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Area News



End the summer with a bang

On Aug. 15-20, the Altamont Fair will once again open its gates and mark the beginning of the end of yet another summer.

The fair, first held in Altamont in September 1893, will bring back crowd favorites, as well as introduce some new events.

See story on Page 9.



Canal Splash

The first Canal Splash is scheduled to take place this weekend. Over 90 events will be held in 20 different counties in an effort to celebrate the New York State Canal System and Canalway Trail. Events include kayak and canoe races, live music, bicycle tours, nature exhibits and walks, and a wide range of other activities designed with family fun in mind.

See story on Page 23.



At the track

Every jockey at Saratoga Race Course strives to be like Abel Cordero Jr.

The legendary jockey won riding titles during his illustrious career at the upstate New York track, including a staggering 11 in a row.

See story on Page 34.



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Spotlight

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VOLUME L

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AUGUST 9, 2006

Employer praises Porco's work

By JIM CUOZZO

John Kearney, D.V.M., one of two owners of Bethlehem Veterinary Hospital in Glenmont testified that Christopher Porco is a "hard-working, compassionate employee" who has also been trained in the proper sanitary techniques of a working hospital environment, including how to disinfect and clean surgical areas following operations.

Kearney was called by the defense as a character witness in

his employee's trial for murdering his father, Peter Porco, and attempting to murder his mother, Joan Porco. Kearney testified that both Christopher and Joan Porco are now living with Kearney and his co-business and life partner of several years, Elaine LaForte, D.V.M., at their Glenmont home.

"How long has Christopher been living with you and your family?" asked Defense Attorney Terrence Kindlon.

"Since shortly after the murder

in December (2004)," said Kearney.

"Where does Joan live at this time?" asked Kindlon.

"She has also been living with us a couple of months now," Kearney said.

Kearney testified that Porco has been working at his veterinary hospital in Glenmont since 1999 when the defendant was 16, after LaForte received a call from her old friend, the late Judge Joseph Cannizzaro, asking her to hire

Christopher.

"He (Porco) seemed at the time to be something different," said Kearney. "Very hard working, and very responsible, never late."

Kearney added that Christopher is one of those rare individuals who has enormous empathy for the animals and is always "a step ahead."

"He's a very valuable employee who makes my job easier," said

□ Porco Page 18

Town mourns Helen Adler

By ROB IRWIN

Since the death of her mother on Aug. 1, Deb Adler has been receiving e-mail upon e-mail from all over the world and each one, said Adler, boiled down to the same thing: "She was the greatest teacher I ever had."

Helen Adler, a teacher at Bethlehem Central High School for 24 years, died at the age of 88 after battling cancer for a year.

"It's hard to describe her because there aren't many people like her," said Deb Adler.

Born Helen Pollack in Rankin, Pa., to Hungarian immigrants, Adler attended Braddock High School, and graduated at the top of her class. Adler attended college after receiving permission from her father and would continue on what would be a lifetime of learning.

Adler attended school during the Great Depression and earned a bachelor's degree in English and history as well as a master's degree in Library Science from Carnegie Mellon University.

"She was fiercely involved with the life of the mind," said Deb Adler. "It was the key to the world."

Throughout her lifetime, Helen Adler would try to give that key to as many students as possible.

□ Adler Page 18



By JIM FRANCO

In the surface, an animal shelter that refuses euthanasia is more humane, but many are looking at the harsh reality of the sheer numbers of homeless animals in this country.

The radical animal-rights group, People for the Ethical Treatment of Animals, in a controversial article, said, "no-kill" animal shelters should really be called "leave the killing-to-someone-else" shelters."

Open access shelters, ones that never turn away a stray animal regardless of its health, age or temperament, are referred to as "kill" shelters because they do practice euthanasia in the most

Life of Dream MATTERS

Which animals really benefit from no-kill shelters?

extreme cases, for example if the animal has a serious disease or a history of aggressive behavior.

Conversely, the "no-kill" shelters have the luxury of closing their doors when they run out of space and are notoriously more selective in only

□ Matters Page 35



Bush hails Big Sister

President George W. Bush meets with the Big Brother and Big Sister of the Year in the Oval Office Friday, July 28. From left: Big Brother of the Year Sylvester Fulton of Memphis, Tenn., LaMecca Butler, Betsy Gorman-Bernardi's little sister and Big Sister of the Year Gorman-Bernardi of Delmar.

Paul Morse

PORCO ON TRIAL

Neurologist: Joan's post-attack memory questionable

BY JIM CUOZZO

Joan Porco's neurologist after surgery testified that her nonverbal "yes" and "no" answers to a Bethlehem police detective the day she was attacked tell nothing about her state of mind.

Dr. Mary Dumboy, chair of neurosurgery and rehabilitation at Unity Health System in Rochester, said it is impossible to tell what Joan Porco understood after Det. Christopher Bowdish asked if her son Christopher committed the terrible crimes against her and her husband on Nov. 15, 2004.

"Mrs. Porco was gravely injured, and there was not a question asked to allow me to determine if her answers were reliable responses," said Dumboy.

Christopher Porco is charged with killing his father, Peter Porco, and attempting to murder

his mother, Joan Porco, as they were sleeping in their bedroom.

Because Joan Porco was so severely injured when paramedics arrived on the scene at 36 Brockley Drive in Delmar, a mental status exam to determine her memory after the attacks was never administered.

"Could her memory be accurately assessed at that point when she was found?" asked defense attorney Laurie Shanks.

"It would not be possible to do a complete cognitive assessment because she was critically injured," said Dumboy.

Under cross-examination by Chief Prosecutor Michael McDermott, Dumboy conceded that even though Joan Porco could not speak because of broken bones in her jaw, it is possible she heard what paramedics and police were asking her.

"Did you review the paramedics' report?" asked

McDermott.

"Yes," answered Dumboy.

"Did you know Mrs. Porco pulled down her nightshirt when police and paramedics arrived, demonstrating she was aware her nightgown was up above her underwear?" McDermott said.

"Yes," answered the doctor.

McDermott asked the neurologist if it was possible for Mrs. Porco to understand that she was not alone and that four other people were in the room at the time she was injured.

"Potentially, yes," answered Dumboy.

McDermott reminded jurors that although Dumboy was Joan Porco's neurologist in Rochester, she was being paid to testify as an expert witness for the defense.

"I am not being paid for this directly," said Dumboy. "This goes to the organization."

Also on Monday, Stephan Meyers, of Meyers Funeral Home in Delmar, told jurors he spotted two cars traveling very fast near

the vicinity of 36 Brockley Drive when he drove home from work early Monday morning on Nov. 15, 2004, after finishing his part-time job at Albany Airport.

"I saw two cars coming at me near the corner of Charles Boulevard and Orchard," said Meyers. "One was a light blue silver sedan, and if I didn't get out of his way I would be hit."

Authorities believe the attacks on Peter and Joan Porco occurred between the hours of 2:14 a.m. and 4:54 a.m. that same day. Meyers said he saw the cars around 2 a.m. leaving that area, and told Bethlehem police about it the next day, but they did not follow the potential lead.

Assistant District Attorney David Rossi asked if Meyers saw a yellow Jeep racing down that same road around 2 a.m.

"I did not," Meyers answered.

Rossi reminded jurors under objection that Meyers' testimony was the first time the district attorney's office had ever heard of

the incident.

"It was just somebody speeding through the neighborhood," said McDermott. "Nothing more."

Fifteen minutes of dispatch calls to the Bethlehem police department on Nov. 15, 2004 were also played for the jury. The messages recorded were after the attacks and indicate a state of heightened anxiety and confusion, with calls streaming in to the police department from other officers and people from the area.

"What the heck is going on?" asked an Albany police officer calling in to the department.

"Peter Porco, the lawyer, has been murdered," answered the female dispatcher.

"It looks like the son killed him, and the mother is hanging on," said the dispatcher.

A "bolo," or be on the lookout bulletin, was also dispatched during this time looking for murder suspect Christopher Porco.

"Be on the lookout for a white male driving a Jeep Wrangler. He is wanted for questioning in regard to a homicide," said the dispatch. "The subject attends the University of Rochester and may be armed."

Police arrived the night of Nov. 15, 2004 at Albany Medical Center to bring Christopher in for questioning. A six-and-a-half-hour videotaped interrogation of Porco by Bethlehem police has been ruled inadmissible and is not being shown to jurors.

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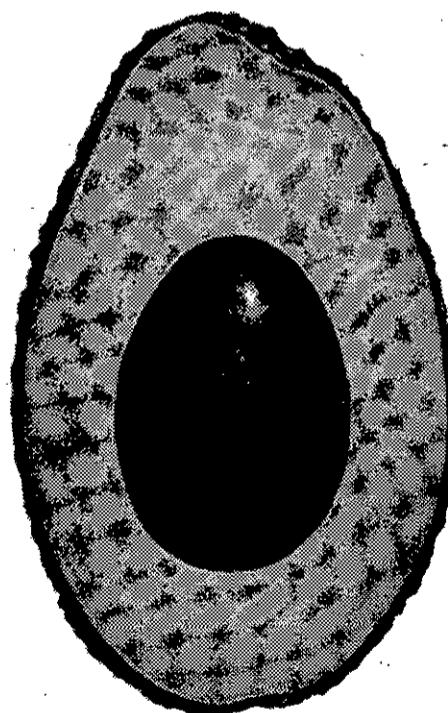
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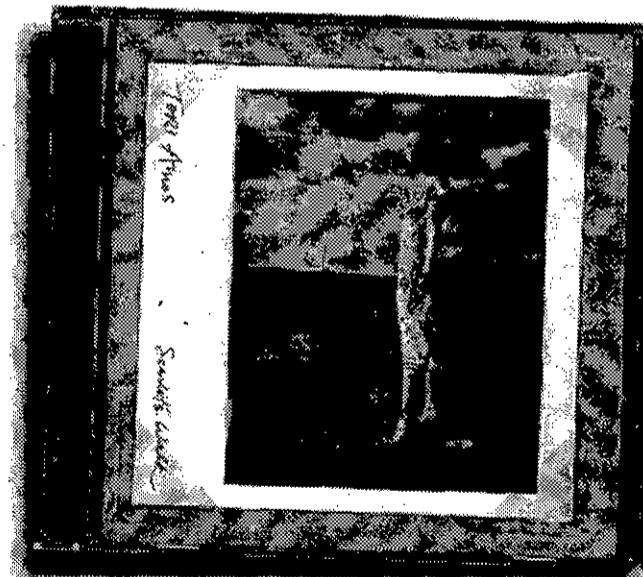
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PORCO ON TRIAL

Porco godmother testifies as first witness for defense

By JIM CUOZZO



Fennell

Polster

Margaret Fennell, godmother of defendant Christopher Porco, was the first witness for the defense on Wednesday, Aug. 2. Christopher Porco is on trial for the murder of his father, Peter Porco, and attempted murder of his mother, Joan Porco.

Fennell testified that she called Joan Porco's attorney John Polster about one month after the Nov. 15, 2004, murder of Peter Porco and the attack on Joan, to alert him that Joan mentioned seeing a mysterious stranger in the family's driveway on Brockley Drive in Delmar in late 2004.

"She (Joan Porco) said 'a very scary thing happened to me,'" said Fennell on Wednesday. Fennell said Joan Porco told her about the stranger she saw in the driveway one night who disappeared quickly when the motion sensor lights outside 36 Brockley Drive were activated.

Polster then contacted Chief Prosecutor Michael McDermott so he could follow up on the potential lead. Fennell said she relayed her story to two police investigators who were more interested in Christopher Porco.

"They asked me why Chris called me," said Fennell. Joan Porco was still being treated at Albany Medical Center for the severe injuries she received inside her Brockley Drive home on Nov. 15, 2004 in the middle of the night.

"Chris asked about his mother being moved to Sunnyview," stated Fennell. Sunnyview is a rehabilitation hospital in Schenectady.

"In the 20 months between then and now, did the Bethlehem police department ever come back to your home to ask you these type of questions?" asked Defense Attorney Laurie Shanks.

"No, they did not," said Fennell.

Fennell said she did meet with McDermott at the end of May to discuss the stranger in the driveway.

"Is it fair to say the stranger in the driveway is something Mrs. Porco mentioned once and then never mentioned again?" asked McDermott in his cross examination of the defense witness.

"That's correct," said Fennell.

Fennell told McDermott she had occasional contact with Joan Porco throughout 2004, and sometimes they would talk about Johnathan and Christopher, Joan Porco's two sons.

"Did Mrs. Porco ever complain to you Chris was not

communicating with her in the fall of 2004 up until the day Peter Porco was murdered?" asked McDermott.

"I really can't recall," Fennell said.

"Did she ever tell you Peter Porco was having a nervous breakdown?" said McDermott.

"Objection, Your Honor," Shanks requested.

"Sustained," said Judge Jeffrey Berry.

Fennell told jurors she never saw anyone in the Porco family ever act violently. Under more questioning from McDermott, Fennell said she was at the Porco home in November 2002 to celebrate Thanksgiving just after the Porcos had been burglarized. "Do you remember Christopher Porco being there?" asked McDermott.

"Yes," said Fennell.

"Did they seem concerned that someone broke into their house?" McDermott said.

Fennell said the family seemed "scared."

Lynn Polster, a longtime family friend and wife of Joan Porco's attorney John Polster, was the second witness for the defense.

Polster testified that her family and the Porco family were very close, and that Christopher and Johnathan Porco were extremely kind friends to her foster child, Fred, now an adult.

"Chris and Fred would fish together, and they would go hiking together," said Polster.

Polster echoed Fennell's remarks that she never saw any violence inside the Porco home.

Polster said she found out about the attacks at 36 Brockley Drive that afternoon from her husband, followed by several radio and TV reports.

"They were saying Chris did this, and I called my husband and said I can't believe this, what are we going to do," said Polster.

Polster then went to Albany Medical Center to see Joan Porco, and observed Christopher Porco, who was also there.

"Christopher was subdued, always concerned about his mother," Polster said. "Any time there was an opportunity to go by her bedside, he did."

Polster added the police have never asked her any questions about anything. McDermott had only one question for Polster.

"You don't know anything about the murder, do you?" asked McDermott.

"I do not," Polster said.



Former Porco neighbor and prosecution witness Marshall Gokey, standing, is questioned by Defense Attorney Laurie Shanks in the Orange County Courthouse in Goshen, Wednesday Aug. 2. Porco is on trial for killing his father Peter, an Albany County law clerk, and attacking his mother Joan, in their Delmar home in 2004.

Michael P. Farrell/pool photo

Former neighbor says he saw Jeep

By JIM CUOZZO

After six weeks, 70 witnesses, and over 440 items of evidence, Marshall Gokey, the prosecution's last witness, testified that he saw a yellow Jeep matching the description of Christopher Porco's outside 36 Brockley Drive in Delmar when the crimes against Peter and Joan Porco occurred. Christopher Porco is on trial for the murder of his father, Peter, and the attempted murder of his mother, Joan Porco, who survived critical injuries.

"The vehicle in question was in the driveway when I left that morning," said Gokey on Wednesday, Aug. 2.

The eight men and four women of the jury, along with Joan Porco, the mother of the defendant, listened intently in the courtroom as Chief Prosecutor Michael McDermott asked Gokey to recall that Nov. 15, 2004, morning.

"It was a typical morning," said Gokey. "I always look around. I am very aware of what's around me when I leave."

Gokey now lives in Port St. Lucie, Fla., and lived at 36 Brockley Drive with his wife and stepson in 2004. He told jurors he would get up very early every Monday morning during that summer and fall to drive south on the state Thruway to a job two hours and 20 minutes away. Gokey worked in Bethel, Sullivan County, as construction manager for a project called Bethel Woods.

"I would leave anywhere from 3:45 a.m. to 4 a.m., somewhere in that area," said Gokey.

Prosecutors have spent several weeks through witness testimony making their case to the jury that Christopher Porco drove his yellow Jeep Wrangler from the University of Rochester campus late Sunday evening Nov. 14, 2004, along the Thruway to Delmar to sneak inside his family's house and try to murder his parents with an ax while they were asleep. The

prosecution's case until Gokey testified has been based largely on circumstantial evidence. Gokey was shown a photo of the outside of the Porco house, and asked to testify where the Jeep was located that morning.

"It was parked a little bit over to the right of that vehicle," Gokey said, pointing to one of the Porco family cars. "You could see the back of the Jeep."

McDermott then showed the construction manager a picture of Christopher Porco's Jeep Wrangler.

"Yes sir," said Gokey. "I can see it pulling up in that driveway. It's the same vehicle."

Gokey was referring to the many times he had noticed a yellow Jeep speeding along Brockley Drive.

"Probably six to eight months prior to that date, I would see a Jeep with a young kid driving it, who liked to drive fast up and down the street," Gokey said.

McDermott ended his direct questioning, allowing Defense Attorney Laurie Shanks the opportunity to poke holes through the prosecution's key witness in the murder trial.

"You said you saw a Jeep Renegade," said Shanks.

"It's a Renegade-style Jeep," said Gokey.

"There are no street lights on Brockley Drive," said Shanks.

"There are no city lights," Gokey said.

"You had your headlights on," asked Shanks.

"My high beams were on, yes," said Gokey.

"When police came to see you, did they show you a group of different Jeeps or did they hand you a picture of one Jeep?" asked Shanks.

"They showed me a picture of a yellow Jeep, and asked me if this looked like the one I saw in the driveway," said Gokey.

"They didn't show you an array of photos?" Shanks continued.

"No ma'am," Gokey stated calmly.

Attorneys for the defense allege that the Bethlehem police department did not bother to interview other witnesses, nor did they conduct a thorough crime investigation because their one and only suspect was Christopher Porco. It was Gokey who contacted police a few days following the 36 Brockley Drive crime to tell them that he saw the yellow Jeep the morning the attacks occurred.

"I think Mr. Gokey was a very good witness for the people, and I think the jury liked his testimony," said McDermott during a break in proceedings.

Shanks asked many other questions of Gokey during her cross-examination, including a series of questions regarding a pump station just off of Brockley Drive.

"I think she is trying to establish that it would be better for an assailant to park at the pump station so the vehicle would be hidden," McDermott said. "Mr. Gokey never talked about seeing a car at the pump station."

Shanks said an investigator will testify on Thursday and jurors will understand why she asked so many questions about the pump station near Brockley Drive.

The trial broke for lunch and when jurors returned around 2:30 p.m. on Wednesday, Aug. 2, they learned that Gokey was the last witness for the prosecution.

"Your Honor, the people are prepared to rest," said McDermott.

Moments later, Defense Attorney Terence Kindlon filed a motion asking presiding Judge Jeffrey Berry to dismiss the trial due to lack of evidence against his client. Berry denied the motion.

"It's been a long trial, but the end is in sight," McDermott said.

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Courage under fire in the saddest of times

Editor's note: Robin Sutor-Shrager is on vacation. From Robin's Nest will return next week.

By KATHERINE McCARTHY

The ground was still cold but the air was already warming when we got the diagnosis.

On the early May day that our 9-year-old dog died, the ground had warmed enough to turn the grass green and fill the trees with lush, green leaves.

In the weeks between the initial diagnosis and the final word, we held each other close, never missed a chance to pet the dog we now knew exactly how much we loved, and we talked.

Mostly, I told people, I was sad for my children, who loved this dog above all others, including their father, Chris, and me. The initial news was easy to share, that she was sick and we'd do some tests. They helped give her the antibiotic when we hoped it was just a nasty infection of some sort.

Cormac insisted on staying home from school the day before the sonogram that would tell us more about what she had, and I worried that eighth grade might not get finished.

"If we're not going to have her for a long time, I want as much time with her as I can have," he said, curling his body around where she lay on the floor.

On the day that the sonographer had shown me her cancer-riddled body, but kept her at the clinic to biopsy the mass, I drove home praying that I would find the right words to tell the

COMMENTARY:

Mom's
the
Word



boys that the best-case scenario would be chemo that would give her a year of quality life.

Christopher came home from high school first, and the prospect of that year didn't comfort him. We cried together, and he raged at how this could happen, till he went off to burrow under his blanket and sleep. Cormac and I held each other tight, and sat on the couch, our heads leaning against the back of it, and talked and talked and talked.

"If we have to put her to sleep," Cormac said as we went to pick her up that afternoon, "I want to be there. I told her I'd be there for her."

She sure had been there for us. We got Maeve at the boys' insistence, and with some reluctance on our part. But dogs and children belong together, and one of my favorite pictures is of our 4- and 6-year-olds wearing striped shirts, playing with action heroes on the driveway with a friend, while their brand-new, black fuzzy puppy dozed next to them.

That was a rare peaceful moment. Nobody takes pictures of the messes a puppy leaves during housebreaking, the chewed-up shoes, and the time it took to teach her not to nip at all of us. We put her in a crate at night, but the crying was

heartbreaking.

"If I'd known I was going to be up at night again, I'd have had another baby," I said to my husband as I returned from soothing her one night. "Dogs never have college tuition bills," was his reply.

By the end of her first summer, Maeve was out of the crate and started each night on Christopher's bed and finished it on Cormac's. She wormed her way into Chris' heart by loving his children passionately, and by sitting at his feet when he was in the big chair, on the computer, or watching TV. She came bounding when she heard me tying my sneakers.

How could she hear the difference between sneakers and loafers, and know that sneakers carried a 99 percent chance of a walk?

She never got used to the newspaper's morning arrival, or the milk delivery on Tuesdays, and we had to shut the inside front door in the summer during the time that the mailman was on our street, so she wouldn't attempt to bolt through the screen door when he came up on our porch.

And here's when I fell in love with her. When she was just a year old, I took her for obedience training — which is really just training people to train dogs. We bonded when one of the people running the program got down

on his hands and knees and crawled past the dogs in their stay commands. He yowled like a kitten, and when Maeve looked up at me, I'm sure I heard her think, "Would you get a load of this?" In the next week's session (no human cat) she sat for 15 whole minutes in a stay. I was bored and restless myself, and when time was up, I threw my arms around her, as proud as if she'd just graduated summa cum laude from Harvard.

Strat-O-Matic baseball with the boys when they needed a break.

Our appointment was at 5; Cormac got panicked at about 3. "She's not acting funny; she doesn't seem to be in pain," he said. "How do you know this is the right thing to do?"

Any of our doubts were removed when the vet asked if she'd been breathing hard all day. She'd been breathing hard for a few days, in fact.

In the end, Christopher and I stayed with Maeve, after Chris and Cormac hugged her and kissed her and cried.

"Thank you for loving my boys so much," Chris said, then put his arm around Cormac and led him away. Christopher and I held Maeve's front

legs, her head, and each other, and in a few quiet moments, she slipped the surly bonds of earth. I wrapped my arms around her firm, soft body, and Christopher laid his forehead against hers as we cried even more farewell tears.

When we went out into the evening sunshine, Cormac told us we were the bravest people he'd ever met. The four of us huddled together for a good long time on the vet's lawn.

I try now to think of Maeve running in fields, stealing food from heaven's table with no repercussions, and curling up in sunny spots for an afternoon nap. Cormac keeps her choke chain, leash, ratty chew toy and a stuffed dog that looks like her by the side of his bed. We don't cringe when we come in the house and aren't greeted by her any more, and we grin when we hear the ice cream truck, remembering how she'd stand at the front door and wait for us to remove the chocolate from the ice cream sandwich she loved so much. And sometimes, when we turn our heads quickly, we think we see her moving through the kitchen, jumping up onto the couch, or slinking away in guilt from the garbage can.

We know we can never get her back, but we also know she'll never really leave us.

When we went out into the evening sunshine, Cormac told us we were the bravest people he'd ever met. The four of us huddled together for a good long time on the vet's lawn.

In the end, we didn't get the whole year; just one more month. She hung on through Christopher's first AP exam, and I threw my arms around her when he came home from that.

"You can go now," I said. "Thank you for hanging on."

On her last night with us, the boys brought their blankets down from their beds and settled in on the floor next to her.

We all stayed home with her on the day she died. She went to her usual warm-weather spot under the deck, and the boys spread plaid fleece blankets on the ground next to her. We took turns holding her, petting her, and talking to her. Chris set up a card table next to the deck, and played

Got news?

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

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

Submissions can be e-mailed to spotnews@nycap.rr.com, faxed to 439-0609, or mailed to Spotlight, P.O. Box 100, 125 Adams St., Delmar 12054.

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



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AD DESIGN: TERRY DESIGN

WEEKLY WEATHER

Chief Meteorologist Mike Bono

Albany Almanac

Record high/low/year

AVERAGE HIGH	81°	AVERAGE LOW	59°
Day		High/Year	Low/Year
Wednesday, August 9	96°/2001	46°/1989	
Thursday, August 10	96°/1949	48°/1955	
Friday, August 11	98°/1944	46°/1941	
Saturday, August 12	99°/1944	46°/1987	
Sunday, August 13	98°/1947	43°/1957	
Monday, August 14	97°/1988	44°/1941	
Tuesday, August 15	96°/1959	48°/1964	

ANNUAL PRECIPITATION

29.42 inches as of August 4th

6.67 inches above average

This week in weather

August 9, 1878 The second deadliest tornado in New England history and Connecticut's deadliest tore through Wallingford, killing 34 people, 6 in one home. Almost a hundred others sustained injuries. 50 homes were completely destroyed by the twister.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	5:55am	8:05pm
Thursday	5:56am	8:04pm
Friday	5:57am	8:03pm
Saturday	5:58am	8:01pm
Sunday	5:59am	8:00pm
Monday	6:00am	7:58pm
Tuesday	6:01am	7:57pm

Moon Phases

August 9

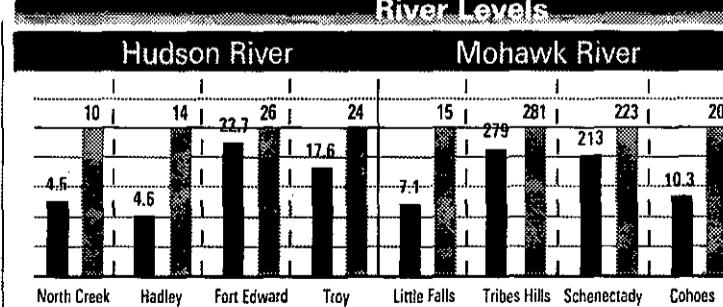
Full

August 15

Last

Planets	When	Where
Jupiter	Evening	Bright, SW
Venus	Dawn	Low, ENE
Mercury	Dawn	Very Low, ENE

River Levels



Levels as of August 4, 2006

STAGE LEVEL
FLOOD STAGE

Rivers & Recreation

Water temp.

Lake George	76°
Bolton Landing	77°
Sacandaga Lake	77°
Saratoga Lake	79°
Jersey Shore	70s
Cape Cod	70s

Tides at Albany

Day	High	Low
Wednesday	5:28am, 5:49pm	-----, 12:17pm
Thursday	6:14am, 6:38pm	12:23am, 1:02pm
Friday	7:00am, 7:27pm	1:14am, 1:47pm
Saturday	7:47am, 8:16pm	2:05am, 2:33pm
Sunday	8:36am, 9:08pm	2:59am, 3:21pm
Monday	9:28am, 10:02pm	3:55am, 4:11pm
Tuesday	10:25am, 10:59pm	4:52am, 5:04pm





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Matters of Opinion *in the* Spotlight

Historic heat

Many of us in the great Northeast are accustomed to having a weather-related day off — but that usually happens in the winter and its unpredictability, with ice and snow storms calling the shots.

But there's been a bit of a twist this year with scorching temperatures driving people indoors.

Sure you could likely fry an egg on the sidewalk, but when the Saratoga Race Course calls a dark day, you know it's really, really hot — and humid to boot.

The track traditionally is closed for only one day a week every Tuesday, but NYRA broke precedent by making Wednesday, Aug. 2, another dark day, which meant the track was closed.

This is something that has never happened before at the race course.

We applaud NYRA for exercising common sense for the sake of the thoroughbreds and the visitors at the track. It is simply a risk not worth taking.

We should follow NYRA's lead and exercise our own common sense in dealing with the heat and humidity.

This sort of heat wave should not be taken lightly, especially to the very young and the elderly.

Don't tempt fate. Stay at home and stay as cool as possible.

Keep pets indoors as much as possible and forget about taking them for a drive in the car. Keep fresh, cool water for pets available at all times.

People should also stay as hydrated as possible. Keep a container of water in the fridge, and drink it often. Keep meals on the light side and try to eat less. It's more important to drink plenty of liquids.

If there's no good reason to go outside, don't.

Let errands wait until the weather breaks. If need be reschedule appointments. Stay out of the sun. During the day, make sure curtains and blinds are closed. Open them at night if there is a breeze.

Stay calm — keep your cool.

If you must go out, head for a large air-conditioned space like a mall or supermarket.

Our taste of a heat wave is expected to end by the time you receive your Spotlight, but that doesn't mean we won't have a repeat performance from Mother Nature during the remaining days of summer.

After all, it's only early August.

Editorial

Hear the whispers of ovarian cancer

By LAURA KERZIC

The writer is an ovarian cancer survivor, a member of Caring Together, and lives in Niskayuna with her husband, Gary.

Ovarian cancer is the deadliest of the gynecologic cancers in the United States. There is no early detection test for ovarian cancer. The PAP test does not detect ovarian cancer; it detects cervical cancer. Ovarian cancer is difficult to diagnose. It is called the silent killer, or the cancer that whispers because its symptoms are subtle and vague and mimic those of other illnesses such as irritable bowel syndrome, gall bladder disease and ulcers. The symptoms of ovarian cancer include indigestion, bloating, a feeling of fullness, unexplained weight gain or loss, changes in bowel or bladder habits, and fatigue. It is estimated that approximately 25,000 women will be diagnosed with ovarian cancer in the United States this year alone, and 16,000 will die. Seventy-five percent of the cases are diagnosed in stage 3 or 4 when the five-year survival rate is as low as 20 percent. If caught early, there is a 90 percent survival rate.

Until there's a test, awareness is best. Be aware of the symptoms. Listen to your body. Don't be afraid to ask questions of your doctor if you feel your problem is not being given the attention it needs. Have an annual vaginal/rectal pelvic exam. If you have symptoms, ask for a transvaginal ultrasound and a CA125 blood test. Although cancer diagnosis can't be made from this blood test alone, it is one of several tools physicians use. If ovarian cancer is suspected, consult a gynecologic oncologist, a cancer doctor specializing in cancers of the female reproductive organs. Ask the gynecologic oncologist to perform the necessary surgery. Survival rates are enhanced when you are under the care of one of these specialists.

I have ovarian cancer. I was 43

Point of View

years old in December 2002 when I was diagnosed. At the time, I knew nothing about ovarian cancer. Now I know a lot about it. My mission is to raise awareness about this disease.

Cancer was not even on my radar screen of possibilities of what was wrong with me. The year had certainly been a very busy one. I became engaged in January. Soon after our engagement, we began the process of having a new home built in Niskayuna. We put both of our old houses on the market. At the same time, we were busy planning our May wedding. Our house-building process was filled with problems. Moving day arrived, and I was not able to find something to wear because I had unexpectedly put on some weight. Over the next couple of weeks, other "symptoms" appeared: pain under my upper rib cage and bloating. I was very uncomfortable. I went to my doctor, thinking I might have a bladder infection. I tested negative for that, so my doctor prescribed strong antacids to see if that would help the pain under my rib cage. When my pain persisted, an upper gastro-intestinal series was ordered. I requested that an ultrasound be done at the same time because I did not want to be running back and forth to the doctor. I wanted to get to the bottom of this. I thought I might have developed an ulcer from the stress of home building.

It was the ultrasound that showed something which led to a CT Scan being done that same day. The CT Scan showed two masses: one on my ovary the size of an apple and another under my upper rib cage about two-thirds that size. My health care provider received the results of the CT Scan and scheduled an appointment for me two days later to see a gynecologic oncologist.

Less than a week later, I was in the hospital for a full hysterectomy and tumor debulking. I was told that since the cancer had spread beyond my ovaries and outside the pelvic area, that my cancer was Stage 3, an advanced stage of the disease. In Stage 1, the cancer is confined to one or both ovaries. In Stage 2, the cancer is in one or both ovaries, and has spread to other structures in the pelvis. In Stage 4, the cancer has spread outside the abdomen, usually to the lungs or liver. I then had eight months of chemotherapy.

One of the big problems with ovarian cancer is that it tends to recur. After being cancer-free for one-year, my cancer recurred in the fall of 2004. I had my fourth major abdominal surgery in November 2004, and began six more rounds of chemotherapy. My chemotherapy treatments included drugs I had not previously received. After recovering from the chemotherapy, I had to have another major surgery to repair many abdominal hernias that had developed as a result of having so

many surgeries.

I was cancer-free for six months when my second recurrence hit earlier this year. I have been in chemotherapy ever since.

This is not a story of doom and gloom but of life, hope, prayer and determination. Having cancer gave me a crash course in life lessons and made me appreciate each moment. Each day, I learned that keeping a positive attitude helps in more ways than you realize. Our troubles offer opportunities for growth.

My young marriage was strengthened through this time. My husband and I endured these hardships and know we can get through anything together. Being sick brought me closer to God. I knew I was never alone. God was walking this walk with me and He was there to lean on whenever needed. So many people were praying for me, and I could feel the healing power of the prayers.

My support system was amazing. I am truly blessed. My parents, sisters and brothers and all of my family were with me every step of the way. They tended to my every need with compassion and unwavering faith in my determination to get well. This journey taught me that my friends are many, and they are steadfast and true. I received cards, calls, visitors, thoughtful and unique gifts, and meals prepared for my husband and me, on a regular basis. I am eternally grateful for all the kindness shown to me.

Along the way I have met kind understanding and skilled health care professionals. My gynecologic oncologist is gifted and a godsend. I would not be here without him. The oncology nurses and lab technicians who worked with me regularly were compassionate and caring.

My mission, as I said, is to raise awareness about this disease. While in remission after my treatment for my initial diagnosis, I wanted to see if there was anyone in the area doing something to get the word out about this terrible disease. To that end, I discovered "Caring Together," a local ovarian cancer support group. Caring Together is dedicated to supporting, educating, and advocating for women with ovarian cancer. Caring Together has raised money that has helped fund projects sponsored by the Ovarian Cancer Research Fund. I have met so many courageous women in this group. Caring Together meets monthly on the second Wednesday of each month, 6:30 p.m. at Gilda's Club at 8 Wade Road in Latham. To learn more about Caring Together, visit www.caringtogetherny.org.

Be familiar with the symptoms of this disease. Take action if any of them last more than 2-3 weeks. I encourage you to stop and listen so that you may hear ovarian cancer whispering. I wish I had known what to listen for.

Caring Together is sponsoring a 5K run and a 1-mile walk on Sunday, Sept. 17, to raise money to fight ovarian cancer. For information, call 783-7600 or visit www.CaringTogetherNY.org.

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Your Opinion *in the* Spotlight

**Thanks, to a
real teacher**

Editor, The Spotlight:

The Clarksville Historical Society (CHS) will host its first Clarksville Heritage Day celebration on Saturday, Aug. 26.

Clarksville Heritage Day, a celebration of life in Clarksville, was created to help with fundraising activities for CHS in a way that would have meaning to the community. Building on the success of the last Plum Fest, held here in 2005, Heritage Days will continue the enthusiasm and bring us together to have a good time as a community. Most of the activities will occur at or near Clarksville Community Church on Delaware Avenue.

CHS will sponsor a car show and issue dashboard plaques and trophies and offer car-related memorabilia. Tony's Garage will be open to view additional automobile memorabilia.

The Clarksville Post Office will issue postal cancellations. Postcards can be purchased as part of the souvenir car show book.

There will be a chicken barbecue dinner. Tickets will be sold in advance. Call 756-9670 and leave a message or contact a CHS board

The Clarksville Historical Society (CHS) will host its first Clarksville Heritage Day celebration on Saturday, Aug. 26.

member for advance tickets. The Onesquethaw Volunteer Fire Company will host a continental breakfast. CHS will serve a wurst lunch, and June's Place will be open for both breakfast and lunch.

The Mohawk Hudson Land Conservancy will direct hikers to Bennett Hill. The Onesquethaw Fish and Game Club and Onesquethaw Coeymans Watershed Council will present demonstrations and educational events. The Northeastern Cave Conservancy will hold its annual Community Day, with activities at the caves.

The Mountain Treadler Fiber Arts Group will demonstrate weaving and spinning arts, and sell crafts. Joe Merli will work as a blacksmith. The Quilter's

Studio, Etc., will present projects. Emily Shako will demonstrate dog obedience training, and Michele Segerberg will provide a program on wildlife rescue.

Mind's End will play at the church from 7 to 10 p.m.

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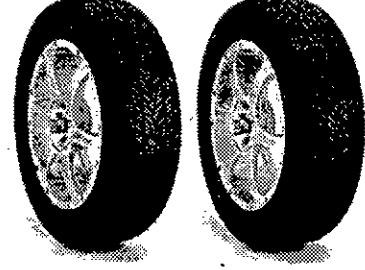
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Pedestrian safety worries board as Mobil plans conversion

By ART STEIN

Jay Hostetter, owner of Jay's Mobil Station at 594 Delaware Ave., at the intersection of Cherry and Elm avenues, wants to convert the existing 1,800-square-foot service station into a convenience store. The station houses auto repair bays, gasoline islands, a self-service car wash, a small area that sells limited consumer goods and propane and diesel service. Ed Kleinke, a landscape architect representing Hostetter, gave an overview of the site plan as he came before the board to request information waivers about depicting topography and wetlands on his plans.

Kleinke said Hostetter plans to terminate the auto repair part of his business and expand food service into the vacated repair areas of the building.

"The existing gasoline service, the car wash, the freestanding vacuum-island, and areas for propane and diesel sales will not be altered, changed or eliminated in any respect," he said. "Everything as it presently exists is to stay completely intact. The only major exterior change to the existing building will be to the front facade."

Board Chairman Parker Mathusa expressed a number of safety concerns.

"Looking at the plan, most everything you have is in good shape," "However, I do think we should pause for a moment and recall some of the safety aspects as we anticipate increased pedestrian traffic. I want to make sure that seniors and families with kids walking into the convenience store have relatively easy and safe access from the parking places to the store

and back to their cars and the gas pumps. I also wish to address the Mobil sign that makes it hard for cars to see around it safely."

Kleinke responded that as a result of recent construction projects on Cherry and Elm avenues, options for increasing access and improving circulation are limited. Mathusa inquired about constructing an expanded sidewalk and some type of pedestrian walkway. Kleinke said that there was sufficient space for a drive aisle and sidewalk with a pedestrian right-of-way to get from the store to the pumps.

Addressing the Mobil sign in the front middle of the property, Kleinke said "The sign is situated within the Department of Transportation's (DOT) right-of-way and is not illegal under the Bethlehem zoning board of appeals, nor has DOT expressed any concerns about moving the

sign."

Kleinke expressed reservation on behalf of the owner about moving the sign, citing the limitations of the site in relocating the sign and the cost associated.

Board member Dan Odell asked about past accidents at the site, including two that involved hitting the Mobil sign.

"I am concerned that the sign is too low, and is situated in a way that prevents drivers from seeing under or over the sign," he said. "This is our main concern, to consider the sign from a public health and safety point-of-view."

Board member Brian Collier suggested that the owner may want to change the sign anyway.

"I would have thought Jay would propose signage that tells the public that now there is a really nice new convenience store," Collier said. "As the sign stands now, it advertises Mobil gas and that you can get a cup of coffee, but does not draw attention to the new convenience store."

The proposed project which has yet to receive a state environmental quality review act determination, has been sent to DOT for comment and will also be sent to the Albany County department of economic development, conservation and planning. Upon the findings of both parties, the planning board will make a final

determination on proposed sidewalk expansion, pedestrian walkway and changes to the signage.

The board granted the information waivers on the project.

In other business, representative from Beverwyck, a senior retirement community located in Slingerlands, requested a property line information waiver for Phase V of its construction project. Phase V involves the construction of 18 units for Alzheimer patients and the construction of a 20-bed skilled nursing facility. The board unanimously passed the waiver resolution.

Bethlehem Town Center I representatives requested an amendment to its site plan, returning .28 acres of the proposed site from Bethlehem Town Center back to the town.

The request is based on a Army Corps of Engineers recommendation to reduce an area in the northwest section of the site allocated for snow storage. This change slightly reduces the area of the proposed shopping center from 8.28 to 8 acres. Bethlehem Town Center II is located north of Wal-Mart on Route 9W.

The next scheduled meeting of the planning board is Tuesday, Aug. 15, at 7 p.m.

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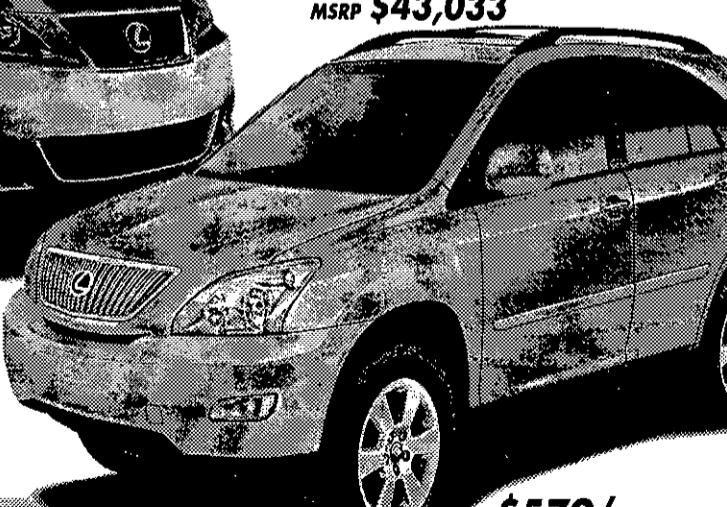
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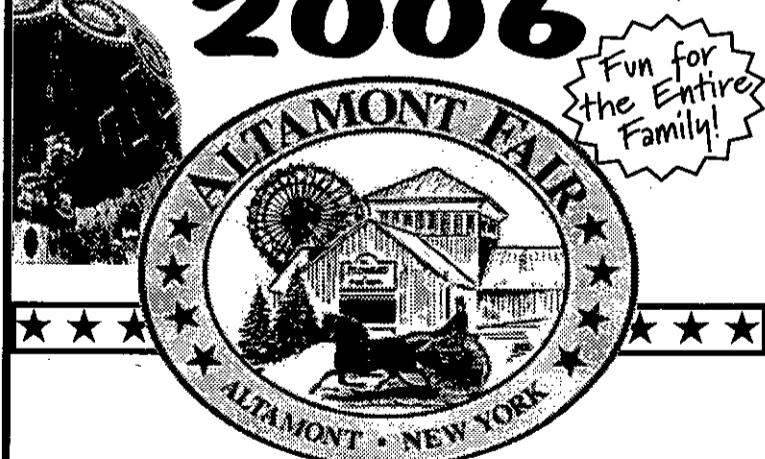
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Around the County

Altamont Fair brings together the old and the new

By ROB IRWIN

From Aug. 15 to 20, the Altamont Fair will once again open its gates and mark the beginning of the end of yet another summer.

The fair, first held in Altamont in September 1893, will bring back crowd favorites, as well as introduce some new events.

"This year, starting on Wednesday, we have an Italian circus," said the fair's vice president, Marie McMillen.

Zoppé, an Italian family production since 1842, is a one-ring circus that, according to its Web site, honors the best of the Old World Italian tradition. The circus features acrobatic feats, equestrian showmanship, canine capers, clowning and plenty of audience participation.

According to McMillen, the grandfather in the Zoppé family, now based out of Chicago, worked with Cecil B. DeMille in putting together the circus acts for DeMille's "The Greatest Show on Earth."

Circus performances will be at 1 p.m., 3:30 p.m. and 6 p.m. Wednesday through Sunday.

Another new addition to the fair will be the Air Insanity Show, which, McMillen said, "is motorcyclists that go up off a ramp and do their entertaining."

On Wednesday, the Marshall Tucker Band will take the stage at the grandstand twice: at 3 p.m. and 7 p.m. The southern rock band will likely be the biggest show at the fair, said McMillen.

McMillen said committees have discussed noise issues following complaints lodged by Altamont residents living near the fairgrounds. The complaints resulted from noise levels at the recent WGNA Countryfest, which drew around 30,000 people, and Fox 23's Summerfest.

"The speakers are facing a different way than for the Countryfest," said McMillen, who said she doesn't think noise will be an issue. "What we're putting out in amps for the fair isn't nearly as much as you put out for 30,000 people."

Daily events include Frog Island, a small animal zoo, Randall's racing and diving pigs, backyard circus, a petting zoo, the Sherman family lumberjack show and more.



The Burners U.K.

As usual, the fair will feature a variety of museums including the

blacksmith shop, the fire museum, the circus museum and an auto



museum.

Other musical acts will include Hair of the Dog, Burners U.K., a country music day, Altamont Idol and GTO.

The fair will also host the Coors

Country Music saloon featuring karaoke all week long.

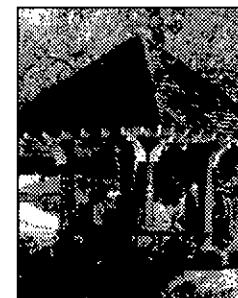
Adult tickets are \$9 for advance sales and \$12 at the gates. Children 12 and under are free. Season passes are available for \$35.

The fair starts on Tuesday, Aug. 15 at 8:30 a.m. with a 4-H horse show and ends on Sunday, Aug. 20 with a musical performance by The Refrigerators at 8:15 p.m.

For information, visit www.altamontfair.com.

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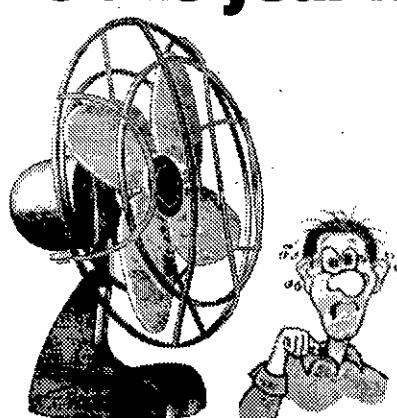
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Business *in the* Spotlight

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And they're off ... well, OK, maybe not every single day, but "The Season" is in full swing and I feel as though this column should be more Hedda Hopper than *Notes From The Ad Desk*.

For those of you old enough to recall the aforementioned allusion, don't tell a soul ... I never looked



Bill Kellert

good in hats, but on the other hand it

is August in Saratoga!

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and will go on to bring you fame and more importantly, fortune, is what the world of business is ultimately all about. Oh, and having a really great product makes marketing that much easier.

Speaking of Saratoga, **Mary Lou Whitney's** arrival last weekend back at the track after recovering from a stroke earlier this year was greeted with cheers from the throngs. On a similar but more local level, this past Saturday evening in Washington Park, **Park Playhouse** co-founder **Mimi Scott** got cheers from the audience when she was introduced prior to the start of the incredibly well done "Beauty and The Beast." Scott, along with her late husband **Barry**, was the catalyst behind what has become the Albany institution of Park Playhouse.

Keeping on an arts theme, **Exposed Gallery** in Delmar has opened a satellite gallery at the Chatham House on Chatham's Hudson Avenue. In Delmar, the gallery has opened a smaller second floor space and has an exciting exhibit entitled "The Magical World of Matthew Thorsen" hanging now through Sept. 8 ... Congratulations to **Make-A-Wish Foundation**, granting wishes to critically ill children as it celebrates the beginning of its 20th anniversary year ... **Barton and Loguidice, P.C.** has been retained by Greene County to design the replacement of the High Falls Road Extension

Bridge over Kaaterskill Creek in Catskill ... **St. Peter's Health Care Services** has made a number of staff additions in recent days ... **Denise Mormino, CPA** has been named director of financial reporting and systems, **Cathy Callanan** has been promoted to director of food, nutrition and transportation services for the hospital and **Roberta (Bertie) Kilroy Traynor, FNP**, has become a full-time nurse practitioner in the occupational health unit ... Clifton Park resident and Colonie native **Doug Marr** will head up the tenant/buyer division at **Conely Associates Commercial Real Estate Firm** ... **Paige A. Strait** has joined the Guilderland office of **Weichert Realtors-Northeast Group** as a sales person ... **CDPHP** has selected **Kelly Smith** to be director of small group sales...

On the home front, **Spotlight Newspapers** continues its forward momentum and growth with several new appointments ... **William R. DeVoe**, lately a reporter for **The Greenville Press**, will be covering the Saratoga Springs beat and **Kristen Roberts** joins us as a copy editor. Roberts comes to the papers after a stint on the West Coast at **The Fresno Bee** in Fresno, Calif. ... finally, if you're looking to sell that stuff in the basement, attic or garage you've not looked at in years, need to put a help-wanted ad or any of the other myriad items that find their way into **Spotlight's** classified ads, (shameful self-promotion is never beneath me), then call our new classified ad sales person **Maureen Basala** who returns to the newspaper world after running her own business for a number of years.

That clears the pile on my desk just in time to enable me to get out there and hopefully not lose too much on the \$1 bets at the track. As always, if you have anything you'd like to see in the column, feel free to send me an e-mail at: kellertw@spotlightnews.com.

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DNA evidence called into question by defense team

By JIM CUOZZO

The validity of DNA evidence from a Thruway toll ticket allegedly handled by Christopher Porco was called into question by attorneys handling the case for the murder suspect.

Dr. Terry Melton, DNA expert and founder of Mitotyping Technology of State College, Pa., said the toll ticket she extracted for DNA partially matched an unknown sample of DNA given to her by authorities.

"The only one that DNA matched with those 85 base pairs is sitting right here and that's Christopher Porco, is that correct?" asked Assistant District Attorney David Rossi firmly.

"Yes," said Melton.

The DNA swab tested was analyzed through an FBI database of 4,839 samples, and her company concluded that 99.61 percent of the names in the North American database would not be expected to have the same DNA profile as that of the individual whose DNA was left on the toll ticket.

"Less than .039 percent of North Americans have that same base profile," Melton testified.

Much of the company's scientific research is based on complex statistical analysis. Melton did not rule out the possibility that the DNA on the toll ticket could be someone's other than Christopher Porco's.

Defense Attorney Terence Kindlon called Melton's assessments nothing more than a magic act.

"I feel like we are in the room with the sorcerer's apprentice," said Kindlon while the jury was not present.

Eight other individuals' DNA along with Christopher Porco's DNA were tested to see if there were other partial or full matches from the same toll ticket tested. None of the eight matched, but Kindlon pointed out to the jury that five of those eight results were inconclusive.

"Is it true you were not able to exclude five others in the testing?" Kindlon asked.

"We had inclusive results," Melton responded.

"You were not able to exclude them, were you?" Kindlon repeated.

Melton said she could not. Kindlon asked if Melton could positively state that the DNA on the toll ticket was Christopher Porco's.

"We cannot say for sure that the DNA on that toll ticket is Mr. Porco's," said Melton. "We just cannot exclude him."

Jurors and courtroom observers received a 30-minute primer on mitochondrial DNA and its use in population genetics and in the study of evolution from the prosecution's expert witness.

Melton's most famous case as a graduate student was to determine if a woman who claimed she survived the 1918 Bolshevik revolution was

indeed the grand duchess and daughter of Nicholas II Anastasia.

"I tested her hair after she died," said Melton. "It was a very exciting case, and I was able to show she was not Anastasia."

That research did not stop Kindlon from continuing his hard line of questioning of the prosecution's DNA expert witness to show jurors the findings are nothing but pure speculation. At one point, Kindlon and Melton spent close to 15 minutes discussing scientific findings and referencing them through a series of several digit numbers that had courtroom observers confused.

"I am going to object to any more testimony from this witness," said Kindlon.

Judge Jeffrey Berry, who is presiding over the Porco murder trial in Orange County Court, denied the motion.

Kindlon reminded jurors that when she tested one of the samples she had no idea it belonged to the murder suspect.

"In fact, you have never seen Christopher Porco before this trial," stated Kindlon.

The defense pressure to crumble a crucial piece of potential physical evidence linking the suspect to the crime continued through the late afternoon hours when Kindlon cited

examples of casework contamination in the company's Pennsylvania lab.

"In September 2003, there was a contamination of a casework sample by your technician in your lab," Kindlon said. He added that Melton herself did not perform the test on the Porco toll ticket.

"I have a very highly trained staff that does my lab work," said Melton. Kindlon explained to jurors the reason why Dr. Melton formed her private DNA research company.

"You were making \$30,000 a year at the university and you hoped to make more money by opening up this laboratory," Kindlon said.

Melton told Kindlon the prosecution will be receiving a bill for over \$22,000 for her expert testimony and research.

"Clearly the evidence was bought and paid for," Kindlon told media covering the Porco trial. "The DNA testimony was not very impressive."

Prosecutor Michael McDermott said the toll ticket evidence is just another piece of the puzzle.

"She is not saying 100 percent it is Christopher Porco's DNA on the toll ticket, but she is saying there is a 99.61 percent probability," McDermott said.

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Porco mom testifies for second day in murder trial

By JIM CUOZZO

On Tuesday, Aug. 1, jurors in the Christopher Porco murder trial heard Joan Porco for a second day.

She testified that she was "incredulous" after hearing her son was the main suspect in the ax attack that killed her husband Peter and left her blind in one eye.

"There was not the relationship with the police that I expected," said Joan Porco.

Although prosecutors maintain Joan Porco named her suspect when she nodded "yes" to the question "Did Chris do this to you?" she maintains the real killer is still

somewhere at large.

"I believe this person or these people are still out there," Joan Porco said. "Are they after me now? It's scary for me."

Tuesday's questioning of Joan Porco by Chief Prosecutor Michael McDermott took a more serious tone, leaving the defendant's mother often confused and unable to answer specific questions.

When McDermott asked if Joan Porco remembered telling police after the crime that she and her husband had no enemies, Porco testified, "I don't recall saying that."

"Do you know it was your son Christopher who broke into your

home (in November of 2002) and stole your laptop computer?" asked McDermott.

"He didn't break in," said Porco. "He was living with me during Thanksgiving."

Prosecutors believe Christopher Porco broke into his family's Brockley Drive, Delmar, home more than once and stole several electronic items only to sell them on eBay. McDermott asked Joan Porco if she knew her son Christopher had started his own business while at the University of Rochester.

"What was the name of the company?" asked McDermott.

"I wish I could remember... (pause)... Computers Direct or something like that," said Porco.

"Did he say he would pay his tuition from profits he made from this business?" asked McDermott.

"We knew there was a tuition waiver from what he told us," Porco answered.

Employees from the University of Rochester financial affairs office testified that Christopher Porco never had a tuition waiver, and instead owed \$17,000 for the 2004 fall semester.

McDermott said in an interview outside the courtroom that Christopher Porco in fact made \$30,000 in income one year from his home-based computer business, and had filed forms for a business named As Computers Direct 2000.

McDermott also quizzed Joan Porco about knowledge of her son's

academic deficiencies. When Christopher Porco was academically separated from the University of Rochester, his mother testified it was because Chris told her he had mononucleosis.

"It was horrible, he should not have stayed," said Joan Porco.

"Do you recall the university's health office say to you he had mono," McDermott said, "and were you presented with those records?"

"No, never," answered Joan Porco.

McDermott reminded Joan Porco that from the time Christopher Porco was academically separated from one college and flunking out in a second school he took two trips, one to Acapulco and the other to Europe.

McDermott asked Joan Porco how her son paid for his European trip.

"Christopher paid for the tickets, and he was having difficulty at the time with PayPal and eBay and his cash was not accessible," said Joan Porco. "So I loaned him spending money for the trip."

Defense Attorneys Terence Kindlon and Laurie Shanks strongly objected to the prosecution's line of questioning about statements Joan Porco made to friends and relatives the week of the crime.

"Do you recall telling your brother that Christopher was so out of control that you had given him up to God?" asked McDermott.

"No, I don't recall," said Porco.

"Do you remember on a conference trip to Boston, telling Mrs. (Mary Ann) Effner you needed to get a psychologist for Chris?" McDermott asked.

"No, I did not," Joan Porco answered.

Defense attorneys tried to get the statement stricken from the record later in the day, but Judge Jeffrey Berry allowed it to remain. Shanks and Kindlon finished their cross-examination of Joan Porco by asking if her husband had ever received death threats as a law clerk.

"The father of one child threatened Peter's life when he lost custody of his children," said Joan Porco. She told jurors that her husband thought about buying a handgun, but was talked out of it by his boss, Third Appellate District Judge Anthony Cardona. McDermott reminded Joan Porco that the death threat was 15 years ago. Joan Porco herself testified that the man who made the threats served time on another matter. Kindlon said after that Joan Porco is a strong, courageous "woman who has risen from the ashes."

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St. Thomas School seeks alumni for 50th anniversary

In anticipation of its 50th anniversary, St. Thomas the Apostle School in Delmar is updating its alumni list and collecting old uniforms and school artifacts.

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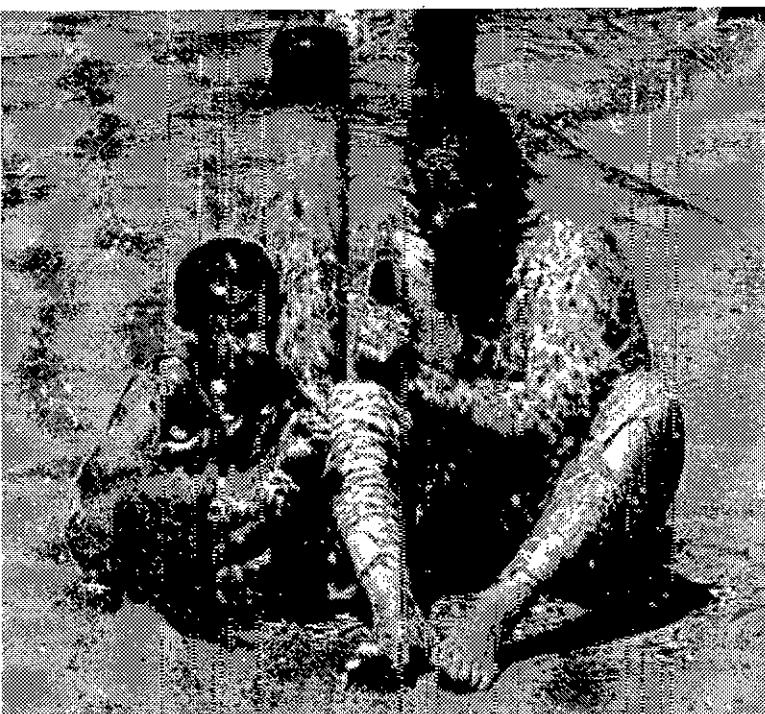
Alumni are asked to visit the school's Web site at www.stthomas-school.org/alum to update contact information.

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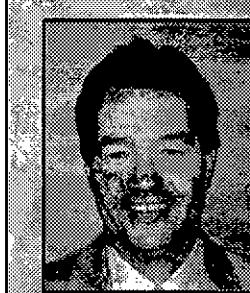
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Kids are cooking at the library

Poetry don't pump gas

The publication party for *Poetry Don't Pump Gas*, the anthology by the Every Other Thursday Night Poets, was great fun. Limited copies of the book are now available at the library for \$10 each, and a waiting list is being kept for the arrival of the next shipment. An exhibit of unusual art by the poets is hanging in the hall gallery for the month of August. Part of the exhibit is a contest, which will award a copy of the poetry book to the winner. Fill out your entry and drop it into the box.

The regular EOTNP meeting is on Thursday, Aug. 10 at 7 p.m. Newcomers are welcome. No signup is necessary.

Together at twilight

Annie and the Hedonists will perform at Together at Twilight



on Wednesday, Aug. 9 on the library lawn at 7 p.m. Bring friends and your lawn chairs. Refreshments will be available from the Library Friends. The concert will be indoors if it rains.

Cooks camp

Kids in grades 4 through 6 should hurry to sign up for Cooks Club Camp for Kids. The camp is a three-day workshop, which will meet from 9:30-11:30 a.m. on Aug. 14, 15 and 16. The fun includes making food sculptures, visiting a local beekeeper, and food experiments, as well as cooking. Space is limited so registration is required. Call 765-2791.

Summer reading club

Regular meetings are over. It

was a fantastic summer and the grand finale event will be held on Wednesday, Aug. 30 at 7 p.m. with a "Treasure Trove of Magic." Watch for details.

Adult book discussion does not meet in August. You may now pick up a copy of the September book *Blood from a Stone* by Donna Leon and sign up at the reference desk.

Storytimes are over until September.

Barbara Vink

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

Trio to play at gazebo

NEWS NOTES

Voorheesville
Betsy Glatth
765-4415

Monday, Aug. 14, at 7:30 p.m. All are invited to attend. For information, call 765-3313, ext. 101.

Art in the Park

There will be an art exhibit in Evergreen Park in the village of Voorheesville on Saturday, Aug. 19,

from 10 a.m.-2 p.m. There will also be arts and crafts; all the artists are from the area. All are welcome to this free event.

A very Brady summer in Voorheesville

Join the Classic Theater Guild of Voorheesville for an end-of-summer happening with the groovy gang from the Brady Bunch. Performances are on Aug. 18, 19, 20 and 25, 26, 27. Friday and Saturday performances are at 8 p.m. and Sunday performances are at 2 p.m. Performances will be held at the Voorheesville Elementary School.

Tickets are \$7 for adults, \$5 for seniors and children 13 and under. For information or reservations for groups of six or more, call 459-9826, or email: groovybradylady@yahoo.com

Farmers Market held at Indian Ladder

Helderberg Farmers Market will be held every Saturday from 10 a.m. to 2 p.m. now through October. Locally grown farm-fresh produce, farm products and crafts. Indian Ladder Farm is located on Route 156 in Altamont. For information, call 765-2956.

Indian Ladder to host Camp Wild Week

Indian Ladder Farms and Kawing Crow Awareness Center will be combining resources this summer to provide a Barn School with a new and exciting twist.

While investigating the lives of the native people who traveled and lived in our area before European influence, participants of Camp Wild Week will explore their abilities in primitive skills such as spear throwing and wigwam building.

The week will be led by Vince Walsh, owner of Kawing Crow Awareness Center.

This camp will run Monday, Aug. 28 through Friday, Sept. 1 from 9 a.m. to 2 p.m. at Indian Ladder Farms.

Tuition is \$200 per camper, and the camp is designed for children between the ages of 9 and 13, or in grades five through nine.

Space is limited to 12 campers. For information or to register, call 765-2956 or e-mail baileyleslie@yahoo.com.

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Note: Class is limited to 25 students.
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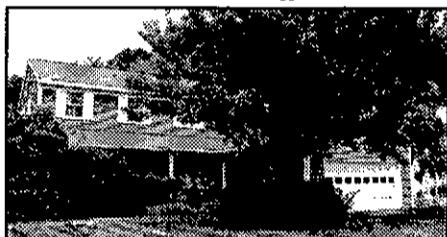
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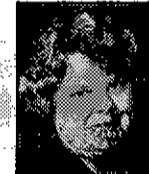
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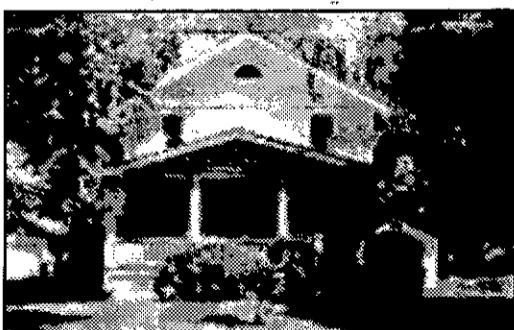
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PORCO

(From Page 1)

Kearney:

There was a moment in the defendant's past when he spoke about his plans for the future to his employer.

"He talked about the possibility of going to veterinary medical school or actually thinking about being a lawyer like his dad," said Kearney.

Under cross-examination by Chief Prosecutor Michael McDermott, Dr. Kearney described the many duties Christopher Porco learned working at the vet hospital.

"He restrains cats and dogs," said Kearney, "and helps with the sterilization of surgical equipment."

Kearney told McDermott that as an accredited vet hospital, every employee has to wear a cap, gown, mask and gloves when assisting in surgery. McDermott then showed the jury a photo of a typical operating room scene with a doctor and assistant wearing the surgical clothes appropriate for sterile procedures.

"It can be bloody, it can be messy work," said Dr. Kearney. "It's not all about playing with puppies."

"What type of cleanup did Christopher Porco do after a bloody, messy, surgery?" asked McDermott.

"Christopher would be responsible to wipe down the surgery table and launder the drapes, gowns, caps, etc.," said Kearney.

Kearney said there did come a time when he learned about Porco not behaving properly, but

did not elaborate. After Kearney's testimony, McDermott said he was trying to imply the fact that a burglary occurred at the veterinary hospital prior to the attacks on Porco's parents at Brockley Drive, and equipment stolen from that break-in was traced back to the defendant.

"The Judge (Jeffrey Berry) precluded us from talking about the burglary," said McDermott.

Another area of Monday's testimony that was edited by Berry is a conversation Kearney had with the late Bethlehem Police Det. Anthony Arduini. Kindlon said Arduini knew both Kearney and LaForte, and at one point asked them to stop employing Porco because he was not trustworthy. The reason Arduini felt that way, according to Kindlon, is because Porco was dating the detective's older daughter when the younger daughter took a liking to the defendant.

"Christopher never reciprocated, and the mother and oldest daughter became very upset and angry at Christopher," said Kindlon to Berry after jurors were removed from the courtroom.

The defense has been trying to make a claim that Arduini and other members of Bethlehem's police department never pursued other potential leads in the murder of Peter Porco because they had convinced themselves Christopher Porco was the main suspect. When the jury returned, Kindlon was allowed to ask a few questions regarding Arduini's questioning of LaForte and Kearney shortly after the murder.

"Detective Arduini asked us a series of questions," said Kearney.

"And did you respond to those questions?" Kindlon asked.

"Yes," answered Kearney.



Chief Assistant DA Michael McDermott questions defense witness Dr. John Kearney on Monday.

Michael P. Farrell/pool photo

Kearney did say both he and LaForte drove to the 36 Brockley Drive to retrieve Barrister, the Porco family Labrador retriever who had been barking in the basement behind a small gate at the bottom of the stairs when police arrived at the murder scene.

"And Barrister, where is he today?" asked Kindlon.

"I am sure he is camped out on the Oriental rug in our house," said Kearney.

All the immediate members of the Porco family are now living at the home of LaForte and Kearney with the exception of Christopher Porco's brother Johnathan, who is in the Navy. Joan Porco had been living with her brother John Balzano and his wife at their home in Fairport, outside of Rochester, since coming home from surgery. McDermott indicated that some tension could be occurring between Joan Porco and the Balzanos because of the murder

trial.

"John and Barbara Balzano were called to testify as witnesses for the prosecution, and I think there may be some temporary friction between Mrs. Porco and her family in Rochester," McDermott said.

The defense is expected to wrap up its case by Tuesday, Aug. 8, with closing arguments scheduled for Wednesday and jury deliberations to follow.

Adler

(From Page 1)

Adler and her husband Fred, whom she married in 1940, moved to Delmar from Pennsylvania in 1956 after Fred Adler lost his job as a result of being "blacklisted" during the McCarthy era as a result of Spanish Civil War protests.

Deb Adler said after moving, her mother began working to provide a second line of income for the family, and she began teaching library science at the former Albany Teachers College. Adler was hired by Bethlehem Central High School to develop the Advanced Placement English Course. She spent the rest of her life attempting to inspire appreciation of learning, and literature, to her students.

"During two decades of teaching at Bethlehem Central Schools, she was an inspirational teacher," said Bethlehem Superintendent Les Loomis. "She developed in her students a love of literature and the ability to write."

Bethlehem town Supervisor Theresa Egan said Adler had been her English teacher in high school.

"She was one of the first teachers I had that really forced you to think," said Egan. "It really started us as students to use critical thinking."

While still a teacher, Helen Adler herself never stopped learning. She enrolled in continuing education programs throughout her career, in highly selective humanities programs at Yale University, Williams College and Wesleyan University.

Following her retirement from teaching in 1983, Helen began her free "Books in the Morning"

monthly lecture series in Delmar.

"Books were the fabric of how you could more deeply understand yourself and your role in life," said Deb Adler, of her mother's belief.

Helen Adler believed that adults in the community would support college courses taught in Delmar and she and her husband would found the Humanities Institute for Lifelong Learning (HILL) in the early 1990s.

"It is a wonderful program," said Sherry Putney, a HILL committee member for three years. Putney said Adler started the program to provide substantive learning opportunities for adults, outside of what the television and newspaper provide.

"In everything that Helen did she emphasized a need for everyone to learn throughout their entire lifetime," said Loomis. "That's exactly what Helen was about."

After 13 years, HILL now attracts 1,000 students annually in classes taught by some of the area's top professors.

"The satisfaction of bringing together teachers and appreciative students was a source of undiminished joy, the summation of the interests, ideals, and belief in community responsibility by which their whole lives had been lived," said Mary Elizabeth Jones, chairperson of HILL's coordinating committee. "Helen was a great mentor to me. I feel fortunate I had the opportunity to work and learn from her."

Susan Graves, Spotlight News paper's editorial page editor, said, "It was inspiring to simply talk with Helen. She was steadfast in her love of learning, and had the quality of being able to make you feel you could be better than you are."

Helen Adler left not just a lasting

impact on her students, on those she spoke with and those she worked with, and on her family.

"I became a writer," said Deb Adler, of her mother's influence. "I could never have done that well had I not been taught by her from the time I could read."

Deb Adler credited her mother with shaping the course her life has taken.

"I grew up believing that life has to be lived passionately and with commitment or it's not worth being here," she said, adding that though her commitments may be different than her mother's, "The underlying belief is hers."

Deb Adler said the outpouring of support in the Delmar community and beyond has been phenomenal.

"I just think she is one of our community residents who is going to be missed," said Egan. "Even in her later years, she was still extremely intuitive and interested, not in herself, but what she could do for other people."

Egan is just one of many students and community members to be touched by Helen Adler's life.

"It's wonderful to live in Delmar, partly because so many people loved mom," said Deb Adler. "As long as I live here, I'll have mom with me."

A memorial service for Helen Adler has been planned for Friday, Sept. 8 at 1 p.m. at the Temple Beth Emeth, 100 Academy Road, in Albany.

Contributions may be made to the Bethlehem Humanities Institute for Lifelong Learning (HILL) c/o the Bethlehem Central School District, Business Office, 90 Adams Place, Delmar 12054 or to the American Civil Liberties Union, 90 State St., Albany 12207.

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August 9, 2006

A supplement to

The Capital District's Quality Weekly

Spotlight
NEWSPAPERS



 **Backpack safety a must**

Page 2

 **Just the right style**

Page 6

 **Paying for college**

Page 11

Kids' minds need back-to-school warm-up

Parents helping a child prepare for that first post-summer vacation reading quiz often find themselves wondering if he has forgotten everything he learned the year before. Research shows that the "summer brain-drain" phenomenon is no figment of the imagination. Over summer vacation, children can forget more than two months worth of school instruction.

"Research by experts verifies what parents and teachers have long known - over the three short months of summer vacation, most children forget a significant amount of what they learned during the previous school year," says Ron Fairchild, executive director of the Johns Hopkins University Center for Summer Learning.

In fact, Johns Hopkins research shows that teachers typically spend four to six weeks reteaching last year's lessons. "Parents can help children stay in shape academically by making learning a year-round habit," says Fairchild.

So how can parents help children keep their brains in top

condition for back-to-school excellence?

"First, make it fun," advises Wendy Bronfin, vice president

- Help your child prepare for the inevitable "What I Did on Summer Vacation" report he'll have to give when he returns to school. Before taking a family vacation, read with your child about the destination.

- Help your child look up online the lyrics to fun summer-themed songs. Kids find computers fun and the technology can be a great way to boost their interest in reading.

of what he wants to read. Reinforce the idea that reading is fun.

- A library visit is a great way to occupy a rainy summer afternoon. Suggest that your child invite a friend. Make sure everyone in your library party checks out something new and begins reading it that day. Make trips to the public library a regular family outing!

- With summer comes a host of children's movies. Before you take your child to the latest hit, sit down with him and read the book version first. Then see the movie and discuss which version he liked best and why.



pages or chapters. This can become a favorite family tradition.

- Demonstrate that reading is part of everyday life by encouraging your child to read things found on summer vacation, like a newspaper from a new town,

Warm-up see Page 3



Backpack safety a must

By TRESA ERICKSON

Every August, you take your kids shopping for school supplies, and one of the items they enjoy picking out the most is a backpack. There is nothing they like better to carry all of their school needs in than a backpack. Unfortunately, when used im-

properly, backpacks can be dangerous to kids' health.

According to physicians, improper use of backpacks can lead to a wide range of problems in kids from back pain to curvature of the spine. To maintain your kids' good health, insist that they get a padded backpack with wide shoulder straps—narrow straps

can dig into the shoulders and restrict circulation—and use it properly. Here are some guidelines for proper backpack usage:

- Pack light. Kids who carry a backpack weighing more than 10 to 20 percent of their body weight may experience back pain and other problems.

- Use both shoulder straps. Kids who use only one shoulder strap may strain the shoulder and neck muscles, which could ultimately lead to curvature of the spine or a pinched nerve.

- Place heavier items in the center of the backpack. Kids who fail to distribute the weight of heavier items evenly on their backs may experience back pain, strained shoulder and neck muscles, and many other problems.

- Carry backpacks carefully. Kids who swing around their backpacks or sling them on their backs may cause injury to anyone standing around them.

- Put backpacks away. Kids who leave their backpacks on the floor where they or someone else could trip on them may suffer injury or cause others injury.

For kids who have a ton of stuff to carry, you may want to consider buying them a backpack with wheels. That way, they won't strain their back, neck or shoulder muscles, unless, of course, they routinely encounter several flights of stairs or a ton of snow and have to actually pick up the backpack and carry it. In those situations, a regular backpack would probably be better.

Because they are supported by the abdominal and back muscles and distribute weight evenly across the body, backpacks are generally safer for kids than other types of book bags. Not all kids use them correctly, however, and in time, that may affect their health. Don't let your kids' health suffer from improper backpack use. Make sure they select a good backpack and learn to use it properly.

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What's in your back-to-school survival kit?

It's true that a mother's work is never done. From shuttling the kids everywhere from school to dance recitals to soccer practice to cooking, cleaning the house and load after load of laundry - the list goes on and on.

Most moms struggle to find just 20 minutes to themselves each day, let alone try to find the time to schedule in dinners with old friends or a romantic evening with their spouses.

And now, the busiest time of the year for most moms is here again - back-to-school time. Back-to-school means a complete lifestyle change from the carefree days of summer. It means more schedules to coordinate, after-school projects, extracurricular activities and lots and lots of homework to supervise. So, for busy moms everywhere, here are some helpful timesaving tips that will go a long way in helping you hold on to your sanity this back-to-school season:

Take Advantage of Time-saving Products. It's in a mom's nature to try and juggle everything herself. However, as the kids get older, they are perfectly capable of assuming some of the responsibility. With new products on the market, like the Mark-My-Time digital bookmark and metronome, it's easier than ever to make sure your kids get their assignments completed without having to be there to supervise their every move.

The Mark-My-Time digital bookmark provides a very simple, cost-effective solution to the challenge of effectively monitoring children's required reading

times. Because it was designed as a bookmark with a built-in digital timer, it offers portability that makes reading possible nearly anytime and anywhere. This innovative product frees up mom's hands so she can tend to other duties while her child is reading. An easy-to-read programmable countdown timer with alarm alerts students when the reading session is over. A cumulative timer is also available for convenient recording of multiple read-

ing sessions.

For moms with kids in band or orchestra, there is also the Mark-My-Time digital metronome. Music students can record their practice time at the touch of a button. There are adjustable beat settings, as well as five tempo settings and an acoustically pleasing traditional tick tock sound plus flashing indicators allow students to easily keep music pace.

Not only do these products make life easier for mom, they actually get kids more excited about reading and practicing.

Beat Breakfast Rush Hour. The morning rush can be the busiest time of the day for most moms. Waking the kids up, preparing their breakfast, packing their lunch, getting them out the door before they miss their bus - and all before that needed first cup of coffee! Try planning ahead for these busy mornings. Use any weekend downtime to prepare the week's breakfast and freeze it. Waffles, pancakes and French toast all reheat well.

Another timesaver - pack the kids' lunches the night before. Keep in the fridge overnight and simply hand out in the morning.

Another New Year's Day. Think of the first day of school as you would New Year's Day. Set resolutions for yourself and your kids and commit to keeping them. By taking the time to sit down with your children and spouse to re-evaluate the family routine, you'll actually save a lot of time (and stress). The best

time for this sit-down is a couple of weeks into the school year, when you'll have a better feel for your kids' homework load, extracurricular activities, after-school meetings, etc. Make a chart of everyone's activities and when they occur each day. This also helps to prevent your kids from springing any last-minute surprises on you.

Prepare Your Child. A happy child means a happy mom. If your children are excited about and anticipating the upcoming school year, the transition from summer vacation to school will be a lot easier for everyone - es-

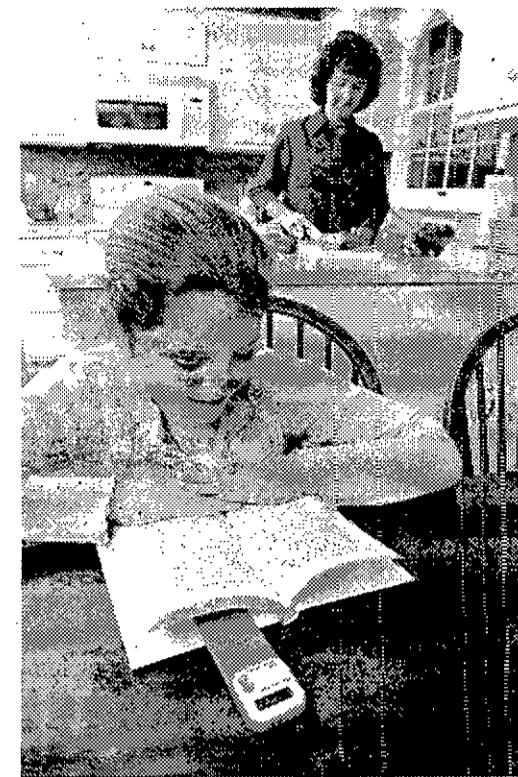
specially, you. Start with getting them to bed earlier several weeks before the first day of school, so they are prepared for the early mornings. It's not fair to expect them to wake up early and be alert when their bodies are used to a couple more hours of sleep. Make sure you act energetic about the new school year. This time period can be traumatic for young kids - with new teachers, classmates, subjects and schedules, it's up to mom to soften the blow. Make back-to-school shopping an all-day, fun-filled event. After you buy their supplies, plan a fun, outdoor activity as sort of a 'goodbye' to summer. Try to get them to talk about any worries they might have about the new school year.

your load. And, who knows - you might just find the time to sched-

ule in that massage that's been on your to-do list for the last two years.

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Warm-up from Page 2

travel magazines, barbecue recipes, maps and game instructions.

- Play games that encourage reading and learning, like the classic I Spy game or a letter-sound treasure hunt, during which you hide around the yard treats or toys that all begin with the same letter.

- Try an activity kit. The Hooked on Phonics Super Activity Kits are filled with hours of brain-building, fun activities. The kits use a DVD loaded with

MP3 songs, music videos, cartoons and adventures with Lou the Hippo to help keep kids educationally active during the summer. Each kit includes an activity pad, write-on/wipe-off journal and special erasable crayons and stickers, all in a convenient resealable package. