Bethlehem Energy Station

goes online O See Page 3

BMX riders rule the dirt

O See Page 46

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July 13, 2005

Counties explore combined care plan

By LIBBY SCHIRMER

The number of occupied beds in county-run nursing homes is on a steady decline, prompting the leaders of two local counties to propose a joint effort to alleviate their respective costs in subsidizing the facilities.

Albany and Schenectady counties' three county-run nursing homes are all operating at less than full capacity. Add to that the fact that they are all operating

"Everyone's talking about planning in a regional context, and this is a great chance for us to set an example. We're excited about taking that first step."

Susan Savage

on a Medicaid reimbursement rate established in 1983, and the obvious conclusion is that both counties: could . stand to improve on their respective situations, said Albany County Executive

□ NURSING/page 14

Zoning vote pushed back

By LIBBY SCHIRMER

Because of SEQR deadlines the town must meet with regard to its comprehensive planning process, which? includes an updated zoning code, the Bethlehem town board has moved up the continuation of the hearing regarding the zoning regulations and the SEQR process.

The hearing, adjourned from the June 2 public meeting, will be continued in a special meeting of the town board, scheduled for Wednesday, July 20 at 6 p.m. at fown hall.

"We hopefully will vote on August 24," Supervisor Theresa Egan said. "There is no possibility of voting in July. We tracked the (state environmental quality review) plan with the zoning, so to bifurcate them, was next to impossible."

☐ ZONINGpage 13



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Pete Jan Ker en

SOUTONS

BY WARY LANNON and LIBBY SCHIRMER

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On June 30, threstate Department of Transportation completed 10 after 0.40 and controlling sine project stong the length of the Long search beginesses. From Mediard in Suffolk County of the County bearing border for sigh occupancy vehicle (HOV) some six meaning to he use of vehicles with two or more companie during mak traval hours—weekdays from 6 cm. % .C aun. and from 3 p.m. to 8 p.m. The \$250 million project began

DOT released data showing that the BOV lanes on the LUE do make a difference. A 2001 survey by the arency showed that about 28,000 people began using the HOV lanes to shorten their talps.

The project is typical of HOV lanes around the country, which, according to a U.S. Environmental Protection agency Web site, are concentrated around major urban areas like Washington, D.C., Boston, Los Angeles, Chiergo and San Francisco. Reweillesoutside the large metropolitan areas have employed such lares.

Members of a local cuvironmental group pushed to member intermed the public common barries and longers.

📕 **SOLU**TI ION**S/02**00 477

By GRAHAM S PARKER

sk not what the state Dans trent of Jiansportation em do for you, but what you can do for the DOIL
State and federal transportation engineers have been teaching transportation infrastructure issues as populations and respective ear owners per household hereasa. The trend is well known in the Capital District.

Several major state routes, thorough has and bridges have been earnearled for recession and updays by the DOM With work under very on Interstate SI, a proposed redester of the Rente 7 bridge over Interstate SV, and a project to increase has service and speed between Schemeckely and the city of Albany, the constant issue of what state reads and routes will be able to contend with in the following year has heavily influenced the medie of each project

As each project proceeds in design and construction, a new school of design and philosophy of the future of transportation follows closely behind.

Dighests can only design so much and for so many, so trends have barred toward planing some of the burden on (Interess

Managing as is

With limited funds and space to add lanes, DOT has been doing what it can do maintain the system, said spokesman Peter Van Keuren. Although upkeep continues, transportation officials are employing what Van Keuren called "transportation management."

"Instead of looking to the coad to solve problems, we look to motorists to solve problems," he said.

When DOT engineers began the PO project this summer, one of their first endex vorseffected workers of the Corporate Woods commercial parts in Albany. DOT officials recommended that complex employees come in at 9 a.m. rather than 7 a.m. to help ease the stress on the route during construction. Doing this can also lighten other heavily

🚚 L OOKING/page 47

Burglar tries to "hoof it"

By LIBBY SCHIRMER

An 18-year-old Voorheesville man is under arrest for attempted burglary after trying to throw the Albany County Sheriff's Department for a loop with his footwear.

Michael D. Allen, of 117 Bedford Court, faces felony charges of second-degree attempted burglary and thirddegree criminal mischief, for his alleged role in a break-in at his neighbor's house.

Allen called police to report the attempted burglary, which he said he had foiled as he approached "the white male," according to police.

"It's not unusual for someone to call the police and report a crime. Then they become the reporter, and they probably believe they'll be the last one police look at, the reporter of an incident," Campbell said.

As a shoeprint was being lifted off the door for evidence, Allen apparently realized the shoes on his feet might have matched the

later that Allen was wearing different shoes than when they had first arrived.

"He apparently had the foresight, or hindsight, to change his shoes," said Captain Matt Campbell. The shoes were taken as evidence, Campbell said.

As K-9s tracked the scent of the would-be burglar, the trail led them to Allen's garage, police

Further investigation revealed that Allen had called the neighbors house he allegedly tried to break into before he called the police to report the break-in.

Allen allegedly admitted to police that he attempted the break-in.

He was arraigned in New Scotland Town Court and sent to Albany County Correctional Facility without bail.

Allen was due back in court to answer to the two felony charges on July 5.

print, police said. Police realized Movin' Up



AW Becker Principal George Montone presented fifth-grade student Miranda Hyer with a certificate during a moving up ceremony on Wednesday, June 22 as teacher Krysia Cording looks on.

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Area students earn awards from Holy Names

Upper School graduation exercises were held on May 29.

Nellie Klutz of Delmar received the award for languages. Mary K. Scardillo of Slingerlands received the Judith Mahony Memorial Leadership Award. Alexandra Prince of Slingerlands received the Lisa Philo Corcoran Writing Scholar Award.

The academy's lower and

The Academy of Holy Names middle school eighth-grade graduation was held on June 16.

> Amanda Picotte Slingerlands received the Leadership Award.

> Carly Kammerer of Delmar received the Esse Quam Videti Award.

Meghan Neff of Delmar received the DAR Citizenship Award.

> Community Service Information Spotlight Newspapers

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By LIBBY SCHIRMER

fter a three-year conversion process, town, local and state government officials got a bird's-eye view of the new Bethlehem Energy Center, a 750megawatt natural gas-fired power plant, which surged into business this week.

The rain ended in time last Thursday morning for tours of the plant. Members of the media and government donned hard hats and clear safety glasses to see the facility that's being touted as the first project in the Hudson Valley that successfully transformed an old power plant into a new, clean, state-of-the-art, energy-efficient power source.

The BEC, situated right on the Hudson River off of River Road in Glenmont, replaces the Albany Steam Station. PSEG Power New York took charge of the facility from Niagara Mohawk in 2000.

The project got backing, not only from the state in the form of

Editorial Pages,......44.46 Sports Obituaries Neighborhood News Voorheesville **Family Entertainment** Calendar of Events36-37 Classified40-41 Crossword36 Dining Guide 7 Legals 42-43
Real Estate 15
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also from health organizations and grassroots environmental groups like the American Lung Association of Northeastern New York, Riverkeeper and Scenic Hudson.

The plant's modifications mean that almost twice as much power will be produced from the site, while slashing air emissions and

a \$500 million investment, but cutting the use of Hudson River water in the process. According to company officials, the new power plant will mean a 97 percent reduction in nitrogen oxide emissions and a 98 percent reduction in sulfur dioxide emissions.

> The facility, which is using about 2 percent of the Hudson River water that it used to, is also

friendly to marine life. That part of the river is a known breeding ground for short-nosed sturgeon, an issue that frequently came up when the Environmental Protection Agency was considering the neighboring site for a dewatering facility as part of the \$500 million Hudson River dredging project.

A gunderboom, right on the

river's edge, acts as a filter,

another, for more than 20 years. "We bought it out of Alaska." The plant uses a cyclical process to get as much steam, used as power, out of the water it uses. The water is heated with any mix of three different types of steam pressure, from low-, intermediate- and high-pressure steam units. "We get as much steam as we can, at different temperatures to make as much heat as we can,' Cellentani said, as he walked along the road that employees call Main Street, which splits the site into two. "It's much more efficient that way."

sending puffs of air into the water

intake, sending any fish eggs or

gunderboom to be used on the

Hudson River," said plant

Maintenance Manager Gene

Cellentani, who's been in the

power business, in one sector or

"I'm pretty sure it's the first

debris back into the river.

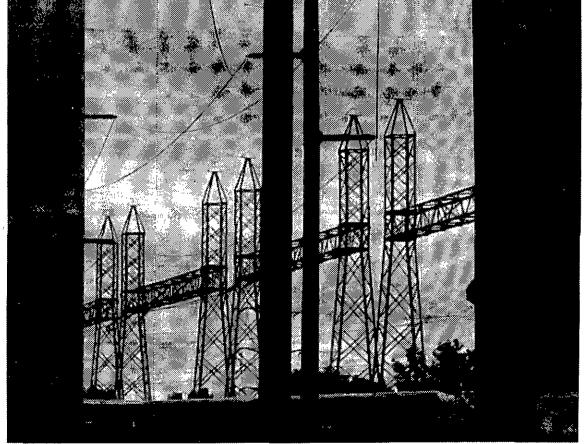
Steam temperatures get as high as 1,200 degrees, Cellentani said. When the steam is let off, Cellentani said, it's about 250 degrees.

"We recaptured all of that heat," Cellentani said.

Toward the front of the site. closest to River Road, onlookers from inside the site can see something that looks like a wall of water. That's where the water is cooled with a wall of air, keeping, Cellentani said, water usage from the Hudson River at the bare minimum.

The offices are eventually going to move up-river on the site,

□STEAM/page 12



Thanks to the three stacks, top, officials say the new Bethlehem Energy Center will cut air emissions while producing nearly twice as much energy as the 50-year-old Albany Steam Station it replaces. Below, a view of the power grid which will send energy to eventual customers.

The Spotlight (USPS 396-630) is published each Wednesday by Spotlight LLC, 125 Adams St., Delmar, N.Y. 12054. Periodicals postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany County, one year \$26, two years \$50, elsewhere, one year \$32. Subscriptions are not refundable.

How sweet the familiar smile of home sweet home

\By KATHERINE McCARTHY

For a lot of years, home feels like a place to leave. I look at my now-teenage children and wonder what they think about leaving; where they want to go; what they hope adult life will be like for them. They don't mention "getting the heck out of here," but at 15 and 13, they're a little young to be antsy.

By my senior year of high school in Burlington, Vt., I yearned for a bigger world. In junior high, I read a book about two girls from a little town who move to New York City. One hated it and one loved it; one day, I hoped, I would be like the one. who found success and happiness there. I wanted to see strange and different places; meet different people; eat different foods; be part change, starting with two guys of something bigger than myself.

Maybe that's the thing leaving home is more about growing into a different person rather than just being in a different place. But home always things started and the person you once were. Some hometowns are easy to visit, and Burlington has absolutely become one of those.

We always go to Burlington for the Fourth of July. It's a tradition that started the year my parents bought a boat — even though we five adult children thought that money would have been better spent repairing the house that years of raising us had left in, well, a shambles.

But life works in mysterious ways and that old wood Chris Craft brought my parents a young woodworker who would ultimately help them restore their old house, letting everyone's dreams come true. When Dad died just five years after buying "Call me Ishmael," I was glad he and my mother had had those years on their boat. "Ishmael" had turned my father into a kind of commodore on the waterfront of the hometown he'd loved so much he only left it when the Army called and for a brief stint here in the Capital District.

His city changed for the better during his lifetime. When we were kids, our parents would drive us to the beach on hot summer days. Dad would look at COMMENTARY: Mom's **//**)órd



the grain elevators, oil tanks and rail lines that took up the land along Lake Champlain just at the foot of downtown's streets.

"Wouldn't it be great if the waterfront were more accessible to more people?" he asked more than once.

Driving cross-country during one college summer, we stopped in Madison, Wis., and I saw what he meant, at lakefronts where people picknicked, rode bikes, or strolled.

Around then, Burlington did named Ben and Jerry and their gourmet ice cream. Then a socialist mayor from New York City was elected, and the city started to go back to the people. In spite of some fuss from local remains, a reminder of where merchants, a downtown not yet dead because of the malls was cobblestoned and a lakefront where people could walk, bike, rollerblade and catch a trolley downtown started to take shape. Today, Bernie Sanders represents Vermont as its Independent Congressman; when we stroll the main drag, Church Street, we stop and look at the memorial block set into the pedestrian area that bears my father's name.

> When Chris began joining me on visits to my hometown, we started thinking about where we would live when we finished with The Big Apple, the best city in the world and the one where we'd met. Burlington had become too left-wing for us, as trust fund people, entrepreneurs and leftover hippies from all over the world joined the long-time generations that populated the

'Wake up," Chris said in the late 1980s as we ate on Church Street and watched fleets of grayhaired men with ponytails and women in long flowing skirts, all wearing Birkenstock sandals, go past. "We've got a century to finish here."

Well, five years into the new millennium and with two teen-age



The Waterfront Bike Path in Burlington, Vt., stretches along the shores of Lake Champlain.

attractive. In particular, the remembered. "You kids used to waterfront bike path — like the Capital District's Mohawk-Hudson Bike Path — is an amenity my father meant when he wished for greater usage of the waterfront.

In the past couple of years, I've fallen in love with my bicycle and my dream isn't of a boat, but of a cross-country bike ride. Two years ago, Christopher and I took the Champlain Bikeway — a network of signed roads that circles Lake Champlain — from Burlington to Orwell, Vt., in three days. It remains one of the memories I hug tight in my heart when the routine of everyday life feels like a trap.

During this past Fourth of July weekend, it was the man of my dreams who prompted a few bike along Burlington's rides waterfront path. The bike path extends seven miles in Burlington itself and another five beyond that literally into Lake Champlain.

I had walked part of the bike path with my mother on the beautiful October day last year that had marked the seventh anniversary of my father's death. We crossed the bridge built in 2004 where the Winooski River feeds into the lake and where Burlington borders the town of Colchester.

"Dad had a friend here, and we children, that city looks pretty used to come in the spring," she'd

be fascinated with all the frogs."

Just before the bridge was Charlie's Boat House, a place my aunt and her husband used to rent canoes for a day's respite. Caris and I stopped there for ice cream, waiting our turn as a man and his two daughters got life jackets, canoe paddles and a stern warning to leave the life jackets on or face a \$500 fine from the Coast Guard.

'Sit on the swing; look at the view," Charlie's daughter advised as we left. We did just that, admiring the blue of the lake and the blue of the Adirondacks beyond. It's little wonder that blue is the color my mother and I love best; on a summer day, the lake, sky and mountains present it in so many hues it's something you'd like to recreate every day.

After Chris and I gazed into the deep blue beyond, we headed out to the causeway.

At the turn of the last century, 41 miles of track crossed the lake, letting uninterrupted rail service stretch from the Great Lakes to New England. Today, a little more than 5 miles of abandoned rail bed stretches into the lake from Colchester towards South Hero. Bicyclists and pedestrians traverse the gravel-topped marble and rock bed that stretches toward Lake Champlain's Islands. The causeway ends at open water where a railroad bridge once

Rivers & Recreation

stood. This August, a Burlingtonbased organization called Local Motion will offer ferry service across "The Cut" on weekends; on a hot July day, about 20 of us gazed at sailboats and motor boats crossing where we could only, in the words of Martin Short's Jiminy Glick character, "peer and sigh and wish."

We turned around to pedal back to meet my mother and son, so that we could go swim in this lake so big that another friend and I refer to anything smaller as a

We watched the Fourth of July fireworks from Burlington's Community Boathouse, loving the pre-show spectacle of a bright orange sun setting over New York and families of ducks paddling

The Fourth of July is a time to think about this nation and all that it means to us. With so many troops away at war and the recent attacks in London, it's heartbreaking to think that there are people who won't be coming home again.

I always hear my father's voice as the fireworks culminate in a grand finale on the 4th. "Best ever! Best ever!" he would say every year. Let us all hope and wish and work for the time when we are all together again, gazing upward in awe of the best fireworks we'll ever see.



KLY WEAT

Chief Meteorologist Mike Bono



Albany Almanac

AVERAGE HIGH 83°	AVERAGE LOW 60°	
Day	High/Year	Low/Year
Wednesday, July 13	96°/1894	45°/1939
Thursday, July 14	99°/1995	49°/1940
Friday, July 15	96°/1997	44°/1950
Saturday, July 16	97°/1900	44°/1946
Sunday, July 17	99°/1900	45°/1974
Monday, July 18	100°/1953	46°/1939
Tuesday, July 19	97°/1904	47°/1875

Record high/low/year

ANNUAL PRECIPITATION

21.55 inches as of Friday, July 8th 1.9 inches above average

This week in weather

The "Dust Bowl" years of the 1930's contain many all-time heat records. Some July records in the 30s were: New Jersey, 110°; Pennsylvania, 111°; Michigan, 112°; Wisconsin, 114°; Indiana, 116°; Missouri, 118°; Iowa, 118°; Nebraska, 118°; Kansas, 121°

Day Sunrise Sunset Wednesday 5:29am 8:32pm 8:32pm Thursday 5:30am Friday 5:31am 8:31pm Saturday 5:32am 8:30pm 5:33am 8:30pm Sunday Monday 5:33am

5:34am

Tuesday

Moon Phases July 14 First

July 21 Full

Planets	When	Where
Jupiter	Evening	Bright, SW
Venus	Dusk	Low, WNW
Mercury	Dusk.	Low, WNW
Mars	Morning	Southeast

8:29pm 8:28pm Sacandaga Lake

North Creek Fort Edward Lake George 74° **Bolton Landing** 73°

Saratoga Lake

Jersey Shore

Cape Cod

Hudson Rivei

Day Wednesday Thursday Friday Saturday 75° Sunday 70° Monday 68°

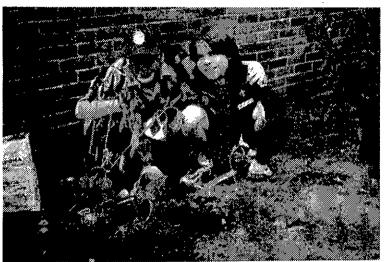
15 | 275 | 281 | 213 223 Levels as of July 8, 2005 STAGE LEVEL FLOOD STAGE

High Low 10:07am, 11:05pm 5:02am, 5:26pm 5:57am, 6:14pm 10:56am, 11:59pm 11:52am. 6:55am, 7:04pm 12:54am, 12:54pm 7:52am, 7:57pm 1:51am, 1:58pm 8:48am, 8:51pm 9:43am, 9:44pm 2:47am; 3:00pm

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Cubs Scouts from Pack 23, Den 11, have been taking part in a 'Cubs 'n' Community Project' at the Bethlehem Public Library. Left to right, Charlie Kalet, Nicholas Canovas, Andrew Napierski and Josh Perez, have been watering the plants, trees and shrubs on the library grounds under the direction of library board member Louise Cavanaugh. The Cub Scouts, working with master gardener and library employee Sue Black, have also planted a butterfly garden at the library.

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Networking offered at mixer on Hudson

The Bethlehem Chamber of Commerce invites anyone who's interested aboard the Dutch Apple Cruise for a networking mixer. The mixer is scheduled for Monday, July 18, from 6 to 8 p.m. Boarding will begin at 5:30 p.m.

Tickets are \$25 per person. The trip is a great way to thank employees, vendors and friends. Plenty of food and music will be

provided in a relaxed atmosphere along the Hudson River.

The mixer is co-hosted by the chamber, Capital Region Living Magazine and Selkirk Cogen.

It is open to all who want to come, though reservations are required. To reserve a spot, email either marybeth@capitalregionliving.com or liz@bethlehemchamber.com.

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All letters must include the writer's name, address and phone number.

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

For information on submitting a Point of View, contact Dev Tobin at 439-4949.

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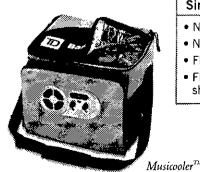
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\mathcal{M} atters of \mathcal{O} pinion

Uncharted waters

One of the school districts in our 11-paper coverage area has taken a serious plunge into as yet uncharted waters.

Scotia-Glenville school students in grades six through eight will have a "new" dress code at the beginning of the school year. Right or wrong, it's a gutsy move for a school board to take this kind of action.

For one thing, dog and eat collars will not be considered proper attire in the schools. This makes perfect

sense. Why should symbols of bondage be part of a school child's attire?

Editorial

Kids today have a lot of leeway already, and

drawing attention to themselves via their wardrobes sends out mixed messages to the school environment and the community at large. Eleven-, 12- and 13-year-olds are at an age where they are not prepared to make fashion statements that send mixed messages.

Many of the guidelines will apply to girls and will include pants that expose undergarments and blouses that expose bras.

Other dress no-nos apply to both sexes. A list of symbols including references to drugs, weapons, sexuality, obscenity, profanity and vulgarity will not be allowed, at least in Scotia-Glenville.

We believe the problems, in part, stem from mixed messages in the media and the clothing offerings for preteens and young teens. Clothes for the younger set are skimpy, leaving little to the imagination. These values—or lack thereof—are reinforced by the way teen idols dress.

At the middle school age, kids naturally want to look grown up and gravitate to what they think makes them look that way. They are however, unprepared for the way others may perceive their appearance.

We suspect, however, that teens do know certain clothing items are objectionable. Some school officials say a child may leave home wearing something perfectly appropriate for school, but change into something not appropriate, when they arrive at school.

Let's face it. Kids need parameters and guidelines. By law they are not able to drink alcohol or take drugs because these are dangerous and harmful substances. We adults are aware of the dangers and try to help our kids understand why they should stay away from these substances. They also need to use common sense as far as what is appropriate apparel in school. Simply put, sleazy clothes send a message that could get kids into serious trouble.

We applaud Scotia-Glenville for doing the right thing for our children.

Tips to stay safe in summer sun

By ERIN MULVEY

The writer is director of communications for the Skin Cancer Foundation.

Seventy percent of surveyed Americans are planning to go to the beach this summer. With the incidence of skin cancer continuing to rise and more than 90 percent of all skin cancers being caused by the sun, beach (and pool)-goers need to take sun protection more seriously than ever

"The intensity of sun exposure for beach- or pool-goers is certainly elevated. Water, sand and concrete reflect as much as 90 percent of the sun's rays," said Perry Robins, M.D., president of The Skin Cancer Foundation. "However, these activities can be enjoyed safely as long as people take some extra precautions."

The Skin Cancer Foundation recommends the following beach sun safety tips:

• Apply sunscreen first.

Use a generous amount (about the size of a golf ball) of water resistant sunscreen with a minimum SPF 15 all over before putting on your bathing suit. Not only will it protect the skin under the bathing suit, but you are less likely to miss spots and end up with a line of sunburn along the edges of your bathing suit.

Don't forget the tops of your feet! The sunscreen should be applied 20 minutes before heading outside and reapplied every 90 minutes or after swimming or sweating excessively.

• Cover up with clothing.

If you are not swimming, keep your head and skin covered with a tightly woven wide-brimmed hat, UV protective sunglasses and a beach cover-up. Tightly woven linen or cotton cover-ups with long sleeves and pants are best. Many beach shops carry options that will keep you protected and stylish. Brightly colored long

Point of View

sarongs are another good option for women.

Sit under an umbrella.

A beach umbrella will provide necessary shade. However, not all umbrellas are created equal. The most effective ones are made with a sun-protective fabric and will provide a minimum SPF 35. Look for brands, such as Rio, that carry The Skin Cancer Foundation Seal of Recommendation.

Watch the time.

We all know the sun is strongest between 10 a.m. and 4 p.m. Early birds should head to the beach by 8 or 9 a.m. and plan to leave by noon. Later risers should arrive after 3 p.m. and can stay as long as they like. If you do spend the entire day at the beach, then be sure to take period "shade breaks" when eating lunch or snacks.

- Avoid tanning parlors and artificial tanning devices.
- Keep newborns out of the sun. Sunscreens can be used on babies over the age of six months.
- Examine your skin from head to toe once every month.
- Have a professional

examination annually.

In case of sunburn

Even the most careful people can accidentally get burned. Sunburns are serious and should be avoided at all costs. Not only can they significantly increase your chances of getting skin cancer, but severe burns can make you ill. For severe burns you should see your doctor. For milder burns, there are some steps you can take to relieve the discomfort.

- Drink water, juice or sports drinks to replace body fluids, especially if you are not urinating regularly.
- Take acetaminophen if you have a headache, slight fever or chills.
- Take a cool bath in tepid water to soothe and cool the skin.
- Gently apply a light moisturizer to skin.
- Avoid going out in the sun until the burn fades.

Above all, the next time you are in the sun, be more careful!

Winter protection

It may be beach weather now, but cooling weather is no reason to skimp on sun protection. When you're on snow or ice, your face and eyes are at almost twice the risk of UV damage because of reflected glare. Continue with summer's protective measures on skin that is exposed!

Not-so-fun sun facts

- The sun's harmful ultraviolet (UV) radiation can penetrate many types of clothes.
- It can also go through automobile and residential windows.
- It can damage your eyes, contributing to cataracts, macular degeneration, and eyelid cancers.

For additional information about preventing skin cancer, visit www.skincancer.org or call 1-800-SKIN-490.

The Skin Cancer Foundation is the only national and international organization concerned exclusively with the world's most common malignancy: cancer of the skin. The mission of this nonprofit organization is to increase public and professional awareness about the prevention, detection, and treatment of skin cancer.

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Spotlight Newspapers also welcomes longer opinion pieces for the Point of View section. Generally, Point of View columns are 1,200 words.

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pinion ///atters

Voorheesville teacher deserves due process

Editor, The Spotlight:

Due process, which includes timeliness, is at the foundation of our legal system.

Bob Crandall, a 25-plus-year teacher and coach with the Voorheesville school district, is not being provided that basic right.

During the 2003-04 school year it was alleged that Mr. Crandall spoke inappropriately to a student, at which time Mr. Crandall was suspended with pay pending a resolution or hearing.

During the summer that followed, a group of parents met with the administration and inquired about the process and when a resolution could be expected.

The parents were told that a hearing would be scheduled, but that summer was a "slow time" and a hearing would probably commence in the early fall.

The first semester of school and soccer season came and went – no hearing — and at a winter school board meeting, parents were told again that the process took time and the hearings would take place in early spring.

Still no hearings, and now we are told that they will take place over the summer (the slow time).

The 2004-05 school year is over, and we're told the final decision will most likely not be rendered until the 2005-06 school

During this time the school district is paying two teachers for one position as well as legal fees

for this drawn out process. We will soon be in the third school year without a resolution.

How unfair to Bob Crandall. whose life hangs in limbo, to the students who wonder who their teacher and coach will be, to the taxpavers and to other faculty members who must wonder how a long-term teacher can be left waiting for an unreasonable length of time with no indication of an outcome.

What are we teaching our children about due process and fairness?

One way or another, this untenable situation must come to a conclusion and not be forced upon the new administration.

Ieff Bryant, Diane Bode. Frank Bode, Mary Catellier, Nancy DiBlasi, Rick DiBlasi. Darrell Duncan, Karen Duncan, Carey Hatch, Mary Ann Jones, Tom Jones, Jeff Klembczyk, . Esther Klopfer, George Klopfer and Roz Robinson

Library music concert was great

Editor, The Spotlight:

Our community received a wonderful gift recently in the form of a program at Bethlehem Public Library.

With Sonny Daye at the piano and his vocalist, Perley, the music of Irving Berlin, the Gershwins, Rogers and Hart, Cole Porter, Jerome Kern and others was presented in first class order.

Vocalist Perley shared stories about the songs and songwriters with warmth and accuracy.

Sonny, at the piano, rendered. of the composer. Together, there was synergy.

Meryl Norek, adult services code. librarian, is to be commended for putting this fine program together. And I hope she will bring them back.

Music, which has endured beyond its origins, usually has a place in many hearts and is timeless.

And speaking as a community health nurse, it was therapeutic! Maureen Coolev

Delmar

Town needs to slow down on zoning plan

Editor, The Spotlight:

At the beginning of the public hearing for the draft zoning and subdivision regulations on June 22, George Leveille talked about making significant changes to the draft zoning code.

Those in attendance were each allowed three minutes to speak, and the public hearing was to be continued on July 27.

As of the date of this writing of this letter no revised code has been made available to the public, and the continuation of the public hearing has been moved up to July 20.

Even if the document is each tune true to the intentions available soon, at best it would allow for nine days to analyze in excess of 150 pages of detailed

This is even less time than was

given for the first release.

Zoning will affect all residents and businesses in town for many years to come.

It will be the laws of this town in regard to what you can and can't do with private property.

The lack of time available to review this zoning and allow for adequate public input is a disservice to the community.

There seems to be a big rush to push this zoning through. What is the hurry?

Why is the public being restrained in its analysis and comments on the code?

Shouldn't we take the time to do this right or is the point to just get it done, no matter what rules it imposes on the people?

> James Bohl Selkirk



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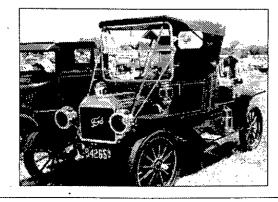
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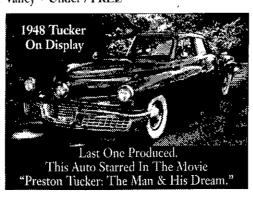




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Hour Opinion Matters

Resident shares landowners' concerns After graduation party deserves high praise that land. I don't pay the taxes on and has excoriated them for doing

Editor, The Spotlight:

I am writing to say that I share the concerns of the rural land owners, especially with regard to the inconsistencies found between the proposed comprehensive plan and the proposed zoning law, and I agree that more time should be given to the public for review of the zoning changes.

I also share the concern that the CACC might be restructured as a permanent advisory council. The suggested responsibilities of the proposed advisory committee are very broad. What would be the limit of the council's scope?

No matter how good the intentions are now, a council with statutory powers has the potential to become a power base of special interests, serving its own agenda.

Like many others who live on small lots in town, I value the beauty and character of our rural areas. But, at the end of the day I remind myself that I don't own it: I don't farm it; I don't count on what we all have a right to do. it for my financial security.

open spaces from the comfort of their cars should also appreciate the landowners.

They need to understand that maintaining and managing land, especially land in agriculture, is a 24-7 job and that success depends on the protection of their resources.

How many of us townies would or could run a farm?

I live on one-fifth of an acre which used to be part of an open field in Elsmere. My land management only involves deciding which day to mow the lawn. My animal husbandry involves scooping the kitty litter.

I am upset that some people are accusing the rural landowners of trying to "torpedo" the plan. Bethlehem Tomorrow has called them "property rights advocates"

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Ages 10-17

The landowners are looking The people who appreciate the out for their own properties, their inheritances, their investments.

> We all have that right, indeed that responsibility, to protect our property interests.

> Are the rights of the "majority." as Bethlehem Tomorrow calls the supporters of the plan, to drive to the countryside and enjoy the views greater than the rights of the landowners who own those views? Sadly, some people think

> We need to be reminded that a democracy is not simply the imposition of the special interests of the majority on the minority, and that the act of speaking out against sections of the plan that some perceive as harmful to their own interests is not an act of sabotage.

> The June 22 town board's hearing does not have to be the end of the discussion unless feelings become so acrimonious that an unbreachable wall of distrust and accusation is built.

Let's not allow that to happen.

I think there is much to praise in this plan, and I thank the town, the BPAC, and Saratoga Associates for doing a very thorough job.

> Jean Nagel Delmar

Editor, The Spotlight:

opportunity to commend the organizers of the after graduation celebration held at the high school!

As a parent of a junior, I was asked to volunteer to work half of the all night event. (I understand that senior parents primarily organize and set up the party and junior parents work the evening.) was a bit reluctant at first, not being a night owl, and left the event in awe of the effort put forth for the graduating class.

The students arrived by midnight and stayed until 5 a.m. The decorating committee did a magnificent job with the prehistoric theme — a 15-foot (handmade) T-Rex greeted the grads in the main hall, which was adorned with palm trees, dino eggs, smoky atmosphere and music that included prehistoric sounds.

The cafeteria was unrecognizable as it was also camouflaged in dino stuff, all of which look like professionals were hired to come in to transform a typical cafeteria into a magical prehistoric world.

The gym held carnival games, a bungee/bouncy bounce, a dance machine and other professional games. In the cafeteria was a DJ, a constant stream of food, and poker tables that were always busy (parents ran the all of the games).

There was also karaoke in the auditorium. It didn't end there past the cafeteria, the "student lobby" was lined with large photos of the grads from their early years right up to the present. There was also a professional photographer providing picture magnet souvenirs of the evening/ morning; a mini theater (benches set up so students could watch a large TV that displayed DVDs of plays the grads had participated in since elementary school); and bingo tables. Every game and event was designed so the grads could easily "win" tickets, which they then put into buckets set up for the numerous prizes to be drawn for at the end of the party.

The prizes varied from small I would like to take this items to large cash prizes and were obviously a tremendous effort to coordinate. The community provided wonderful support for this event by contributing prizes (there is a rumor that the senior parents were very generous in contributing toward the cash prizes). No one left empty handed as each senior was given a goody bag as they left. It was a huge success and the organizers should be proud.

> There is one more important group who deserve a very honorable mention — the graduates themselves. Not only for completing their educations, but for being so well behaved at this event. The turnout was huge, no doubt most of the graduating class attended, and there was a report that no problems were encountered. This was largely due to good planning and security provided by the adults involved, however, we must credit the grads themselves who made the decision to have a night of good, clean fun.

The parents and the other volunteers who made this party possible gave a wonderful gift to the graduates. These young people were able to celebrate with each other one last time in a safe and positive environment. I was happy to be a very small part of it and look forward to participating next year — when I will be a senior parent, asleep, as my graduate enjoys herself at the 2006 Senior Party.

Congratulations class of 2005 and to the organizers and participants of the after graduation celebration!

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Teri Spina Delmar

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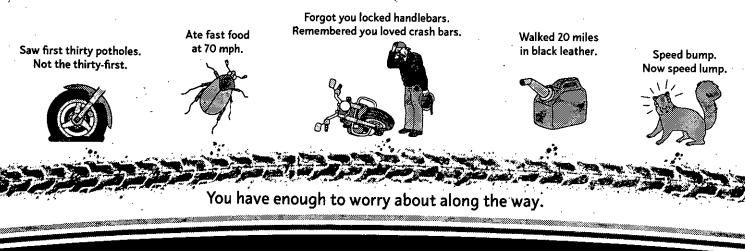
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BC board elects officers, reviews construction

By JAMES CUOZZO

Keeping capital construction costs in line will be a top priority for newly elected Bethlehem School District President Richard

Svenson replaces Robin Storey who served as president of the Bethlehem School Board for two years. Stuart Lyman was elected vice-president at the July organizational meeting.

