

Defibrillators  
save lives

See Page 3

G'land Expo  
at Crossgates

BETHLEHEM PUBLIC CARE  
LIBRARY

Supplement inside

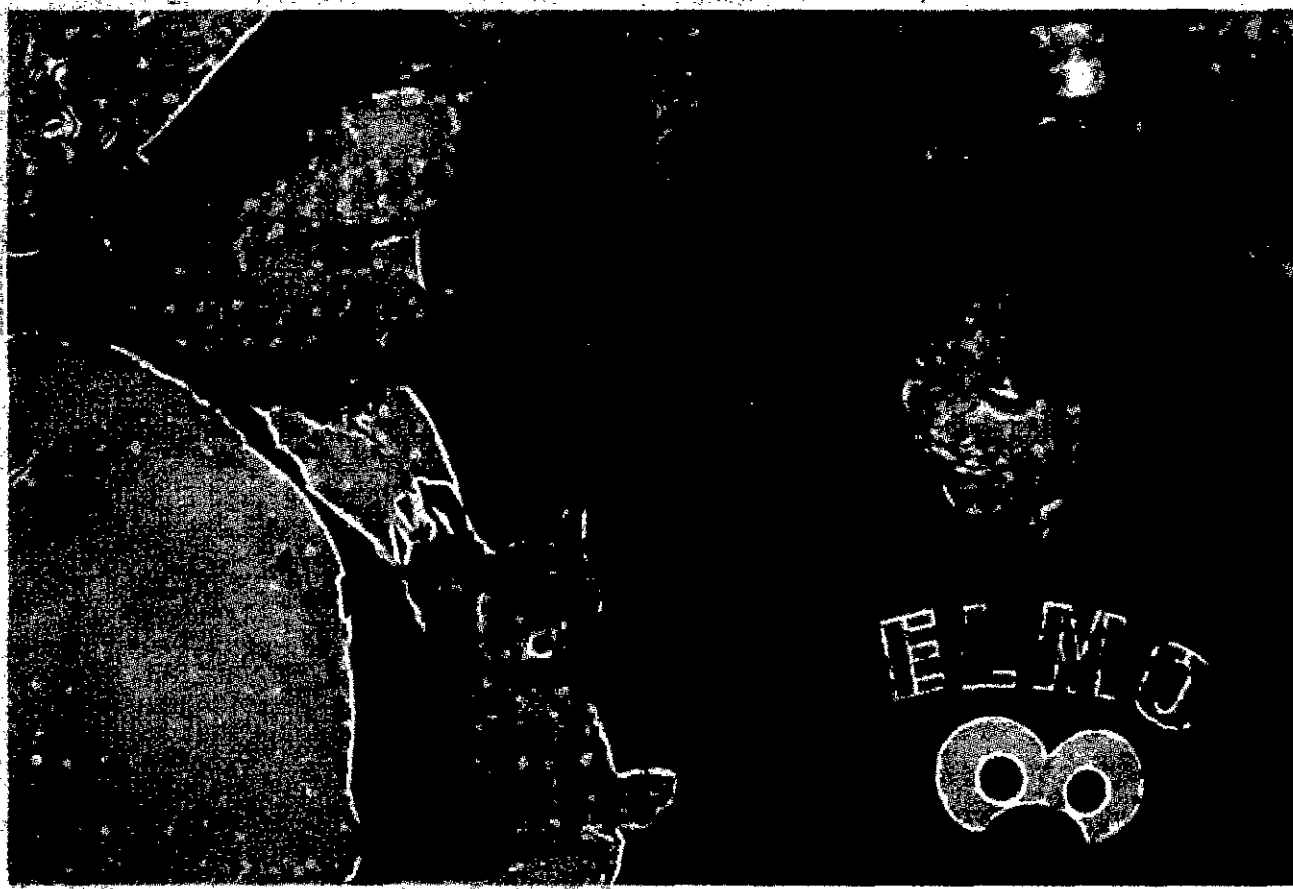
# The Spotlight

Serving the Towns of Bethlehem & New Scotland

Volume XLIV No. 9 75 cents

March 30, 2005

## All ears & eyes



Eliana Moyer of Clifton Park pets a baby bunny held by Taylor TenEyck during Baby Animal Daze at Indian Ladder Farms Saturday. *Jim Franco*

## BC board adopts \$65.4M budget

By LINDA DeMATTIA

In an 8-1 vote, the Bethlehem board of education adopted its 2005-06 spending plan last week. While a number of board members sharply questioned some of the expenditures, only Jon Bartow voted against it.

The \$65.4 million budget represents a budget-to-budget spending increase of \$5.9 million, or 9.9 percent, over the current year. Although revenue numbers will not be known for some time, using estimated revenue numbers, administrators project a 7.6 percent tax rate increase.

"One the significant achievements of this budget is the reduction of \$690,000 in tuition costs for outside placements for special education students," said Steve O'Shea, assistant superintendent for business.

Superintendent Les Loomis said that through the re-allocation of resources, primarily teachers and support staff,

BUDGET/page 35

## DOT thinking of roundabouts for bypass

By LIBBY SCHIRMER

Clark Griswald's humorous predicament in a London traffic circle is surely not the norm since 1960s studies of the alternative to the T-intersection resulted in adjustments to it, state Department of Transportation representatives assured the town board last Wednesday.

DOT is considering adding three roundabouts to its Slingerlands Bypass project, an expected two-year project

which is scheduled to get under way by Labor Day 2006, if all the funding stays in place, according to Robert Cherry, a project manager for DOT.

DOT reps used the clip of Griswald getting stuck on the inside lane of a multi-lane traffic circle for hours, until night fell and his family of passengers fell asleep, to illustrate

some funny misconceptions about roundabouts.

"Roundabouts conjure up a lot of anxiety," Cherry said. "There's still a lot

of work to do within the department (to determine if roundabouts will be) part of the Slingerlands Bypass project."

Residents may see three roundabouts, which after gaining popularity in England and Australia, began to pop up in the United States in Colorado, Washington and Maryland, and, more frequently, in New York. DOT is considering roundabouts at the intersections of Route 85 and Blessing Road; Route 85 and Maher Road; and at Route 85 and Cherry Avenue. There are 1,000 roundabouts in the United States already, with about 300 more to be added this year, said Richard Schell of the DOT's roundabout design unit.

ROUNDABOUTS/page 21

## Town to vote on moratorium extension April 5

By LIBBY SCHIRMER

The town board's vote on extending the moratorium up to six months has been delayed until an April 5 special meeting, although it looks as if the new local law, if adopted, will include language to accommodate developers who have projects somewhere in the pipeline and have had one year's delay already.

The holdup on the vote, according to Supervisor Theresa Egan, is due to a miscommunication with the Albany

County planning board, which failed to put the item on its March agenda.

"So it won't be on their agenda until the end of April now, so the earliest we can vote is April 1," Egan said. The Albany County planning board requires 30 days to act on local laws that have to do with land use.

At the March 9 town board meeting, lawyer David Carpenter, speaking on behalf of his client, who has a subdivision in the pipeline, wondered if language could be included in the extension that would allow developers to work with town planning department employees on "administrative tasks."

Egan has said the town needs an extension because of backups in the planning process, which she has characterized as "aggressive."

"Taking care of administrative tasks might make sense to move this along internally, certainly at the expense of developers," Egan said.

Board member Thomas Marcelle is the lone board member who has expressed reluctance at a six-month extension. Though he said he recognizes the need for an extension, Marcelle said a six-month one could be too long.

"Government tends to fill up the time it's allotted. I like keeping our feet to the fire," Marcelle said. "I'd like to see a four-month. If that's too (ambitious), I'd like to see a five-month."

Egan said she wants to limit the number of times she asks for an extension to one.

Board member George Lenhardt added that after going back and forth between

MORATORIUM/page 35

## Town library employees edgy about county study

By LIBBY SCHIRMER

A classification study under way in Albany County, set to be finished within a few months, is affecting all library employees, leaving librarians and their reps uneasy about some of their positions.

Civil Service Employees Association Communications Associate Therese Assalian said her organization is concerned for Guilderland and Bethlehem public library employees, who CSEA represents, and all of whom are now working under provisional appointments.

"What it means for our members, is that they are not happy about it. Some members are long-standing librarians and now they are expected to take an exam for a position they already have," Assalian said.

After a state-sponsored audit,

LIBRARY/page 35



# Local talent



Gil Spevack, left, and Judy Spevack, both of Delmar, and Bill Hickman rehearse for Arthur Miller's "Broken Glass" to be performed at Steamer No. 10 Theatre in Albany on Friday, April 8, at 8 p.m., Saturday at 3 and 8 p.m. and Sunday at 3 p.m. Admission is free.

# Police nab 3 for DWI

Bethlehem Police made three arrests last week for driving while intoxicated (DWI).

On March 18, around 2:52 a.m., Bethlehem Police pulled over James P. Danner Jr., 21, of 244 Route 38 in Greenville for having no rear license plate displayed. Danner failed field sobriety tests, was arrested for DWI and later tested positive for alcohol. He is scheduled to appear in Town Court on April 5.

Also on March 18, around 1:24 a.m., police pulled over Matthew D. Deyoe, 28, of 195 Main St. in Ravana, for crossing the double

yellow line several times. When Deyoe was pulled over, police noted he had difficulty with his balance. Deyoe failed field sobriety tests and was arrested for DWI and is scheduled back in court April 5.

On March 27, police pulled over Nancy G. Hansen, 49, of 42C Beacon Road in Glenmont, for crossing the double yellow line. Police said she failed field sobriety tests, and, after a chemical test showed her to be positive for alcohol, Hansen was arrested for DWI. She is due in court on April 19.

## Camp Whatablast registration under way

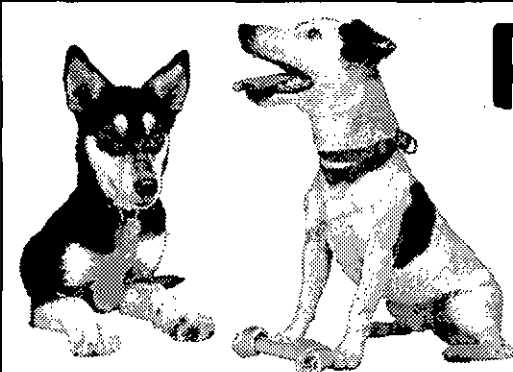
The Town of Bethlehem camp registration began on Monday, March 28 and is ongoing. Camp program includes two weekly field trips, one to Elm Ave Park to swim as well as a recreational field trip on Tuesdays.

Camp Whatablast will be held at Glenmont School from June 27 - August 12. Hours are 9 am - 3:30 pm for children entering grades 1-6. For more information

or to register call the Park Office at 439-4131.

## Marrow drive looks to help area children

Residents are invited to a fund-raising benefit for Anthony Hill and Shania Clark, two area children awaiting bone marrow transplants. A fund-raiser that will include raffles and a silent auction will begin at 7 p.m., April 1 at the American Legion Post at 16 West Poplar Drive in Delmar. Then, on Sunday, April 3, from 7 to 10 p.m., Hill's family will sponsor a bowl-a-thon at the Del Lanes in Delmar. Charitable donations are accepted at that event. Then, on Thursday, April 7, from 10 a.m. until 7 p.m., all are invited to the University at Albany Campus Center at Assembly Hall to a bone marrow drive. For information, call Sandy Damhof at 495-0029.



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# Town poster project remembers Jim Nichols

By MARTY BANNAN

Two Voorheesville women have put their talents together to capture the essence of the village while raising money in memory of a man who opened doors and touched lives there.

Since December, sales of "The Doors of Voorheesville," a photo collage featuring doorways in the village, has raised more than \$700 for the Jim Nichols Memorial Fund, a community fund created in memory of the supermarket owner who died in a snorkeling accident off Grand Cayman Island in 2002.

The poster, created by Kathy Switzer and Camille Jobin-Davis, is inspired by the famous "Doors of Dublin," a popular poster depicting Georgian doors from Ireland's capital.

"Camille thought of the idea for a poster," Switzer said. "She wanted to show that Voorheesville had its share of pretty doorways."

Instead of limiting entranceways to historic or stately homes, as many artists might, Switzer and Jobin-Davis thought the poster should include a mixed assortment of early and modern homes to display a complete flavor of the village. They placed flyers around the village inviting homeowners to participate and included each home in the poster.

"The idea seemed appropriate as the fund provides for needs in the village," Jobin-Davis said. "The idea of doorways symbolized the many lives Nichols touched after opening his doors to the community."

In 1995, Nichols and his wife

Elaine opened SuperValu, now simply Nichols Market. For 10 years prior to that, Voorheesville had been without a supermarket as the store sat vacant following the Grand Union's departure.

As a local businessman, Nichols took an interest in the village, sponsoring its annual Memorial Day fireworks show as well as providing scholarships for high school employees.

Following Nichols' death in 2002, villagers, shocked and saddened, sought to continue his legacy.

"People immediately made donations to continue Jim's charitable work in the community," said Elaine Nichols. "The fund is a living memorial to my husband."

Since then, the Nichols Memorial Fund has raised thousands of dollars for educational and civic needs and still provides the fireworks.

Money has been raised from hot dog eating contests, raffles and direct donations.

Recent giving provided funds for the Land Conservancy's Forever Farmlands Program at Indian Ladder Farms and helped the town of New Scotland pay to print senior citizen directories.

"We're trying to meet our budget for commitments we made for this year and have funds left over to invest into a self-sustaining endowment," Nichols said. While they still last, posters are \$15 each and may be bought at Nichols Market, New Scotland Town Hall, Voorheesville village hall and the Wyman Osterhout Community Center in New Salem.

## Hare'y situation



Alana Gardner and Kris Dott pet a rabbit held by Kim TenEyck during baby animal day at Indian Ladder Farm, Saturday.

Jim Franco

## Donated defibrillator saves local man

By LIBBY SCHIRMER

Sometimes, it's about being in the right place at the right time.

Thanks to a monetary donation last May by Selkirk Cogen Partners, an automatic external defibrillator program was in place right in time for Bethlehem Police to save a life Saturday, just days after members were trained to use the AEDs.

That sequence followed another reversal in March, under

a different, but similar program, when a 76-year-old man, while in Town Court for a traffic ticket, he suffered a heart attack and became unresponsive.

Police officers that day performed CPR methods and used an AED unit to get a pulse back on that man, from Glasgow, N.Y., until Albany County Paramedics arrived.

Selkirk Cogen donated \$5,208.50 to the department to purchase two AEDs and pediatric pads for both, for use on children under 8. Selkirk Cogen has acquired three AEDs over a four-year span and has trained all 36 employees to use them, as well as to give CPR and basic first aid.

"We're a power generation facility, so there are more risks associated with our everyday work than at an office setting," said General Manager Stephen Kamppila. "We're also a 24-hour operation, so sometimes there may be only a handful of employees on our site and it's quicker, if something happens, to have our employees (respond to a situation)."

The town, in addition to the two AEDs that were purchased with the donation and are in police cars, has one at the town hall and at the town park, according to Lt. Robert Berben, who worked out details of the donation and subsequent purchases with Selkirk representatives.

"We just feel it's a necessary thing for the town to have," said Wanda Williams, of Selkirk Cogen. "We would encourage other residents or companies to consider doing the same thing. It's our town; it could be me (that needs an AED)."

Selkirk couldn't just donate the units, because requirements are such that each owner must undergo rigorous training and provide documentation and set schedules for regular inspections, Kamppila said.

Berben said the police department, too, wanted to make sure the units were compatible with what Albany County emergency services are using.

The department worked with emergency medical services' Dr. Bruce Ushkow, of Albany Medical Center, to develop new policies, said Chief Lou Corsi.

Reversals, once quite a rare achievement, are becoming more common, Ushkow said, with AED programs in place.

"The concept we recognize is that EMS responders can't get to the bedside soon enough," Ushkow said, noting a 50/50 cutoff point for reversals at five minutes from the time the patient "goes down."

"What's critical is that the community is recognizing that the EMS system, although excellent, needs help and the community is assuming that role," Ushkow said.

Ushkow said there is a desire within the emergency medical community to cut the response time to around three minutes, and AED programs help do that, he said, which makes chances for reversals a better percentage.

Police officers will be retrained on the equipment annually, with refresher courses on CPR and other general first aid, every two years.

Kamppila and Williams said the units provide a peace of mind while at work.

"But even when I'm out and about now, after training, I notice them more and more," Kamppila said. "My son's school has one. You see them in airports."

Defibrillators are critical in saving lives, but Williams noted a lot of misconceptions about them.

"You're not going to shock somebody that doesn't need to be shocked," Williams said.

She later added that the machines give the user a step-by-step tutorial while they're in use, along with recording every step performed from start until finish, like a black box in an airplane.

Through training and the machine, people administering rescue techniques can use the AEDs fairly easily, Williams and Kamppila both said.

## V'ville students take Odyssey of the Mind

By MARTY BANNAN

For pupils in Voorheesville, "March Madness" means brainstorming to complete tasks that test their creativity and team work. As participants of Odyssey of the Mind, students in all three school levels formed teams and competed against other schools for prizes.

"It entails problem solving and innovation," said social studies teacher Jeanne Waters, Voorheesville's coordinator for OM, of the program. OM is an international creative problem-solving contest for students in grades kindergarten through college. Students work in teams to solve problems that range from building mechanical devices to presenting their own interpretation of literary classics. They choose from an assigned number of long-term problems

and compete locally, with the possibility to advance to state and world levels. On the day of the competition, teams are also presented with short-term problems, "spontaneous" problems, to solve.

On March 5, eight teams from Voorheesville competed against 10 local school districts at the regional competition. All eight teams placed and three advanced to the state championships held on March 19.

Of the eight teams, two came from the high school, four from the middle school and two from the elementary school. In all, 56 Voorheesville students, seven to a team, participated. In addition, two non-competitive teams of preschoolers were invited to get a taste of the game.

During regional competition, two middle level and one elementary school team came in first. A team from each school placed second and a middle level and high school team finished third. At each level of competition, first place teams win trophies while second and third place teams receive medals. Only first place teams advance to the state level. Teams are limited to spending only \$125 on their presentation.

"Teams have to succeed at both long-term and short-term tasks," Waters said. "Mess up a spontaneous task and you won't

come in first."

One task required students to extend a piece of paper to its greatest length. The Voorheesville team cut the paper into a spiral, one continuous piece that extended the sheet without separating strips.

An elementary school team appropriately named the Dragsters constructed two stunt-mobles and ran them through a series of obstacle courses.

"Judges look at team work, creativity, attitude and supportiveness more than they look at results," said Waters. She added that team members must complete tasks with no help from coaches, family members, teachers or friends. In fact, teams cannot even replace members who drop out.

"What you have is what you have," she said.

Odyssey of the Mind is relatively new at Voorheesville. The first teams were organized at the elementary school in 2002. Worldwide, the organization celebrates 25 years of encouraging children to expand their minds and work as a team.

"The benefits are powerful and long-range," said middle level Principal Theresa Kennedy. "Students not only learn new ways to solve problems, they learn that it's OK to try something new, even if they don't succeed."

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# 'Wasting time' is good for your health

By KATHERINE McCARTHY

COMMENTARY:

*Mom's  
the  
Word*



The brochures this time of year can be a little crazy-making. There's an overwhelming number of summer offerings to keep our children busy and enriched and help them find their inner passions. I wish that I could spend the summer in two-week sessions learning archery, canoeing,

writing fiction, designing Web sites or learning a foreign language.

Alas, it's time for my annual disappointment: My children see all those great courses as just more structure, another set of rules, and more time in a room with an adult directing their activity. Disappointment is followed by panic: they're completely out of step with their peers; they have no passions; they'll never get into college when

competing with all the kids who have spent their young lives being busy, busy, busy.

The panic is followed by a deep breath. Of course they'll get into college; of course they have passions; it's great that they can spend time on their own outside of a structure; they and their friends are in and out of each other's houses; they've got peers. Sure, I wish they were involved in a million things, but what works for one person doesn't always work for everyone else.

I'm gratified that the pendulum seems to be contemplating a swing back from the side of overscheduling and overstructuring all of our busy lives. I hope that the unpressured time that my kids have enjoyed as children turns them into satisfied adults who make meaningful contributions to the world — and credit their parents with giving them the space and freedom to figure out who they and their interests are.

It's hard to be out of step with today's world, and even the most polite of people will knit their brows a little bit to hear that our kids spend the bulk of their summer time reading, playing with friends, taking day trips and weekend jaunts with family and going on a family vacation in August.

Polite people suggest activities that I've already pleaded, begged, cajoled and urged on my children. Others are more direct. "Don't give them a choice," they'll say, their tones so firm that I am left feeling like the most inept mother in the world.

Telling my kids they have no choice has always been the best way to get them to dig their heels in. They've also always seen through any efforts at subterfuge or trying to get them to think something was their own idea.

So I avoid the parents who are planning great things for their children and continue to make suggestions to my guys about what they should do, make sure the TV's off for the bulk of the day and that we all spend a good chunk of summer days moving around some.

I comfort myself that they have

had the time to be kids, to daydream, to read and to amuse themselves. They're running out the clock on idleness and will work year-round during their entire adult lives: what better time to store up the nothingness than in childhood?

They're having a throwback childhood in some ways. Ask most adults what they did in the summer and the answer is nearly universal: I got on my bike after breakfast and didn't come back till dinnertime.

Alas, the world has changed since the days when the streets were full of freewheeling children. Whether it's the illusion created by 24-hour news programs or the world really is that dangerous, few adults can even imagine their children heading into the unknown on their bikes for the day.

That's the tragedy of today's world — the unknown used to be a place full of adventure. Now it's a dangerous abyss that could swallow our children whole.

The unknown used to be more carefully guarded, when more mothers were home and the network of eyes kept watch over the whole community.

While women have been in the workforce forever, it still ignites heated debates and bad feelings to bring up this issue.

As my kids get older, I'm back in the work force more, although I've almost always worked just a little bit since Christopher was born. Well, let's have a moment of semantic clarity: the hardest work I've ever done I've done as a mother. When I first started staying home with Christopher, I was shocked at how abandoned I felt. I remember feeling that the women's movement had done society a huge disservice by not valuing this work of raising children. We should all be free to make the choices that work best for us and our families and if it includes staying home to raise a family, that shouldn't be denigrated.

I caught the tail end of a great interview on WAMC this past week. Daphne DeMarneffe spoke about her book, *Maternal Desire*



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## Exploring Cyberspace

Any one in the world can access the world wide Web — it is a global public domain.

Issues of safety and responsibility are basically the same whether you are talking about the Internet, driving a car or handling money.

Learning to make good choices and thinking critically are essential skills for your children. Start building these skills as you surf the Internet together.

Consider these tips:

- Make surfing the Internet a family activity. Have your children show you the sites they visit. Talk to them about safety when surfing.
- Establish rules about behavior on the Internet and post them near the computer.
- Keep computers in a public area of your house. Avoid putting them in your child's bedroom.
- Never give out any personally identifiable information that could compromise the safety of your children.

For information about child or teen safety, visit the National Center for Missing and Exploited Children Web site at [www.missingkids.com](http://www.missingkids.com) or call Bethlehem Networks at 439-7740.



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## WEEKLY WEATHER



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### Albany Almanac

Record high/low/year		
AVERAGE HIGH 50°	AVERAGE LOW 30°	
Day	High/Year	Low/Year
Saturday, March 26	74°/1986	2°/1960
Sunday, March 27	78°/1998	11°/1975
Monday, March 28	85°/1945	3°/1923
Tuesday, March 29	85°/1946	0°/1923
Wednesday, March 30	86°/1986	7°/1970
Thursday, March 31	89°/1998	12°/1923
Friday, April 1	77°/1986	9°/1923

**SEASONAL SNOWFALL TO DATE**  
75.9 inches as of Friday, March 25th  
18 inches above average

#### This week in weather

Record highs for the last 4 days in March in Albany are all above 85°, the highest being 89° on the 31<sup>st</sup>.

### Sun & Moon

Day	Sunrise	Sunset
Saturday	5:48am	6:14pm
Sunday	5:46am	6:16pm
Monday	5:44am	6:17pm
Tuesday	5:42am	6:18pm
Wednesday	5:41am	6:19pm
Thursday	5:39am	6:20pm
Friday	5:37am	6:21pm

#### Moon Phases



Planets	When	Where
Jupiter	Evening	High in SE
Saturn	Evening	High South
Mars	Morning	Low East
Venus		Not Visible

Area Ski Conditions			
Resort	Base Depth	Lifts	Trails
Gore	45" - 60"	8	60
Whiteface	35" - 50"	7	56
West	36" - 48"	4	17
Belleayre	32" - 74"	6	41
Hunter	24" - 110"	7	53
Windham	27" - 64"	5	41
Catamount	15" - 50"	4	29

#### Factoid

The average snowfall for Albany in April is 2.9 inches. The snowiest April was in 1982 when 17.7 inches fell, 17.3 inches of which fell in one storm on the 6<sup>th</sup>.

#### Tides at Albany

Day	High	Low
Saturday	5:18am, 5:23pm	11:56am, --
Sunday	5:55am, 5:59pm	12:14am, 12:41pm
Monday	6:33am, 6:36pm	12:52am, 1:26pm
Tuesday	7:14am, 7:17pm	1:31am, 2:14pm
Wednesday	8:00am, 8:05pm	2:14am, 3:06pm
Thursday	8:53am, 9:03pm	3:05am, 4:02pm
Friday	9:54am, 10:11pm	4:04am, 5:01pm

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*On Children, Love and the Inner Life.* I cheered in the car to hear her say that motherhood can be incredibly rewarding spiritually, precisely because it carries you through so many emotions. As somebody who cried at how disgusting it was to clean vomited-upon sheets in the middle of the night and cried when my preschooler wrapped the hand-painted clay pot in blue and purple tissue paper because he knew they were my favorite colors, I yelled "You go, girl!"

I'm not saying that we should go back to the days when women had very few working options. Whether or not a woman works outside the home after having children is a decision that only she and her family are allowed to make. Sometimes, there's no decision to make, which is why the businesses in our society that

should get the most praise are those willing to make sure the next generation is raised in a way that ultimately assists all of society.

The one thing that we all wish we had more of is time, which is why I don't push my sons too hard to fill theirs to overflowing. Figuring out how to best use our time; what really satisfies us; what moves our society forward; is something we all need to do. Sometimes it seems like there are only two real truths to life: any time there's any extra money at all, something will break that will require us to spend it, and time doesn't march forward, it gallops.

With the extra time that extended daylight seems to bring us, it's a good time of year to think about how we best use the time we've got.

## AnimalLovers seeks volunteers

AnimalLovers (the Animal Welfare League of the Greater Capital District) is seeking volunteers to work in a variety of capacities.

AnimalLovers mission is to provide housing, veterinary care and adoption for unwanted, abandoned, and injured stray cats and dogs.

The group educates the general public about the health and needs of companion animals.

Volunteers are needed to work on the telephone committee, at local cat and dog adoption clinics and to foster abandoned or stray dogs and cats until a proper adoption can take place.

The group is seeking individuals who can commit to a few hours a week, on an ongoing basis in any of these capacities.

To volunteer or learn more about the opportunities, call 448-5468.



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### Letters policy

The Spotlight welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length.

All letters must include the writer's name, address and daytime telephone number for verification.

The deadline for submitting letters is Friday at noon.

Unsigned letters receive no consideration, and all letters that are published must carry a signature.

Write to Letters to the Editor, The Spotlight, PO Box 1001, Delmar 12054. Letters can be faxed to 439-0609 or e-mailed to [spotnews@nycap.rr.com](mailto:spotnews@nycap.rr.com).

We also accept longer pieces for our Point of View column. For information, call Executive Editor Susan Graves, 439-4949.

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<b>EASY-CARVE BONELESS PORK LOIN ROAST</b> \$2.89 LB.	<b>10 LBS. OR MORE</b>	
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# Matters of Opinion

## Play it safe

Now that the warmer weather is here, it's time to remind ourselves that there will be more pedestrians on the streets and more traffic on the roadways.

School is still in session, and it's important to strictly obey the law about coming to a complete stop when the buses' red lights are flashing. Review these rules with your teenage drivers, who have already opened their car windows to let the whole world know the latest hits. Although blaring "music" from cars seems to be part of the rite of passage for teens, it is a distraction for the teen drivers themselves who have little experience behind the wheel and can least afford to drive with any sort of distraction.

And some of the younger kids take advantage of the weather and walk to and from school, so it's important for drivers to be on the alert and to obey the speed limit at all times.

At the same time, parents should remind their kids not to walk three and four abreast on road shoulders and never to walk directly in the road.

Kids are also riding their bikes, and we've noticed that a number of them seem to have forgotten the importance of wearing helmets, and that they should ride with traffic not against it. Kids should also be taught hand signals to alert drivers about which direction the cyclist is taking.

It only takes an instant for an accident to happen, so it's critical to drive, bike and walk defensively.

