION OF NEW YORK PROFESSIONAL LIMITED LIABILITY COMPANY**  
1. The name of the limited liability company is Michelle Bacares, M.D., PLLC.  
2. The Articles of Organization creating the limited liability company were filed in the Office of the Secretary of State on December 14, 2010.  
3. The principal office of the limited liability company is in Albany County.  
4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail any copy of process against it is: Michelle K. Bacares, M.D., c/o Northeast Psychological Associates, 435 New Karner Road, Albany, New York 12205.  
5. The limited liability company is formed for the purpose of engaging in the practice of medicine. 68923 (C) (January 26, 2011)

## LEGAL NOTICE

Notice of Qualification of CTC Trading Group, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 12/14/10. Office location: Albany County. LLC formed in Delaware (DE) on 11/16/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Principal office address: 440 S. LaSalle St., 4th Fl., Chicago, IL 60605. Address to be maintained in DE: c/o National Registered Agents, Inc., 160 Greentree Dr., Ste. 101, Dover, DE 19904. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 68924 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of Concept Builders LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/15/10. Office location: Albany County. 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. Purpose: any lawful act or activity. 68925 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Qualification of GARNET LAKE LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/15/10. Office location: Albany County. LLC formed in Delaware (DE) on 12/7/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Moses & Singer LLP, 405 Lexington Ave., NY, NY 10174, Attn: Daniel S. Rubin, Esq. DE address of LLC: c/o United Corporate Services, Inc., 874 Walker Road, Suite C, Dover, DE 19904. Arts. of Org. filed with DE Secy. of State, Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity. 68926 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Qualification of AX NY Office L.P. Authority filed with Secy. of State of NY (SSNY) on 12/20/10. Office location: Albany County. LP formed in Delaware (DE) on 12/16/10. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Avenue of the Americas, Ste. 501, NY, NY 10001. DE address of LP: 160 Greentree Dr., St 101, Dover, DE 19904. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 68927 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Qualification of Grass Valley USA, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/14/10. Office location: Albany County. LLC formed in Delaware (DE) on 10/19/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered Agent Solutions, Inc., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Principal office address: 400 Providence Mine Rd., Nevada City, CA 95959. Address to be maintained in DE: c/o 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any

**LEGAL NOTICE**

lawful activities.  
68928 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**NOTICE OF ORGANIZATION OF GLOBAL GAME CHANGERS, LLC**  
On December 10, 2010, Global Game Changers, LLC (the "LLC"), filed Articles of Organization with the New York State Department of State. The principal business location of the LLC is: 12 Barnet Street Albany County, Albany, New York. The New York Secretary of State is designated as agent of LLC 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 12 Barnet Street, Albany, New York 12208. The LLC is organized for the purpose of using sports to bridge divides and teach life skills and any other lawful business.  
68933 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Qualification of LM21, LLC.** Authority filed with Secy. of State of NY (SSNY) on 12/15/10. 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: c/o Cal Title-Search, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. Address to be maintained in DE: c/o Cal Title-Search, Inc., 3411 Silverside Rd., Rodney Bldg., Ste. 104, Wilmington, DE 19810. Arts of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities.  
68934 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).** Name: CAMPUS ASSOCIATES III LLC. Articles of Organization filed with NY Secretary of State, December 23, 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.  
68935 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of Nin-Jack, LLC.** Articles of Organization filed with Secy. of State of NY (SSNY) on 12/13/2010. 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, 157 Horseshoe Road, Mill Neck, NY, 11765. Purpose: any lawful act or activity.  
68936 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.** Articles of Organization of MyLakeTown.com, LLC ("LLC"), filed with the Secretary of State of New York ("SSNY") on December 22, 2010, effective on the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC at 37 Herrick Avenue, Delmar, New York 12054, which shall be the principal business location. The purpose for which the LLC is formed is to engage in any lawful act or activity for

**LEGAL NOTICE**

which limited liability companies may be organized under the NYS Limited Liability Company Law.  
68938 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of formation of limited liability company ("LLC").** Name of LLC: ACME Vending, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on December 22, 2010. LLC office location: Saratoga 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: ACME Vending, LLC, PO Box 588, Clifton Park, New York 12065. LLC has been formed to engage in any lawful act or activity. LLC shall be member-managed.  
68942 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of formation of limited liability company ("LLC").** Name of LLC: REACH ADVISORS, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on December 17, 2010. LLC office location: Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to: REACH ADVISORS, LLC, 91 Middlesex, Slingerland, New York 12159. LLC has been formed to engage in any lawful act or activity. LLC shall be member-managed.  
68943 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.** NAME: JOHN CAT LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/16/10. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Law Offices of Kouray & Kouray, 525 State Street, Schenectady, New York 12305. Purpose: For any lawful purpose.  
68947 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation Jamaica Millwork LLC** art of org. filed Secy. of State NY (SSNY) 10/15/10. Off. loc. in Schenectady Co. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: Timothy La May, 229 Ballston Ave, Ballston Spa, NY 12020. Purpose: Any lawful purpose.  
68956 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation Elmway Services LLC** Arts. of Org. filed with SSNY on 12/21/2010 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. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities.  
68957 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Qualification of Pegasus Tower Company, LLC.** Authority filed with Secy. of State of NY (SSNY) on 12/9/10. Office location: Albany County. LLC formed in Virginia (VA) on 7/21/10.

**LEGAL NOTICE**

SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered Agent Solutions, Inc., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Address to be maintained in VA: 139 Steelburg Hwy, Cedar Bluff, VA 24069, also the principal office address. Arts of Org. filed with VA Secy. Of State, Tyler Bldg., 1st Fl., 1300 E. Main St., Richmond, VA 23219. Purpose: any lawful activities.  
68959 (D)  
(January 26, 2011)

**LEGAL NOTICE**

Title IX of the Education Amendments of 1972. And Section 504 of the Rehabilitation Act of 1973. (Secondary Schools/BOCES) The School Districts/Board of Cooperative Educational Services hereby advises students, parents, employees and the general public that it offers employment and educational opportunities, including vocational education opportunities, without regard to sex, race, color, national origin, or handicap. Grievance procedures are available to interested persons by contacting the compliance officer, below. Inquiries regarding this non-discrimination policy may be directed to:

Robert D. Zordan  
Capital Region BOCES  
900 Watervliet-Shaker Rd., Suite 102  
Albany, NY 12205  
Phone: # (518) 862-4910  
A copy of the secondary vocational education courses offered and admission criteria is available to district residents and may be obtained on our web site www.capregbooces.org or by calling 518-862-4800 request a mailing.  
68961 (ALL)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Qualification of HC Mezzanine Funding, LLC.** Authority filed with Secy. of State of NY (SSNY) on 12/27/10. Office location: Albany County. LLC formed in Delaware (DE) on 12/21/10. 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. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity.  
68964 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of an LLC: General Schuyler, LLC** Articles of Organization were filed with the Secretary of State of New York (SSNY) on December 28, 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 14 Hemlock Street, Latham, NY 12110. Purpose: for any lawful purpose.  
68965 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.** NAME: 7 Elm Avenue, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on July 27, 2006. Office location: 42 Lyons Avenue, Delmar, New York. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 42 Lyons Avenue, Delmar, New

**LEGAL NOTICE**

York 12054. For any lawful purpose.  
68966 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.** NAME: 645 Elm Avenue, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on November 7, 2005. Office location: 42 Lyons Avenue, Delmar, County of Albany, New York. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 42 Lyons Avenue, Delmar, New York 12054. For any lawful purpose.  
69073 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.** NAME: 384 Kenwood Avenue, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on November 4, 2005. Office location: 42 Lyons Avenue, Delmar, County of Albany, New York. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 42 Lyons Avenue, Delmar, New York 12054. For any lawful purpose.  
69074 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).** Name: K.T. INTERIORS LLC. Articles of Organization filed with NY Secretary of State, January 4, 2011. 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 5 Canterbury Court, Albany, NY 12205.  
69075 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).** NAME: RECOVERY SPORTS GRILL GREENBUSH LLC. Articles of Organization filed with NY Secretary of State, January 4, 2011. 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.  
69076 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of Dormer Custom Manufacturing, LLC.** Art. of Org. filed Secy of State (SSNY) 10/28/10. 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 CSC, 80 State St., Albany, NY 12207, the Reg. Agt. upon whom proc. may be served. Purpose: any lawful activities.  
69077 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**LOZO, LLC**  
1. The name of the limited liability company is LOZO, LLC  
2. The Articles of Organization were filed on December 23, 2010 with the Secretary of State.  
3. The Office of the LLC is in Schenectady County.  
4. The Secretary of State has been designated as agent upon whom process against the Company is to be served. The address

**LEGAL NOTICE**

to which the Secretary of State shall mail process is: 5 Meadowview Lane, Schenectady, New York 12306. 5. The purpose of the business of the LLC is to engage in any lawful act or activity for, which the LLC may be organized under the Limited Liability Law for the State of New York.  
69080 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of L A DESIGN & CONSULTING, LLC.** Arts. of Org. was filed with SSNY on 1/4/11. 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.  
69081 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Qualification of Chili Avenue LLC.** Authority filed with Secy. of State of N.Y. (SSNY) on 12/30/10. Office location: Albany County. LLC formed in Delaware (DE) on 12/28/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2344 Golf Brook Dr., Wellington, FL 33414. DE address of LLC: c/o United Corporate Services, Inc., 874 Walker Rd., Ste. C, Dover, DE 19904. Arts. of Org. filed with DE Secy. of State, Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity.  
69084 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of YAN-KEE BAR & GRILL LLC.** Arts. of Org. was filed with SSNY on 1/5/11. 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.  
69087 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of 22 ST. JAMES PLACE LLC.** Arts. of Org. was filed with SSNY on 1/5/11. 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.  
69088 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Please take notice that 306 Maple Road, LLC** has been formed and the Articles of Organization were filed with the NY State Secretary of State (NYSS) on December 24, 2010. Office Location: Albany County. Principal Business Location: 165 Manning Blvd, Albany, NY 12203-1739. The NYSS is designated as agent of the LLC upon whom process against it may be served. The NYSS shall mail a copy of process to the LLC, c/o James H. Murphy, 165 Manning Blvd, Albany, NY 12203-1739. Purpose: For any lawful purpose.  
69090 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of Erica Saiger Designs, LLC.** Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/3/11. Of-

**LEGAL NOTICE**

ice location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 56 Seventh Ave., Ste. 12H, NY, NY 10011. Purpose: any lawful activity.  
69093 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation Estevan LLC** Arts. of Org. filed with SSNY on 1/7/2011 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. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities.  
69094 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of Da-hooma Productions, LLC.** Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/10/10. 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, 375 Greenwich St., 5th Fl., NY, NY 10013. Purpose: any lawful activity.  
69095 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of THE BIKING CHEF LLC** Arts. of Org. was filed with SSNY on 1/6/11. 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.  
69096 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of Professional Service Limited Liability Company** Pursuant to Section 1203 (C) of the New York Limited Liability Law  
a. The name of the professional service limited liability company is Law Firm of Alex Dell, PLLC.  
b. The Articles of Organization were filed with the Secretary of State on December 31, 2010.  
c. The office of the professional service limited liability company will be located in Albany County.  
d. The Secretary of State is designated as agent of the professional service limited liability company upon whom process against it may be served. The address to which the Secretary of State shall mail a copy of any process against the professional service limited liability company served upon him or her is:  
c/o Alex C. Dell, Esq., PLLC  
450 New Karner Road  
Albany, New York 12205  
e. The professional service limited liability company is formed to engage in the practice of law.  
69097 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of Heller Brothers Trucking, LLC.** Articles of Organization filed with Secy. of State of NY (SSNY) on 01/05/2011. 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, 255 Mineola Avenue, Carle Place, NY 11514. Purpose: any lawful act or activity.  
69098 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**MICHAELS CHOICE, LLC**  
1. The name of the limited liability company is MICHAELS CHOICE, LLC.  
2. The Articles of Organization were filed on October 13, 2010 with the Secretary of State.  
3. The Office of the LLC is in Albany County.  
4. The Secretary of State has been designated as agent upon whom process against the Company is to be served. The address to which the Secretary of State shall mail process is: 40 Bentwood Court East, Albany, New York 12203.  
5. The purpose of the business of the LLC is to engage in any lawful act or activity for which the LLC may be organized under the Limited Liability Law for the State of New York.  
Filed By: PARISI, COAN & SACCOCIO, PLLC 376 Broadway, 2nd Floor Schenectady, NY 12305 (518) 377-9096  
69117 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Qualification of CSFB 2004-C3-BRONX APTS LLC.** Authority filed with Secy. of State of NY (SSNY) on 1/7/11. Office location: Albany County. LLC formed in Delaware (DE) on 12/16/10. 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.  
69120 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Qualification of Appalachian Transportation and Marketing, LLC.** Authority filed with Secy. of State of NY (SSNY) on 1/7/11. Office location: Albany County. LLC formed in Delaware (DE) on 1/4/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc. (CSI), 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: CSI, 615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity.  
69121 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation Cliffnell LLC** Arts. of Org. filed with SSNY 1/7/2011. 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.  
69123 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation Lasco Taxi LLC** Arts. of Org. filed with SSNY 1/10/2011. 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.  
69124 (D)  
(January 26, 2011)

**LEGAL NOTICE**

**Notice of Formation of GRACELAND FIRM LLC.** Arts. of Org. was filed with SSNY on 1/11/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process

# Lyman

(From Page 24)

R-C-S coach Henry Mormile said that Lyman is constantly working to improve his technique.

"He's very self motivated," said Mormile.

"When he was young, we put him in a room with a lot of older kids, and he learned [how to handle adversity]."

Lyman has been the aggressor in his matches this season, which has led to his stellar 2010-11 record. His only blemish was a 2-1 overtime loss

to Shenendehowa's Max Miller in the 125-pound division finals at the Eastern States Classic one week earlier in Sullivan County.

"I learned a lot from that match," said Lyman. "I learned what I have to do to win at states."

Lyman won't see Miller

or many of the other wrestlers he faced at Eastern States again, since they will be competing in the large school division should they qualify for the state tournament in Albany. But Lyman said the competition he will see in the small school division - should he qualify

for states - will be equally strong.

"I'm anticipating [wrestling against] some tough guys, but if I get my offense going, I will be very tough to beat," said Lyman.

As for Lyman's current school record of 208 wins, Mormile said it will be

tough for any R-C-S wrestler to match that feat.

"Little Freddie Pechette and Jerome Gladney both have more wins coming out of middle school than Andy did," said Mormile.

"But [Lyman] stayed healthy through six years. They've got to do the same."

## LEGAL NOTICE

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. 70034 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of TIME & SPACE ART, LLC. Arts. of Org. was filed with SSNY on 1/10/11. 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. 70035 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of Performance Appraisal Service LLC. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 7/02/10. Office location: Albany County. SSNY designated as agent

## LEGAL NOTICE

of LLC upon whom process against it may be served. SSNY shall mail process to: PO Box 3744, Albany, NY 12203. Purpose: any lawful activity. 70036 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of Nooy Properties LLC. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 6/29/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. 70037 (D) (January 26, 2011)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: Cody LLC. Articles of Organization were filed with the Secretary of State of New York

## LEGAL NOTICE

(SSNY) on 12/30/2010. 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 694 Guiderland, NY 12084. Purpose: For any lawful purpose. 70038 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of SIS Insurance and Financial Services LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/10/11. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1187 Troy Schenectady Road, Latham, NY 12110. Purpose: any lawful activity. 70041 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Qualification of LB 1999-C1 Depot Plaza, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/10/11. Office location: Al-

## LEGAL NOTICE

bany County. LLC formed in Delaware (DE) on 1/5/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc. (CSI), 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: CSI, 615 S. DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, PO Box 898, Dover, DE 19903. Purpose: any lawful act or activity. 70042 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation Levy Productions, LLC art. of org. filed Secy. of State NY (SSNY) 12/20/10. Off. loc. in Schenectady Co. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 2059 Eastern Pkwy, Schenectady, NY 12309. Purpose: Any lawful purpose. 70043 (D) (January 26, 2011)

## LEGAL NOTICE

NOTICE OF RECEIPT

## LEGAL NOTICE

OF TAX ROLL AND WARRANT TAKE NOTICE, that I, Nancy Mendick, the undersigned Receiver of Taxes and Assessments for the Town of Bethlehem, have received the tax roll and warrant for the collection of taxes and will receive payments thereon Monday through Friday from 8:30 A.M. to 4:30 P.M. and on Saturday, January 29 from 9:00 a.m. to the Bethlehem Town Hall, 445 Delaware Avenue, Delmar, New York for the properties assessed upon such roll. NO COLLECTION FEE DURING JANUARY. 1% collection fee on February 1 through February 28 2% collection fee March 1 through March 31

TAKE FURTHER NOTICE, that pursuant to the provisions of law the tax roll of the Town of Bethlehem will be returned to the County of Albany Director of Finance on April 1, 2011.

Dated January 1, 2011  
Nancy Mendick  
Town of Bethlehem  
Receiver of Taxes & Assessments

70049 (D)

(January 26, 2011)

## LEGAL NOTICE

Notice of Formation of 259ST BUILDERS LLC. Arts. of Org. was filed with SSNY on 1/18/11. 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. 70055 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of 259-68 LLC. Arts. of Org. was filed with SSNY on 1/18/11. 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. 70056 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of BAT GROUP NYC LLC. Arts. of Org. was filed with SSNY on 1/18/11. 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. 70057 (D) (January 26, 2011)

## LEGAL NOTICE

Notice of Formation of ROYAL ELLA LLC. Arts. of Org. was filed with SSNY on 1/19/11. 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. 70058 (D) (January 26, 2011)

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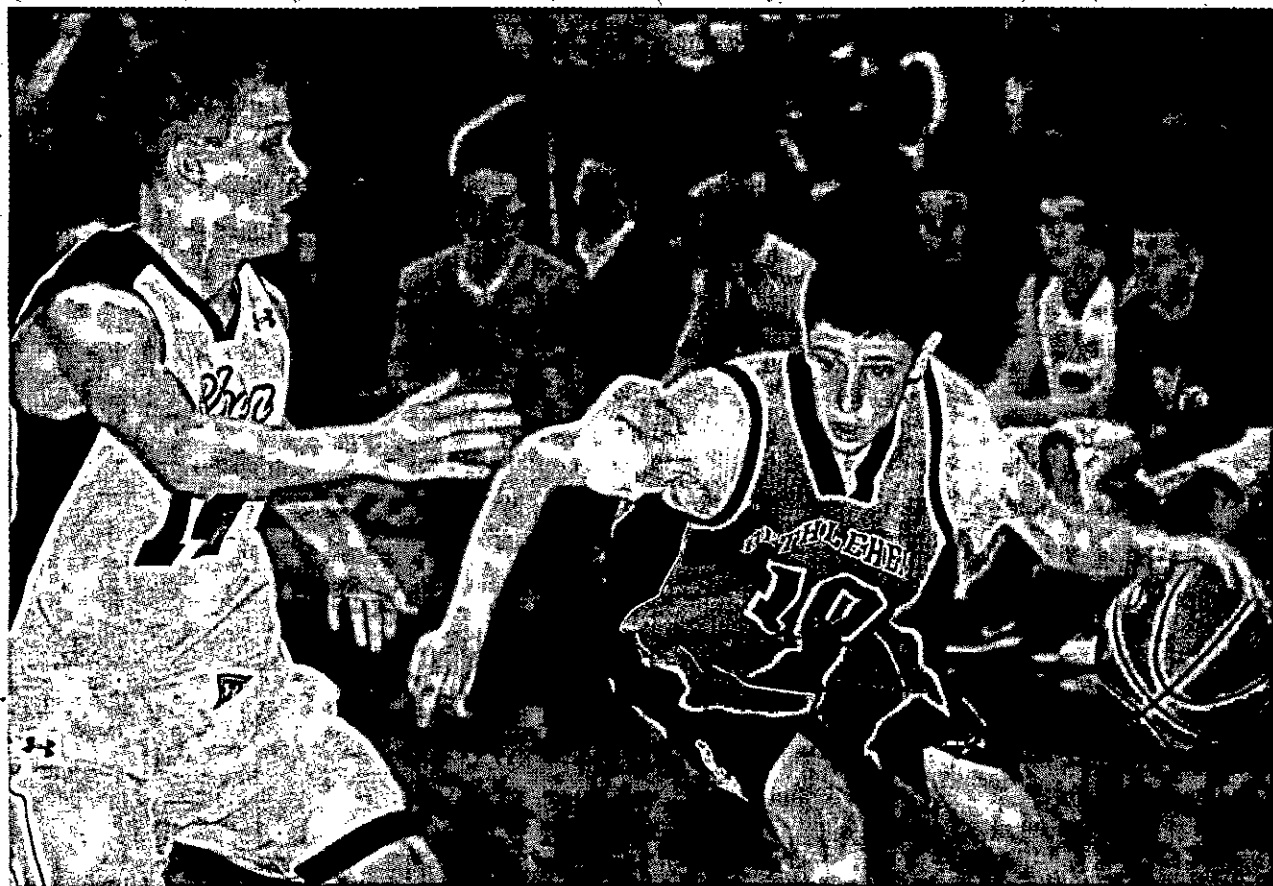
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Bethlehem's Jordan Sperber drives against Shen's Ted McCarthy during last Thursday's Suburban Council game.  
Rob Jonas/Spotlight

## Row

(From Page 24)

the Eli visit the region this weekend, but they certainly have the ability when they're playing at their best.

• It's also nice to see the turnarounds taking place with the University at Albany and Siena College women's basketball teams. Two teams that struggled to win games the last several years are now in the thick of the race for their respective league titles.

UAlbany's resurgence can be directly linked to new head coach Katie Abrahamson-Henderson. Using basically the same players as her predecessor, Trina Patterson, Abrahamson-Henderson has guided the Lady Danes to a 4-2 start in America East and an 11-8 overall

record. UAlbany didn't win four league games last year.

As for Siena, it took a while for Gina Castelli to put together a team that can be competitive in the Metro Atlantic Athletic Conference. Fortunately, Siena gave Castelli the time to do so, and Castelli has rewarded the Loudonville school with a team that's 5-2 in league play (7-10 overall).

May these improvements be a sign of good things to come for both programs.

• This is what I wrote as the NFL season began last September:

"Finally, the Green Bay Packers will beat the Indianapolis Colts in the Super Bowl. And Brett Favre will be watching the

game at home thinking to himself, 'I could have played better than Aaron Rodgers.' And he'd be wrong."

Well I may have been wrong about the Colts, but I was right about the Packers making the Super Bowl. Now, if they can only beat the Pittsburgh Steelers, I'll finally be able to say that I picked the Super Bowl champion in the preseason.

As for my other NFL picks, I was correct in saying New England would finish ahead of the New York Jets in the AFC East standings, and I was right that Buffalo would be tantalizingly good but often fall short again. The New York Giants, though, finished second in the NFC East, which allowed

Tom Coughlin to keep his job. And Carolina – not Cleveland nor St. Louis – has the No. 1 pick for April's draft. Three out of five ain't bad, folks.

• Finally, I wish I could watch the NHL All-Star Game player draft on TV Friday. I want to see the expression on the faces of the last four players in the room as they pray that they are not the last one selected.

## Rally

(From Page 24)

the Suburban Council South Division standings. Mohonasen (8-2, 9-3) defeated Shaker 37-25 last Friday.

Bethlehem is off until Friday when it hosts Ballston Spa in a cross-divisional game.

In other Suburban Council action last weekend, Guilderland used a big fourth quarter to defeat Niskayuna 52-44 Friday.

Trailing 34-32 entering the final eight minutes, the Dutchmen (4-5, 5-6) outscored the Silver Warriors (6-4, 7-5) 20-10 to pull out the victory. Guilderland limited Niskayuna to two field goals in the final quarter.

Cameron Dobbs made five three-pointers on his way to a 23-point night for the Dutchmen. Taylor Dubose contributed 10 points.

Chris Giglio led Niskayuna with 12 points on four threes.

Guilderland returns to action Friday when it hosts Burnt Hills-Ballston Lake. The Dutchmen then face Mohonasen Sunday at Siena College.

In the Colonial Council, Voorheesville stumbled to a 65-44 loss to Watervliet last Friday in the Blackbirds' final game at Water-

vliet's old gymnasium.

The Cannoneers (9-1, 11-3) rushed out to a 24-11 lead in the first quarter and put the game away by outscoring Voorheesville (1-7, 2-10) 26-4 in the third quarter.

Jordan Gleason had 23 points, and his brother Devonte added 10 points for Watervliet. Joe Keenan netted 15 points for Voorheesville.

The Blackbirds host Lansingburgh Friday.

Ravena-Coeymans-Selkirk's game with Ichabod Crane last Friday was postponed due to snow.

In Suburban Council girls basketball action last weekend, North Division-leading Shen defeated Bethlehem 56-41, while Niskayuna edged Guilderland 45-42 Friday.

The Shen-Bethlehem game was close until the third quarter, when the Plainswomen (10-0, 10-0) outscored the Lady Eagles 19-9 to take a 44-32 lead.

Emily Weber drained six three-point shots as part of a 20-point night for Shen. Allie Setter contributed 15 points, and Mary Kate Cusack added 12 points.

Bridget Murphy netted 13 points for Bethlehem (6-3, 8-3).

Ashley McCaughan had 20 points for Niskayuna (5-5, 6-6) as it held on for the win over Guilderland (1-8, 1-10).

## Guilderland wins league match

The Guilderland gymnastics team defeated Shenendehowa 164.2-153.85 in last Thursday's Suburban Council match.

Alexa Patnaude led the Lady Dutch with an all-around score of 33.95. Jasmine Day contributed an all-around score of 33.0 in the victory.

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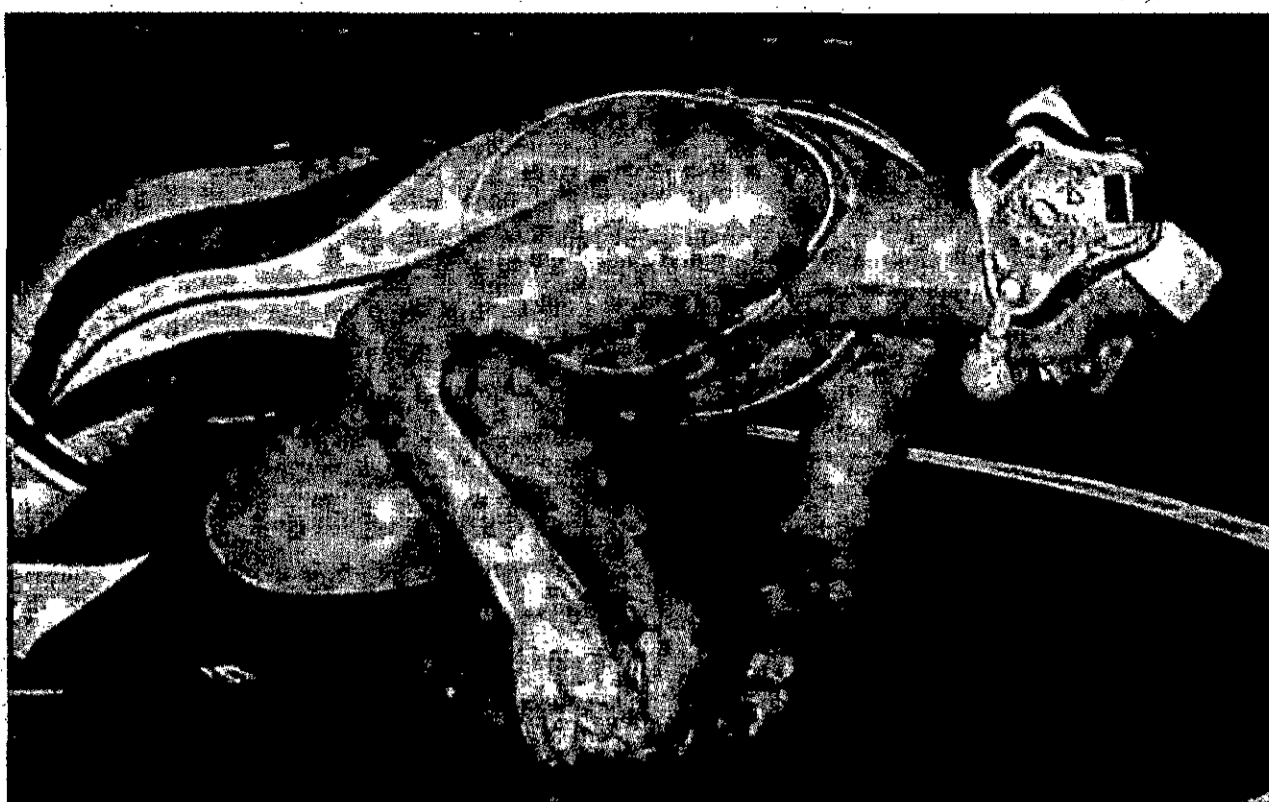
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## Sports in the Spotlight



Ravena-Coeymans-Selkirk's Andy Lyman, top, tries to turn Shaker's Luis Hahn during a 125-pound bout at last weekend's Lansingburgh Duals in Troy. Lyman surpassed the 200-win plateau during the two-day tournament. Rob Jonas/Spotlight

## Lyman sets new standard

**Senior becomes Ravena's first 200-match winner**

By ROB JONAS  
jonasr@spotlightnews.com

Andy Lyman continues to set standards that other Ravena-Coeymans-Selkirk wrestlers will be chasing for years.

The senior light-middleweight won his 200<sup>th</sup> career match during last weekend's Lansingburgh Duals. Lyman finished the two-day tournament with a 10-0 record to improve to 41-1 this season.

Lyman said he never

thought he would be the first R-C-S wrestler to reach 200 career wins.

"I just wanted to be a state champion," he said.

Lyman has had the opportunity to compete for a state title. He's qualified for the last two state tournaments and reached the semifinals in his weight class last year before losing. Lyman wound up finishing third in 2010.

"[What I learned is] I can't be nervous, and I have to go right after it," said Lyman of last year's state tournament trip.

□ Lyman Page 22

## 'Murderers Row' is a sight to see

Two nonsense, under-the-radar football teams are playing in the Super Bowl this year. What a novel concept. More on that later. OK, moving on...

From the  
**Sports Desk**  
Rob Jonas



• Watching the Shenendehowa wrestling team's "Murderers Row" in action at Saturday's Shen Invitational finals was something else.

Middleweights Nick Kelley (130 pounds) and David Almaviva (135) dominated their opponents, with Kelley picking up a first-period pin against Niskayuna's Matt Stenard and Almaviva turning Scotia-Glenville's Nick Leffler – himself an accomplished wrestler – five times in quick succession to earn a technical fall.

Middleweight Jim Carucci (140) had the toughest final of the group. He was engaged in a tense battle with North Rockland's Mike Caputo before he finally pinned Caputo with 56 seconds left in the third period.

The only member of "Murderers Row" I did not see in action was light-middleweight Max Miller (125). That's because his finals opponent, Granville's Brendan Miller, suffered an injury in the semifinals and couldn't go.

With Miller (who won the Eastern States Classic title), Kelley, Almaviva and Carucci, Shen has a quartet of wrestlers who could ultimately be wrestling at next month's state tournament at the Times Union Center. And at least two of them, Miller and Kelley, have a good shot at winning state titles if they continue to wrestle up to their capabilities and stay healthy.

One thing is for certain: there isn't another Section II wrestling team with four top-quality grapplers occupying four consecutive weight classes like Shen's "Murderers Row."

• Two wrestling milestones were reached at last weekend's Lansingburgh Duals.

Ravena-Coeymans-Selkirk's Andy Lyman surpassed the 200-win mark in his career by going 10-0 in the two-day tournament, and Duanesburg coach Joe Bena recorded his 600<sup>th</sup> career victory.

Look for Lyman and Bena to be back at states next month. Lyman should earn his third consecutive Section II small school division title at 125 pounds, and Bena will have at least one representative going to states (my guess: defending state champion Nick Gwiazdowski).

• More than two months into the college hockey season, Union (16-7-3) sits in second place in the ECAC standings with an 8-3-1 record, while RPI (15-6-3) is in fifth place with a 7-5-0 mark.

Considering where these two programs had been four years ago (the bottom half of the standings), it's nice to see Union and RPI contending again. I don't see them necessarily knocking off league-leading Yale when

□ Row Page 23

## Eagles' rally falls short

**Reyes leads Shen past BC in SC battle**

By ROB JONAS  
jonasr@spotlightnews.com

The Shenendehowa boys basketball team nearly blew a 15-point lead in the fourth quarter, but the Plainsmen held on for a 62-58 Suburban Council victory over Bethlehem Thursday in Clifton Park.

After taking a 60-45 lead with 5:33 left in the game, Shen (10-0 league, 10-1 overall) was held scoreless for nearly five minutes. That was enough for Bethlehem (8-2, 8-4) to claw its way back to within four points with 52 seconds left.

"This year, we haven't had to be a team that has had to come from behind very often," said Bethlehem coach A.G. Irons. "And I think we handled that well tonight. We never gave up."

That was as close as Shen allowed Bethlehem to get. Jose Reyes made two of his four free throws in the final minute, and the Plainsmen prevented the Eagles from making another shot from the field to hang on for the win.

"We won against a very good team," said Shen coach Tony Dzikas.

Shen gave itself a cushion to work with out of the gate. After Mike McLeer hit a three-pointer for Bethlehem to open the scoring, the Plainsmen went on a 22-8 run to vault ahead by double digits.

What allowed Shen to do that was its ability to drive to the basket through Bethlehem's forest of tall forwards.

"We had to catch [their defenders] 12 to 15 feet away from the basket," said



Bethlehem's Shane Natale is closely guarded by Shenendehowa's Ted McCarthy during last Thursday's Suburban Council game in Clifton Park. Rob Jonas/Spotlight

Dzikas. "Posting up our forwards against their tall forwards would not have helped us at all."

Bethlehem went on a 9-0 run early in the second quarter to cut Shen's lead to 24-20. But as would be the case later on, the Eagles could get no closer than four points as the Plainsmen eventually pulled away to a 34-27 halftime lead.

Shen's lead grew to as many as 15 points in the third quarter, thanks to key baskets by Reyes and Farshad Sarrafi-Nour. Only a buzzer-beating

three-pointer from Casey McGraw helped Bethlehem stay within range.

Turnovers played a major role in Shen's third quarter surge. The Plainsmen forced Bethlehem into coughing up the ball several times, which led to fast break opportunities.

"I think the defensive pressure they put on us in the full court took us out of our offensive rhythm a bit," said Irons.

Reyes scored five straight points early in the fourth quarter to put Shen up 60-45 before Bethlehem

made one last push with help from Sperber, Ryan Stempsey and Scott Clas. Sperber finished with a team-high 15 points, while Stempsey contributed 14 points and Clas added 11 points.

However, the night belonged to Reyes and the Plainsmen. The senior guard scored 21 points and dished out several assists. Sarrafi-Nour chipped in with 17 points, and Brandon Miller added 12 points.

The loss dropped Bethlehem into a first-place tie with Mohonasen in

□ Rally Page 23

JANUARY 26, 2011

# Update

a progress edition

## PART ONE 2011

**Education**

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# Update

PART ONE

# 2011

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# Update

Part Two

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Published: Feb. 23, 2011

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## About this issue

It's the beginning of a new year. We're weathering economic storms and there's no better time than now to make new plans and choices on how we'll sail through 2011. Spotlight Newspapers' Update 1 includes an informative mix of educational programs for your children or career change opportunities for you. It also features advice on investing wisely for your banking and financial future, with tips and legal advice as well as finding new ways to maintain and conserve the value of your home, business and your community.

No one has all the answers, but we at Spotlight Newspapers are happy, and grateful to our advertisers and faithful readers, to bring you a few good solutions.

Make 2011 your year to be hopeful, positive and part of change for the better.

## UPDATE 1

# Don't let emotions drive investments

By Patrick Piccirilli

Emotions play an important role in some of the most important decisions we make in our life. But when it comes to investing, emotions can do more damage than good. Here are three ways that emotions play a detrimental role in our investment decisions and what we can do about it.

## Don't Follow the Herd

When stock prices start to fall, some people decide to sell their stock mutual funds. What starts as a few people selling their investments can turn into a panic where everyone decides to sell. It's called "herding" and it is one of the most common mistakes that people make when markets decline.

## Avoid Extreme Thinking

When markets fall, people often start to think in extremes. Everything in the market begins to look black and white. The facts can have many meanings and we need to think intelligently about how these facts affect us before we make any

investment decisions.

## Be Aware of Our Short-Term Bias

When it comes to investing, most of us have a short-term bias. That means that recent market gains lead to excitement and higher expectations. On the other hand, recent market losses lead to suspicion and caution. The challenge for investors is not to forget both the long-term history of the markets and their own long-term goals.

## Stay True to Your Goals

When markets are volatile, it tends to bring out our emotional side. Before we react emotionally to short-term market gyrations, we should ask ourselves some important questions. What is our long-term goal? Have our goals changed? Was our plan to reach our goals a sound plan? Are there any good reasons to abandon our plan? Once we have asked and answered these questions, our decisions are more likely to be driven by logic not emotions.

Patrick Piccirilli is a Financial Advisor with MEMBERS Financial

Services located at First New York Federal Credit Union. If you have any questions, or would like to provide feedback, regarding the information presented in this article, you may contact Patrick at 393-1326 ext. 1301.

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# Invest looking ahead

By MARC D. ROBERTS

The writer is a Research Analyst at Fenimore Asset Management in Cobleskill. For more information, call 234-7400 or visit [www.famfunds.com](http://www.famfunds.com).

You may wonder, "Where should I invest my money?"

According to the Investment Company Institute, investors dumped a record \$376 billion into bond funds in 2009. This trend continued through the third quarter of 2010. Meanwhile, investors avoided stock funds. Along with bond funds, investor activity in gold has risen.

Why bonds and gold? Much of it has to do with investor psychology as many people are looking through the rearview mirror. What I mean is that bonds and gold outperformed stocks during the past decade and investors may be projecting these returns into the future. When investing, we must analyze what is behind, but more importantly we must look ahead.

We began the last decade in a period of "irrational exuberance" for stocks. Investors poured money into stocks and ignored other asset classes such as bonds and gold. This enthusiasm caused stock valuations to become inflated. This is a classic example of "herd behavior" where investors chase returns from the best performing asset classes.

Meanwhile, the decade ended in financial distress which led to depressed stock valuations. This induced investors to flock to so-called "safe haven" investments such as bonds. As interest rates fall, bond prices rise and this is what happened as the Federal Reserve cut interest rates to the bone to help the ailing

Continued / pg. 3



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## UPDATE 1

# Joining Hudson River has many benefits

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loans, all consumer loan types (such as new/used vehicles, RVs, boats, and motorcycle loans) credit cards, small business accounts and loans, IRA accounts, checking, savings, youth accounts, certificates, and money market accounts. The credit union also offers 24/7 account access via free online banking and bill-pay services, mobile banking, debit cards, e-Statements and an Audio Response telephone system where members can access their accounts from a touch-tone telephone.

HRCCU has earned the highest rating for strength and stability from BAUERFINANCIAL, Inc., the nation's leading credit union rating firm. Earning this

coveted 5-Star Superior rating indicates HRCCU is one of the strongest credit unions in the country excelling in such areas as capital adequacy,

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## Update a progress edition 2011

delinquent loan levels and profitability. In fact, HRCCU has earned a 5-Star rating for more than 10 years running and as a result, has earned the distinction of being an Exceptional Performance Credit Union. In addition, HRCCU is ranked in the top 7% of credit unions in the country

our members' needs. Also, because we are member owned and operated, as a member, you have a say in the credit union's governance. Member accounts are federally insured to at least \$250,000 and backed by the full faith and credit of the National Credit Union Administration—a U.S. government agency.

Continued from pg. 2

### FamFunds performs

economy. Gold prices also climbed, along with a general rise in commodities. The asset classes that investors shied away from at the beginning of the decade ended up performing the best!

### Looking Ahead

Currently, interest rates are at extreme lows and the only place for them to go is up. When rates do rise, bond prices will fall. Some bond mutual fund shareholders may be surprised to discover that their investment is capable of losing value when interest rates rise, especially if they need liquidity. As for gold, we started this decade at historical highs. You may have seen "cash for gold" commercials and cash for gold mall kiosks. These promotions point more to exuberance than a good value and your safe haven assets may not be as secure as you think. Bond funds and gold are not immune to losing value.

Stocks began this decade at reasonable valuation levels after rebounding from rock-bottom lows in March of 2009. While I would not expect the same returns that investors received

in the '80s and '90s, it is likely that this decade will be much better than the last. In fact, there have only been two decades in which the S&P 500 Index had negative returns. The first was the 1930s and the second was the last decade. So, while bonds and gold may be in your portfolio, don't make the mistake of ignoring stocks. For those investors who have stayed the course, the last two years have been good in the stock market.

Remember, stocks represent ownership in real companies. While we have challenges ahead, sound businesses will continue to innovate, prosper, and grow. Corporations that have strong financials, sustainable competitive advantages, solid management teams, and reasonable valuations will continue to be attractive investments over the long term.

Fenimore Asset Management (Fenimore) is the investment advisor to FAM Funds - the FAM Value Fund and FAM Equity-Income Fund. Fenimore is an independent investment advisory firm located in Cobleskill, NY and has been hand-selecting investments for almost four decades. Fenimore manages individual and institutional portfolios, and two mutual funds.

## Four ways to stretch your dollar in 2011

The beginning of a new year is a great time to do some self assessment and figure out how you can make the next year even better than the last. It's also a logical time to take a look at your family's budget and figure out how you can make your money go even further next year.

Since you'll soon be digging into your financial records in order to file your taxes, why not take a little extra time to set a budget and identify some areas where you and your family can save a few dollars? Here are four simple ways to get more for less this year:

- \* Take an inventory of monthly expenses. It's always a good idea to take a look at your regular expenses at least once a year to see if there's somewhere you could be saving. Maybe you are no longer bound by a cell phone contract and could get a better deal elsewhere. Or perhaps it's time to reevaluate insurance options. It could also be something as simple as evaluating how often you dine out or stop for a gourmet coffee and changing your habits to save a few dollars by cutting back.

- \* Let the coupons do the work. While clipping coupons might seem like a thing of the past, it's easier than ever to save using coupons. Coupons can be found in traditional places

like the newspaper, as well as online, often from the manufacturer's website. Another place to look is right on the packaging of your favorite products. For instance, where available in certain retail store locations, Procter & Gamble is currently offering coupons for other P&G brands within specially marked products from Crest, Pampers, Olay and Charmin, among others - with coupon values up to \$80 in savings when they are all used.

- \* Save by using the

Internet. By signing up for e-mail newsletters from manufacturers and local businesses you can access special offers that you might not be able to find elsewhere. For example, you can sign up for regular notification of promotions for products you use every day at [www.pgeverydaysolutions.com](http://www.pgeverydaysolutions.com). Following businesses on Facebook and Twitter can also help alert you to special offers.

- \* Develop a grocery shopping routine. Plan weekly meals and shop

accordingly. If possible, find out what items are on sale each week at your grocer before making the list, so you can take full advantage of the sales. Stock up on nonperishable items when they are on sale.

With a few changes to your shopping and spending habits, you may find yourself with a healthy chunk of extra cash next year that you can either stick into savings or spend on something special as a reward to your family.

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## UPDATE 1

# Trustco remains at the top for local banks

For Trustco Bank, 2010 ended much like it began. The bank remains the largest banking institution headquartered in the Capital Region, with 53 branches and \$2.4 billion in deposits. Its branch network is nearly twice as large as its closest local competitor and more than three times the size of the next largest. For consumers, that translates into more offices and more convenience where they live, where they work and where they shop.

Trustco focuses on providing consumer with a broad range of financial services, but with a particular emphasis on the key products and services that most consumers need over the course of their lives. For most people, that means several deposit accounts, including checking, savings and certificates of deposit, as well as a money

market account in some cases. The bank routinely offers highly competitive rates on its deposit products. Unlike many banks, Trustco continues to believe that a core savings account is a highly useful product for many consumers, and continues to offer an attractive rate on its popular Hometown Savings account.

The product that Trustco is perhaps best known for is its traditional residential mortgage. Over the years of aggressive mortgage lending by many larger banks, mortgage bankers and others, Trustco continued to focus on the traditional fixed rate thirty and fifteen year

mortgages. This focus proved to be a winning strategy for the bank, and for its customers. The bank has continued to report profits, while many of

the bank to continue to provide mortgage lending when many other lenders disappeared. Just as important, consumers that choose to use a fixed rate

mortgage did not have to worry about the sharp increase in loan payments that came along with "teaser" rate mortgages pushed by many other lenders. Trustco has been helping people finance homes in the Capital Region for over 100 years, and has structured its core mortgage to provide consumers with low costs and increased flexibility. Trustco's mortgage closing costs are routinely among the best in the area. For example, since

the bank does not require escrow of tax payments, borrowers do not need to pre-fund the escrow at the time the mortgage closes.

Part of Trustco's success in recent years is due to its continued strong financial performance and position. The bank has traditionally reported profitability levels near the top of the industry, and it remains classified as a well-capitalized institution under federal guidelines. Perhaps most importantly, it remains one of the most liquid banking institutions in the nation, providing peace of mind for its customers.

Trustco is one of the Capital Region's great success stories, with over one hundred years of history and is positioned to have another strong year in 2011.

*Trustco has been helping people finance homes in the Capital Region for over 100 years, and has structured its core mortgage to provide consumers with low costs and increased flexibility.*

the companies that pushed more aggressive mortgage products have failed, or been bailed out by taxpayers. That allowed

increased flexibility. Trustco's mortgage closing costs are routinely among the best in the area. For example, since

## Don't overlook these tax breaks on your 2010 return

Every year, taxpayers miss out on hundreds or thousands of dollars in tax breaks simply because they don't know the benefits exist.

"Figuring out what tax breaks are available, whether you qualify, and what forms you need can be tricky," says Jessi Dolmage of TaxACT, makers of tax preparation software. Dolmage offers some tips for taking advantage of commonly missed deductions and credits:

\* If you paid for child care in 2010, you may be eligible for the Child and Dependent Care Credit. Day care, pre-kindergarten, before-school and after-school programs and summer day camp for children 13 or younger qualify. The care must have been

provided so that you, and your spouse, if filing jointly, could work or look for work (exceptions apply for full-time students and the disabled).

The credit amount varies based on filing status and adjusted gross income, but the maximum benefit is 35 percent of expenses for joint filers with an adjusted gross income of \$15,000. Eligible expenses are reduced by dependent care benefits provided by your employer that you deduct or exclude from your income. Payment for care cannot be paid to a spouse, a dependent on your return, or to a child who will not be age 19 or older by the end of the year even if he or she is not your dependent; thus, care provider(s) must be identified on your return.

\* 2010 is the last year

*2010 is the last year to claim the Nonbusiness Energy Credit, worth up to 30 percent of the costs for many energy-efficient home improvements. Up to \$1,500 for 2009 and 2010 combined can be claimed, but only for the year during which the improvements were made.*

to claim the Nonbusiness Energy Credit, worth up to 30 percent of the costs for many energy-efficient home improvements. Up to \$1,500 for 2009 and 2010 combined can be claimed, but only for the year during which the improvements were made. Other green improvements like solar hot water

property, geothermal heat pumps and wind energy property may qualify for the Residential Energy Efficient Property Credit.

\* If you travel in order to provide services at charitable events, you may be able to take a miscellaneous deduction. Deductible expenses include transportation

costs, out-of-pocket expenses for your car, taxi fares or other costs of transportation between the airport or station, and your hotel, lodging and meals. The trip should include little to no personal recreation or vacation. Be sure to keep receipts and detailed documentation.

\* Be rewarded for

contributing to your employer-sponsored retirement plan or an individual retirement arrangement (IRA). The Retirement Savings Contributions Credit is worth up to \$1,000 for taxpayers born before Jan. 2, 1992 (\$2,000 for joint filers). The non-refundable credit is a percentage of the qualifying contribution amount minus distribution amounts, with the highest rates given to lower incomes.

\* If you spent money looking for a job in the same field during 2010, you may qualify for a miscellaneous deduction. Employment agency fees, resume printing and postage costs and travel to and from the area (if the travel was primarily to look for a new job) are eligible. You aren't eligible if you're looking for your first job or there was substantial time between the end of your last job and the time you looked for a new one.

"Affordable, do-it-yourself tax software and online solutions make getting all your credits and deductions easy and fast," Dolmage says. "The program walks you through each credit and deduction, and completes the necessary forms. Solutions like TaxACT also guarantee your biggest refund and make getting every credit and deduction you deserve easy."

Details about these and other 2010 tax breaks can be found at [www.irs.gov](http://www.irs.gov). TaxACT Free Federal Edition, available at [www.taxact.com](http://www.taxact.com), guides you through these tax benefits, and allows you to prepare, print and e-file your federal return.

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 Route 2- 785-7155  
 Route 7- 785-4744  
 State Farm Road- 452-6913  
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 Wynantskill- 286-2674  
 Schaghticoke- 753-6509  
 Brunswick- 272-0213  
**Saratoga County**  
 Exit 8- 383-0039  
 Halfmoon- 371-0593  
 Malta 4 Corners- 899-1056  
 Malta Mall- 899-1538

**Mechanicville- 664-1059**  
 Milton- 885-0498  
 South Glens Falls- 793-7668  
 Ushers Road- 877-8069  
 Wilton Mall- 583-1716  
 Ballston Spa- 885-1561  
 Clifton Country Road- 371-5002  
 Clifton Park- 371-8451  
 Saratoga- 587-3520  
 Northern Pines- 583-2634  
**Schenectady County**  
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 Altamont Ave. West- 355-1900  
 Brandywine- 346-4295  
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 Main Office- 381-5831  
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[www.trustcobank.com](http://www.trustcobank.com)

## UPDATE 1

## Our Savior's Lutheran School provides premier faith based education

Covering all areas of the Capital Region, the Our Savior's Lutheran School takes children from pre-school to kindergarten for a Christ-centered education.

The school is a smaller, with only 175, where there is a 17 children to one teacher ratio, and since students come from all over the suburban council, Principal Tom Romeki said they make sure to build a strong sense of community between the children.

"We work hard in developing a real sense of community because they come from a variety of school districts," said Romeki. "We try and build a community with a strong parental involvement."

Romeki said one of the ways this is achieved is through their vast array of after-school activities, which parents will sometimes facilitate. Some examples of the activities the school provides are a Future Cities Team, a chess club, a Legos club, art club and science club.

They also have their own list of sport teams, under the name the Bobcats, which would include soccer, volleyball and basketball.

"It helps them discover and use their talents," said Romeki.

While the school does not have to follow the state's standards, Romeki said the school performs very well in comparison to the state levels based on test scores. He chalks this up to a great parental involvement.

"They help out in our hot lunch program, they help out in classrooms as aides... they're active on Saturday mornings where we have a lot of basketball going on," he said. "It's really a strong involvement on the part of parents."

Many parents who look into this school are generally looking for a Christ-centered education, Romeki said. He adds that the philosophy of the school is life and learning lacks meaning without a connection of Christ.

Since the parents teach this at home, they would like to see

it in their children's education.

Romeki said there is a half an hour of worship in the church connected to the school, along with bible study in the classroom throughout the week.

The school has also focused on integrating technology into the classroom, Romeki said. While there is a computer room in the school, there are also laptops readily available for students, and smart boards, which is a projector that can be connected to the computer to project

images onto the wall.

"It's really a great teaching school because it's reaching kids right where they are with technology," he said.

Tuition rates for the school are for pre-school \$100 registration fee per child. Classes for 3 year olds on Tuesday and Thursday is \$1,320 a year, 3 to 4 year olds on Monday, Wednesday and Friday is \$1,590 per year and for Monday through Friday classes it is \$2,900 per year.

For grade school, registration fee is \$130. Tuition rates for members of the church are \$1,970 per year for kindergartners, \$3,180 per year for grades 1 through 5, with each additional child costing \$1,990 per year.

For non-members it is \$2,240 per year for kindergartners, \$4,020 per year for grades 1 through 5, \$3,330 per year for a second child and \$2,400 per year for each additional child.

For sixth through eighth grade the registration fee is \$150 per child. Tuition rates for members is \$4,490 per year and \$3,400 per year with each additional child and \$4,960 per year for non-members with \$3,870 for each additional child.

## Delmar Family Medicine brings back the small practice

Dr. Peter Forman established a small practice in Delmar, in September of 2007. He had become disenchanted with the way large practices were

delivering healthcare in the capital region and wanted to make a change. Dr. Forman completed his residency in Family Medicine at Albany Medical Center and decided to stay in academic medicine to try balancing teaching medical students and residents while delivering quality care to patients. After almost 5 years, he had become

increasingly dissatisfied with the way patients were able to access care. Dr. Forman states:

other physicians in the practice while those physicians were performing their academic duties, and they were scheduled with my patients, sometimes

doctor and the doctor knew the patient. In today's healthcare climate you have a fifteen minute visit with your physician on average. I want that time to be

spent on the problem at hand; not reviewing what transpired the last two visits to get up to speed. One way we have been able to achieve this is by use of an electronic medical record. I use an EMR so that I can save time and have all the information I need at my fingertips. I think we have successfully utilized

technology to enhance patient care and allow for the visit to be spent on the patients current issue not trying to figure out what was done last."

Delmar Family Medicine is located at 785 Delaware Ave, Delmar NY. The practice has a comfortable feel from the moment you walk in; with the train table and coloring books for kids, to the current magazines and comfortable waiting environment. Dr. Forman:

"Patient care and convenience are of utmost importance to us. We put forth great effort to minimize wait times. Patients to appointments usually are not in our waiting room for more than fifteen minutes. We try to take care of whatever we can in our office to save patients the time and stress of having to go several places for their medical care."

*"I wanted to build a practice that when the doctor walked in the door the patient knew that doctor and the doctor knew the patient."*

- Dr. Peter Forman

even when I was in the office." So I decided to start my own practice and do things a little differently, along the line of the old fashioned family practice."

Dr. Forman started a practice that takes almost all insurances, sees established patients the day they call for an appointment, takes all ages, and has a comfortable feel. There is a small staff that is pleasant and caring. The practice has easy access

to appointments and to Dr. Forman. This is a full scope Family Practice. Dr. Forman discussed his philosophy: "I wanted to build a practice that when the doctor walked in the door the patient knew that

"I would run into a patient

# Update 2011

at a store or on the street and they would tell me 'I can't get in to see you for 3 weeks.' I could not understand this as I was in the office every day. When I investigated I found patients were being scheduled with me who were assigned to

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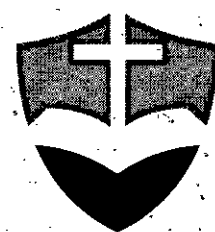
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UPDATE 1

Put your kettle to the metal

**Kettlebell Fitness Center in Delmar promotes workout that strengthens and tones**

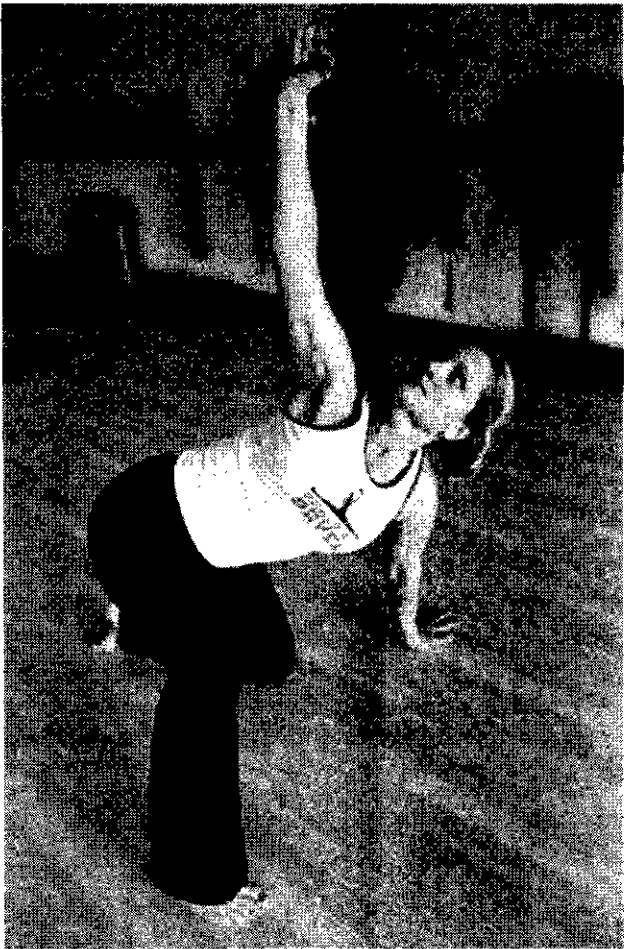
At The Kettlebell Fitness Center at 333 Delaware Ave. in Delmar, exercise enthusiasts and the curious alike can get a full workout with a 300-year-old Russian training tool, kettlebells.

Kettlebells are large, cast iron weights that look like a cannonball with a handle and come in weight increments of 8 lbs up to 106 lbs. That range makes it easy to tailor a workout for the individual, something owner Nancy Hallock said is a driving part of her business model.

"I don't charge for the first session because I like people to be able to try it out without being forced to continue," said Hallock. "I teach one particular move to everyone individually before we start a class so their form is good before classes start and I can keep a close eye on them."

Hallock leads small group classes and also does individual appointments at her fitness center. Kettlebells work because as you move something round through space, said Hallock, the center of gravity shifts as opposed to a dumbbell, which doesn't produce the same effect.

"They're the most efficient training tool I've come across or used myself. They require incredible core strength and stability, which they'll develop," said Hallock. "People in our society are typically tight in the hipflexors and mid backs are weak because we're



Nancy Hallock, owner of The Kettlebell Fitness Center in Delmar, said kettlebell workouts were used at one time to train Russian military forces. Hallock said the fitness routine can build core strength and stability.

on computers, driving or on the phone all the time. Kettlebells can afford strengthening of your back, which is great for bone density."

Hallock said women who do kettlebell workouts on a regular basis reported increases in bone density and some with slight scoliosis even saw a decrease in the curve of the spine after a period of time.

Kettlebells give a cardiovascular workout, promote flexibility and build strength all in one training session by using basic moves like

swaying.

Hallock got into kettlebells about 10 years ago when she was 80 pounds heavier than she is now. She had started running marathons but when her massage therapist pointed out that "26 miles without stopping isn't a good thing for your body" and introduced her to kettlebells, she found a different but satisfying workout routine.

"I stopped getting injured, pounding of my joints stopped because it's not an impact training tool," said Hallock.

The training tool was

*"They're the most efficient training tool I've come across or used myself."*  
— Nancy Hallock

actually used to train the military in Russia and was only brought to the U.S. relatively recently (10 years ago) by a man who trained the Soviet special operatives military force before training the U.S. military.

Hallock said it's not something that should be self-taught.

"A lot of people are jumping on the bandwagon and sometimes people know what they're doing and train safely and a lot of times they're not," said Hallock. "You could hurt yourself if you don't know what you're doing."

For information about kettlebells, classes, or pricing visit [www.thekettlebellfitnesscenter.com](http://www.thekettlebellfitnesscenter.com) or call Hallock at 275-2058. Introductory classes don't require a reservation. The first set of six classes are 50 percent off, coming to a price of \$50 for a limited time. The regular price is \$102 for six classes, which are one hour long. Hallock offers early morning classes that are popular at 5:30 a.m. Tuesdays and Thursdays, after work classes and private sessions in between.

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Why Gymnastics?

The basics of gymnastics provide a solid foundation for becoming physically fit and preparing young children to participate in many other activities and sports as they get older. The gymnastics programs at Twist'N Flip will help children develop positive traits such as patience, courage, positive self-image, self-motivation, confidence, discipline, and many other qualities that will benefit them in school, at home, and indeed for a lifetime.

Top 10 Reasons to get your child into a gymnastics program:

1. Develop coordination
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4. Learn to listen and follow directions
5. Gain self-esteem and confidence
6. Social interaction with peers
7. Learn to set goals
8. Learn fundamentals of movement
9. Develop skills to enhance other sports
10. Did we mention how much FUN it is?

Why Twist'N Flip?

Our friendly staff are safety certified and love working with children. Our facility is equipped with uneven bars, balance beams, lots of mats, and of course a trampoline! We maintain an industry leading 5:1 student teacher ratio to make sure your child is getting the most out of each class session. No waiting in lines at Twist'N Flip! Our amazing student teacher ratio ensures that your child recieves lots of individual attention from our coaching staff.

Our classes are for boys and girls ages 2 and up. Check out our website to see our class schedule; we have recently updated the schedule to better accomodate your needs. Our class schedule includes beginner and intermediate level classes for school age children. In addition to our school age program, we have morning, afternoon, and evening preschool programs for ages 2-5. We even have an adult workout class, why not have some fun staying in shape!

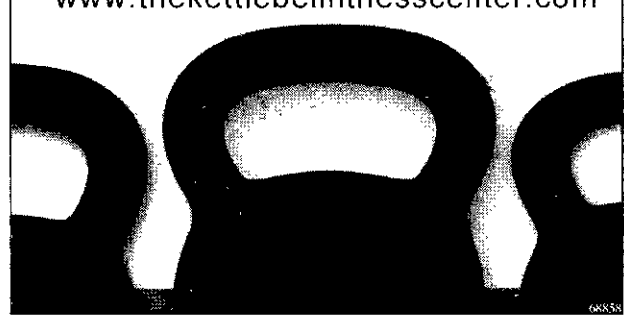
In addition to our regular class schedule, we offer:

- Birthday Parties – The most fun party anywhere!
- Preschool Program – 2.5 hour drop off program includes centers and of course a full gymnastics lesson for 3-5 yr olds!
- Day Camps – Check our website for dates, these ever popular camps fill quickly! Typically offered over school breaks.
- Summer Camps – Weeklong camps packed with fun!
- Other Special Events – Parents night out, sleepovers, and more!

**The Kettlebell Fitness Center**

Nancy L. Hallock, Owner, Trainer  
Russian Kettlebell Challenge Instructor

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## UPDATE 1

# Taking mental health seriously

**Pinnacle Behavioral Health makes it easier for people to get the help they need.**

Psychotherapy and mental health treatment is rarely a simple, one-step process. It often takes time and multiple approaches.

That's where Pinnacle Behavioral Health distinguishes itself as a premiere mental health treatment group. With two psychiatrists, three nurse practitioners and eight therapists operating offices under the same roof (all with more than 15 years of experience), Pinnacle can provide nearly any kind of mental treatment to its patients. That's why it receives referrals from the area's largest hospitals and healthcare providers, said Pinnacle Director Laura Hunt.

"They know we have the full services. You don't have to go to one place and another place," she said.

"In order to have a full mental health program, you really need to have all the services available."

Those services include medication management, meaning practitioners at Pinnacle can issue prescriptions, a rarity for many mental health providers.

Pinnacle's staff provides almost every type of treatment and therapy imaginable, from individual therapy to marriage counseling to family therapy, and also performs psychiatric evaluations. Staff also offers group therapy sessions for those dealing with depression, goals and anger management. A parenting group may be added in the future.

The group in March will be adding a play therapist to work with children ages six to 12. That's a service that's quite rare in the Capital

District, said Hunt. In fact, the scarcity of quality psychiatric care is one of the reasons Pinnacle has more than doubled in size

seeking services more than they've ever sought them out before."

Pinnacle makes it easier for those in need to get help by accepting a wide range of private insurances, including Medicare. Sadly, the state plan for out-of-work New Yorkers, Healthy NY, does not cover mental health benefits for a group of people who may well need them the most.

Pinnacle has sponsored a number of community events over the years, including the Shriners' Children's Circus, the Alzheimer's Association, police-sponsored children's events, River Rats Children's Night and local Special Olympics.

Pinnacle is located at 1 Pinnacle Place in Albany, off of McKown Road. The group is on the web at [www.pinnaclebehavioralhealth.com](http://www.pinnaclebehavioralhealth.com), and can be reached at 689-0244.

## Update 2011

since it was founded in 2001.

"We just kept growing because the need was so huge...and there was also a shortage of psychiatrists in the area," Hunt said.

Today, with high unemployment, soldiers returning home from war and increasing strain on families and individuals from the recession, the need for treatment is higher than ever. Also, some of the stigma associated with psychiatric care is fading away, though sometimes getting people to take the first step can be difficult.

"You have to be strong," Hunt said. "People are

# Enhance your look at Evoke Style

**Stuyvesant Plaza shop sells unique gifts and accessories**

Evoke Style in Stuyvesant Plaza doesn't just evoke high-end clothing and accessories, it provides it.

The new women's retail store that opened four months ago, provides some of the highest class designers at the best possible price, said owner Sandra Dollard. She said she picks what items to offer based on what women of the Capital District told her.

"We did a lot of focus groups five months before the opening, so a lot of what we have comes from the women of Albany and what they wanted, what they couldn't find and what they were looking for," said Dollard.

Evoke wants to focus on accessories and gifts, specializing in shoes, handbags and belts, but it also offers clothing, jewelry and lingerie.

One of the biggest accounts at Evoke is Longchamp, a French company that provides fashionable handbags, like a "great nylon bag" and fine leather. In the jeans category the store carries Christopher Blue jeans. For shoes, it has Pikolino's, Marc Joseph and European brands. The popular Fleurt lingerie line is at Evoke and Dollard said she's excited about the new spring line coming in.

"Longchamp was really important. We'll be carrying a shoe come spring that's a higher quality shoe handmade in the wine country of France," said Dollard. "We have Yummy Tummy

which is an undergarment, kind of a tank top blouse, a supportive garment women have asked for."

For the spring season, Dollard is refocusing the store based on what her clients tell her, which will mean a little less clothing and a lot more accessories.

"We have great gift choices made for local artisans, scarves, pottery, jewelry, everything from fine silver to wonderful beadwork," said Dollard. "We have Sandra Messenger jewelry which is hand hammered silver. A woman that works for me does beautiful bead and silver work and we carry a German designer that does handknit silver."

Evoke doesn't just provide "good customer service and quality products at the best pricing available," it also gives back to the community.

"I do a fundraiser every month to give back as my thank you to the women that supported this store," said Dollard. "The clientele tell us who they want us to support. I have food, wine, a cocktail party and 10 percent of the profits go to the charity."

Dollard hopes to eventually do interior design, which is what her background is in, and eventually expand into home goods and men's accessories.

"Our style is all about classically modern so when you come in here to shop, you pick up something you'll always be able to have," said Dollard. "We're not trendy, we're into selling beautiful things, affordable luxuries to people."

Evoke Style is online at [www.evokestyle.com](http://www.evokestyle.com).

# Snowstorms wreak havoc for businesses

When a January storm dumped snow and ice on Georgia it meant no school and homework for days, giving happy children a chance to sled, make snow angels and build snowmen. Atlanta businesses, however, were not so thrilled.

Some small businesses lost an entire week of revenue as the region, and the economy, waited for the thaw. An owner of an Atlanta company that manages five restaurants said he was losing tens of thousands of dollars every day as people hunkered down in their homes. While many salaried workers were paid as they usually are, despite the shutdown, hourly wage earners suffered a direct and immediate hit on their paychecks.

Like many cities surprised by the severity of winter storms, Atlanta was not prepared to fight the snow and ice, and paid a steep price, not just economically, but in national perception. There was a political cost, too, with Georgia's local and state governments having to weather anger and criticism.

Atlanta's mayor, Kasim Reed, says the city only had about 10 pieces of equipment to clear icy roads, when it needed 40 to 60. He promised residents that the city will be prepared for worst-case snowstorm scenarios in the future, with equipment operators on standby before the

first snowflake falls, as reported by CBS Atlanta.

What happened in Atlanta shows that snow and ice can cripple local economies almost anywhere. In an era of tight city, county and state budgets, some authorities are gambling their communities' economic health and national reputation by not having enough equipment, workers and road salt.

"Salt is an important strategic resource for winter," says Lori Roman, president of the Salt Institute, which represents the salt industry. "Nothing else takes care of ice like salt. That's a fact."

Ice closes roads, and a 2010 study by IHS Global Insight, a Boston-based economics consulting firm, found that hundreds of millions of dollars in economic opportunity are lost each day that a state is shuttered by impassable roads.

"The shocking losses estimated by this study should light a fire under state and local authorities nationwide to get serious about investing in quicker and more effective snow and ice removal," says Greg Cohen, president of the American Highway Users Alliance, which commissioned the study. "When roads are left unsafe or impassible, it's more than a public safety issue - it's like money being thrown down the

drain."

The study examined the economic impact of snowstorms in 16 U.S. states and two Canadian provinces. It showed:

\* A one-day major snowstorm can cost a state \$300 to \$700 million in both direct and indirect costs.

\* Although states and localities may be hesitant to expend significant upfront resources in the short-term, the long-term payoff more than justifies the expense.

\* Among all economic classes, snow-related

shutdowns harm hourly workers the worst, accounting for almost two-thirds of direct economic losses.

"The bottom line is that the economic impact of snow-related closures far exceeds the cost of timely deicing and snow removal," says Roman. "As our public officials focus on economic recovery, we can ill afford preventable road shutdowns that cause such immediate harm to working class families trying to make ends meet."

— ARA content




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## UPDATE 1

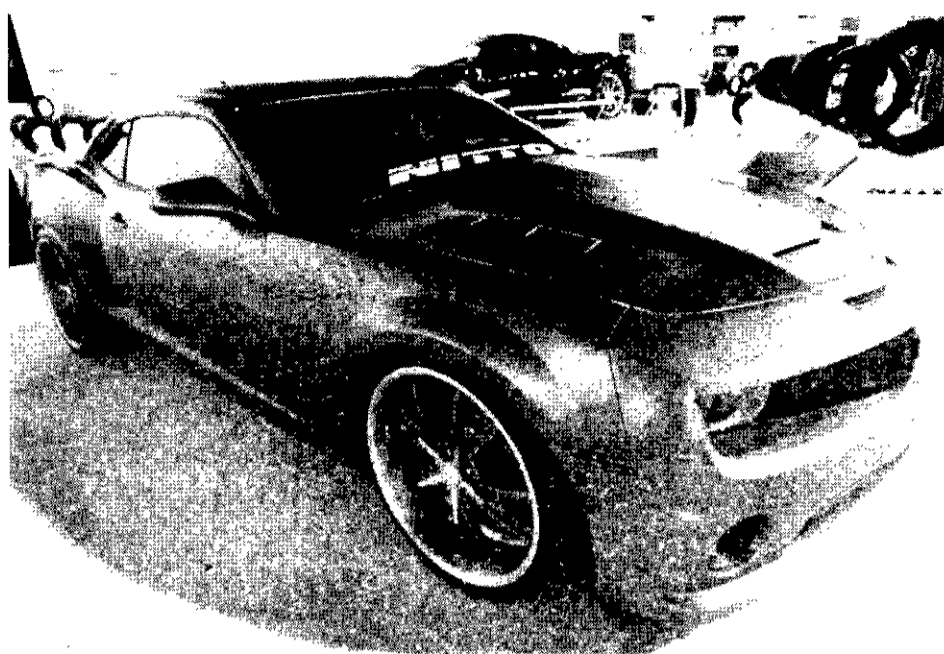
# Buying a new car or truck that can be custom fit

Stylish wheels, contoured seats, increased fuel efficiency and added horsepower are just a few ways that today's drivers are personalizing their vehicles. Estimated at nearly \$28 billion annually, the automotive customization market is booming and includes thousands of products that can transform any car or truck into the vehicle of one's dream.

"Many people see the vehicles they drive as a reflection of themselves," says Chris Kersting, Specialty Equipment Market Association president and CEO. "So it's no surprise that drivers like to customize their cars and trucks to reflect their unique personalities."

While all vehicles can be personalized, shoppers looking for the car or truck with the greatest potential for customization can turn to the SEMA Award to guide them toward the most accessory-friendly new models. The winning vehicles were selected by manufacturers who develop and design automotive parts and accessories. This year's winners include the Chevrolet Camaro named Hottest Car, the Ford F-Series named Hottest Truck and the Jeep Wrangler named Hottest 4x4-SUV.

"Every year manufacturers bring exciting and inventive new ideas for accessorizing vehicles to the SEMA Show," says Kersting. "So many amazing products and accessories hitting the market right now



The Chevy Camaro is a popular car with a wide array of parts available for customization

involve improving the performance of vehicles' functionality, safety and convenience and enhancing appearance and comfort. The SEMA Award winners represent the vehicles that offer some of the greatest possibilities."

**Chevrolet Camaro:** The list of available performance parts and accessories for the Chevrolet Camaro grows daily as its popularity increases. Accessorizing ideas for this car range

from air springs to electronic gadgets that charge your phone, provide you with GPS data and even monitor your tire pressure while sitting in the driver seat.

**Ford F-Series:** The Ford F-Series has long been a favorite with enthusiasts and parts manufacturers alike. The truck's new design has spurred the growth of even more accessories. Some unique features include a slide-out bed to make

loading and unloading easier for small business owners and special paint protection products to help prevent rocks, gravel, salt or insects from damaging the truck's finish.

**Jeep Wrangler:** The multi-functional Jeep Wrangler, admired for its versatility as a personal vehicle, off-roading hobbyist's toy and a great work vehicle, continues to drive demand for innovative custom parts and accessories. Specialty wheels and tires can make this vehicle transform easily from a daily driver to an off-road toy, while custom gauges, floor mats or seat covers provide the vehicle with an instant make-over.

With the right parts and accessories, drivers can make a personal statement with their new cars and trucks. Whether drivers are looking to create a high-performance sports car or a rugged truck worthy of off-roading, the first step is to select a vehicle that has the greatest potential for customization. The SEMA Award program provides valuable guidance to those looking for a top-quality vehicle that can be personalized.

Before purchasing your next vehicle, visit [www.sema.org](http://www.sema.org) to learn more about the program and to view complete lists of manufacturers offering products for each of the winning vehicles. Then, you'll be well on your way to creating a unique vehicle that fits you like a glove.

Continued from pg. 20

## Legion focuses on community

community service here," said finance officer Joe VanDeloo. "The last student we had here did everything from washing dishes to wrapping Christmas presents for another charity we sponsor."

Former Post Commander Mark Wahl said the mission of the Blanchard Post is ingrained in its members: veterans and family members of deceased veterans.

"You come to the post, you do your thing and you continue to serve your community, even after serving active duty," he said. "That's one of the reasons someone would come here — because you still have that calling to serve within you."

But the atmosphere of the Post is far from militaristic. "You can come down here and be comfortable," said Wahl. "You don't have to talk about the service — you don't need to — because you just get it, you belong."

"There is no rank here," echoed Vandelo, who was named the Bethlehem Chamber of Commerce's Citizen of the Year in 2008.

The Post will honor, as it's done every year for half a century, exceptional law enforcement and emergency-services providers from Bethlehem. This highly anticipated event, held on the first Monday in March, is open to the public. Previous years have seen a standing-room only crowd, so come early.

And of course the Post will once again team up with the Town of Bethlehem and the Veterans of Foreign Wars to bring its perennial Memorial Day parade to the streets of Delmar this May.

Keep your eyes open for other upcoming post events, including Super Jackpot Bingo, Sunday all you can eat pancake and sausage breakfasts and many other fun community events and fundraisers, which help the Post's mission of serving the community.

"Really what we're all about is community and community service," said Giaccone. "Anyone in the community is welcome here."

The Nathaniel Adams Blanchard American Legion Post 1040 is located at 16 West Poplar Drive in Delmar. For more information, or to join, visit [www.nabpost1040.us](http://www.nabpost1040.us) or call 439-9819.

Continued from pg. 20

## Best Cleaners gives back

has led them to be recognized nationally as one of the top 30 cleaners in the country. They have also been recognized as the best garment care firm in the Capital Region many times over.

McCann is proud of the accolades, she says, but "what is even more exciting for us is the day-to-day trust that you place in us to ensure that you look your best."

The McCann's purchased the Certified Restoration Dry-cleaning Network franchise in 2009. CRDN specializes in the restoration of textiles damaged by fire, floods, smoke or mold. They are applying the same standards of quality and service to CRDN as they do to Best Cleaners.

The attention that Best Cleaners dedicates to garment care spills over to the company's approach to charity. The list of organizations they've helped around the Capital District is a long one, and now the company is focusing on The American Red Cross, The Capital Region Food Bank and the Juvenile Diabetes

research Foundation. It is a sense of generosity they extend to, and welcome from, their customers.

"We allow our clients to donate to the Red Cross at any of our locations," said McCann, adding the company is also extensively

garments, we absolutely get involved in because it's our business," she said.

Though Best Cleaners has 10 locations in the area, the company isn't anchored by brick-and-mortar locations, as they provide complimentary pick-up and delivery to

environment."

McCann says being a steward of the environment is important at Best Cleaners — they are a non-perchloroethylene (or non-perc) dry cleaner — and if the company can save a couple hundred trips to one of their locations by having the pick-up and delivery service, then the company, the client and the environment win.

McCann also said Best Cleaners is constantly striving to improve its service to clients. "We really do our best to take care of our clients and our communities," she said. "We want you to try us. If, for some reason, you don't like our service, we'll take the time to talk to you — it only makes us a better cleaner."

For more information about Best Cleaners, visit [www.bestcleaners.com](http://www.bestcleaners.com).

*"What is even more exciting for us is the day-to-day trust that you place in us to ensure that you look your best."*

*- Catherine McCann*

involved in clothing-related charities like the Cinderella Project and Dress for Success, a non-profit organization that provides business suits for low-income individuals going on job interviews.

"Any type of organization that needs

anywhere in the Capital Region.

"It's the exact same product, exact same quality, but you don't have to leave your home." This is also "The delivery is really convenient in your personal life, but it also helps the

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## UPDATE 1

# Preparing girls for the future

**Academy of the Holy Names maintains high expectations for its students**

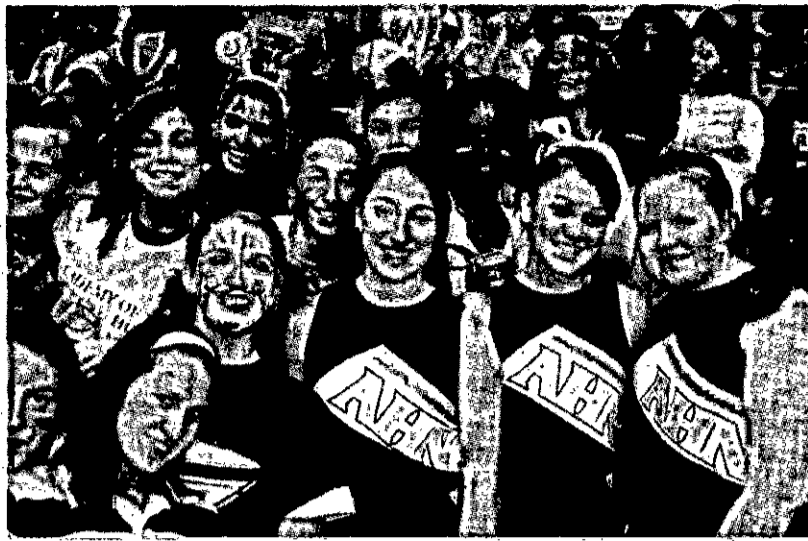
There is only one place to go in the Capital District if you are looking for an all-girl independent Catholic school from pre-kindergarten to high school graduation.

For over 125 years, young girls have been attending the Academy of the Holy Names and receiving an education that prepares them to reach their full potential by focusing on the body, mind and spirit. With small class sizes and dedicated faculty members, students are able to meet the high expectations of their teachers.

"The teachers here expect students to do well; they expect success and they expect students interactions," said Ellen Gelting, spokeswoman for the academy. "Teachers here come into their classroom with high and positive expectations for their students every year."

To make sure students succeed, teachers don't simply just teach a class, but interact closely with students to make sure they reach the goals and standards placed upon them.

"The students here have really strong relationships with their teachers," said Gelting. "They are able to address issues, make recommendations for them and nurture them through their entire experience."



For over 125 years, young girls have been attending the Academy of the Holy Names and receiving an education that prepares them to reach their full potential by focusing on the body, mind and spirit.

The academy is accredited by the University of the State of New York Board of Regents and there are advanced placement courses, college credit-bearing courses, a three-year science research program and other special program allowing students to explore their own interests. Also, the faith formation at the school allows students to grow spiritually through formal education courses, initiation and participation into the sacraments of Reconciliation and Eucharist, frequent liturgical celebrations and an educational environment following the Gospel message.

Community service is also

stressed, with students required to do community service before reaching graduation.

"The community service here is also a component of the education," said Gelting.

"It is about analysis and addressing the problems they see and trying to learn about those problems and become educated about them. Those who see the problems, analyze the problems and think about them

Continued / pg. 13

# Colonie Golf & Country Club goes against the grain

What do you get when you blend all of the amenities of a top-notch country club with an exciting and care-free environment? You get Colonie Golf & Country Club in Voorheesville. Colonie Golf & Country Club offers a unique approach to country club living that you seldom find. General Manager, Bob Desautels, explains, "We make life for our members as simple and enjoyable as possible. There is a level of camaraderie here that comes from our club offering a fun and inclusive environment, without the

need to worry for the club's financial health." It is this environment that has led to six years of continued growth for the club.

upgrading their amenities to continue to strive towards one goal. "Our goal is to be the premier club in the area for individuals and families alike to feel at home and experience a lifestyle that they have earned," Desautels adds, "In the past six years we have never asked our members to contribute financially to the club's upgrades. I believe that has been a major factor in our growth."

The golf course was designed by legendary designer Geoffrey Cornish and is one of the true golf course gems in the area. It is a long golf course, playing nearly 7,000 yards from the professional tees. Consistent turf practices that have been employed over the years have allowed the club's members to play on the finest conditions they can find anywhere. "It is the type of course that you want to play on a daily basis. There is nothing

Colonie Golf & Country Club has continued to invest in the entire facility,

Continued / pg. 13

## Update 2011

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## UPDATE 1

## Integral One your first and last stop for computer support

Integral One Network Solutions is an Albany based computer network integration company that provides businesses and government entities with a broad base of computer network support services.

They partner with their clients as their trusted advisor - providing them with cost-effective and professional-grade IT support. They have recently grown - adding support capabilities and broadening their technical services.

Integral One's services fall into two primary categories:

**Professional Services** - projects ranging in size & complexity from small network implementations to large network consolidation and server virtualization. Typical professional services engagements include new network installations, file server upgrades, mail server upgrades, thin client computing, network migration, remote office setup (VPN's), firewall sales & implementation, Blackberry server implementation, etc.

**Managed Services** - cost-effective on-going support services including; off-site nightly backup, antivirus/anti-spam, email filtering, server monitoring and alerting, and full-service IT support (fixed-price, enterprise level computer network support - at a fraction of the price of hiring in-house IT support staff).

Why choose Integral One for your business?

*Integral One Network Solutions will properly manage your computer network - so you can manage your business.*

They listen to their clients - and provide them with the feedback and options they need in order to make well-informed decisions. Integral One's growth is largely due to repeat

contract), software companies, medical device companies, banks, hospitals, construction firms, and real estate firms.

Experienced and highly credentialed

business & direct referrals from their clients.

Integral One's clientele is diverse - with an understanding of the technical requirements, the business cultures, and the budgetary constraints that influence IT purchasing and support decisions for firms in the following industries: law firms, medical practices, municipalities, architecture firms, manufacturing companies, not for profit agencies, accounting firms, New York State Agencies (they are on the NYS OGS backdrop

- Integral One is a Microsoft Gold Certified Partner, our senior engineers have 20-plus years of IT support experience, and we continually train and re-certify our employees in the latest technologies.

The bottom line:

Integral One Network Solutions will properly manage your computer network - so you can manage your business. Please contact us to schedule a complimentary network analysis: Ed Parker, Partner, eparker@integralone.net, (518) 464-4014 x102, www.integralone.net

## What's new at Kingsway Community?

A 58,000 square foot, two-story addition to both Kingsway Arms Nursing Center and Kingsway Manor Assisted Living opened in July of 2010.

The first floor of the addition is a new 40-bed wing of the nursing home with an expanded physical and occupational therapy department, a dining room, and resident lounge. Primarily designed for short-term rehabilitation, the PT/OT rooms contain a ceiling lift system, a wall-mounted Wii game system and a complete kitchen.

The second floor is a 20-bed wing for assisted living with both studio and one-bedroom apartments. All rooms and apartments on the

north side of the building have golf course views. Soothing color schemes and comfortable furnishings provide a welcome backdrop for residents and their families.

Overall, the feel of the two-story addition is one of comfortable elegance. Recessed doorways and variable height ceilings provide interest. The abundance of natural light casts a warm glow. Views of the neighboring golf course offer spectacular scenery, whether green or white, depending on the season. A new café offers a wide variety of breakfast and lunch selections, comfortable seating and lots of natural light.

Kingsway's independent living apartments remain a popular choice for those who want comfortable, maintenance-free, retirement living. Two of the apartment buildings on the campus - Parkland Garden Apartments and Kingsway Village Apartments - provide services and amenities such as weekly housekeeping with linen service, chef-prepared daily meal, cultural and social activities, beauty/barber shop, emergency pull cords with 24-hour staffing, and transportation to scheduled medical appointments and group outings.

*No matter what stage of life, you need people close who you can depend on and trust. Kingsway is here for you when you need us, understanding every level of care you require.*

Live in complete control, safety and security while enjoying all the benefits of Kingsway Community. Your independence, comfort and happiness are not options, they are a way of life.

No matter what stage of life, you need people close who you can depend on and trust. Kingsway is here for you when you need us, understanding every level of care you require.

Kingsway's 25-acre campus with multiple levels of care and services, gracious accommodations and abundant amenities, permits each resident to live as independently as possible with comfort, care and compassion.

Founded in 1975, Kingsway has grown and expanded to meet the changing needs of seniors in the Capital Region over the past 35 years. Situated on a 25-acre campus in the residential section of Woodlawn in Schenectady, Kingsway offers a continuum of care and services from independent living apartments, assisted living, skilled nursing and rehabilitation, home care, adult day program, respite, Hospice, child day care and a car service.

The Memory Care Center is slated to open very soon. The campus has a staff of 450 with 25 new jobs as a result of the recent \$9 million expansion.

Give Kingsway a call at (518) 393-8800 to schedule a tour so you can see for yourself why so many people call Kingsway home.

# Update progress edition 2011

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## UPDATE 1

*Employer advice:*

# How to work with colleges to find dream employees

Class is always in session if you're a company looking to gain a strategic edge in hiring entry-level college graduates. The pool of work-ready college graduates is as high as ever, but current financial conditions have forced the bar even higher for companies looking to hire.

One way to make sure that job candidates are ready to produce when they graduate is to bring your company to the classroom. There's no need for CEOs to hit the white erase board, but it is a good idea for your company to reach out to various local colleges and begin to work on tailoring a curriculum that meets your business needs.

"Public, private and proprietary colleges have been working with industry professionals for years," says Robert Pope, president of Brown Mackie College, San Antonio. "But if you're a company that has never worked with a higher education institution on programs meant to meet your organization's human resources needs, here are three tips to get you started."

1. Determine what educational need you want to address.

Establishing your needs beforehand will help you better understand the type of employee you need. Employers should consider the type of skill sets their employees need to have; the type of equipment or software programs they will be using on a day-to-day basis and any types of certifications they may need to prepare them for on-the-job tasks. By conducting and documenting an audit of the types of tasks you will expect your employees to complete, you will know exactly the type of experience and educational background you are seeking in potential employees.

2. Join a program advisory committee.

Now that you've established the skill set your employees will need, seek out colleges that offer program advisory committees on their campuses. These committees invite local business owners to provide feedback about the curriculum, supplies

and the key areas of focus students interested in particular industries should have before entering the workforce and potentially applying for a job with your company.

Partnering with local colleges to assist in planning a curriculum creates efficiency in the education system and ensures that students are learning the exact skills they need to work in high-demand, sometimes technical industries.

3. Start an externship program.

A key component of many college courses is the externship, or supervised practice performed in a real-world work setting, outside the classroom. Business owners should consider establishing an externship program that would provide students with a first-hand look at the expectations of the job.

they'd like to have upon graduation. You would also provide students with a network of contacts that they may not otherwise have.

Externships benefit the employer through lower-than-standard labor costs. In addition, you might spot a future employee with whom you want to maintain contact and potentially hire. Think of the externship as a trial run that can help you avert a costly hiring mistake.

Upon completion of a degree program, career counselors, and students can leverage the partnerships created with you and other employers to place students into a job that caters to the interests and educational background of the student.

At the current crossroads in the U.S. economy, many employers, students and educators

are re-thinking higher education and arriving at the conclusion that now is the time for an approach that is more practical and less

theoretical. Active partnerships between industry and education are an obvious way for the "customer" (the employer) to get a "product" (the college graduate) that is better suited to the employer's specific needs.

If you are an employer who needs a pool of well-prepared graduates from which to hire, take a positive step forward by contacting a college near you and starting a dialog about your human resources needs.

## Stone Creek Estates to open doors soon

Stone Creek Estates is a brand new Carrow single-family home development in New Scotland for individuals 55 and older. These beautiful one-story townhomes are geared toward baby boomers and will feature two bedrooms, 2-3 bathrooms, a two car garage and a full basement.

all up to!

The idea behind Stone Creek Estates was to create homes people can enjoy as they continue to grow. At the age of 55 most adults are still very active and working but don't necessarily need the large home they enjoyed while raising children. Stone Creek Estates offers this niche of consumers a smaller single-family house with options that will allow them to age in their own home, instead of an assisted living facility. All homes will come standard with ADA compliant doors and hallways so in the event an individual becomes wheelchair bound, they don't have to leave the comfort of their home. Stone Creek Estates also offers the option of having a completely ADA accessible home.

Construction is underway on the two model units with an anticipated grand opening of May 1, 2011. Units have already been reserved and construction on those will commence soon.

# Update 2011

With approximately 1,500 square feet of living area, these homes are very open and spacious.

Stone Creek Estates is a different type of community. Since this is your home and we believe you should make the choices, there is no lengthy standard features list. When entering the model you won't find a small selection of finishes to choose from. Instead, you will meet directly with vendors to make your selections. The brand, color and grade level are

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## UPDATE 1

# Bethlehem Dental Arts wants to make you smile

There are not many people who truly enjoy a trip to the dentist, but at Bethlehem Dental Arts Drs. Virginia Plaisted, Stanley Lis and their staff are working to make every visit as enjoyable (or at least pain-free) as possible.

Plaisted founded her Delaware Avenue office in 1983, and Lis joined about six years ago. Perhaps the biggest recent change, though, came two years ago when the practice joined the 1st Advantage Dental Group, which has nine other Capital District practices under its umbrella.

For dentists, insurance claims are like the whirl of a cavity drill. They're time and resource consuming, which forces dentists to spend less time with their patients. But by pooling resources, 1st Advantage offices can more easily handle claims, Plaisted said.

"We have specialists within our 1st Advantage Group that makes dealing with the insurance companies a lot easier," she said. "It gives us doctors that are with 1st Advantage the ability to really focus on our patients."

That's not the only

recent change at Bethlehem Dental Arts, though.

In the past few years the practice has added not only digital X-rays but a digital impression machine, which forgoes the sticky goop mold needed for a crown and instead uses lasers to create a digital image.

Bethlehem Dental Arts also is one of the few practices that can offer oral conscious sedation, which through a sedative pill and gas can make the visit a lot easier for sufferers of dentophobia.

"It's a very, very nice way to help your patients who don't like going to the dentist," Plaisted said.

One other way Dental Arts makes life easier for patients is to schedule early-morning cleanings four days out of the week, which makes it a lot easier to schedule a dentist trip into a busy life. And at every visit, from a simple cleaning to more complicated procedure, Bethlehem

Dental Arts staff make sure to assess overall dental health under the CAMBRA method (Caries Management By Risk Assessment).

In this rapidly growing program, even one's medications are factored into a look at cavity risk. From there, a plan can be created that could involve the use of prescription toothpaste or mouthwash.

"We can tailor a personalized program for them to prevent that decay rate from happening," Plaisted said.

Bethlehem Dental Arts employs ten at its offices at 74 Delaware Avenue, several of which are certified dental hygienists. To schedule an appointment, call 439-3299.

Tony Strollo wants you think about security before you have to call him.

As founder and President of Independent Security Services, Inc., Strollo draws on his 38 years of experience as a soldier, an officer of the law, a certified police instructor, author of the book "Four Long Days: Return to Attica" and a businessman to provide individuals and businesses the best security, investigative services and loss-prevention in the Capital District.

*"Once you're a client, you're always a client."*

—Anthony Strollo

Institute in Berryville, Virginia to have earned the very difficult title of Licensed Private Investigator in New York State. Wagar started working for Independent Security Services, Inc. in August of 1999, and Strollo speaks highly of the work she does.

"It is a great feeling when you can help these people connect," he said.

Security guard training is also offered by ISS. In fact, they will be conducting an 8-hour annual/pre-assignment Security Guard Training class at the ISS facility located at 38 Sheridan Avenue, Albany, on Saturday, Feb. 5, from 8:30 a.m. to 5 p.m.

"We try to make it lively and interactive," said Strollo, noting that nearly a third of the students in these classes are women, a dramatic increase, he says, from days gone by. The cost for the training course is \$75.

Prices for ISS' other services vary by the type of job performed, but all services are treated with the same care and respect, Strollo said. The ISS team will sit down with you, give you a consultation and an estimate.

"And if we give you an estimate, the job will not go over that estimate," he said. "I'll eat the cost before I do that."

Strollo stressed the commitment ISS has toward its patrons. "Once you're a client, you're always a client."

For more information on ISS, or to register for a security guard training course, visit [www.independentsecurity.com](http://www.independentsecurity.com).

# Update a progress edition 2011

People usually call us when something happens," he said. "When they get broken into, when they're experiencing losses they want to cut down on. But people should be more proactive in thinking about security. Don't wait for the loss or the theft."

Strollo said the struggling economy has caused an increase in the need for security services. Shoplifting is on the rise, he said, and so is the threat level against employers and former employers.

ISS also provides an array of investigative services, from finding loved ones or old classmates, to connecting adopted children with their biological parents. Carol P. Wagar, a Senior Agent and certified Executive Protection Specialist with ISS was recently commended for her achievement in being the first female graduate of the Executive Protection

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## UPDATE 1

Continued from pg. 9

## Golf club has top pro

You just have to make good golf shots. The greens are perfect country club style greens. They are quick, but receptive." Colonie is able to boast the area's most recognizable and decorated professional in Frank Mellet. Mellet, a multi-time winner of the Vardon Trophy for lowest scoring average, and current NENY PGA Player of the Year, has also developed the finest golf staff in the region.

Members of the club are also treated to eight perfectly maintained Hartru tennis courts. The club offers lessons from a USTA professional, as well as leagues and tournaments throughout the season. For non-golfers, Colonie Golf & Country Club now offers a tennis-only membership, giving unlimited access to the tennis program at a very affordable rate.

One of the big attractions at Colonie is the swimming pool complex, including a 3,200 square foot main pool with lap lanes, a spring board diving pool, and a toddler pool. There is a snack bar adjacent to the pool that offers all the favorite summertime treats. Pool-only memberships are also available. The social atmosphere and dining at Colonie Golf & Country Club continue to be a wonderful compliment to all that the club offers.

You can find out more about life at Colonie Golf & Country Club by calling General Manager Bob Desautels directly at 765-4100. Dues are more affordable than you might think and their current offer could give you six months of free dues. It may just be the best decision you make in 2011.

Continued from pg. 9

## School boosts confidence

can also be the leaders for creating change.

Being an all-girl school can allow girls to feel more comfortable and less self-conscious, she said, which promotes self-expression.

"We really believe that single sex education is the best education a girl can get," said Gelting.

On Sunday, Feb. 6, at 1 p.m. the Academy of the Holy Names will have an open house for prospective student from pre-K to eighth grade. Also, on Wednesday, March 2, there is an open house for prospective students from ninth to twelfth grade. At both open houses there will be faculty and staff to answer questions along with students from the school. Parents are encouraged to bring their children.

## Do you fit the profile of an identity theft victim?

Do your address, job and interests make you more likely to be a victim of identity theft? Recent research shows that may, indeed, be the case.

A disproportionately high percentage of identity fraud victims live in affluent suburbs and high-density metro areas, have an advanced degree and a spouse, and are interested in politics, leisure activities such as tennis, and the arts, according to data compiled by Experian.

"While identity fraud can happen to virtually anyone, anywhere, Experian's analysis of data from our Fraud Information Services group and Experian Marketing Services makes it clear that affluent suburbanites top the list as the most at-risk consumers," says Jon Jones, a senior vice president at Experian Decision Analytics which helps consumers and business detect and prevent identity fraud.

Identity theft continues to rise, and affected more than 11 million victims in 2009, according to Javelin Strategy & Research Center's 2010 study. In fact, the problem has become so prevalent that one out of every 10 people has been affected by it, says the study.

Victims of identity theft - the unauthorized use of one's identity by another for financial gain or to procure services - have a distinct profile, according to the Experian study. When compared to non-victims, identity theft victims are 43 percent more likely to live in affluent suburbs.

73 percent more likely to have an advanced degree.

Residents of neighborhoods where the percentage of luxury vehicles is 26 percent higher. "While it wouldn't be practical or even desirable for anyone in the highest-risk demographic to change their address, job or lifestyle out of fear of identity fraud, these people - and all of us - should take reasonable fraud protection steps," Jones says.

Here are several steps consumers can take to protect themselves from identity fraud:

Do everything you can to protect your Social Security number. Never carry your Social Security card in your wallet. Never use your Social Security number and card as a substitute for other forms of identification like your driver's license or insurance number. Be particular about what businesses you share your number with; ask why they need it, if it's optional to provide or required to provide, and what might happen if you choose not to share it.

Shred bills, receipts, copies of credit applications, insurance forms, physician and bank statements, and any other document that has identifying information on it before you throw it away. Identity thieves pick through trash and recycling bins to find personal information.

Use complex passwords for online accounts and verify the source of any request for personal or account information before you share this information over the Internet - or by phone or even mail. Businesses with which you already have an existing account should not ask you to provide account or personally identifying information. Such a request may actually be coming from an identity thief posing as a legitimate business.



A disproportionately high percentage of identity fraud victims live in affluent suburbs and high-density metro areas, have an advanced degree and a spouse, and are interested in politics, leisure activities such as tennis, and the arts, according to data compiled by Experian.

## Update 2011

Many consumers are also relying on identity theft protection products, like ProtectMyID.com to reduce their risk of exposure to identity fraud. The product helps stop identity theft by monitoring your credit daily through all three major credit bureaus, scanning the Internet daily to search for fraudulent use of your identifying information, and notifying you when anything is found. Fraud resolution agents provide subscribers with personal assistance in resolving identity theft issues and in protecting information if a member's wallet is lost or stolen. If you're a small-business owner, ProtectMyID can also help protect your customers (and you) from identity theft risks. Log on to www.

protectmyid.com to learn more.

If you suspect you are the victim of identity theft, contact the credit reporting agencies immediately. They have plans in place to address fraud. For example, Experian offers a 24/7 automated hotline that allows you to add a security alert to your credit file, remove your name from prescreened credit solicitation lists, request a complimentary report, and have your request shared with other national credit reporting companies. Associates specially trained in consumer fraud help you identify fraudulent items on your report and initiate an investigation. As soon as data is confirmed as fraudulent, the credit agency blocks it from view by creditors and removes it from the report as quickly as possible.

"Identity fraud isn't likely to go away, but by understanding who is most at risk, and how to deprive thieves of opportunity, consumers can protect themselves from becoming a victim of identity theft," Jones says.

## Got news or views?

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 439-5198, or mailed to Spotlight, P.O. Box 100, Delmar 12054.

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

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

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

Submissions can be e-mailed to news@spotlightnews.com, faxed to 439-5198, or mailed to Spotlight, P.O. Box 100, Delmar 12054.

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

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

For information on submitting a Point of View, e-mail news@spotlightnews.com or call 439-4949.

## UPDATE 1

## Clearly Yours adds goods with a personal touch

Looking to get something personalized with a monogram or an engraving? Possibly a hat, a coat rack or even a piggy bank? Then Clearly Yours in Latham might be the perfect destination.

Owned by twin sisters Heather Stein and Jodi Emmott, the shop features a variety of

graduated from Union College in June with a bachelor's degree in psychology and graduate degree in business.

Where they said 60 percent of their customers are new ones. But they have kept some of the older products and expanded to more home décor lines such as Mari Posa

add categories such as babies, kids, home décor and wedding gifts.

Stein said they hope to start selling some items from their store on the site, but will only choose select items to make available.

"The goal isn't to put every product we have in the store of the web site," said Stein.

## Building Connection your partner in all remodeling

For more than 20 years, The Building Connection, Inc. in Burnt Hills has done remodeling jobs around the region, from bathrooms to kitchens to additions, basements, sidings, windows, decks and porches.

"All remodeling stages, that's us," said Paula Wunderlich, who owns the business with her husband Eric.

The Building Connection, Inc. has an A-plus rating from the Better Business Bureau, which it is a member of, and Wunderlich said that good reputation and the business' longevity is largely in part because of the emphasis the Wunderlich's place on customer service.

"Customer service sets us apart. Every night, Eric tries to clean up to as if he was never there during the day," said Wunderlich. "We keep the homeowner updated on what's going on, stuff like that. One nice thing people say about us is that my husband is always on the job. We don't send a ton of subcontractors over, my husband is always on the premises."

The Building Connection, Inc. only employs two other workers besides Wunderlich and her

*"When we start a job, it's start to finish. We don't start another and leave that job hanging."*

*- Paula Wunderlich*

husband. She stresses that it's a small family-owned business that really meets customers needs and doesn't really fit in with the bigger builders that attend home shows or take on many projects at once.

"When we start a job, it's start to finish. We don't start another and leave that job hanging," said Wunderlich.

Wunderlich said the couple decided to start their own business because after years of working for other people, her husband decided he was more than capable of doing it all himself.

"My husband went to school for contracting and got his experience through other builders. He decided he could do this on his own and really make a go of it because he knew he was good at what he did and really put the customer first," said Wunderlich.

The Building

Connection, Inc. is in the process of getting a website designed where the will be pictures and information. Now, though, each client gets a professional, written estimate for a job.

"We do professional estimates that really details the whole job and have a portfolio that people can look at and also send out a reference sheet that people can call or go visit the work he's done," said Wunderlich.

It may be a small, company, said Wunderlich, but it stands out in the community.

"We base our company really on the customer service base thing because a lot of companies don't do that anymore," said Wunderlich. "They're in, they're out and that's it."

The Building Connection, Inc. is at 34 Sherwood Lane in Burnt Hills and can be contacted at 399-6277.

# Update a progress edition 2011

baby gifts, Vera Bradley merchandise and glass products that can be feature the customer's name, giving it a more personalized feel.

"The goal is to have everything leave the store with something personalized," said Stein, adding that if it is an item that has not been monogrammed or has an engraving that they want to have the person's initial on it.

Stein and Emmott recently took over the store back in July 2010 from owner Mary Jo Johnson. They each had

and Tamara Childs, along with some soaps and lotions.

The biggest difference in the new ownership is that digitalization of the store. Now there is a computer inventory of all their items. They are all now keeping a catalogue of all of their customer's emails.

Stein said they now have a Facebook page and are working on their web site, clearlyyoursgifts.com, which now gives snap shots of some of the different items they sell. They will soon

"We'll take the ten best sellers from each of the categories."

The sisters also plan to change the sign as well, with a new logo in the coming weeks.

While they are new to owning a new business, Emmott and Stein said they have learned a lot in the six months they've been running the store but said they are constantly taking recommendations from their customer.

"Customers, our family, everyone has their own recommendations," said Stein. "We do listen to the customers a lot. It really is a learning experience and we're still learning. It's gotten a lot easier and we've gotten more comfortable."

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## Tips on small-business PCs

Customers are being greeted by an array of new technologies on retailers'

shelves. People are seeing that technological advancements have changed things significantly not only in the consumer world but also in the business world.

These changes are allowing organizations to be more efficient than ever before and are helping businesses beat the competition. This ability to compete is not only important in large businesses but also extremely important to small businesses. This holiday season is the perfect time for small-business owners to show their employees how much they care and give them the most advanced technologies to stay ahead in today's marketplace.

If new technology is on the list for small-business owners this year, they ultimately want a PC that helps increase the productivity of their employees and provides the security they need for peace of mind. Often these capabilities depend on the

PC, as well as the software programs that the PC runs on, such as its operating system. Microsoft Corp. understands this, and it is the reason why Microsoft offers Windows 7 Professional, which was designed specifically with small businesses in mind.

So, make sure you keep in mind these cool PCs for your employees, all of which come with Windows 7 Professional:

\* Asus UL30A. Perfect for the business traveler as its light and thin design makes for easy transport. Its long-lasting battery allows for 10 hours of computing without plugging it in.

\* Dell Latitude Z. Advertising itself as the world's thinnest and lightest 16-inch laptop, this computer is perfect for highly visual business travelers.

\* HP EliteBook 2740p. This computer comes with extensive wireless connectivity options, as

Continued / pg. 17

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*Vera Bradley*

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68413

## UPDATE 1

# St. Gregory's the 'Best Kept Secret' in the Capital District

Saint Gregory's School is a private elementary school located in Loudonville. Although the School has been in operation since 1962, it has been described as the "Best Kept Secret" in the Capital District. Saint Gregory's School is devoted to the advancement of each child's intellectual and creative potential. This individual growth is achieved through emphasis on small classes under the supervision of superior teachers with close personal attention to each student's needs and capabilities.

Some things you may not know about Saint Gregory's School include:

- Saint Gregory's School is an independent elementary school, founded by Catholic laymen and women in 1962.

- Saint Gregory's School welcomes students of all faiths and values religious diversity.

- Saint Gregory's School educates boys and girls in Nursery - Kindergarten; all boys in Grades 1-8.

- Saint Gregory's seeks to develop leadership, character, and self discipline in an atmosphere of rigorous scholastic training.

- Saint Gregory's students graduate with High School credits in Math, Science, and Foreign Language.

- Saint Gregory's average class size is 15 with a student/teacher ratio of 7:1.

- 65% of Saint Gregory's School Faculty holds advanced degrees.

- Saint Gregory's School students come from 16 different school districts.

districts.

- Saint Gregory's has full day Kindergarten and full day options for Nursery and PreK.

- The Saint Gregory's school day is from 8:30-3:30.

- Before-school care is available at no charge beginning at 7:30. After school care is provided for a fee until 6:00 p.m.

- Saint Gregory's School supports students with Individualized Education Plans (IEP).

- Saint Gregory's grants over \$200,000 per year in financial aid.

- Saint Gregory's School begins Spanish instruction in PreK; Latin in 7th and 8th.

- 52% of Saint Gregory's students are Johns Hopkins Scholars.

- 100% of Saint Gregory's students participate in Community Service.

- Saint Gregory's School participates in Athletic competitions in Soccer, Cross Country, Basketball, and Track.

- Saint Gregory's students have outside activities every day.

- Saint Gregory's School students' musical interests are encouraged through the bell choir, vocal choir, individual instruction, pep band, and rock band.

- Saint Gregory's School has a rolling admissions process.

You are welcome to visit Saint Gregory's School on our website at [www.saintgregoryschool.org](http://www.saintgregoryschool.org) or call to arrange a personal tour of the school. 518-785-6621. The school will conduct an open house on Sunday, Jan. 30, from 1-3 pm.



Each Kindergarten and First Grade class at Loudonville Christian School has gotten to know a specific family that lives in Albany. In addition to Christmas gifts for each family member, they collected socks, underwear, toiletries and school supplies for the larger refugee community.

## Faith the foundation at Loudonville Christian School

The Bible teaches us to "... love your neighbor as yourself". At Loudonville Christian School, we try to teach that by ministering to our neighbors in various ways.

For the last 2 years, the Kindergarten and First grade teachers have brought that lesson home to their students by adopting families from the refugee community in Albany. Each class has gotten to know a specific family that lives in Albany. In addition to Christmas gifts for each family member, they collected socks, underwear, toiletries and school supplies for the larger refugee community.

On Tuesday, December 7th the First Grade at Loudonville Christian School expectantly watched as a Burmese refugee family, newly arrived in America, entered their class. They spoke

no English, but had broad smiles. Paw Jaw, the father, permanently blinded by a land mine held one of his mittened hands close to his side. Paw Shee Ler, the mother, guided her husband and held her small 3 year old son, Shee Kaw Htoo.

They arrived from a refugee camp on the border of Burma and Thailand in April with only a small bag for their child and the clothes on their backs.

When asked through an interpreter what they wanted for Christmas, the father joked, "eyes to see", but then quickly added he needed nothing. Wondering about his clutched hand, we found out he only had one mitten, pastel at that, and was trying to protect it. Quickly we took a pair of dark green mittens from our December collection project and gave them to

Paw Jaw. Surprised, he could hardly believe his gift. His own complete set and simply handed to him. A student was also surprised and looked puzzled that the teacher had given away the mittens that he donated.

Suddenly, Quintin and the entire class realized why they were collecting these gifts. The mittens were meant to be shared with those in need, not to just look pretty in the overflowing basket.

Finally, in mixed languages we sang "Jesus loves me this I know", a beautiful and global way to share our Christian connection. We were all touched by faith and humility that day.

While the refugees are extremely grateful to be in the US, they are very needy. The gifts that our children

have provided are, for the most part, the first new things that the refugee children have ever owned! What a great lesson for our children!

Instead of simply hearing about those "starving children in the world" that our Moms always told us about when they wanted us to eat our vegetables, our students actually met children, their age, living in their city, who had no toys, socks, warm hats and mittens, or even pencils to do their homework. Our students were excited to share from their abundance! It is a blessing for everyone!

Please visit LCS at our next Open House, on Saturday, February 5, from 10 am - 12:30 pm.

For further information call 434-6051.

**Loudonville Christian School**  
Open House  
February 5, 2011 ~ 10 am - 12:30 pm

Loudonville Christian School, "transforming PK-12<sup>th</sup> grade students, to impact the world for God's Kingdom." Beginning with a Pre-Kindergarten program, LCS offers a stimulating curriculum through the elementary years culminating with an advanced regents program. LCS also offers fine arts, section II sports, mock trial, and "College in the Classroom". Scripture and biblical truths are integrated throughout the curriculum, with an emphasis on developing a heart for ministry.

For registration information contact the school office at 434-6051

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**Sunday, January 30**  
1:00 - 3:00 PM

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121 Old Niskayuna Rd. Loudonville, NY (518)785-6621  
[www.saintgregoryschool.org](http://www.saintgregoryschool.org)

## UPDATE 1

## Sneak-A-Peek at Prospect Place, ASO's home for Showhouse 2011

Work proceeds at fever pitch to restore and buttress Prospect Place, the 171 year old Loudonville mansion chosen for Vanguard/Albany Symphony Orchestra's 2011 Showhouse.

Vanguard was established in the mid-1960s as the volunteer support arm of ASO. 2011 marks the 31st year that Showhouse has been the principal means of fundraising to assist the symphony, award orchestra members scholarships, underwrite Albany and Saratoga Tiny Tots Concerts, Sunday Symphonies for families, and present concert previews at the Albany Public Library on Thursday noons before subscription concerts.

Through the contribution of its volunteer members and generous public support, Vanguard has raised well over a million dollars for the Albany Symphony Orchestra!

An eagerly anticipated prelude to each Showhouse is SNEAK-A-PEEK when the public can visit the venue prior to the owner handing it over to the Designers and Decorative Artists to perform their wizardry. Because of the high interest this year's selection has generated,

Vanguard is hosting Sneak-A-Peek on two afternoons, Saturday and Sunday, February 19 and 20, from 2 to 5.

Prospect Place, a Federalist mansion at 10 Stafford Street, Loudonville, built for Albany merchant and assemblyman William Shepard in 1840 as a summer retreat, is being totally renovated and expanded by owner Nathaniel Bette.

The theme of the Showhouse 2011 is: Prospect Place: A Symphony of Past and Present Beauty. Exquisite care is being taken to retain the details of the federal period in the living and dining rooms, library, parlor and bedrooms; kitchen and baths will reflect state of the art 2011 comfort!

The third floor will become a Great Room/Teen Bedroom. A three car garage is being added; bluestone patios have been added; formal gardens have been refreshed; a pool and fountain have been uncovered; the list goes on.

Twenty four of the area's premier Designers and Decorative Artists will interpret the spaces of Prospect Place. Last October they toured the home, ranked their room preferences, learned the results, and

measured the spaces they were awarded. In November they presented the owner and Showhouse chairperson design boards with renderings of the proposed furnishings, sample fabrics, colors of paints and carpets etc. for approval. March 1, 2011 they will descend on the home to begin to work intensely to meet the deadline for Showhouse opening May 2!

Thousands of volunteer hours by hundreds of volunteers make each Showhouse possible. Planning for 2011 began the day after 2010 Showhouse closed. All profits are contributed to the orchestra. In addition to admissions, income comes from Boutique sales, raffles of contributed items, and sales of the room furnishings, a portion of which the Designers contribute to Vanguard.

Admission to Sneak-A-Peek is \$10.00. Decorators will be on hand with their design boards to explain their visions for their rooms. Vanguard volunteers will answer questions about the history of Prospect Place. Refreshments will be served. Mark your calendars!

For more information: [www.vanguardshowhouse.org](http://www.vanguardshowhouse.org) or call 518-872-9883.



The Maria College Campus School educates pre-school children through structured, interactive "play based" teaching.

## Experience the best teacher at Maria College Campus School

Founded in 1967, the Maria College Campus School educates pre-school children through structured, interactive "play based" teaching, which Sister Mary Fraser, RSM said encourage children to want to learn.

"The teacher's goal, of course, is that the children will be learning through these experiences," Fraser, the director of the school, said. "So any of the conceptual material that they're presenting to them they do in terms of themes."

Being the cold month of January, children are learning winter themed subjects such as penguins or the science of birds, including songs about how penguins can do a lot of things except flying. Fraser said the type of teaching where you are sitting at your desk and being lectured to just does not work on young children.

Other topics covered at the school involve teaching the children about the world around

them. Fraser said the curriculum is strongly science based where they will cover the changing of the colors of the leaves in the fall and how apples grow from them.

"We also do that with social studies concepts in terms of being a part of a group and being a part of a community," she said.

Fraser said the school also tries to teach students at an early age that it is ok to be an individual, and while many people may celebrate different holidays our practice different traditions, there are still a lot of similarities between each other.

While there are Master Teachers at the school, some students from the college are able to intern at Campus School after they have completed two years in their four year bachelor's degree. It allows them to get a hands-on experience in education and they are able to learn from the Master Teachers.

Fraser encourages

parents that are interested in the Campus School to come down, take a look around and see what type of teaching occurs at the school. She said this allows them to see just how the school will teach children about English, Science and Math.

"We will provide an environment where children feel comfortable, they feel safe, they're going to learn and they're going to learn with us as they learn with their families," she said. "So it's a real partnership."

There is one quote, though Fraser is not sure where it originated, that she feels is very important for the school.

"Every first thing continues forever with a child. The first color, the first music, the first flower paints the foreground of their lives. The first inner or outer object of love, injustice or such like throws a shadow immeasurably far along their after years."

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It's that combination that makes The Maria College Campus Preschool a unique experience for Capital Region children.

We are a pediatrician-recommended preschool and developmental Pre-K program, exceptionally designed and masterfully led to ready children for the social and educational demands of kindergarten.

Just as importantly, we're a place where your child will find peace and joy while learning and growing. We're a place where your child can succeed.

**COME TO AN  
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SUNDAY, JANUARY 30TH  
1~3 PM**

Or, for more information, contact Mary Fraser, RSM, at 518.482.3631 or at [cschool8@nycap.rr.com](mailto:cschool8@nycap.rr.com).

[WWW.MARIACOLLEGE.EDU/CAMPUS-PRESCHOOL](http://WWW.MARIACOLLEGE.EDU/CAMPUS-PRESCHOOL)

### VANGUARD/ALBANY SYMPHONY ORCHESTRA

invites you to  
**SNEAK-A-PEEK!**



What: Visit PROSPECT PLACE, site of the 2011 Vanguard/ASO Showhouse, before the Decorators and Artisans take over 3/1/2011

Where: 10 Stafford St., Loudonville, NY 12211 (off Crumitie Rd- park in St. Pius Lot)

When: February 19 and 20, 2010, 2:00 – 5:00 p.m.

Admission: \$10.00 (Proceeds to Albany Symphony orchestra)

**PROSPECT PLACE: A SYMPHONY OF PAST AND PRESENT BEAUTY**  
will be open from May 2 through May 22, 2011.

Come to SNEAK-A-PEEK, meet the Decorators, and the finished Showhouse will mean so much more!

[www.vanguardshowhouse.org](http://www.vanguardshowhouse.org) or (518)872-9883 for information

Thank you to Hunt Real Estate ERA for underwriting this advertisement.

## UPDATE 1

# Interim provides care and compassion

When caring for loved ones, families have relied on Interim HealthCare to provide quality home care services to help make independent living at home a reality.

The independently owned franchise, located in Albany, has been in operation since for around 40 years and the current owners have ran the franchise since 2002. Their mission statement is to improve people's lives, which shapes the companies high level of care for patients and taking the extra steps to make sure people can stay in their homes.

"We really work hard to let people stay in their own homes as long as they are safe and they want to do that," said Suzanne Smith, co-present of Interim HealthCare. "We feel very strongly about our mission statement. We work very hard to maintain that focus and will really go above and beyond to help people stay in their own homes."

There are two levels of care provided, which are companions and aides, so the proper level of care can be provided. Companions spend as

*"We really work hard to let people stay in their own homes as long as they are safe and they want to do that."*

*- Suzanne Smith*

much time as needed and help out with a variety of everyday tasks, such as general or grocery shopping, doctor visits, light house keeping, playing games or just talking up a conversation.

"They make it possible for people to get out and carry out social obligations," said Smith.

If more intensive care is needed an aide can provide assistance with bathing, exercises prescribed by a physical therapist, dressing, grooming and feeding. Skilled nurses can also be provided to administer IV therapy and assist with various diseases.

"Both levels of care provide socialization opportunities and help people with memory exercises," said Smith. "We work very closely

with families, so they can feel their loved one is safe and being cared for appropriately. Our nurses go to check on our clients a little more frequently than other agencies."

If living in home isn't a safe alternative anymore, Interim HealthCare has a facility to house individuals and make sure they receive the same level of care. If more than one health care provider is working in a home, Interim works closely to ensure the proper care is provided. Interim also works closely with hospices in the communities they provide service.

"Interim health care is locally owned and has a longstanding commitment to the community, with years of experience in health care," said Smith.



Each year, thousands of Americans take the leap and start a business, leveraging their expertise and passion for a particular interest or hobby.

## Turn your hobby into a small business

Have you ever dreamed of getting paid for something you love to do? Like turning those cookies that your friends rave about into a cookie store? Expanding the sales of the jewelry that you make for the local arts and crafts fair to others? Selling used golf equipment that you clean and fix up on eBay? Or getting paid to help people install and maintain their complicated home electronics?

Each year, thousands of Americans take the leap and start a business, leveraging their expertise and passion for a particular interest or hobby. In fact, more than 600,000 new businesses are launched every year in the United States, according to the U.S. Small Business Administration.

If you're ready to turn your hobby into a business, it's essential, according to FindLaw.com, the world's leading online source for legal information, to do your

research, build a business plan, tap the expertise of outside professionals such as an accountant and attorney, and keep good records to avoid the ire of the Internal Revenue Service. Through careful research and planning, you'll discover what the potential is for your business idea, and what pitfalls to avoid that may otherwise derail you from realizing your dream.

Here are tips for turning your hobby into a business from FindLaw.com:

Research your idea. The very first step in turning your hobby into a business is to find out who will buy your product or service, how much they're willing to pay for it, how many of these people there are, and where they're located. It's critical to understand your "topline" - the sales potential for your product or service.

Get free help. Trial and error is an essential part of the entrepreneurial experience. But making

big, costly mistakes that have the potential of killing your business is something to be avoided. Tapping the experience of seasoned business professionals can help you avoid such mistakes, and provide you perspective in times of great stress. One piece of advice: find a mentor. If you're not comfortable finding one yourself, check out the Small Business Administration's SCORE program, a 12,000-strong, nationwide group of retired executives who volunteer their expertise to help small business owners grow and succeed.

Write a business plan. Put your ideas on paper to test their viability and improve your chances for success. A business plan is a very useful tool - it gives you and others, such as your accountant, banker or attorney, a clear idea of your goals, the processes you'll implement to achieve those goals and how you'll measure your success.

Continued / pg. 18

Continued from pg. 14

## Pick the right PC

well as GPS to aid frequent travelers. A fingerprint sensor provides an extra layer of security.

\* Lenovo ThinkPad Edge. This budget-

friendly option comes in three different sizes - all featuring a long battery life, a hassle-free recovery system in the event of crashes and a spill-resistant keyboard to increase durability.

\* Sony VAIO Z. Its lightweight, sleek-yet-sturdy design allows for easy carrying and stowing. Users can also create a mobile hotspot

and connect up to five other PCs or devices.

For more information on business computer systems and what Microsoft offers small businesses, visit [www.microsoft.com/windows/business](http://www.microsoft.com/windows/business). To learn more about how you can buy a PC, visit [www.microsoft.com/windows/business/get-a-new-pc.aspx](http://www.microsoft.com/windows/business/get-a-new-pc.aspx).

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## UPDATE 1

## Jan. 25 to Feb. 25 is Student Financial Aid Awareness Month

HESC is celebrating Student Financial Aid Awareness Month from January 25 to February 25 with a campaign to inform and educate students and families about the various types of college financial aid opportunities. Students and families are encouraged to complete the Free Application for Federal Student Aid (FAFSA) — one of the most important tools in securing financial aid — early in the New Year.

HESC's special website, [www.StartHereGetThere.org](http://www.StartHereGetThere.org), offers college and financial aid planning, informative videos, helpful tips and tools and a wealth of information about federal, state and college-sponsored aid, including grants, such as New York's Tuition Assistance Program (TAP) and other scholarships, loans and work study programs.

Many students and families don't realize that the FAFSA is the first step to obtaining assistance, and that it's best to file the FAFSA as early as possible. The reality is that there's money available to help pay for college and the FAFSA

is the key that unlocks the door to nearly all types of aid. It's important to take that first step and complete the FAFSA thoroughly — and early — and HESC is here to help.

Financial aid information sessions and "Complete the FAFSA" workshop events are being coordinated through HESC, along with community partners statewide. [www.StartHereGetThere.org](http://www.StartHereGetThere.org) provides a listing of these events by geographic region of the State.

Friend us on Facebook at New York Student Financial Aid and follow us on Twitter @NYStudentFinAid and get daily financial aid tips and other timely updates.

In addition, students and families with questions about the FAFSA may also call a special toll-free HESC hotline, 1-800-808-1790, available every Wednesday from Noon to 6 p.m. throughout the month on the following dates: Jan. 26, Feb. 2, Feb. 9, Feb. 16 and Feb. 23 or anytime via dedicated email at [FAFSAhelp@HESC.org](mailto:FAFSAhelp@HESC.org).

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## Turn your hobby into your job

Have a clear plan for funding. Whether you're financing your efforts out of your own pocket, or require capital from others to expand, you need to know where your start-up capital will come from (if you need it), whether you will be servicing a debt and what resources you can call upon in the future. Many entrepreneurs start with friends, family and people in their community to fund their initial efforts.

Know how you're going to bring in revenue. What you make, after all of your expenses and taxes have been paid, is your profit. It's the ultimate measure of your business' success. Before you decide to start a business, you need to project whether the revenues (sales of your product or services) will exceed your expenses. This will give you a clear idea of whether you should consider turning your hobby into a business.

Set up your business structure. Contact an attorney who specializes in working with small businesses to get advice on the proper legal structure under which you should incorporate your business, or first visit FindLaw.com's Do-It-Yourself Legal Forms to learn more

about how to incorporate your business. Incorporating your business can help protect your personal assets from liabilities like creditors or lawsuits.

Make it real. One of the advantages of starting a small business is that you can deduct losses such as your expenses and depreciation on assets you purchase — to offset taxable income. It's best to consult an accountant who specializes in small business to obtain advice on preventative measures you can take to avoid being audited. Some basic steps to take to clearly demonstrate you're in business, versus treating your efforts as a hobby, are to obtain federal and state tax identification numbers, print up business cards and letterhead, maintain a set of books to record sales and expenses, set up a separate bank account for your business and keep a logbook in your vehicle to record mileage.

Get the proper licenses and permits. Depending upon the type of business you start, you may need to get a permit(s) or occupational license from your city or state. Many cities and counties require every business — even single-owner, home-based operations — to get a business license (tax registration certificate). You also may have to get a sales tax permit from your state.

Protect your idea. In the course of pursuing your hobby, you may create a new process for doing something, a product

or a creative brand name. If you think it has any potential, run — don't walk — to an attorney who specializes in intellectual property to seek a trademark or patent on your idea. Be very cautious about sharing your idea with anyone, who, in the future, could claim that he or she helped you with developing that idea and therefore deserves a cut of your revenues.

Invest in a website. If you want people to know about your new business, you must have a website. Most people now immediately turn to the Internet to find products and services to meet their needs, as well as to find information such as directions and contact information. Nearly equally as important, invest time to set up a Facebook and LinkedIn page for your business, advertise your services online through Google, and consider banner ads on other websites.

Create a workspace. What are the space needs for your new business? Do you require storage space? Industrial strength refrigeration? Extra power? Two sewing machines? A quiet place to make uninterrupted phone calls? According to the Small Business Administration, more than half of America's small businesses are operated from a home, which offers important tax advantages. However, it's important to carefully follow IRS rules and clearly designate space for your business from personal space.

# The link between you and your college dreams.



## HESC.org

*Must-have information for college and career planning.*

TAP — your state grant • NYHELPS — your state-sponsored loan

Grants & Scholarships • High School Calendar

How to Apply for Aid • New York's 529 College Savings Program



Your Student Aid Agency

New York State Higher Education Services Corporation

## UPDATE 1



MeadowView at Clifton Park.

# Areas newest 55+ apartment community is almost full

MeadowView at Clifton Park is a unique alternative for the 55+ active adult who would like to downsize, but want to continue their independent lifestyle.

This unparalleled location is just a few miles from everyone's favorite restaurants, Recreation area, Library and the Crossings Shopping Plaza yet situated in a peaceful, country-like setting. Great care was taken to design a comfortable apartment home that is packed with upscale apartment features and amenities. As you enter the building, you will immediately feel at home with the decorator touches and elegant lobby with adjacent additions such as an inviting fireside lounge, courtyard area that provides additional space for the residents to socialize and an impressive community room for entertaining. Other amenities include a full size laundry center with the Smart Card system, fully equipped exercise room, and computer center.

MeadowView is a 3 story single building with a state-of-the-art controlled key fob access system, elevator and

individually controlled heat and air conditioning. The apartment homes are fresh and energy efficient with ample size bathrooms and closets and each home offers an individual balcony or patio. This "pet friendly" Community is neither your traditional "all inclusive" retirement community, nor is it a typical "cookie-cutter" apartment complex. Rather, it is a remarkable, high quality apartment community offering the relaxed ambiance of a resort and the lavish accoutrements expected in a high-end residence.

MeadowView is in the final stages of the initial lease up. A few apartments are available. Why not drop by or call for an appointment to take a personal tour and learn more about this lovely Community. Incentives are being offered to those able to sign a lease in January. The office is open daily and the Community Manager, Mike Steurer is looking forward to meeting you. He can be reached at 518-383-3803 or via email at [cliftonpark@coniferllc.com](mailto:cliftonpark@coniferllc.com). The address is 579 Waite Road, at the intersection of Waite Road

and RT 146.

MeadowView is professionally managed by Conifer Realty of Rochester NY. Visit Meadowview on our website [www.coniferliving.com](http://www.coniferliving.com). Click on the rent an Apartment tab. MeadowView is the Spotlight Community.

Conifer Realty, LLC is a full-service real estate company that develops, owns and manages high-quality, affordable apartment communities. Formed in 1975, Conifer has developed over 225 properties representing more than 16,000 multi-family units, and currently owns and manages more than 185 properties consisting of over 10,000 apartments throughout New York, New Jersey, Maryland, Pennsylvania and Ohio. Headquartered in Rochester, and noted as one of the region's Top 100 fastest growing companies, Conifer employs over 500 people and is ranked by Affordable Housing Finance Magazine as the 15th largest affordable housing owner in the country. For more information, please visit our website, <http://www.coniferllc.com>.

## From the court to college, CBA can get you there

Growing up in Arbor Hill, Galal Cancer never thought about going to an Ivy League college.

But thanks to his Christian Brothers Academy education and a star turn with the Colonie-based private school's boys basketball team, the senior will be attending Cornell University on an academic scholarship.

"It's a big accomplishment," said Cancer. "My parents are very proud of me, and CBA helped me a lot to get there."

Cancer has been a star on and off the court at CBA. He helped the Brothers win their first state title last season, and he is averaging 12.8 points per game this season to lead a balanced offensive attack for the Big 10 leaders.

Off the court, Cancer is a honor roll student who is especially strong at math and plans to study applied economics and management at Cornell when he starts this summer.

Cornell wouldn't have been on Cancer's radar had he not gone to CBA, though.

"I think it would have been nearly impossible because I never would have thought about going to a school like Cornell," said Cancer.

CBA coach Dave Doemel said Cancer would likely have gotten a scholarship to play basketball at another college had Cancer gone to public school, but not to a school with



Galal Cancer is a star on and off the court. Thanks to a Christian Brothers Academy education and a star turn with the Colonie-based private school's boys basketball team, the senior will be attending Cornell University on an academic scholarship.

the academic standards of Cornell.

"He would have succeeded anywhere [in high school], but what he's found here has opened up his eyes as to what is possible," said Doemel.

The challenge Cancer faces at Cornell is balancing his schoolwork with his commitment to the men's basketball team — a squad that went to the NCAA Tournament last year. Fortunately for Cancer, he has had plenty of practice in that area at CBA.

"I think [CBA is] a good stepping stone for me because I learned how to manage academics and

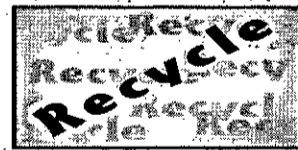
athletics," said Cancer. "The first thing I want to take care of is my academics. Then, I can focus on basketball."

Cancer added that his teachers at CBA have been a big part of his support system at the school.

"If I ever needed help in anything, they were there for me," he said.

Cancer said that he will remember everything that he learned during his time at CBA when he is attending Cornell.

"Just the experience of learning in the classroom and playing basketball at the same time — that's what will stick with me," said Cancer.



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## UPDATE 1

# Best Cleaners lives up to its name

When someone mentions garment care in the Capital District, one name immediately springs to mind: Best Cleaners.

Catherine and Tim McCann started Best Cleaners because they wanted a way to care for their clothes that was convenient and safe for the family. By investing in the latest technologies, Best Cleaners has achieved market-leading environmental practices while providing a level of convenience and client service that cannot be

compared with any other "dry cleaner."

When the company was started in 2005, however, the McCann's knew that only mastering their craft

shape or form that we were the best dry cleaner, so we sought out the best of the best to learn processes from, and tried to improve on those processes," said CEO Catherine McCann. "We see who's the best, learn from them, and improve on it."

McCann said this expertise is ingrained into every service Best Care provides.

Because of Best Cleaners' focus on service and quality processes

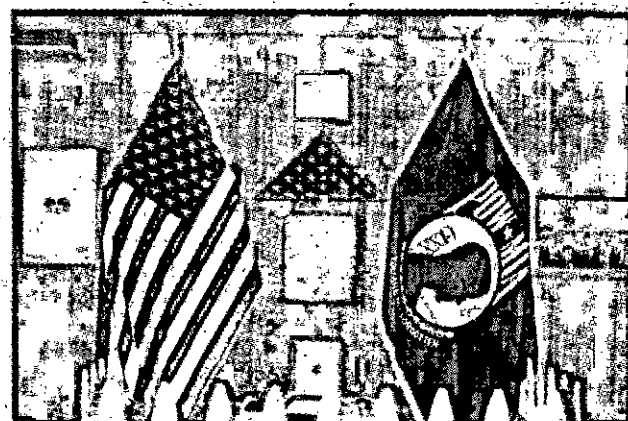
through hard work and study would lead them to be the premier garment care provider that now has 10 locations throughout the Capital District.

"When we first came to this market, we in no way

## Update 2011



A board at the Nathaniel Adams Blanchard American Legion Post 1040 in Delmar shows service pictures of members past and present.



LEFT: A table set for one commemorates prisoners of war.

Teresa Farrel/Spotlight

Continued / pg. 8

## Under New Cleanership



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first delivery  
\$30 Minimum

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## Everyone belongs at the Legion

Chances are, if there's something good going on in the Bethlehem community, the Nathaniel Adams Blanchard American Legion Post 1040 has something to do with it.

"Anytime someone needs help with a fundraiser, if someone in the community needs help with a charitable event, we're there," said Post Commander Joseph Giaccone.

And the dedication

to service doesn't end there. The post is always open for Bethlehem Class Reunions and mixers as well as community functions for the Town of Bethlehem.

Throughout the course of the year the Blanchard Post has sponsored many activities including American Legion Baseball, Babe Ruth, Boy Scouts, Cub Scouts and even helped send Bethlehem's own Pop Warner Cheerleaders to the National Championship

in Orlando, Fla. were the squad finished fifth. The post also has a strong relationship with Boys State, a summer leadership and citizenship program sponsored by the American Legion and the American Legion Auxiliary for high school students. This year the Post sent four deserving high school students to this wonderful program.

"We've even had high school kids do their

Continued / pg. 8

## AMERICAN LEGION EVENTS

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