Svenson said it is a special honor and privilege to serve as president.

"I look forward to a rather challenging year on the board with a lot of new capital construction plus trying to watch the budget."

Svenson said one of his goals is to continuously improve on the standards of success in the district.

"I want to make sure the district continues on that mission to do the best for students as well as bringing in a good budget that is supported by the community," Svenson said.

Svenson has been elected to serve a one-year term that ends next June. He is beginning his eighth year as a member of the school board.

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gravess@spotlightnews.com.

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Svenson recognized Robin Loomis sees the bid results as a relationships are among the Storey for her efforts serving two years as vice president followed by two years as president of the board.

"Robin has spent an incredible amount of time not only as board president but also at major functions. I am glad I have Robin and two other past board presidents to keep me in line along with Stuart Lyman as vicepresident" said Svenson.

Rudley G. Lewis, senior project manager for Sano Rubin Construction presented the board with an update on the multiconstruction project. The work rating for several years. Shea said

"Robin has spent an incredible amount of time not only as board president but also at major functions. I am glad I have Robin and two other past board presidents to keep me in line along with Stuart Lyman as vicepresident."

Richard Svenson

includes building a field house, an e-wing and tearing down a bridge. Ridley said 32 bids were received and 7 contracts awarded totaling \$16.4 million dollars, under the project budget of \$16.9 million.

"Overall, the project is in good standing as well as the overall bonds in good standing, and we are quite happy with the results" Lewis said.

Superintendent of Schools Les

good sign.

"It is clear to me that Sano Rubin put in a tremendous amount of time, energy and forethought into this process" said Loomis. Finance Director Steven O' Shea presented the board with good news on the financial front. Moody's Investors gave the district another A1 bond rating. Shea said the rating is very important when going out to bond on a major project such as the middle school and high school construction projects.

Bethlehem Central School million dollar middle school District has received the A1 bond

this pattern of financial 'consistency is a real compliment to the school board and to the district."

Roberta Rice, Bethlehem Central Teachers Association president was recognized for her 13 years of

service. The School Board presented Rice with a proclamation and a plaque for her efforts. The proclamation states that Rice has shown commitment and compassion toward her students as a science teacher.

Rice said she values all the relationships with the different school boards over the last 13 years. "In my 13 years as president of the BCTA I have gotten to know a lot of districts and I realize how important the

school districts, the faculty and the superintendent to the success of the district. We haven't always agreed on the steps to take but we've all agreed on the same vision and that is a better education for our kids, and I think we have done a great job." said

Rice also took time to compliment the school board for hiring Les Loomis 18 years ago as superintendent.

Several appointments were approved by the board including the hiring of Thomas Cook as director of Child Nutrition Programs. Cook will begin his duties at the end of July at an annual salary of \$60,000. Cook replaces Julia Williams who

Loomis received a one-year extension of his contract by the board. His new contract runs through June 30 of 2008.

A lengthy debate on how to proceed with the appointment of a new state mandated school audit committee was discussed and finally tabled by the board.

The School Board Policy Committee will review the new guidelines of the Audit Committee before naming members at the next meeting in August.

Jim Dering, elected by voters in May signed the oath of office beginning his official duties as the newest member of the school board.

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Teacher moves to new administrative position, thanks to restructuring

By LIBBY SCHIRMER

The Ravena-Coeymans-Selkirk Central School District has filled a new principal's position that was created when the state determined that the fifth grade is considered a mid-level grade.

Claudia Verga, a Delmar resident who has taught kindergarten, fourth and sixth grades, officially began her tenure as principal Friday, July 1 and will bridge the gap between fifth graders - who are in the elementary schools - and sixth graders, who are in the middle schools.

"It's an interesting concept, certainly a different concept," Verga said. "But anyone who knows me, knows I take the journeys uncharted. The challenges are going to be part of the excitement. Bridging the gap between the fifth and sixth grades. certainly makes sense."

Verga, who called her newest position "a principal without a building," was most recently a teacher with A.W. Becker's program for gifted and talented students, called REACH. Last semester, Verga received a grant sponsored by the Bethlehem Garden Club to renovate and finish her school's 9/11 memorial garden. She successfully showed how the project would translate into a science and environmental curriculum for the elementary students.

Verga said she will take what she expects to miss the most, to make the most of her new

position.

"The relationship as a teacher vou have with the kids is different than that of administrator," she

administration certification several years ago, said she'd known she wanted to take steps said. "I'll miss the day-to-day toward working in admincontact with the children. The istration, but was never quite



Claudia Verga began her new position as fifth- and sixth-grade principal July 1.

sense of excitement in creating that enthusiasm in the kids and working with teachers on the curriculum was always an exciting process. But now, I look forward to working with the teachers in a way that helps bring out their best talents."

Communications Coordinator Mike McCagg said, while not entirely unheard of, it's fairly unusual for teachers to move up to principal positions.

ready for such a change.

The fact that she'll be making the transition in a familiar setting with familiar people possibly clinched the deal for her.

"I'm not sure I would've made the decision, otherwise," Verga

The district filled its two most recent principal positions by hiring people who previously worked outside the district.

Ralph Lyons, though he

Verga, who received her served time as an RCS interim principal, came from the in the Canadian school system Guilderland School District, High school Principal Hakim Jones had been assistant principal at Hudson Middle School.

"We look to promote from within wherever we can.' McCagg said.

RCS held a two-month application process before deciding on Verga.

McCagg said the new position could mean Verga traveling between the one middle and two elementary schools.

"In an effort to make sure the grades are consistent in their curriculums," McCagg said, "without actually having to make the students move, we'll have a principal overseeing grades five and six and one overseeing grades seven and eight."

McCagg said the new position could mean Verga will be traveling between the one middle and two elementary schools.

Verga is a Montreal, Quebec native who has been teaching since 1974.

She began her teaching career before coming to RCS in 1994.

Between those positions. Verga taught in Greene County in the Windham-Ashland-Jewett school system.

Verga holds an undergraduate degree from Concordia College in Canada and earned a master's degree and administrative credentials from the University at Albany.

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Cellentani said, out of the large brick building that used to house the 385-megawatt Albany Steam Station. Four smoke stacks that sit atop that building's roof will be taken down within 60 days, Cellentani said. On the day of the tours, a rig was set up along Main

Street and atop the roof, signifying the stacks' last days.

A staff of five mans the control room, 24 hours a day, every day, monitoring a series of flat-screen computers and their data.

The switch grid is right on site and sends "power out to the world," Cellentani said.

"The wholesale market was

is also deregulated," Cellentani said. "We sell power like coffee or beans. It's a commodity, no longer a service.'

William Flynn, chairman of the state Public Service Commission. worked on the project that he called unique, but also shares a more personal relationship with the facility.

"I live right up the road. This

said. "I haven't heard any complaints."

Flynn made note of the cars in the parking lot, proof of jobs created by the project.

"There are a lot of people responsible for this result," Flynn

Beyond the facility's impact on the environment, local economy and energy production, Flynn

deregulated and the retail market plant is in my backyard," Flynn said he was impressed with the facility's promise of being neighborly.

> Frank Cassidy, PSEG Power president and chief operating officer, announced a \$250,000 grant that will be made by the company to the Capital District YMCA, which will benefit the Bethlehem-area YMCA.

The grant will be spread out over a four-year span, to be completed in 2008, Cassidy said.



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School security measures get mixed support from experts

By MARY LANNON

With school shootings, sex offernders, and terrorist attacks now almost commonplace reports on the nightly news, many schools around the region have addressed or are addressing school security issues.

Recently, in Guilderland, a school security subcommittee recommended monitors as well as a lock and buzzer system at the elementary schools similar to

Zoning

(From Page 1)

As of last Friday, town officials were working to publish a 12- to 13-page summary of important changes to the proposed zoning code. The June 22 hearing was adjourned to give residents time to assess town staff's changes to the code that were announced that night.

The summary will include references to the pages in the proposed code, so residents who want to cross-reference can do so, Egan said.

The summary will be available on the town's Web site, at www.townofbethlehem.org; on CD at town hall for home viewing; and in the public libraries around the area.

The changes were expected, Egan said.

"The meat of it is details, making sure it's consistent with the comprehensive plan," Egan said. "A majority of it is refinements."

The portion of the hearing that addressed the comprehensive plan was closed that night.

The town has worked to address issues of buffering, as well, in the days following the June 22 public hearing.

"We want to make sure we have appropriate buffers between certain zones, between residential and rural," Egan said, noting different lifestyles with regard to noise and smell, "and between residential and heavy industrial. Not so much between light industrial and heavy industrial."

Egan also noted the staff's goal to recognize that the town's suburban and rural zones are different.

"We heard it echoed with the speakers, as well," Egan said. "That, if you own 120 acres, disturbing a quarter-acre is different than when you own three-quarters of an acre and disturb a quarter of it.'

A presentation by town staff is expected tonight, July 13, at the town board meeting regarding the overall progress of the updates.

Next week will see the continuation of the public hearing on both the zoning regulations and the draft generic environmental impact statement.

The public comment period on the DGEIS will end Aug. 1, with the final form scheduled for presentation to the town on Aug.

A notice of completion on the final GEIS could be filed by the town board at its Aug. 10 meeting.

The comprehensive plan and zoning law and subdivision regulations are scheduled for adoption at the Aug. 24 town board meeting.

those in place at North Greenbush and South Colonie elementary schools. The proposal to lock down the schools caused the most controversy among parents and board members. But the subcommittee's report shows that security school security options.

According to the subcommittee's report, two of the 11 expert resources consulted called for the buzzer and lock down system. New York State Trooper and school security expert George security audit of the schools, and the for-profit consulting firm, National School Safety and measure.

school resource officer and Guilderland policeman, Brian York State United Teachers. Forte called the combination of monitors and the lock and buzzer system, a "perfect" solution.

Those organizations that the experts split among the various committee consulted, which did not specifically call for a lock and buzzer system, included the National Crime Prevention Council (a nonprofit organization), the National PTA (a nonprofit), the National Institute of Justice (an agency of the U.S. Department of Murphy, who did a walk-through, Justice), the National School Safety Center (a nonprofit), the Northwest Regional Educational Laboratory (a nonprofit funded by Security Services supported that the U.S. Department of Education), the U.S. Department

Homeland Security, and the New

Subcommittee co-chairman Frank Falvo said that not all experts are equal and that the committee did find itself deliberating among the pieces of advice given.

"I think the number of agencies (supporting an idea) is not always indicative," Falvo said.

For example, the first-hand expertise of trooper Murphy who actually visited all the schools carried more weight with subcommittee members, he said, than some of the written material reviewed. In addition, many organizations supported a secure one-entry system and the

In addition, at the meeting of Education, the state Office of lock and buzzer system seemed to committee members the best way to accomplish that goal.

> The locked doors are part of a larger security picture," Falvo said.

According to the report, the requirement for schools to have a single point of entry has widespread support. The National School Safety Center, the Northwest Regional Educational Laboratory, the National Institute of Justice, trooper Murphy, the National Crime Prevention Council, the National PTA, the U.S. Department of Education, NYSUT and the National School Safety and Security Services all support either that control or an even more intense design of the school that provides the main office with great surveillance capabilities.



Nursing

(From Page 1)

Michael Breslin, D-Delmar.

A dual-county facility is what Breslin and Susan Savage, D-Niskayuna, chair of the Schenectady County Legislature, are exploring. A regional nursing home would set a precedent for municipal health care in the state, Savage said, if it were approved by the state Department of Health.

"We have a unique opportunity because we are so close together, to offer a regional care facility," Savage said. "Everyone's talking about planning in a regional context, and this is a great chance for us to set an example. We're excited about taking that first step."

In 2003 and 2004, Albany County paid between \$13 and \$14 million toward its nursing homes. The county has budgeted \$10.5 million for the nursing homes in 2005, which could go up, said county spokeswoman Kerri Battle.

"At one point, the nursing homes used to be self-sufficient," Battle said. "The cost of running them has increased so much, the Medicaid reimbursement rate has not kept pace with the county."

Meanwhile, the two nursing homes in Albany County, the Ann Lee Home built in 1929 and the Albany County Nursing Home,

at about a 90 percent capacity, combined.

Schenectady County stands to contribute \$7.5 million in 2005 to subsidize the Glendale Home in Glenville, but if the DOH signs off on a joint venture, that county could see a an updated reimbursement nearly immediately. Medicaid reimbursement rates hinge on when the facility was built or the year when the facility underwent a major renovation. For both counties, that happened in 1983.

"According to our own estimates, we would save \$3 million right off the bat in Schenectady County," Savage said, should a recalculation take

Savage estimated that Albany County would save twice that.

Savage said the Glendale Home has seen a decline in beds since 1997, from more than 500 to 380.

Both Breslin and Savage agree that an influx of privately run nursing homes could be part of the reason for the county homes' decline in usage. Savage said some people are staying in their own homes longer. Also, she said,

elderly populations in a while, which could explain why Glendale's population is down. But the counties are wary of the Baby Boomer generation, which will account for a large nursing home age population in about 15 years, Savage said.

"The occupancy in both (Albany County) facilities is going down, demonstrating that our inability to fill each home" is an issue that affects the services provided, Breslin said. If the facilities were operating at full capacity, the burden on taxpayers would be reduced while patients would stand to get optimum care, he said.

Albany County already had filed a certificate of need with the DOH for a new county facility in Heritage Park. That proposal has already been altered from 595 beds to 475 beds.

The certificate of need, Breslin said, mandates the DOH to conduct efficiency studies, making sure a facility has just enough beds to run at the best capacity and not waste resources.

If the joint county venture were approved by the DOH, each

which dates to 1973, are operating the Depression Era-generation county would run its respective accounts for one of the smallest facility, while a new joint facility is built.

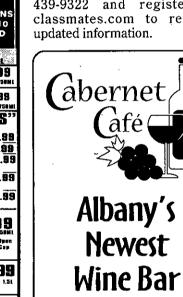
> '(The new facility) would be built either in Albany or Schenectady county," Savage said. "The Heritage Park site is a good site, but Albany County is also open to a site in Schenectady County."

> Savage said the proposal came up when, knowing Albany County was already in the process of establishing a newer facility, she approached Albany County leaders for guidance.

> 'It makes sense that it should be done," said Breslin's Director of Operations Mike Perrin. "It goes right in line with the direction we're headed in."

BC Class of 1985 reunion set for Aug.

The Bethlehem Central High School Class of 1985 will be holding its 20th reunion at the Normanside Country Club on Saturday, Aug, 13 from 7 to 11 p.m. Please forward current mailing addresses and e-mail addresses of any graduates to Joan Peyrebrune Walters at <u>jwalters@nycap.rr.com</u> or call 439-9322 and register at classmates.com to receive



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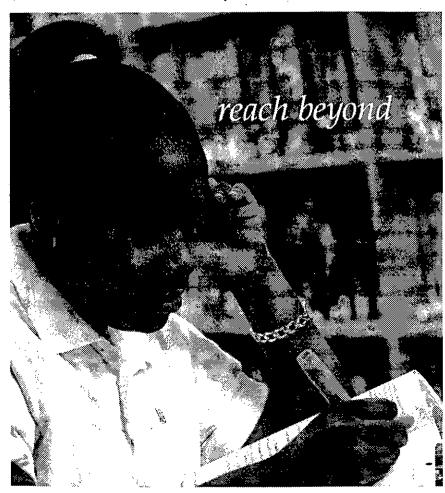
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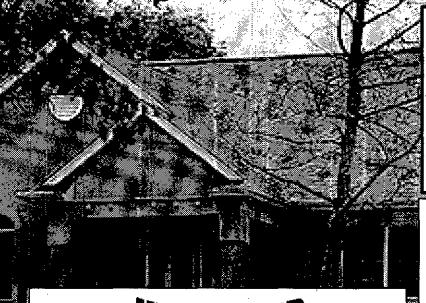
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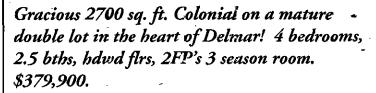
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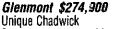
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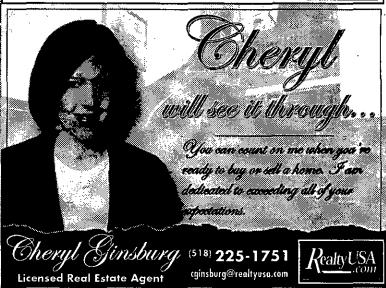
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Journey on a labyrinth is a special quest

sight, but each journey on the labyrinth is a unique quest.

For many, it is a meditative prayer. It is a time set apart from the busy-ness of life to ponder the meanings of spirituality in an individual life.

based on the mosaic in the Chartres Cathedral in France. This is thought to have been a substitute pilgrimage path for those unable to undergo the rigors of a journey to a more distant shrine.

A labyrinth is not a maze or a puzzle. Walkers are not lost or led astray while using a labyrinth. There is a clearly a marked path to a center or goal.: one was in and the same way out. Allthough the path is twisted, it is definite and distinct.

All ages and all faiths walk the labyrinth. Some move carefully and deliberately, while others skip joyfully. It is usually done in silence, altohugh background music and personal votive candles are frequently an aid to meditation.

To be most effective, the walk should have a purppose. Most people bring a question or a topic to the labyrinth. Sometimes a brief prayer is said before entering the sacred path.

Some people find it helpful to pause at various places in the labyrinth to reflect on the thoughts they have. It is customary to use the center point of the labyrinth as a fulcrum of the journey, the way out may be used to plan implementations for the answers received, or further issues may be explored.

The physical activity of walking a deliberate path combined with the spiritual quest for answers maximize a left-brain, right-brain

There are many labyrinths in the Capital District. Some are public, some are private: A labyrinth can bbe indoorsor outdoors, it can be a printed path, a carpeted plot, a peattern in

The path is clear, the goal is in mosiac or a plant and ston design.

> EAch one will have a specifientry point, a clearly marked pat and a center goal or place c respite.

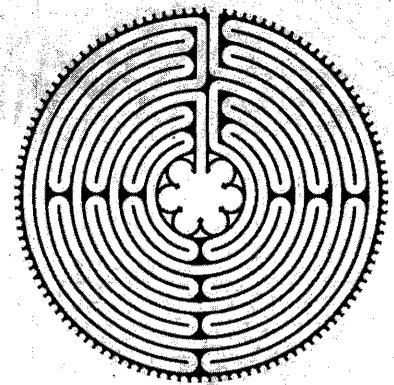
For those unable to walk labyrinth, three-dimensioal hand One model of the labyrinth is labyrinths are available from many sources. These range from four inch hand models traced wit a stylus to three flat woode. versions set on a table and tracewith a finger.

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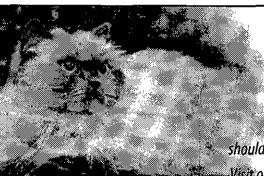
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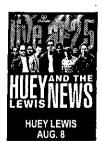














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Capital Region rich with places for families to go hiking

By KATHERINE McCARTHY

Get up and get up – there are enough hills and mountains around to spend time together hiking as a family.

Sometimes the hard part is finding a place that suits the family's interests and abilities, but there are plenty of sources to get you off on the right track literally.

last year and the 2.75 million acreplus Adirondack Park is full of trails to suit everybody's skill

level. Local nature centers will books about hiking out there." also give you a quick and easy respite from the fatigue of every day life.

The best place to start looking for hikes is at the bookstore or library, which offer limitless supplies of hiking guidebooks.

"There are a lot of different sources for finding hikes," said Phil Brown, editor of Adirondack Explorer and author of Longstreet Highroad Guide to the New York The Catskill Park turned 100 Adirondacks, which describes several hikes. "Our paper publishes a lot of articles about hiking, and there are plenty of

One of the most popular hiking series is the Adirondack Mountain Club's Guide to Adirondack Trails, which is divided into eight sections, including the Catskills.

Any guidebook gives a thorough description of the trail and its distance, leaving the reader to match individual fitness levels to the hikes.

"I generally figure I can go about a mile and a half in an hour," Brown said. "If you're a beginning hiker, it might be as much as more than two miles per hour."

Jessica Loy is the author of Follow the Trail, A Young Person's Guide to the Outdoors, a regular hiker who last summer spent four days backpacking across New Hampshire's Presidential Range, some of the highest peaks in the Northeast.

"There are great organizations out there that know their areas well and rate hikes by ability," Loy said, naming the Adirondack Mountain Club and the Appalachian Mountain Club as

three miles an hour. Don't plan on two. "They offer great maps and information about what to expect."

> Loy also recommended checking with local nature preserves and state parks, which are staffed by people familiar with

"It's an adventure, and it's great family time. It becomes interactive. and you can take the time to stop a lot and look at bugs and salamanders, and relax."

Jessica Lov

the great outdoors.

Brown and Loy concurred that what to bring depends on where you'll be hiking, and in what sort of weather. One thing that always goes along is water, especially if you're hiking with children.

Snacks provide a distraction and a motivation," Loy said. "You can tell yourself or the kids, 'make it to the pond and you can have some chocolate."

"If you're going into isolated wilderness, bring extra clothing," Brown said. "If you're going to a high summit, bring waterproof gear and a fleece."

"In the mountains, weather can change quickly," Loy said, who watched lightning fly around her and her fellow hikers on Mt. Washington, N.H. "If you're going to be gone more than an hour, bring rain gear and a sweater, especially in a wilderness area."

It's also a good idea to have matches, a compass, a First Aid kit, and a whistle.

"I don't mean to scare people off," Loy said, "but the more prepared I am, the less scary it

The rewards are well worth it, both authors Brown likes being solo in the wilderness.

"I like the exercise, and getting into the woods," he said.

"It's an adventure, and it's great family time," Loy said. "It becomes interactive, and you can take the time to stop a lot and look at bugs and salamanders, and relax."

Brown listed hikes that are popular and easily accessible from the Capital District. One is Bald Mountain in the Old Forge

"There's no solitude, but great views," he said. "There's a bald ridge, and a fire tower."

Hadley Mountain also has a fire tower, and open views in three directions. It's about 8 miles away from the village of Lake Luzerne, and 1.8 miles to the summit at 2,675 feet.

The rocky, open summit is a great place to picnic and drink in the majesty of the southern Adirondacks.



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Lake George Opera season sweet, but short

By ARTHUR LENNIG

Lake George Opera presented two productions this summer at the SPA Little Theater at Saratoga.

One was Gilbert and Sullivan's The Mikado and the other Rossini's An Italian Girl in Algiers.

There can be no better way to enjoy opera. Each work is shown in the way it was intended, not in an immense theater where the stage from the cheaper seats is the size of a postage stamp, but in a small house with excellent acoustics.

The Mikado and An Italian Girl in Algiers are fun works marvelous summer fare—and easily enjoyable by even those who might not feel that opera is their dish of tea.

The settings are handsome, the costumes lavish, the staging well done, and the acting neither wooden nor overdone.

Most important of all, of course, is the music. And here the Lake George Opera should be proud of itself. The voices of the principal singers are uniformly excellent and the orchestra and

is perhaps as good as musical theater can be.

The Mikado in America is seldom performed by top notch groups, but often relegated to schools or semiprofessionals.

Here we have the rare opportunity to witness a superb performance.

Gilbert's script has his usual wit-his gift of the English language unsurpassed—but he goes beyond mere cleverness and offers some sensitive moments.

Sullivan's music at times parodies grand opera—especially Verdi-but also offers some serious and original lyric interludes that have immediate appeal.

Rossini's The Italian Girl in Algiers (1831) is not as famous as his later The Barber of Seville, (which next year will be among the group's offerings), but it too has the composer's bracing rhythms, engaging tunes, and incessant dramatic immediacy.

To some who might only know Rossini through his rollicking overtures, such as the one from William Tell made so famous

chorus equally fine. In short, this years ago as the theme for the polations of topical references, Lone Ranger—his many operas seldom have any dead spots but in their forward rhythmic thrust are always engaging.

Above the stage on a screen

The only drawback to both productions is a tendency to cater to the groundlings by camping up scenes with intrusive inter-polations of topical references, such as mentioning in The Mikado Hillary Clinton, Niskayuna. and the CDTA.

The Mikado, although most of the audiences. words were perfectly clear.

They were far more useful for An Italian Girl from Algiers, which was sung in Italian.

The only drawback to both productions is a tendency to cater to the groundlings by camping up scenes with intrusive inter-

such as mentioning in The Mikado Hillary Clinton, Niskayuna, and the CDTA. These interfere with the spirit of this work written in 1885 and spoil the suspension of

Algiers which undercuts its 1831 time frame by having some of the cast dispense with their Turkish costumes to reveal fashions that seemingly stem from about 1940.

The worst example of this attempt to update the material is the momentary lapse of presenting the male chorus wearing Charlie Chaplin costumes in the last act, an unnecessary "improvement" which confuses

are the lyrics of the numbers in even the most forgiving of

And whoever thought of using strobe lights-which at first appeared like an electrical errorshould be compelled to drink of gallon of the sulfur water offered at a nearby fountain. Except for disbelief. The same error the second soprano who occurs in An Italian in occasionally screeches her higher notes, the singing is superb.

> Particularly good was Lindoro, sung by tenor Brian Downen, whose open, clear voice garnered, deservedly, the most applause.

Unfortunately, the Lake George Opera's season is short the season has now ended. The next program will be a fall concert to be held on Nov. 6, at 3 p.m.

The show will consist of selections ranging from Johann Strauss to Richard Rogers. In the summer of 2006, the offerings will be the premiere of a new work, Our Town, The Barber of Seville. and I Pagliacci. By all means, put it on your schedule.

Got sports news?

Spotligh Newspapers welcomes articles on community sports events and updates on athletes in college.

Fax information to 439-0609 or e-mail Sports Editor Rob Jonas at jonasr@spotlightnews.com.



Cool ideas for saving energy this summer



Electricity demand in New York State continues to grow. Once again this summer, when hot weather places even greater demand on New York's electric grid, supplies may be tight, especially in New York City and Long Island. Statewide, the New York Independent System Operator (ISO) forecasts that we should have enough electricity to meet demand. It projects that New York's 2005 peak demand will be 31,962 Megawatts (MW), 162 MW higher than last summer. Add to that number 5,753 MW of reserve power, and the total need is 37,715 MW.

In the past few years, new generating plants have come on line, improvements to older plants have been made and demand reduction programs are helping meet the need. But if we have a prolonged heat wave, the margin between peak demand and available supply may tighten.

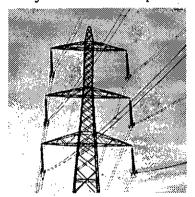
What to expect

This summer, you may be asked to help ensure the reliability and availability of electricity by conserving energy. Your efforts can make a big contribution to the plans of utilities and large-use customers that go into effect during a heat wave. If everyone reduces the amount of electricity they use just a little, it can make a big difference.

Adequate supply and reliability

On an extremely hot day, New York's electric utilities may take steps to maintain system reliability. Utilities may:

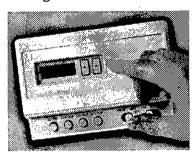
- Issue public appeals to residential customers on the radio and TV.
- Ask large customers to reduce their consumption.
- Ask customers to voluntarily reduce consumption.



What you should do

By using electricity wisely, you can conserve energy, ensure an adequate supply for everyone, and lower your bills.

- Use major appliances early or late in the day.
- Turn off your air conditioner when you leave home, set the thermostat at 78 degrees or run it on low.



- Use an electric fan to bring in cool air from outside during morning or evening.
- Close curtains or blinds during the day to block out heat from the sunlight.
- Shop for the ENERGY STAR® symbol for energy efficiency when you're in the market for a new air conditioner or major appliances.

Protect your appliances

Using dedicated surge protectors can help protect your appliances from power surges. In the event of a power outage or voltage reduction:

- Disconnect your personal computer, VCR, DVD, TV, microwave and stereo.
- Turn off other appliances that were on to prevent blowing fuses or tripping circuit breakers when power is restored.

Protect yourself

To protect your health and safety when your electricity goes out:

- Check to see if your neighbors have power.
- Notify your utility of the outage.
- Keep a batterypowered radio, flashlight and batteries on hand.
- Have at least one phone in your house that does not require household electricity.
- Have a list of emergency numbers available.
- Keep refrigerator and freezer doors closed as much as possible.

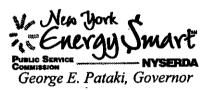
- Register special needs customers with their utility so they receive priority attention.
- Follow all safety precautions for operating portable generators.

During an energy alert, your actions may help maintain the system. If an energy alert is announced, make every effort to reduce your electricity use. Turn off

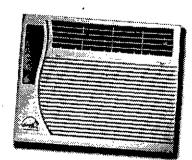


all nonessential electrical devices, lights and appliances.

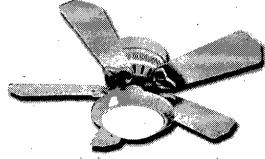
For more information, contact the New York State Energy Research and Development Authority (NYSERDA) at 1-877-NY-SMART (1-877-697-6278) or www.GetEnergySmart.org, the New York State Public Service Commission at 1-888-Ask-PSC1 (1-888-275-7721) or www.AskPSC.com or your local utility.



The New York State Public Service Commission reminds you to Have an energy smart summer.



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Night time is the right time to use your washer.

The New York State Public Service Commission and NYSERDA want you to know that being energy smart means shopping for your electricity supplier and using energy wisely to help reduce peak demand and protect the environment. All while staying cool and saving on your utility bills.

New York

ENLYGY SMAYT

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George E. Pataki, Governor

Thacher Park's July schedule chock full of programs

a number of programs to take style. place throughout the month of

On Wednesday, July 13, at 10 a.m., Honeybees will be Buzzin.

Thacher's honeybee hive is quite alive and buzzing with activity.

Come and see what's happening inside the observation hive and find out why the bees are dancing around.

Participants can test their skills

Call 872-0800 to register for this free program.

On Thursday, July 14, at 10 a.m., parents and children are invited to join us for readings of fun books about nature, followed by a walk in search of the plants and critters in our stories.

This is the first of a weekly series held on Thursdays in July. Call 872-0800 to register.

On, Friday, July 15, at 8:30 p.m.,

Nature Center.

Although most people only see insects during the daytime, many kinds of insects are active at night. Tim McCabe, entomologist from the State Museum, will explore nocturnal insect activity and diversity through the use of special light traps that bring nightflying insects to the scientists!

sunset, rain or shine.

Bring a flashlight.

Call the museum at 473-7154 to

On Saturday, July 16, at 9 a.m., a Highway Cleanup will take place at Thacher Park.

Participants will join the Friends of Thacher Park in cleaning their adopted section of Route 157. The park entrance fee is waived for volunteers.

Call 872-0800 for more information.

Also on Saturday, July 16, at 9 p.m., a stargazing program will take place at Thacher Nature Center. Participants can find out

TRUSTCO

Thacher Park has announced at communicating honeybee- the state Museum presents what they can see in the night sky stages and experience the world Insects of the Night at Thacher through a telescope with amateur astronomer Ken Dubois. Cloudy skies will cancel.

Call 872-0800 by 5 p.m. to

On Wednesday, July 20, at 10 a.m., Butterflies Abound at Thacher Nature Center, Participants will explore the vast world of butterflies and moths, identify differences between This program will begin at them, and learn about the group of insects known as Lepidoptera.

Participants will identify specimens in their larval and adult through a butterfly's senses.

Call 872-0800 to register for this free program.

On Thursday, July 21, at 10 a.m., the Children's Summer Story Series will continue.

Parents and children are invited to join us for readings of fun books about nature, followed by a walk in search of the plants and critters in our stories.

This is the first of a weekly series held on Thursdays in July.

Call 872-0800 to register.

Bethlehem Historical Association

Summer Exhibit

Childhood Treasures

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Recycle this paper

Delmar resident helping to raise funds for Jimmy Fund event

A Delmar resident will Aug. 6 and 7.

Beth Huntley will be among the 2,200 PMC volunteers who come together to help the most successful athletic fund-raiser in the nation raise money for cancer research and treatment at the Dana-Farber Cancer Institute through its Jimmy Fund.

The volunteers fill jobs that are typically paid positions, enhancing the event's efficiency and culture of giving.

Last year, the PMC gave 97 cents of every rider-raised dollar to the Jimmy Fund. This year's goal is to raise \$21 million. bringing the 26-year Jimmy Fund contribution to more than \$143 million.

Volunteers are needed to help participate in the Pan- with setup, registration, luggage Massachusetts Challenge on transport, medical supports, bike repairs, security, food service, clean up and office support leading up to the event. Massage, occupational and physical therapists are also needed to massage the muscles of thousands of cyclists as they ride up to 192 miles over two days. Volunteers are also given an opportunity to ride on Aug. 7, the second day of the event, from Bourne to the Wellesley finish.

> To become a volunteer, a virtual rider or to make a financial contribution to the PMC through a rider or volunteer from your town, visit www.pmc.org or call (800) WE-CYCLE. Checks can be made payable to PMC, 77 Fourth Ave., Needham, MA 02494.

Meetings of theater minds scheduled

A network of Capital Region 6:30 p.m. at the Bulmer filmmakers, actors, screen- Telecommunications Center at writers and media artists meets Hudson Valley Community the first Tuesdays of each month. College Center.

The next meeting is Aug. 2 at

The public is welcome.



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Brochure outlines benefits of volunteering

Volunteer Opportunities brochure. Bethlehem Networks Project suggests to children that they volunteer during the summer months, either by working with children, helping in an office or working with animals. Volunteering can result in new

Bethlehem Networks Project friendships and relationships has developed a Student Guide to while making a difference in someone's life.

> The project's brochure is available from guidance counselors at Bethlehem Central high school and middle school. Those interested could also call 439-7740 to have a brochure mailed to them.

Plans for summer steak roast announced

Officer's Union will be holding its many prizes given away. 38th annual Steak Roast Wednesday July 20, from noon until 8 p.m. at Picard's Grove.

Food and refreshments will be available all day, including clams, sausage, hot dogs, chowder and beverages. The sit-down steak dinner will be served at 6:15 p.m.

The Bethlehem Police There will be a raffle drawing and

Tickets cost \$40.

To get to Picard's Grove, follow Route 85 to Route 85A. Bear left toward Route 307, which is Picard Road, and follow the signs.