Many of our suburban towns and villages do not have sidewalks, which were not thought of when the municipalities were first established. In the early days of suburban life — long before suburban sprawl dominated the landscape — traffic was minimal. Burgeoning suburban populations took the countryside by storm, and many town infrastructures simply haven't caught up with the growth that is still occurring at a rapid pace throughout the region. It is a wake-up call about the need for smart planning to anticipate the consequences of future growth.

So, basic precautions — simple measures — can save lives and prevent accidents from occurring in the first place.

Don't become a statistic. Simply following the rules can avert tragedy, heartache and remorse.

So, take a few minutes and talk with you kids about their responsibility and yours as far as safety is concerned.

Remember: safety concerns should be first, last and always.

## Editorial

## Let's get serious about serious reform

By JAMES TEDISCO

*The writer is a Republican state Assemblyman from the 103rd District in Schenectady County.*

During my tenure in the state Assembly, and especially when I served as the chairman of the Assembly Minority Program Committee, I have had the opportunity to hear the comments, concerns and complaints from New Yorkers about the dysfunctional legislative and budget process in our state. While chairing the Program Committee, I traveled across this great state holding hearings that highlighted the effects that late budgets have on businesses, school districts, nonprofit organizations and taxpayers. My colleagues and I put together an on-time budget petition drive that resulted in tens of thousands of signatures being forwarded to the Assembly leadership calling for reforms. Also, I have been an outspoken critic of my colleagues in the majority who promote the status quo, or as *The Spotlight's* March 10 editorial so eloquently put it: "Same ol', same ol'."

For the past 22 years, I have spoken out about the committee system we work under, the dysfunctional budget process, and the way the rank-and-file members of the Assembly have been marginalized through the rules of the Assembly and its leadership.

On January 10th, the Assembly made history by passing a series of reforms that has the potential to lead the way to a better state government. However, as I said during the floor debate over those reforms, they represent a good beginning, but only a beginning. If we are going to fulfill our potential and the mandate given us in the elections of 2004, we need to change the process so that it works on behalf of our constituents. This can only be realized if those changes lead to the first balanced on-time budget in 21 years!

Moreover, it will only be realized if we show that we have

## Point of View

reversed the trend and can give the taxpayers 20 consecutive years of on-time balanced budgets.

Among the rules changes that were approved earlier this year are:

- Ending the practice of empty-seat voting in the Assembly Chambers;
- Instituting Tuesday sessions to allow for greater review and

***In order to show our bosses, the people of New York state, that we can "police" ourselves, and have that will to succeed, we need to immediately approve steps to real reform. We need a sea change, one which leads to a government of, by and for the people, rather than of, by and for its leaders.***

debate of legislation;

- Requiring the Rules Committee to meet, publish an agenda and be open to the public;
- Televising Assembly proceedings statewide;
- Creating greater opportunity for motions to discharge bills of importance for debate and vote.

Because of the reforms made earlier this year, the budget process has been more transparent than it had been over the previous 20 years. It is clear that having our leaders discuss and debate in public has tempered the potential for any one of them to be an agent of delay and obfuscation, which past secret negotiations have allowed.

By including all four legislative leaders and the governor, and bringing in many rank-and-file legislators as part of the budget conference committee process, it demonstrates that we have taken the first step toward a formula that has opened up the negotiations.

In fact, I was proud to have been part of the Local Assistance/General Government Subcommittee, which was the first to report its results to the full budget committee.

In doing so, the Legislature is far ahead of where we have been in previous years' negotiations.

With that being said, however, these reforms and efforts will only be a success if we deliver an on-time balanced budget by April 1. Anything less will result in creating further disdain, distrust and frustration among New York's residents, businesses and taxpayers.

Any previous attempts at reforming the legislative and budget process will have been in vain, and we will have to redouble our efforts to bring real revolutionary reforms to the state Legislature. Over the past 20 years I, along with all New Yorkers, have experienced the misery of a dysfunctional budget process. During that period, we

faced budget deficits and, on occasion, huge surpluses. Regardless, in each and every year, the budget has been late. What I have come to conclude is that the delay has really never been about lack of revenues, or even spending priorities, but simply the will to get it done on time.

In order to show our bosses, the people of New York state, that we can "police" ourselves, and have that will to succeed, we need to immediately approve steps to real reform.

We need a sea change, one

which leads to a government of, by and for the people, rather than of, by and for its leaders. That will occur only when rank-and-file members are willing to stand up for real change. I have put forward a series of proposals that would bring about an on-time budget. Whatever the outcome of this budget year, without the guarantee of a system which moves the process forward, regardless of what the disagreements are, the potential will always be there for budget delay and disaster. I will continue to call on the Assembly to pass my legislative reform package that includes:

- Penalizing every member of the Legislature one day's pay for every day the budget is late;
- Requiring the members of the Legislature to remain in Albany after April 1 until the budget is adopted;
- Prohibiting action on non-budget related bills after April 1 until the budget is approved;
- Providing equal resources for every member so leaders have nothing to punish legislators by taking away;
- Mandating the establishment of budget conference committees and requiring regular meetings in order to facilitate an on-time budget.

Citizens in the Albany-Schenectady-Saratoga region have long been calling for legislative, governmental and budgetary reforms.

Voters in our area are more in tune to what is happening (or not happening) at the State Capitol because the local media is on top of state issues more so than in other regions across the state.

They have been asking for real reforms that will actually get a budget passed on time and open up the legislative process to give the public greater access to their government and more of a say on matters that affect their daily lives.

New Yorkers deserve the most efficient and open government democracy can give, and I will continue to fight for meaningful genuine reforms to bring responsive government back to the people.

We, as their elected officials, owe them no less.

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# Your Opinion Matters

## Hamagrael turning 50

Editor, The Spotlight:

Established in 1954, Hamagrael Elementary School will hold a 50th anniversary celebration at Del Lanes on Monday, May 13, from 7:30 to 11:30 p.m.

The weeks leading up to the celebration promise to be full of local color and facts about the history of Hamagrael Elementary within the Bethlehem community. The anniversary committee is appealing to the readers of *The Spotlight* who are (or have contact with) Hamagrael alumni, retired teachers, past parents and friends to submit any photos, facts and personal archives for use in a book commemorating the anniversary and to share the current status of the school.

Sources of Hamagrael history are in short supply, so volunteers are hopeful that members of the community help out.

The event itself will be full of fun '50s style music, dancing,

bowling and a silent auction.

Community members are welcome to attend and help raise money for Hamagrael in the process. The cost of tickets is \$35 each. Anyone who would like to donate an item or items for the silent auction can use the contact information below.

Funds raised will go toward academic program improvements at the school, and if enough money is raised, to a scholarship endowment for graduating BCHS seniors who attended Hamagrael.

For ticket information, or if you have information, photos or memories about Hamagrael that you would like to donate an item for the auction, send them to Hamagrael 50th Anniversary, 1 McGuffey Lane, Delmar 12054 or contact Nancy Bielawa at bielawa@siena.edu.

Nancy Bielawa  
Delmar

### Letters policy

*The Spotlight* welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length.

All letters must include the writer's name, address and a daytime telephone.

The deadline for submitting letters is Friday at noon.

Write to Letters to the Editor, *The Spotlight*, PO Box 1001, Delmar 12054. Letters can be faxed to 439-0609 or e-mailed to spotnews@nycap.rr.com.

## Church to host spring spiral ham dinner

First Reformed Church of Bethlehem will hold a spiral ham dinner with raisin sauce dinner on Saturday, April 9.

Continuous servings will be from 4:30 to 6:30 p.m.

The price is \$8.50 for adults and \$5 for children.

Eat in or takeout will be

available. The church is located on Church road off Route 9W less than one mile south of the Jericho Drive-In.

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## Ravena to resurrect summer craft festival

The Ravena Friendship Festival will return in August 2005 after a six-year absence. In preparation of the Aug. 27 daylong event, a newly formed committee is looking for craft vendors.

The day is aimed at fostering to

foster community involvement and family fun. Some of the old favorites will return, but new additions are expected, too.

The festival, held in Mosher Park, will offer food, music, entertainment and fireworks. Anyone is welcome to join the Friendship Festival Committee,

or who is looking for an application to be a vendor, should contact the Village Offices at 756-8933 during regular business hours. The committee will also be seeking support from the community to sponsor some of the activities and music.

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Here's a sampling of what's on sale for a limited time only...

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Persian Hamadan, 5.7x3.5	595	182
Super Bokara, 10.2x2.6	825	252
Persian Turkoman, 6.6x4.6	989	302
Tabriz, 11.10x2.7	1,035	318
Turkish, 8.10x6.6	1,299	398
Turkish (round), 7.9x7.9	1,359	415
Tabriz, 11.3x4.1	1,559	478
Heriz, 9.1x6.1	1,559	479
Sultanabad, 8.10x6.2	1,589	485
Tabriz, 8.9x5.9	2,130	652
Kashan, 8.4x6.2	2,175	669
Super Bokara, 9x8	2,239	685
Oushak, 8.6x5.10	2,310	706
Bidjar, 12.1x8.8	2,369	725
Sultanabad, 10x8.2	2,425	742
Tibetan, 12.3x9	3,279	999
Persian Heriz, 11.2x8.6	3,350	1,025
Persian Mashad, 10x7	3,475	1,065
Aubouson, 12x9	3,662	1,120
Persian Tabriz, 12.9x9.9	3,815	1,169
Persian Tabriz, 11.5x8	4,520	1,385
Super Bokara, 13.10x9.10	4,995	1,529
Persian Mahal, 17.5x10.9	5,819	1,780

Rugs listed above subject to prior sale.

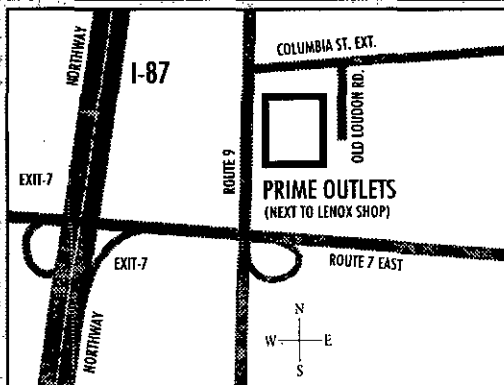
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# Pine Bush staff readies for burn season

By GRAHAM S. PARKER

Beginning April 1, the Albany Pine Bush commission conservationists will begin its burn season in a continued effort to preserve the endangered pine barren and the only known habitat of the Karner Blue butterfly.

Conservation Director for the commission Neil Gifford was the host of a seminar on the history of the preservation efforts at the preserve at the State Museum in Albany.

"The bottom line, it all boils down to habitat," said Gifford.

The arid pine barren is naturally susceptible to fire, either by lightning or other natural causes, said Gifford. Because of this, most of the habitat has come to depend on seasonal burns and where they occur, vegetation and native species flourish.

Burns are required over large tracts of land so as to ensure that what vegetation replenishes the barren's, grows over tens upon tens of contiguous acres in the preserve, said Gifford. Fragmentation has become a problem.

This replenishment ensures the return of seasonal plants and wildlife of fire-prone ecosystems that inhabit the barrens. If it doesn't, the effect is the opposite.

Although, the effects have yet to show in large fields of lupine and butterfly sightings, the 150 or

so acres the commission burned last year have shown success.

Karner Blue sightings had decreased from 157 in 1998 and down to fewer than 20 by the end of the millennium, said Gifford.

The cause has been the reduction of the preserve over time and the eradication of Lupine, a native legume and the only food source of larvae butterflies. No lupine, no Karner Blue, he said.

On April 1, the burn window is open and the biggest challenge to conservationists and volunteers is to burn from 200 to 400 acres to best sustain the habitat and ensure ideal Lupine germination and continued, contiguous growth.

With the recent addition of acreage bringing the preserve's total to 3,010, 540 acres are proposed to be burned this year, 200 of which are in areas that have had proven results in brandishing tens of acres of Lupine in the butterfly's bi-seasonal breeding period.

However, the manpower and equipment to conduct such a feat are only a few steps in the process.

Each day of burning also requires over 300 phone calls to fire fighting stations and area residents of the preserve for notification. Also in the weeks leading up to the burns the commission has to identify and survey each of the selected burn area as part of a burn plan that

must be approved by the state Department of Environmental Conservation, said Pine Bush Commission Executive Director Chris Hawver.

The burn plan identifies everything about the site including the type of vegetation, topography and the burn characteristics of the plot.

Ranging in size from two to 40 acres the sites are submitted into a pool where day to day weather determines the eligibility of certain sites to be burned. Last year more than 400 sites were already chosen after the initial success of the burns.

With the large pool and an extended burn window, until Nov. 18, conservationists are eager to get started on Friday.

"Restoration is more of a

process rather than an event," said Gifford.

The commission has been working over the years to build the basic foundation and structure to support the Karner Blue. The burns are a continued learning experience, he said.

In similar out of state areas that support the butterfly, burning is done to sustain the habitat rather than build the habitat, said Gifford. Although the Pine Bush has yet to boast numerous acres of Lupine, littered with feeding larvae and eventually Karner Blues as far as the eye can see, the area did at one time, said Gifford, and continued efforts have been proving successful.

Beside Lupine, several native species of plants bordering on

endangerment are resurfacing; including the Addas Mouth Orchid whose only known existence in the state is the Pine Bush and the endangered Birds Foot Violet.

The same violet serves as the only known larvae food source to another endangered butterfly. Bird's foot resurfaced after initial burns.

After burning a test parcel of the preserve several years ago conservationists went on to burn a total of 150 acres in last year's season.

After the results proved successful, additional funding, volunteers and resources have funneled in to the operation making it more successful by the year, said Gifford.

"We are trying to test what we know about the Karner Blue butterfly and make sure its habitat is accurate," he said. Present efforts have proven successful in restoring the butterfly's habitat that in New York state is as close to extinction as a species can get, he said.

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## Morris, Buenau to wed



Lisa Marie Morris and Jeffrey Buenau

Lisa Marie Morris, daughter of Robert Morris of Clifton Park and Janet Morris of Delmar, and Jeffrey Paul Buenau, son of Michael and Lisa Buenau of Delmar, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and Western New England College.

She is employed by Clear View Bag Company in Albany.

The groom is a graduate Bethlehem Central High School.

He is an optician for Buenau's Opticians in Delmar.

The couple plans a June 17, wedding.

## McCarroll, Corrigan engaged



Lauren McCarroll and James Corrigan

Lauren Christine McCarroll, daughter of James and Christine McCarroll III of Delmar, and James Edward Corrigan, son of Thomas and Marilyn Corrigan of Delmar, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School and SUNY New Paltz.

She is the front end manager for McCarrolls Delmar Market-place.

The future groom is a graduate of University at Albany.

He is a computer technician for Solutions by Design in Delmar.

The couple plans Sept. 17 wedding.

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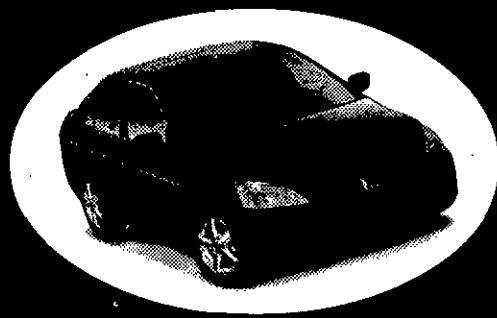
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# Hudson River storyteller to present evening of family fun

Hudson River storyteller Jonathan Kruk will visit the Voorheesville Public Library on Thursday, April 7, at 7 p.m. and present a program of family fun through interactive children's fairy tales, Hudson River lore, finger fables, rainbow dragons and witches who knot their noses to stop them from running.

Kruk, who grew up in the Hudson Valley, began storytelling as a way to entertain his young brother at bedtime.

Kruk is noted for his lively performances using varied voices, movement and language of the senses. He recently appeared on The Travel Channel telling *The Legend of Sleepy Hollow*.

He is appearing at the library as part of the third annual Riverway Storytelling Fest, 23 separate events taking place at

## Voorheesville Public Library

locations throughout Albany and Rensselaer counties.

### Friends to meet

The Friends of the Voorheesville Library annual meeting will take place on April 3 at 1:30 p.m. immediately before the Harbinger of Spring Classical Concert.

Those planning to attend this concert can come early and meet the FOL officers.

Also planned for the afternoon is the raffle drawing for a Nimble-fingers quilt and throw pillows.

### No ordinary pooch

Tippy Lemmey is no ordinary dog. Not only is he the only dog Leandra, Paul and Jeannie have ever met with a first and a last

name, he's a living, breathing monster!

When the children ride their bikes, he chases them, snapping at their heels. When they run, he runs. If they cross the street, he follows. There's no getting away from him — over him or under him. He's their No. 1 enemy.

Leandra, Paul and Jeannie try to come up with a plan to stop Tippy Lemmey, but nothing works. But then Tippy does something totally unexpected and the children realize that maybe he's not their enemy after all.

Grades 2 and 3 will discuss *Tippy Lemmey*, by Patricia McKissack, on Friday, April 8 at 7 p.m.

### Animal fantasy

*Poppy*, by Avi, is an animal fantasy that pits a tiny deer mouse, Poppy, against the evil Mr. Ocax, a great-horned owl.

As an adventure story, the book combines action, suspense and humor. As a novel with a beautiful character, it convincingly portrays growth as Poppy faces her fears and finds her way.

Both parents and students are encouraged to come to discuss the book on Tuesday, April 12, at 7 p.m., but it is not necessary for parents to participate.

Grades 4 through 7 can sign-up at the reference desk and pick up a copy of the book.

### Petitions available

Petitions are now available at the circulation desk for any school district resident over the age of 18 who is interested in running for the library Board of Trustees position that will be vacated by James Reilly.

Candidates are required to obtain signatures from 26 qualified voters and return the notarized petition by April 15.

### News and notes

• Lifelines writers meet on Monday, April 4, at 7 p.m.

• The adult book discussion group will meet Wednesday, April 6, at 7 p.m.

Barbara Vink

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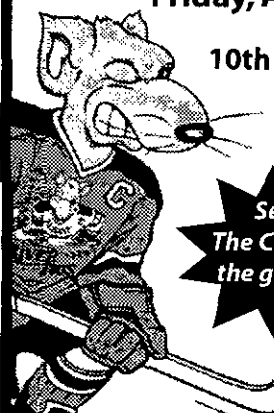
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# New Scotland Kiwanis sponsoring Brooks spring barbecue

The New Scotland Kiwanis Club is sponsoring a Brooks spring chicken & ribs barbecue on Saturday, April 2, from 3 to 7 p.m. at the Nichol's Market parking lot in Voorheesville.

The cost is \$8.50 for a chicken dinner, \$7 for 1/2 chicken only, \$9 for a barbecue rib dinner, and \$8 for bar-b-que ribs only.

All proceeds will go to support the New Scotland area

community service & youth activities.

For information call Bob at 765-2451.

## FOL to host concert

Friends of the Voorheesville Public Library is hosting a concert on Sunday, April 3, at 2 p.m. the concert will feature "The Tri-City Brass."

Concert funding and after concert refreshments will be

provided by the Friends of the Voorheesville Public Library.

## Fundraiser planned

Plan to join the Friends for Life - Relay for Life fundraiser that will be held Friday, May 6, from 7 to 11 p.m. at St. Matthew's Church Parish Center.

Hors d'oeuvres, desserts, beer, wine and soda will be served. There also will be dancing and a Chinese raffle.

Tickets are \$5 per person for admission and raffle tickets will be available at the door. Checks for raffle tickets should be made payable to the American Cancer Society.

This event is for adults only please.

Anyone wishing to help out could either bring an hors d'oeuvre or a small item to be raffled. Those interested should respond by May 1 to one of the following: Carol Cillis, 765-3186 or cc86map@aol.com; Sharon Cillis, 765-4538 or jcillis@nycap.rr.com; Betsy Glath, 765-4415 or skiing765@aol.com; Sue Keenan, 765-5999 or MC320@aol.com; Mary Ann Jones, 765-4622; Linda Pasquali, 765-4990 or lsquali@nycap.rr.com; or Robin, 765-9007.

## Board meeting set

The next regular meeting for the Voorheesville Board of Education will be held on Monday, April 4, at 7:30 p.m. in the high school commons area.

## Teen night planned

The Voorheesville Middle School will have a teen night on Friday, April 1, at 7 p.m. in the middle school gym.

## Science fair planned

The Voorheesville Science Fair

## NEWS NOTES

**Voorheesville**  
Betsy Glath  
765-4415



2005 for the elementary school is planned for Thursday, March 31, from 7 to 8:30 p.m. in the large gym at the Voorheesville Elementary School. For information, call 765-2382.

## Early dismissal

The Voorheesville elementary school will have 11:50 a.m. dismissal for staff development day on Friday, April 2. Afternoon kindergarten will follow its regular school schedule.

## Beantown bound

The Voorheesville Public Library is planning a bus trip to Boston on Saturday, April 23. The cost of the trip is \$25 for FOL members and \$30 for non-members. For information, call Michelle Reilly at 765-3411.

## Blood drive set

The Student Government of Voorheesville High School is planning a Red Cross Blood Drive on April 14 from 8 a.m. to 1 p.m. in the middle school gym. For information, call 765-3314.

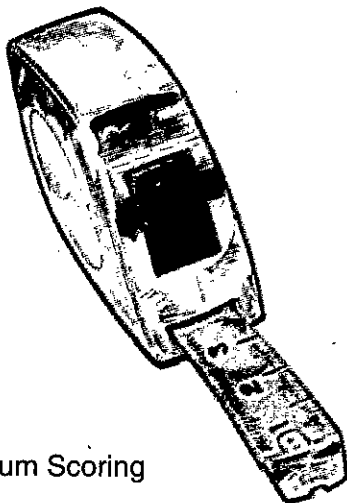
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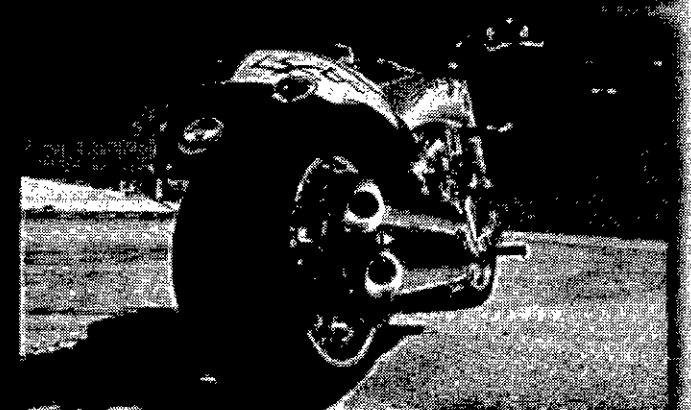
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# Trustee believes libraries must stay ahead of the curve

**EDITOR'S NOTE:** This is the second in a series of articles that will take a look at the individuals who give of their time to serve on the Bethlehem Public Library board of trustees.

Trustee Michael Zalob thinks a lot about the future of books.

"Youngsters learn and communicate so much with technology these days – will people still be reading old-fashioned books in another hundred years?"

Zalob believes that technology is the single biggest challenge facing libraries today. While children and young adults adapt effortlessly to it, others, especially senior citizens, are caught in the transition, and sometimes overwhelmed. Libraries must serve all these groups.

"A good library reflects the

## Check It Out Bethlehem Public Library

needs of its community. I visited a library in a Florida retirement community recently, and there was no mistaking the clientele – there was no evidence at all of service to children," Zalob said.

He is confident that Bethlehem Public Library meets the needs of its users; however, "the trick is to remain a little ahead of the curve," he said.

### Time to reach out

During his board tenure, he would like to see efforts to reach non-users in the community: proactive publicity, planning from patrons' perspective, preparation to meet the community's expanding population.

"All you need is one activity to bring new folks in – a concert, the summer reading program, a book discussion, a community group meeting – we need to continue these offerings, and find new offerings, as well," he said.

He and his wife Robin came to Delmar from Ohio 12 years ago. Two of their four children graduated from Bethlehem Central High School; one currently teaches in the district.

Zalob brings a long involvement with United Way to his tenure on the board. He has served that organization in many capacities for more than 15 years, including two years as a board member. He credits United Way and his dentistry practice as schools for his budgetary, business and relational skills.

His vision for the future of Bethlehem Public Library includes continued diversity of library services, clear financial accountability, and creative efforts to maintain the library's positive image in the community.

"Our library's central location



*"A good library reflects the needs of its community. I visited a library in a Florida retirement community recently, and there was no mistaking the clientele – there was no evidence at all of service to children."*

Michael Zalob

in the community is a plus, as are the generous business hours and helpful staff," he said.

He is a frequent visitor; you're apt to find him at a computer station or in the periodicals area catching up with the world. He enjoys vacations with long stretches of uninterrupted reading and has been known to substitute an

audio book for the old-fashioned kind.

Michael Zalob has served on the Bethlehem Public Library board since late last summer when he was appointed to fill a vacated seat. He is up for election on May 17, when the library budget for 2005-2006 also will be decided.

Louise Greco

## Got news or views?

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

Submissions can be faxed to 439-0609, e-mailed to [spotnews@nycap.rr.com](mailto:spotnews@nycap.rr.com), or mailed to P.O. Box 100, Delmar 12054. The deadline for all editorial copy is noon on the Friday prior to publication.

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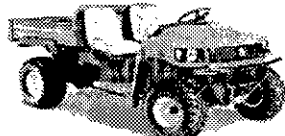


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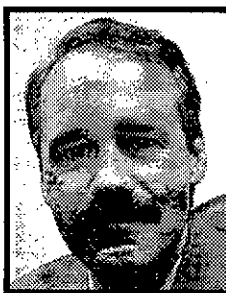
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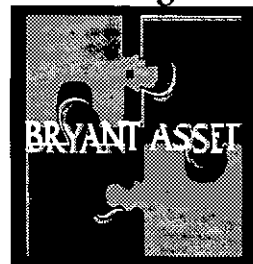
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# Home equity financing can fund spring projects

By Sue Teson,  
Vice President,  
KeyBank N.A.

In the Northeast we celebrate spring—the melting snow, budding trees and sprouting bulbs. It is a season of renewal and possibility. It is relief from a long and snowy winter.

Spring is also the time of year when we take inventory of what needs to be done around the house, from repairs to renovations, and what we would like to do outside of the house, from sealing the driveway to building patios. By the time the list is complete, however, it is more common than not that our hopes are higher than our pockets are deep. So we immediately begin paring down our list and changing the scope of our projects. We mend the roof instead of replacing it. We reseed the lawn instead of building a patio. We wash the outside of the house instead of

repainting it. We figuratively get our feet stuck in the mud that, throughout spring, is as deep as the weather is warm.

This doesn't have to be the case. With interest rates remaining low, now is an ideal time to consider the equity you have in your house as an option for financing your springtime projects...or other expenses you might need help financing, including debt consolidation and education.

## What is home equity?

Quite simply, home equity is the value of a home minus any mortgages or liens owed on the property. Homeowners can borrow against that equity, using either home equity loans or lines of credit. Even relatively new homeowners might be surprised at how much equity has accumulated in their property, as today's hot real estate market is increasing the value of homes in

the Capital Region.

Home equity loans are preferable to accessing funds by withdrawing them from an IRA or liquidating other assets because such withdrawals often entail penalties or even capital gains consequences. Home equity loans and lines of credit are also affordable and convenient—interest rates are typically low, the interest is often tax deductible and repayment terms are flexible, with either variable or fixed-rate payment options available.



Sue Teson

## Flexible financing

One of the most common and cost-effective uses of home equity financing is funding home improvements. Not only do these renovations and improvements enhance lifestyles, they also increase the value and selling price of the property. Popular projects that increase the value of a home

include adding or improving bathrooms; updating kitchens, including upgrading appliances; replacing or improving heaters, air conditioners, cooling plants; and landscaping.

However, home equity financing can be used for other reasons. Families often use home equity financing as a resource for special vacations, building or buying a retirement home, financing a child or grandchild's education or purchasing a new car.

Another popular use is to consolidate debt, as consolidating existing debt into a single monthly home equity loan payment can provide both convenience and smaller payments. Also, home equity repayments can typically be spread out, usually up to 20 years, so the payments could be smaller than the multiple payments homeowners often make with existing debt.

## Home equity loan vs. line of credit

The reason for choosing home equity financing often determines whether a home equity loan or a home equity line of credit would be more advantageous.

A home equity loan provides a fixed loan amount that the borrower repays in equal payments over a fixed period of time. Home equity loans are generally considered stable and are ideal for financing projects or events that have a predictable cost and must be paid in full within a short period of time. Financing a wedding or placing a down payment on a new car are good examples.

A home equity line of credit is more flexible and provides cash as needed at various points over time. Payments vary depending on the outstanding balance, and more funds become available as a loan is repaid, replenishing the line of credit. This makes a line of credit ideal for homeowners who plan to use borrowed funds

for home improvements they will make themselves or over a period of years. In many ways, a line of credit is like a credit card. You have a fixed balance you can borrow against as needed. When you pay off your principal, your credit revolves and you can use it again.

## Rates and costs

Home equity financing is available with either a variable or fixed interest rate, and choosing which is right for you is an important decision.

A variable rate plan allows borrowers to take advantage of decreases in interest rates when the bank lowers the prime rate. Home equity financing interest rates are generally tied to the prime, which has remained low over the course of the last three years.

A fixed rate, however, provides the security and peace of mind that comes from knowing the interest rate will not increase. Such a plan "locks in" an interest rate at a certain percentage and at a certain point in time. Ever after, the interest rate will remain the same.

Interest rates, closing costs, payment schedules and prepayment penalties for home equity loans or lines of credit vary from bank to bank. Shop around by asking:

1. What is the annual percentage rate?
2. Is the rate variable or fixed?
3. What are the applicable fees (potentially including an application fee and a property appraisal fee)?
4. What are the closing costs?
5. Are there penalties for prepayment?

In terms of the application and approval for the loan, the usual qualifiers for borrowing apply, including providing information on assets, income, credit history and an accounting of current financial obligations.

Also, when applying for the loan keep in mind your reasons for obtaining a home equity loan in the first place—crossing a few things off your "big" to do list or financing another expense—and be aware of the importance of the banking relationship. Your satisfaction will most likely depend your trust in your lender and the professionalism with which your lender handles your account and supports your goals.

## About the author:

Sue Teson is a vice president with KeyBank. She has more than 30 years' experience providing financial services, including extensive experience with home equity loans. She can be reached at 257-8601 or [susan\\_c\\_teson@keybank.com](mailto:susan_c_teson@keybank.com).

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## Sports

## Eagles hope to soar to top of Gold Division

By MIKE CIOFFI

The Bethlehem boys lacrosse team will be looking to rebound after a 5-11 record last season.

The Eagles are returning their three most productive offensive threats from last season for fifth-year varsity coach Dave Rounds. He will be looking to the trio to produce a majority of the offensive output for the upcoming season.

One of those players is senior Andrew Kelleher, one of the Suburban Council's top players from a year ago. Kelleher has been a four-year varsity starter and was the team's top scorer for the past two seasons. He also competed on the Adirondack region team at last year's Empire

State Games.

Also on offense is Ryan Eder, a senior attackman who will see the bulk of the faceoff duties.

Eder is transferring from midfielder to attack this season.

"He is a very intense, hard-nosed player, and we're looking from him to take the brunt of the physical work," Rounds said.

Another player Rounds expects contributions from is Dan

Mulhall, a starter last year who was injured. Rounds said he expects Mulhall will be one of the league's top scorers.

**"We should be in contention ... This is a goal that we set as a team, and I think it is attainable."**

Dave Rounds

Also returning on offense for the Eagles are senior midfielder Nate Rouch and sophomore midfielder Matt Johnson.

On defense, the Eagles will be looking to Joe Conroy to be their leader. Conroy was also a member of the Adirondack region team, and he will

be playing lacrosse at West Point next season.

"He's our defensive leader and our go-to guy on defense. He will match up with the opposition's top player," Rounds said.

Senior Kevin Gephardt will get the nod in goal after playing as a midfielder.

"I'm amazed at how quick he has picked up the position. He has stepped right in," said Rounds.

Rounds is expecting his team

to be at the top of the Suburban Council Gold Division this season.

"We should be in contention," Rounds said. "This is a goal that we set as a team, and I think it is attainable."

The Eagles' first game is on April 5 against Shaker, a team they lost to twice in overtime last season.

"I have very high expectations for this team," Rounds said.

## Dolphins schedule swim clinic

The Delmar Dolphins swim club is hosting an eight-day clinic April 4-7 and 11-14 from 6 to 7 p.m. at the Albany Academy pool.

The clinic is open to children age 7 to 12 who want to learn competitive swimming strokes. Participants should already be able to swim the front crawl the length of a 25-yard pool.

The cost for the clinic is \$50. For information, contact Doug Gross at 664-0801 or 369-9733.

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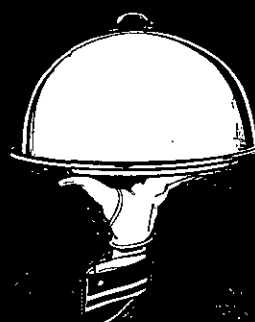
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# Everyone is chasing Columbia in Gold Division

By ROB JONAS

Getting through the Suburban Council baseball season unscathed may be close to impossible this year.

So many teams have improved over the last couple of years that traditional powers such as Shenendehowa, Columbia and Shaker aren't necessarily going to remain on top this season.

"League-wise, it may be the most balanced," Shen coach Jim Carrese said. "It's usually well balanced, but this year it is especially well balanced."

The league has expanded to three divisions with the addition of Ballston Spa, which came over from the Foothills Council at the start of the 2004-05 academic year.

"For the past three years, I've seen the writing on the wall," Ballston Spa coach Dave Sunkes said. "That's why our non-league schedule included Suburban Council and Big 10 teams. There's going to be a slight adjustment period, but I think we'll be ready."

The new alignment keeps Shen, Shaker, Colonie Central and Saratoga together in the Blue

Division, while former Blue Division teams Guilderland and defending state champion Columbia join Niskayuna and Bethlehem in the Gold Division. Former Gold Division teams Burnt Hills-Ballston Lake, Averill Park and Mohonasen join Ballston Spa in the White Division.

"It's a tough division," Guilderland coach Doug LaValley said of the Gold Division. "Columbia is the defending state champs, and they've got some guys back."

Here is a team-by-team look at the Suburban Council Gold Division.

## Bethlehem Eagles

Coach: Rob Helm

Key veterans: Cameron Brown (shortstop), Andrew Stanton (catcher), Dan Felitti (center fielder), Chris Olson (pitcher), Paul Parker (third baseman), Geoff Wilcox (right fielder).

Key newcomers: Mike Carroll (pitcher/outfielder), Brian Emery (pitcher).

Outlook: The Eagles' pitching staff took a hit when projected starter Joe DeVoe was sidelined with a shoulder injury. "Pitching is a concern for us," Helm said. "I only have two returning pitchers, and one of them (DeVoe) is out with an injured shoulder." ... The Eagles boast two players heading to NCAA Division I schools — Brown (University of Richmond) and Stanton (Marist).

## Columbia Blue Devils

Coach: George Czerno

Key veterans: Bryan Rose (center fielder), Kyle Meyer (shortstop), Jim Devine (third baseman), Josh Willimott (pitcher).

Key newcomers: Justin Shannon (pitcher/second baseman), Kenny Hudson (first baseman/pitcher), Brett Weber (catcher).

Outlook: Despite losing several key players from last year's state championship team, the Blue Devils are considered by their Gold Division rivals to be the ones to beat. "You're going to have to somehow beat Columbia (to win the division)," Niskayuna coach John Furey said. "They've got some players back from last year."

## Guilderland Dutchmen

Coach: Doug LaValley

Key veterans: Brendan Malowski (pitcher/shortstop), Josh Perches (pitcher/first baseman), Matt LaValley (outfielder/pitcher), Bill Rafferty (outfielder), Reed Moreland (shortstop/pitcher), Ben Henderson (first baseman/pitcher/outfielder), Nick Napoli (second baseman).

Key newcomers: Nick Stark (outfielder), Nick Polsinelli (second baseman/pitcher), Jerry Gross (third baseman), Kevin Doherty (outfielder), Drew Zantotta (pitcher/first baseman/outfielder), Steve Blaauboer (pitcher/first baseman), Dominico Albanese (catcher).

Outlook: The Dutchmen are seeking a consistent winning formula after two consecutive

roller coaster seasons that have included beating Shen in 2003 and 2004. "I like this team. I think we'll be able to do some things," LaValley said. "We should be able to put some runs up, and we should be able to play some good defense."

## Niskayuna Silver Warriors

Coach: John Furey

Key veterans: Matt Simone (pitcher/third baseman), Ben Kelly (catcher), Radd DeWeese (center fielder).

Key newcomers: Aaron Sapp (pitcher), Nick Fusella (third baseman), Dan Furey (first baseman), Ben Baker (first baseman), Matt Kelly (shortstop), Ryan LaMarr (outfielder), Scott Battiste (outfielder).

Outlook: After graduating a large chunk of last year's starters, Furey's team will need the younger players to adjust to their roles in a hurry. "Some of them were with us last year and some were on JV, but they're a solid group," Furey said.

## Lacrosse club slates registration sessions

Bethlehem Youth Lacrosse is holding registration sessions for its spring season 10 a.m. to noon April 2 and 6 to 8 p.m. April 4 at the lower gym lobby at Bethlehem Central High School.

The club is open to boys in grades three through eight. There will be one team for third- and fourth-graders, a second team for fifth- and sixth-graders and a third for seventh- and eighth-graders. The first practice is scheduled for April 26. Teams play in the Capital District Youth Lacrosse League.

The registration cost is \$95, which includes a jersey, a helmet, arm pads, gloves and shoulder pads, as well as a U.S. Lacrosse membership. Players must supply their own lacrosse sticks.

For information, contact Dave Rounds at 505-5372.

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## Runners-up



The Bethlehem Youth Hockey bantam A team finished second at the Northern Section Division II tournament Feb. 11-13 at the Bethlehem Area YMCA. Bethlehem defeated teams from Schenectady, Clifton Park, Adirondack and Plattsburgh and lost only to Saratoga. The team is, from left, (front) goaltenders Caleb Crowley and T.J. Caswell; (middle) Dan Trimarchi, Taylor Chase, Ray Marshall, Scott Kattrein and Harrison Lane; and (back) coach Mike Griffiths, Andrew Kelleher, Anthony Lasnik, Kevin Syrotynski, Pat McGrath, Zac Jasinski, Erik Hill, Tom Dolfi, Nick Jackson, Packy Carroll, Brian Henchy, assistant coach Jim Corrigan and assistant coach Bob Lane.

## BGYL schedules spring registration

Bethlehem Girls Youth Lacrosse is holding a registration session for fourth-, fifth- and sixth-graders Monday, April 4, at 5:30 p.m. at the Bethlehem Central High School girls varsity lacrosse field.

Registration takes place immediately following the Bethlehem girls lacrosse team's home opener against Averill Park. Some of the varsity players will remain on the field to answer questions.

Experience is not necessary to join BGYL.

There is a \$100 registration fee. For information, contact Gerry Ladouceur at 439-7224 or ladouceurg@aol.com.

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## Challenger league enters second season

Colonie Little League is hosting the New York District 13 Challenger Division program for the second consecutive year.

The program — a separate division of Little League Baseball — is open to children age 5 to 18 in Albany County with mental or physical disabilities. Teams are set up according to abilities, rather than age, and can include as many as 15 to 20 players. There are three levels available: tee ball, coach pitch or player pitch.

Last year, more than 30 children participated in the Challenger Division program at Colonie Little League.

"We would like to double that number this year," program director Mark Keegan said. "Anyone with a disability that prevents them from participating in the other Little League programs is eligible, including children in wheelchairs. We will not turn anyone away."

The 2005 season begins Saturday, May 7, at 10 a.m. at Colonie's

Cook Park. It concludes June 11, and there will be an awards picnic June 18.

For information or to register, contact Mark Keegan at 869-7020 or Milt Schmidt at 869-8445. Registration forms are also available at [www.coloniell.com](http://www.coloniell.com).

## Young receives school honor

Bethlehem Central High School graduate Matt Young was named SUNY Cobleskill's Fighting Tiger Athlete of the Week.

A freshman on SUNY Cobleskill's baseball team, Young led the Fighting Tigers to an 8-3 victory over 2004 National Junior Collegiate Athletic Association Division I semifinalist Indian Hills Community College. Young pitched a complete game with three strikeouts, and he drove in two runs on two hits.

Young batted .333 with five RBI and seven runs scored during the Fighting Tigers' trip to Arizona.

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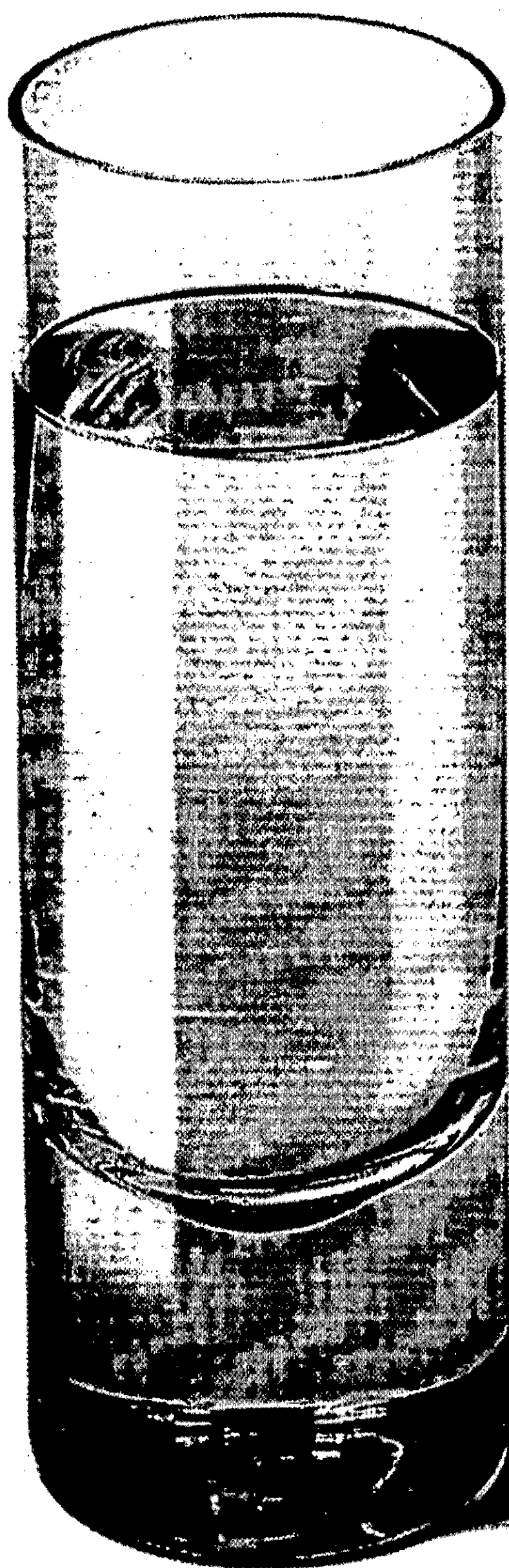
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# HEALTH CARE

MARCH 2005



A supplement to Spotlight Newspapers

# The sweet secret to cutting down carbohydrates

**S**tarting a low-carb diet? Just keep in mind a few guidelines that will help you stick to your low-carb resolution.

An estimated 80 million Americans have tried low-carb diets and the number is expected to grow over the next year as reports of their effectiveness spreads.

According to WebMD, there is now evidence that the diets not only work, but also are almost twice as effective as low-fat diets.

"Cutting down on sugar consumption is an important part of the success of any low-

carb diet," says Jim May, founder of SweetLeaf Stevia, the company that developed and markets all-natural SteviaPlus.

"One simple way to do this is by using a sugar alternative at the table and when baking. Stevia is accepted worldwide as the only zero carbohydrate, zero calorie and zero glycemic product of its kind."

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# Understanding temperament key to early care giving

By Lorraine Lemons  
CapitalCare Pediatrics Albany

**E**very child is born with a unique "personality" which we refer to as temperament. Temperament is the way that infants and children experience and respond to their environment. It is important to know about temperament as it has an impact on daily interactions.

There is a range of normal temperaments each with its own

benefits and challenges. Infants generally fall into one of three broad temperament categories – easy, slow to warm up, and difficult.

Some babies will have characteristics from more than one category, and it is all considered normal.

Babies with an easy temperament are just that – easy. They adjust quickly to new situations and changes in routine; they are often able to find ways to calm or soothe themselves and

react mildly to discomfort.

Parenting babies with an easy temperament is usually very rewarding. Parents with easy infants should keep in mind that even if their babies are not demanding they need a lot of parental time and attention.

Slow to warm up babies are what we think of as shy and need more time to get used to new situations and new people. They may withdraw or reject anything that is unfamiliar and quickly become over-stimulated.

Slow to warm up infants are slow to respond to discomfort and hunger, making it more difficult for parents to know when they need something and what they need.

Parents of babies with this temperament must be patient and introduce new situations gradually and slowly.

As over-stimulation can be a problem, caregivers must learn to recognize the signs: crying, crankiness and remove their babies from the situation causing the problem.

Finally, infants with a difficult temperament are in almost constant motion and often seem restless.

Difficult infants respond quickly and loudly to hunger, discomfort and unfamiliar situations. Their crying is intense and can be difficult to console. Difficult babies have a hard time soothing themselves and are often light sleepers.

Parenting an infant with a difficult temperament requires a lot of attention and sensitivity from parents. Consistency is one of the keys to success with these infants.

A daily routine should be established as early as possible and adhered to as much as possible. Parents with difficult infants should not blame themselves for their infant's temperament and instead focus on minimizing stressful situations for themselves and their infants.

As infants grow and develop into toddlers, temperament characteristics change and adapt to the child. At this age, we can start to look at additional dimensions to temperament such as activity level, regularity, adaptability, intensity, mood, persistence, distractibility, sensory threshold and initial approach/withdrawal.

It is important to remember there is a wide range of normal behavior in infants and children. Temperament cannot be changed and attempts at change will only lead to conflict. Every child has special strengths and weaknesses.

When we understand why babies act the way they do, we can learn to guide them more effectively and be more confident caretakers.



## Take a bite out of biting behavior

By A. George Pascual  
CapitalCare Pediatrics Albany

**B**iting behavior upsets everyone – the victim, the parents, the caregivers and even the biter. It can begin innocently during infancy as babies begin to teethe, and they bite their parents in a playful manner.

But it can persist into the toddler and preschool years when biting becomes the solution to instances of frustration or anger.

The best way to prevent biting behavior from becoming a problem is to recognize it and take steps to stop it – as early as possible. Depending on the age of your child, one or more of the following can help:

- Address biting with a sharp "No!" This needs to be a very clear signal to your child. Using a stern tone of voice and looking directly into his eyes tells him that you mean business. This isn't funny, so try not to smile or laugh.

- Try to interrupt the biting behavior before it actually happens. A frustrated toddler heading for a playmate's fingers with an open mouth usually means trouble.

- Never bite back." Biting your

child back after she bites you will only confuse her. She is being told not to bite, but is being bitten at nearly the same time. The message gets lost.

- Even playfully biting your child's fingers and toes can be confusing to her – it's OK for you to bite her, but not for her to bite someone else. Avoid a double standard.

- Praise for not biting." Rewarding your child with praise for not biting (when he otherwise would have) can be a powerful tool in helping curb the behavior.

- On the other hand, using the technique of "time-out" as a consequence of biting can also help teach your child not to bite.

- Establish the "we never bite people" rule." This goes along with never biting the child back. Consistency reinforces the concept.

- "If your child is old enough to understand, give her a reason for the rule: biting hurts!"

Now if your child happens to be the victim of biting behavior, don't panic. Most toddlers don't bite with enough force to break the skin, so infections are rare.

The biting child's parent is likely to be as horrified as you are about the whole thing. In a

daycare setting, having a discussion with the teachers might help to prevent another incident.

Prevention is key. There may be times when you can almost predict that your child might bite out of frustration or anger.

Trying to avoid getting into one of these situations is one way of preventing biting behavior.

Another way is by teaching your child other ways to deal with these feelings.

For example, instead of biting when he is frustrated or angry, he should come to you for help.

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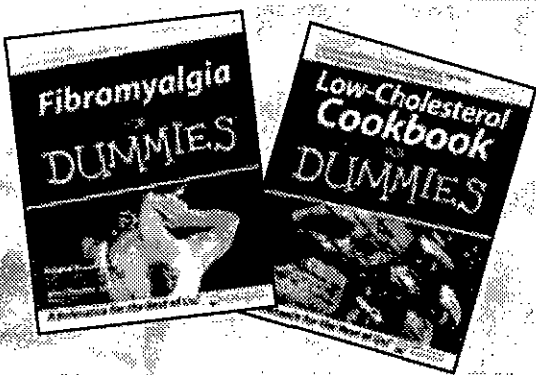
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# Knowing your family medical history: A life saver

When you think about what you've inherited from your parents and grandparents, you might think about the color of your hair and eyes, the shape of your nose and height.

What you generally don't think about is the information in your parents' or grandparents' DNA.

You should. It could save your life.

Thanks to a relatively new disease prevention strategy, a deeper look into your family history can provide information to help stave off a life-threatening illness.

Consider Sally, a young woman who knows that her family history puts her at high

risk for breast cancer because both her mother and grandmother died from the disease.

But what Sally may not know is that inheritable forms of early-onset breast cancer can also increase her risk for ovarian cancer. Genetic testing could reveal that Sally has the BRCA gene mutation associated with breast and ovarian cancer.

Working with a genetic professional, she could then take proactive steps to try to prevent the cancer and save her life.

A genetic professional, such as a medical geneticist or genetic counselor, is trained to help interpret family medical

pedigrees, explain information about genetic tests and offer emotional support for both the individual and family.

A genetic professional, in consultation with Sally's physician, could help her decide if she should, for example, proactively have her ovaries removed.

Ovarian cancer is the fifth leading cause of cancer deaths for American women. Available screening tests are unreliable and ovarian cancer is extremely

difficult to diagnose based on symptoms alone.

So doctors now stress that early diagnosis must rely on the clinical judgment of the doctor based on full exploration of the patient's symptoms and possible known risk factors, including a history of the disease in the family.

To help patients and physicians better understand the importance of a family medical history in diagnosing and preventing disease, the American Medical Association (AMA) has

developed a new booklet titled *Family Medical History in Disease Prevention* that is available online at [www.ama-assn.org/go/familyhistory](http://www.ama-assn.org/go/familyhistory) and is downloadable for free.

The booklet also contains a pocket guide that clearly outlines how to develop your own family medical pedigree.

"A family medical pedigree is one of the most powerful genetic tools available to a physician," says AMA president-elect J. Edward Hill, a family physician from Tupelo, Miss. "Disease prevention starts with your family medical history. That's why a portion of the AMA's Web site has been set-up to help

explain family medical pedigrees, along with other issues related to genetics, to both patients and physicians."

The AMA's Web site provides a great place for patients and physicians to start their research. The site offers easy-to-understand educational material on a variety of topics for people not familiar with genetics. The Web site also details ethical issues related to genetic testing and explores current trends in genetic research.

"Perhaps the most relevant use of family health history today is in the delivery of preventive medicine," says Maren T. Scheuner of the CDC's Office of Genomics and Disease Prevention. "A physician can collect and interpret family health history periodically, perhaps annually, to inform the patient on decisions regarding

appropriate screening and prevention strategies.

"People with an increased familial risk often develop a disease at an earlier age than what is typically expected. In some cases, screening for early detection should begin at an earlier age and occur more frequently than what is recommended for the average risk individual," he adds.

The AMA notes that while family patterns often indicate increased risk, they do not

necessarily predict certainty of developing a medical condition.

"Knowing your family history is important, but it's not an exact science," Hill adds. "Patients still need to share their concerns with their physicians and work on addressing them."

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# Getting the most out of your doctor's visit

**H**ave you ever gone to the doctor and not understood what you were told? Has he or she used medical jargon that is over your head? Have you left the physician's office not understanding the next steps? Or felt like your doctor doesn't understand what you are going through?

Well, you are not alone. Many people have a hard time communicating with their physicians.

But research shows that effective communication with your doctor, including understanding your diagnosis and treatment plan, plays an important role in your recovery time and overall improvement.

The American Academy of Orthopaedic Surgeons (AAOS) recognizes this and is taking steps to ensure that you get the most out of your visit with the orthopaedic surgeon.

Most physicians have had limited training in effective communication techniques, and some physician groups are trying to change that.

The AAOS, in partnership with The Bayer Institute, offers a training program to teach orthopaedic surgeons that complete clinical care consists not only of the thought to "find and fix it," but that communication skills such as empathy and engagement are important to ensuring a successful visit with a patient.

"Orthopaedic surgeons want to connect with their patients. They want their patients to trust and respect them, which in turn will likely make their patients more compliant with a treatment program," says William Schreiber, orthopaedic surgeon and patient-physician communications trainer. "In

order for this to happen, physicians need to learn to communicate better and a communications program like this will help them do that."

William Ferris, a patient of Schreiber from Holly Lake Ranch, Texas, needed surgery to replace his right knee.

"I found it very easy to understand Dr. Schreiber. He reassured me, answered all of my questions and I felt that he really listened to my concerns. I wasn't afraid to ask questions, no matter how simple or complex they were," says Ferris.

Ferris and Schreiber have a great relationship. In fact, when Ferris started having problems with his other knee, he went back to Schreiber for a partial knee replacement on the left knee.

"I am used to playing golf and being active and Dr. Schreiber helped me stay that way. I even recommended him to my neighbors. Five of us on my block have had knee replacements by Dr. Schreiber in the past two years."

Proper communication with a patient will ensure that the best medical attention is given.

"The relationship between a physician and patient should be viewed as a partnership," Schreiber says, "with each partner's contribution considered equal in importance."

As a patient, there are certain actions you can take to ensure a

good relationship with your physician. The following checklist and tips will help you and your doctor discuss the issues most important to help you get the most out of the visit.

- Before seeing the doctor, prepare a list of questions and points you would like to address. It may be beneficial to take notes during the visit.

- Be honest and complete when talking with your doctor. Share your point of view and don't hold back information about issues that you might consider embarrassing.

- Make sure the physician explains medical terminology that you don't understand, as well as recommendations regarding treatment and medication.

- Ask what to expect from the treatment, the effect it will have on your daily activities and what you can do to prevent further disability.

- Make sure your doctor provides you with handouts or brochures that you and your family members can review at home.

- Ask a family member or friend to go with you to your next visit. This person can help ask questions and address concerns in areas where you have forgotten or weren't able to address.

- Follow the doctor's instructions. Take the full course of medication and make sure you follow the prescribed diet and/or exercise routine.

- If something is confusing or does not seem right, call the doctor's office for advice. His or her staff often knows the answer.

- If you are not getting the answers you need, try to communicate this to your physician. If he or she does not respond, it may be beneficial to seek another opinion.

Your recovery is important. Physicians are there to make your ailments better. Continued dialog between you and your doctor will help you establish a partnership, which in turn, may make your recovery quicker.



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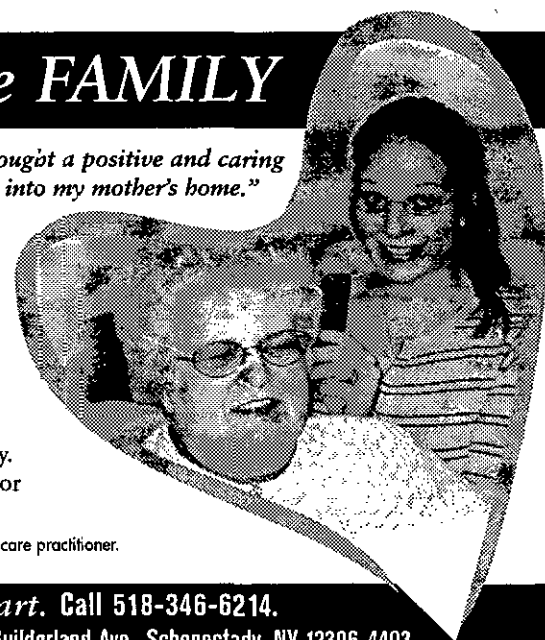
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Spotlight Health March 2005



# Are your nutritional supplements safe?

Nearly 40 percent of Americans are taking over-the-counter supplements and vitamins, but according to the National Institutes of Health some herbal remedies have negative, even dangerous, effects on their own or when taken with other medications.

For instance, research has shown that the herb St. John's wort, used by some people to treat depression, may cause certain drugs to become less effective.

A Consumer Reports analysis of 19 Echinacea pill supplements found three products had less than the labeled amount; four products

contained amounts of lead that exceeded California Prop 65 standards; and over all, the amount of Echinacea varied substantially from product to product, even within the same bottle.

The concerns about supplement safety coupled with the expansive amount of vitamin and supplement products available make deciding which ones are right for you and your needs a daunting task.

Many people are so overwhelmed by what they are presented with at a pharmacy, grocery or specialty store that they just decide not to bother. This isn't always the best decision, considering

nutritional supplements can be used to fill in gaps created by the standard American diet.

"Even informed consumers can feel inundated when trying to shop for supplements," says Jeremiah McElwee, a spokesperson for Weil Nutritional Supplements, a new line of supplements developed by integrative medicine expert Andrew Weil.

According to McElwee, there are a number of steps you can and should take to ensure you purchase the safest and most effective supplements possible.

"Make sure the supplements that you purchase are made by a manufacturer that is certified for Good Manufacturing Practices (GMPs) by a third party organization, such as the NNFA (National Nutritional

Foods Association) or the NSF (National Sanitary Foundation)," says McElwee.

The best way to determine if the brand you are considering is GMP certified is to visit one of the certifying bodies' Web sites, as they will list which companies participate in their programs.

"Always be certain not to take a higher dose of a supplement than is listed on the label, unless your health care practitioner advises you to do so," he continues. "And if you suffer any adverse side effects from any supplement, immediately stop taking it and notify your health care practitioner."

According to McElwee, there are some general safety guidelines to keep in mind

when taking supplements.

- Always consult a physician before making any changes in your daily health and nutrition regimen, and that includes taking any dietary supplements.

- Always be very careful to take supplements as indicated on the packaging.

- Take vitamin supplements with food, as this aids in digestion.

- Finally, be sure to take supplements consistently to achieve the maximum health benefits.

For more information about dietary supplements and Good Manufacturing Practices, go to the National Institutes of Health Web site at <http://nccam.nih.gov/health/bottle/3#3> or [www.nnfa.org/services/science/gmp.htm](http://www.nnfa.org/services/science/gmp.htm).



## Hotline informs about proven prostate cancer treatments

Some medical issues are difficult to discuss, but in the case of prostate cancer — an often-curable disease — talking can be a lifesaver.

That's why one of the leaders in the fight against prostate cancer offers an enhanced toll-free hotline for patients and their loved ones. The hotline is staffed by highly skilled registered nurses and health educators who counsel callers and answer questions, while referencing independent, clinical research.

Callers can reach the hotline by dialing (800) 458-4372 weekdays from 9 a.m. to 5 p.m.

Known as the TheraSeed Prostate Cancer Information Center, the hotline was created by Theragenics Corp., a leading provider of brachytherapy treatment devices used to treat localized prostate cancer during a one-time, minimally invasive procedure (often referred to as "seeding").

This commonly used outpatient procedure lasts approximately 45 minutes,

during which a physician implants rice-sized radioactive pellets into the prostate gland.

The treatment offers cure rates comparable to surgery, yet works with a lower risk of incontinence and impotence.

Understanding the full range of proven treatment options is crucial to surviving prostate cancer. And new long-term research is shedding more light on treatment choices all the time.

That's why both the Senate and U.S. House of

Representatives, working closely with Theragenics, recently adopted formal non-binding resolutions calling on the federal government and all 50 states to encourage doctors to provide prostate cancer patients with the appropriate information necessary to understand the benefits and risks of all medically proven treatments, including brachytherapy.

One out of every six men is at risk of getting prostate cancer, which is the second leading cause of cancer death in men in the United States. An estimated 230,000 new cases are diagnosed nationwide each year. Yet the disease is often curable if detected early and,

therefore, education about screening and treatment options is critical.

Choosing the best treatment option is a personal decision that should be based on the state of the disease and how treatments may impact one's quality of life.

The education hotline helps patients and their loved ones obtain information that can help them make the right decision.

To advance patient education, Theragenics also has created two new educational brochures, *Straight Talk About Prostate Cancer Treatment* and *A Guide to Independent Clinical Studies*. Both are available, free of charge, to those contacting the call center or visiting [www.theraseed.com](http://www.theraseed.com).

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# Helpful sleep tips for back pain sufferers

If your first words in the morning are "Oh, my aching back!" instead of "Oh, what a beautiful morning!" you may be among the 85 percent of Americans who, at some time in their lives, suffer from back pain.

Unfortunately, the one thing back pain sufferers seem to need the most – quality sleep for recuperation – is elusive at best.

A lack of quality sleep can lead to a vicious circle of daytime sleepiness, inability to carry out daytime pain management techniques such as exercising, followed by even less sleep at night.

"Sleep is important for the body to heal itself," says Pete Bils, senior director of Sleep Innovation and chair of the Sleep Advisory Board for Select Comfort. "During deep, slow wave sleep, human growth hormone reaches a peak level to perform any critical tasks necessary for bodily restoration. Pain and discomfort can disrupt the ability to attain and sustain deep sleep, diminishing your body's ability to deal with the problem."

Many people reach for pain medications, but they often find that the side effects of the medicines also interfere with their sleep. Some try to sleep in a chair or recliner because their back hurts too much when they lie flat.

Others believe that sleeping on a firmer mattress will do the trick, but in reality, their mattress, bedding and sleep

habits may actually be contributing to the problem, rather than helping it.

Bils offers the following sleep tips for back pain sufferers:

- Choose a mattress that alleviates pressure points on your body.



"Far too many people still subscribe to the 'firmer is better' mattress myth, and they suffer for it," Bils explains. "Beds that are too firm do not support properly and create uncomfortable pressure points – a discomfort that causes excessive tossing and turning – and is counterproductive to back pain relief and recuperation."

Consider switching to an adjustable firmness mattress to minimize pressure points that might be aggravating your back pain.

One mattress to consider is The Sleep Number Bed by Select Comfort, which has dual air chambers that allow each side of the bed to be independently adjusted so each sleep partner can choose his or her ideal level of comfort, firmness and support – even if one sleeper has back pain and the other does not.

Unlike innerspring

mattresses, the Sleep Number bed evenly distributes weight to minimize painful pressure points and reduce body pain and stiffness.

In studies conducted by Select Comfort at Stanford University, Duke University and the Sister Kenny Institute at Abbott Northwestern Hospital in Minneapolis, researchers compared people's experience on a Sleep Number bed to that of premium innerspring mattresses and found that 93 percent experienced back pain relief on a Sleep Number bed.

- Choose pillows that allow for optimal spinal and neck alignment.

"Orthopedic doctors and chiropractors agree that nearly

all neck and back problems are worsened, if not caused, by improper sleeping habits or worn-out pillows," Bils says. "Your pillow should naturally place your head, neck and shoulders in a proper posture – closely matching a proper standing/sitting posture – for a straight spine and head position."

If you are a stomach sleeper, choose a soft pillow that offers a gentler slope to help prevent your head from being raised too high and to minimize the unnatural arching of the lower back.

If you prefer to sleep on your side, choose a firm pillow that is thick enough to fill the space between the mattress and side of your head and shoulder area.

If you sleep on your back, try a thinner pillow of medium firmness to support your neck area.

- Take care of your back in the daytime, too.

When it comes to taking care of your body in the daytime, don't fall asleep at the switch. Keep up with back exercises and pain medications as recommended by your doctor.

Find ways to decrease other stresses in your life that could be aggravating your pain.

Go outside for some fresh air. Get up from your newspaper or computer and let your muscles start moving again.

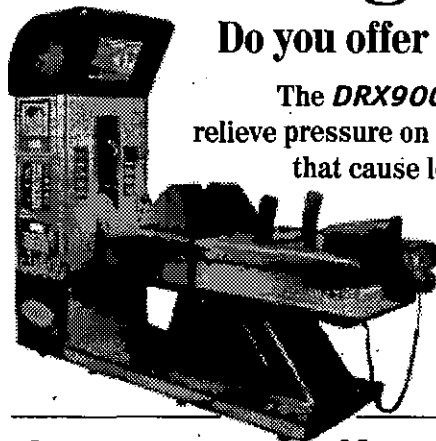
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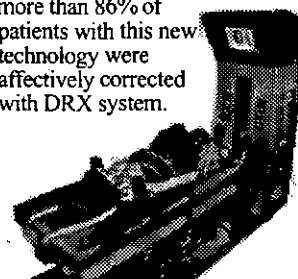
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# Take back your bathroom in the war against germs

If yours is like most American households, millions of germs and bacteria are thriving blissfully on moist surfaces ranging from countertops and cups to toothbrushes and towels. You can't see them, of course, but they're everywhere: virus-causing microorganisms that can contribute to as many as 10 colds per year for the average child, usually the first in the family to get sick.

## It's okay not to share

Let's face it, some things are just not meant to be shared. Think underwear, gum, lollipops and kazoo. And now, rinsing cups in your bathroom.

Helping rid your bathroom of some of its most commonly spread germs can be easily done using disposable Dixie

cups — and busting one of the most common myths of childhood: "Share and share alike."

A recent study of parents across the country uncovered some startling statistics about sharing and the dental hygiene practices of America's children during the post-brushing rituals of rinsing and spitting.

While four out of five children are rinsing regularly (very good!) nearly half of those are sharing a germ-infested, non-disposable rinsing cup with their siblings and other family members (very gross!).

Worse yet, a third of the parents surveyed reluctantly admitted their bathrooms contained no rinsing cups at all — leaving Junior to slurp from

his own grimy hands or directly from an equally germ-ridden faucet (beyond gross!).

## Could Mom have been right?

Millions of today's parents grew up using disposable rinsing cups in the bathroom: a time when riddle telling after brushing was as much a tradition as storytelling after dinner. It's time to give a nod to moms of yesterday by introducing a new generation to disposable cups, which are tossed away after every use — taking with them thousands of nasty and potentially infectious microorganisms.

It makes sense since some cold and flu viruses linger on non-disposable rinsing glasses for up to 72 hours — plenty of time for the germs to be picked up and passed around by several members of the family.



Instead, use a disposable cup, which is used once and should be thrown away immediately.

And don't just take it from mom: scientists at the Centers for Disease Control and Prevention (CDC) agree. They encourage today's parents to stock their children's bathrooms with disposable paper cups for rinsing.

When it comes to our families, most of us like doing things our own way. But when it comes to using disposable Dixie cups to protect our children from the germs that cause colds and flu, our moms were right.

## Great check-ups

Smile! Rinsing also keeps your children healthy for another reason: Great dental check-ups.

"Most of us know the three steps to good dental hygiene: brushing, flossing and rinsing," said Theodore Aspes, a pediatric dentist in Smyrna, Ga. "Unfortunately, parents often don't stress the importance of rinsing to their children, which can lead to tooth decay and gum disease."

Even though Americans make about 500 million visits to the dentist annually and spend an estimated \$74 billion on dental services, tooth decay is still one of the most common infectious diseases among children, according to the CDC. Dental hygiene is important to maintaining your child's beautiful smile for life.


Here are some tips to prevent the spread of germs while encouraging healthy dental habits in your child:

- Make sure each child has his or her own toothbrush, clearly marked for identification. Do not allow children to share or borrow toothbrushes.

- After children finish brushing, have them rinse their toothbrushes thoroughly with tap water and allow them to air-dry.

- Store toothbrushes in an upright position so they do not touch other children's toothbrushes.

- Provide children with paper cups for rinsing after brushing. Do not allow them to share cups and ensure that they dispose of cups properly after a single use.



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# Expert advice on starting a healthy lifestyle

Today, there are millions of resources – from books and tapes to personal coaches – available for people who want to make over their lifestyle. However, many people still struggle to find a plan that works for them.

## Health Care

### Tips on how to change

Sometimes, getting started is the biggest hurdle. Nutrition and fitness expert Kristine Clark, director of sports nutrition for Penn State University's athletic department, has worked with many people on a variety of lifestyle makeover challenges. Here are a few of her simple tips that can be implemented into your daily routine to start your lifestyle makeover. With these tips, you can personalize your plan and be on your way to a new and improved you.

- **Goals.** Determine what your fitness and nutrition goals are, and make a list. Identify four concise strategies that will allow you to measure your progress and see your accomplishments.

- **Diary.** Keep a daily food and fitness diary so you can learn what, when, and how much you are eating and exercising every day.

- **Food Labels.** Read food labels. Pay attention to what is in your food from nutrient content to fat and calorie

content. Note portion size, too.

- **Grocery List.** Make a grocery-shopping list and stick to it while shopping. Be sure to include fruits, vegetables, whole grains, turkey or other lean meats, and low-fat dairy products on the list.

- **Snacking.** Manage your snacking by planning ahead. Keep a fruit basket on your desk with three fruits in it and eat those for snacks.

- **Exercise.** Build exercise into your daily routine. Making small changes, like taking the stairs versus the escalator, really adds to your amount of physical activity. National health organizations recommend between 30-90 minutes of physical activity each day.

### Living a lifestyle makeover

Thirty days, seven-and-a-half pounds lighter and a whole new nutrition plan later, Serena Shellenbarger of Columbus, Ohio, was selected as the person who best achieved her lifestyle makeover plan during the 2004 Jennie-O Turkey Store Lifestyle Challenge.

For her hard work and achievement, she won the grand prize of \$25,000. One year later, she is still living – and loving – her lifestyle makeover.

Shellenbarger went from not exercising at all to exercising

five days a week during the contest.

For her, the biggest challenge was motivating herself to exercise even when she was tired.

Today, Shellenbarger still walks at least three times a week.

She has found that most of her exercise comes from the simple changes she has made in her everyday behavior – working in the garden, taking the stairs and parking farther from her destinations to get in a few extra steps. Small changes that have made a big difference.

Shellenbarger's other important lifestyle change was gaining a better understanding of food and nutrition and then implementing that in family meal planning.

Shellenbarger learned how to read a food label (her first grocery shopping trip took about three hours as she reviewed all the labels). Today, she moves quickly through the grocery store selecting items with labels that read, "a lean source of protein," "low in fat," or "made from whole grains."

She prepares dinner up to six nights a week and teaches her family how to make healthier eating choices.



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### Dr. McGarry, Why do we need to have our wisdom teeth taken out?

Wisdom teeth are typically removed during young adulthood if there is a risk of the teeth becoming impacted or "stuck" in the jaw. This condition is relatively common as a result of our having shorter jaws but the same number of teeth as our ancestors. Although it is rare, impacted wisdom teeth form cysts or even tumors in the space surrounding the unerupted tooth. Sometimes wisdom teeth remain horizontally impacted or grow in "side-ways" and can affect the supporting bone or even damage the tooth in front. Some believe that impacted wisdom teeth may also put enough pressure on the adjacent teeth to cause tooth crowding. Even if teeth are not fully impacted, however, there are a number of reasons why



Dr. Gabriel McGarry

### Ask Dr. McGarry

your dentist may recommend having them out.

They are very often difficult to keep clean and may subsequently be more prone to tooth decay and periodontal disease. These are conditions that may affect the neighboring teeth negatively as well. Sometimes wisdom teeth become partially impacted, in which instance only a portion of the tooth is sticking through the gums. In these cases, proper hygiene is almost impossible and teeth can suffer from a recurring infection in the gums surrounding the tooth called 'pericoronitis'.

It is usually recommended that all impacted wisdom teeth be removed at a young age (16-22), when the healing will be faster for the patient. It is important, however, to adapt the treatment to the needs of the individual. Your dentist or will keep you informed of all the risks and benefits prior to surgery.

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# Sunscreen: A powerful tool to fight signs of aging

The sunscreen confusion continues in the United States. For more than two years, the Food and Drug Administration has been promising a revised monograph for sunscreens. A recent announcement disclosed that the final portions of the sunscreen Final Monograph will not be released until later this year.

Exposure to UV light causes wrinkles, hyper pigmentation and saggy skin. Most importantly, exposure to UV rays has been linked to skin cancer.

UVA (sometimes referred to as long wave radiation) carries less energy than UVB rays but penetrates more deeply into the skin and underlying tissues. Intense, prolonged exposure to UVA can damage underlying structures in the dermis and cause premature aging of the skin. In fact, close to 90 percent of the visual characteristics associated with aging: fine lines, wrinkles, loss of elasticity and hyper pigmented spots, now appear to be greatly increased by sun exposure to UVA.

Sunscreen is still the single most-effective skin care product on the market. Skin should always be protected by an SPF of at least 15 to protect against damage.

Some of the most comprehensive sunscreens available are from DDF (Doctor's Dermatologic Formula). DDF sunscreens block between 75 percent and 85 percent of UVA rays using a combination of avobenzone, zinc and titanium dioxide.

(Avobenzone or PARSOL 1789 is the current industry favorite for UVA protection but has been shown to degrade very quickly in the sun. DDF combines it with other ingredients for uncompromising protection).

"The best anti-aging product on the market is sunscreen," says Howard Sobel, a top New York dermatologist and DDF founder. "No new discovery or 'magic ingredient' will ever be more effective at preventing wrinkles and age spots than a sunscreen of SPF 15 or greater."

Sobel has the following advice on selecting the right

sunscreen for your skin:

- Look for formulations that contain micronized particulates of effective ingredients (usually zinc oxide and titanium dioxide) since they provide the most uniform coverage. Micronization allows the particles to get close together, preventing gaps in protection that could cause spotty sun damage. The smaller the particles, the more even the sun shield on the skin.

- The easiest way to remember to wear sunscreen on a daily basis? Pick a multi-purpose product that contains protection. Many moisturizers



products developed for oily skin. Sensitive skin would do best with a product that acts as a physical barrier meaning that the ingredients are not absorbed into the skin reducing the potential for irritation.

- Select a sunscreen that offers more than just

sun protection. For example, DDF sunscreens contain the proprietary DDF Redox Antioxidant Complex, 11 antioxidants that nourish skin, repair past damage, reduce inflammation and prevent future free radical damage.

Expect the best from your skin care products and look for those that multi-task.

are now available with SPF to make the morning routine that much easier. And, if you like your daily-use product, you are more likely to remember to put it on every day.

- If you don't like the way sunscreen feels on the skin or are concerned that sunscreen will cause your skin to break out, look for oil-free or gel

## Fresh produce: An important part of your healthy diet

We all know that "an apple a day helps keep the doctor away," but the Dietary Guidelines for Americans released in January by the USDA drive home the importance of including a variety of fresh fruits and vegetables in your diet.

The guidelines recommend nine servings of produce every day as part of a healthy diet — four servings of fruit and five servings of vegetables. This is up from the previous recommendation of five servings a day.

"Fruits and vegetables are the powerhouse foods with mega-nutrition for few calories, and should be the cornerstone of any healthful diet," says Kathy Means, vice president of the Produce Marketing Association.

Fresh fruits and vegetables are a great source of fiber, potassium and anti-oxidants. About now, you may be thinking, "sure, they're good for me, but

how in the world can I work that many servings of fruits and vegetables into my daily routine?"

The good news is that it's probably easier than it appears at first glance. While nine servings of fruits and vegetables sounds like a lot, when you look at the total quantity of food involved, it becomes much more manageable.

For example, four servings of fruit translates into two cups; five servings of vegetables works out to 2 1/2 cups.

And if you're filling up on fruits and vegetables, you're much less likely to be craving a candy bar or chips.

Here are some tips for fitting those nine servings a day into your menu:

- Choose a variety of fruits and vegetables. Now is a good time to expand your horizons and try something new, like root vegetables or ugly fruit.

- Try to include different colors of vegetables in your diet every day — red, as in peppers and tomatoes; green, such as spinach and kale; orange from carrots and squash; white from corn and cauliflower; and purple as in eggplant.

- Make fruits and vegetables part of every meal. Have a glass of juice with breakfast, or add berries or bananas to your morning cereal. Add a salad to your lunch routine, and vegetable dishes to your dinner table.

- Fruits and vegetables are great as portable snacks. Grab an apple or some carrots on your way out the door.

- Smoothies are fun to make, tasty to drink and a good way to consumer fruits (and vegetables, too). Blend your fruit of choice with yogurt for a refreshing breakfast treat or a mid-afternoon pick-me-up.

The guidelines also advise consumers to practice safe food handling techniques. The Partnership for Food Safety Education has tips for the proper handling of fruits and vegetables at [www.fightbac.org](http://www.fightbac.org).

They include checking produce for bruising or damage before you buy it; cleaning your hands before handling produce, cleaning the produce, and cleaning all surfaces that produce will come into contact with; and separating produce from other foods such as raw meat, poultry and fish.

Along with the advice to eat more fruits and vegetables, the guidelines also recommend reduced calorie consumption, limiting fat intake, consuming less salt and increasing daily exercise.

Don't try to implement all these changes into your lifestyle at once. Incorporate them slowly so you won't be overwhelmed.

Over time, these changes will pay off in improved health and reduced risk for major chronic diseases.

For more tips on adding fresh fruits and vegetables to your diet, visit [www.5aday.org](http://www.5aday.org).

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# Diabetes and the link to gum disease

The incidence of diabetes has jumped nearly 50 percent in the past 10 years and is expected to grow another 165 percent by 2050 under current trends, according to the American Diabetes Association.

The medical burden of diabetes and its complications can be overwhelming, and oral health care often falls low on the list of health priorities for diabetics.

In fact, many individuals may not be aware of how diabetes impacts oral health.

Having diabetes increases your susceptibility to gum disease, particularly for people who have a hard time controlling their blood sugar.

At the same time, studies have shown that having gum disease may make it harder to control your blood sugar.

The early stage of gum disease, known as gingivitis, is characterized by red, puffy gums that bleed when you brush, floss, or use other oral care aids. Bleeding, swollen gums are a sign of infection.

Gum disease can progress and eventually lead to tooth loss, which can make it more difficult to eat the right foods.

Many individuals do not even know they have the early stages of gum disease. So it's particularly important for people with diabetes to have regular dental visits and to follow a good oral health routine at home.

Preventing gum disease can save time, money and discomfort. The good news is that maintaining an optimal self-care routine for your teeth and gums can be easy.

People with diabetes should start by talking to their dentist. Sharing medical history, including current medications, level of glycemic control and complications from diabetes along with other health information, allows you and your dentist to map out the most appropriate self-care program.

In addition to regularly visiting and communicating with your dentist and brushing and flossing daily, there are three

easy things you can do on your own to improve your gum health and overall well being.

their self-care routine had a 23 percent reduction in plaque, a 20 percent reduction in gingivitis and a 13 percent reduction in bleeding compared to people who only brushed and flossed.

"Of all the oral self-care products available, the dental water jet has the longest and best track record of reducing gingivitis and bleeding," says Carol Jahn, a registered dental hygienist and manager of educational programs at Waterpik Technologies.

The dental water jet delivers a unique combination of water pressure and pulsation at the level clinically proved safe and effective, and it cleans three times deeper than brushing and flossing alone.

Waterpik recently introduced a sleek cordless model, so now it is easy to travel and carry

a dental water jet with you in a vanity bag.

## Chew sugar-free gum

Many individuals with diabetes suffer from dry mouth,

which can be caused by certain medications and high blood sugar levels.

A dry mouth can increase your risk of cavities and mouth infections, because there's less saliva to wash away germs.

To increase the saliva in the mouth, stay hydrated and try chewing sugar-free gum.

TheraBreath Oxygenating chewing gum, developed by celebrity dentist Harold Katz, founder of the California Breath Clinics, counters dry mouth and bad breath while also helping whiten your teeth.

"I've used Xylitol as a sweetener, instead of sugar or Aspartame (NutraSweet) like so many other chewing gums," says Katz. "It is a sugar alcohol, which makes it safe for diabetics because the body doesn't react to sugar alcohols the same way that it does to sucrose or glucose."

## Stop smoking

Smoking increases your risk for gum disease. Both the American Diabetes Association and American Dental Hygienists' Association strongly advocate that individuals with diabetes stop smoking.

Smokers with diabetes over age 45 are 20 times as likely to develop severe gum disease than a person without those risk factors, according to

researchers at the University of Alabama at Birmingham.

Smokers also face another risk.

"Smokers may have an impaired response to gum inflammation," says Jahn. "Nicotine often masks the signs of periodontal disease, especially bleeding."

Although diabetes will continue to be a challenge for millions of Americans, self-care continues to become easier and more effective.



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# Web-based support helps with smoking cessation

Nearly half of America's smoking population — more than 20 million people — say they want to quit smoking in 2005 — again.

For most smokers, 2005 won't be the first year they've tried to quit. Nearly all have tried at least once, and one out of five smokers (20 percent) has tried to quit five or more times.

"We now have a great deal of evidence about what works and what doesn't, so don't waste time on what doesn't," says Robin J. Mermelstein, clinical psychologist and smoking cessation expert at the University of Illinois at Chicago.

"We know that what works the best is a combination of

specific approved medications meant for stopping smoking and behavioral treatments."

Now, a new clinical study has shown that Committed Quitters ([www.CommittedQuitters.com](http://www.CommittedQuitters.com)), an individualized Web-based support system, can increase

the chances of smoking cessation success.

Smokers using the online Committed Quitters program with NicoDerm CQ increased their chances of success by more than 28 percent compared to smokers trying to quit using the same product and non-individualized support.

For the millions of smokers who have tried to quit multiple times, experts say that previous attempts at quitting smoking shouldn't discourage them from trying again.



By providing smokers with individualized tools, tips and information, Committed Quitters can help them deal with the psychological and behavioral challenges that may have led them back to smoking in the past, while nicotine replacement therapy such as NicoDerm CQ reduces the physical withdrawal symptoms such as cigarette cravings. For those looking to quit, Mermelstein offers the following tips:

• Think about the reasons you smoke. It will give

you a clearer path to quitting. Does smoking relieve stress? Is it a large part of your social life?

• Get your head in the game. Mermelstein recommends that clients get support products such as nicotine replacement therapy and online help before they quit, so they can read up on materials before they're under the pressure of quitting. Not only does this help raise consciousness about the patterns of smoking, it gives them the tools they'll need when they make the decision to quit for good.

• Check out online support services. The online Committed Quitters program provides support and encouragement to help you break your behavioral and psychological link to cigarettes, and is proven effective in helping smokers quit.

• Get yourself physically ready. Start walking, take in more fluids and get plenty of rest.

• Put a support system in place. Fight the urge to keep your plans to yourself and enlist the help of family and friends. By letting others know of your intention, you can create a circle of support to help keep you on track.

For more information on Committed Quitters or to learn more about how to prepare yourself to quit smoking, visit [www.committedquitters.com](http://www.committedquitters.com).

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In fact, going through the process helps smokers learn more about their smoking behaviors, so they're better prepared to face the challenges of quitting.

"Past attempts to quit should make you more confident about future attempts — not less!" says Mermelstein. "Each time smokers try to quit, they learn more about the specific, individual challenges they'll face."

Committed Quitters features free, easily accessible and highly individualized support. Participants enroll by answering an in-depth online interview that gathers

information about their habits, behaviors and motivations for smoking and quitting. The data is then compiled to craft a customized smoking cessation plan, which includes proactive e-mail outreach and newsletters that address each individual's specific needs, while providing support and encouragement that is available 24/7.

The support and tips for a life-long smoker can differ greatly from those designed for a younger smoker who has trouble avoiding smoking in social situations.

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The to-do list in Beth Hoyme's purse  
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# Obituaries

## Margit Rubin

Margit "Peg" Elizabeth Rubin, 89, died Monday, March 21, at Good Samaritan Lutheran Nursing Home in Delmar.

Mrs. Rubin was born in Sweden. She came to Albany at the age of 18 and began work at the state lab on New Scotland Avenue. She lived in Clarksville about 25 years and in Delmar for the last four.

With her long-time companion, Bill Chatten, she dressed in period costume and with Bill's classic cars, entered parades and contests.

She was a member of Clarksville Community Church and served as president of the Women's Guild.

Survivors include a daughter, Joyce Langley of Savannah, Ga.; a son, Paul Rubin of Ithaca; four grandchildren; and two great-grandchildren.

Mrs. Rubin donated her body to science.

A memorial service is being planned for Saturday, May 21, at Clarksville Community Church, Clarksville.

## Seana Hazelton

Seana Marie Hazelton, 16, died Wednesday, March 23,

Ms. Hazelton was born in Albany and had lived in Ravena all her life. She was a junior at Ravena-Coeymans-Selkirk High School where she was a member of the National Honor Society, played on the volleyball team and softball team.

Survivors include her mother, Mary Hazelton-Lisa; her father John Sickles; her stepfather, Jody Lisa; two brothers, Joseph Lisa and Zachary Lisa; and her grandmother, Irene Hazelton.

Funeral services were from Babcock Funeral Home in Ravena and St. Mary's Church in Cossackie. Burial was in St. Mary's Cemetery in Cossackie.

Contributions may be made to the R-C-S Sports Association, c/o Ron Racey, 2053 Route 9W, Ravena 12143 or Ronald McDonald House of Albany, 139 S. Lake Ave., Albany 12208.

## Sam Caimano

Sam A. Caimano, 92, of Delmar died Tuesday, March 22.

Mr. Caimano was born in the Bronx. He grew up in Albany and graduated from St. Anthony's School and Cathedral Academy in Albany.

He worked for the Post Office for 30 years, retiring in 1972, and the Albany County Health Department for five years, retiring in 1977.

He was husband of the late Loretta Capasso and the late Mary D'Annabale.

Survivors include two daughters, Veronica Caimano Blendell and Rosalyn Caimano Tarullo; a son, Francis Caimano; four sisters, Betty DeFrancisco, Etta Miller, Grace Marsala and Teresa Sewell; 10 grandchildren; and 16 great-grandchildren.

Services were from Applebee Funeral Home and Church of St. Thomas the Apostle, both in Delmar.

Burial was in St. Agnes Cemetery in Menands.

Contributions may be made to the Sisters Retirement Fund, Diocese of Albany, 40 N. Main Ave., Albany 12203.

## Norma Dudley

Norma H. Dudley, 88, formerly of Glenmont and Delmar died Friday, March 25, at her home.

Mrs. Dudley was born in Killawog. Since 1994, she had resided with her daughter in Pleasantville and most recently in

Clifton Park. Previously, she lived in Glenmont, Delmar, West Sand Lake, Binghamton, Whitney Point and Marathon. She was a graduate of Marathon Central School and the Lowell School of Business in Binghamton.

She was employed at the Dairymen's League.

In addition to being a homemaker, she was an accomplished pianist at Killawog Methodist Church, a member of the Marathon Eastern Star, had been a member of West Sand Lake Methodist Church.

She also served for 14 years as an EMT for the Bethlehem Volunteer Ambulance Corps and she served a term as a director of the Geneganslet Lake Association.

She was the widow of Arthur J. Dudley.

Survivors include two daughters, Cheryl Dudley of Glenmont and Catherine Prabhu of Clifton Park; and a grandson.

Services were from Applebee Funeral Home in Delmar.

## Ruth Susser

Ruth Teper Susser, 90, of Beverwyck Community on Autumn Drive in North Bethlehem died Friday, March 25, at St. Peter's Hospital in Albany.

Mrs. Susser was born in Albany.

She was a member of Temple Israel in Albany.

She was the widow of Alfred Susser.

Survivors include three sons, Stephen Susser of Albany, Bernard Susser of Japan and Mark Susser of Weston, Mass.; a sister, Alice Teper of New York City; and a grandchild.

Burial was in Temple Israel Cemetery in Gunderland.

## Oscar Boomer

Oscar H. Boomer, 81, of Ravena died Saturday, March 26, at St. Peter's Hospital in Albany.

Mr. Boomer was born and lived in Ravena all his life.

He owned and operated Boomer's Garage since 1946.

He was a member of Congregational Christian Church in Ravena, a member of Coeymans Hollow Fire Co., the NRA and the Northeast Stock Car Old Timers Club.

He was husband of the late June Dixon Boomer.

Survivors include two daughters, Carolyn Carly Crewell and Cynthia A. McMullen; two sons, Walter O. Boomer and Daniel A. Boomer; five grandchildren; and four great-grandchildren.

Services were from Babcock Funeral Home in Ravena. Burial was in Chestnut Lawn Cemetery in Ravena.

Contributions may be made to

Chestnut Lawn Cemetery, 110 Main St., Ravena 12143.

## Janet Sullivan

Janet Lynn Hansen-Sullivan, 48, of Glenmont died Saturday, March 26, at St. Peter's Hospital in Albany.

Mrs. Hansen-Sullivan was born in Huntington Station, L.I.

She worked as a hair stylist at Mane Attraction in East Greenbush and more recently was employed by the state Department of Labor in Albany.

Survivors include her husband, James R. Sullivan; two sons, Sean Sullivan of Glenmont and Robert Sullivan of Albany; a sister, Esther Martone of Long Island; and two grandchildren.

Services were from Daniel Keenan Funeral Home in Albany.

Contributions may be made to the National Kidney Foundation, Northeast New York, 23 Computer Drive East, Colonie 12205.

## Charles Van Heusen

Charles Van Heusen Jr., 65, died Monday, March 21.

Survivors include two sisters, Patricia Whitbeck of Feura Bush and Mary Jane Chambers of Gunderland.

Services were from Meyers Funeral Home in Delmar.



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# Roundabout

(From Page 1)

Each of the intersections carry with them anywhere from a mid-20 second wait for drivers up to a one-minute or longer wait, for those drivers waiting to turn out from Maher Road, which is an unsignalized intersection.

"It's quite a long delay to get off those side streets," said Creighton Manning Engineer Jeff Pangburn. "The first guy to get to the red light waits the full cycle for that light to turn green, up to one minute to a minute and 30 seconds."

Schell said that roundabouts provide a "low speed environment" that can actually

accommodate and move more vehicles than a T-intersection.

"A lower speed decreases the amount of headway needed to get into the circle," Schell said. "At a slow speed, you can zipper the cars in there pretty efficiently."

Locally, roundabouts seem to be popping up more frequently, with one already installed in Voorheesville and five more on the way in Malta, as a result of a DOT project there. Schell said New York can expect an average of 15 additional roundabouts a year.

"My experience with Voorheesville's roundabout has been very positive," said board

member Daniel Plummer.

Though DOT officials are hesitant to completely sign off on roundabouts as being the end-all solution to fatal accidents, Pangburn said they are conducive to meeting three different objectives and also provide subsequent benefits, including those of significantly reducing fatal accidents by 89 percent and of achieving an aesthetically pleasing intersection. Pangburn said there is a desire to reduce delay, which roundabouts help accomplish. Additionally, Pangburn said, roundabouts can integrate surrounding land uses and achieve pedestrian- and biker-friendly environments. The

alternative to having roundabouts installed would be to keep speed limits on the Bypass between 50 and 55 mph, which a couple of

town board members said they considered a dangerous driving speed to be coming into town.

## Residents with exotic animals must register

Town Clerk, Kathleen A. Newkirk, has been notified by the State Fire Administrator of the requirement for annual reporting by April 1 each year of the presence of wild animals. Pursuant to this law, each person owning, possessing or harboring a wild animal must report its presence to the Town Clerk on or before April 1 of each year. Wild animals include but not limited to non-human primates; monkeys; felines with exception of domestic

cats; canines with exception of domestic dogs; any member of the bear family; all venomous snakes; all constrictors and pythons over 10 feet in length; and crocodiles, alligators and caimans 5 feet or greater in length.

Forms for reporting purposes are available at the Town Clerk's office, as well as, a complete list of animals listed in this law. If anyone has any questions, feel free to call the Town Clerk's office at (518) 439-4955, Ext. 183.

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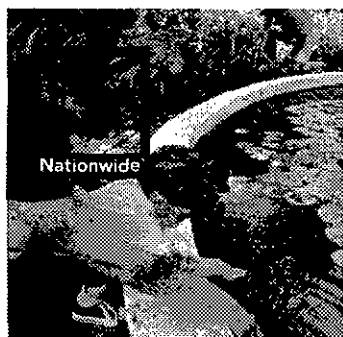
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Scott Geis and Gina Abelli

## Abelli, Geis to marry

Gina M. Abelli, daughter of Patricia Murphy of Sauquoit, and Dino Abelli of Cumberland, R.I., and Scott A. Geis, son of Maureen Geis of Delmar and the late Dr. Allan W. Geis, are engaged to be married.

The bride-to-be is a graduate of Siena College.

She is currently a fourth-year

medical student at Albany Medical College.

The future groom is a graduate of Bethlehem Central High School and Siena College. He is currently pursuing a master's degree in Coastal Environmental Management at Duke University.

The couple plans a June wedding.

## Dean's List

### Tufts University

Abby Svenson of Delmar.

Molly Jaffe of Glenmont.

Daniel Freeman of Voorheesville.

### Byrant & Stratton College

Josie Klersy of Slingerlands.

### The College of Saint Rose

Rachel Bellizzi, Diana Cooper, Pamela Hotaling, Denna Kohler, Karen Lauver, Deborah Lomardi, Carolyn Losee, Laura Manzi, Rebecca Matthews, Kayleigh Pankow, Andrea Schmit, Erin Schucker and Katheryn Walsh, all of Delmar.

Michelle Miesowicz, Aubrey Spaulding and Matthew Zaloga, all of Feura Bush.

Erica Beach, Kristyn Hammond, Jeremy Kondrat, Nicole Kondrat and Heather Leary, all of Glenmont.

Jason Bonafide, Carrie Griffin, Colleen Heilsberg, Stephen Soulis, and Caitlin Spoor, all of Ravena.

Aja Biel, Jared Marsh, Julie Masa, Stefanie McLaren, Colleen Moore, Jamie Philpott and Tere Weddell, all of Selkirk.

Canaan Bump, Samantha Seim and Maya Tucci, all of Slingerlands.

Molly Bradley, Noreen

Cavanagh, Susan Feller, Maria Giglio, Amy Lenseth, Jamie Masterson, Catherine Robichaud, Rachel Saddlemire, Stephanie Scaccia and Mark Tidd of Voorheesville.

### SUNY Oneonta

Amy Dietz, Kevin Eames, Ashley Levine, Christopher Rooney and Sara Thompson, all of Delmar.

Jennifer Greenfield, Marisa Heydary, Taraneh Heydary, Andrew Mason, Mary Moon, and Josh Okum, all of Glenmont.

Jennifer Macri of Selkirk.

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## Corcione, Tarullo to wed

Lisa Corcione, daughter of Francesca Corcione of Albany, and the late Sabato Corcione, and Christopher Tarullo, son of Richard and Norma Tarullo of Clifton Park and Audrey Tarullo of Guilderland, are engaged to be married.

The bride-to-be is a graduate of Colonie Central High School.

She is currently attending Sage College in Albany.

She is employed by Empire Blue Cross in Albany.

The future groom is a graduate of Schenectady high School and Hudson Valley Community College.

He is an electrician for Lacorte Electric in Lansingburgh.

The couple plans a September 2006 wedding.



Christopher Tarullo and Lisa Corcione

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# Obituaries

## Lawrence Mackey

Lawrence S. Mackey, 86, of Glenmont, died Thursday, March 6, at Good Samaritan Lutheran Health Care Center in Delmar.

Mr. Mackey was born in Oneonta.

He was an Army veteran of World War II.

He was a service manager and salesman for the Champion Spark Plug Co. until his retirement in 1980. Upon retirement, Mr. Mackey became active in the community in the town of Bethlehem, being the first volunteer to transport senior citizens. He was a charter member of the Chadwick Square Park Association of which he served as president, vice-president and secretary. He was a member of the Albany Elks.

Survivors include his wife Georgiana Wheeler Mackey of

Delmar.

On Sunday, April 3, at 1 p.m. at Normanside Country Club, the friends of Larry Mackey and the family are invited to a special gathering to celebrate his life.

## Sister Ann Kelly

Sister Ann Eleanor Kelly, 89, a Sister of the Holy Names for nearly 70 years, died Friday, March 18, at the Teresian House in Albany.

Sister Kelly taught school for 41 years in various places in Canada and the United States. Locally, she taught at Academy of The Holy Names in Albany and Sacred Heart of Cohoes and ministered for eight years as the first principal of St. Thomas School in Delmar.

From 1971-76, she served in the Albany Diocesan Department of Education as one of the

superintendents.

Her final years in ministry were as a parish volunteer at Our Lady Star of the Sea, New Smyrna Beach, Fla. In 1997, Sister retired to the Province Center and, in 2000, she became a resident of Teresian House.

There are no immediate survivors.

Services were from St. Joseph's Chapel at the Sisters of the Holy Names Province Center in Albany.

Contributions may be made to Sisters of the Holy Names, 1061 New Scotland Ave., Albany 12208-1098.

## William Wells Jr.

William J. "Bill" Wells Jr., 89, of Salem, N.H., and formerly of Ravena, died Monday, March 21, at the Academy Manor Nursing Home in Andover, Mass.

Mr. Wells was born in Ravena where he grew up and attended schools. He was a resident of Salem for the past 65 years.

He was a Navy veteran of World War II.

He also was a water department worker for town of Salem.

He was a charter member of the VFW Memorial Post 8546 in Salem and a member of the American Legion in Salem. Mr. Wells was a member of Pleasant Street United Methodist Church.

Survivors include his wife, Hilda Wells; six sons, Roderick Wells of New York, Randall Wells of Epping, N.H., John Wells, Ronald Wells and Peter Wells, all of Salem, and Jay Wells of Florida; four daughters, Judith Phelps of Epping, N.H., Jeri-Lyn Thomas of Derry, N.H., Jo-Ellen Wells of Salem, N.H. and Jania Devaux of Raymond, N.H.; two brothers, Theodore Wells and Wallace Wells, both of New York; a sister, Daisy Baker of California; 33 grandchildren, many great-grandchildren and eight great-great-grandchildren.

Services were from Douglas & Johnson Funeral Home in Salem and Pleasant Street United Methodist Church. Burial was in Pine Grove Cemetery in Salem.

## Michael Conway

Michael R. Conway, 52, formerly of Delmar and a resident of Vero Beach and Lake George, died Monday, March 21, at Glens Falls Hospital.

Mr. Conway was born in Cincinnati, Ohio. He graduated from Albany High School and received a bachelor's degree in political science from Siena College. He earned a master's degree from Russell Sage and was completing his doctorate degree at the University at Albany.

He was a senior administrative analyst for the state Higher Education Service Corporation until his retirement in 1991. He also worked at Albany County Department of Senior Services.

He was a member of PEF and the state Civil Service Association.

Survivors include a brother, James Conway of Manilus.

Services were from McVeigh Funeral Home and Blessed Sacrament Church, both in Albany. Burial was in St. Agnes Cemetery in Menands.

## Leo Barron Jr.

Leo A. Barron Jr., 78, of Selkirk died Monday, March 21, at The Stratton Veterans Administration Medical Center in Albany.

Mr. Barron was born in Essex Junction, Vt.

He served in the Marines from 1944 to 1946.

He worked as a machine operator at Ray Bestos Manhattan in Stratford, Conn.

Survivors include three sisters, Irene Jabaut and Dorothy Barton, both of Albany, and Leona Durand of Waterbury, Vt.; and a stepson, Raymond Miller of Connecticut.

He was husband of the late Mabel Miller.

Services were from New Comer-Cannon Funeral Home in Colonie. Burial was in Saratoga National Cemetery in Schuylerville.

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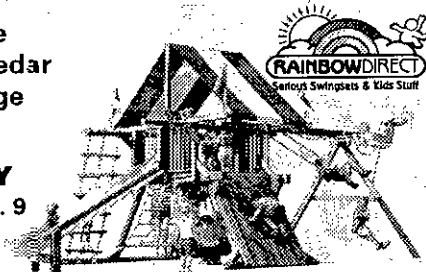
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## CALENDARS ♦ ARTS & ENTERTAINMENT

# Expo, expo, read all about it

By KATHERINE McCARTHY

**A**s winter gives way to spring, it's time to think about the Guilderland Chamber of Commerce's Regional Family Expo. Usually, the Expo is a two-day event in the dead of winter; this year, the chamber is hoping to capitalize on the energy that comes with spring with a one-day event on Saturday, April 2 from 10 a.m. to 7 p.m. As always, the Expo will take place at Crossgates Mall.

This is the 12<sup>th</sup> year of the Expo, which provides families a chance to visit with vendors as varied as destinations, schools, medical providers, organizations and associations and retail outlets.

It's a case of big meets little, explained the chamber's Executive Director Jane Schramm, as smaller organizations have a chance to showcase their wares or offerings at the Capital District's biggest retail center.

"Crossgates is a great venue for the



There will be a combination of repeat vendors and new ones, with something for every age group, be it the toddler set or seniors. Representatives from Jiminy Peak and the Herkimer Diamond Mines will show visitors what's not too far from their backyards and Atria will show seniors what living could be like.

Some of the new vendors, Schramm said, have come because they've heard from others how great the Expo is. One of those new vendors is the New York State Museum, which will have what it's calling a "3-D Booth."

"The state museum will bring a projector and have visuals showing what displays they've got now," Schramm said. "They're also bringing hands-on activities for kids and families and will have knowledgeable staff on hand to help people with those activities."

Also exhibiting for the first time is the Capital District Association for the Education of Young Children.

"We're the local chapter of a national and statewide organization," vice president of CDAEYC Hillary Fink said. "We support the development of early childhood education professionals. We thought the Expo would be a good way to get the word out about our organization."

Since families with young children will surely be at the Expo, Fink is planning to have appropriate activities for young children to engage in at the booth. She defined early childhood as birth through second grade and said the CDAEYC reaches out to day care workers, nursery school teachers and the families of young children. Fink hopes that the Expo will draw newcomers to the volunteer, membership-based CDAEYC.

In addition to the vendors, the Expo

manages," Schramm said. "They do acrobatics and interactive sparring and have really dramatic music that suits their movements. They're really remarkable."

Danny Marcil & Total Entertainment D.J. and karaoke will also keep the crowd moving.

"A lot of people come and do karaoke," Schramm said. "They're uninhibited and throughout the mall, you'll hear people singing 'I will survive.'"

All of the entertainment will take place in front of Macy's, which is another reason that the Expo was moved to April — the Easter Bunny's holding court there now.

The change from a two-day to a one-day format came at vendors' requests, Schramm said, and with nearly 50 vendors set to attend, she's glad the chamber responded to the request.

"I think we'll have a great day," Schramm said. "People get re-motivated when they get a hint of spring, and in early April, they'll be ready to plan for the days ahead."



Columbia Tae Kwon Do's "Team Pil-Sung"



Buster The Bus

Expo because they have so much foot traffic," Schramm said. "We count our blessings to have them and we work to keep a positive relationship with the mall."

Schramm expects that 50 vendors will set up booths for the Family Expo.

"This definitely helps vendors build their business and heighten awareness," Schramm said. "It gives people great exposure. Our goal with the Expo is to give back a little bit to the community."

has become known as a place that provides entertainment for the day and this year is no exception. Entertainment will begin at 11 a.m. and last until about 6 p.m.

"We reached out to the school district this year and have two Guilderland High School groups who will perform," Schramm said. "The Singing Dutchmen and The Select Tones will be here. We had hoped to have middle school students, too, but they'll be at a competition that weekend."

Perennial favorite The Backyard Circus will perform from 3 until 3:45 p.m.

"They're based in Altamont and call themselves 'the greatest little show on earth,'" Schramm said. "There's a ringmaster dressed in traditional fashion and they bring loads of costumes and masks to involve the kids in the audience."

The kids love the circus, Schramm said, and the adults who work with them do a great job.

There will also be magicians and area dance groups and Michael's will have "make it and take it" craft activities throughout the day.

"We'll wrap up the day with Columbia Tae Kwon Do "Team Pil Sung" demonstrations and perfor-



Captain Jack the Magician

## GCC Regional Family Expo '05 Entertainment/ Tentative Line-Up

Saturday, April 2, 2005

\*Danny Marcil & Total Entertainment D.J. and Karaoke (11-11:30)

\*Tynan's Dance Ensemble (11:45-12:30)

\*The Select Tones/The Singing Dutchmen from Guilderland High School (12:45-1:30)

\*Captain Jack the Magician (1:45-2:15)

\*Danny Marcil (2:30-3:00)

\*Backyard Circus- The Greatest Little Show On Earth! (3:00 - 3:45)

\*Radio Disney Dancers (4:00 - 4:15)

\*Danny Marcil (4:30- 5:00)

\*Columbia Tae Kwon Do "Team Pil Sung" demonstrations and performance (5-5:30)

\*Michael's Crafts — face painting and fun hands on craft making (Take It and Make It's) for children and their families all afternoon.

## ARTS and ENTERTAINMENT

## Theater

## THE SYRINGA TREE

One-woman play about two families dealing with apartheid in South Africa, Capital Repertory Theater, 111 N. Pearl St., Albany, through April 3, \$31 to \$39. Information, 445-7469.

## POSTMORTEM

Ken Ludwig's play about an actor who believes someone is out to murder him, Curtain Call Theatre, 210 Old Loudon Road, Latham, through April 9, \$18. Information, 877-7529.

## Music

## THE SELDOM SCENE

Progressive bluegrass band, April 1, 8 p.m. at The Egg, \$24. Information, 473-1845.

## 'SHOUT, SISTER, SHOUT!'

Featuring the Holmes Brothers, Odetta and Marie Knight, April 1, 8 p.m. at the Troy Savings Bank Music Hall, \$24 to \$27. Information, 273-0038.

## ARTURO SANDOVAL

Legendary Cuban trumpet player, April 2, 8 p.m. at the Troy Savings Bank Music Hall, \$26 to \$29. Information, 273-0038.

## HARBINGER OF SPRING CONCERT

Featuring the Tri-City Brass Quintet, April 3, Voorheesville Public Library, 51 School Road, Voorheesville, free. Information, 765-2791.

## B.B. KING

Blues singer and guitarist, April 7, 7:30 p.m. at the Palace Theatre, Albany, \$39.50 to \$59.50. Information, 465-3334.

## GRAHAM PARKER

Influential veteran rock performer, April 8, 8 p.m., WAMC Performing Arts Center, 339 Central Ave., Albany, \$18. Information, 465-5233, ext. 4.

## ANGELINA GADELIYA

Performing works by Haydn, Chopin, Beethoven and Schumann, April 9, 2 p.m. at the Niskayuna branch of the Schenectady County Library, 2400 Nott St. East, free. Information, 377-1764 or 374-2018. Part of the library's Young Musicians Forum.

## KENNY RANKIN

Singer-songwriter, April 9, 8 p.m., WAMC Performing Arts Center, 339 Central Ave., Albany, \$25. Information, 465-5233, ext. 4.

## RALPH STANLEY

Bluegrass legend, with Ramblin' Jack Elliott, April 10, 7 p.m. at The Egg, \$24. Information, 473-1845.

## AUDRA MCDONALD

Classically-trained soprano and four-time Tony Award winner, April 16, 8 p.m., Proctor's Theatre Schenectady, \$19.50 to \$39.50. Information, 346-6204.

## TIM O'BRIEN &amp; CHRIS SMITHER

Acoustic roots musicians, April 17, 7 p.m. at The Egg, \$22. Information, 473-1845.

## ENTER THE HAGGIS

Celtic music band, April 22, 8 p.m., WAMC Performing Arts Center, 339 Central Ave., Albany, \$18. Information, 465-5233, ext. 4.

## ROGER MCGUINN

Founding member of folk-rock band The Byrds, April 23, 8 p.m. at The Egg, \$24. Information, 473-1845.

## Comedy

## RICHARD LEWIS &amp; JEFF GARLIN

Stars from HBO series "Curb Your Enthusiasm," April 9, 8 p.m., Proctor's Theatre Schenectady, \$29.50 to \$39.50. Information, 346-6204.

## CARROT TOP

Prop-based comedian, April 15, 8 p.m., Proctor's Theatre Schenectady, \$19.50 to \$32.50. Information, 346-6204.

## Dance

## ALONZO KING'S LINES BALLET

Acclaimed contemporary dance company, featuring performances of "Before the Blues," which includes a collage of early 20th century gospel and country blues recordings and new compositions by jazz artist Pharoah Sanders, and "Who Dressed You like a Foreigner," April 8, 8 p.m. at The Egg, \$24 adult, \$20 senior and \$12 child. Information, 473-1845.

## GARTH FAGAN DANCE

Featuring performances of "Dancecollage forromie" — with music by Shostakovich, Villa-Lobos and "Jelly Roll" Morton — and "Translation Transition," featuring music by the Jazz Jamaica All Stars, April 22, 8 p.m. at The Egg, \$24 adult, \$20 senior and \$12 child. Information, 473-1845.

## Visual Arts

## NEW YORK STATE MUSEUM

"Elder Grace: The Nobility of Aging," an exhibit of photos by *New York Times* photographer Chester Higgins, Jr., through April 17. Plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

## THE CLARK

Ongoing exhibitions include "A River Runs through It: Images of the Seine" through April 3, and "A Walk in the Country: Inness and the Berkshires" through April 17. Information, 413-458-0524.

## ALBANY INSTITUTE OF ART

"The Mary Wilson Supreme Legacy Collection" and "The Supremes: A Community Album," through May 22. Plus exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-4478.

## SCHENECTADY MUSEUM

Giants of Industry: Edison's Powerful Legacy, through April 18. The Sky Above Mister Rogers Neighborhood, a program that introduces children to the wonders of the sky, hosted by characters from Mister Rogers Neighborhood, Suits-Bueche Planetarium, through June 26. Plus Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

## ALBANY AIRPORT GALLERY

"Precious Little," a multi-artist exhibition, through Sept. 4, plus site-specific installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

## UNIVERSITY ART MUSEUM

Presents "Edward Mayer: Tracing Changes," an overview of his 30-year career plus three site-specific installations, through April 3, University at Albany uptown campus, hours 10 a.m. to 5 p.m. Tuesday through Friday, noon to 4 p.m. Saturday and Sunday. Information, 442-4035.

## THE HYDE COLLECTION

Presents "Carrie Mae Weems: The Louisiana Project," the artist's examination of the history of New Orleans through still photography, narratives and video projection, through April 10, Charles R. Wood Gallery, 161 Warren St., Glens Falls, hours 10 a.m. to 5 p.m. Tuesday through Saturday, noon to 5 p.m. Sunday. Information, 792-1761.

## Call for Artists

## 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.

## UU CONGREGATION OF SARATOGA SPRINGS

Singers needed for June production of Joseph and the Amazing Technicolor Dreamcoat. Parts for adults and children. Prepare a short song. Sunday, April 3, from 7-9 p.m. and Monday, April 4, from 8-10 p.m. Information, call 423-1964.

## 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, Guiderland. Information, 861-8000.

## FRIENDSHIP SINGERS

Openings in women's singing group, focusing on old favorites and show tunes, rehearsals Tuesday mornings at Community United Methodist Church 1499 New Scotland Road, Slingerlands. Information, 439-2360.

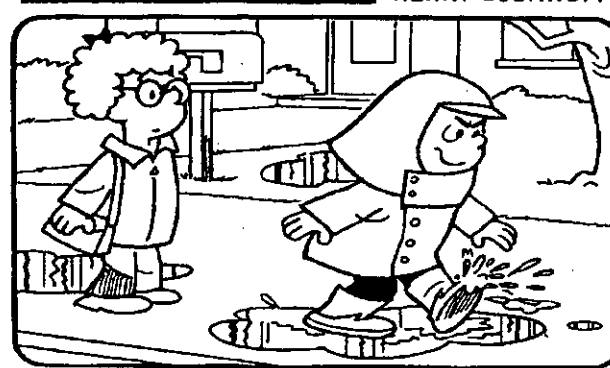
## A CAPPELLA

New, informal, coed a cappella group in Delmar, for adults and teens 16 and older. Information, 439-0130.

## SIENA CHAMBER ORCHESTRA AND CHOIR

Rehearsals Thursdays at 7:30 p.m. for orchestra, Wednesdays at 6 p.m. for choir, Siena College, Route 9, Loudonville. Information, 783-2325.

## HOCUS-FOCUS BY HENRY BOLTINOFF



## FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Purse is missing. 2. Mailbox flag is missing. 3. Puddle is missing. 4. Pocket is missing. 5. Vase is missing. 6. Arm is missing.

## MAGIC MAZE — TAPE

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

Find the listed words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

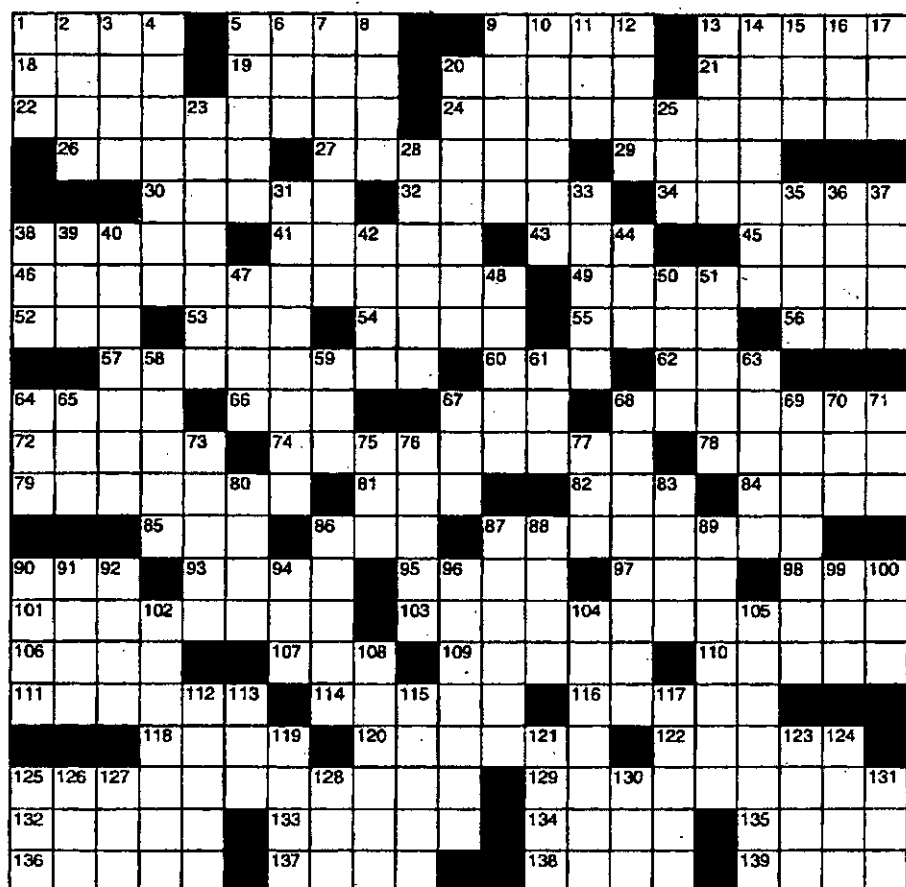
Adhesive  
Cassette  
Demo  
Friction

Insulating  
Magnetic  
Masking  
Measuring

Paper  
Punched  
Red  
Scotch

Sticky  
Ticker  
Video

## The Super CROSSWORD



## ACROSS

- 1 Clean the decks  
5 "Portnoy's Complaint" author  
9 "Woe is me!"  
13 Strength  
18 — Krishna  
19 Neutral tone  
20 Manifest  
21 Pointless  
22 What the Three Stooges drank  
24 What Yo-Yo Ma drank  
26 — pole  
27 "American Pie" singer  
29 Overshoe  
30 Range rope  
32 Synthetic fiber  
34 Brahman or lama  
38 Broadway backer  
41 Vulgar  
43 He may woo ewe  
45 Concerning  
46 What Sasquatch drank  
49 What Queen Victoria drank  
52 Oklahoma city  
53 Bull in a china shop  
54 Exploit  
55 Crucifix

## 56 "Howards"

- ("92 film)  
57 Had a hunch  
60 Nonclerical  
62 Assumed mane?  
64 German chemist Otto  
66 Hound or hamster  
67 Forbid  
68 Outtake  
72 On the ball  
74 What F. Lee Bailey drank  
78 Billow  
79 Longed for  
81 Address abbr.  
82 Exist  
84 Tragic fate  
85 What's between Serena and Martina  
86 Bat wood  
87 — clover  
90 Paddle  
93 Siren  
95 Steel support  
97 Myriads of moons  
98 — Jima  
101 What Isaac Newton drank  
103 What Martha Stewart drank  
106 Reside

## 107 Eyebrow

- shape  
109 The sky, at times?  
110 Beginning  
111 Bright inventor?  
114 Make Fido fetch  
116 Starts a lawn  
118 Banyan or baobab  
120 Refer (to)  
122 — point  
125 What Lach Walesa drank  
129 What Gregor Mendel drank  
132 Saying  
133 Take the reins  
134 Pennsylvania port  
135 Atty.-to-be's ordeal  
136 Steven of "Wings"  
137 Guam, for one: abbr.  
138 Horned vipers  
139 Actress Veronica

## non

- 5 French city  
6 "Fall back" mo.  
7 Aftershocks  
8 Former Cong. group  
9 For the birds  
10 Loewe's lyricist  
11 — deco  
12 Pencil piece  
13 Sun screen  
14 First  
15 Gangster's gun  
16 TV's "Step Beyond"  
17 Singer Chris  
20 Supervise  
23 Property professional  
25 "Alley"  
28 Endured  
31 Paul of "A Man for All Seasons"  
33 Storch or King  
35 Punta del —  
36 Actress Anna  
37 Warty one  
38 Flock o' docs  
39 Wordless greeting  
40 Grinds  
42 — de-camp  
44 Herd word  
47 Interstate exit

## 48 Dwight's

- competitor  
50 Cry of distress  
51 "Later, Luis!"  
58 Remove a brooch  
59 Sault — Mahe, MI  
61 Pangolin's morsel  
63 Dutch export  
64 Possessed  
65 Citrus cooler  
67 Deli choice  
68 Kind of clasp  
69 Makes money  
70 — trip  
71 Sleep stage  
73 Roman fountain  
75 Helium or hydrogen  
76 Plant pest  
77 — Claire, WI  
80 "L", c'est moi!  
83 Wells creatures  
86 in pieces  
87 Feast's alternative  
88 City near Provo  
89 Produced a cryptogram  
90 Eye amorously  
91 Parched

## 92 Sitarist

- Shankar  
94 "Cry — River" ('55 song)  
96 "El Libertador"  
99 Elfin  
100 — bran  
102 Trace  
104 Meg, Jo, Beth, and Amy  
105 Teach  
108 Kilauea, for one  
112 Court cry  
113 Teachers' org.  
115 "Doe, —, a female..."  
117 Rapiers  
119 Formerly, formerly  
121 Periman of "Cheers"  
123 "— Heartache" ('78 hit)  
124 Shipbuilding wood  
125 Shorten a slat  
126 Horatian creation  
127 Research site  
128 Ideologue's suffix  
130 Tear  
131 Demolished dessert



# The Spotlight CALENDAR

*Wed. Mar. 30*

## BETHLEHEM

### DELMAR ROTARY

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

### MOTHERS OF PRESCHOOLERS (MOPS)

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

### SOLID ROCK CHURCH

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

### CHENREZIG PRACTICE AND MEDITATION

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

### BINGO

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

### BOY SCOUT TROOP 58

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

### TESTIMONY MEETING

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

## NEW SCOTLAND

### PRESCHOOL STORYTIME

At the Voorheesville Public Library, 51 School Road, 10:15 a.m., no sign up necessary.

### FAITH TEMPLE

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

### PRAYER MEETING

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

### NEW SCOTLAND SENIORS

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

### AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.

*Thurs. Mar. 31*

## BETHLEHEM

### BETHLEHEM SENIOR CITIZENS

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

### TAKE OFF POUNDS SENSIBLY

Weekly meeting at Delmar Reformed Church, 386 Delaware Ave., Delmar, 1-2:30 p.m. Information, 465-8732.

### ADULT BIBLE STUDY

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

### YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 2-5:30 p.m. Information, 439-0503.

### BETHLEHEM LUTHERAN

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

### AA MEETINGS

Slingerlands Community Church, 1499 New Scotland Road, noon, and Delmar Reformed Church, 386 Delaware Ave., 8:30 p.m. Information, 489-6779.

## NEW SCOTLAND

### THE CLOTHING CLOSET

A service supported by area Reformed churches to provide clothing to those in need; volunteers welcome. Clarksville Reformed Church, Route 443, Clarksville, 8:30-11:30 a.m. and 4-7 p.m. Information, 768-2916 or 439-5400.

*Fri. Apr. 1*

## BETHLEHEM

### AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m. Information, 489-6779.

### CHABAD CENTER

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

## NEW SCOTLAND

### PRESCHOOL STORYTIME

At the Voorheesville Public Library, 51 School Road,

### PIONEER CLUBS

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

### FRIDAY FISH FRY

Eat-in or take-out, New Salem Volunteer Fire Dept., Route 85A, 4:30-7 p.m. Information 765-2231.

### YOUTH GROUP MEETINGS

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

## SAT. APR. 2

*BETHLEHEM*

### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

*Sun. Apr. 3*

## BETHLEHEM

### WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm Ave., 439-3135.  
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.  
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.  
Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407.  
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.  
Delmar Reformed Church, 386 Delaware Ave., 439-9929.  
Family of God Nazarene Church, Krumkill Road at Blessing Road, North Bethlehem, 453-9953.  
First Church of Christ, Scientist, 555 Delaware Ave., 439-2512.  
First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.  
First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.  
Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.  
Gospel Fellowship, 10 Rockefeller Road, Delmar, 482-2132.  
King's Chapel, 434 Route 9W, Glenmont, 426-9955.  
KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 10 a.m. meditation, 11 a.m. tea, 11:30 a.m. study course, 374-1792.  
Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.  
Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.  
Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.  
South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.

St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.  
St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265.  
St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.  
Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

## NEW SCOTLAND

### WORSHIP INFORMATION

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

*Mon. Apr. 4*

## BETHLEHEM

### PEACE VIGIL

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

### DELMAR KIWANIS

Tool's Family Restaurant, Delaware Avenue, 6:15 p.m. Information, 439-2437 or 439-6952.

### CLASS IN JEWISH MYSTICISM

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

### INDOOR PISTOL SHOOTING

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

### ELMWOOD PARK FIRE DISTRICT

Board of fire commissioners meeting, North Bethlehem firehouse, 589 Russell Road, 7:30 p.m.  
EXPLORER POST 157  
For boys and girls 14-21, focusing on environmental conservation, 310 Kenwood Ave., 7:30-9 p.m. Information, 439-4205.

### DELMAR COMMUNITY ORCHESTRA

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

### BLANCHARD LEGION POST

Meeting, 16 Poplar Drive, 8 p.m. Information, 439-9819.

### ROYAL ARCH MASONS

Temple Chapter No. 5; Masonic Temple, 421 Kenwood Ave.

### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m. Information, 489-6779.

## NEW SCOTLAND

### QUARTET REHEARSAL

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

*Tues. Apr. 5*

## BETHLEHEM

### TREASURE COVE THRIFT SHOP

First United Methodist Church, 428 Kenwood Ave., 10 a.m. to 6 p.m.

### ELSMERE FIRE COMMISSIONERS

Firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

### PRAYER MEETING

At Gospel Fellowship, 7 p.m., 10 Rockefeller Rd., Delmar, beneath Normans Kill bridge, Information 482-2132.

### PLANNING BOARD

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

### BINGO

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

### A.W. BECKER PTA

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

### SLINGERLANDS FIRE COMMISSION

firehouse, 8 p.m. Information, 439-4734.

## NEW SCOTLAND

### PRESCHOOL STORY TIME

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

### NIMBLEFINGERS/QUILTERS

Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

### PLANNING BOARD

New Scotland Town Hall, Route 85, 7 p.m. Information, 765-3356.

### V'VILLE PLANNING COMMISSION

Village Hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

*Wed. Apr. 6*

## BETHLEHEM

### DELMAR ROTARY

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

### MOTHERS OF PRESCHOOLERS (MOPS)

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

### OPPORTUNITIES UNLIMITED

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

### BETHLEHEM BUSINESS WOMEN

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

### SOLID ROCK CHURCH

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

### CHENREZIG PRACTICE AND MEDITATION

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

### BETHLEHEM LIONS CLUB

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

### BETHLEHEM ELKS LODGE 2233

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

### TESTIMONY MEETING

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

## ZONING BOARD OF APPEALS

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

## BINGO

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

### BOY SCOUT TROOP 58

Elsmere Elementary School, 247 Delaware Ave., 7:30 to 9 p.m.

### BC SCHOOL BOARD

district office, 90 Adams Place, 8 p.m. Information, 439-7098.

### ORDER OF THE EASTERN STAR

Onesquehew Chapter, Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

## NEW SCOTLAND

### V'VILLE ZONING BOARD

Village Hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

### NEW SCOTLAND SENIORS

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

### PRAYER MEETING

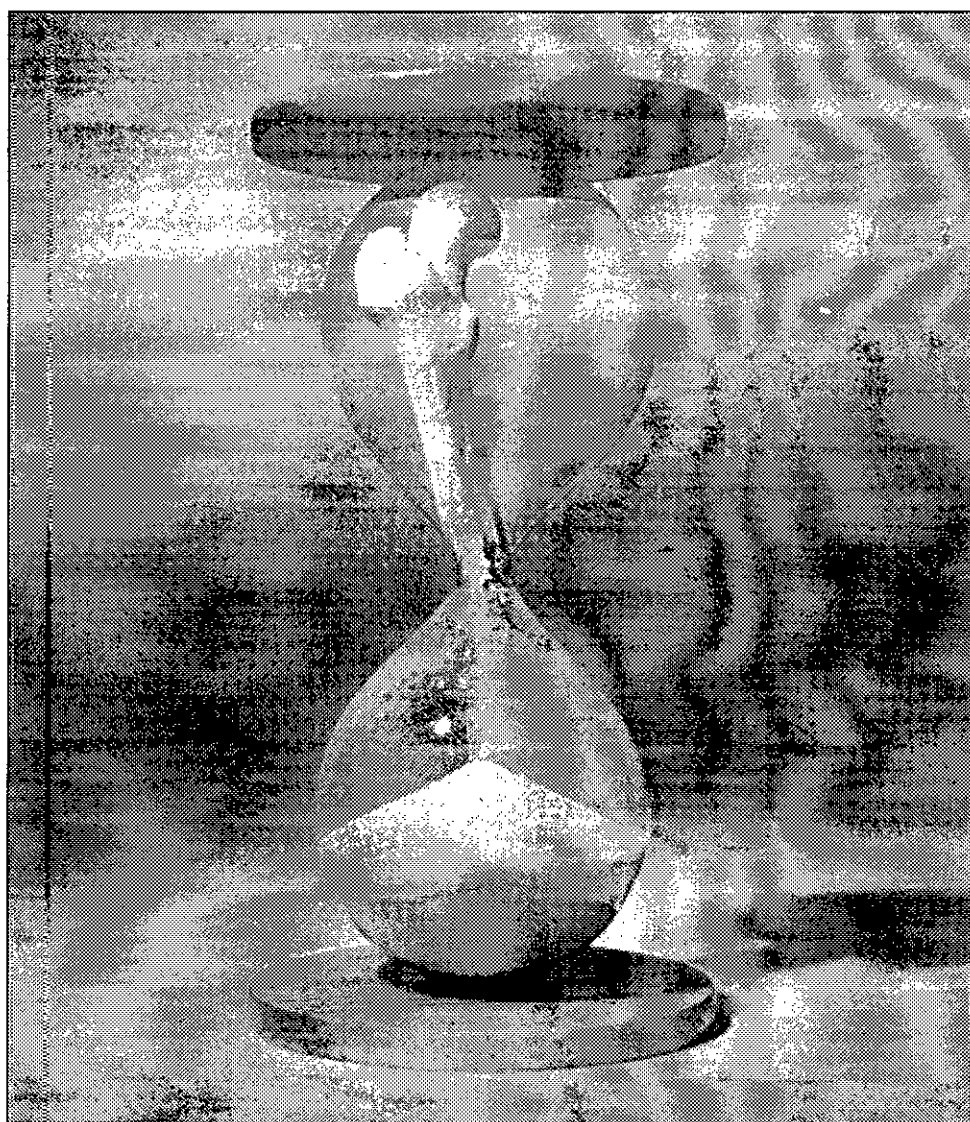
evening prayer meeting and Bible study, Mountainview Evangelical Free Church, Route 155, 7:30 p.m. Information, 765-3390.

### FAITH TEMPLE

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

### AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. Information, 489-6779.



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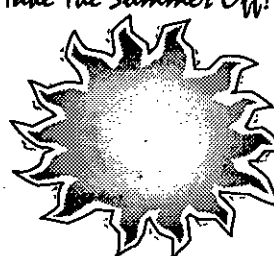
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7:30am-6:00pm Daily. Field trips, Guest speakers & Many fun activities. Call for more information: 383-1564.

## CLEANING SERVICES

DELMAR RESIDENT 16 YRS EXPERIENCE. Exceptional Cleaning, Excellent References. 439-2796.

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

HOUSECLEANING- Honest And Reliable. Weekly Or Biweekly. Also 1 Time Cleanings. 577-0767.

HOUSEKEEPING SERVICES: Reliable Home Cleaning Service. References & Experience. Free estimates. Please call Agnes: 271-2214.

IMPERIAL CLEANING-OFFICE & RETAIL- Expert Floor Waxing, Carpet Cleaning. 20 Years Exp. Reliable, Free Estimates. 869-9042.

J&J HOUSECLEANING: Affordable Professional Housecleaning. Serving the Entire Capital Area for Over 14 Years. 356-9152.

Residential/Small Business Cleaning. Professional and Reliable. Over 10 years experience. Ref-

erences. Call Ashley 756-2766.

## ELECTRICAL/ELECTRONICS

SMALL ELECTRICAL PROJECTS Designed and Installed. for Home or Business. Power, Lighting, Signal. High & Low Voltage/Repairs, Very Affordable. Power Dynamics. 275-8517.

## EQUIPMENT FOR SALE

SAWMILLS - \$2,695.00- LumberMate-2000 & LumberLite-24- Norwood Industries also manufactures utility ATV attachments, log skidders, portable board edgers and forestry equipment. www.norwoodindustries.com - Free information: 1-800-578-1363 ext300N

## FINANCIAL

\$\$\$CASH\$\$\$ Immediate Cash for Structured Settlements, Annuities, Law Suits Mortgage Notes & Cash Flows. J.G. Wentworth #1 1-(800)794-7310.

IRS or State Tax Problems? Get Instant Relief! 30 day program! Call Neal 1-800-487-1992 www.safetaxhelp.com

## FIREWOOD

2-YEAR DRY SEASONED HARDWOOD: 6 Face Cords Available, \$43/ea. Call 426-WOOD. Free Delivery.

MIXED HARDWOODS: Full cords, \$175; face cords, \$75. Jim Haslam, 439-9702.

SEASONED HARDWOOD- Cut, Split, Delivered. \$75 Face Cord. 756-9419.

## FOUND

CAT- Black & White with pink collar. Found in Elsmere near Crannell Ave., March 1. Please call 439-5397.

Young Siamese Cat. Found in Delmar. 475-7850.

## GARAGE SALES

DELMAR: TRI-VILLAGE Nursery School, First United Methodist Church, 428 Kenwood Ave. Saturday, April 2, 8am-2pm (Bag Sale at 1pm). Friday, April 1, 6-8pm (Pre-Sale: Admission \$2). 90+ Families involved- Toys, Clothes, Household items, Bake Sale, and much more.

ESTATE SALE: April 1&2, 9-4. Niskayuna, 2264 Nelson Drive. Balltown Rd. to Left onto Providence. Follow signs. Complete contents of house, cellar and garage. BR set, DR set, Maple Kitchen set, Pine Corner cupboard, Computer Desk. Cellar full of tools, Fishing lures and poles, Model airplanes, Cameras, Lawn mower, Snow blower, Picnic table/benches, Aluminum ladders. ETC.

Glenmont: Block Sale Bobwhite, Quail, Mallard & Jolley. Sat 4/9 8-1 rain/shine. 12 homes. Furniture, Baby items, Toys, Clothes, Household, Jewelry, More.

## HARDWOOD FLOORING

FREE INSTALLATION. Pre-finished, No Mess. Refinishing available also. 784-2278.

## HOME IMPROVEMENT

HAS YOUR BUILDING SHIFTED? Structural repairs of barns, houses and garages. Call Woodford Bros., Inc. for straightening, leveling, foundation and wood frame repairs. 1-800-OLD-BARN. www.1-800-OLD-BARN.COM

## HOME SERVICES

AMBROSE HOME SERVICES: Spring Clean-up Special \$99. Int./Ext. Painting. Mowing, Odd Jobs. 732-4087.

## INSTRUCTION

5 HOUR Pre-Licensing Course. Every Saturday, 9:00a.m. 356-3017. KATIE'S DRIVING SCHOOL.

## LAWN SERVICES

HOME OF THE BRAVE: Latham area yards. Spring Cleaning, Land Fill Debris. Please call Dennis for FREE Estimate: 518-258-1987.

## LEGAL

DIVORCE IN JUST 24 HOURS With or Without Travel...With or Without Your Spouse's Signature! AS LOW AS \$1,095 info@divorcefast.com/ www.divorcefast.com Divorcefast, 365 Boston Post Road, #241, Sudbury, MA 01776 978-443-8387

## LOAN SERVICES

BILLS OUT OF CONTROL? We Can Help! House, Car, Personal, Small Business Start-up. Call 1-866-231-0754. No up-front fees. Fast reliable options.

NEED A LOAN? We Can Help! Bad Credit Welcome. Toll-Free (888)242-0270. Centurion Financial.

## LOST

FIND SOMETHING? Advertise it free. Call 439-4940.

RING- Emerald stone band. Lost in Delmar. Sentimental value. Reward. Call Juli: 439-0101

## MISCELLANEOUS FOR SALE

Various custom HO-scale model railroad locomotives and rolling stock. All are priced to move. Please call Rich at 785-8751 & leave message or email me at rweriksen@gct21.net.

PIANO- Lovely Walnut Spinnet w/matching bench. Regularly tuned & well maintained. \$650. Stainless Steel/BUTCHER BLOCK PREP TABLE- 30"wx48"lx36"h (adjustable), w/stainless shelf, \$400. Prices negotiable. 439-9609.

RED BUNK BED & MATTRESSES, White Chest, Night Stand w/ red & blue handles. Like new! \$225. Black Couch, \$180. 469-3636.

SCOOTER (for handicapped) 4 wheel Bruno Cub, Battery, Charger, Basket, Vinyl Deluxe Seat, \$1500. 436-0192 or 376-8000.

TRACTOR, 2004 Simplicity, Prestige. Never Used. 20HP Hydro. 50" Mower, 42" 2-stage Snow Thrower. \$6500. 436-0192 or 376-8000.

UPRIGHT BALDWIN PIANO- Cherry Wood w/ Bench, \$800. Girls Twin Bedset, \$150. White Wrought Iron Bed(queen), \$400. Antique Dry Sink, \$150. 767-9795.

## MUSIC

STRING INSTRUMENT REPAIR: Bow Rehairing. 439-6757.

## PAINTING

BILL'S RESIDENTIAL/BUSINESS SERVICES: Cleaning, Painting, Yard Work. 421-1142. NO JOB TOO SMALL.

## PARTY TENTS

20X30 \$175. 10% If Booked By Memorial Day. 355-5366 or 393-2160 Leave Message.

TENT FOR RENT: 20X30 Canopy Style. Great for backyard parties or graduations. We set up or take down. Only \$150.00. Please leave a message on 894-1486 or 393-3923.

## Classified INFORMATION



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



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



**READERSHIP:**  
9 Newspapers;  
105,000  
Readers



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

## Classified Ads Appear In All Ten Papers

### In Albany County

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

### In Schenectady County

Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight

### In Saratoga County

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

## Classified Rates

Private Party Classifieds - Line Ads - Ten paper combo - \$12.00 for 12 words 50 cents for each additional word.

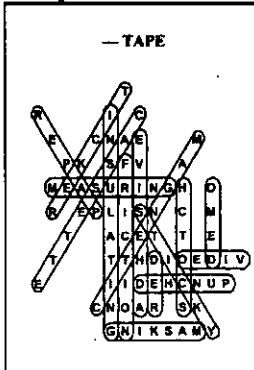
Commercial Classifieds - Line Ads - Ten paper combo - \$15.50 for 12 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.

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

## Order Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
Amount Enclosed \_\_\_\_\_ Number of Weeks \_\_\_\_\_  
MasterCard or Visa# \_\_\_\_\_  
Expiration date: \_\_\_\_\_ Signature: \_\_\_\_\_

## Magic Maze Answers



## Super Crossword Answers



## Would You Like To Advertise Your Business In Our Papers?

Give Us A Call At:

**439-4949**

To Place Your Ad Today!

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

# Spotlight CLASSIFIEDS

## PASTEL PORTRAITS

GREAT MOTHER'S DAY GIFTS! Studio 518, Delmar. \$125-\$150. 463-6582.

## PIANO TUNING & REPAIR

PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-1903.

## PRIVATE NURSING

Honest, Reliable, Caring RN, looking to care for the elderly and all of their needs. Leave message at 692-9699 or 434-3160.

## SALES

Sales: \$5,500 Weekly Goal Potential. If someone did it so can you! 2-3 confirmed appointments

daily! Benefits Available...Call Catherine McFarland 888-566-9144

## SPECIAL EVENTS

ARE YOU HAVING A SPECIAL EVENT? Let Everybody know about it in the Spotlight Newspapers. DEADLINE is Thursday by 4 PM. Call Juli 439-4940.

## TUTORING

TUTORING EARTH SCIENCE. NYS Certified. Niskayuna, Colonie area. \$35/hr. 377-8765.

MATH TUTORING HIGH SCHOOL All Subjects including SAT Prep. 35 Years Experience. NYS Certified. Also Interested in Albany Academy Stu-

dents. 439-0610. SAVE THIS NUMBER!

## TV SYSTEMS

FREE 4-ROOM DIRECTV SYSTEM INCLUDES STANDARD INSTALLATION! 3 months free 50+ Premium Channels. Access to over 225 channels! Limited time offer. S&H, restrictions apply. 1-800-208-4645

## WANTED

BUYING: All old costume and better jewelry. Call 439-6129.

WANTED TO BUY Pre-1955 telephones, radios, microphones, television sets, tube amplifiers, cameras, pocket lighters, pre-1960 Comic Books, pre-1920 crckcs, jugs, firemen hats, badges, photos, pre-1965 toy cars,

trucks, boats, or model boats, gasoline-powered toy cars, any condition, all plastic toys, Pre-1920 photographs, postcards, penny banks, Pre 1950 Fountain Pens, Teddy Bears, Dolls, shaving mugs, straight razors, World War II/American or Nazi items, Civil War swords, pictures, etc.. Any condition, even broken or rusty. Call 745-8897.

# Employment CLASSIFIEDS

## HELP WANTED

Delmar: P/T DRIVER/CHAUFFEUR- 10-15 Hrs./Wk at \$12/hr. Albany area. Call 439-4674.

F/T MAINTENANCE, M-F 7:30a.m.-3:30p.m., Bethlehem Apartment Complex. Painting, Repairs, General Plumbing, Electric. Must Have Pick-up and Some Tools. Start

Immediately. Carla 439-1191.

HELDERBERG CHRISTIAN SCHOOL- Accepting applications for first grade teacher. Call for applications: 518-797-5075.

High-Paying Postal Jobs! No Experience Required! DON'T PAY for information about jobs with the

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

Home Companions, PT,

Flexible hours. Help seniors in their homes. Non-medical. Honesty and reliability a must. At Home Senior Services. 225-9455.

KENNEL HELP P/T, F/T. Reliable individuals only need apply. Includes weekends and holidays. 767-9718

P/T Admin. Assist- \$12/

hr. to start. Flex Hrs. 20-25 Hrs. Wk. Small Delmar Appraisal Firm. Word, Excel and Power Point Skills A Must! Send Resume To 10 Heather Lane Delmar, NY 12054.

RECEPTIONIST, P/T-Medical Office. Mon-Wed, 9-12; Weekends, 9-3. Fax resume to First Care 439-7726.

SUBSTITUTE ROUTE CARRIER- \$13.05/hr. Contact Pattersonville Post Office. 837-5153.

Driver- COVENANT TRANSPORT. Regional Runs Available. Home Weekly. Excellent Pay & Benefits. Exp. Drivers, O/O, & Students Welcome. Equal Opportunity Employer. 888-MORE PAY (888-667-3729);

SECRET SHOPPERS NEEDED Pose as customers for store evaluations. Local stores, restaurants & theaters. Training provided. Flexible hours. Email: Required Call Now! 1-800-585-9024 ext 6146

## WORK WANTED

24 HR A DAY ELDERLY AND HOSPICE COMPANION. \$240/Day. M-F, 439-6911(W) 756-1525;

NYS cert.

INDEPENDENT CAREGIVERS- Private Duty, Hospice, Long-term Insurance Accepted. 24Hr Elder Care. Reasonable. Linda 312-7404. Alice 573-6399.

DETENTION OFFICER: Phoenix, Arizona. Maricopa County Sheriff's Office. \$14.99/hr. Excellent benefits. No Experience necessary. Contact 602-307-5245, 1-877-352-6276, or [www.mcso.org](http://www.mcso.org). 800 vacancies, including civilian positions.

POOL & SPA INDUSTRY: Great Jobs! Great Pay! Great Business! Service Technicians, Supervisors, Administrative, Sales, Plumbers, Drivers Needed- Visit [pooltechnician.com](http://pooltechnician.com) to find out more!

# Real Estate CLASSIFIEDS

## REAL ESTATE

NC DOWN PAYMENT? PROBLEM CREDIT? If you're motivated and follow our proven, no-nonsense program we'll get you into a NEW HOME. Call 1-800-830-2006, or visit [www.AmericanHomePartners.com](http://www.AmericanHomePartners.com)

## REAL ESTATE FOR RENT

\$500- Feura Bush, large, 1 BR, no pets. 465-2239 or 765-3125.

\$595+ Glenmont, 1BR Luxury Apt., Adjacent Family Home, Suitable for med/law student, ret. couple or single, Female Preferred. Fireplace, w/d hookup, dishwasher. 475-7884.

ALBANY- New Scotland area: 2BR, Beautiful, Large, Just remodeled, off street parking, laundry on premises, no pets/smoking. \$800. 461-6013.

CLARKSVILLE/ DORMANSVILLE: 1BR/ Den, Garage Apt. behind family home. 1 Professional. Deck, Views, IG-pool, All utilities/table. \$600. 797-3757.

COLONIE, VILLAGE: Small 2BR Home. Central A/C, Kitchen & BA Completely Remodeled. All new appliances, including W/D. Huge Yard. \$995+ Available mid-May. 458-8601.

DELMAR: Lovely 1BR Apt., Excellent Condition, Lots of Storage, Private Entrance, \$700. Includes Heat/Water. No Pets. 966-5090.

DELMAR: Renovated 2BR+ Office. Quiet, Near 4 Corners, W/D, Dishwasher, \$900. 320-7862.

Loudonville House- \$1500+, Great neighborhood, 3-4BR, 1BA, N. Colonie Schools. 591-0059.

Quiet, Secure Neighborhood-SPACIOUS & BRIGHT 1BR Apt. on 2nd Floor. \$600+ utilities. 475-9321.

RAVENA: New Luxurious 2BR Duplex, Includes heat/hot water, W/D. Couple preferred, \$850. 756-8823.

TOWN OF NEW SCOTLAND- 350+, 1BR, Quiet Neighborhood, Lease. 872-9671 After 5PM.

## REAL ESTATE FOR SALE

2004 MOBILE HOME 16X80 3BR, 2BA, Senior Park, No Pets. \$350/mo. Lot Rent, Halfmoon \$42,000. 373-0699.

BALLSTON SPA/ SARATOGA, Greenfield Ave., Near Airport/Geyser. 75'x200' lot, 3BR Handy man special. Reduced- \$69,900. Can finance. 583-4326. [www.homesbyjoe.biz](http://www.homesbyjoe.biz)

BIGSBEE VILLAGE, Rotterdam: 2BR Condo, Excellent Condition, Must see! Available Immediately. 355-0897.

GUILDERLAND- One acre prime building lot, water, sewer and all utilities, excellent views. Asking \$125,000. Call 355-3604.

## HOUSES FOR SALE

FORECLOSED GOVT HOMES \$0 or Low Down! Tax repos and bankruptcies! No Credit O.K.! \$0 to Low Down For Listings, (800)501-1777 ext 1099

## COMMERCIAL FOR LEASE

DELAWARE PLAZA - DELMAR - Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

## LAND FOR SALE

Coastal Carolina BUY NOW, BUILD WHEN YOU'RE READY Winding River Plantation offers the best in coastal living with unparalleled amenities: private oceanfront beach clubhouse, riverhouse with marina, pools, tennis courts, walking/ biking trails, 27-hole Fred Couples signature Carolina National Golf Course. Between Wilmington, NC & Myrtle Beach, SC. "Priced to sell" homesites from the \$30,000's.

Deepwater, homesites with intracoastal access \$385K+ Homes also available. Stacks Realty, Inc. 800-711-5263 [www.stacksrealestate.com](http://www.stacksrealestate.com)

## LAND WANTED

BUILDING LOT OR LAND- For One Family House in Bethlehem. H-439-5696 C-423-2395.

## VACATION RENTALS

\$1200 Per week. Schroom Lake - 3 bedroom 2 1/2 bath townhouse, private beach, walk to village, 518-356-2695, [www.adirondacklakefront.com](http://www.adirondacklakefront.com)

Large, Fully Equipped Cottage on National Seashore- Cape Cod. Sleeps 8-10. \$1200/wk. July 9-16. Aug. 20-27. Call 478-9844- Delmar.

DISNEY VACATION HOME APRIL SPECIAL: 4 bedroom, 3 bath, pool, hot tub, sleeps 10. Available weekly or monthly. In desirable Oak Island Cove, Kissimmee. (518) 383-4984.

Great Sacandaga Lake, Lakefront, Wonderful view, Private setting, Dock, Attractions, Sleeps 6, No pets. \$1100/wk. 518-458-7465.

LAKE GEORGE, Lake front vacation home, Gull Bay, 3BR, 1BA, Sleeps 6, Screen porch, Dock, No pets. June, July, September weeks available. 439-

5964 or 542-2705.

LAKE GEORGE- (Northern) Huletts Landing. Eight Lakefront Home Rentals. \$1,200-\$4,000. Weekly. 768-4676.

MARTHA'S VINEYARD- Charming antique cottage in woods, Sleeps five. 439-6473. <http://home.ncap.rr.com/huckleberrylodge/>

ROCKPORT, MA. 5BR Home Overlooking Ocean. Close beaches/ town. 6/25-7/2, \$1900. 7/2-7/9, \$2000. Call 463-6225.

WILLIAMSBURG, VA. Aug. 20-27- 2BR, 2BA. \$795. In Fabulous Resort. View website [www.powhatanplantation.com](http://www.powhatanplantation.com) or Call 475-7754.

MYRTLE BEACH/ NORTH, SC- OCEANFRONT! To \$100 Discount Summer Beach Rentals. Some Restrictions. Private homes/condos. Spring/Summer Get-A-Ways! Free Brochure. Call 1-866-878-2797, or [www.elliottrealty.com](http://www.elliottrealty.com) Preview Properties!

OCEAN CITY, MARYLAND. Best selection of affordable rentals. Full/partial weeks. Call for FREE brochure. Open daily. Holiday Real Estate. 1-800-638-2102. Online reservations: [www.holidayoc.com](http://www.holidayoc.com)

# Automotive CLASSIFIEDS

## AUTOMOBILES

AAA Rated Donation. Donate Your Car, Boat or Real Estate. IRS Deductible. Free Pickup/Tow Any Model/ Condition. Help Underprivileged Children 1-800-939-4543 Outreachcenter.org

GET CASH BY DONATING Your vehicle, boat, property, and collectables to D'Var Institute while maximizing your IRS deductions. Call for free prompt pickup: 800-338-6724

## AUTOMOTIVE FOR SALE

'03 Honda Civic, Black 2-door, 54k miles, new tires, like new. \$10,900. 439-6905.

'03 HONDA CRV-EX, Silver, 4WD, Excellent

Condition, Fully Loaded, 22K, \$17,900. 765-2665.

1995 Grand AM, Auto, V6, AM/FM/Cassette, power windows/locks, cruise, good condition, blue, 92k, asking \$2,800. 785-8751.

2001 Pontiac Grand Prix GTX: GTP with dealer authorized Ram Air, 78k highway miles, great condition; service records, accident-free, non-smoker; \$10,495 or BO MUST SELL!! 439-2348

## AUTOS WANTED

A1 USED AUTO PARTS- HIGHEST PRICE PAID FOR YOUR JUNK CARS. WILL PICK UP. MOBILE CRUSHING AVAILABLE. 768-8103.

Call us today at 439-4949 to  
**ADVERTISE YOUR BUSINESS**  
with Spotlight Newspapers

## LEGAL NOTICE

## LEGAL NOTICE

Notice of Formation of Reen Properties, LLC, Art. of Org. filed Sec'y of State (SSNY) 1/24/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: 410 Pinkster Lane, Slingerlands, NY 12159. Purpose: any lawful purpose. LCD-11142 (March 30, 2005)

## LEGAL NOTICE

## NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).

The name of the LLC is COUNTRY CLUB PARTNERS, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on February 2, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Segel, Goldman, Mazzotta & Siegel, P.C., 9 Washington Square, Albany, New York 12205. LCD-11149 (March 30, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JDFR, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 1/27/05. Office location: Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The Towne Law Offices, P.C., 421 New Karner Road, Albany, New York 12205. Purpose: For any lawful purpose. LCD-11201 (March 30, 2005)

## LEGAL NOTICE

GARRETSON REAL ESTATE, LLC. Notice of Formation of Limited Liability Company. Articles of Organization of Garretson Real Estate, LLC ("LLC") were filed with the Department of State of New York ("DSNY") on February 24, 2005. Office location: Albany County. DSNY is designated as agent of LLC upon whom process against it may be served. DSNY shall mail a copy of any process to Garretson Real Estate, LLC, 4 Ruso Drive, Menands, NY 12204. LLC does not have a specific date of dissolution. Purpose: All legal purposes. Filer: Law Office of Kara Conway Love. Address: 450 New Karner Road, Suite 203, Albany, New York 12205-3898. LCD-11206 (March 30, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Articles of Organization of Claesgens Integrated, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on March 2, 2005 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, 12 Petra Lane, Albany, NY 12205. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. LCD-11216 (March 30, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY

## LEGAL NOTICE

(LLC). The name of the LLC is FOUR SEASONS BOOK BOUTIQUE, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on March 2, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 1789 Western Avenue, Albany, New York 12203. LCD-11218 (March 30, 2005)

## LEGAL NOTICE

MRP-MM Associates, L.L.C. notice of formation of a domestic limited liability company (LLC) Articles of Organization filed with the New York Secretary of State on February 24, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 255 Washington Avenue Extension, Albany, New York 12205. LCD-11223 (March 30, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP ("LP") The name of the LP is MM FAMILY PARTNERSHIP IV, L.P. The Certificate of Limited Partnership was filed with the New York State Secretary of State on February 24, 2005. The purpose of the LP is to engage in any lawful act or activity. The office of the LP is to be located in Albany County. The Secretary of State is designated as the agent of the LP upon whom process against the LP may be served. The address to which the Secretary of State shall mail a copy of any process against the LP is c/o MRP-MM Associates, L.L.C., 255 Washington Avenue Extension, Albany, New York 12205. LCD-11224 (March 30, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Articles of Organization of Best Way To Buy, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on March 4, 2005 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, 38 Cherry Tree Road, Loudonville, NY 12211. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the LLC. LCD-11229 (March 30, 2005)

## LEGAL NOTICE

Cleary Schultz Insurance, LLC DBA Cleary Schultz Insurance Agency LLC was filed with the SSNY on 3/4/05. 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: Derek M. Schultz, Cleary Schultz Insurance, LLC 133 Portland Street, Boston, MA 02114 Purpose: Any lawful purpose. LCD-11246 (March 30, 2005)

## LEGAL NOTICE

"Asseli Group LLC" was filed with the SSNY on 03/01/05.

## LEGAL NOTICE

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: 307 Hamilton Street, Albany, NY 12210. Purpose: any lawful purpose. LCD-11250 (March 30, 2005)

## LEGAL NOTICE

## NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).

The name of the LLC is Jupiter Park, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 29, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 1025 Central Avenue (Rear), Albany, New York 12205. LCD-11271 (March 30, 2005)

## LEGAL NOTICE

## NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).

The name of the LLC is Troy Realty, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 26, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 1676 New Scotland Road, Slingerlands, New York 12159. LCD-11272 (March 30, 2005)

## LEGAL NOTICE

## NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).

The name of the LLC is Envoy Construction, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on November 30, 2004. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 5545 Depot Road, Voorheesville, New York 12186. LCD-11273 (March 30, 2005)

## LEGAL NOTICE

## CHANGE IS GOOD, LLC

Notice of formation of Change Is Good, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 3/3/2005. Office location: Rensselaer 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, c/o 26 Computer Drive West, Albany, New York 12205. 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. LCD-11285

## LEGAL NOTICE

(March 30, 2005)

## LEGAL NOTICE

## ORION REALTY MANAGEMENT, LLC

Notice of formation of Orion Realty Management, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 3/3/2005. 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, c/o 26 Computer Drive West, Albany, New York 12205. 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 Limited Liability Company; 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. LCD-11290 (March 30, 2005)

## LEGAL NOTICE

## WATERTIGHT CONSTRUCTION, LLC. Notice of formation of the above Limited Liability Company (LLC).

Articles of Organization filed with Secretary of State of New York (SSNY) on 07/07/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process against it to WATERTIGHT CONSTRUCTION, LLC, 271 Miller Road, Berne, NY, 12023. LLC is member-managed. Purpose: to conduct any lawful business. LCD-11291 (March 30, 2005)

## LEGAL NOTICE

EMPIRE LAWN CARE, LLC. Notice of formation of the above Limited Liability Company (LLC). Articles of Organization filed with Secretary of State of New York (SSNY) on 7/20/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process against it to EMPIRE LAWN CARE, LLC, 1813 Route 9, Castleton, New York 12033. LLC is member-managed. Purpose: to conduct any lawful business. LCD-11292 (March 30, 2005)

## LEGAL NOTICE

DBKC ENTERPRISES, LLC. Notice of formation of the above Limited Liability Company (LLC). Articles of Organization filed with Secretary of State of New York (SSNY) on 10/7/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process against it to DBKC ENTERPRISES, LLC, c/o Kimberly Cardella, 45 Industrial Park Road, Albany, NY 12206. LLC is member-managed. Purpose: to conduct any lawful business. LCD-11293 (March 30, 2005)

## LEGAL NOTICE

EL RIO'S, LLC. Notice of formation of the above Limited Liability Company (LLC). Articles of Organization filed with Secretary of State of New York (SSNY) on 12/20/04. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process against it to EL RIO'S, LLC, 122 4th St., Troy, NY 12180. LLC is member-managed. Purpose: to conduct any lawful business. LCD-11294 (March 30, 2005)

## LEGAL NOTICE

201 NORTH PEARL LLC

## LEGAL NOTICE

Notice of formation of 201 North Pearl LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 2/11/2005. 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, c/o 26 Computer Drive West, Albany, New York 12205. 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 Limited Liability Company; 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. LCD-11297 (March 30, 2005)

## LEGAL NOTICE

203 NORTH PEARL LLC. Notice of formation of 203 North Pearl LLC, a limited liability company (the "LLC").

Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 2/11/2005. 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, c/o 26 Computer Drive West, Albany, New York 12205. 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 Limited Liability Company; 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. LCD-11298 (March 30, 2005)

## LEGAL NOTICE

## NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).

The name of the LLC is Q3 MANAGEMENT, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on March 10, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 6 Shaker Bay Road, Latham, New York 12110. LCD-11299 (March 30, 2005)

## LEGAL NOTICE

18 TEN BROECK LLC. Notice of formation of 18 Ten Broeck LLC, a limited liability company (the "LLC").

Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 2/11/2005. 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, c/o 26 Computer Drive West, Albany, New York 12205. 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 Limited Liability Company; 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. LCD-11301 (March 30, 2005)

## LEGAL NOTICE

201 NORTH PEARL LLC

## LEGAL NOTICE

## LEGAL NOTICE

16 TEN BROECK LLC. Notice of formation of 16 Ten Broeck LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 2/11/2005. 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, c/o 26 Computer Drive West, Albany, New York 12205. 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 Limited Liability Company; 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. LCD-11302 (March 30, 2005)

## LEGAL NOTICE

108 SCHUYLER LLC

Notice of formation of 108 Schuyler LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 2/11/2005. 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, c/o 26 Computer Drive West, Albany, New York 12205. 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 Limited Liability Company; 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. LCD-11303 (March 30, 2005)

## LEGAL NOTICE

MCCORMICK HOME MECHANICAL, LLC. Notice of formation of the above Limited Liability Company (LLC). Articles of Organization filed with Secretary of State of New York (SSNY) on 3/4/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process against it to MCCORMICK HOME MECHANICAL, LLC, c/o Thomas McCormick, P.O. Box 324, Delmar, NY 12054. LLC is member-managed. Purpose: to conduct any lawful business. LCD-11317 (March 30, 2005)

## LEGAL NOTICE

## NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC).

The name of the LLC is R & R Property Holdings, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on March 18, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 49 Upper Wedgewood Lane, Voorheesville, New York 12186. LCD-11357 (March 30, 2005)

## LEGAL NOTICE

Notice of Formation of 55 EAST 28TH REALTY, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/

## LEGAL NOTICE

8/05. 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 Mallow, Konstam Hager, 321 Broadway, 5th Fl., NY, NY 10007. Purpose: any lawful activity. LD-11141 (March 30, 2005)

## LEGAL NOTICE

Notice of formation of IDEAL PROPERTY SOLUTIONS LLC a NYS limited liability company (LLC). Formation filed with SSNY on 02/08/2005. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 41 State St., #408, Albany, NY 12207 Purpose: All Lawful purposes. LD-11145 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of CAPSTONE ON-CAMPUS MANAGEMENT, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/27/05. Office location: Albany County. LLC formed in Alabama (AL) on 10/24/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. AL address of LLC: 431 Office Park Drive, Birmingham, AL 35223. Arts. of Org. filed with AL Secy. of State, PO Box 5616, Montgomery, AL 36103. Purpose: any lawful activity. LD-11153 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Strategic Municipal Investments LLC. Authority filed with Secy. of State of NY (SSNY) on 1/31/05. Office location: Albany County. LLC formed in Florida (FL) on 12/28/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. FL address of LLC: 1450 Centrepark Blvd. #325, West Palm Beach, FL 33401. Arts. of Org. filed with FL Dept. of State, 409 E. Gaines St., Tallahassee, FL 32399. Purpose: any lawful activities. LD-11177 (March 30, 2005)

## LEGAL NOTICE

Notice of Formation of FELT FILMS, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/10/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Purpose: any lawful activities. LD-11178 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Commonwealth Contracting Services LLC. Authority filed with Secy. of State of NY (SSNY) on 2/14/05. NYS fictitious name: CCS Environmental. Office location: Albany County. LLC formed in Massachusetts (MA) on 7/12/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. MA address of LLC: 203 Spark St., Brockton, MA 02302. Arts. of Org. filed with MA Secy. of the Commonwealth, One Ashburton Place, Boston, MA 02108. Purpose: any lawful activities. LD-11179 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Calgaz LLC. Authority filed



## LEGAL NOTICE

with Secy. of State of NY (SSNY) on 2/8/05. Office location: Albany County, LLC formed in Delaware (DE) on 10/7/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. DE address of LLC: 615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: Calgaz manufactures and sales calibration gases. LD-11180 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of COLOCATION PARTNERS LLC. Authority filed with Secy. of State of NY (SSNY) on 2/15/05. Office location: Albany County, LLC formed in Delaware (DE) on 4/30/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activities. LD-11186 (March 30, 2005)

## LEGAL NOTICE

SHAMROCK TECHNOLOGY SOLUTIONS, LLC  
1. The name of the limited liability company is SHAMROCK TECHNOLOGY SOLUTIONS, LLC.  
2. The Articles of Organization creating the limited liability company were filed in the Office of the New York Secretary of State on February 16, 2005 and became effective on said date.  
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 a copy of process against it is SHAMROCK TECHNOLOGY SOLUTIONS, LLC, 3 Whitehall Place, Niskayuna, New York 12309.  
5. The purpose of the limited liability company is to engage in any lawful activity for which limited liability companies may be organized under the Limited Liability Company Law of the State of New York.  
Dated: February 17, 2005  
NOLAN & HELLER, LLP  
Attorneys for SHAMROCK TECHNOLOGY SOLUTIONS, LLC  
39 North Pearl Street  
Albany, New York 12207  
LD-11187  
(March 30, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ARACHNE PROPERTIES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/20/05. The latest date of dissolution is 12/31/2105. 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, 182 Van Wies Point, Glenmont, New York 12077. Purpose: For any lawful purpose. LD-11195 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of New York Becknell Investors LLC. Authority filed with Secy. of State of NY (SSNY) on 1/28/05. Office location: Albany County, LLC formed in Delaware (DE) on 1/19/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY

## LEGAL NOTICE

12207. Principal office of LLC: c/o UBS Realty Investors LLC, 242 Trumbull St., Hartford, CT 06103. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-11196 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of BLUE SOLUTIONS LLC. Authority filed with Secy. of State of NY (SSNY) on 1/4/05, as amended. Office location: Albany County, LLC formed in New Jersey (NJ) on 2/4/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. NJ address of LLC: 830 Bear Tavern Rd., West Trenton, NJ 08628. Arts. of Org. filed with NJ Secy. of State, 225 W. State St., Trenton, NJ 08608. Purpose: any lawful activities. LD-11197 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Advance Processing Systems, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 2/25/2005. Office location: Albany County, LLC formed in Delaware (DE) on 12/19/1996. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11214 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of DFS Funding L.P. Authority filed with Secy. of State of NY (SSNY) on 2/3/05. NYS fictitious name: Dell Funding Services. Office location: Albany County, LP formed in Delaware (DE) on 11/16/04. 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 Co., 1209 Orange St., Wilmington, DE 19801. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: for any and all lawful purposes. LD-11215 (March 30, 2005)

## LEGAL NOTICE

Notice of Formation of Campaign Confidential, LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/2/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Pamela Hicks, Esq., c/o Barnes Morris et al., 1424 2nd Street, 3rd Floor, Santa Monica, CA 90401 Purpose: any lawful business. LD-11226 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Global Solutions Network LLC. Authority filed with Secy. of State of NY (SSNY) on 2/23/05. Office location: Albany County, LLC formed in Florida (FL) on 12/10/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. FL address of LLC: 1172 S. Dixie Hwy., #532, Coral Gables, FL 33146. Arts. of Org. filed with DE Dept. of State, PO Box 6327, Tallahassee, FL 32314. Purpose: any lawful activity.

## LEGAL NOTICE

LD-11231  
(March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Argentum Resources, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/25/05. Office location: Albany County, LLC formed in Colorado (CO) on 9/7/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the principal office of LLC: 370 17th St., Ste. 5000, Denver, CO 80202. Attn: Jessica Richardson. Arts. of Org. filed with CO Secy. of State, 1560 Broadway, Ste. 200, Denver, CO 80202. Purpose: all lawful activities. LD-11234 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Century 21 Real Estate LLC. Authority filed with Secy. of State of NY (SSNY) on 2/23/2005. Office location: Albany County, LLC formed in Delaware (DE) on 9/17/1979. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Lookerman & Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11240 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Fairchild Media LLC. Authority filed with Secy. of State of NY (SSNY) on 3/3/05. Office location: Albany County, LLC formed in Delaware (DE) on 2/24/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11241 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of AMB-SGP Operating Partnership, L.P. Authority filed with Secy. of State of NY (SSNY) on 3/8/05. Office location: Albany County, LP formed in Delaware (DE) on 3/7/01. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: CSC, 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11247 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of AMB-SGP Georgia, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/8/05. Office location: Albany County, LLC formed in Delaware (DE) on 3/7/01. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: Pier 1, Bay 1, San Francisco, CA 94111. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: real estate investments. LD-11248 (March 30, 2005)

## LEGAL NOTICE

LEGAL NOTICE  
Notice of Annual Meeting-The Bethlehem Soccer Club will hold its annual membership meeting at 7PM Monday April 4th 2005 at Bethlehem Town Hall. All members are invited. Board elections and election of Officers will take place. If interested in becoming a member of the Board contact John Reese 439-8662 or by email at jpaulreese@nycap.rr.com LD-11249 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of CATAPULT OFFERS, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/8/05. Office location: Albany County, LLC formed in Delaware (DE) on 1/16/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Suite 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity. LD-11252 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Sobe Life, LLC, using the fictitious name Sobe Life of Illinois Authority filed with Secy. of State of NY (SSNY) on 11/19/04. Office location: Albany County, LLC formed in Illinois (IL) on 5/28/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Delaney Corporate Services, Ltd., 41 State Street, Suite 405, Albany, NY 12207 Address required to be maintained in home jurisdiction: 825 North Cass Avenue, Suite 209, Westmont, IL 60559. Arts. of Org. filed with IL Secy. of State, Department of Business Services, LLC Division, Room 351, Howlett Bldg, Springfield, IL 62756. Purpose: any lawful activities. LD-11254 (March 30, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ISRAEL FAMILY REALTY CO. LLC. Certificate of Conversion was filed with the Secretary of State of New York (SSNY) on 01/27/05. The latest date of dissolution is 12/31/2105. 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, 42-12 Queens Boulevard, Sunnyside, New York 11104. Purpose: For any lawful purpose. LD-11264 (March 30, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SONSHINE RESOLUTIONS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/18/05. 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, 87 Meadowbrook Drive, Slingerlands, New York 12159. Purpose: For any lawful purpose. LD-11265 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Best Buy Gov, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/9/05. Office location: Albany County, LLC formed in Delaware (DE) on 6/14/04. SSNY designated as agent of LLC upon whom process against it may be

## LEGAL NOTICE

served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Address required to be maintained in home jurisdiction: 9 E. Lookerman St., Ste 1B, Dover, DE 19901. Arts. of Org. filed with Secy. of State of DE, John G. Townsend Building, Suite 4, Dover, DE 19901. Purpose: any lawful activities. LD-11267 (March 30, 2005)

## LEGAL NOTICE

Notice of Formation of limited liability company (LLC). Name: A+ Employment Services, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 01/27/2005. 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: P.O. Box 662, Cohoes, New York 12047. Term: perpetual. Purpose: employment services LD-11268 (March 30, 2005)

## LEGAL NOTICE

Notice of Formation of Global Advanced Technology LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/03/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Company, 25 Greystone Manor, Lewes, DE 19958. Purpose: any lawful activities. LD-11269 (March 30, 2005)

## LEGAL NOTICE

TOWN OF NEW SCOTLAND  
Please take notice that a public hearing will be held by the Town Board of the Town of New Scotland on April 13, 2005 at 6:30 p.m. regarding the Adoption of Local Law #1 for the year 2005, which would authorize the appointment of alternate members to the Planning Board and Zoning Board of Appeals. Copies of the proposed Local Law are available for review at New Scotland Town Hall, 2029 New Scotland Road, Slingerlands, New York.  
By order of the Town Board of the Town of New Scotland on March 9, 2005.  
Diane Deschenes  
TOWN CLERK  
The Town of New Scotland is an equal opportunity provider and employer.  
LD-11277  
(March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of HMC Drake LLC. Authority filed with Secy. of State of NY (SSNY) on 3/7/05. Office location: Albany County, LLC formed in Delaware (DE) on 3/2/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Prentice-Hall Corporation System, Inc., 80 State St., Albany, NY. Principal office of LLC: 6903 Rockledge Drive, Ste. 1500, Bethesda, MD 20817. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11288 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Eastern Skies, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/11/05. Office location: Albany County, LLC formed in Delaware (DE) on 1/28/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: 63665 19th Ave., P.O. Box 581043, North Palm Springs, CA 92258. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful

## LEGAL NOTICE

activity.  
LD-11304  
(March 30, 2005)

## LEGAL NOTICE

Notice of Formation of Tech Park I LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/14/05. 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 Abacus Capital Group LLC, 666 5th Ave., 26th Fl., NY, NY 10103, Attn: Benjamin L. Friedman. Purpose: any lawful activity. LD-11305 (March 30, 2005)

## LEGAL NOTICE

Notice of Formation of Tech Park II LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/14/05. 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 Abacus Capital Group LLC, 666 5th Ave., 26th Fl., NY, NY 10103, Attn: Benjamin L. Friedman. Purpose: any lawful activity. LD-11306 (March 30, 2005)

## LEGAL NOTICE

Notice of Formation of Tech Park I CI LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/14/05. 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 Abacus Capital Group LLC, 666 5th Ave., 26th Fl., NY, NY 10103, Attn: Benjamin L. Friedman. Purpose: any lawful activity. LD-11307 (March 30, 2005)

## LEGAL NOTICE

Notice of Formation of Tech Park II CI LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/14/05. 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 Abacus Capital Group LLC, 666 5th Ave., 26th Fl., NY, NY 10103, Attn: Benjamin L. Friedman. Purpose: any lawful activity. LD-11308 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Z & J LLC. Authority filed with Secy. of State of NY (SSNY) on 3/16/05. NYS fictitious name: Z & J of Delaware. Office location: Albany County, LLC formed in Delaware (DE) on 3/10/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 8 Sycamore Lane, Madison, CT 06443, principal office of the LLC. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11309 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of NCI Projects International, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/08/05. Office location: Albany County, LLC formed in Delaware (DE) on 1/27/05. SSNY designated as agent of LLC upon whom process against it may be served is: Paracorp Incorporated, 640 Bercut Drive, Suite A, Sacramento, CA 95814. The principal office of the LLC: 301 North Lake Avenue, Suite 910, Pasadena, CA 91101. Arts. of Org. filed with DE Secy. of State, Division of Corporations, P.O. Box 898, Dover, DE 19903. Purpose: any lawful activities. LD-11324 (March 30, 2005)

## LEGAL NOTICE

Notice of Formation of West Global Analysis LLC. Arts. of

## LEGAL NOTICE

Org. filed with Secy. of State of NY (SSNY) on 2/22/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The Company, 25 Greystone Manor, Lewes, DE 19958. Purpose: any lawful activities. LD-11325 (March 30, 2005)

## LEGAL NOTICE

Notice of Formation of limited liability company (LLC). Name: C.J. Romano's, LLC; Articles of Organization filed with Secretary of State of New York (SSNY) on 3/4/05. 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: 113 Kenosha Street, Albany, New York 12209. Term: no specific. Purpose: restaurant LD-11326 (March 30, 2005)

## LEGAL NOTICE

LEGAL NOTICE OF PUBLIC HEARING, BUDGET VOTE AND ELECTION  
NOTICE IS HEREBY GIVEN, that a Public Hearing on the proposed 2005-2006 Budget for the Bethlehem Central School District shall be held at the Educational Services Center located at 90 Adams Place, Delmar, Albany County, New York, on Wednesday, May 4, 2005 at 8:00 p.m., Prevailing Time. The budget will be available for review commencing on April 27, 2005 at the Educational Services Center, 90 Adams Place, Delmar, New York, and the offices of each Elementary School, the Middle School and the High School of the District.  
AND NOTICE IS FURTHER GIVEN that the election of candidates to the Bethlehem Central School Board of Education and the budget vote will be held on Tuesday, May 17, 2005 between the hours of 7:00 a.m. and 9:00 p.m. prevailing time, in the upper gymnasium of the Bethlehem Central Middle School, 332 Kenwood Avenue, Delmar, Albany County, New York, at which time the polls will be opened to vote by voting machine on the following items:  
1. To adopt the annual budget of the Bethlehem Central School District for the fiscal year 2005-2006 and to authorize the requisite portion therefore to be raised by taxation on the taxable property of the District.  
2. To elect three (3) members of the Board of Education to a three (3) year term commencing on July 1, 2005 and expiring on June 30, 2008 to succeed Jonathan Bartow, Warren Stoker and Robin Storey, whose terms expire on June 30, 2005.  
3. To adopt the annual amount to be raised by taxation on the taxable property of the District for the Bethlehem Public Library.  
4. To elect three (3) trustees to the Board of Trustees of the Bethlehem Public Library, two (2) for a five (5) year term commencing on July 1, 2005 and expiring on June 30, 2010 to succeed Aaron Baldwin and John Hathaway, whose terms expire on June 30, 2005; and one (1) for a partial two (2) year term commencing on June 30, 2007, to complete the unexpired portion of a vacancy created by the resignation of Randy Fisher.  
5. To vote on the following propositions:  
PROPOSITION #2  
RESOLVED, that the Board of Education of the Bethlehem Central School District, is hereby authorized to (1) acquire school vehicles at a cost not to exceed \$844,000, which is estimated to be the maximum cost thereof, (2) expend such sums for such purpose, (3) levy the tax necessary therefor, to be levied and collected in annual installments in such years and in such amounts as may be determined by the Board of Education, taking into account state aid re-

## LEGAL NOTICE

ceived, and (4) in anticipation of the collection of such tax, to issue bonds and notes of the District at one time or from time to time in the principal amount not to exceed \$844,000, or enter into a lease-purchase agreement at a principal amount not to exceed \$844,000 to acquire such vehicles.

6. To transact such other business as may properly come before the meeting pursuant to the Education Law of the State of New York. The election and budget vote shall be by voting machine or absentee ballot. The hours during which the polls shall be kept open shall be from 7:00 a.m. to 9:00 p.m. prevailing time or for as long thereafter as necessary to enable qualified voters who are in the polling place at 9:00 p.m. to cast their ballots. AND FURTHER NOTICE IS HEREBY GIVEN that a copy of the statement of the amount of money which will be required to fund the School District's budget for the 2005-2006 school year, exclusive of public monies, may be obtained by any taxpayer in the District during the fourteen days immediately preceding the Annual Meeting except Saturdays, Sundays or holidays, at the Educational Services Center, 90 Adams Place, Delmar, New York, and the offices of each Elementary School, the Middle School, and the High School of the District between the hours of 8:30 a.m. and 4:00 p.m., prevailing time and also at said District Election.

AND FURTHER NOTICE IS HEREBY GIVEN THAT petitions nominating candidates for the office of member of the Board of Education and for the office of Trustee of the Bethlehem Central School shall be filed with the District Clerk at the District Clerk's office at the Educational Services Center, 90 Adams Place, Delmar, New York, not later than April 18, 2005 at 5:00 p.m. Each petition must be directed to the District Clerk, must be signed by at least sixty-two (62) qualified voters of the District and must state the name and residence of the candidate. A copy of such petitions may be obtained at the Office of District Clerk in the Bethlehem Central School during regular school hours. AND FURTHER NOTICE IS HEREBY GIVEN that applications for absentee ballots will be obtainable between the hours of 8:30 a.m. and 4:00 p.m. Monday through Friday, except holidays, from the District Clerk. Completed applications for absentee ballots must be received by the District Clerk at least seven (7) days prior to the vote if the ballot is to be mailed to the voter, or the day before the election, if the ballot is to be delivered personally to the voter. Absentee ballots must be received by the District Clerk not later than 5:00 p.m. on May 17, 2005.

A list of all persons to whom absentee ballots shall have been issued will be available in the office of the District Clerk from 8:30 a.m. until 4:00 p.m. prevailing time on each of the five days prior to the day of the election, except Saturday, May 14 and Sunday, May 15, 2005, and on the day set for the election. Any qualified voter may challenge the acceptance of the ballot of any person on such list by making his/her challenge and reasons therefor known to the Inspector of Election before the close of the polls.

AND FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the School District shall be entitled to vote in said annual vote and election. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen (18) years of age or older, and (3) resident with the School District for a period of thirty (30) days next preceding the annual vote and election. The School District may require all persons offering to vote at the budget vote and election to provide one form of proof of residency pursuant to Education Law section 2018-c. Such form may include a driver's license, a non-driver

## LEGAL NOTICE

identification card, a utility bill, or a voter registration card. Upon offer of proof of residency, the School District may also require all persons offering to vote to provide their signature, printed name and address.

AND FURTHER NOTICE IS HEREBY GIVEN, that pursuant to a policy adopted by the Board of Education in accordance with Sections 2035 and 2008 of the Education Law, any referendum or propositions to amend the budget, or otherwise to be submitted for voting at said vote and election, must be filed with the Board of Election at the Bethlehem Central School on or before April 18, 2005 at 5:00 p.m., prevailing time; must be typed or printed in the English language; must be directed to the Clerk of the School District; must be signed by at least two hundred fifteen (215) of the qualified voters of the District; and must state the name and residence of each signer. However, the School Board will not entertain or place before the voters any proposition if its purpose is beyond the power of the voters or is illegal, or any proposition requiring the expenditure of moneys which fails to include specific appropriations for all such expenditures required by the proposition or any proposition which must be included in this notice of the annual meeting and was not received at least 60 days prior to the annual meeting.

Date: Delmar, New York  
March 8, 2005

Steven O'Shea  
District Clerk  
Bethlehem Central School  
District  
LD-11327  
(March 30, 2005)

## LEGAL NOTICE

Notice of Formation of an LLC: Amedore-Gordon Development Group, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on October 14, 2003. 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, 1900 Western Avenue, Albany, NY 12230. Purpose: for any lawful purpose. LD-11332 (March 30, 2005)

## LEGAL NOTICE

VOORHEESVILLE CENTRAL SCHOOL DISTRICT NOTICE OF PUBLIC HEARING, BUDGET VOTE AND ELECTION. NOTICE IS HEREBY GIVEN THAT a public hearing of the qualified voters of Voorheesville Central School District, County of Albany, State of New York will be held on May 9, 2005 at 7:30 p.m. in the Commons Area of the Clayton A. Bouton High School in said district for the presentation of a budget for the school year 2005-2006.

And notice is also given that said vote will be held on Tuesday, May 17, 2005 in the Voorheesville Middle School Foyer. The polls will open at 2:00 p.m. Eastern Daylight Saving Time and voting will proceed until 9:30 p.m. on the following:

1. To elect a member of the Board of Education for a 5-year term to fill the vacancy created by the expiration of the terms of Robert J. Baron and John A. Cole.  
2. To vote on the Annual School Budget and the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes for this purpose.  
3. NOTICE IS HEREBY FURTHER GIVEN that at said Annual District Election and Budget Vote to be held on May 17, 2005, the following proposition will be submitted:

PROPOSITION PURCHASE OF BUSES: RESOLVED, that the Board of Education of the Voorheesville Central School District, Albany County, New York, is hereby authorized to purchase buses at a maxi-

## LEGAL NOTICE

mum estimated cost of \$230,000 and that such sum, or so much thereof as may be necessary, shall be raised by the levy of a tax upon the taxable property of said School District and collected in annual installments as provided by Section 416 of the Education Law; and, in anticipation of such tax, obligations of said School District may be issued.

RESERVE FUND: RESOLVED, That the Board of Education of the Voorheesville Central School District, is hereby authorized to establish a capital reserve fund in order to defray the cost of renovating and equipping School District buildings and, in order to accomplish the same, said Board is hereby authorized to establish the ultimate amount of such Reserve Fund to be \$500,000 with a probable term of five years and to appropriate from fund balance and/or other legally available funds of the School District to such Reserve Fund.

SALE OF PUBLIC LIBRARY: Shall title to the District building at 51 School Road, Voorheesville, New York, currently owned by the Voorheesville Central School District and occupied by the Voorheesville Public Library, be transferred to the Voorheesville Public Library, a public corporation, for \$1.00 good and valuable consideration?

And notice is also given that a copy of the statement of the amount of money which will be required for the ensuing year for school purposes, exclusive of public money, may be obtained by any taxpayer in the district during the fourteen days immediately preceding the Annual Meeting, except Saturday, Sunday or holiday, at the following schoolhouses in which school is maintained during the hours designated:

Schoolhouses  
Voorheesville Elementary School  
Clayton A. Bouton High School  
Hours  
8:30 a.m. to 3:00 p.m.  
8:30 a.m. to 3:00 p.m.

And notice is also given that petitions nominating candidates for the office of member of the Board of Education must be filed with the Clerk of the district not later than the 30th day preceding the school meeting. Each petition must be directed to the Clerk of the district, must be signed by at least twenty-six (26) qualified voters of the district, must state the name and residence of the candidate and must describe the specific vacancy for which the candidate is nominated including at least the length of the term of office and the name of the last incumbent. And notice is further given that letters requesting application for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to:

Clerk, Board of Education  
Voorheesville Central School District  
P.O. Box 498  
Voorheesville, New York 12186

Dated: March 30, 2005  
Dorothea Pfeleiderer  
District Clerk

AND NOTICE IS ALSO GIVEN THAT at said public hearing of the qualified voters of Voorheesville Central School District, County of Albany, State of New York held on May 9, 2005 at 7:30 p.m. in the Commons Area of the Clayton A. Bouton High School in said district, the Public Library budget for the year 2005-2006 will be considered and such other business transacted as is authorized by law.

And notice is also given that said vote will be held on Tuesday, May 17, 2005. The polls will open at 2:00 p.m. Eastern Daylight Saving Time and voting will proceed until 9:30 p.m. on the following:

1. To elect a member of the Library Board for a 5-year term to fill the vacancy caused by the expiration of the term of James Reilly.  
2. To vote on the Public Li-

## LEGAL NOTICE

brary budget and the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes for this purpose.

And notice is also given that a copy of the statement of the amount of money which will be required for the ensuing year for library purposes, exclusive of public money, may be obtained by any taxpayer in the district during the fourteen days immediately preceding the Annual Meeting, except Saturday, Sunday or holiday at the following schoolhouses in which school is maintained during the hours designated:

Schoolhouses  
Voorheesville Elementary School  
Clayton A. Bouton High School  
Hours

8:30 a.m. to 3:00 p.m.  
8:30 a.m. to 3:00 p.m.

And notice is also given that the petitions nominating candidates for the office of the Library Board must be filed with the Clerk of the Library Board not later than the 30th day preceding the school meeting. Each petition must be directed to the Clerk of the Library Board, must be signed by at least twenty-six (26) qualified voters of the district, must state the name and residence of the candidates and must describe the specific vacancy for which the candidate is nominated including at least the length of the term of office and the name of the last incumbent.

And notice is further given that letters requesting application for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to: Clerk, Board of Education Voorheesville Central School District  
P.O. Box 498  
Voorheesville, NY 12186  
Dated: March 30, 2005

Gail Sacco  
Clerk  
LD-11339  
(March 30, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF 532 WEST 175th STREET, LLC

The name of the LLC is 532 WEST 175th STREET, LLC. The date of filing of the Articles of Organization with the N.Y. Secretary of State is: 04/27/04. The office of the LLC shall be in the County of ALBANY and State of N.Y. The N.Y. Secretary of State is designated as the agent of the LLC upon whom process against it may be served. The post office address to which the Secretary of State shall mail a copy of any such process served upon him/her is 210 East 86th Street, Suite 404, New York, NY 10028. The purpose of the LLC is to transact any lawful business. LD-11340 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Bucks Realty Associates, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/18/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 Sheffield St., Ste. 101, Mountainside, NJ 07092. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11341 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Regency Realty Associates, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/21/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/05.

## LEGAL NOTICE

SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 Sheffield St., Ste. 101, Mountainside, NJ 07092. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11342 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of 311 East 11th Street Holdings, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/21/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 Sheffield St., Ste. 101, Mountainside, NJ 07092. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11343 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Albany Capital Partners, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/21/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 Sheffield St., Ste. 101, Mountainside, NJ 07092. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11344 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Capital District Holdings, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/18/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 Sheffield St., Ste. 101, Mountainside, NJ 07092. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11345 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Bucks Crossing Holdings, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/18/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 Sheffield St., Ste. 101, Mountainside, NJ 07092. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11346 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Dis-

## LEGAL NOTICE

trict Capital Partners, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/18/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 Sheffield St., Ste. 101, Mountainside, NJ 07092. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11347 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Regency Capital Holdings, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/21/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 Sheffield St., Ste. 101, Mountainside, NJ 07092. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11348 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of Capital Realty Associates, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/18/05. Office location: Albany County. LLC formed in Delaware (DE) on 3/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: 200 Sheffield St., Ste. 101, Mountainside, NJ 07092. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity. LD-11349 (March 30, 2005)

## LEGAL NOTICE

Public Notice of Hearing The Town of New Scotland Planning Board Notice is hereby given that the Planning Board of Town of New Scotland, New York will hold a public hearing pursuant to Article II, Section 164-13 of the Subdivision Law on the following proposition:

A Public Hearing for Subdivision #334.

Subdivision Application #334: Application submitted by David Moreau to subdivide a 15 plus acre parcel which is owned by him, and situated within the Commercial District on the west side of Youmans Road. The parcel, currently identified as New Scotland tax map id # 72-3-41.61, is the remaining acreage of subdivision application, # 310, approved on June 1, 2004 by the Planning Board. This application is to allow for the 15+ acres to be split into three lots, with each new lot created being 5+ acres in area. All lands involved abut, and are accessed by, Youmans Road. This minor subdivision application is deferred to the Planning Board under the procedures outlined in Article II, Section 164-6 of the Subdivision Law. Said hearing will take place on April 5, 2005 at the New Scotland Town Hall beginning at 7:00 P.M.

Robert Stapf  
Chairman, Planning Board  
The Town of New Scotland  
is an equal opportunity provider and employer.  
LD-11353  
(March 30, 2005)

## LEGAL NOTICE

Public Notice of Hearing The Town of New Scotland Planning Board Notice is hereby given that the Planning Board of Town of New Scotland, New York will hold a public hearing pursuant to Chapter 190, Article IV, Section, 190-41 of the Zoning Law on the following proposition:

A Public Hearing for Special Use Permit #455

Amended: Application submitted by Denise Becker to be allowed to construct a pond on a parcel owned by her on Bullock Road. The parcel lies within the Residential Agricultural District and is identified as New Scotland tax parcel # 83-4-17.2. The pond will be dug into the ground, will be 100 feet in length by 50 feet in width, will be a maximum of 10 feet deep and will hold approximately 374,026 gallons of water. No fencing is proposed as the purpose for the pond is for wildlife and for accessible water in an emergency for fire protection. This application is a Special Use of Article II, Section 190-12 of the Town of New Scotland Zoning Law. Said hearing will take place on April 5, 2005 at the New Scotland Town Hall beginning at 7:00 P.M.

Robert Stapf  
Chairman, Planning Board  
The Town of New Scotland  
is an equal opportunity provider and employer.  
LD-11354  
(March 30, 2005)

## LEGAL NOTICE

Public Notice of Hearing The Town of New Scotland Planning Board Notice is hereby given that the Planning Board of Town of New Scotland, New York will hold a public hearing pursuant to Chapter 190, Article IV, Section, 190-41 of the Zoning Law on the following proposition:

A Public Hearing for Special Use Permit #458

Special Use Permit Application submitted by James E. and Antonietta Hansen to be allowed to construct a two family dwelling on a parcel owned by them at 123 Bullock Road. The parcel lies within the Residential Agricultural District and is identified as New Scotland tax parcel # 83-4-38.2. If approved, the owner anticipates occupying one unit and leasing the other. This application is a Special Use of Article II, Section 190-12 of the Town of New Scotland Zoning Law. Said hearing will take place on April 5, 2005 at the New Scotland Town Hall beginning at 7:00 P.M.

Robert Stapf  
Chairman, Planning Board  
The Town of New Scotland  
is an equal opportunity provider and employer.  
LD-11355  
(March 30, 2005)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: 1036-1040 MADISON AVENUE L.L.C. Articles of Organization filed with Secretary of State of New York (SSNY) on March 15, 2005. 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 to The LLC, 1036-1040 Madison Avenue, Albany, New York 12208. Purpose: Any lawful business purpose. LD-11356 (March 30, 2005)

## LEGAL NOTICE

Notice of Qualification of HONEYWELL HOMMED LLC. Authority filed with Secy. of State of NY (SSNY) on 3/21/05. Office location: Albany County. LLC formed in Delaware (DE) on 11/10/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal



# Library

(From Page 1)

the state determined a classification study was needed, said Albany County Civil Service Director Caitlin Frederick. Seven public-chartered libraries in seven communities are affected, including those in Bethlehem, Gunderland, Menands, Ravena, Berne, Westerlo, and Voorheesville. The last study was done in Bethlehem and Gunderland in 1993.

"It had been a number of years since the last was held, and employees had never been tested for their positions," Frederick said, later adding, "We are doing everything we can to minimize the risk."

Some library employees may keep their current title, but through the classification process, minimum education requirements and experience standards will be established, according to information provided by Assalian.

"In order to become permanent, the employee who is provisionally appointed must take the next examination for the position in question," Assalian's information said.

Barbara Nichols Randall, director of the Gunderland Public Library, which has 55 employees, sees both sides to this story.

"It depends on who you talk to. People knew eventually it would happen. Some are upset because they have to take a test," Nichols Randall said.

Nichols Randall said the classification could bear a positive outcome.

"To some people it is a big deal. The classification designation gives people a level of protection they haven't had before," Nichols Randall said, referring to a preferred list civil service employees are put on for rehiring if the state makes layoffs. "You have a permanent appointment to that position (after you take a civil

service test for it). That can put you a little bit ahead of somebody else."

Employees have already filled out job questionnaires, Frederick said, outlining their job duties, education requirements, supervisory responsibilities and the type of work they perform.

Civil Service will cross-check the job descriptions to look for matching titles and responsibilities. Frederick said every employee will have to take the exam "unless they have previous permanent status in an eligible position."

**"We're all learning as we go along. Albany County is trying very hard to work with us and all the libraries. It's kind of an upsetting thing for the staff."**

Nancy Pieri

"We're all learning as we go along. Albany County is trying very hard to work with us and all the libraries," Pieri said. "It's kind of an upsetting thing for the staff."

Meanwhile, Assalian said CSEA representatives are meeting with unit presidents in the libraries.

"We're working with them to address their needs," Assalian said.

Those measures include scheduling a test prep class, perhaps in May or June before the test, she said and providing a test prep booklet to members.

"CSEA is working with members on this issue. We're doing everything to help them succeed," she said.

Employees will be notified in May or June about their classified titles, according to information provided by Assalian.

Examinations could begin in late 2005 and last until the end of 2006.

Positions with titles librarian and library clerk and some technology titles could be the first tests in late 2005.

# Budget

(From Page 1)

many high-needs students can be brought back into the district for their education. He credited the hard work of Rita Levay, director of pupil personnel services.

"Thanks to her work, we will not only achieve cost avoidance, but we will also be able to better deliver educational services for our special education students," Loomis said.

The coming budget also contains the application of more fund balance than this year, adding \$765,000 to the current \$1,275,000, O'Shea said.

The budget process was conducted quite differently from previous years, Loomis pointed out. Rather than beginning with the "rollover budget" and requesting program enhancements, each department was asked to review how funds were spent and to reallocate them to provide for continuous improvement. While all departments were able to capture savings, it was special education that saved the most, Loomis said. The need to address special education services became more important this year, since 114 special education students came into the district, many of them with high needs, between the spring

adoption of the 2004-05 budget and the time that the school year was in full swing. Loomis said the influx of special ed students was responsible for more than \$1.7 million more in expenses than originally budgeted.

The baseline budget reflects an increase of \$6.4 million due primarily to increases in energy, health insurance, pension contributions, contractual obligations and special education. Additions to the budget, primarily to allow the district to restructure programs, amounted to \$920,000. Those increases were offset by \$868,000 in saving due to the re-deployment/reallocation plan and \$580,000 more through a teacher retirement incentive.

Similar restructuring is proposed in the transportation department to fund an additional assistant supervisor position to assist with routing, dispatch and supervising the growing driver staff. The district is also proposing to reallocate some of the existing operations and maintenance budget to purchase materials and equipment to assign more duties to in-house staff, saving the cost of contracting for services.

"I am very comfortable with this budget," said board member Lynne Lenhardt. "I'm not pitting one thing against another the way we did when we had the priority lists."

Board members Jon Bartow,

Richard Svenson and Stuart Lyman were cautious about the budget.

"The community expects the evolution of this program," Lyman said. "We are asking for \$600,000 in a \$70 million budget. It really isn't that much. We did improvements a few years ago, and we've taken them all out. Yet I am not only concerned about this year, but next and the year after."

Bartow said that while he didn't see any "fluff" in the budget, any increase in spending for improvements was too much at such a difficult time.

"The magnitude of this year's uncontrollable increases should mean we don't make any improvements," he said. "No matter how valid and how solid, we should not make any additions given the level of increase in the baseline budget."

Loomis said the financial squeeze was a "perfect storm" hitting the district and the increases were necessary to implement the changes that would result in significant saving in the future.

"The dilemma we have is that the community clearly expects us to serve the students," Loomis said. "If we were to take \$400,000 out of the budget to take the tax rate increase from 7 to 6 percent, we should not serve the students well, and we would not satisfy those who only care about the tax rate."

# Moratorium

(From Page 1)

public hearings (one will be required if the board wants to shorten the moratorium) and the county planning board, the red tape alone could put a four- or five-month extension out of range.

"I don't see how you could avoid six months," Lenhardt said.

The board members seemed in agreement, along with the two people who spoke at the public hearing, that Carpenter's request wasn't out of line.

Carpenter clarified that he wanted the policy to include only projects that had been in the pipeline before the moratorium was enacted a year ago.

"Subjecting new applications to internal review probably detracts from what we're hoping to accomplish," Carpenter admitted.

George Leveille, the director of economic development and planning, said the town has begun

its development review program, which would allow new applicants to sit down with employees in a brainstorming-type session to address "issues, challenges and solutions" in the projects.

The town has also sent out RFQs, which the town hopes will alleviate pressure on the planning staff, which can then work on smaller projects, Leveille said. Developers will pay for consultants by engineers who are aware of what the town has identified as goals for development, at the developer's cost.

Before the board held a public hearing on the moratorium extension, it acknowledged receiving the bulky final draft of the comprehensive plan, which went up for viewing on the town Web site, [www.townofbethlehem.org](http://www.townofbethlehem.org), Friday. The plan is also available for viewing at the Bethlehem town clerk's office and Public

Library, the Gunderland Public Library, the RCS Community Library and available to buy at Mail Boxes Etc, but will probably cost in the neighborhood of \$20, Leveille said.

The Bethlehem Planning Advisory Committee voted 7-1 in favor of sending the plan on to the town board. While the town board is mulling over the details of the plan, which is more than 100 pages in length, BPAC will set its sights on changes to what town officials have called "outdated" zoning codes. Also, neighboring towns and the Albany County planning board will check it out.

Leveille said zoning amendments should be made and agreed upon before the final adoption of the comprehensive plan, which could happen sometime in July.

Zoning changes could take 30 to 45 days, Leveille said.

## LEGAL NOTICE

office of LLC: 101 Columbia Rd., Morristown, NJ 07960. Arts. of Org. filed with DE Secy. of State, P.O. Box 898, Dover, DE 19901. Purpose: any lawful activity. LD-11358 (March 30, 2005)

## LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Pre-cast Reinforced Concrete Manhole Sections as per the specifications during the period 1 May 2005 to 28 February 2006, inclusive, for the use of the Town as and when required. Bids will be received up to 2:30 p.m. on the 12th day of April 2005, at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Ms. Theresa Egan, Supervi-

## LEGAL NOTICE

sor of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. "Bid Sheets" and copies of the specifications must be obtained from the Town Clerk at the Town Hall, Delmar, New York. A copy of the specifications shall accompany the bid. The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM KATHLEEN A. NEWKIRK, CMC, RMC

Dated: March 23, 2005 LD-11359 (March 30, 2005)

## LEGAL NOTICE

LEGAL NOTICE NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Iron Castings, specifically Heavy Highway Frames and Grates, Heavy Highway Manhole Frames and Covers, and Light Duty Frames and Covers during the period from 1 May 2005 to 28 February 2006 inclusive, for the use of said Town, as and when required. Bids will be received up to 2:40 p.m. on the 12th day of April 2005 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Ms. Teresa Egan, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of

## LEGAL NOTICE

each shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM KATHLEEN A. NEWKIRK, CMC, RMC TOWN CLERK Dated: March 23, 2005 LD-11360 (March 30, 2005)

## LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Plastic Pipe, as per the specifications during the period 1 May 2005 to 28 February 2006, inclusive, for the use of the Town as and when required. Bids will be received up to

## LEGAL NOTICE

2:50 p.m. on the 12th day of April 2005, at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Ms. Theresa Egan, Supervisor of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. "Bid Sheets" and copies of the specifications must be obtained from the Town Clerk at the Town Hall, Delmar, New York. A copy of the specifications shall accompany the bid. The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM

## LEGAL NOTICE

Kathleen A. Newkirk, CMC, RMC Town Clerk Dated: March 23, 2005 LD-11361 (March 30, 2005)

## LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Corrugated Metal Pipe and Pipe-Arch, as per the specifications during the period 1 May 2005 to 28 February 2006, inclusive, for the use of the Town as and when required. Bids will be received up to 3:00 p.m. on the 12th day of April 2005, at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Ms. Theresa Egan, Supervi-

## LEGAL NOTICE

sor of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. "Bid Sheets" and copies of the specifications must be obtained from the Town Clerk at the Town Hall, Delmar, New York. A copy of the specifications shall accompany the bid. The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM KATHLEEN A. NEWKIRK, CMC, RMC

Dated: March 23, 2005 LD-11362 (March 30, 2005)



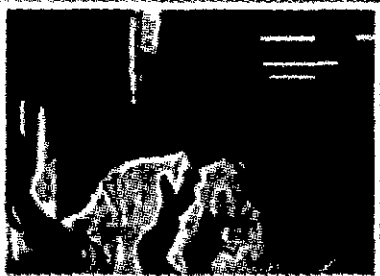


## The look of a leader



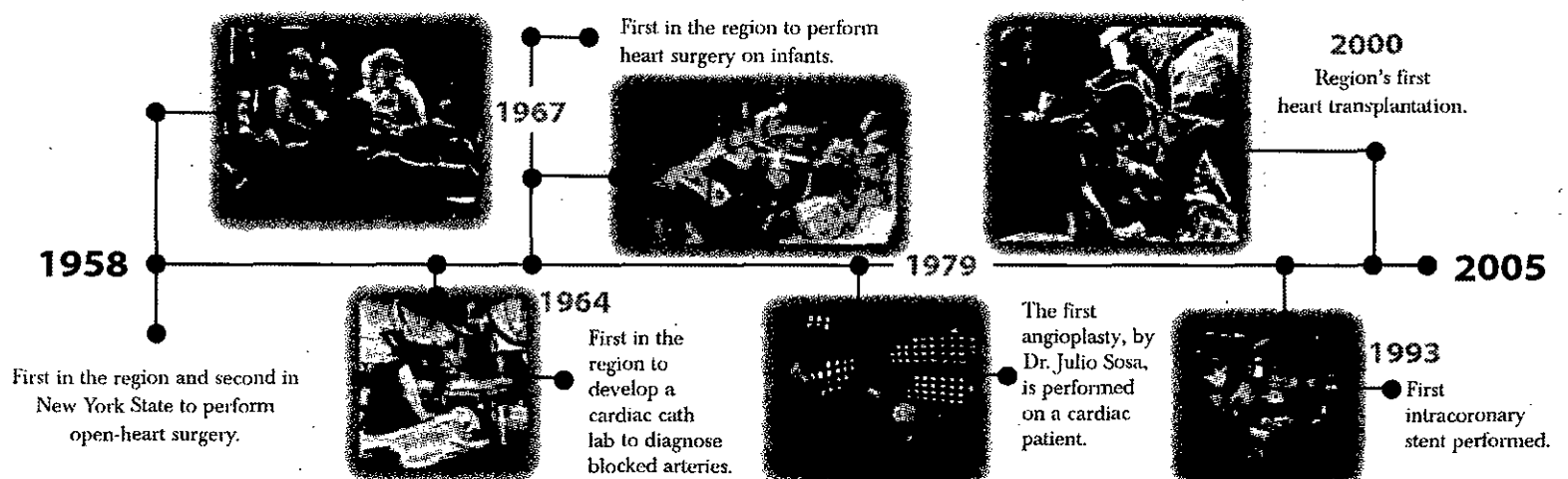
### Edward F. Philbin, MD

Head, Division of Cardiology, Heart Institute of Albany Med;  
Co-director, Heart Transplant Program; Associate Professor of Medicine;  
President-elect, Northeast Affiliate, American Heart Association



For many of my patients, breakthroughs in research can mean the difference between having a future or not. For nearly 50 years Albany Med has been a symbol of hope for people with heart disease. The pioneering research and the continuous training of physicians at Albany Med's Heart Institute provide patients with access to the latest advances in cardiac care before they're available elsewhere in the region. At the Heart Institute, our commitment to leadership in care never ends. It's the light of hope people look to us for. It's why I'm here.

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