For tickets, call Fran or Mark at 439-9973, extension 223.

Learn to swim classes available

The Voorheesville Central School District Learn to Swim program is underway. There is still room in Session 3, which runs from July 25 through

Classes are held Monday through Friday for each two-week session for 45 minutes each day. Various time slots are still open for both sessions.

Classes are by ability level using Red Cross guidelines.

For information, call Barbara McKenna at 765-

Area resident get dual honors from St. Lawrence University

Amy K. Gardiner, of 10 Hartwood Road in Delmar, elected to the university's chapter presented the results of her of Phi Beta Kappa, the national original research at the recent academic honor society that Festival of Science, held at St. Lawrence University in Canton.

Gardiner is a senior majoring in psychology.

She gave a poster presentation on "Children's Prioritization of Costs and Benefits in Risk Decisions Across Age and Risk Proneness."

Gardiner was also recently represents one of the highest distinctions of academic achievement a student can obtain.

Gardiner is also a member of the psychology honorary and studied in Denmark in 2004 university's the through International and Intercultural Studies program.

Local resident honored by Hartwick College

Saxton Undergraduate Fellowship in history.

Meredith G. Pascale, daughter of Gregory and Patricia and political science. She has Pascale, will serve as under-participated in women's varsity graduate assistants in her soccer, grassroots and women's

A Hartwick College soph- scholarship. Whether a recipient omore and Glenmont resident work as tutors or faculty research has received the Andrew B. assistants, she is viewed by her department as an important

Pascale is majoring in history department and will receive a varsity outdoor track and field.

Free seminar will explore care issues

Delmar Place is sponsoring a are granting a health care proxy, and Associates.

Participants can learn about affect them. the latest changes in health care and the importance of having documents and what powers they Delmar Place, 467 Delaware Ave.

complimentary seminar for power of attorney and how the residents, presented by Peirro, new Medicare Part D, or the Prescription Drug Act, laws will

> The seminar is scheduled for Thursday, July 14, at 6:30 p.m. at

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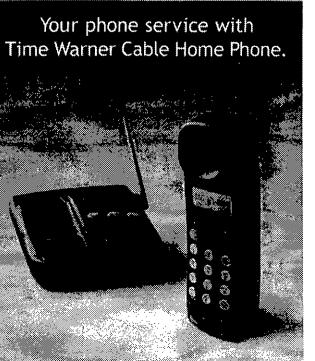
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Two local women honored for STARS volunteerism

service in the STARS Program, which serves the Ravena-Coeymans-Selkirk Central School

Shirley Lawson and Mary Carnibucci received the Art of Aging awards from the state Office for the Aging in recognition of their dedication and contributions toward students and staff at P.B. Coeymans Elementary School in Ravena.

Lawson, a Glenmont resident, has been a full-time STARS volunteer since 1997 and holds the record for the most number of hours of service to date. She contributes approximately 715 hours of service to P.B. Coeymans school each school year, including helping students with school work and bringing homemade brownies in as rewards for her students in Marilyn Mulderry's secondgrade classroom.

Carnibucci, a Ravena resident,

Two local women were has been a STARS volunteer for honored in May at an Executive six years, volunteering full time Mansion luncheon for their during most of those years in Glenn Koblenzer's third-grade classroom. She has contributed the second-highest number of hours to the STARS program, including 477 hours in the 2003-04 school year and 385 hours for the 2004-05 school year. Carnibucci's claim to fame in the Coeymans elementary school is the homemade Italian cookies she gives to students and staff.

> The STARS program recruits and places senior volunteers in elementary school classrooms where they assist teachers and help students master fundamental academic skills and develop self-

> Schedules are flexible and a stipend is available for interested individuals. Twenty-two Bethlehem seniors participate in the intergenerational programs. Additional volunteers are needed for the fall. Interested individuals should contact Karen Harmon at 439-1505

kharmon@nycap.rr.com.

Got news or views?

The Spotlight Newspapers 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, or mailed to Spotlight, PO. Box 100, Adams St., Delmar 12054.

The deadline for all editorial copy is noon on the Friday prior

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

All letters must include the writer's name, address and phone number. Anonymous letters receive no consideration.

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

For information about on submitting a Point of View, contact Susan Graves at 439-4949.

Elm Avenue pool complex open for season

The Elm Avenue Park pool complex is now open for the summer to all Bethlehem town residents and their guests.

The pool will be open daily through Labor Day from 11 a.m. until 8 p.m. weekdays and 10 a.m. until 8 p.m. on weekends.

Bethlehem residents 5 and older will need an updated photo ID card to enter the pool complex.

Those who need to obtain or update a card must go to the park office and present a photo ID and a current utility bill to verify residency. Residents may visit the ID room in the park office from 9 a.m. to 6 p.m. weekdays and 10 a.m. to 2 p.m. on Saturdays.

Voorheesville church sets summer schedule

Church of Voorheesville has announced its full summer schedule. Regular worship hours will continue through the summer on Sundays at 8:30 and 10 a.m., with nursery and Sunday School for preschool through 12th

An alternative Monday evening worship and study hour will be held from 7 to 8 p.m. throughout the summer in airconditioned comfort.

The exceptions to the Sunday schedule are as follows: Youth in

The First United Methodist grades 6 to 12 will join the congregation for Communion Aug. 7 and Sept. 4: Pastor Denise Stringer will be unable to conduct 8:30 a.m. worship on July 17 and 24 during her three-week leave; On Sundays July 31, Aug. 7 and Aug. 14, 10 a.m. services will be held at the New Scotland Presbyterian Church. On those same Sundays, the early services will be held at the First United Methodist Church of Voorheesville, with Stringer preaching at both

State Fireworks, the provider of the display that's been at the Empire State Plaza on the Fourth

for Saturday, Aug. 27.

of July for 27 years.

Public Auction

After a six-year absence, the

Village of Ravena has reinstated

the Friendship Festival that was

once a cornerstone of community

involvement. It's been scheduled

This, the 18th Friendship

Festival, will include a fireworks

display by the owner of Empire

Empire State Plaza Meeting Room 6 Albany, NY

Informational Meeting July 14th at 6:30 p.m. Call for a Free Brochure (518) 447-7070 Visit our website to

Vendors still needed for Ravena Friendship Festival carnival rides and music. The Neil Brown Trio will play from noon until 2 p.m. Skip Parson's Jazz Ensemble will play from 2 until 4 p.m. The Charlie Smith Blues Band will play from 6:30 until 8:30 p.m. Ed Fitzpatrick will present karaoke from noon until 4 p.m. Face painting, balloon animals and piñata games will be available for children from 2 to 7 p.m. Displays and demonstrations will

Other activities include go on throughout the day by Burns' Antique Machinery, Downes Racing Team cars, the Albany County Sheriff's Department K-9 unit and the New York State Police. LaFarge Cement will sponsor a rock climbing wall. The Ravena Hose Co. will host casino games all day Saturday.

Interested vendors may still reserve a spot by calling 756-8933, Monday through Friday.

Albany County

Tax Foreclosed Properties Saturday, July 23rd

Registration begins at 9 a.m.

112 State St, Cahill Room pre-register www.albanycounty.com

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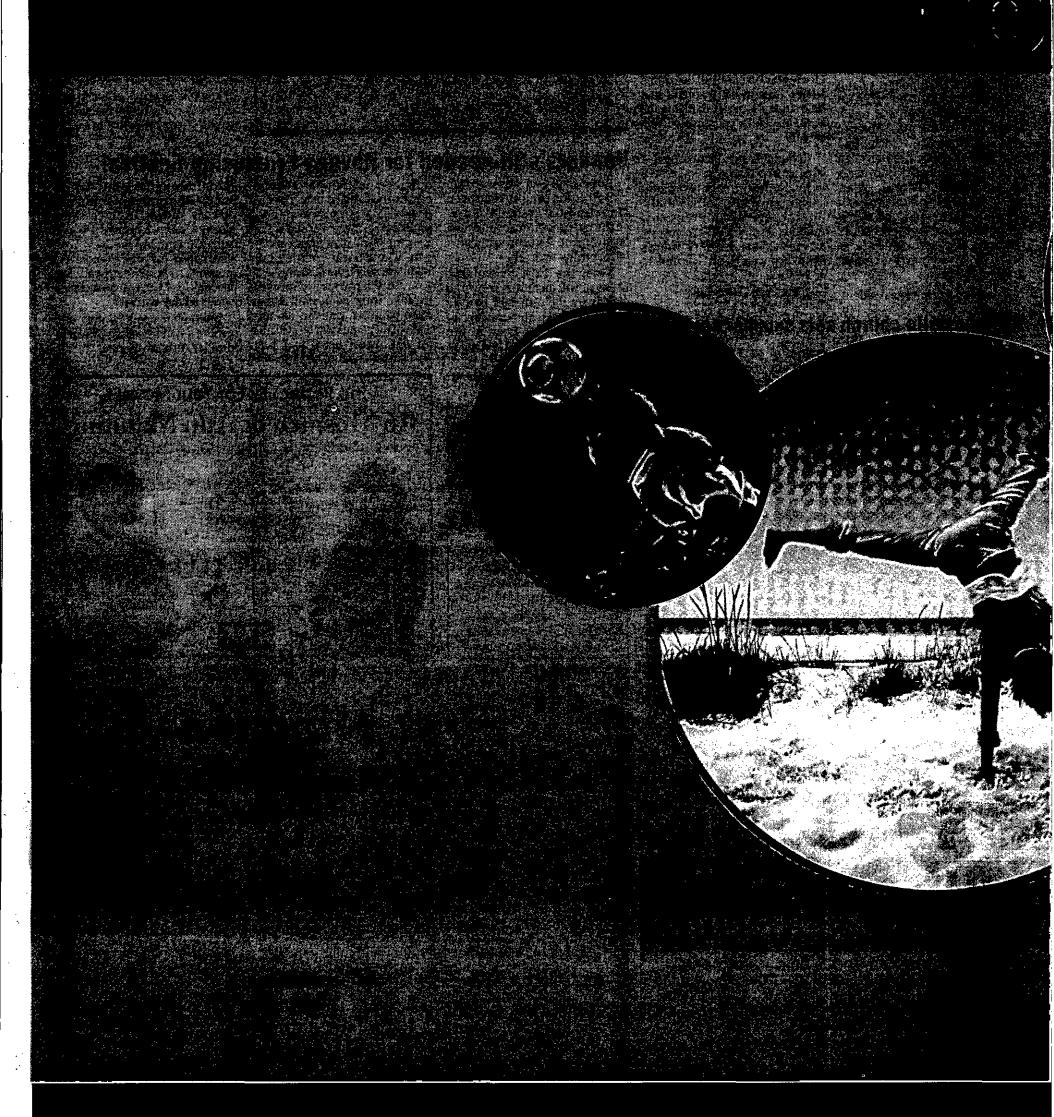


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UPDATE 2005 A PROGRESS EDITION

PART FOUR: A SUMMER OF EXCELLENCE

Summerine Profis

Warm weather heats up business

BY DAMIAN PAGANO

aul DeSarbo said it would be hard to stay open if it weren't for summer.

DeSarbo, who owns

Prestige Photography in Delmar, said this is his busiest time of year. People develop photos from vacations and day

Profits/page 12

apodight newspapers

OF STATES STATES

a progress edition

A SUPPLEMENT TO SPOTLIGHT NEWSPAPERS a progress edition Part T-our: A Summer of Excellence

JULY 13, 2005

"With the longer days,

people stay afterwork, and

take advantage of the free

Summer advantage: longer days, lots to do

BY KATHERINE MCCARTHY

ummer in the Capital District means warmer weather, more daylight and so much to doyou'll wish that winter would never return. It's a great time to catch a little culture at some of the venues around the area.

"There are lots of tours and music," said Jill Brass, director of marketing for the Albany Convention and Visitors Bureau. "With the longer days, people stay after work, and take advantage of the free events.'

Brass said that increased partnerships between the city of Albany and its businesses, plus a renewed interest in downtown, make for a record number of

"There's so much to do at home, people are inviting their friends and families to visit and be part of it," she said.

In Schenectady County, a similar revival is taking place in downtown Schenectady and at various places along the Mohawk

"We have a lot of riverfront that hasn't been developed yet," said Gail Keene, director of tourism for Say Schenectady. "We're really taking advantage of that asset." In Saratoga, a unique downtown draws people all summer long, as do the county's parks and trails.

Theater kicks off big-time during a Capital District summer and nowhere is theater more or more free — than in Albany's Washington Park.

From July 12 through Aug. 14, Park Playhouse, in association with Mayor Jerry Jennings and the city of Albany, presents "South Pacific," the Rodgers & Hammerstein musical of love during World War

The amphitheater has free seating, and there are reserved seats. Call 434-0776 for information.

In Saratoga's Congress Park, you'll howl with laughter at "The Complete Works of William Shakespeare (abridged)" presented by Saratoga Shakespeare. Performances are free and run from July 19 to 23 and July 26 through

30 at 6 p.m. and July 24 and 31 at 2 p.m. The city of Saratoga Springs also sponsors this event. Call 884-4947 for information, or visit

comfy seats, you'll feel like you've traveled back in time to enjoy the movies. "The Chorus" is running July 5 to 7; "Lemony Snicket's A Series of Unfortunate Events" is from July 8 through

big screen in

10; "The Phantom of the Opera" is from July 11 through 14; "Harry

events.

Potter and the Sorcerer's Stone" shows on July 15; and the other two Harry Potter movies, "Harry Potter and the Chamber of Secrets" www.saratogashakespeare.org. On a and "Harry Potter and the Prisoner

> of Azkaban" are scheduled for July 15 and 16. For information, call 346-6204 or visit www.proctors.org.

Schenectady will be host to a new series of events this summer, "Rockin' in the Circle,"

concerts scheduled for Thursdays from 5 to 7 p.m. in front of Proctor's.

Jill Bass

Sunmark's program helps avoid identity theft

here's a sinking feeling in the pit of your stomach. You've just been denied à loan for that new car to replace your winter beater, even though you know your credit is good. Or maybe you just received a collections call about an account you don't even know about.

For many people, this is the beginning of the terrifying experience that is identity theft. Experts agree that one of the best ways to prevent identity theft is to review your credit report regularly.

While you will be able to get annual free copies of your credit reports in New York beginning in September, Sunmark Federal Credit Union is doing something about it

Sunmark's ROC (Review of

a 20% or greater down payment and is subject to change. Other pro-

grams and terms are available to suit almost any need

Credit) program allows you to obtain a free, in-depth review of your credit bureau report with a loan officer. By meeting with a loan

officer to review your report, Sunmark is able to address several issues at once.

First, the report is reviewed for incorrect or potentially fraudulent use. This is important to identify potential identity theft, but also to verify that all information is

Industry analysts estimate that as many as 70 percent of credit

bureau reports contain at least one

Second, your score is reviewed relative to the items in your credit file, along with suggestions for ways to improve your credit score. This helps you obtain better loan rates on future loans.

> And third, Sunmark's loan officers are able to identify any loans where you might be paying too much interest and provide an opportunity for you to

refinance those loans, often saving you thousands of dollars in interest charges and/or lowering your monthly payments.

The program was initiated by Thomas A. Wiedl, Sunmark's vice president of sales and service.

"This is a tremendous opportunity to provide our members with peace of mind and cost savings," Wiedl said. "As an organization dedicated to bettering our members' financial position, we felt this was a way to put our philosophy in action.

To take advantage of Sunmark's Review of Credit program, visit any of Sunmark's nine area branches. If you are already a Sunmark member, you may also obtain a review by phone.

Sunmark is open to all who live, work, worship, or attend school in the Capital District counties of Albany, Schenectady, Saratoga and Rensselaer. The credit union has nine branches throughout the Capital District.

To find the closest branch to you, call 866-SUNMARK or visit its Web site at www.sunmarkfcu.org.

866-SUNMARK (866-786-6275)

Freedom Park in Scotia has a full line-up of summer concerts from Wednesdays through Sundays. There's something for everyone with performance by bluesman Ernie Williams, The Lustre Kings, the McKrells, the Refrigerators and many more. For information, check out www.freedomparkscotia.org.

Albany evenings have long been marked by free music. Alive at Five is scheduled for Albany Riverfront Park Thursdays throughout the summer. From a Motown party with Mary Wilson to Little Feat to a Celtic evening, the Corning Preserve is the place to

Thursday concerts start at 5 p.m. and are listed at www.albanyevents.org.

You could also head up the hill a little ways for Summer at the Plaza and see the state office buildings in a different light for the weekend-long blues festival; GE Kids Day and Grand Funk Railroad. Visit www.ogs.state.ny.us for information, or call toll free 1 (877) 659-4ESP.

The granddaddy of performance in the Capital District is the Saratoga Performing Arts Center, which in spite of some beleaguering administrative issues, remains the summer home of the New York City Ballet and the New York Philharmonic.

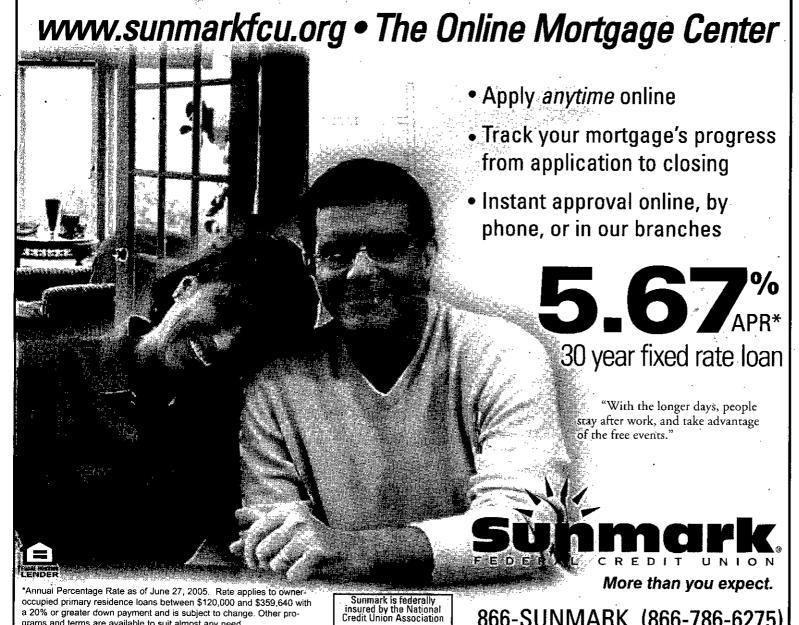
Those classics are joined by as varied a group of performers that include the Lake George Opera Company, Dave Matthews, Tom Petty and the Heartbreakers and the Harlem Boys Choir. For a full listing, visit www.spac.org or call 584-9330.

And if you've got a little wanderlust, draw a big circle around the Capital District and head out for a day trip.

You could head for Glimmerglass Opera in Cooperstown (www.glimmerglass.org or 607-547-2255; Shakespeare & Company in Lenox, Mass. (www.shakespeare.org or 413-637-1199) or Tanglewood, summer home of the Boston Symphony Orchestra, also in Lenox (www.bso.org).

In Chatham, the Mac-Haydn Theater will present "42nd" Street from July 13 through 17. For information, call 392-9292 or visit www.machaydntheatre.org.

With so much to do, don't let this summer get past you!



Yankee Trails acquires Columbia County's 'Get Out of Town'

BY JEFF ADAMS

y now, many of you know Yankee Trails World Travel provides inclusive vacation packages to such destinations as Las Vegas, the Caribbean, Alaska, Bermuda, Bahamas and Ireland. The company does so by providing round-trip airfare, hotel and cruise accommodations using the leaders in their respective industries.

Even more of you know Yankee Trails as "The Bus Company," the same company that has been providing quality and affordable motor coach tour and New York City to Daytona Beach, Fla., thousands of you have traveled to destinations throughout the Eastern United States. Some of you have even traveled crosscountry aboard one of the firm's luxury buses.

In April, Yankee Trails World Travel once again grew following the acquisition of Get Out of Town Travel. Hilda Jahns, previous owner of Get Out of Town Travel, has joined the Yankee Trails team in the capacity of sales manager. She brings along 20 years of experience in the travel industry, 11 of which

were spent operating the agency from her home in Livingston, Columbia County.

Specializing in group travel, Jahns has coordinated and even escorted vacation packages to Alaska, the Panama Canal, Las Vegas, Eastern, Western and Southern Caribbean cruises, Foxwoods and Mohegan Sun Casinos, Radio City Music Hall and even Yankee Stadium.

Needless to say, Jahns should feel right at home at Yankee Trails World Travel.

"I'm excited about the opportunity to work with everyone at Yankee Trails," said Jahns. "They have a fantastic team of professionals and a desire to become leaders in the travel industry".

Jahns also brings with her clients from Albany, Dutchess, Greene and Columbia counties, and as far away as Pennsylvania, New York City and even California.

With her experience in arranging airline tickets, car rentals, hotel and cruise accommodations

to destinations such as Las Vegas,
Disneyworld, Nashville, various
Caribbean Islands, Ireland and even
South Africa, Jahns will be a
welcome addition to Yankee Trails
World Travel.

we are all
every cust
her first."
With

"I'm excited about the opportunity to work with everyone at Yankee Trails. They have a fantastic team of professionals and a desire to become leaders in the travel industry".

Hilda Jahn

"I am just as excited to have Hilda on board," commented Stephen Tobin, president of Yankee Trails World Travel. "The energy and enthusiasm she brings are what we are all about. Hilda approaches every customer as though they were her first "

With the ability to provide shuttle transportation to New York City, Boston, Newark and Syracuse, Yankee Trails World Travel provides a solution to those travelers wanting to fly, but not wanting to drive to and park at these locations.

And, now with most of the major cruise companies offering departures from New York City and Boston, those wanting to cruise, and not fly, now have that as an option.

"We knew we had filled a niche back in 1999 when we opened the travel agency," said Jeff Adams, director of marketing for Yankee Trails. "We have nearly 50 years of experience in the bus industry. It was natural for us to include shuttle transportation for the packages we sell."

For those travelers wanting to reach Jahns, they may do so by calling 286-2400, extension 217 or visiting hjahns@yankeetrails.com.

Nationally acclaimed firm works closely with clients

ne thing is for sure: if you listen to your clients and satisfy their needs, your reputation will carry you into the future. That's exactly the reason Barton & Loguidice, P.C. (B&L), is once again receiving professional acclaim at a national level and expanding its offices at a regional level.

In 2004, for the second consecutive year, the Zweig Letter recognized B&L as one of the nation's top 100 "Hot Firms." This award is presented to the fastest growing architecture/engineering/planning and environmental consulting firms in the U.S. "This award is important to us," said Nicholas J. Pinto, P.E., "because it compares us to our peers all around the country and tells us our plans are on track."

Also, in 2004, the American Public Works Association (APWA) awarded B&L with Project of the Year awards. This year, three of B&L's projects received awards:

- St. Lawrence County– Chisholm Road Bridge Replacement
- Onondaga County—
 Marcellus Skaneateles Road over
 Nine Mile Creek
- Essex County–Restoration of the Jay Covered Bridge

These awards don't come without effort and change. In addition to working closely with clients, listening to their concerns and designing responsible solutions, B&L staff upgrade their skills and certifications to stay in touch with new engineering and architectural techniques

Recently, two engineers completed the Leadership in Energy and Environmental Design (LEED) certification for the design of environmentally friendly "green buildings." B&L is proud to offer this service to its clients, especially in these times of heightened awareness of energy efficiency.

With these national acclaims comes an increase in project work. To accommodate the growing interest in its services, B&L has opened an office in Rochester.

Pinto stands behind B&L's tagline, which states "The experience to listen. The power to solve."

"We have over 44 years of experience solving problems and creating designs that enhance people's lives," he explained. "We could never do that without listening. Our staff's biggest asset is

its ability to listen to the client, so we can then service them with our expert knowledge."

In the Syracuse area, B&L has worked on:

- General Services Administration (GSA) – Land Port of Entry, Alexandria Bay
- NYS Office of Parks, Recreation & Historic Preservation-Term Agreement, Thousand Islands, Central, and Finger Lakes regions
- NYS Thruway Authority— Term Agreement Syracuse Division
- City of Oneida-Kallet Civic Center HVAC Assessment
- City of Auburn–Landfill Closure Plan
- Town of Hastings-Sanitary Sewer Planning Study

Barton & Loguidice, P.C., has offices in Syracuse, Albany and Rochester. For information, call 457-5200 or visit www.BartonandLoguidice.com.





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Quality oncology care available close to home

BY MARTY BANNAN

hen the diagnosis is cancer, it helps to know that you can receive treatment close to home, near to family and friends.

New York Oncology

locations from Amsterdam to

Hudson, and throughout the

specialists, including medical

oncologists, hematologists, and

radiation oncologists, pool their

experience to provide state-of-the-

management company, also gives

studies that may make patients

eligible for earlier access to the

of the area to receive the best in

NYOH's locations provide

diagnostic services, including C.T.

scans, P.E.T. scans, x-rays, and

NYOH access to the latest research

It isn't necessary to travel out

The practice's affiliation with

oncologists, gynecological

collective knowledge and

US Oncology, a national

newest medications and

experimental protocols.

cancer care.

laboratory testing.

More than 45 oncology

Capital District.

art cancer care.

Hematology, P.C. provides premier

cancer care close to home with 12

The offices provide multiple treatments for cancer, including chemotherapy, infusional therapies, stem cell transplant and radiation therapy.

The staff also provides care through support groups, education,

assistance with insurance issues and in dealing with difficulties the patient and family are encountering.

NYOH's four

cancer centers, located in Amsterdam, Hudson, Latham and Rexford, allow patients to receive chemotherapy and radiation therapy in the same convenient location.

Since radiation therapy requires daily treatments often over several weeks, the convenience of the cancer center's multiple services located next to easy parking can make a big difference in making treatment easier.

NYOH has placed advanced equipment for radiation treatments at its cancer centers.

IMRT (intensity modulated radiation therapy), a leading-edge technology that attacks cancer cells by delivering high-resolution radiation beams from many angles, is available through NYOH. IMRT allows the radiation oncologists to carefully target tumor cells without harming surrounding healthy tissue, providing a degree of control and precision not achievable with other technologies.

To further enhance radiation

therapy delivery, the four cancer centers are linked electronically, so that data and images can be transferred between sites, allowing for efficiencies in preparing a patient's treatment.

Also, each center has a record and verification system, which is an additional check on accuracy of treatment delivery. This advanced equipment, combined with highly trained and experienced staff,

results in premier cancer care close to home.

For information on New York Oncology Hematology, call 786-

walk-in closets in a facility that

includes a café, marketplace, 50-

and miniature golf course along

assistance but want to maintain

Kingsway Manor assisted living.

living without worries. People can

get personal care assistance and still

live pretty independently," she said.

The manor also offers many

apartment.

seat movie theater, full-service bank

with all the services of the Parkland

For seniors who require some

"That's a very gracious kind of

their independence Kingsway offers

Kingsway residents have it all

BY MARY LANNON

I he family-run Kingsway Community is celebrating 30 years of making area seniors feel like family this year.

From independent senior living and respite services to nursing care and assisted living, the Kingsway campus has it all on one site, centrally located at 323 Kings Road in Schenectady, a mile from Guilderland, Rotterdam, Colonie and Niskayuna and a mile from the Thruway.

The 25-acre campus has three options for independent living, an assisted living facility, a nursing care center and respite services and adult day care. Kingsway also offers intergenerational programs in conjunction with its on-site children's daycare.

All rehabilitation services are provided through Sunnyside Rehabilitation Center.

"We do it all. People can come here and stay here and they don't have to move. At other facilities, once your health declines you have to leave. But at Kingsway you just move next door and see a lot of the same people and staff members. It's a very fluid transition," said Jean' Barnoski, director of sales and marketing,

Dr. Peter McPartlon founded the complex 30 years ago and remains president of the facility today with his son Michael serving as vice president. The family's longstanding commitment to and experience with seniors makes for a special community, Barnoski said.

"No chains here. This is Kingsway. This is all we do, and we do it very well," she said.

Among the independent living options is a 12 one-bedroom apartment facility and a garden apartment building called Parkland with 65 studios with one and twobedroom options. The Parkland has restaurant style dining with a choice of one or two meals a day and weekly housekeeping with linen service.

"All apartments come with a patio and balcony. There's a country store in the building. There's also transportation to medical appointments and outings," Barnoski said.

The newest building at Kingsway also offers independent senior apartments with a choice of six different floor plans.

"This is really the building that is designed to surpass people's expectations," Barnoski said. These one- and two- bedroom

apartments have large living areas,

cultural and social programs, many offered in conjunction with the Kingsway Kids Center, a nationally accredited children's daycare on Many seniors take advantage of

these programs while still living at home through the Kingsway adult day services program, which has both full-day and half-day options and Kingsway's respite program for caregivers, which allows seniors to stay at the facility from one to six

Seniors who want to remain in their homes but need caretaking help can use Kingsway Homecare services, which is liscensed in five Capital District counties.

For information and to schedule a tour of the facilities, visit Kingsway's Web site at www.kingswaycommunity.com or call 393-8800.

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Schenectady, NY 12304 www.kingswaycommunity.com



break room.

Cottage Chic touts unique offerings

"I wanted to start my

own business anyway,

and it's hard to find

quality clothes that

are also beautiful.

That's how it started."

Saydra Doyle

BY STEPHANIE LUBIS

r ou don't have to drive all the way to a chi-chi downtown to shop for quality, original clothing. You need only go as far as Colonie Center and stop by Cottage Chic Boutique. Owner Saydra Doyle carefully selects quality clothing for babies, boys and girls, women and expectant mothers. Doyle started Cottage Chic Boutique as an online business in 2002.

"It started out with an obsession with dressing my daughter," said Doyle. "I could never find exactly what I wanted. I wanted to start my own business

anyway, and it's hard to find quality clothes that are also beautiful. That's how it started."

Doyle loves to mix and match fabrics, and create fun and practical patterns.

Along with quality ready-made items, she also offers custom-sewn clothing

Two children's lines of custom-made clothes, RileyRags and Peyton Paws, were inspired by her children, Camryn Riley and Peyton.

Cottage Chic Boutique sells formal dresses for girls, for events like First Communion, flower girl, christening, in sizes newborn to 16. There is also a

smaller selection of boys' merchandise, sized newborn to 7. Women's clothing, maternity and even home furnishings all share" the same thing in common.

You won't find them anywhere else," said Doyle. "People stop in and tell me it's their favorite store, and that makes me so happy."

"I used to walk around the mall looking for clothes for my daughter, and all the babies were dressed the same. I wanted to avoid that," said Doyle.

While her merchandise may be a bit pricey, it is also backed by a guarantee that if one of her

> items is found somewhere else for a lower price, she will match the price.

"It's more upscale, but it's not that pricey," she said.

Name brands such as April Cornell, Kaity, Match Point, Two Star Dog, and others are

featured, as are "Robeez", which are soft shoes made of leather, which babies can't slip off their

Cottage Chic Boutique is located in the upper level of Colonie Center and is open Monday through Saturday, 10 a.m. to 9:30 p.m. and Sunday 11 a.m. to 6 p.m. Call 489-1225 or visit the Web site www.cottagechicboutique.com for information.

Crisafulli has deep local roots

BY CHET HARDIN

nyone who has grown up in A the Capital District knows the name Crisafulli Bros. The family- owned-and-operated company has served the Capital District's plumbing, heating and air-conditioning needs for three generations.

Andrea Russo, president and granddaughter of the company's founder, said 2004 was a fantastic year for the company. Rapidly listing off all the changes Crisafulli Bros. has gone through just this past year, from office renovations to expansion of services and employee growth, and a re-invigorated corporate focus, Russo said everyone at Crisafulli has been working very hard.

"It has been a very exciting year," she said. "We stepped it up a notch.'

The biggest change the company underwent was the retooling of its corporate direction, concentrating more on the service and installation aspects of the company, and increasing its involvement in light commercial work - strip malls, chain restaurants and private residences.

Crisafulli Bros. is reaching into the community to draw a larger customer base.

The company restructured its. headquarters to help create a more welcoming environment. In addition, Crisafulli's has added two new customer service representative positions and a new assistant service manager position, more than doubling the size of its customer service

"Customer relations is what I love," Russo said. The business has always been very active in the community -

relationship with Ronald McDonald House shows - and Russo wants to see this continue to

As the company grows, it will need to recruit new employees and retain its 55 staff members. Crisafulli Bros. understands that it is the employees that make the difference, Russo said. Treating employees well is not only the right thing to do, but good business.

'We want to be an employer of choice," she said. "Our company

will continue to grow if we have happy employees.

To make employees comfortable, Crisafulli's bought new uniforms just this past year, as well as the latest Nextel cell phones, four new vehicles and added a new

In addition, the company will accommodate employees by working around their schedules,



taking into consideration that many on their staff have children and aging parents to care for.

Also, as a treat for the employees, the company, plans many activities, such as day trips to Mohegan Sun, Saratoga Race Course, and even a bus trip to Yankee Stadium. This summer they have a trip to Great Escape and a company picnic lined up as

Crisafulli Bros. has a 24-hour service number and an updated Yellow Pages ad and can be reached at 449-1782.



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CBA celebrates triumphs of graduates

By MARY LANNON

as Christian Brothers Academy celebrates the end of its school year, it has plenty to be proud of.

Each member of its latest graduating class received a Regents diploma

diploma and was accepted to college. The graduates

graduates also received \$6,2 million in scholarships.

The valedictorian of the class, Stephen Astemborski of Niskayuna, will head off to the U.S. Military Academy at West Point and salutatorian Benjamin Ofori-Okai plans to attend Yale in the fall. They follow in the footsteps of the school's most recent top graduates who went to such schools as

Princeton, University of Pennsylvania, Georgetown University and Union College.

Seventy-seventy percent of the class of 05's 98 students will be going off to four-year colleges including such well respected schools as Columbia, Air Force

Academy, Datmouth, Lehigh University, Syracuse, Rochester Institute

"If they want a

shower door that

will last the life-

time of the house,

they should come

Diane Barber

visit us.

of Technology and Boston College.

Twenty-two percent of the class will go to community colleges, said Brother Aloysius Myers, director of guidance at the school.

Those students were all accepted at four-year schools but chose to go to two-year schools to save money on college costs, Myers said. Another member of the class also chose to go into the military

rather than attend college.

The number of students going to two-year schools has greatly increased this year, Myers said, adding, he believes it's a sign of the economic times.

"They go to the two-year schools because of financial crunch," Myers said.

Myers gives credit to the students for the graduates' success.

"A lot of (the success) is right in the hands of the students. They take the courses that we're offering in challenging ways," he said.

The school offers three levels of courses: advanced placement, honors and Regents level, and faculty encourage students to take a large number of advanced placement and honors courses.

Students have high aspirations, planning to go on for advanced study in medicine, engineering,

business, politics and law.

Calculus, chemistry, biology, European history, U.S. history, world history, English and government are all offered at the advanced

level.

Students
do receive early
guidance on
preparing
college essays
and
applications.
But recent

placement

success really has to go to the types of students attracted to the school, Myers said.

"Students seem to be much more serious about their academics. The competition is very keen here," he said.

Located at 12 Airline Drive,

the school attracts students from as far north as Saratoga and as far south as Ravena. The location near the Northway makes it a central point in the Capital District.

"Students seem to be much more serious about their academics. The competition is very keen here."

Brother Aloysius Myers

Public school buses from all districts around the region also service the school.

The school has a rolling admissions policy.

For information, visit www.cbaalbany.org or to register call Marty McGraw at 452-9809.

Closet Crafters solves your space needs

BY GRAHAM S. PARKER

S pace is harder to come by in this day and age.

From bathrooms to clothing or utility closets, and on to garages, good storage space seems to be the solution to the need for more space in today's homes.

Closet Crafters and More Inc./ Albany Shower Door of Albany, provides storage alternatives and options for a multitude of spaces large and small.

Owners Diane and Tom Barber have been on the cutting edge of storage trends for the last 18 years. The addition of their shower door business has only increased services and staff available. A 1,000 square-foot showroom lays it all out for customers to see. "As far as new trends at trade shows...they feel there is a great

demand for garage storage," said Diane Barber.

It's not uncommon to see cars parked in driveways because garages are full of people's stuff. The doors remain open throughout the day as neighbors and passersby witness to the mess that has taken the place of your vehicle, she said.

New shelving units will eliminate the need to store things on the ground or messily, and let you put your car back in the garage, Barber said.

There are similar solutions for inside the house,

especially in the bathroom.

The product is better than what

you will find at box home improvement stores, said Barber. "If they want a shower door that will last the lifetime of the house, they

With the recent addition of shower door

should come visit

us," she said.

suppliers like BOSCO, and Magnafold, a company that produces acrylic folding shower doors, made famous by the defunct Tub Master Doors, the options extend from mid- to high-end products and installation. The company has added a number of certified installers, four of whom have attended national closet and shower door installation and product seminars.

A new cabinetmaker has also called Closet Crafters home. With two on staff, custom-fitted, particle board, hard wood or Melamine laminate finished boards can be tailored, professionally and accurately, to an individual's home. The company still offers free inhome estimates at the customers' convenience.

In addition, all shower door suppliers can custom fit any door if space is available.

Tom And Diane Barber,

owners of Closet Crafters & More and Albany Shower Door

present to you their closet organization

line. Stop in and

here as well as a

shower doors/

varied selection of

closet displays and

see the model

Do-it-yourselfers will also find

what they are looking for in the company's multiple shelving options.

A new line of custom wire storage units can serve a multitude of storage spaces and functions.

"This is a fotally adjustable system and can be sold as a kit with beautiful accessories, baskets, shoe rods, and organizers," said Barber.

The kits are low profile and minimize bracing, but keep the necessary support, to allow for maximum capacity and durability.

All products can be viewed at the company's showroom at 35 Kraft Ave. in Colonie, just off of Central Avenue. Showroom hours are 9 a.m. to 4:30 p.m. Monday through Friday. Thursday evenings and Saturday mornings are available by appointment only. For information call 459-0037.

Christian Brothers Academy www.chaalbany.org

12 Airline Drive, Albany, NY 12205



- * The Class of 2005 (98 students) received \$6.2 million in college scholarships and 100% received NYS Regents diplomas.
- * Structured environment helps promote self-confidence and self-esteem.
- * JROTC program designated as an "Honor Unit with Distinction," teaches citizenship, responsibility, self-discipline, and leadership skills.
- * CBA Forensics Team NYS Champions for the years 2004 and 2005. Congress Team is #1 in the nation. John Scuito, '05. & Steve Astemborski, '05 named Academic All-American by the National Forensic League.
- * CBA Athletics: 2005 Section II Class AA Basketball Champions; Lacrosse - Section II Class A semi-finalist; Hockey - Class A semi-finalist; Greg Rogowski. '05 Lacrosse All-American; Michael Chaires, '07, Section II Class B Wrestling Champion and NYSPHSAA runner-up; Don DeNyse, '07 NYSPHSAA Golf qualifier.



Christian Brothers Academy is a Private, Catholic and LaSallian, Junior and Senior High School. C.B.A. is accredited by the New York State Board of Regents, Middle States Association of Colleges and Schools and the U.S. Army as a JROTC Program.



Showroom hours are 9 a.m. to 4:30 p.m. Monday through Friday, Thursday evenings and Saturday mornings available by appointment only. We also do free in-home estimates at your convenience. Call 518-459-0037 or stop in and see them



The customer rules at Earl B. Feiden

BY JAMIE D. GILKEY

It started 79 years ago with a frozen pond and a family dedicated to customer service. They sawed away at that icy pond, storing blocks of the cold stuff in an icehouse where it was kept nice and cool.

Members of the Earl Feiden family made the rounds delivering that ice and serving the needs of the Latham community's sprawling farms.

Even back then, customer service was the hallmark of the Feiden family as their ice and coal business grew to serve hundreds of families throughout the Capital District.

While other businesses folded during the tough days of the Great Depression, the Feiden family continued to meet the needs of their customers, providing the type of personalized service that people really appreciate. And in the decades since, their business has evolved and changed, but one thing has

remained constant: the tradition of service.



When mechanical refrigerators were introduced, Earl Feiden responded to the market by switching from the ice business to selling the new electric appliances. He turned the family garage into a showroom and included radios as one of the products for sale. Washers, ranges and irons also became a part of the inventory.

Later, when TV sets came into their own, Feiden Appliances

responded to consumer demand by offering them as well.

Today, Earl Feiden Appliance & TV is one of the most respected appliance retailers in the Capital District.

With showrooms located at 785 Route 9 in Latham

and 661 Broadway in Kingston, Earl Feiden has built its business on knowing its customers and serving them well.

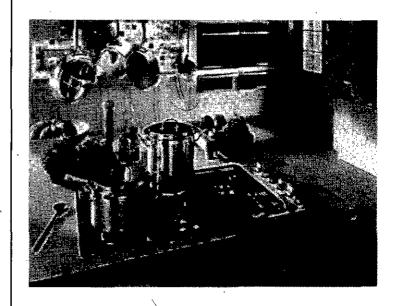
The impressive list of appliances and household products they carry runs the full gamut from A to Z with everything from Alfresco to Zephyr. Hotpoint, Whirlpool, GE Appliances, GoldStar and Frigidaire also help

round out the selection.

The Latham location is a stateof-the-art showcase, displaying appliances that will satisfy the taste of even the most discriminating consumer. Knowledgeable staff is always available to answer questions, offer advice and make available competitive pricing that will assist you with your decisions. In their third generation of helping the buying public meet their families' needs, the Feidens have a long history of knowing the community and understanding the local consumer. With strong roots in Latham, they have proven themselves to be reliable leaders in the local economy.

And they are proud to be there for you.

Providing the finest in home appliances for 79 years.



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785 Route 9, Latham 518-785-8555

www.earlbfeiden.com

661 Broadway, Kingston 845-331-2230

Bookmark helps make summer fun

S chool's out and summer is a time for relaxation and family fun. The Bookmark, in Newton Plaza is all about just that!

What better way to relax than to relax on the beach with a good book? If you can't make it to the beach, the Bookmark has exciting plans to make summer fun. There's story hour held every week on Tuesdays at 1 p.m. and Thursdays at 10 a.m. Each day has a theme and activity.

There will also be guest authors. Local author Sylvie Wickstrom will host a teddy bear picnic on Aug. 11 and read from her latest book, *I Love You Mister Bear*. Story hours are free for children ages 3 to 6.

The Bookmark makes school summer reading a breeze, with special sections organized by school, grade and title. That means that if you've forgotten your reading list, the Bookmark has

most schools on file.

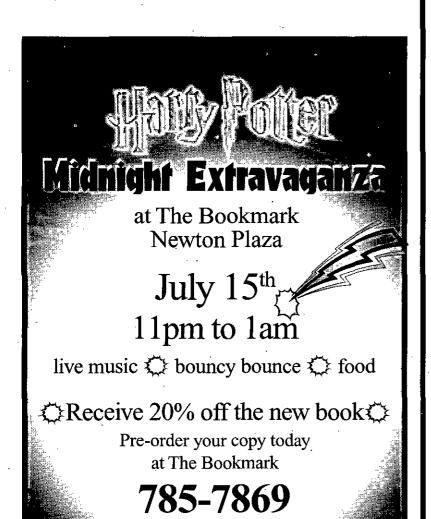
The Bookmark will be seeing red when local author Marion Roach Smith will read and sign her latest book *The Roots of Desire* on July 14 at 5 p.m.

Fans of the boy wizard Harry Potter will have a great time at the release party of the sixth Harry Potter book, Harry Potter and the Half Blood Prince. On Friday, July 15, from 11 p.m. to 1 a.m., the store will be transformed into a mystical kingdom. There will be a castle, a bouncy bounce, live entertainment, wizards, clowns and much more. The book will go on sale at midnight.

"We have already taken hundreds of pre-orders," said Bert and Sheila Fontenot, owners of The Bookmark. "People have been inquiring since the title was released last fall. We wanted to have something spectacular that would be fun for the whole family." The Fontenots even tried to get the band "Harry and the Potters" to play at the party, but they were already booked at a Chicago party.

The Bookmark will discount the book by 20 percent. "We know that this time the book will probably be available lots of places, but we wanted to give our loyal customers something just a bit more," the Fontenots said. "Our customers have become like family and friends so this is an opportunity to say thank you with a little party!"

For information, or to preorder a book, call 785-7869. The Bookmark is in Newton Plaza at 594 New Loudon Road.



Get caught reading

this summer

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Computer Fare: a tale of then and now

1998: Our first Computer Fare store opened in a very small, rented storefront on Columbia Turnpike in East Greenbush. We had a niche in that we only sold refurbished computers. It was at a time when new PCs were still relatively expensive so our used models were in high demand.

1999: We had to rent additional space in order to accommodate our ever- increasing inventory of PCs, monitors, printers and accessories. We hired two of the best technicians the world has ever seen: Mark Dreisenstock and Ralph DeJesus. The tech service aspect of our business flourished.

2000: We began custom building new computers for many of our repeat customers as their need for speed increased. We rented even more space to store the truckloads of used, off-lease and surplus computers.

2001: We started looking for bigger digs.

2002: We signed a lease/ purchase agreement at a new and larger location, 1590 Columbia Turnpike, formerly the Fellowship Baptist Church. It's the white building with the blue metal roof just East of Miller Road in East Greenbush.

2003: We took on the DELL line of computers, laptops, monitors and printers. Sales have skyrocketed! People who buy their DELL from us don't have to rely on outsourced overseas tech support. When you call us for your

technical help, you won't have to fight your way through a phone menu. You get Mark, Ralph, Chris,



Jack or Dave directly, and they speak English.

2004: We closed on the

purchase of our Greenbush location. We've got lots of room for expansion. Half of our business is

> now tech service. We make house calls. Our product line continues to expand.

2005: We opened our second location:
Guilderland Computer Fare in Carman Plaza on Route146, where you can a brand new computer for

buy a brand new computer for \$419. In addition to our new flat DELL LCD displays, we have a great selection of pre-owned late-model flat CRT monitors up to 21 inches. Our refurbished laptops start at \$288 and a brand new DELL laptop with CDRW+DVD is just \$888. We have slashed the prices of our used computers and monitors. See why so many of your neighbors used to make the trip to our East Greenbush store.

Stop in or call us today at 356-4400 for Guilderland or 479-0948 for Greenbush.

Menstruation mysteries explained

Por eons, irregular periods have brought confusion, worry, and often been shrouded in mystery. The Bible's New Testament describes a woman shunned by her society for having heavy menstrual flows who was then treated by miraculous means.

Today, our understanding of the menstrual cycle allows us to treat irregular periods through medications and sometimes surgery.

Irregular periods are periods

that occur less than every 21 days or more than every 35 days. The flow may be scanty or more often, quite heavy.

To understand why irregularities occur, we must first look at why periods are so amazingly regular. The ancients believed that the menstrual cycles were controlled by the monthly cycle of the moon. We now know that the period is the end result of a complex orchestration of events that occur between a woman's central nervous system (hypothalamus and pituitary), ovaries and uterus.

Normally, about a month before a woman's period, the central nervous system senses that hormone levels are low. The hypothalamus, a gland at the base of the brain, sends a signal to the pituitary, another gland at the base of the brain. The pituitary then sends a chemical signal through the bloodstream to the ovaries, which tells them to do two things:

"Today our understand-

ing of the menstrual cycle

allows us to treat irregular

periods thorugh

medications and

sometimes surgery.

produce hormones and ripen an egg.

Around two weeks before a woman's period, the microscopic mature egg in one ovary is released. The egg then finds its way through the Fallopian tube, where it

hopes to become fertilized.

In the meantime, the lining of the uterus, called the endometrium, responds to the hormones produced by the ovary and thickens in preparation for a pregnancy.-

If the egg in the Fallopian tube meets up with a sperm, it becomes

fertilized and continues its journey down the tube to implant into the lush red endometrium of the uterus.

If the egg fails to become fertilized, the endometrium is no longer needed to support the pregnancy and is sloughed off...and voila, we have a

monthly period.

Irregular periods occur when any one of these areas are not behaving properly.

First, systemic diseases like liver and kidney disease can alter the amount of the hormone estrogen floating about in the bloodstream. Thankfully, these diseases are usually not common among women who are still having their periods.

Second, diseases like thyroid disease that affect the central nervous system can also cause period abnormalities. Prolactin, a hormone that causes milky breast discharge, can also affect periods. Sometimes significant emotional and physical stressors like mid-term exams, family illnesses, or excessive exercise may cause the central nervous system's signal to the ovary to become erratic, which causes irregular periods. Also, significant weight loss or weight gain in a short period of time may also contribute to irregular periods.

Third, diseases that affect the ovary can also cause abnormal periods. The most common disease in this category would be ovarian cysts. Ovarian cysts may persist from one period to the next and continue to secrete hormones, which would interfere with the central nervous system's ability to gauge which day of the cycle the body is really on.

Fourth, diseases that affect the uterus or the cervix can also cause irregular periods, or cessation of periods. These would include scarring of the uterus or cervix after a surgical procedure. Again, these would be uncommon reasons for irregular cycles.

Last, we must not overlook the possibility of a pregnancy as the reason for the irregular period.

For information, contact Helen Vu, M.D., at Albany Obstetrics & Gynecology PC, 319 S. Manning Blvd., Suite 201, Albany, 489-3296.



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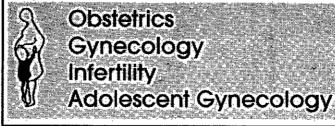
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wealth financial stands ready

BY LIBBY SCHIRMER

S ummer is a season of leisure, the season of barbecues and baseball.

But Edgar Tolmie, a representative of Commonwealth Financial Networks, an independent broker dealer, cautions his clients to not think too leisurely about their assets.

Often, Tolmie said, while the

kids are out of school, he tells his clients to not forget about their college education.

'Because of the ways people's lives are scheduled, with summer vacation, the kids are out of school until the fall, I'll help them start putting away money for their kids to go to college," Tolmie said.

Most of Tolmie's 100 or so clients are actually past that stage in their lives, though, which brings to

clients want, but the sales are "just the tip of the iceberg."

"My big business is more advice-oriented," Tolmie said. "There are only a very few universal needs, but through conversations with people, by asking questions, I'm getting to know what their needs are.

A very common fear among retirees about age 65, Tolmie said,

Tolmie offers the products that is whether their assets will last their life expectancies, which, according

"There are only a very few universal needs, but thorugh converstations with people, by asking questions, I'm getting to kow what their needs are.

Edgar Tolmie

ticket to ride You've got

ne of the great things about the Capital District is it's just three hours from New York City. Now, Albany NY Bus Company has made that trip even easier, offering nonstop Capital District to the Big Apple (and its airports) service. With its new wireless

Internet access, you can stay

the city that never sleeps.

connected as you make your way to

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this value. If you're not sure what

to do once you're there, you can

find day trip ideas on the events

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Web site, www.albanybus.com.

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Whether you want to go down

service from Albany to Penn Station, John F. Kennedy International Airport and LaGuardia Airport range from \$20-\$62 each way based on round trip reservations, making it one of the most affordable ways to travel to and from NYC. Some of the Capital District pick-up locations

are the Pepsi Arena, the University at Albany and Albany International Airport. For schedules, pick-up locations, or to make reservations.

call (518) 533-6731 or go to www.albanybus.com.

Business commuters will especially appreciate the WiFi service, which lets them gain back the 2.5 to 3 hours of work they wouldn't be able to do if they were driving.

Since there's currently no air service between New York City's airports and the Capital, Albany NY Bus makes getting to international flights that much

"This is another way for us to provide the latest technology while making New York City and airports more accessible to those living in the Albany area," said Israel Goldberg, vice president of Albany NY Bus Company.

"The combination of WiFi Internet access, direct, nonstop airport service, and low competitive rates makes Albany NY Bus attractive to individuals and corporations traveling to and from Tech Valley," said Rebecca Murtagh, chief strategist of Karner Blue Marketing and spokesperson for Albany NY Bus Company.

For information, call 533-6731, or visit the Web site. www.albanybus.com.

to the IRS Web site, are about 20 to 25 years out.

"It's a very real concern. These people know they have money in their 401Ks, but are they able to take what they need for the next 20 or 25 years. Can they make that last," Tolmie said.

Another increasing concern, especially for married, retired couples, Tolmie said, is about long-

Tolmie said he works with people before they retire to

net worth of

Should a person

"Someone with a

\$300,000, that will get

them four years of

care, but what about

their spouse?" Tolmie

need long-term care, they can expect to dole

out about \$75,000 a

year.

ask about what they expect to do, how much that will cost, what money they need to live on and other concerns, including long-term care

Commonwealth Financial Network is an independent broker dealer with no ties to a bank or another brokerage firm.

to provide the best service possible.

For information, call Tolmie, who works at 2 Executive Park Drive, at 689-1173.

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albanyb

tate-of-the-art cancer care is avai

aint Ambrose School, at 347 Old Loudon Road in Latham, provides students from prekindergarten through eighth grade with a faith-based education.

Sisters of the Presentation, the

as well as lay teachers who have

Franciscan Sister of the Atonement,

been recognized as a News Channel

Channel 13 Educator of the Week

and a Wal-Mart Teacher of the Year.

Sisters of Saint Joseph and a

10 Educator of Excellence, a

The school offers a state-ofthe-art computer lab for its kindergarten through eighth-grade classes. Students are taught keyboarding skills, word processing, spreadsheets, desktop publishing,

guided Internet research, digital photography and Web site design.

There is also an award-winning art program, where

The school faculty includes the students learn a variety of techniques that include printmaking, three-dimensional forms, weaving, painting, principles and elements of design.

> Saint Ambrose offers an honors program in math, science and English for grades six and seven, as well as an eighth-grade

program that includes math, English and a technologyintegrated course where students receive high school credit upon completion.

The school has half-day prekindergarten classes that are academically structured and a fullday kindergarten. A resource teacher and a speech therapist assist children and families with special needs. Before school care is also available at no additional cost, and affordable after school care is available until 5:30 p.m. There is also a hot lunch program.

For spiritual growth, Saint Ambrose has daily morning and afternoon prayers, daily religious classes and weekly liturgies for the entire school community.

Extracurricular activities at Saint Ambrose include Art Club, Computer Club, Chorus, CYO basketball, intramural sports, private instrument lessons/band, bowling, Ski Club, Model Rocketry Club, Drama Club, a student-

published newspaper, Spanish Club and Daisy, Brownie and Junior Girl

For information, call 785-6453, or visit the school's Web site at www.rcdaschools.org/stambrose.

Stasior & Stasior offers 'Gentle Waves'

"It not only helps the

skin heal but reverses

some of the chemical

damage in the skin

from sunlight."

BY MARY LANNON

or the cost of a spa facial, Stasior & Stasior Eye Care Specialists are now the only doctors in the Capital District to offer the latest in facial rejuvenation technology.

The new procedure called GentleWaves, recently approved as safe and effective by the Food and Drug Administration, uses a lowlevel light to stimulate collagen and elastin production in the skin. The treatment is quick, completely painless, non-surgical and creates no redness or side effects yet, over a few months, biologically creates the effect of younger skin.

"It not only helps the skin heal but reverses some of the chemical `

damage in the skin from sunlight," Dr. George Stasior said.

improves tone, texture, pore size and smooth fine wrinkles in the face," he added.

George Stasion Stasior & Stasior, located at 8 Wade Road in Latham, has been in the forefront of testing the technology, which was originally developed by NASA to heal wounds more quickly.

Drs. George and Orkan George Stasior are clinical teaching professors at Albany Medical Center Hospital. They ran one of the clinical trials of the procedure recently.

"Patients had a high satisfaction rate," George Stasior said.

He added that it can be used in conjunction with botox, microdermabrasion or skin fillers such as Restylane.

The doctors provide a full range of services including cosmetic eyelid surgery, facial resurfacing, eye trauma surgery, cataracts and botox treatment of wrinkles as well as management of thyroid eye disease, tearing problems, dry eyes, glaucoma, anti-oxidants and wellness and preventative medicine.

In addition, the office houses Latham Optical, a specialized designer eyeglass boutique. A large selection of contact lenses - both clear and colored - and the latest eyeglasses from designers such as Calvin Klein, Armani, Silhouette, Fendi, Nautic, Gucci, Escada and Tommy Bahama are available.

Orkan George Stasior began the business in 1964 and his son George Stasior joined him in 1989.

Both are boardcertified ophthalmologists and ocular plastic surgeons.

The practice prides itself on keeping up on the latest developments in the medical field and has many years of experience along. with a commitment quality care with a personal touch.

In addition to GentleWaves, the doctors have been leaders in aesthetic eyelid rejuvenation including serving as the Capital District's first national training center for botox. Other techniques they have pioneered in this area include laser surgery, and botox and hyaluronic acid injections (Restylane).

The office is located off Exit 6 of the Northway. Wade Road intersects Route 7 two blocks from the Northway.

For information, call the office at 220-1400.

ermaCoat seals in color

BY GRAHAM S. PARKER

t's not so much the upstate weather that dooms houses to annual exterior rehabilitation efforts come spring, it's the sun.

Fading, chipping, cracking and overall deterioration of house siding is inevitable, but the time between when a homeowner installs new wood or vinyl siding and then must replace and/or paint it can be drastically reduced.

Capital District PermaCoat offers a lifetime guarantee service and product that replaces the need for new siding and paint and helps seal your home against damaging elements.

"It's like a paint; it seals the house up and doesn't dry or crack. It reduces heat and air conditioning costs and dries 10 times thicker than paint," said CDPC owner, Bill Constant.

Work for the young company has picked up since it began last June. From commercial to residential properties, Constant and his small staff rejuvenate structure exteriors while maintaining the architectural profile of the building.

The process takes about seven days, give or take a day depending on the structure. A crew removes and strips all old paint, caulk and seals. A flexible seal is applied around windows and doors. The company replaces rotted wood; pressure washes the surface and sands down the exterior before applying cleaning agents, primers and the patented zinc dioxide polymer.

The polymer is applied by spray in several coats. The first application is a sealant that locks out moisture but allows the home or business to breath. The second coat is a tacky bonding agent that preps the structure for the final

The final coat can be selected and custom blended to any color using a palate of 1,800 factory colors, said Constant.

A lot of people are worried about New York weather, said

Constant. However, every job they have done so far the homeowners pointed out the worst damage to the house was the side getting the most sun.

Unlike paint the coat is stain resistant and nearly fade proof. The darkest color being black fades by one percent every year.

"It's flexible up to minus 18 degrees Fahrenheit and stands up to 90-mile-per-hour wind-driven rains for 24 hours," said Constant.

The permanent coatings have been installed in parts of the state over the last five to 10 years. To date, no product failure has been noted, he said.

After each job, PermaCoat crews clean up the work area and leave it as they found it, except for the new exterior finish guaranteed to last a long time.

'We warranty work and product," said Constant. The service is also very competitive, he added.

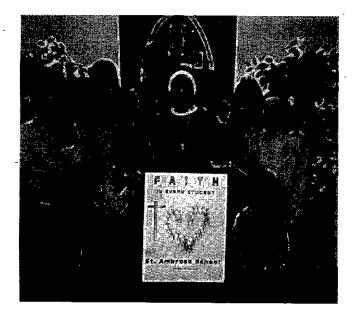
PermaCoat is one and a half times the cost of a professional paint job and thousands of dollars cheaper than the cost and installation of a medium grade vinyl siding, he said. Prices are based upon the scope of work and square footage of the structure.

To learn more about the company or inquire on how to obtain its services, call Capital District PermaCoat's Albany office at 894-6799 or visit its Web site at nypermacoat.com.



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N-Y PERMACOATECOM

Manfred knows real estate

he Manfred Real Estate
Learning Center is a fullservice real estate school that.
offers pre-licensing courses for real
estate salespersons, brokers and
appraisers, continuing education
courses for all three types of

licensees and seminars for real

estate investors, buyers and sellers.

Mary and Bill Manfred started the family owned business in 1984 and incorporated in 1987. Since then, the business has expanded to offer courses in Albany, Lake George, Saratoga, Hudson and Kingston.

Real estate salespersons are required by the state Department of State to complete a 45-hour prelicensing course. Course topics include deeds, leases, contracts, closing costs, financing, construction, land use regulations, environmental issues, valuation and other legal topics.

Salesperson licensing also requires passing a state exam and sponsorship by a licensed broker.

A real estate broker license requires an additional 45-hour course, specific real estate transaction experience and passing the state exam.

Real estate appraisers are required to take a total of 90 hours of course work to obtain a license as an assistant appraiser and then have their work reviewed by a licensed or certified appraiser for no less than 24 months before becoming fully licensed. A state exam also is required.

Manfred Real Estate Learning Center's continuing education courses are approved for salespersons, brokers and appraisers. Courses are offered on a variety of topics including commercial real estate, energy efficiency, home inspection, landlord vs. tenant, residential property management, deeds, architectural styles, home inspection, tax assessment grievance, residential construction and many others. Many of these courses also are helpful for real estate investors.

Instructors at the Manfred School are approved by state Department of State and selected based on experience in the real estate industry as well on instructional skills. The instructors include real estate brokers, appraisers and attorneys who are active in the real estate industry as well as experienced instructors.

In addition to real estate licensees the school invites investors, homebuyers and sellers to take courses in real estate to learn more about the industry, the regulations, property management and the value of real estate as an investment.

Additional information about the school can be found on its Web site at www.ManfredRELC.com.

Summer sports can fill the bill

So, what are you

waiting for? Get out

there and have some

Capital Region sports

fun taking in the

scene.

BY ROB JONAS

hen it comes to summer sports in the Capital Region, one word leaps to mind – Saratoga

The venerable race course on Union Avenue has been offering the best thoroughbred racing since it opened back in the 1860s, and this year's meet promises to continue that tradition

Tim Ritchey, trainer of Preakness and Belmont Stakes winner Afleet Alex, said his horse could be part of the field at the Travers Stakes Aug. 27 the biggest stakes race on the six-week schedule.

Other top trainers including D. Wayne Lukas, Nick Zito and defending champion Todd Pletcher typically bring their best horses to the track, where they are often mounted by such jockeys as Pat Day, Jerry Bailey and John Velazquez.

This year's Saratoga meet starts Wednesday, July 27, and ends Monday, Sept. 5. Racing begins every day at 1 p.m. except Tuesdays, when the horses take a day off. Tickets are \$5 for clubhouse seats and \$3 for the grandstand for adults, but children under 12 are admitted free. Parking prices range from \$10 for trackside spaces to free if you want to find space on the residential streets near the track. Some enterprising residents will let you park at their homes for a fee, too.

People don't have to wait till 1 p.m. to arrive at Saratoga, though. You can have breakfast at the track every morning while the horses get their workouts. It's free to enter for breakfast, but you'll have to leave before the gates officially open at 11 a.m. (10:30 a.m. on weekends). Of course, you can re-enter by paying the grandstand or clubhouse ticket price to see what those horses do in the afternoon.

Thoroughbreds aren't the only horses in Saratoga during the summer, though. Saratoga Gaming and Raceway off Nelson Avenue offers harness racing five nights a week through Labor Day weekend. Post times are 7:10 p.m. Tuesdays through Saturdays, but the facility is open much longer than that. After all, there's all those video gaming machines that you can gamble on.

Feel like watching horses play field hockey? The Saratoga Polo

Club at Bloomfield and Denton roads in Greenfield offers matches three nights a week through Labor Day weekend. Matches start at 4 p.m. Wednesdays,

Fridays and Sundays. Highlights of the summer season include the Saratoga Cup July 8-17 and the Thoroughbred Stakes July 20 to Aug. 21.

Not interested in horses, but interested in watching balls being hit with sticks? The Capital Region offers plenty of baseball at the professional and amateur levels.

At the professional level, the Tri-City ValleyCats of the class A New York-Penn League are in pursuit of another title. The Houston Astros' affiliate won its division last year and reached the championship series before losing to Mahoning Valley (that's in Ohio).

The Valley Cats play their home games at Joseph L. Bruno Stadium, which is at the back of Hudson Valley Community College in Troy. The New York-Penn League schedule runs through the end of August. Game times are 7 p.m. Monday through Saturday and 6 p.m. on Sunday. Tickets are \$8.50 for a premium box seat behind home plate, \$7 for a reserved box seat behind the dugouts and \$4.50 for a grandstand seat down the first and third base lines.

The Capital Region also offers three different teams in the New York Collegiate Baseball League the Amsterdam Mohawks, the

Saratoga Phillies and the Glens Falls Golden Eagles. All of these teams feature players from NCAA Division I schools, including several who grew up in the region.

The Saratoga Phillies play their home games at East Side

Recreational Field off Lake Avenue in Saratoga Springs. The Amsterdam Mohawks reside at Shuttleworth Park off Pioneer Street in Amsterdam, and the Glens Falls Golden Eagles call East Field their home.

There's professional football in town this summer, as well. The New York Giants return to the University at Albany July 30 for three weeks of agility drills, blocking drills and all the other grunt work they do to prepare for the upcoming National Football League season. It's free to watch the Giants practice, but you'll have to pay for parking. Still, fan access to the players is very good. If you

don't get at least one autograph during your visit, you didn't really try hard enough. Either that, or you got squished by all the other autograph seekers.

Another venue where you can see well-known athletes up close and personal is at Schenectady's Central Park tennis courts, where the New York Buzz play in the World Team Tennis league. Last year, legendary champion Martina Navratilova played there, as did Anna Kournikova, who made all the men's tongues wag when she took the court. One more big name will be in town this year — Jim Courier July 13.

The Buzz play a concentrated schedule of 14 matches (seven home and seven away) July 6-20. Tickets are \$15 for all home matches except for the visits by Hingis and Courier, where it will cost \$30 for a general admission seat or \$40 for a reserved seat: Considering there isn't a bad seat at Central Park, it's well worth it.

In search of something more fast-paced? Albany-Saratoga Speedway off Route 9 in Malta offers auto racing every Friday night through Sept. 16. Tickets are \$10 for adults and \$2 for children.

Not enough to satisfy your sports appetite? There's plenty of activity at local golf courses including the annual Futures Tour stop at Capital Hills July 15-17, all kinds of youth sports including the Clifton Park International Soccer Tournament July 8-10 and even weekly water skiing behind Jumpin' Jacks Drive-In in Scotia.

So, what are you waiting for? Get out there and have some fun taking in the Capital Region sports scene.

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Coxsackie Antique Center expands in size, services

noxsackie Antique Center is celebrating its 10th anniversary this month by opening a new 11,000 square-foot wing to add to its current 16,000 square feet of antiques and fine collectibles. The center first opened in 3,000 square feet of rented space with about 30 dealers. Today, it's one of the premier antique destinations in the Northeast with over 100 dealers. It draws collectors and dealers from all over the Hudson Valley, western New England and central New York. The store is filled with antique tools, jewelry, toys, books and ephemera, vintag clothing and linens, fine, well-made, usable furniture and decorative items.

Bill and Diane Johns own Coxsackie Antique Center. They have spent a lifetime as collectors of antiques.

"I love the mundane things," said Diane Johns. "It is so exciting to hold in your hands the tools that a seamstress or cook or woodwright used, maybe hundreds of years ago. It really puts you in touch with your history and heritage".

"Our job is to preserve, protect, and educate," said Bill Johns,

"We're trying to make Coxsackie Antique Center a place where people can come to learn about their heritage," Diane Johns added.

To accomplish that, the Johns will be offering many classes and demonstrations on antiques. They

have created a reference library of several thousand books available for public use. The staff is always happy to talk to customers about antiques. The center has a large exhibit of "repros" – fake antiques – to help collectors

"We have a strong Repro Free Zone policy," pointed out Diane Johns. "Our

when they see them.

recognize hoaxes

ancestors took great pride in their skill and hard work. True antiques show the careful workmanship that went into making even the most commonplace tools. Fakes distort the legacy of our ancestors by making them seem as careless and sloppy as many of us are today. If

our ancestors were as sloppy as we are, why should we be interested in antiques?"

"Our new wing will also help us educate the public and build interest in antiques," said Bill



Johns. The new wing will contain a 4,000 square-foot Community Gallery where the Johns will present exhibits, conduct classes, offer lectures and demonstrations on antiques, hold antique auctions, and present specialty antique shows such as bottle shows, quilt shows,

toy shows, postcard shows, and much more. The room will also be available for use by outside presenters and individuals. There will also be a book gallery in the new wing, with about 20 dealers presenting a selection ranging from good reading to rare antiquarian books.

"We think the new building will make Coxsackie Antique Center an even better place to visit," said Diane Johns.

"We want the center to be a fun place for everyone" added Bill Johns. "Come on over and check us out."

The Coxsackie Antique Center is at 12402 Route 9W in West Coxsackie. For information, call 731-8888.

] Profits

from page 1

trips, and DeSarbo said they also tend to buy new camera equipment. He estimated that his volume of sales increases by about 40 percent during the summer months, although he said it is still a struggle to compete with national chains and big box stores.

'Christmastime and summer, those are our busiest times of year,' he said. 'If it wasn't for summer, it would be hard to stay in business."

Across the board and across the Capital District, business owners and managers regard summer as the season for profit. Longer days and warm weather means that people are out and active. They are working around the house or

looking for fun, and from agriculture to water sports, many companies are dependent on a good summer for a healthy bottom line.

Perhaps no businesses are tied to the summer more than farms. Summer is their growing season and right now, at Buhrmaster Farms in Scotia, the corn is on the stalk, cucumbers are on the vine the tomatoes are starting to ripen.

"The weather so far has been just right," said Keith Buhrmaster, whose family owns the farm and

"Racing, and the wealth it has brought to this community, allows us to have options that otherwise might not be available in a city of 27,000 people."

Joe Dalton

has for several generations. "Right now, we're in strawbetry season. Everything else will soon follow."

He said the farm hires about 25 seasonal workers to help plant, maintain and harvest crops. It is one of many companies in the region that expands its work force during summer to handle an increase in business. More than

6,700 jobs were created in the Capital District, including Saratoga County, between April and May of this year, according

to statistics from the state
Department of Labor. Most of
those jobs are in the fields of
recreation, hospitality and service.
The recreation/leisure industry
added about 2,000 jobs, while
hotels and restaurants added about
1,300, according to statistics
available at www.dol.state.ny.us.

"Those are the fields that tend

to see growth during the summer months," said James Ross, a regional spokesman for the Department of Labor. "The construction industry grows as well, but that tends to happen earlier in the year."

In Saratoga especially, the hospitality and service industries thrive during summertime.

According to Joe Dalton, president of the Saratoga County Chamber of Commerce, the tourism industry in Saratoga is worth about \$70 million per year. Of that, about \$35 million is generated between June 15 and Sept. 15, and half of that comes during the month of August — racing season.

"It's a major economic factor for Saratoga,' he said. "This community has done very well from racing and on the same token, the community has done very well for racing."

Dalton credits horse racing with helping to spur diverse economic growth in the city. Thanks to the wealth from tourism, city and county residents have their choice of more than 100 restaurants. They can attend a wide array of cultural events, and they by and large have all the urbane amenities of much larger cities.

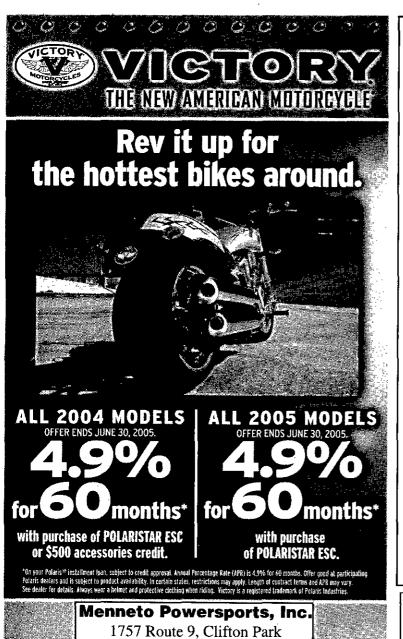
"Racing, and the wealth it has brought to this community, allows us to have options that otherwise might not be available in a city of 27,000 people," he said.

At Stewart's Shops, summer's arrival means that it is time to ramp up production of ice cream. The company produces about 3 million gallons of ice cream per year and sells much of it during the summer, according to Gary Warren, the company's vice-president of manufacturing. Sales for cold beverages also increases by about 30 percent during the summer months. Stewart's has more than 300 stores in New York and Vermont.

"Summer business is certainly good for our company," Warren said.

One thing that does not sell in the summer is hot coffee.

"Once the temperature goes up above 80 degrees, coffee sales really fall off," he said.



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Count on Grandma's for home-style cooking

BY STEPHANIE LUBIS

othing much has changed about Grandma's Country Corners and Pie Shoppe on Central Avenue in Albany in the ast 28 years, and according to owner Joe Danaher, that's a good thing.

The restaurant is more than a place where patrons can always expect great home-style food with

friendly,
sincere
service; it's a
real part of
the
community.

"Neighbor-You always hood children get know what their first jobs here," you can said Danaher. "We've find here. provided employment for 103 Joe Danaher people, and its normal to

have people vorking for us for 15 or 20 years."

Grandma's also strives to give back to the community, sponsoring and participating in as many things as possible. From Little League baseball to softball teams to adult women's bowling leagues, Grandma's strives to be a part of it.

Still, that doesn't take the focus off the food.

Grandma's uniqueness allows it prevail amidst a sea of chain restaurants that come and go. It is also a source of pride for Danaher, who said he gains new fans of the restaurant every year.

"It's a sincerely friendly, nice atmosphere, and it's unique. People remember us," he said. "Out-oftowners come back every year because they are not accustomed to a home-style restaurant."

That may be because, while the menu may vary a bit in the summer to include lighter dishes more suitable for hot weather, the basic menu is as rich and comforting as it has always been. No drastic changes in the food offered is one reason business at Grandma's has steadily grown.

"We're consistent. You always know what you can find here," he said.

Fresh ingredients, home-style cooking, and 24 kinds of homemade pie can offer something for everyone. Danaher is especially proud of the strawberry/blueberry pie offered from Memorial Day through July 4. With whipped

cream on top, it's the perfect edible celebration of patriotism.

"It's so popular that people start calling in April and May to ask when it will be available," he said. Along with great food, Grandma's also has a gift shop selling items such as handbags, quilted totes, jewelry, hats and footwear.

"People can browse around and take a break from their drive," said Danaher. "It first started as a collectible gift shop, but people wanted things with a broader appeal." Lotions, soaps and other body care items are available, as well as candles and select home furnishings. Danaher says the items are quality, but the atmosphere is as down home and comfortable as the restaurant.

"It's not so upscale that people won't feel comfortable," he said. "We're just as happy to have browsers as we are to have buyers. It's a nice experience for everyone."

Grandma's is located at 1273 Central Ave. in Albany. Call 459-4585 or visit www.grandmascc.com.

Lighting Place a vision for homeowners

In 1991, Larry Bloomer and Larry Verch had a vision of what a true lighting showroom should be. They wanted to create a lighting showroom like no other.

What to name it? Well, when builders send their new homebuyers to the store to select the lighting, they tell them to go to The Lighting Place. The Lighting Place was born.

They opened a small store in a mall on Chrisler and Altamont avenues in Schenectady. After the first year, they grew a little larger and expanded into the vacant space next door. In July of 1995, they found that they had outgrown this location and selected a bigger showroom in Guilderland's 20 Mall.

The service aspect began to set

The Lighting Place apart from other locations that sold lighting. In 1997 and 1999 the showroom was expanded two more times. In the summer of

2002, The Lighting Place moved to its current home – 2020 Central Ave.

The Lighting
Place is the largest
lighting design and lampshade
showroom in the Capital District.
There are numerous vignettes that
display lighting and complimentary
accessories in a home-like setting.
One of the most important
concepts in a lighting showroom is
to show the customer how a lamp
would look in their home next to a
chair or couch. Or how that
chandelier would look over a table
or in the foyer. The vignettes try to

create that warmth and appeal.

The philosophy that the owners developed was that the customer should be welcomed into

SPBAREN Edition

the showroom, not ignored. Each customer is greeted and asked how the staff can be of assistance. The customer is the most important person and should be treated as such.

Chandeliers and lamps are not the only specialty items that you will find at The Lighting Place. The lampshade selection is second to none. Customers can bring in their own lamp for a perfect fit and see their lamp with its new shade before it is taken home.

The service aspect of The Lighting Place does not stop within the walls of 2020 Central Ave. It extends out to the various members

Chandeliers

Outside Fixtures

• Lamp Shades

Monorail

Sconces

• Fans

of The Lighting Place's builder family.

Buying a new home and having it built can be very stressful. Having to select the tile, carpeting, cabinets and lighting all at the same time can be overwhelming.

The Lighting Place, tries to destress the process by guiding the new homebuyer through each room selection, even with a little humor. The lighting selections become personal and individual and the staff tries to create that individualism for the customer.

Remodeling? The Lighting Place staff is well versed in assisting the customer in lighting selections for a remodeled bathroom, kitchen, great room or new addition.

Inside or outside, you can find what you need at The Lighting Place. Stop in and browse Monday through Friday 10 a.m. to 6 p.m., Thursdays, 10 a.m. to 8 p.m., and Saturdays (Labor Day through Memorial Day 10 a.m. to 4 p.m., and Saturdays (Memorial Day to-Labor Day 9 a.m. to 2 p.m.

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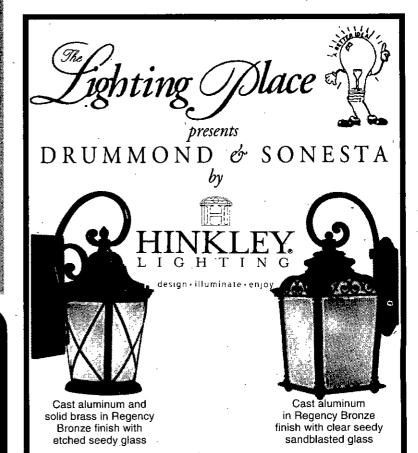
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www.lightingplace.com

Tech Valley brings buyers, sellers together

BY MARTY BANNAN

echValley has been helping buyers and sellers all over the Capital District and Saratoga move forward with their lives and their dream of having the perfect home.

Serving customers for three years, TechValley's staff offers the personal touch allowing buyers to make the right decisions.

With \$15 million in business last year, TechValley sells between 400 to 500 homes a year, and stands ready to serve you.

Among its staff of professionals is Michele Burns, a 20-year veteran who makes it her job to get to know her customers.

young children and wanted a job with flexibility," she said.

I started with Robert's Real

Estate, then went on my own and now I'm with **TechValley** Homes."

Burns says it's a good fit for her as evidenced by her annual \$4 million in sales, alone.

'I offer experience," she said. -"I take time to care about the buyer's and seller's needs so I can help them get what they want."

A lot of agents, Burns said, are getting in the business now because the market is good. "There are also

"I got started when I had three a lot of part-timers selling real estate today, but they don't have the experience I offer," Burns said.

"She is our top agent," said

Miguel Berger. "She is dedicated and

glowing reviews from buyers and sellers. She's a big help to me."

Burns' philosophy is that agents must be patient and give customers time to find the right

TechValley, she said, helps buyers and sellers with every step of the process from listing to closing. They also offer computerized

virtual walk-in tours on screen.

"We are the only real estate agency in the area who does it for all of their listings," Burns said. "We also walk them through applying and pre-qualifying for mortgages.'

TechValley offers homes in all price ranges and to all customers. Burns added that many of today's customers include people relocating to the area.

"Now is time everyone is looking to move, she said. It's summer, the weather is good and families want to get settled before school starts," Burns said. "We at TechValley are here to help every customer accomplish their dream."

For information, visit TechValley Homes at 475 Albany-Shaker Road in Loudonville or call 435-9944.

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"Rejuvenate provides a

targeted service menu

because we understand

that to be expert in a

service offering such as

Botox it must be per-

formed with frequency.

Kelly Heffernan

Rejuvenate convenient, dedicated medial spa

icture this: You're running out the door to fit in errands before a trip to Bermuda. First stop, hair; then nails; then waxing at the day spa. A quick jump to the tanning salon and then you run next door for Botox. That's right, Botox next door.

Welcome to Rejuvenate!

Here's what Rejuvenate offers: Experience – Raising minimally invasive cosmetic procedures to an art form. Many cosmetic surgeons perform these procedures on a regular but only

surgeon to feel rejuvenated. After

all, they're just around the corner.

occasional basis. Rejuvenate's professional staff does nothing but these procedures, ensuring an unparalleled level of experience.

Convenience

- Clients no longer have to see surgeons in their often inconvenient medical office park locations: Rejuvenate is in the neighborhood shopping mall.

• Accessibility and same day appointments - Clients no longer have to wait for their surgeon to sponsor a weekly or monthly "Botox Day."

 Welcoming – Clients who might not be ready for a cosmetic surgeon's office will feel

comfortable in a less intimidating spa environment.

The first of what will hopefully be a chain of spas, Rejuvenate is operated by Susan Ullman, who hails most recently from the Cape Cod, Mass., area but is a native New Yorker. Ullman chose the Albany area for its well-rounded demographics that suit the professional needs of the business and the family-friendly attributes of the city.

'I'm so excited about what Albany has to offer and how welcoming the community has been to the business concept as well as to my family," Ullman said.

The spa's medical practitioner is Kelly Heffernan, a Capital District native. Heffernan has an 11-year professional history in the area and has trained extensively with a local cosmetic surgeon as well as with additional experts in the field. Having recently returned from a program in West Palm Beach, Fla., that focused exclusively on the art of Botox and soft tissue fillers, Heffernan is quick to extol

the benefits of a focused practice.

"Rejuvenate provides a targeted service menu because we

to be expert in a service offering such as Botox it must be performed with frequency. So many providers offer these services as 'addons' to a larger suite of services. As a result, they may only occasionally get to work with these materials and procedures," Heffernan said.

understand that

"It's difficult to achieve true comfort with a procedure if it's not one performed all day, every day."

Clearly, this is not an issue at Rejuvenate as the staff eagerly refers clients to professionals such as

aestheticians outside the company for facials and skin care products.

"We recognize their experience

in skin care. Our focus is narrower than theirs so we're happy to direct our clients to other professionals who can provide expert service in a different cosmetic field," Heffernan

Clearly one can obtain a "quick lift" from the staff

at Rejuvenate. And if you're not sure you're ready to take the step toward minimally invasive cosmetic procedures, you can certainly stop by the spa for a free consultation to learn more about their "about face" offerings.

cosmetic surgeon's office. Rejuvenate's practice operates on the core principle of clinical excellence in a convenient, storefront location.

Gone are the days when a

'quick lift" means a trip to the

Rejuvenate is a medical spa specializing in facial rejuvenation through the use of minimallyinvasive cosmetic procedures as Botox, Restylane, chemical peels and laser hair removal.

You no longer have to see a

Francisco Equipment fills needs of industry

BY MARTY BANNAN

or three generations, Francisco Equipment in Ravena has supplied and served industry with the latest equipment.

Founded in 1949 by John

Francisco, the company represents a wide number ofmanufactures of air compressors, generators, sandblasting systems, demolition tools and more.

"We sell, rent and service equipment for several customers, most noteworthy of them LeFarge Building Materials," said co owner Barbara Banahan. Other customers include Glens Falls Lehigh Cement, Adirondack Mechanical, Lancaster Development and Liberty Maintenance.

After more than 55 years doing business, Francisco Equipment is expanding its facility to provide better service and more space for more customers.

> Some of the company's latest projects include a bridge painting on the Sky Way Bridge in Buffalo

and the Tri Borough Bridge in New York City.

The company has also supplied projects at Albany County Airport, Griffin Lab in Guilderland and the Schenectady Central School

Francisco Equipment is a member of the Northeastern Contractors Association and is a woman-owned business.

After more than 55 years doing business, Francisco Equipment is expanding its facility to provide

Fax: 756-9480

better service and more space for more customers.

"To better serve today's customers with large equipment, we need a larger modern shop," said Banahan.

The new facility, she said, will feature six new overhead doors so vehicles can drive in and drive out without going in reverse.

We used to only have three overhead doors to drive in and back out of," Banahan said.

In addition, the new garage

will come with the latest computer equipment and a drive-through motor vehicle inspection station.

Banahan expects the new facility to open in October.

Banahan said she and coowners Virginia Pearson, her mother, and Jody Lisa, her brother, continue to provide top quality equipment, supplies and service. She added that for three generations their reputation is without question and they have the customers to show for it.

rejuvena it's about f Now Open at Newton Plaza II We are a medical spa specializing in non-surgical facial

rejuvenation through minimally invasive cosmetic procedures such as:

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a progress edition

Mosquito Technologies zaps backyard bugs

BY JAMIE D. GILKEY

N hey can be pesky little things and sometimes they even carry diseases

That's why people from six continents have purchased specialized mosquito killing systems from Mosquito Technologies, a Delmar-based business with a worldwide reputation.

The systems come in three

different forms, two of which are free standing units that can be set-

up in a person's backyard. Both

to attract the stinging insects by using CO2 and other draws that

those patented units are designed

entice mosquitoes to the devices.

annoying insects before they sting

people who would prefer to enjoy

eye that helps the equipment

effectively capture and kill

their yards.

They also include a photo cell

The systems are also known to

be environmentally friendly and easy to operate.

"The units mimic what the insects use in mating and they are designed to attract the females," explained Heather Tangora, the president of Mosquito Technologies. "Those are the ones that sting because they need the blood to feed on.

"Because of the attractors these systems use, they are very effective

> in drawing them in," Tangora said.

Often, customers set up the systems in their backyards or near standing pools of water. Whenever

water is left standing for three days or more, it may become a breeding ground for mosquitoes. This can lead to the spread of the West Nile Virus and other potentially dangerous ailments.

Providing complete coverage, Mosquito Technologies systems can capture and kill insects over an entire acre. Unlike other systems, the units are quiet, odorless and approved as safe by Underwriters Laboratory. The mosquito killing systems also are quite affordable

with prices ranging from \$299 for a lightweight system that can help manual unit to \$550 for an automatic one.

The automatic feature controls the amount of CO2 that's used, making sure that precise amounts are released. But both are quality products, Tangora said.

If you are interested in a portable model that can be used for everything from mosquitoes to bees and other winged insects, then there's a handheld swatter.

Using two double AA batteries for power, "It almost looks like a tennis racket," said Tangora. About eight ounces, it provides a

eliminate nasty pests from any backyard setting.

The swatter even comes in handy when there's a troublesome spider in your midst.

Just swing the swatter where the bugs are and the insects will be eliminated from the area. Very inexpensive, the portable system carries a price tag of \$14.99.

Both the swatter and the stationary units are virtually maintenance free making them top of the line technologies for your

"I've been-selling the mosquito

killing system since 2000, and we've had a lot of happy customers," Tangora said. "People are very pleased with how effective

Located at 50 Delaware Ave. near the border between Bethlehem and Albany, Mosquito Technologies' showroom is easily accessible by car or public transportation. The store's convenient hours mean it is open from 8 a.m. until 4:30 p.m. Monday through Friday.

They can be reached by phone at 478-9846 or on the Web at mosquitotechnologies.com.

Tough Traveler is on the map as a major success story

BY JAMIE D. GILKEY

heir bags have earned a stellar reputation for quality.

They are so well known that publications from Good Housekeeping, Consumer Guide and Kiplinger's have suggested their products to readers. A statewide association of chiropractors in faroff Wisconsin has also chimed in with their own recommendation of Tough Traveler's products.

And the Metropolitan Museum of Art in New York City has also joined in the act, selling the local company's baby carriers because of their special comfort and durability.

While that far-flung support is a big positive, the people at Tough Traveler have never forgotten their local roots. In fact, during their entire 35-year history, Tough Traveler has been making all its quality products right here in the Untied States.

Even better, they've been making them right here in the Capital District and employing local workers neighbors and investing in the community.

In fact, all of the company's bags are made right at its facility in downtown Schenectady. And their showroom is nearby also, conveniently located at 1012 State St. just one block from Brandywine Avenue in the Electric City.

"Our bags are known for being comfortable and for their durability," said Nancy Gold, president of Tough Traveler. "Our products last for many, many years because they are built that way."

One of its better-known lines is called a tri-zip bag.

Designed as an all purpose carrier, the tri-zips make it possible for someone to include virtually everything they need for a weekend trip. A laptop computer, several

days of clothes and other items can all fit into one bag.

And they are specifically designed to fit with the curves of the human body, making them truly comfortable to carry.

Tough Traveler's tri-zips aren't the only products the company makes that are known for superior quality. Tough Traveler also manufactures and sells briefcases, duffle bags, computer cases, messenger bags, waist packs and

Another big item is child carriers. The local firm also makes a wide array of luggage suited for trips of every kind.

We ship worldwide and have a big inventory of everything we make in our store," Gold said. "We can also meet any custom order someone might have.

"We sell to all types of consumers including businesses, associations and community groups," added Gold. "If someone wants to see what our inventory includes, they can go right up on our Web site and look at the selection.

"If they are interested in something else, they should feel free to call us or stop in," Gold

The store is open six days a week from 10 a.m. to 4 p.m. Monday through Saturday.

For information, call 393-0168 or visit toughtraveler.com. There is also a toll free number of 1-800-GO-TOUGH for those calling from outside the region.

Greene County to show its stuff

E veryone loves a good old country fair in the splendid lazy days of summer. This year, the Greene County Chamber of Commerce, located in the heart of the Catskills, welcomes you to the Fourth Annual Greene County Fair July 27 through 31.

This year's Greene County Fair will be held in East Durham at the Michael J. Quill Irish and Cultural. Sports Center on Route 145:

Debbie Zetterlund, executive director of the Greene County Chamber of Commerce said, "People come from as far as Connecticut and as close by as Schoharie County to see what the fair has to offer.

One of the big events will be the demolition derby, which has

1

*

been expanded to two days.

Other events include a 'Classic Car Cruise in', fireworks on Saturday, July 30, a Beach Boys tribute by the Beach Bums, and a Shania Twain tribute by Shania

A \$1 senior citizen discount will be offered at the Fair on Thursday

The midway will be packed with rides of all kinds and a charge of \$7 will allow for an unlimited. number of rides all day.

There will be other entertainment daily including the Wild West Trading Post Teepee and Campfire, Drag Racing Stinkers (a competition that features racing skunks) and Reptile Encounters.

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Fair will offer its share of mouthwatering food such as cotton candy, candy apples, ice cream, hot dogs, pizza, fried dough and sausage Daily admission to the fair is

country fair, the Greene County

\$8, which includes parking and concert attendance. Children under 5 are admitted free.

Fair hours are Wednesday through Friday, July 27 to 29 from noon until midnight; Saturday, July 30, 10 a.m. to midnight; and Sunday, July 31, 10 a.m. to 9 p.m.

The Greene County Chamber of Commerce also invites visitors to enjoy other historical and cultural opportunities such as the Greene County Historical Society, The Durham Center Museum, The Irish American, Heritage Museum and The Thomas Cole National Historic Site and various sites where Hudson River School of Art members have practiced their craft.

Greene County also offers recreational activities on the Hudson River and kayaking and whitewater river rafting throughout the Catskill Mountains.

For information, contact the Greene County Chamber of Commerce at 518-943-4222.

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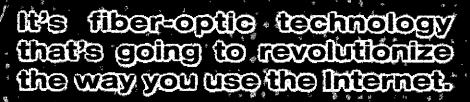
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We never stop working for you.

Evening on the Green concert series continues with guitarist Rhett Tyler

Guitarist Rhett Tyler and his band Early Warning play the blues in tonight's Evening on the Green performance at 7;30 p.m. on the Bethlehem Public Library grounds.

Born in Texas and raised in Mississippi, Ohio and Missouri, Tyler learned about music and the blues from his father, an Air Force officer and talented pianist who played boogie and blues as well as classical repertory. Tyler's parents gave him his first electric guitar when he was 15.

Rooted in the blues tradition, Tyler's music also incorporates jazz, rock and gospel influences. The result is an innovative sound and a signature guitar style:

Tyler and his band have recorded three CDs: Total

Check It Out Bethlehem Public Library

Package (1992), My Passion (1997) and Live at Manny's Car Wash (1999).

The group has performed at many prominent festivals and venues including the Mississippi Valley Blues Festival, Fleet Blues Fest, Jersey Shore Jazz & Blues Festival and Florida's Treasure Coast Food Bank Blues Festival.

Tyler has shared billing with many distinguished blues artists including Johnny Winter, Lonnie Brooks, Elvin Bishop, Delbert McClinton and John Hammond.

The remainder of the Evening

on the Green concert series includes:

July 20 - The Lustre Kings: Rockabilly.

Iuly 27 - Dyer Switch: Bluegrass

For information, call 439-9314.

Summer reading program

This year's festivities begin Thursday, July 14, at 7 p.m. with Homespun Community Dancing.

This participatory program introduces American dances brought over from Europe and Africa in the 18th and 19th centuries.

Paul Rosenberg, Peter Davis and George Wilson teach the origins, sounds and uses of traditional folk dances and instruments.

Call 439-9314 to register (not appropriate for children under age 4).

Also on July 14, from 2 to 4 p.m., Kids entering grade 2 and up can bring a favorite book to The Children's Place and read to a very literary therapy dog named Cleo, owned by Glenmont Elementary School librarian Iris Bartkowski.

Sign up for 10-minute sessions. If you can't make it tomorrow. you'll have another chance on Aug. 4 from 10 a.m. to noon.

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For Information Contact: Loretta Salluzzo-Cox, MS Ed.

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How to reach elected officials

Here are your representatives' addresses and office phone numbers. Letters to members of the state Assembly and Senate may be addressed to their offices in the Legislative Office Building (LOB), Albany, NY. The ZIP code for the Assembly is 12248, and for the Senate is 12247.

STATE ASSEMBLY MEMBERS

Pat M. Casale, R-Schaghticoke, Room 320, Legislative Office Bldg., 455-5777. District office: 4 Normanskill Blvd., Delmar, 439-1926; email: casalep@assembly.state.ny.us.

Roy J. McDonald, R-Wilton, Room 531, Legislative Office Building, 455-5404. District office: Room 202, Washington County Municipal Center, Fort Edward, 747-7098.

Daniel L. Hooker, R-Saugerties, Room 937, Legislative Office Bldg., 455-5363. District office: 2668 State Hwy. 7, Suite 38, Cobleskill, 296-8070.

Robert Reilly, D-Colonie, Room 430 Legislative Office Bldg., 455-5931. District office: 3 Halfmoon Executive Park Drive, Clifton Park, 371-0568

Ronald Canestrari, D Cohoes, Room 717, Legislative Office Bldg., 455-4474; no district office; e-mail: canestr@ assembly.state.ny.us.

John J. McErieny, D.Albany, Room 648, Legislative Office Bldg., 455-4178, no district office; mcenenj@

Teresa R. Sayward; R-Willsboro, Room 633, Legislative Office Building, 455-5565; district offices: 21 Bay St., Suite 206, Glens Falls, 12801, phone: 792-4546; P.O. Box 217, Elizabethtown, NY

James Tedisco, R Schenectady, Room 521, Legislative Office Bldg. Albany, 455-5811, district office: 12 Jay St., Schenectady, 370-2812; tediscj@assembly.state.ny.us.

Paul Tonko, D-Amsterdam, Room 713, Legislative Office Bldg., 455-5197; district office: Guy Park Manor, 366 W. Main St., Amsterdam, 843-0227; e-mail: tonkop@assembly.state.ny.us.

Marc W. Butler, R-Newport, Room 318, Legislative Office Bldg., 455-5393; district offices: 41 E. Main St., Johnstown, 762-6486; Suite 101, 235 N. Prospect St., Herkimer, 315-866-1632, email: butlerm@assembly.state.ny.us.

STATE SENATORS

Majority Leader Joseph L. Bruno, R-Brunswick, Room 909, Legislative Office Bldg., 455-3191; district office: 368 Broadway, Saratoga Springs, 583-1001; e-mail: bruno@senate.state.ny.us.

Hugh T. Farley, R-Niskayuna, Room 412, Legislative Office Bldg., 455-2181; District offices: 2430 Riverfront Center. Amsterdam, 843-2188; 33-41 E. Main St., Johnstown, 762-3733; e-mail: farley@senate.state.ny.us.

Neil Breslin, D-Delmar, New York State Capitol, Room 414, Albany 12247; 455-2225; no district office; e-mail: breslin@senate.state.ny.us.

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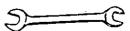
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Village of Voorheesville reminds residents of water restrictions

The Village of Voorheesville is enforcing watering restrictions through Sept. 15.

Homes with even numbers may water on Mondays and Wednesdays between 7 and 9 a.m. and 7 and 9 p.m. Homes with odd street numbers may water on Tuesdays and Thursdays between 7 and 9 a.m. and 7 and 9

Sprinklers may not be used on Fridays, Saturdays and Sundays.

More walks offered

Weekly walks in the woods are scheduled every Thursday morning in July and August at Thacher Park. The walks will begin at 9:30 a.m. and last until approximately 11 a.m.

Each week, a different trail will be explored. The length of the walks will vary, but the average walk will be between 1.5 and 2.5 miles. All of the walks are easy to moderate.

For information, call 872-1237.

Frog Watch set

An evening walk in search of amphibians will be held Friday, July 15, at 7 p.m. at the Five Rivers **Environmental Education Center** in Delmar.

Participants will learn new ways of monitoring the amphibian populations. The program starts indoors with taped recordings of the sounds of frogs and toads commonly found in our area and continue with an outdoor walk to listen for these frogs and toads.

NEWS NOTES

Voorheesville Betsy Glath 765-4415



This program is free.

Participants should bring flashlights if they have them and wear clothing and footwear geared for the outdoors.

For information, call 475-0291.

Club savs thanks

The Helderview Garden Club would like to say thank you to every one who participated in making the 2005 Garden Tour a big success.

Village sponsors concert

The Village of Voorheesville is having its first summer concert, Wednesday, July 13, at 7 p.m. featuring "Sally Mac", a four-piece harmony-driven acoustic rock band.

The concert will be held at the gazebo in Hotaling Park with rain site at Voorheesville Methodist Church.

The concert is free.

Summer program offered

Children entering grades 4 through 8 are invited to attend a co-ed mixed sports week at Wallace Park on Swift Road from July 18 to 22, 9 a.m. to noon.

Cost of the camp is \$45.

Judy O'Rourke will offer a River to Haverstraw, where the different game each day of the bus will pick up for the trip home.

Youth tennis camp will be held Aug. 1 to 5 for children entering grades 4 through 8, from 9 a.m. to noon. Cost is \$45. There is a maximum of 15 students.

For information on these camps, call 475-0385.

Trip to West Point

The New Scotland Seniors are planning a trip to West Point. The cost is \$47 and will include a choose fabric, design the dolls Bobish at 765-2971. buffet lunch at the Thayer House

Instructors Jean Bourque and and a boat ride down the Hudson

For information, call Lois at

Uglydolls are here

The Voorheesville Public Library will offer a class on making Uglydolls. Uglydolls are a bunch of quirky, colorful characters that have become very popular.

After seeing the originals, you will learn about this new craze,

and even make up stories to go with your new character.

There will be helpers to do the machine sewing.

For information and to register for this program, call 765-2791.

Home delivery available

If you are homebound, without access to the Voorheesville Public Library, library staff can set up your own personal selection and delivery of library materials.

For information, call Bob

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Together at Twilight concert features 'premier banjo madman'

The 2005 Together at Twilight concert series begins with a bang on July 20 with the appearance of "the premier banjo madman" Tony Trischka.

Trischka has received national acclaim as one of the most innovative players in the banjo world. He has been hailed in major publications such as The Village Voice, Rolling Stone, Billboard, the Boston Globe, New York Times and Washington Post.

Time Magazine called him an "urban bluegrass whiz."

A Syracuse native, his premier CD Bluegrass Light came out in 1973 and he has been blazing trails on the banjo ever since.



His music and style defy boundaries and explore a wide variety of genres.

Opening for Trischka will be Nick Barr, performer and host of WAMC's Bluegrass Time.

Those attending should bring chairs or a blanket to sit on the lawn if the weather is good, indoors if it is not. The concert begins at 7 p.m.

Perfect for teens

Two concerts in one week! YELLOW 5 is also here.

This local band has played at Northern Lights, Hilton Performing Arts Center and school functions, and now teens can hear them right here at the library on July 18.

The Summer Scene for Teens happens on Monday nights at 7 p.m. through Aug. 8.

Ugly is nice

Uglydolls - soft and huggable, quirky and colorful characters have taken the country by storm.

Kids in grades 4 through 8 can design and make their own Uglydoll here on July 14 and 21 at 2 p.m.

Signup is necessary.

Hot teen book

The Sisterhood of the Traveling Pants - a hot teen book by Ann Brashares that has just reached movie screens will be the topic of a July 28 book discussion.

Mothers and daughters are invited to share in the experience of the book, the movie, friendships and love.

Bring a favorite denim item to share with the group.

Sign up now and pick up a copy of the book.

Summer reading program

- Monday, July 18, at 2 p.m. for grades 1 through 3: Come and get a "goody bag" and compare the contents with your friends' bags. It's all about having and making a 'collection".
- Wednesday, July 20 at 2 p.m. for grades 4 through 6: Veterinarian Holly Cheever shares her love of animals as she teaches about animal care and the environment.

Call or stop in at the library or

register online.

Ongoing summer programs

- •Mrs. Laiosa will be storytelling in the Village Park every Thursday at 11 a.m. through Aug. 4.
- Storytimes for preschoolers will be held at the library on Tuesdays at 10:15 a.m. through Aug. 9.
- Sammi the good listening dog is available for Paws for Reading appointments. Call to schedule.
- Nimblefingers welcomes newcomers every Tuesday at 1
- Yoga classes with Mira Lechowicz will be held July 14 and Aug. 18 at 7 p.m. Free. Those taking part should wear comfortable clothes.
- Home book delivery. personal e-mail and Internet training appointments are available by calling Greg at 765-
- For information, visit www.voorheesvillelibrary.org.

Barbara Vink

Library has downloadable book collection

introducing its patrons to a new way of accessing audio books 24/ 7 by offering a collection of 500 downloadable audio books from Recorded Books/netLibrary.

Recorded Books, the largest unabridged audio book publisher in the world and netLibrary, the leading provider of downloadable eBook and Internet-based content management services, have teamed up to offer downloadable audio books via the internet.

The library's downloadable audio book service allows patrons to access audio books remotely from their home PC and features access to all 500 titles in the database, with more titles being added each month.

choose.

Guilderland Public Library serves over 33,000 patrons. Members of the community have come to rely on the library as a great place to find information on everything from auto repair to

Last year, library patrons checked out more than 500,000 books, videos and other resources from the library.

Downloadable audio book titles are available to Guilderland Public Library patrons remotely from their home computers via the Internet. Patrons may transfer audio book files to over 500 portable devices for listening on the go. An easy to use interface Patrons may download any allows patrons to search quickly

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> Contact the reference desk at 456-2400, ext. 7, for more details.

Karen Balsen

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Cathryn Masto Oakley of of Slingerlands.

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Alissa Leavitt of Glenmont.

Bates College

Gregory Jukins Slingerlands, bachelor's in mathematics, summa cum laude, Phi Beta Kappa.

Colgate University

Jessica Czajka of Delmar.

Brizzell, Bates marry

Cynthia and Justyn Bates

Providence College

Emily Feustel of Delmar. bachelor's in elementary/special education, magna cum laude.

Matthew Perazzelli of Delmar, bachelor's in history.

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Pa-Qi Le of Delmar, master's in business administration.

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Jillian Jeffree Corneil of Delmar, bachelor's in biology.

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Cynthia Taylor Brizzell, daughter of Mary and William Brizzell Sr. of Newtonville, and Justyn Peter Bates, son of John and Jane Bates and the late Ruth Bates, were married Oct. 16.

formed the ceremony at St. Pius niece of the bride. X Church in Loudonville. A reception followed at Wolfert's Roost Country Club in Menands.

The matron of honor was Tammy Brizzell, sister-in-law of the bride.

Junior bridesmaid was Alysha Kaprielian. Brizzell, niece of the bride.

Bridesmaids were Jolene Bates, sister of the groom,

Suzanne Currier, Jhvonne Higgins, sister of the groom, Patty Less, cousin of the bride and Susan McMiller, cousin of the bride.

Flower girls were Allie and The Rev. James Walsh per- 'Kelsey McMillen, godchild and

The best man was John Bates, prother of the groom.

Groomsmen were Tony Abate, Austin Armstrong, William Brizzell Jr. brother of the groom, Robert Frey and Michael

Ring bearers were Jacob Bates, nephew of the groom and Jacob Brizzell, nephew of the

The bride is a graduate of Shaker High School and Siena College. She received master's degrees from New York University and Yale School of Drama. She is an assistant professor at Siena College.

The groom is a graduate of Siena College. He earned master's degrees from Theological Seminary of New York and Albany Law School.

He is assistant counsel for the New York state Public Service Cemmission.

After a wedding trip to the Caribbean, the couple resides in Latham.

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oituaries

John Scharff

John William Scharff, 73, of Glenmont died Thursday, June

He was a veteran of the Korean

Mr. Scharff was the owner of Scharff Oil & Trucking in Glenmont.

He was a member of the Bethlehem Historical Society, Mohawk Auto Club, Hudson Mohawk Chapter of the Pioneer Gas Engine Association and past president of the Oil Heat Installation Association.

Survivors include his wife. Margaret Dunn Scharff; a sister. Nancy Westervelt of South Bethlehem; and a brother, Charles Scharff of South Bethlehem.

Services were from Meyers Funeral Home in Delmar and First Reformed Church of Bethlehem in Selkirk.

Burial was in St. Matthew's Cemetery in Glenmont.

William Fenton

William N. Fenton, 96, formerly of Slingerlands, died Friday, June 17, at Bassett Hospital in Cooperstown.

Mr. Fenton was born in New Rochelle. He was a Cooperstown resident for four years and spent his last four months at the Otsego Manor. Previously, he had lived in Slingerlands for more than 40 years.

and assistant commission of from the University of Oklahoma education for the state Museum and Science Service and later a LLD degree from Hartwick distinguished professor of College in 1968. anthropology at SUNY Albany.

Dartmouth College and Yale Albany. University.

After beginning his career in the U.S. Indian Service on the Tonawanda and Tuscarora reservations, he taught at St. Lawrence University. In Washington, he became an ethnologist with the Smithsonian Institution and then was executive secretary of the division of anthropology and psychology for the National Research Council.

Iroquois studies were his primary interest and among his publications were The False Faces of the Iroquois, 1987; The Great Law and the Longhouse: a Political History of the Iroquois Confederacy, 1998; The Little Water Medicine Society of the Senecas, 2002. His Memoirs of an Iroquoianist will be published this year.

He collaborated with Edmund Wilson on Apologies to the

He was the recipient of the Cornplanter Medal for Iroquois Research, the Citizen Laureate Award of the SUNY Foundation. 1978; the Dartmouth Class of 1930 Award, 1979; the 50th Anniversary Award of the Conference on Iroquois Research, the Wilbur Cross Medal from the Yale Graduate

Mr. Fenton was the director School, 1999; the Rothbaum Prize attended Press, 2000. He also received an

He was president of Trout He was a graduate of Unlimited, Clearwater Chapter, in

> In 1975, he was Fulbright-Hayes Fellow in New Zealand where he taught at the University of Otago.

> He was husband of the late Olive Ortwine Fenton.

Survivors include a daughter. Elizabeth Fenton Snyder of Cooperstown; two sons, John William Fenton of Malden Bridge, Columbia County, and Douglas Bruce Fenton of Homer, Cortland County; five grandchildren; and seven greatgrandchildren.

Burial was in Salamanca.

Contributions may be made to the Iroquois Indian Museum, 324 Caverns Road, Howes Cave

Peter Foundy

Peter James Fouhy, 20, of Delmar died Saturday, July 2.

Survivors include his parents, Susan and Kevin Fouhy; a sister, Anne-Marie Fouhy; and a brother, Kevin Fouhy.

Mr. Fouhy was born in Staten Island. He moved to Delmar 16 years ago. He was a graduate of Bethlehem High School and

Hudson Valley Community College.

He was employed at the Normanside Country Club.

Services were from Daniel Keenan Funeral Home and St. James Church, both in Albany.

Burial was in Bethlehem Cemetery in Delmar.

Contributions may be made to Mohonk Preserve, P.O. Box 715, New Paltz 12525.

Clifford Bowdish

Clifford E. Bowdish, 85, of Glenmont, died Thursday, June 30, at Good Samaritan Nursing Home.

Mr. Bowdish was born in Rochester. He was a graduate of Union College.

He was an Army Air Forces veteran of World War II having served as a bombardier flying missions in Africa and Italy.

He worked for Fruehauf Trailer Co. before starting McCombs & Bowdish Trailer Sales Co. He later worked for Trailmobile Trailers as branch manager and Alco Equipment as vice president before his retirement in 1986.

He was husband of the late wife, Shirley Wendell Bowdish.

Survivors include two daughters, Robin Williams of Evanston, Ind., and Katrina J. Bowdish of Raymond, Maine: a son, Christopher W. Bowdish of Delmar; five grandchildren; and a great-grandchild.

Burial was in Union Cemetery in Fort Edward.

Death Notices

Spotlight Newspapers will print paid Death Notices for relatives and friends who do not or have not lived in the coverage area for each of our weeklies. The charge for a paid death notice is \$25.

We will continue to print Obituaries of residents and former residents of the coverage area for each of our weeklies at no charge.

In Memoriam, and Cards of Thanks will also be printed for \$25.

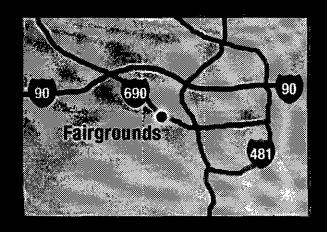


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bituaries

Mildred Driscoll

Mildred Lillian Theresa Stewart Driscoll, 89, of Bethlehem died Saturday, July 2, at her home.

Mrs. Driscoll was born in Troy, but lived most of her life in North Bethlehem.

She was a communicant of St. Margaret Mary's Church.

Survivors include her husband, James V. Driscoll; a daughter, Patricia A. Driscoll; a grandchild; and a great-grand-

Funeral Home and St. Margaret Mary's Church, both in Albany.

Burial was in Calvary Cemetery in Glenmont.

Community Hospice of Albany, 445 New Karner Road, Colonie 12205.

L. David Magill

L. David Magill, 88, of Slingerlands, died Monday, July 4, at St. Mary's Hospital, Troy.

Mr. Magill was born in Saranac

He received a bachelor's degree from SUNY Albany.

He was an Army Air Forces veteran of World War II, having serving in Europe

He was employed by the state Services were from Hans for 35 years, retiring in 1973 with the Department of the Budget.

> He was a member of Master's Lodge 5, F&AM, Cypress Temple Shrine and the Royal Order of the

of the Elks 49, Normanside Country Club and the University Morris Keller.

He was husband of the late Marylou Parker of Albany. Mary Ella Card.

Services were from Frederick Funeral Home in Albany.

Burial was in Memory's Garden in Colonie.

Charles Keller

Charles I. Keller, 81, of Feura Bush died Wednesday, July 6, at Hospice Inn of St. Peter's Hospital in Albany.

Mr. Keller was born in life in Ravena. Germany.

He as an Army veteran of World War II.

He worked as a welder with Jesters, Nathaniel Blanchard Post Trailmobile for many years and Contributions may be made to American Legion, Albany Lodge retired from Albany Airport.

He was husband of the late Ida Fund, 21 Main St., Ravena 12143.

Survivors include a sister, Mary Biondo

Burial was in Calvary Cemetery in Glenmont.

Contributions may be made to St. Peter's Hospice, 315 S. Manning Blvd., Albany 12208.

Jessmine Hotaling

Jessmine Nunziato Hotaling died Tuesday, July 5, at her

She was born and lived all her

She was a communicant of St. Patrick's Church in Ravena.

Survivors include her husband Ralph Hotaling; a daughter, Mary Ann Filkins of Ravena; a brother, Frank Nunziato of Ravena; and sisters, three Rose Schermerhorn, Anna Varcasia and Marie Kinley, all of Ravena.

Services were from Babcock Funeral Home and St. Patrick's Church, both in Ravena.

Entombment was in St. Mausoleum Patrick's Coeymans.

Contributions may be made to St. Patrick's Church Building

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Mary C. Biondo, 92, of Ravena died Saturday, July 2.

Mrs. Biondo was born in Ravena.

She was a homemaker and former seamstress.

Survivors include husband, Anthony Biondo of Albany; a daughter, Mary Ann Harper of Albany; three sisters, Frances Fatica, Jane Fatica and Carrie Reis; a brother, John Fatica; two grandchildren; and four great-grandchildren.

Services were from McVeigh Funeral Home and St. Teresa of Avila Church, both in Albany.

Burial was in St. Agnes Cemetery.

Contributions may be made to St. Teresa of Avila Church, 435 New Scotland Ave., Albany 12208.

Donald Gary

Donald H. Gary, of Guilderland died Saturday, July 2, at Albany Medical Center Hospital.

Mr. Gary was born in Syracuse and raised in Albany. He graduated from Albany High School and attended Siena College,

He was an Army veteran of World War II serving in the European Theater.

He retired from the Postal Service.

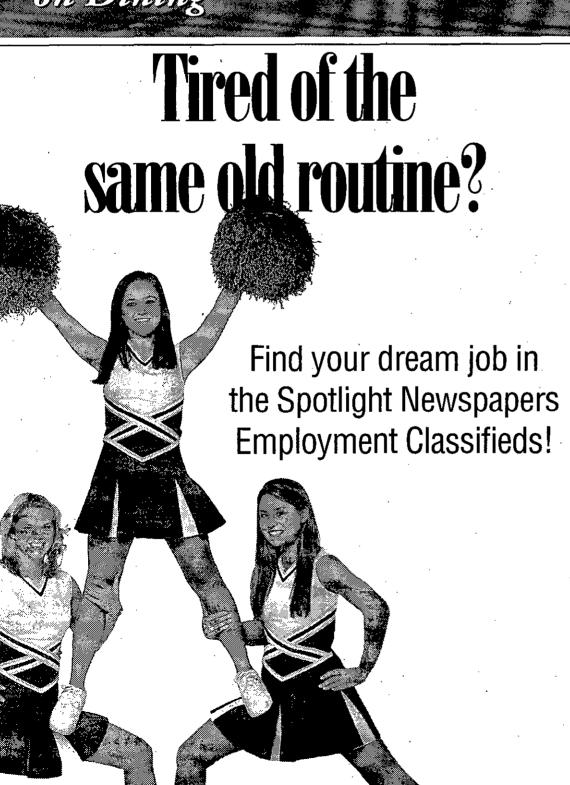
Survivors include his wife, Margaret Ann Burdick Gary; and a son, Michael Robert Gary of Watervliet. Services were from Hans

Funeral Home and Holy Cross Church, both in Albany.

Burial was in St. Agnes Cemetery in Menands.

Contributions may be made to the American Cancer Society, 260 Osborne Road, Albany 12211 or Whiskers, Albany 12210.





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Florence and Richard Muzio

Muzios celebrate 50th anniversary

Florence (formerly Iovino) and of Colonie. Richard Muzio recently celebrated their 50th wedding anniversary with a party hosted by their family at the Boat House at New Baltimore.

The couple was married June 4, 1955, at St. Clare's Church in

Florence formerly worked for GE in Schenectady and the town Carona.

employee of GE in Schenectady, art. and the town of Colonie.

They are the parents of Sandra (Jack) Carona of Delmar, and Susan (Dominick) Coluccio of Albany.

They are the grandparents of Anthony Carona and Jacqueline

Mail weddings, engagements

Spotlight would like to publish your engagement, wedding or anniversary announcement and photo. There is no charge for this community service.

Low-quality printer generated photos are not acceptable. Digital photos may be e-mailed to belld@spotlightnews.com.

For information and an announcement form, call 439-4949. Mail announcements to The Spotlight, attn: Bridal Dept., P.O. Box 100, Delmar, 12054,

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Sage Graduate School

Christine Cedilotte Glenmont, doctorate in physical bachelor's in biology. therapy.

SUNY Fredonia

Megan McRae of Delmar, bachelor of arts, cum laude. bachelor's in English.

Hamilton College Erin Z. Weaver of Slingerlands, bachelor of arts.

bachelor of arts.

Sondra Conti of Delmar, bachelor of arts.

Vassar College

Alexander Weber Slingerlands, bachelor's in neuroscience and behavior, master's in departmental honors.

Champlain College

Marley Reel of Delmar, bachelor's in multimedia & graphic design.

Columbia College of Columbia University

Mark Shawhan of Delmar, bachelor's degree, magna cum laude, departmental honors.

Alfred Univeristy

Rebecca Krohmal of Delmar, bachelor's of fine arts.

SUNY Oswego

Meghan Morris of Delmar, bachelor's in elementary education, magna cum laude.

Julie L. Silverstein of Delmar, bachelor's in psychology, magna cum laude.

Christopher Denkers of Richard was a former Glenmont, bachelor's in studio

Jared Rubin of Glenmont,

bachelor's in computer science.

Willow Eyres of Selkirk,

Colgate University

Catherine Hartman of Delmar,

Fordham University

Peter F. Smith of Delmar,

Emily Rarich Α. Slingerlands, bachelor of science. Kate M. Emminger of Slingerlands, bachelor of arts.

University at Albany

David M. Scheid of Delmar. educational psychology & methodology.

Laura Beth Khoury of Delmar, bachelor's in political science, with honors.

Alexandra Itov of Delmar, bachelor's in accounting.

Sean S. Madden of Delmar, master's in biodiversity.

Angela Neal, of Delmar, master's in educational administration.

Kimberly H. Campbell-Deso, of Delmar, bachelor's in psychology.

Jonathan R. Jordan, of Delmar, bachelor's in chemistry. Justin P. Van Wely, of Delmar,

bachelor's in English.

Jianping Feng, of Delmar, doctorate in curriculum and instruction.

Emily Anderson Brown, of Delmar, bachelor's in psychology.

Ingrid M. Ludt, of Glenmont, master's in studio art,

Christopher J. Laporta, of Slingerlands, master's in business administration.

Lisa Thuy La, of Slingerlands, bachelor's in biology.

Heidi L. Heid, of Slingerlands, master's in computer science.

Thea R. Reed, of Slingerlands, master's in library science.

Rita A. Demo, of Slingerlands, master's in public health.

Ali Raza, of Slingerlands,

master's in communication. Alex David, of Slingerlands,

bachelor's in English. Emily A. Dieckmann, of Voorheesville, master's in educational psychology & methodology.

Beth C. Tidd, of Voorheesville, master's in literacy.

Sheila A. Ambrose, of Voorheesville, bachelor's in political science.

Sean Robert Dollard, of Voorheesville, bachelor's in sociology.

University of Vermont

Kyle R. Velvis, of Delmar, bachelor's degree. Jason A. Weinstein, of Delmar,

bachelor's degree. Jesse S. Bernstein, of

Slingerlands, bachelor's degree.

Quinnipiac University

Chorbajian Andrea Slingerlands.

Virginia Tech

Kelly McGlynn of Delmar, bachelor's in biology.



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By DONNA J BELL

very thing is beautiful at the ballet," a line from a song in the musical 'A Chorus Line' intones. And indeed, everything is beautiful at New York City Ballet's 40th anniversary at Saratoga Performing -Arts Center, which runs through July 23. This season's program will include beloved traditional works by company co-founder and long-time choreographer George Balanchine; dances choreographed by artists Jerome Robbins, a founding NYCB

choreographer; NYCB Assistant Ballet Master-in-Chief Sean Lavery; Ballet Master-in-Chief Peter Martins, and recently premiered ballets by resident choreographer Christopher Wheeldon.

The 2005 season, which opened last week with "A Midsummer Night's Dream," was the same work that was performed at SPAC on its opening night, July 8, 1966.

"It seems fitting to pay tribute to that first performance by repeating it for the 40th anniversary," SPSAC President & Executive Director Marcia J. White said. "We are proud of our shared heritage and long association with the world's finest ballet company." While

the audience friendly Midsummer's ran only through July 9 this season, it's wide appeal was evident at the July 7 matinee with its well-known story of mixed-up remance, comedy, magic, fairies and of course, the mischievous Puck, Puck, danced by Daniel Ulbricht on that date, garnered the loudest round of applause from an audience that had more than its fair snare of children. Ulbricht's comecic turns and high-energy leaps were greeted with spontaneous applause.

The couples: Kyra Nicols and Tom Gold as the queen and king of fairies, Titania and Oberon; Janie Taylor and Jason Fowler as Helena and Demetrius; and Jennifer Tinsely and Andre Veyette as Hermia and Lysander were in turn elegant and outrageous.

The cast was rounded out by a gaggle of local ballet students who portrayed wood sprites and fairies with professional aplomb and singers Cathie Gifford and Frances Pallozzi Wittman.

There is still plenty of dancing to enjoy and reserved amphitheatre and lawn seating is available at the Saratoga Performing Arts center box office counter, Monday through Saturday, 10 a.m. to 6 p.m., and by phone at 587-3330; and through Ticketmaster at retail outlets, by phone charge at 476-1000, and at www.ticketmaster.com.

Performances and dates New York City Ballet 2005

(Stravinsky/Balanchine) (July 13, 15, 19)

Premiere December 1, 1957 One of Falanchine's acknowledged masterpieces, this "black-ard-white" ballet Illuminates the intricacies of the Stravinsky score, which was commissioned by NYCB.

After the Rain (Pärr/Wheeldon) (July 20, 23)

Premiere: January 22, 2005 In this new work from the winter 2005 season, Resident Choreographer Christopher Wheeldon explores different permutations of the

Allegro Brillante

(Tschaikovsky/Balanchine)

(July 14)

Premiere: March 1, 1956

The chareography of this lovely work is noted for its split-second timing and bravura ballerina role (created for Maria Tailchief). Balanchine said this work "contains every hing I know about the classical ballet in thirteen minutes."

An American in Paris

(Gershwin/Wheeldon)

(July 16, 21, 22) Premiere: May 4, 2005

Christopher Wheel ban's newest work, set to the beloved Gershwin score, is an artist's dream of Paris, romance included

Barber Violin Concerto

Barber/ Martins)

(July 14) Premiere: May 12, 1988 In this work by NYOB Ballet Master in Chief Peter Martins, classical ballet and modern dance are contrasted through the mixed and matched pas de deux of the two coup es.

Brahms-Schoenberg Quartet

(Brahms orchestrated by Schoenberg/Balanchine)

Premiere: April 12, 1966

Balanchine mar aged to squeeze many different styles of dance into the four movements of this lush, appealing work; it's all capped off with a rousing Gyosy finate, complete with flying ribbons, lots of stomping and kicking, and tambourines.

Concertino (Stravinsky/Robbins) (July 14)

Premiere: June 16, 1982

Jerome Robbins created Concerting for NYCB's 1982 Stravinsky Centennial festival. The quirky, angular choreography for the three dancers picks up on the astringent yet playful music for solo clarinet.

Fanfare -

(Britten/Robbins)

(July 14, 16)

Premiere: June 2, 1953

Britten's Fanfare, created for Queen Elizabeth II's Coronation Night, celebrates the different instruments of the symphony orchestra. Robbins' choreography similarly plays with the characteristics of the instruments, and it varies, as does the music, from nobility to lyticism to low comedy.

Glass Pieces

(Glass/Robbins)

(July 14) Premiere: May 12, 1983

In the three movements of this ever-popular ballet, Robbins uses the strong, driving rhythms of the Philip Glass score to create a sense of inevitable motion and speed

Harlequinade (Drigo Balanchine)

(July 20, 21, 22, 23) Premiere: February 4, 1965

In Harlequinade, Columbine is in love with Harlequin, but her father is determined the marry a rich, old suitor. With the help of the Good Fairy, true love triumphs, and the happy couple are married; the wedding features a series of charming dances that celebrate the union.

New Martins

(July 15, 21)

Premiere: May 4, 2005

Peter Martins' newest work premiered in May as part of NYCB's Spring Gala.

N. Y. Export: Opus Jazz (Prince/Robbins)

(July 16)

Premiere: June 8, 1958 NYCB Premiere: April 29, 2005 Robbins created this work for his touring group, Ballets: U.S.A., for its inaugural appearance at the Spoleto Festival. The ballet created a sensation: The

London Observer compared at to a "hurricane...sweeping over Europe." NYCB performed this youthful, street-smart ballet for the first time this year.

Octet

(Mencelssohn/Martins)

(July 13, 1**5,** 16) Premiere: November 14, 2003, Royal Danish

New York Try Ballet premiere: November 23, Mendelssohn composed his String Octet in E

flat when he was only 16 years old, but it is one of

his most widely played pieces. Peter Martins' choreography includes two very different pas de deux for the principal couples.

Swan Lake (Tschaikovsky/Balanchine) (July 19, 21, 23)

Premiere: November 20, 1951

Balanchine's one-act version of perhaps the most popular ballet in history is based on Ivanov's choreography for Act II: the lakeside meeting of Odette and Siegfried. Though this Swan Lake is of course briefer than most, it has all the emotional power and beauty of the tradition

Symphony in Three Movements (Stravinsky/Balanchine)

(July 21, 23)

Premiere: June 18, 1972

Introduced on the opening night of the 1972 Stravinsky Festival, Symphony in Three Movements met with immediate acclaim for its driving energy, complexity, and originality. The final moments of the ballet are as thrilling as any ever choreographed.

Union Jack (Traditional British songs, orchestrated by Kay/Balanchine)

(July 13, 15, 16) Premiere: May 13, 1976

Union Jack is one of City Ballet's great spectacles. The first of its three parts is based on Scottish military marches and folk dances; the second is a music hall dance for the Pearly King and Queen; and the final section is a series of variations on jigs and drills of the Royal Navy. For the finale, hand flags signal "God Save the Queen" in semaphore code as the Union Jack

ARTS and ENTERTAINMEN

Theater

42ND STREET

Classic Broadway musical, Mac-Hayda-Theatre, Route 203, Chatham, through July 17, \$24.50 adults, \$12 children. Information, 392-9292.

SOUTH PACIFIC

Rodgers and Hammerstein musical presented by Park Playhouse. Washington Park, Albany, through Aug. 14, 8 p.m. Tuesdays through Sundays, free seating on lawn. For reserved seating and information, call 434-0776.

Music

TEN-27

Jazz band, July 13, 11:30 a.m., Ten Eyck Plaza, Albany, free. Information, 465-

THE LUSTRE KINGS

Local rockabilly band, July 13, 7 p.m., Freedom Park, Schonowee Avenue, Scotia, free. Information, 370-0662.

RHETT TYLER

Blues artist, July 13, 7:30 p.m., Bethlehem Public Library, 451 Delaware Ave., Delmar, free. Information, 439-

SAM BUSH

Bluegrass artist, with roots rockers Donna the Buffalo opening, part of Alive at Five concert series, July 14, 5 p.m., Riverfront Park, Albany, Information, 434-2032

THE PERSUASIONS

Doo-wop group, July 15, 7 p.m., Agnes MacDonald Music Haven stage, Central Park, Schenectady, free. Information, 382-5152, ext. 4.

JOHN PRINE

Classic singer/songwriter, July 15, 8 p.m., Palace Theatre, Albany, \$32 to \$39. Information, 465-3334.

SIRSY

Capital Region modern rock band, July 20, 11:30 a.m., Ten Evck Plaza, Albany, free. Information, 465-2143.

THE LOVIN' SPOONFUL

Classic rock band, with the Hurricanes opening, July 20, 7 p.m., Empire State Plaza, Albany, free. Information, 473-

HOCUS-FOCUS HENRY BOLTINOFF

LUCY KAPLANSKY

Singer-sengwriter, July 20, 7 p.m., Agnes MacDonald Music Haven stage, Central Park, Schenectady, free. Information, 382-5152, ext. 4.

LITTLE FEAT

Rock veterans, with Boston Horns opening, part of Alive at Five concert series, July 21, 5 p.m., Riverfront Park, Albany, Information, 434-2032.

THOMAS MAPFUMO & THE BLACKS UNITED

African music, July 24, 7 p.m., Agnes MacDonald Music Haven stage, Central Park, Schenectady, free. Information, 382-

GEORGIE WONDERS ORCHESTRA

Big band music, July 26, 6:30 p.m., Cook Park, Colonie, free. Information, 869-

GOOD EARTH

Capital Region jam band, July 28, 11:30 a.m., Ten Eyck Plaza, Albany, free. Information, 465-2143.

<u>Dance</u>

NEW YORK CITY BALLET

Performing works by Mendelssohn, Stravinsky and Balanchine, July 13, 8:15 p.m., Saratoga Performing Arts Center, Saratoga Spa State Park, \$15 to \$59, Information, 584-9330.

Olsual Arts

NEW YORK STATE MUSEUM

"Ann Zane Shanks: Behind the Lens," through Feb. 26. Plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-

THE CLARK

"Jacques-Louis David: Empire to Exile," through Sept. 5; "Little Women, Little Men: Folk Art Portraits of Children from the Fenimore Art Museum," through Oct. 15; "The Clark: Celebrating 50 Years of Art in Nature" and "50 Favorites," through May 16, 2006; and other ongoing exhibitions. Information, 413-458-

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ALBANY INSTITUTE OF ART

"Albany & Troy Arts and Crafts: 1907-1918," Ihrough Aug. 31. "Rembrandt & Titus, Artist and Son: Paintings by Thomas Locker," through Aug. 14. Plus exhibits on Hudson River School painting, American sculpture, Egypt and the history of Albany, 125 Washington Ave. Information, 463-

- SCHENECTADY MUSEUM

"Dressing for the Racetrack," through Sept. 4, 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 sitespecific installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

ANGELO'S 677 PRIME

"Collection Series: Dahl Taylor Architectural and Maritime Paintings, through Sept. 17, 677 Broadway, Albany, 11:30 a.m. to 10 p.m. Monday through Saturday, Information, 427-7463.

THE HYDE COLLECTION

Rembrandt's "Portrait of Saskia van Uylenburgh, the Wife of the Artist," through Aug. 31, "Painting Lake George, 1774-1900," through Sept. 11, plus ongoing exhibits, 161 Warren St., Glens Falls. Information, 792-1761.

NATIONAL MUSEUM OF DANCE

"Dancing Rebels," an exhibit about the New Dance Group, plus ongoing exhibits, 99 South Broadway, Saratoga Springs. Information, 584-2225.

NEW YORK STATE MILITARY MUSEUM

"New York's Fighting Zouaves," through October, "Battleground for Freedom: New York during the Revolutionary War," and "To the Standard: Civil War Cavalry Flags from the New York State Battle Flag Collection," ongoing, 61 Lake Ave., Saratoga Springs. Information, 581-5100.

SARATOGA AUTOMOBILE MUSEUM

Ongoing exhbits including "East of Detroit" and New York racing, 110 Avenue of the Pines, Saratoga Springs. Information, 587-1935, ext. 20.

Call for Artists

FIRST NIGHT ALBANY

Seeking artists for annual city-run New Year's Eve celebration. Artists should send audio compact disc, tape or video tape, a resume/biography, reviews, photographs and references to City of Albany Office of Special Events, Altn: Maura Gannon, City Hall-4th Floor, Eagle Street, Albany 12207. Deadline is Aug.

DELMAR COMMUNITY ORCHESTRA

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

COLONIE TOWN BAND

Several openings, rehearsals on Mondays at 7:30 p.m. at town hall, Route 9, Newtonville, Information, 783-2760.

COLONIE CENTENNIAL BRASS CHOIR

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

SUBURBAN SOUNDS COMMUNITY CHORUS

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

FRIENDSHIP SINGERS

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

THE ORCHESTRA ON THE COMMON

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

The Super CROSSWOR

Tiger 22

Wolf 18

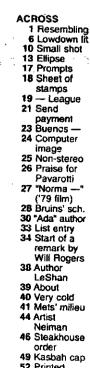
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Prairie dog 10

Quail 6

Rabbit 9

Sheep 15



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FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1, Feather is missing. 2. Arrow is missing. 3. Cloud is different. 4. Hat is different. 5. Bandanna is different. 6. Gun is moved

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 - Freeman 109 Fury's food 110 Destined to diet 112 Lost 113 Ultimate

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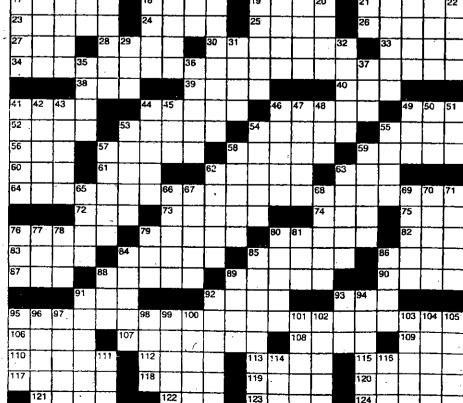
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The Spotlight CALENDA

Wed. Jul. 13

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.

SOLID ROCK CHURCH

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

CHENREZIG PRACTICE AND MEDITATION

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

TOWN BOARD

Bethlehem Town Hall, 445 Delaware Ave., 5:30 p.m. Information, 439-4955.

BETHLEHEM TOASTMASTERS

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

EVENINGS ON THE GREEN

Bethlehem Public Library's Free Summer Concert Series, 7:30 p.m. Information, 439-9341.

BINGO

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

DELMAR FIRE COMMISSION

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

TESTIMONY MEETING

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

NEW SCOTLAND

TOWN COUNCIL

New Scotland Town Hall, Route 85, 7 p.m. Information, 439-4889.

PRAYER MEETING

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

FAITH TEMPLE

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

NEW SCOTLAND SENIORS

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

AA MEETING

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

CAREGIVER SUPPORT GROUP

Church of St. Thomas the Apostle, 35 Adams Place, 7 p.m. Information, 439-

DELMAR FIRE DEPARTMENT AUXILIARY

firehouse, Adams Place, 7:30 p.m.

ELSMERE FIRE CO. AUXILIARY

firehouse, Poplar Drive, 7:30 p.m.

BETHLEHEM MEMORIAL VFW

Post 3185, 404 Delaware Ave., 8 p.m. Information, 439-9836

ADULT BIBLE STUDY

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

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.

STORIES IN THE VILLAGE PARK

With Librarian Joyce Laiosa, Voorheesville Public Library, 51 School Road, 11 a.m.

UGLYDOLLS WORKSHOP At the Voorheesville Public Library, 51 School Road, 2 p.m., signup necessary.

765-2791.

YOGA WITH MIRA LECHOWITZ

Bring mat or blanket, at the Voorheesville Public Library, 51 School Road, 7 p.m.,

Fri. Jul. 15

BETHLEHEM

CHILDREN'S WRITING WORKSHOP

Bethlehem Public Library, 451Delaware Ave., 9:30 a.m. - 11:30 a.m., Information,

AA MEETING

First Reformed Church of Bethlehem. Route 9W, 7:30 p.m. Information, 489-

CHABAD CENTER Friday services, discussion and kiddush

at sunset, 109 Elsmere Ave. Information, 439-8280.

NEW SCOTLAND

PIONEER CLUBS

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

YOUTH GROUP MEETINGS

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-

CLASS IN JEWISH MYSTICISM Sun. Jul. 17

BETHLEHEM

WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm.

Bethlehem Congregation of Jehovah's

Bethlehem Lutheran, Church, 85 Elm.

Delmar Full Gospel Church, 292

Delmar Presbyterian Church, 585

Delmar Reformed Church, 386 Delaware

Family of God Nazarene Church, Krumkill

Road at Blessing Road, North Bethlehem,

First Church of Christ, Scientist, 555

First Reformed Church of Bethlehem,

First United Methodist Church of Delmar,

Glenmont Community Church, 1 Chapel

Gospel Fellowship, 10 Rockefeller Road,

King's Chapel, 434 Route 9W, Glenmont,

meditation, 11 a.m. tea, 11:30 a.m. study

Mount Moriah Ministries, Route 9W,

Slingerlands Community UMC, 1499

Solid Rock Church, 1 Kenwood Ave.,

South Bethlehem United Methodist

Church, 65 Willowbrook Ave., 767-

St. Michael's Shrine, Beacon Road at

St. Stephen's Episcopal Church, Poplar

St. Thomas The Apostle Church, 35

Adams Place, Delmar, 439-4951.

Drive and Elsmere Avenue, Delmar, 439-

Unity of Faith Christian Fellowship, 436

SUMMER EXHIBIT

Bethlehem Historical Association, 1003

NEW SCOTLAND

WORSHIP INFORMATION

All Nation's Baptist Church, 2558

Western Ave., Guilderland, 475-9086,

ESL and Bible classes, 9 a.m.; Worship

Clarksville Community Church, Route

Copeland Hill Road, Feura Bush, 768-

Faith Temple, New Salem, 765-2870.

Ave., Voorheesville, 765-2895

Feura Bush, 439-0548.

Route 85, 439-6454.

Turnpike, 439-5001.

New Salem, 765-4410.

First United Methodist Church, 68 Maple

Jerusalem Reformed Church, Route 32,

Mountainview Evangelical Free Church.

Tarrytown Road, Feura Bush, 768-2133.

Route 155, Voorheesville, 765-3390.

New Scotland Presbyterian Church,

St. Matthew's Church, Mountain View

Unionville Reformed Church, Delaware

United Pentecostal Church, Route 85,

Onesquethaw Reformed Church,

Road, Voorheesville, 765-2805.

Family Worship Center, 92 Lower

River Road, 2 to 4 p.m.

Services, 10 a.m.

443, 768-2916.

Krumkill Road, North Bethlehem, 438-

Route 9W, Glenmont, 462-2016.

New Scotland Road, 439-1766.

KTC Buddhist Center, Doane Stuart

School, Route 9W, Albany, 10 a.m.

Elsmere Ave., 439-4407.

Delaware Ave., 439-9252.

Delaware Ave., 439-2512.

Route 9W, Selkirk, 767-2243.

428 Kenwood Ave., 439-9976.

Lane, Glenmont, 436-7710.

Delmar, 482-2132

course, 374-1792.

Glenmont, 426-4510.

Glenmont; 439-4314.

426-9955.

Ave., 439-4328,

Ave., 439-9929.

453-9953

Witnesses, Elm Avenue and Feura Bush

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.

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 ORCHES-TRA

Rehearsal, Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information,

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

SUMMER READING CLUB

For grades 1 through 3, at the Voorheesville Public Library, 51 School Road, 2 p.m., signup necessary, 765-2791

LIBRARY BOARD

Every third Monday, Voorheesville Public Library, 51 School Road, 7 p.m. Information, 765-2791

TEEN NIGHT

Yellow 5 will perform live at the Voorheesville Public Library, 51 School Road, 7 p.m., no signup necessary.

QUARTET REHEARSAL United Pentecostal Church, Route 85.

New Salem, 7:15 p.m. Information, 765-4410

SELKIRK

BOARD OF FIRE COMMISSIONERS

Childhood Treasures: Toys from the Past, Monthly meeting, 7 p.m. Information,

Tues. Jul. 19

BETHLEHEM

TAKE OFF POUNDS SENSIBLY

Weekly meeting at Delmar Reformed Church, 386 Delaware Ave., Delmar, 10:45 a.m. to 12:30 p.m. Information, 465-8732

FARMERS MARKET

Market and Chicken Barbeque, 2:30 p.m. to 6 p.m. rain or shine, First United Methodist Church, 428 Kenwood

TREASURE COVE THRIFT SHOP

First United Methodist Church, 428 Kenwood Ave., 9 a.m. to 6 o.m.

CHURCH LUNCH

Sponsored by the South Bethlehem United Methodist Church, Willowbrook Avenue, weekly on Tuesdays, 11:30 a.m. to 1 p.m. Information, 767-9953.

YOUTH EMPLOYMENT SERVICES

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

PRAYER MEETING

At Gospel Fellowship, 7 p.m., 10 Rockefeller Rd Delmar, beneath Normans Kill bridge, Information 482-

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.

ONESQUETHAU LODGE 1096 F&AM Masonic Temple, 421 Kenwood Ave.

NEW SCOTLAND PRESCHOOL STORY TIME

Weekly at Voorheesville Public Library,

51 School Road, 10:15 a.m. Information,

NIMBLEFINGERS/QUILTERS Voorheesville Public Library, 51 School

Road, 1 to 3 p.m. Information, 765-2791.

VOORHEESVILLE PTA

Elementary school cafeteria, 7:30 p.m. Information, 765-3644.

Wed. Jul. 20

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.

ALZHEIMER'S SUPPORT GROUP

Northeast NY Alzheimer's Association meetings for families, caregivers, and treinds; Delmar Presbyterian Church, 585 Delaware Ave., 7 n.m.

SOLID ROCK CHURCH

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

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.

ZONING BOARD OF APPEALS

Bethlehem Town Hall, 445 Delaware Ave., Delmar, 7:30 p.m. Information, 430-4955 EVENINGS ON THE GREEN Bethlehem Public Library's Free Summer Concert Series, 7:30 p.m. Information,

439-9341

BINGO

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

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.

BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 8 p.m. Information, 767-2886

TESTIMONY MEETING First Church of Christ, Scientist, 555

Delaware Ave., 7:30 p.m. Information, 439-2512 **NEW SCOTLAND**

For grades 4 through 6, at the

Voorheesville Public Library, 51 School Road, 2 p.m., signup necessary, 765-

SUMMER READING CLUB

TOGETHER AT TWILIGHT Tony Trischka in concert, at the Voorneesville Public Library lawn, 51

School Road, rain or shine, bring

blankets or chairs, free, 7 p.m.

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-

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

Sat. Jul. 16 Thurs. Jul. 14

BETHLEHEM

BETHLEHEM SENIOR CITIZENS

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

YOUTH EMPLOYMENT SERVICES

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

BETHLEHEM

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m. Information, 489-6779.

Mon. Jul. 18

BETHLEHEM

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

DELMAR KIWANIS

Tool's Family Restaurant, Delaware Avenue, 6:15 p.m. Information, 439-2437 or 439-6952.

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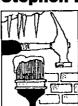
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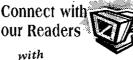


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a guide to services for your home

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Mike's Painting & Home Repairs Interior/Exterior Residential & Commercial Schenectady, NY nsured/Free Estimates • Senior Discount (518) 356-2957

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Call now for a FREE estimate Insured - References

> 756-8438 Cell 275-8309 **PAVING**

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DELMAR DOG BUTLER Pet Waste Removal Weekly Service: \$10/week (one dog) \$15/week (two dogs) Free estimates for one-time clean-ups.

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Steve Relies, Owner • 475-9808

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Delmar

Main Square 439-3670 Visit our website petdaycare.info Nicest Cattery in the Capital District



767-9095

475-0475

Heated • Air Conditioned Your choice of food Route 9W, Glenmont Reservations required Eleanor Cornell

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Roofing Needs 439-1515

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1 Tents 1 Tables 1 Chairs

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- Land Clearing
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Pressure Washing

 Gutter Clean-Outs Serving Delmar area 25 years Gary D. Oliver • 439-4856 "your" 'pane' is our pleasure

ng up more Sales!

When you call us and put our AT YOUR SERVICE guide ads to work for you!

These little ads can make a BIG difference for your business! Call 439-4940 to place your ad today.

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Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight • Malta Spotlight • Saratoga Spotlight

Spotlight CLASSIFI

BOATS

SEARAY SORRENTO 24 w/trailer. Merc. cruiser. Excellent condition. Low hours. \$10,500. 459-3784

1995 Sea Doo GTX w/ trailer. Low use. Excellent condition. Must see. 439-7509.

BUSINESS **OPPORTUNITIES**

CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. includes 30 machines and

candy. All for \$9,995. CALL 1-800-814-6323.

CHILD CARE NEEDED

Nanny needed for 2 children in our Delmar home. 3 days/week from 8:15-4:15. References re-

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DELMAR RESIDENT 16 YRS EXPERIENCE. Exceptional Cleaning, Excellent References, 439-

E-MAIL: spotclas@nycap.rr.com

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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 • Saratoga Spotlight

Classified Rates

Private Party Classifieds - Line Ads - Eleven paper combo - \$15.00

Commercial Classifieds - Line Ads - Eleven paper combo - \$17.50

for 15 words 50 cents for each additional word. Multiple insertion

All line ads must be pre-paid in order for placement.

Ads will appear in all eleven newspapers, as well as on the

for 15 words 50 cents for each additional word.

discounts available. Please call for information.

Classified INFORM

Deadline: Thursday at 4PM

Office Hours

8:30 AM - 5 PM

Monday-Friday

for following week

READERSHIP:

11 Newspapers;

113,400

Readers

Deadline

DUMPSTERSclean-up link. 6 & 10 yard. You fill it, we spill it. 355-

HOUSE PAINTING, HOUSE WINDOW CLEANING & GUTTER CLEANING. Free estiquested. Please call 312- mates, Low prices. Call 452-1551.

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Delmar, NY 12054

Delmar, NY 12054

Your 10 years experience. References. Call Ashley 756-2766.

EQUIPMENT **FOR SALE**

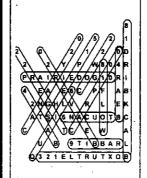
SAWMILLS - \$2,795.00-LumberMate-2000 & LumberLite-24- Norwood Industries also manufactures utility ATV attachments, log skidders, portable board edgers and forestry equipment. www. norwoodindustries.com -Free information: 1-800-578-1363 ext300N

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TOO MUCH debt? Don't choose the wrong way out. Our services have helped millions. Stick to a plan, get out of debt & save thousands. Free consultation, 1-866-410-0567. CareOne Credit Counseling.

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#1 1-(800)794-7310.

FIREWOOD

Estate Sale: Delmar, 60

PJ & PJ. MOVING SALE: Maytag

Washer/Dryer, Tools, Electrical supplies, Furniture, College frige, Bikes, Craftsman workbench. 39B Barry Ct., Selkirk, NY 9a.m.-4p.m., 7/15, 7/16

MOVING SALE: 6 Walnut Lane East, Colonie. Follow signs. July 15 & Beautiful

Face Cords Available, breakfront, twin beds, \$43/ea. Call 426-WOOD. Free Delivery.

MIXED HARDWOODS: Full cords, \$195; face cords, \$95. Jim Haslam, 439-9702.

SEASONED HARD-WOOD- Cut, Split, Delivered. \$75 Face Cord. 756-9419.

FREE PETS

2 Kittens looking for good home. 1 black, 1 orange & white striped. 768-8143.

FURNITURE FOR SALE

Elegant pastel regency style sofa table, 2 drawers, repair to leg, \$200. Large pine harvest table, painted legs, modern, some refinishing needed, \$75. Call 872-9720 or 322-8569.

Impressive antique American (early-mid 1800's) chest of drawers, excellent condition, good patination, cherry, deep drawers. Ideal "low-boy" height. 48" (h)x 21"x 41". \$1200. Call 872-9720 or 322-8569.

GARAGE SALES

Euclid Ave. 7/15 & 7/16, 8-3. House contents, furniture, antiques, glassware, collectables, piano.

queen bed, dressers, end tables, mahogany dropleaf desk, rugs, computer, computer desk, lawn furniture, tools (Arien snowblower), lawnmower. Great sale. Priced to go,

SALE, 536 YARD Wemple Rd., Glenmont. 7/16, 9-2. Changing table, crib, Little Tikes, toys & more.

HANDYMAN

ALL TYPES OF HOME REMODELING-Painting, Plumbing, Carpentry. Reliable. Senior discount. 331-9508.

BEST BET HANDYMAN, Home Repairs & Maintenance, Electrical, Plumbing, etc., Senior Discounts, Call 434-5612.

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Adjust. cane, Shower transfer chair, Bed rail, Toilet safety frame, Alum. crutches, NEW. 355-3930.

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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 REPAIRS

Carpentry, Electrical, Drywall, Windows, Doors, Moldings, Fine Woodwork, Structural Repairs. Excellent References. Terry 478-9240.

INSTRUCTION

HOUR Pre-Licensing Course. Every Saturday, 356-3017. 9:00a.m. KATIE'S DRIVING SCHOOL.

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LAWN MOWING OR YARD WORK by adult. SAVE THIS NUMBER: 439-0610.

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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

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Black & White male cat. Lost in Old Delmar on Roweland Ave, July 3. Answers to Toby. Please call 221-6675.

FIND SOMETHING? Advertise it free. Call 439-4940.

PET DOG LOST: SMALL WHITE MALE 5-7lb. CHI-HUAHUA Named Keko. Lost in area of York Rd., Glenville on 7/05/05. 13 yrs, old-takes heart medication. Reward. 384-0150.

MISCELLANEOUS FOR SALE

MAYTAG REFRIGERA-TOR. Almost new. Energy star. Beige. Paid \$1100. Asking \$500. JUST MOVED, WON'T FIT. 885-2637.

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 rweriksen@gct21.net.

Needed a dependable year round class A driver to move construction equipment. Must have some mechanical

knowledge, drug free and clean DMV. Goodpay and benefits. Call (518) 478-

NEW POCKET ROCKET. 50CC. Electric/Remote and Pull start. Red. Holds 300+ lbs. fast. Cost \$950. Sale \$500 firm. 439-7083.

MUSIC

STRING INSTRUMENT REPAIR: Bow Rehairing. 439-6757.

PIANO TUNING & REPAIR

PROFESSIONAL PIANO tuning and repair, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. 427-

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ARE YOU HAVING A SPECIAL EVENT- Let Everybody know about it

internet for the number of weeks requested. Order Form

Classified Category:		
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Address:		
City:	State	Zip
Home Phone	Work Phone	
Amount Enclosed	Number of	Weeks
MasterCard or Visa#	•	
Expiration date:	Signature:	

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Give Us A Call At:

To Place Your Ad Today!

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Spotlight CLA

in the Spotlight Newspapers. DEADLINE is Thursday by 4 PM. Call Juli 439-4940.

VENDOR SPACE AVAIL-ABLE Tannersville Street Festival, Saturday, Sept. 17th. For information call: 518-589-5765 after 6pm.

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Effective MATH TUTOR-ING for Middle & High School students. Personalized help. 221-4836.

MATH TUTORING HIGH SCHOOL All Subjects Including SAT Prep. 35 Years Experience. NYS Certified. Also Interested in Albany Academy Stu-vendors display. 9/24 & 9/ Travel, Politics. Scrap-RADIOS, THIS NUMBER!

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LOOKING FOR VEN-DORS: Hand-crafted only for Nassau County's LARGEST family fair. At-

dents. 439-0610. SAVE 25. (516)679-1875 for books, Photo Albums, application.

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ANTIQUE PAPER ITEMS Photographs, Stereoviews, Daguerreotypes. Anything Related tendance 120,000 plus. To Sports, Autos, Motor-150-200 hand-crafted cycles, Oceanliners,

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BUYING: All old costume and better jewelry. Call 439-6129.

WANTED TO BUY PRE-1955 TELEPHONES,

MICRO-PHONES, TELEVISION SETS, Tube amplifiers, Cameras, Pocket lighters, pre-1960 Comic Books, Pre-1920 Crocks, Jugs, Firemen hats, Badges, Photos, Pre-1965 toy

line-powered toy cars, all

plastic toys, Pre-1920 photographs, postcards, penny banks, Pre 1950 Fountain Pens, Teddy Bears, Dolls, World War II/American or Nazi items, Civil War swords, pictures. etc.. cars, trucks, boats, gaso- condition, even broken or rusty. Call 745-8897.

Employment

HELP WANTED

AVON \$20 free product \$10 start-up fee. Unlimited Earning Potential! 439~2359 Jennifer Nancie 861~8740

BOOKEEPER: Full or part-time position. Full charge thru general ledger. Small company located in Glenmont, Contact Pat Walter 449-1606, fax 449-1694 or email at pwalter@janddwalter.com

Customer Service Sales Support: Immediate opening for full or part time: customer service/sales www.ftc.gov to learn positions. Position in- more. A public service volves inside phone sales, message from the SPOT-

selling quality motorsports LIGHT Newspapers and Pt/Ft sales person, from dard - 1 year experience Plan Advisors. Earn possess excellent phone skills and be self-motivated. Salary + commission. Benefits available. Call 518-449-1606, Fax 449-1694 or E-mail to ppelkey@janddwalter.com

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

mission.

Home Cleaners, PT, Flexible hours. Honesty and reliability a must. At Home Cleaning Services. 225-9455.

Needed a dependable construction laborer with all around skills must have drivers license. Good pay and benefits. Call (518) 478-0937

PT Receptionist Delmar Office 20 hrs. week, hours flexible, \$7.25 hour plus sales commission opportunities

products. Applicant must the Federal Trade Com- home or office no experience necessary

475-0751

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\$1000 to \$5000 Weekly Automated Income by Einstein No Selling 1 time \$1995 for 10x value, plus income for life! Limited Offer. 1/877-791-7486 (PW3511)

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www.AMDG.WS Call toll free 866-373-2916

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STARVING ARTIST **NEEDS WORK: Mainte**nance, Yard Cleanup, Gardening. 269-8814.

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SINGLE MOM + 2 Small Children Seeking Quiet, Clean Bethlehem area realty for rent by 08/30/ 05. References available. 768-8143.

REAL ESTATE FOR RENT

DELMAR- 2 BR apt. with garage. \$750+/month. Available immediately. Call 436-3938.

ALTAMONT, 2BR, DR, LR, E/kitchen w/skylite, CA, w/w carpet, country setting, No pets. References/Security required. 861-6909.

COEYMANS: 2+ bedroom, washer/dryer nookup, off street parking, \$575+ utilities, + security. Available 7/29. 966-4661.

DELMAR-1BRApt.\$675. Heat/Hot water included. Off street parking, Hardwood floors. Available 8/ 1.456-6644.

DELMAR- Studio, Rural Setting, Suitable For 1. Non-Smoker, Utilities, Check the unsatisfactory Garage. \$550, heat/elec./ rating at the Better Busi- Mountains. Farmhouse, cable included, 439-0390.

DELMAR: 1BR w/ den, w/w, laundry, off street parking, \$695+, NYIREC, 478-9175 ext. 5#

DELMAR: 2BR w/den, w/ w, laundry, off street parking, \$795+, NYIREC, 478-9175 ext. 5#

DELMAR: Furnished Apt & Garage- \$550/includes utilities- Non smoker/no pets. Security. 439-4891.

SELKIRK: Newly decorated, quiet neighborhood: \$625+ Ideal for 1 or 2 adults. Security, lease, no pets. 767-3076.

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5+ ACRE LOTS, New Scotland, Youmans Rd., Voorheesville schools, private drive, country setting, well/septic required. (518)475-0987

CLIFTON PARK: Lexington Commons- 3BR Co-Ionial, 2.5BA, All electric kitchen: Mint condition. Peggy Reagan Realty. 463-9230 or 428-9300.

CUSTOM BUILT LOG **HOMES:** Many models available. Your lot or ours. Call for info/appt. 463-

TECHVALLEY HOMES: reau website. For info: antitechvalley homes@gmail.com

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NO 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, visit www.AmericanHome Partners.com

Real Estate Auction, July 17, Franklin, NY, Catskill outbuildings, 109 acres, meadows, woodlands, ponds, stream. Minimum bid \$350,000. 607-832-4829, 845-586-1234,

www.mcintoshauction Immediate cashbuyer. 16

STEELBUILDINGS, Factory Clearance. New, never erected 25x32, 25x34, 30X40, 40x60, and 50x100. Will sell for the balance. Call Frank 800-803-7982

COMMERCIAL **FOR LEASE**

DELAWARE PLAZA -DELMAR - Retail space available. For leasing information call Delaware Plaza Associates at 439-9030.

LAND

5-33 ACRES Plymouth, N.Y. Southern Tier hunting properties. Borders state land. 28 New Properties in all. Call 315-727-

VIEWS, VIEWS, VIEWS-Helena, Montana- 4.7 Acres \$79,990. Ride out your backdoor to millions of acres of national forest! Awesome lake & mountain views, close to Canyon Ferry Lake, minutes to Helena. Soils tested, utilities, ready to build on. Call owner 888-770-2240

LAND WANTED NYS LAND WANTED.

BUILDINGS FOR SALE

Years in business. Fair, honest & quick closing. Highest prices paid for farmland or woodlands. All properties considered. www.nvsland Visit wanted.com or call 1-800-

229-7843

NYS LAND WANTED. Immediate cash buyer. 16 Years in business. Fair, honest & quick closing. Highest prices paid for farmland or woodlands. All properties considered. Visit www.nvsland wanted.com or call 1-800-229-7643

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BRANT LAKE CAMP FOR RENT: 3BR, Sleeps 6, Beach, Dock, if needed. \$550/wk. 465-2072.

FRIENDS LAKE CAMP: Mins to private beach & dock. 20 mins. to Lake George, 3BR, 2BA, Sleeps 6, \$700 weekly. 494-3960.

GREAT SACANDAGA LAKE, **FULTON** COUNTY, NEW YORK: Right at the lake's edge. Charming cottage. Selake view. Private dock. Walk to everything. Sleeps 6, no pets. \$950/ week. (518)458-7465.

OGUNQUIT, MAINE CONDO-Ocean and Pool Views. Near Beaches. Sleeps 5, 2BA. Reduced Fall rates. 482-6321.

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Automotive

CLASSIFIEDS

AUTOMOTIVE **FOR SALE**

1995 Grand AM, Auto, V6, AM/FM/Cassette, power windows/locks, cruise, good condition, blue, 92k, asking \$2,200. 785-8751.

1996 Subaru Outback Wagon, 5sp, 130,000 miles. \$3350. 439-8593.

2000 SUBARU Leg. Wgn. 150K, Exc. Cond., Always maintained. \$3995, 765-5163 (pm).

94 Nissan Pathfinder SE. Fair condition, well maintained (service records provided). CD/ cassette, sunroof, ower locks/windows, alloy wheels. 145K (engine has 120K). Worth \$3000, asking \$2600. 331-2129.

96 JEEP CHEROKEE CLASSIC- No mechanical defects, Good condition, 152K-mostly highway miles. A/C, cruise, new CD, roof rack. \$3,800. Leave message: 727-6886.

AUTOS WANTED

JUNK CARS WANTED: A1 USED **AUTO PARTS- HIGH-EST PRICE PAID FOR** YOUR JUNK CARS. Call: 768-8103.

AAA Rated Donation. DONATE YOUR CAR, Boat or Real Estate. IRS Tax Deductible Free Pick-Up/Tow Any Model/ Condition, Help Underprivileged Children 1-800-598-9211 Outreachcenter.org



Phone in Your Classified Ad with Mastercard or Visa



call 439-4940



LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED **LIABILITY** COMPANY (LLC).

The name of the LLC is NISKAYUNA GARDEN APARTMENTS LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on May 26, 2005. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be lo-cated in Albany County. The Secretary of State is desig nated 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 Dawn Homes, Inc., 20 Corporate Woods Boulevard, Albany, New York 12211. LCD-11718 (July 13, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is FIRST COLUMBIA CEN-TURY-22, LLC, The Articles of Organization of the LLC were filed with the NY Secretary of State on June 6, 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 pro-cess against the LLC is 26 Century Hill Drive, Suite 101, Latham, New York 12110. LCD-11735 (July 13, 2005)

LEGAL NOTICE

The name of the LLC is Pozitive Development, LLC. The date of the filing of the articles of organization with the N.Y. Secretary of State is: 1/06/2003.

The office of the LLC shall be in the County of Albany and State of NY.

The NY 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 to: Pozitive Development LLC, 10 Erie D Slingerlands, NY 12159. The LLC does not have a date of dissolution.

The purpose of the LLC is to transact any lawful business. LCD-11749 (July 13, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY, NAME: Neighborhood Health Insurance Agency, LLC, Articles of Organization were filed with the Secretary of State of New York (SSNY) on 6/06/05. 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 The Troy at 1202 Schenectady Road, Latham, New York 12110. The limited liability company is organized for the purposes of soliciting, negotiating, and/or selling accident and health insurance contracts and any other lawful purpose permit-ted by New York State Insurance Laws and Regulations. LJ-11756 (July 13, 2005)

LEGAL NOTICE

Equititle, LLC, a New Jersey limited liability company, us-ing the fictitious name in New York of "Equititle Abstract was formed on 10/10/02. filed an Application for Authority with the New York Department of State on 6/7/ 05. Secretary of State is designated as upon whom process against LLC may be served. A copy of any process served should be forwarded to Equitititle, LLC, 1118 Campus Drive West

LEGAL NOTICE

Morganville, NJ 07751. New York office location: Albany County. The principal office of Equititle, LLC is 1118 Campus Drive West, Morganville, NJ 07751. A copy of Equititle's Certificate of Formation may be obtained from the New Jersey Division of Revenue, 225 State Street, 3rd floor, Trenton, NJ 08608. Purpose: title abstract company. LCD-11759

(July 13, 2005)

LEGAL NOTICE

Notice of Formation of Dunkin 36 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/9/05 Office location: Albany County, SSNY is designated as agent of LLC upon whom process against it may be served. SNY shall mail process to: 3 Moline Court, Kings Point, NY 11024 Purpose: any lawful activity. LCD-11761 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of Rapid Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/6/05 Office tocation: Albany County, SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: PO Box 773, Monsey, NY 10952 Purpose: any lawful activity.

LCD-11762 (July 13, 2005)

LEGAL NOTICE

WINDSOR OF ALBANY LLC, Notice of formation of a domestic Limited Liability Company (LLC) Articles of Organization filed with the New York Secretary of State on May 5, 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 pro-cess against the LLC is 596 New Loudon Road, Latham, New York 12110. LCD-11774 (July 13, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is MRP CRESCENT VILLAGE AS-SOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 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 pro-cess against the LLC is 255 Washington Avenue Extension, Albany, New York 42205

(July 13, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is CRESCENT VILLAGE AS-SOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secre tary of State on June 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 pro-cess against the LLC is 255 Washington Avenue Extension, Albany, New York 12205 LCD-11777

(July 13, 2005)

LEGAL NOTICE LEGAL NOTICE

Notice of Formation of 638 West 160 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/15/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 566 East 8th Street, Brooklyn, NY 11218 Purpose: any lawful activity. LCD-11778 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of MPO of NY, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/9/2005. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: NY Secretary of State, Division of Corporations and State Records, Albany, NY 12231-0001 Purpose: any lawful activity. LCD-11788 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of Yosher LLC Arts. of Org. filed with NY Secy. of State with NY Secy. of (SSNY) on 6/21/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1728 44th Street, Brooklyn, NY 11204 Purpose: any lawful activity. LCD-11804 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of 1734-46th Street, LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/20/05. Office location: Albany County. is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1734- 46th Street, Brooklyn, NY 11204 Purpose: any lawful activity. LCD-11805

(July 13, 2005)

LEGAL NOTICE

Notice of Formation of Land Title Associates Agency LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 4/ 15/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1979 Marcus Ave., Suite 210, Lake Success, NY 11042. Purpose: any lawful activity LCD-11806 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of Evan Two LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 6/7/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 16 Harriet Lane, Wesley Hills, NY 10977 Purpose: any lawful activity LCD-11818 (July 13, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF A REGISTERED LIM-ITED PARTNERSHIP (L.P.). The name of the L.P. is CALI-FORNIA ASSOCIATES, L.P. The Certificate of Registration of the L.P. was filed with the New York Secretary of State on June 28, 2005. The purpose of the L.P. is to engage in any lawful act or activity. The office of the L.P. is to be located in Albany County. The Secretary of State is designated as the agent of the L.P. upon whom process against the L.P. may be served. The address to which the Secretary of State shall mail a copy of any process against the L.P. is 255 Washington Avenue Extension, Albany, New York 12205. LCD-11840 (July 13, 2005)

LEGAL NOTICE

LIABILITY

LEGAL NOTICE NOTICE OF FORMATION OF A DOMESTIC LIMITED

COMPANY

(LLC). The name of the LLC is MRP TOWNE TOWER ASSOCI-ATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 27, 2005. The purpose of the LLC is to engage in any law-ful 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-11841

(July 13, 2005)

LEGAL NOTICE

Integrity Financial Partners, LLC, dba Integrity Plan Administrators, LLC was filed with the SSNY on 6/27/05. 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: David I. Katz, Integrity Financial Part-ners, LLC dba Integrity Fi-nancial Administrators, 581 Main Street, 4th Floor, Woodbridge, NJ 07095. Pur-pose: Any lawful purpose. LCD-11846 (July 13, 2005)

LEGAL NOTICE

Notice of Qualification of Aon Premium Finance, LLC. Authority filed with Secy. of State of NY (SSNY) on 5/10/ 05. Office location: Albany County, LLC formed in Delaware (DE) on 7/8/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Wilmington, DE 19808. Arts. Road, of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity. LD-11635 (July 13, 2005)

LEGAL NOTICE

AMERICAN INTEGRATED SECURITY CONSULT-ANTS, LLC

Notice of formation of American Integrated Security Consultants, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 5/12/2005. Office location: Albany County. The SSNY has been designated as agent of 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. LD-11704 (July 13, 2005)

LEGAL NOTICE Notice of Formation of M L CAPITAL GROUP LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/27/ 05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail pro-cess to: c/o The LLC, 46 State St., 3rd, Fl., Albany, NY 12207, Attn: USA Corporate Services, Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11715 (July 13, 2005)

__ LEGAL NOTICE **LEGAL NOTICE**

Notice of Qualification of Inland Western Saratoga Springs Wilton, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 5/13/ 05. Office location: Albany County, LLC formed in Delaware (DE) on 4/15/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, regis-tered agent upon whom process may be served. Principal office of LLC: 2901 Butterfield Road, Oak Brook, IL 60523. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: to acquire, own, hold, administer, service, manage, sell and otherwise deal with property or any interest therein, either directly or indirectly. LD-11722

(July 13, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF BENTON ENTER-PRISES LLC

The name of the LLC is BENTON ENTERPRISES LLC. The date of filing of the Articles of Organization with the N.Y. Secretary of State is April 15, 2005. The office of the LLC shall be in the County of Albany and State

The Secretary of State is designated as the agent of the LLC upon whom process against it may be served. The Secretary of State shall mail a copy of any process against the Company to the following post office address: 135 Church St., Saratoga Springs, N.Y. 12866. The character or purpose of the business of the LLC is

to transact any lawful business LD-11725 (July 13, 2005)

LEGAL NOTICE

NOTICE OF FILING OF AR-TICLES OF ORGANIZA-TION OF DR HUMAN RE-SOURCES, LLC The name os the Limited

Liability Company is: DR HUMAN RESOURCES, LLC The Articles of Organiza-

tion of the Company were filed with the Secretary of State on May 26, 2005. 3. The County within New York State which the office of

the Company is to be located

is Albany. 4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon it is: 6 Wembley Court Albany, NY 12205

The registered agent of the limited liability company upon whom process against the liability company can be served is: DR Human Resources, LLC, 6 Wembley Court, Albany, NY 12205. 6. The character of the busi-

ss is to condu ful business activity for profit that is not otherwise prohibited by the laws of the State of New York. LD-11726

(July 13, 2005)

LEGAL NOTICE

Notice of Qualification of Pawling Land Co. LLC. Authority filed with Secy. of State of NY (SSNY) on 5/13/ 05. Office location: Albany County. LLC formed in Delaware (DF) on 3/4/04 SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, Loockerman & Federal St., Dover, DE 19901. Purpose: any lawful activity. (July 13, 2005)

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of Cross Atlantic Investors LLC. Authority filed with Secy. of State of NY (SSNY) on 4/28/ 05. Office location: Albany County, LLC formed in Dela-ware (DE) on 4/11/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 2711 Centerville Road, Ste. 400, Wilmington, DE 19808, the DE address of LLC. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11745 (July 13, 2005)

LEGAL NOTICE

Notice of Qualification of STC Five LLC. Authority filed with Secy. of State of NY (SSNY) on 5/24/05. Office location: Albany County. LLC formed in Delaware (DE) on 4/14/05. 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. DE address of LLC: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-11746

(July 13, 2005)

LEGAL NOTICE

Notice of Qualification of Pearl Carroll & Associates LLC. Authority filed with Secy. of State of NY (SSNY) on 4/21/05. 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: c/o CT Corporation System, 111 8th Ave., NY, NY 10011 DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11747

(July 13, 2005)

LEGAL NOTICE

Notice of Qualification of Ruby Fishkill Limited Partnership. Authority filed with Secy. of State of NY (SSNY) on 6/7/05. Office location: Albany County, LP formed in Delaware (DÉ) on 5/27/05. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LP: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11752

(July 13, 2005)

LEGAL NOTICE Notice of Formation of

Watertown Investors, L.P. Certificate filed with Secy. of State of NY (SSNY) on 6/7/2005. Office location: Albany County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Name/address of each genl. ptr. available from SSNY. Term: until 6/6/2104. Purpose: any lawful activity. LD-11753

(July 13, 2005)

LEGAL NOTICE

Notice of Qualification of Vertical Claims Management, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/8/05. Office location: Albany County, LLC formed in Pennsylvania (PA) on 2/

LEGAL NOTICE

20/02 SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011. PA address of LLC: 401 Liberty Ave., Three Gateway Center, 15 North, Pittsburgh, PA 15222. Arts. of Org. filed with PA Corp. Bureau, 206 North Office Bldg., PO Box 8722, Harrisburg, PA 17105. Purpose: all lawful purposes. LD-11758 (July 13, 2005)

LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name of LLC: SILHOUETTE OPTICAL TRAINING CEN-TER, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on June 7, 2005. Office location: Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY it may be served. shall mail a copy of any pro-cess against the LLC served upon it to Tuczinski, Cavalier, Burstein & Collura, P.C., 54 State Street, Suite 803, Albany New York 12207. LD-11760 (July 13, 2005)

LEGAL NOTICE

Notice of Qualification of IPA Advisory & Intermediary Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/7/2005. Office location: Albany County LLC formed in Nevada (NV) on 3/24/1999. 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, regis-tered agent upon whom process may be served. Principal office of LLC: 1250 Barclay Blvd., Buffalo Grove, IL 60089. Arts. of Org. filed with NV Secy. of State, 101 N. Carson St., Suite 3, Carson City, NV 89701. Purpose: any lawful activity. LD-11786 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of 131 FAGLE LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/13/05. 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 Castro & Remer, P.C., The Hill Bldg., Suite 100, 30 State St., Ossining, NY 10562. Purpose: any lawful activity LD-11787

LEGAL NOTICE

(July 13, 2005)

Notice of Formation of ARI-ZONA FITNESS, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/13/ 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 Robshaw & Associates, 5672 Main St. Williamsville, NY 14221. Purpose: any lawful activity. LD-11795 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of Nesting Concepts, LLC. Arts. of Org. filed with Secv. of State of NY (SSNY) on 1/6/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services, registered agent upon whom process may be served. Purpose: all lawful activities. LD-11796 (July 13, 2005)

LEGAL NOTICE

Notice of Qualification of Mill Place Capital, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/7/05. Office

LEGAL NOTICE

location: Albany County, LLC formed in Delaware (DE) on 5/26/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. Principal office of LLC: 963 15th Pl., Hermosa Beach, CA 90254 Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Pur-pose: any lawful activity. LD-11797 (July 13, 2005)

LEGAL NOTICE

Notice of formation of a New York Limited Liability Company (LLC). The name of the LLC is A & N CONTRACT-ING, LLC. the Articles of Organization creating the LLC were filed in the Office of the Secretary of State of New York (SSNY) on May 23, 2005 and became effective on said date. The principal office of the LLC is in Albany County. The SSNY is designated as the agent of the LLC upon whom process against it may be served and the post office address to which the SSNY shall mail any copy of process against it is A & N CONTRACTING, LLC, c/o Michael Rapp. 142 Bushendorf Road, Ravena, New York 12143. The purpose of the LLC is to engage in the construction business and any other lawful activ-

LD-11803 (July 13, 2005)

LEGAL NOTICE

Notice of Qualification of Charter Communications Holding Company, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/9/ 2005. Office location: Albany County. LLC formed in Delaware (DE) on 5/25/1999. 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: 12405 Powerscourt Dr., St. Louis, MO 63131. Arts of Org. filed with DE Secy. of State, Div. of Corps., 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-11810 (July 13, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: T. LEMME ASSOCI-ATES, LLC Articles of Orga-

nization filed with Secretary of State of New York (SSNY) on May 17, 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 c/o The LLC, 95 Champtain Street, Albany, New York 12204. Purpose: Any lawful business purpose.

(July 13, 2005)

LEGAL NOTICE

Notice of Formation of Blue Lion (NY) LLC. Arts. of Org. filed with Secv. of State of NY (SSNY) on 6/22/05. Office cation: 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

LD-11823 (July 13, 2005) 、

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of 1644 Stewart Avenue LLC. Authority filed with Secy. of State of NY (SSNY) on 6/22/ 05. Office location: Albany County, LLC formed in Delaware (DE) on 6/20/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. Principal office of LLC: 15 Plymouth St., Apt. 1, Cambridge, MA 02141. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste 4, Dover, DE 19901. Pur-pose: any lawful activity. LD-11824 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of STONE STREET REALTY, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207. Purpose: any lawful activity. LD-11825

(July 13, 2005)

LEGAL NOTICE

Notice of organization of YAR, LLC.

Under Section 203 of the Limited Liability Company Law of the State of New York . The name of the Limited Liability Company is YAR,

2. The Articles of Organization were filed with the Sec-retary of State on APRIL 28,

3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York. 4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 25 St., Agnes Lane. Loudonville. NY, 12211.

None of the members of the Limited Liability Com-pany (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obliga-tions or liabilities of the Lim-

ited Liability Company. 6. The Limited Liability Company shall have all powers and purposes allowed it by

LD-11831 (July 13, 2005)

LEGAL NOTICE

Notice of organization of AM

Under Section 203 of the Limited Liability Company Law of the State of New York The name of the Limited Liability Company is AM Of-

2. The Articles of Organization were filed with the Secretary of State on May 11,

3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York. 4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 28 Marne Street, Watervliet, NY12189.

LEGAL NOTICE

None of the members of the Limited Liability Com-pany (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obligations or liabilities of the Lim-

ited Liability Company.
6. The Limited Liability Company shall have all powers and purposes allowed it by

LD-11832 (July 13, 2005)

LEGAL NOTICE

Notice of organization of DB Cohen Commercial Real Estate, LLC

Under Section 203 of the Limited Liability Company Law of the State of New York The name of the Limited Liability Company is DB Cohen Commercial Real Estate, LLC. 2. The Articles of Organiza-

tion were filed with the Secretary of State on June 16, 2005

3. The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York The Secretary of State is designated as agent of the Limited Liability Company unon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 5 Sage Field Lane, Latham, NY 12110.

5. None of the members of the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obliga-tions or liabilities of the Limited Liability Company.

6. The Limited Liability Company shall have all powers and purposes allowed it by

LD-11833 (July 13, 2005)

LEGAL NOTICE

PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY FIRST: The name of the limited liability company is B.A. 12 Cornell Road, LLC (hereinafter referred to as the

"Company"). - SECOND: The Articles of Organization of the Company were filed with the Sec retary of State on June 23,

THIRD: The county within New York State in which the office of the Company is to be located is Albany. FOURTH: The Secretary of

State has been designated as agent upon whom pro-cess against the Company may be served. The post office address to which the Secretary of State shall mail process is: B.A.12 Cornell Road, LLC, 4 British American Boulevard, Latham, New

York 12110. FIFTH: The latest date on which the Company is to dissolve is December 31, 2055, unless said period is further extended by amendment of this Agreement or sooner terminated in accordance with this Agreement.

SIXTH: The purpose of the business of the Company is any lawful activity pursuant to Section 203 of the New York Limited Liability Com-

LD-11836 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of VALUE 17 LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/22/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served.

LEGAL NOTICE

SSNY shall mail process to: c/o The LLC, 46 State St. 3rd Fl., Albany, NY 12207 Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities.

LD-11839 (July 13, 2005)

LEGAL NOTICE

M&P Real Estate, LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of New York SSNY") on June 7, 2005. Office location is County of Albany, SSNY has been des ignatéd as an agent upon whom process against it may be served. SSNY shall mail a copy of any process served to The LLC at 10 Thurlow Terrace, Albany, NY 12203. Purpose: any lawful act. LC-11847

(July 13, 2005)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY, NAME: RF DIAGNOSTICS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/28/ 05. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SŠNY shall mail a copy of process to the LLC, 2135 Morrow Avenue, Niskayuna, New York 12309. Purpose: For any lawful purpose. LD-11848

(July 13, 2005)

LEGAL NOTICE

FOREIGN LLC PUBLICA TION NOTICE Name of the LLC: CC WA-TER ACQUISITION COM-PANY, LLC App. For Auth. filed with Sec. of State 06/28/ 05. Jurisd. And date of org. DELAWARE ON 05/20/05. NY State office loc: ALBANY COUNTY. Sec. of State of NY designated as agent of LLC. The post office address to which the Secretary of State shall mail a copy of any such process served upon him/her is; c/o National Registered Agents, Inc., 875 Avenue of the Americas, Suite 501, NY, NY 10001. Address of principal office: One Coca-Cola Plaza, Atlanta, GA 30313. Copy of cert. of org. is filed with Delaware Secretary of State, Division of Corporations. John

Townsend Building, 401 Federal Street, Dover, Delaware 19901. Purposes: is to transact any lawful business. LD-11850

(July 13, 2005)

LEGAL NOTICE

Notice of organization of TCIM PROPERTIES, LLC Under Section 203 of the Limited Liability Company Law of the State of New York 1. The name of the Limited Liability Company is TCIM PROPERTIES, LLC.

2. The Articles of Organization were filed with the Secretary of State on June 9,

The principal office of the Limited Liability Company is to be located in the County of Albany, State of New York. 4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The Post office address within or without this state to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: 279 Troy-

LEGAL NOTICE

Schenectady Road, Latham, NY 12110

the Limited Liability Company (the "Members") in their capacity as Members, shall be personally or individually liable for any debts, obliga-tions or liabilities of the Limited Liability Company.

6. The Limited Liability Company shall have all powers and purposes allowed it by LD-11851 (July 13, 2005)

5. None of the members of

LEGAL NOTICE

Notice of Formation of NACHAS PARTNERS L.P. Certificate filed with Secv. of State of NY (SSNY) on 6/30/ 2005. Office location: Albany County SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: The LP, 1227 E. 27th St., Brooklyn, NY 11210. Name/address of each genl. ptr. available from SSNY. Term: until 6/29/2032. Purpose: all lawful activities.

(July 13, 2005)

LEGAL NOTICE

Notice of Formation of CEN-TER FOR NETWORKING EXCELLENCE LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/27/05. 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 The LLC, 666 Greenwich St., #428, NY, NY 10014. Purpose: all lawful activities LD-11858 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of ROCK CORPORATE VEN-TURES LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/27/05. 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 The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11859

LEGAL NOTICE

(July 13, 2005)

Notice of Formation of SUN-RISE INTERNATIONAL HOLDINGS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/30/05. 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 The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11860

(July 13, 2005)

LEGAL NOTICE

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LEGAL NOTICE

LD-11861 (July 13, 2005)

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Notice of Formation of JAVA INTERNATIONAL ENTER-PRISES LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/30/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SŠNY shall máil process to: c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11862 (July 13, 2005)

LEGAL NOTICE

Notice of Formation of TEMPCO INTERNATIONAL LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/30/05. 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 The LLC 46 State St., 3rd Fl., Albany NY 12207, Attn: USA Corporate Services Inc., registered agent upon whom process may be served. Purpose: all lawful activities. LD-11863

(July 13, 2005)

LEGAL NOTICE Notice of Qualification of

Navigant Capital Advisors, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/30/05. Office location: Albany County. LLC formed in Delaware (DE) on 6/1/01. 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: 615 N. Wabash Ave.,
Chicago, IL 60611. Arts. of
Org. filed with DE Secy. of
State, 401 Federal St., Ste.
4, Dover, DE 19901. Purpose: any lawful activity. LD-11864

(July 13, 2005)

LEGAL NOTICE

Notice of Qualification of The Harbor Shops LLC. Authority filed with Secy. of State of NY (SSNY) on 7/5/05. Office location: Albany County. LLC formed in Florida (FL) on 2/ 19/03. 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. FL address of LLC: 221 W. Oakland Park Blvd., Fort Lauderdale, FL 33302. Arts. of Org. filed with FL Secy. of State, 409 E. Gaines St., Tallahassee, FL 32399. Purpose: any lawful activity LD-11865

(July 13, 2005)

LEGAL NOTICE

NOTICE OF COMPLETION OF ASSESSMENT ROLL Notice is hereby given that the Assessor of the Jown of New Scotland has completed the final assessment roll for the current year, and that a certified copy thereof is on file with the Town clerk at the New Scotland Town Hall, New Scotland Road. Slingerlands, New York. DATED: July 1, 2005

Julie Nooney, Sole Town of New Scotland

LD-11866 (July 13, 2005)

LEGAL NOTICE

LEGAL NOTICE

TOWN OF BETHLEHEM BOARD OF APPEALS NOTICE OF PUBLIC HEAR-

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, July 20, 2005, at 7:30 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Malke Experience Versions of Malka Evan for Variance un-der Article IX, Accessory Uses, Section 18-36, Private Garage in Residence_Districts of the Code of the Town of Bethlehem for construction of a detached garage with an existing 3-car attached garage at premises Devonshire Drive, Slingerlands, New York.

Michael C. Hodom Chairman Board of Appeals

LD-11867 (July 13, 2005)

LEGAL NOTICE

TOWN OF BETHLEHEM BOARD OF APPEALS NOTICE OF PUBLIC HEAR-

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, July 20, 2005, at 7:45 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of David Roberts for Variance under Article IX, Accessory Uses, Section 128-36, Private Garages in Residence Districts of the Code of the Town of Bethlehem for construction of an attached 4-car garage addition to new home construction at premises 42 Teasdale Drive, Slingerlands, New York.

Michael C. Hodom Chairman Board of Appeals LD-11868

(July 13, 2005)

LEGAL NOTICE

TOWN OF BETHLEHEM BOARD OF APPEALS NOTICE OF PUBLIC HEAR-

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, July 20, 2005, at 8:00 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of Rebecca Smiley for Variance under Article XVI, Front Yards, SEction 128-67, Fences & Walls of the Code of the Town of Bethlehem for construction of a 6-foot solid fence which does not meet the height requirement at premises 185 Krumkill Road, Slingerlands, New York.

Michael C. Hodom Chairman Board of Appeals

LD-11869 (July 13, 2005)

LEGAL NOTICE

Notice of Publication Coeymans Landing Properties, LLC was filed with SSNY on 06/22/05. Office: Albany County, SSNY designated agent of LLC aga nst whom process may be served. P.O. address wh ch SSNY shall mai process against L C served upon him: P.O. Bo

45, Coey ans, New York 12045. Purpose: any lawful business. LD-11870 (July 13, 2005)

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Area athletes qualify for Empire State Games

The following is a list of local competitors that will participate in Davis (Selkirk), 3,000-meter this year's Empire State Games July 27-31 in the Poughkeepsie-New Paltz region:

Archery

Scholastic womens all around: Emma Loy Santelli (Delmar) and Jessica Loy (Delmar - coach).

Athletics

Open mens division: Stephen Blanch (Delmar), long jump; Padraic Hennessey (Selkirk), hammer throw; Dan Olson (Voorheesville), high jump; and Michael Piplani (Delmar), 10kilometer racewalk.

Open womens division: Elaine Humphrey (Glenmont – coach).

Scholastic mens division: Scott steeplechase; Karl Davis (Selkirk), 800-meter run; Chris Piplani (Delmar), 5-kilometer racewalk; and Matthew Shaffer (Delmar), 10,000-meter run.

Scholastic womens division: Kristin Kenney (Delmar), 5,000meter run; and Carly Magin (Delmar), 2,000-meter steeple-

Masters division: Bernard Gansle (Slingerlands), David Concordia (Voorheesville) and Brian Dollard (Voorheesville).

Basketball

Open mens team: Jason James (Delmar).

Open womens team: Emily naugh (Slingerlands). Bango (Delmar) and Kaitlin Foley (Slingerlands).

Scholastic mens team: Andrew Catellier (Voorheesville), Nick Duncan (Voorheesville), Greg Klopfer (Voorheesville), Kevin Stempsey (Delmar) and Mark Yanulavich (Selkirk - coach).

Baseball

Scholastic team: Jesse Braverman (Delmar - coach).

Canoe/Kayak

Open mens division: Jesse Chartier (Voorheesville) and Michael Dow (Selkirk - coach).

Open womens division: Victoria Dow (Selkirk).

Cyclina

Open mens division: Michael Hensle (Glenmont), Matthew Purdy (Voorheesville), Chuck Quackenbush (Slingerlands) and Andy Ruiz (Voorheesville).

Masters division: Gary Gurney (Coeymans Hollow), Paul McDonnell (Selkirk) and Mark Luebbers (Delmar).

Divina

Open womens division: Jan Facteau (Delmar - coach).

Fencing Open mens division: Todd

Benton (Selkirk).

Scholastic mens division: Jared Rebeor (Coeymans Hollow).

Scholastic womens division: Analise Peleggi (Slingerlands).

Gymnastics

Open womens division: Molly Quirk (Glenmont).

Masters division: Karen Cava-

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Ice hockey

Scholastic mens team: John Sullivan (Delmar).

Lacrosse

Scholastic mens team: Andrew Horgan (Delmar) and Shane Mahar (Slingerlands).

Scholastic womens team: Theresa Ladouceur (Slingerlands), Halley Quillinan (Glenmont) and Emily Szelest (Slingerlands).

Rugby

Masters division: Stephan Holmes (Glenmont).

Shooting

Stark (Voorheesville) and Rob Trimble (Delmar).

Soccer

Open mens team: Phil Venditti (Voorheesville).

Open womens team: Emily Petraglia (Delmar). Scholastic mens team: Ryan

Banagan (Delmar).

Scholastic womens team: Rebecca Lee (Selkirk).

Softball

Open division team: Caitlin Deitz (Delmar).

Swimming

Open mens division: Paul Cafiero (Delmar), 200-meter breaststroke and 200 backstroke; Timothy DeGroff (Feura Bush). 200 backstroke and 100 freestyle; Larry Gloeckler (Glenmont), 200 individual medley and 400 freestyle; and Sean Kennedy (Delmar), 100 breaststroke and 200 butterfly.

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Open womens division: Becca Stern (Slingerlands), 50 freesty;e and 200 backstroke.

Scholastic mens division: Kevin Burns (Ravena), 200 freestyle and 200 backstroke; and Nathan Foley (Slingerlands), 200 freestyle and 400 freestyle.

Scholastic womens division: Ashley Burns (Ravena), 200 individual medley and 200 backstroke; Brittney Ginsburg (Slingerlands), 100 and 200 butterfly; Kristen Gloeckler (Glenmont), 100 and 200 breaststroke; and Katie O'Donnell (Glenmont), 200 and 400 individual medley.

Masters division: Michael Open mens division: Thomas Taber (Delmar), Norman Swanson (Slingerlands) and Anne McNeil (Selkirk).

Tennis

Scholastic womens team: Allison Greenberg (Delmar) and Grace Franze (Delmar — coach).

Volleyball

Scholastic mens team: Matthew McCarty (Delmar), Adrian Michalski (Voorheesville), Ian Michalski (Voorheesville), Damian Privitera (Glenmont) and William Yates (Delmar).

Scholastic womens team: Lauren Passarelli (Voorheesville).

Masters division: Patrick Day (Slingerlands).

Wrestling

Open mens division: Robert Anderson (Coeymans), Greco-Roman 63-kilogram division.

If any names are missing from this list, please e-mail Sports Editor Rob Jonas at jonasr@ spotlightnews.com with the person's name, sport and division.

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The Albany Capitals 13-and-under team traveled to Dayton, Ohio, last weekend to compete in the AAU Division 1 National Championship tournament. The Capitals won the Adirondack District qualifier in April to advance to the national tournament, where they were seeded 13th out of more than 115 teams. The team is, from left, (front) Megan Olsen (Bethlehem), Lisa Rufer (Niskayuna), Colleen Dignum (Holy Names), Eden Alaxanian (Shaker) and Shayla Madden (Colonie); and (back) Kate DeSorrento (assistant coach). Emily Bayly (Holy Names), Alicia Bowman (Guilderland), Mackenzie Michele (Guilderland), Alexandra McCullough (Bethlehem), Nicole Adach (Mohonasen), Georgina Farrow (Burnt Hills-Ballston Lake), Dana Spiak (Catholic Central) and Don Kimmey (head coach).

Giants release summer workout schedule

The New York Giants announced their schedule for their day, July 30, with sessions at 8:40 13, 14, 20 and 21. If there is rain, annual training camp at the Uni- a.m. and 3:20 p.m. The camp con- practices will be moved indoors. versity at Albany.

Brown is selected second-team all-star

Bethlehem shortstop Cameron Brown was named a secondteam class AA all-star by the New York State Sportswriters Associa-

Bethlehem teammate Andrew Stanton was selected a sixth-team all-star at catcher.

Voorheesville's Steve Cardinal was a third-team selection at catcher among class B baseball

TRI-VILLAGE STANDINGS

Majors

Team	W	Ĺ			
Crawford Sales		2			
Amsure Associates		3			
Tri-Village Flash `		3			
Bellizzi's Grand Slam	5	4			
Huck Finn's Warehouse	5	4			
Family Oil	4.	5			
Horticulture Unlimited		5			
Slingerlands Medicine		.5			
Hanifin Home Builders		6			
Davies Office		8			
Intermediate					

Davies Office		· 8	
Intermediate			
Team	W	L	T
Bill's Braves	13	2	0
Bellizzi's Grand Slam	12	2	1.
Citizen's Bank	11	4 ·	0
DiNapoli Opticians	10	4	1
Andriano's Pizzeria	10	5	0
Price Greenleaf	10	5	0
Russell's Reds	9	6	0
Nextgen Comm.	8	7	0
Skylands Services	7	8	0
The Vascular Group	6	9	0
My Place & Company	6	9	0
Jimco Painting	· 5	10	0
Blue Sky Studios	4	11	0
Klersey Building Corp.	3	12	0
Conti Appraisal	3	12	0
Lemery Greisler	2	ļ3	0

The team opens camp Satur- with the exceptions of Aug. 1, 7, cludes on Wednesday, Aug. 24.

The highlight on the schedule is a pair of workouts with the New York Jets on Saturday, Aug. 6. The first session takes place at 9:30 a.m., and the second session starts at 3:30 p.m.

Practices take place every day sports/giants.

The Giants set a record last year with more than 45,000 people attending the practice sessions at the University at Albany.

The full practice schedule can be accessed through the school's Web site at www.albany.edu/



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Plan

(From Page 46)

York Yankees and New York Mets games during the spring and summer, as well as NFL games on autumn Sundays. But, there are plenty of nights during the fall and winter where all we hear is national sports call-in shows. How about giving the Rats or the Patroons some air time on a station that can be heard all over the region? It used to be like that for-the Adirondack Red Wings back when their games were aired on WROW AM. Let's find a. real radio home for Albany area

Finally, I'd capitalize on the burgeoning high school sports market by revitalizing Bleecker Stadium in Albany and creating a major venue for football and lacrosse. We've already seen what can happen when a big-time needs to be improved.

games. It's all right to air New basketball game is played in a bigtime venue (more than 7,000 for the Section II, Class AA boys title game between CBA and Schenectady at Pepsi Arena). Imagine the crowd that would show up for a championship football game if you updated the stands and the lights at Bleecker and installed Fieldturf to create a favorable playing surface. You could get at least 6,000 for a class AA football final between Shenendehowa and Troy there.

> Of course, I could always aim really high and bring the NFL, the NHL or even the NBA to the region, but I have to be somewhat realistic. I want to fix the Albany sports scene, not damage it with inflated ticket prices and equally inflated egos.

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Under 12 girls coached by Barry Balkwell Under 14 girls coached by Dan Lindeman

Under 15-17 girls coached by Johann Aarnio/RJ Bevers

Try-out Dates:Wednesday, July 13, 20 • Sunday July 24
(Rain date, July 25)

Registration

6-6:30 p.m. • Try-outs 6:30-7:30 p.m.

Boys Tryout

Soccer Plex, Wemple Rd., Glenmont

Girls Tryout

Elm Ave. Park, behind tennis courts in back of park

QUESTIONS

MaryAnn Schubmehl 475-1368 or mams@nycap.rr.com

A plan to improve local scene

From the sports desk...

By ROB JONAS

I was visiting a friend of mine on Cape Cod last weekend, and we got into a series of "What would you do if' questions. One of the questions that came up was, "If you had the power, what would you do to fix the Albany sports scene?"

Wow, there's so much to choose from.

Let's start with the Albany River Rats, since that's always been a hot topic for me. If I had the power, I'd tell the New Jersey Devils to find somewhere else to dump the few legitimate prospects they had left and find a new National Hockey League affiliate for the Rats. The current affiliation hasn't yielded a playoff team in Albany since the turn of the millennium, and even with New Jersey's claims that it's doing everything it can to turn things around, the Rats continue to sit in last place - no matter which division they are placed in. It's time to dump the Devils in favor of an affiliate that will give Albany a competitive team.

Next, I'd bring back an Arena Football League team to Pepsi Arena. The Conquest has been a pleasant diversion for the past four years, but it's just not the same without the old Firebirds around to pack the place. I realize it would take a lot of convincing of AFL brass, but I believe that area fans would flock back to see a major league arena team. If we can resurrect the Albany Patroons, we can resurrect the Albany Firebirds.

The third part of the plan is to give the Capital Region its own cable sports network. If you're going to promote pro sports teams in this area, you have to put them on TV. I've seen some efforts by Time Warner to air local pro teams' home games, but it has to be more consistent than it's been. Why not go all the way and create a regional sports network where the Rats, the Conquest, the Patroons and the Tri-City ValleyCats can have air time? You can also leave room for the high school football or basketball game of the week to give deserving young athletes a chance to shine on TV and have a video diary to look back at someday.

To go along with the regional cable sports network, I'd get both of this area's sports talk radio stations to broadcast local

☐ PLAN/page 45



Taking it to the track

Five-time BMX champion Greg Hill now teaches kids how to ride

By ROB JONAS

Rich D'Amico hadn't ridden a BMX bike since he was 17 years

But, the New York City lawyer pulled out his old bike and traveled nearly three hours to Tri-City BMX in Rotterdam last week just for the chance to learn from legendary racer Greg Hill.

'Greg Hill was one of my idols growing up," said D'Amico, now a 42-year-old man living in the Big Apple suburb of Nyack.

That Hill's name alone still has pull in the BMX community 12

"So many kids have

have a track like this."

years after his last race is a testament to the impact the southern California native has had on the sport.

"It's really cool because I get to learn

some other stuff and I can go Schenectady resident John Bohanski, a rising star on the national BMX circuit.

Hill hosted a three-day clinic at Tri-City BMX last week - the latest stop on a never-ending worldwide tour for the five-time world champion. Among the countries he's visited are South Africa, England, France, Chile and China.

"There isn't a lot of instruction out there for kids, so I started getting involved with that," said Hill, now 47.

China is becoming a frequent stop for Hill these days. He's been hired to coach the Chinese national BMX team at the 2008 Olympics in Beijing, which will quadrennial event.

"They've only been doing (the his collarbone once, but he's sport) for maybe two or three stayed with it and is now ranked years," Hill said of his Olympic in the top 10 among national hopefuls. "Somebody came up to me and asked if we'd win any medals in 2008, and I said probably not. But by 2012 (in London), I think we can close the

Not even all Americans are knowledgeable about BMX racing. Outside of the sport's unofficial center in southern California, there is a dearth of facilities and opportunities to learn about BMX racing. Tri-City is the only BMX facility in the Capital Region.

"So many kids have bikes in their garages ... and bikes in their garages ... they dan't and they don't know they know they have a track like this," Hill Grea Hill said.

Riding a cirt bike over a

said 10-year-old course that includes tight turns and series after series of jumps takes a certain level of fearlessness. But, Hill said that with a proper plan of attack, any BMX course can be tamed.

> "The No. 1 thing to teach them is to have structure in their lives and to have a detailed plan for their riding," he said.

> D'Amico had that fearlessness until he broke his leg in his final race in 1980. It wasn't until he had the opportunity to learn from Hill that he even thought of getting back on his bike.

"I was definitely a little nervous, especially getting up on the starting gate and seeing the jumps," D'Amico said.

mark the sport's debut in the than D'Amico in his young career. He's broken his elbow twice and

riders his age.

ning races you get big trophies at the national (level)," Bohanski said. "And, I like jumping and having fun with my friends.

Despite the dangers, Hill said BMX racing is a good sport for children.

"The safety in BMX can be "I love the fact that with win- controlled by knowing what your kid is doing, sending them to a training class and making certain they have the right equipment,"



Bohanski has had more breaks Above: Schenectally's John Bohanski gets airborn during last week's clinic at Tri-City BMX in Rotterdam. Top: Instructor Greg Hill, a five-time world BMX champion, gives pointers to his young students. Ellen Fitzgerald

Looking

(From Page 1)

Capital District commuters face.

On drivers' shoulders

Ultimately the choices that Capital District drivers make can save time, energy consumption, and reduce pollution. Not taking alternate routes or times of commute and not using mass transit or car-pooling, is negatively affecting the system as a whole, both in terms of infrastructure and commuter well-being. The problem has extended into talks of quality-oflife issues on today's roads. nationally and on the state level.

Private and state engineers are attempting to make alternate routes and commuting times a focus of their latest projects and consultation with local municipalities.

Transportation Authority bus routes, service and speed, as well as incorporating more pedestrian thoroughfares along roads and between establishments is one goal. If biking, walking, and/or public transportation were to be made more available and feasible to travelers, stress on roads would be reduced, according to engineers.

However, until the infrastructure is in place and in improve upon personal transworking order, drivers must do what they can.

"All of these things are driver

traveled roads and alleviate the behavioral type of things. You headaches and frustrations that need more regional solutions. We are doing more designing of things that incorporate multimodal transportation, building roads for all types of travel," said Engineer Shelley Johnston with the Albany based Creighton Manning Engineering LLP.

> Transportation is getting more high-tech, she said.

> The options to drivers to seek other modes of transportation are becoming more reasonable and accessible.

More choices coming

The Capital District Transportation Committee, together with the CDTA, is employing smart buses outfitted with ground positioning system traffic light controls. Buses can delay or shorten the duration of red lights in the Route 5 corridor to speed Expanding the Capital District up transit times. The GPS system also bounces back down to the second estimated times of arrival and departure of buses at stations along the route.

> As growth requires new bus lines, the CDTA is becoming fluent in multi-use municipal and planning design. incorporating the workplace and home in a tight-knit corridor that often utilizes CDTA bus lines.

> However, there are attempts to portation, and supporting technologies.

According to the CDTC,

Rensselaer Polytechnic Institute engineering students are devising a system to use GPS systems in cars to relay traffic patterns and estimated commuter times among other vehicles.

Essentially a real time network lets commuters know which roads are congested and allows them to avoid traffic, and ultimately not add to the stress.

However, technology like mass transit needs to be brought on by demand, consumer said Johnston. In the meantime, engineers are devising faster and safer intersections and stretches

Getting around

Creighton Manning has been involved in several roundabout projects, and otherwise unconventional intersections, to assist in smart traffic mitigation.

Perhaps the area's best-known traffic circle is Latham's, but new roundabouts are smaller and safer than it. In the smaller traffic circles, yield signs establish a right-of-way to vehicles within the thus avoiding circles. conventional four-way traffic light intersections. No light means a faster commute, and because the roundabouts force travelers to réduce to speeds to between 15 and 30 miles per hour, they are safer. Five roundabouts are being built in the town of Malta's Route 67 corridor.

The crowded Saratoga County

corridor saw bumper-to-bumper traffic in rush hour traffic. The roundabouts will monitor the traffic and keep a steady flow. without merely adding another lane to Route 67. The prospect of a large computer chip manufacturing park, along with strong public education systems have made northern communities such as Malta rapidly growing ones. Towns, together with DOT engineers and planners, are devising strategies to predict future infrastructure needs and provide them now.

Another unconventional intersection is the single point urban interchange (SPUI), a multi-lane intersection that uses one light to direct traffic. The exchange can handle mass amounts of traffic flow. It is one of two designs under review for Latham's Route7 bridge over I-87.

As part of the interchanges design, a single pier support will be employed to allow for the possible widening of I-87 someday.

In all, the new school of infrastructure and focus on a combined public and private initiative to relieve congestion is part of what CDTC's John Poorman called a "holistic transportation planning process" in a May 2005 article in the ITE Journal, a trade publication for the national transportation community.

"The traditional transportation planning philosophy has been described as 'predict and provide," said Poorman. The philosophy doesn't hold true anymore given today's environmental and funding restraints.

"Some experts say some planning experts need to adjust to a knowledge- based activity," Poorman said.

New York, or any state DOT, just can't build all types of roads and intersections without restraint, he said, naming the possible addition of a lane to I-87 to resolve rush hour traffic congestion.

Information highway

However, said Poorman, if you were to build the lane you add another lane of congestion, not to mention the associated costs. Instead, the emphasis needs to be on good design, like roundabouts and SPUIs, but more good information for commuters to use. In his ITE article, Poorman noted that national surveys showed many people are concerned about knowing when there are tie-ups on roads.

Commuters have had a taste of such information sharing with radio; cell numbers to call; or realtime signs.

An example, a programmable sign shortly before the River View Road in Clifton Park overpass, southbound informs I-87 commuters before they pass over the Twin Bridges if traffic problems are ahead. Travelers often view this information when they are already in congested, stop-and -go traffic.

"The challenge is sufficient and accurate info, (so as to) not let commuters get buried because info hasn't been good," he said.

This requires the organization to provide the information, as well as for the commuter to access and heed the recommendations. The ideal system is one where commuters can, and do, get up in the morning and check e-mail, or other outlets, for up-to-date traffic info, Poorman said.

This, combined with wellmaintained roads, well-designed alternates, and interchanges will provide travel options. And, if you have confidence that the information is good, and the commute is sound, then the burden is on the individual to make the right choice, he said.

If and when available, the goal transportation future infrastructure is to give commuters information and transportation alternatives.

For now, the burden rests on the shoulders of commuters to sources; to use bus transit programs; to car-pool, or use car

Solutions

(From Page 1)

about a year ago of a recently completed study on the future of the Thruway from Exit 21A, which connects to the Berkshire Spur, to 25A, the Schenectady exit to Route 88.

Save the Pine Bush member Russell Ziemba called for the lanes, but like many activists across the country these days, he'd like to see those lanes replace existing lanes rather than being added to the project. Installing additional lanes, whether they be carpooling lanes or not, will only increase capacity, he said.

"You're accommodating a problem rather than getting at the root of the problem," Ziemba said.

The Thruway has had what it calls High Occupancy Vehicle (HOV) lanes only once in its 50year history. It was not in the 1970s but in the early 1990s when they were put on the Tappan Zee Bridge, said then Inruway Authority spokeswoman Casey Cannistraci.

"It was our hope in the early-'90s that people crossing the Tappan Zee Bridge to and from work would see the two lanes with a shorter line and decide to carpool with a friend to avoid delays at the toll plaza. But the public didn't buy into it," she said. use two sources of power, during the public comment generally gasoline and electricity. period.

lanes in the mid-'90s after it determined that the lane only had less power, according to the half the amount of traffic as the regular lane. The second HOV lane stayed in place until June 17, 2003 when it was converted as

Also, on activists' long-term agenda has been a light-rail system in the median of the Thruway, Ziemba said. The two median between Exits 23 and 24 now going through the state environmental quality review process (SEQR), he added, threaten that dream.

Forget fossil fuels

· Locally, residents can do something else to alleviate hybrid car purchases, David said. pollution concerns.

less righteous than saving the environment.

According to the Web site, www.hybrid-car.org, hybrid cars can produce up to 80 percent less pollutants harmful and greenhouse gases than similar gas-powered cars. Hybrid cars for a new car.

There are two different types of The Thruway pulled one of the hybrid cars, but both produce "much less" pollution but much hybrid-car Web site.

Many of the major car companies are now producing hybrid versions of popular gas prices. part of the installation of E-ZPass models, and many of those cars are being driven right off the showroom floors in the area.

The hybrids are selling very good," said Saratoga Honda Sales Manager Mark David. "It goes hot additional lanes planned for the and cold. Like everything else we do as a society, we tend to forget why we're doing something. When gas was first up above two bucks a gallon, they were on fire."

> David noted a cooling off period that paralleled a drop in gas prices. Another increase in gas prices saw another increase in

Andy Rainone, sales manager been, though possibly for reasons Central Avenue in Schenectady, said he's seen a similar trend since his store began selling Davis said. hybrids in 2001.

> Both managers said they've noticed that people who are shopping for hybrids have done their research when they come in

They come in and that's what it

they're looking for. They've done all the initial homework," David

Though touted for their reduction in air emissions and pollution, David said he's heard one major reason that hybrid shoppers want the cars.

"Mostly cost," he said, noting

Rainone said it's come to be that the hybrids are mostly competing against each other, rather than other models in a line.

Or, like one former Delmar resident who now lives in Burlington, Vt., motorists can run their cars with used vegetable oil.

Matthew Davis has been running his car on used oil for about four years, according to his mother, Doris.

The cars have to be diesel. Davis just bought a 20-plus-yearold Mercedes, in addition to his Volkswagen Jetta, to also run on the less conventional vegetable of And, apparently, they have at Lia Toyota of Colonie, on oil, if he needs to work on the other car.

"He's really committed," Doris

She said her son has agreements with local restaurants to find alternate routes or alternate pick up their used vegetable oil, which, she added, doesn't cost Matthew anything because the pool lanes; or simply locate closer restaurants are happy to get rid of to work to walk or bike there.

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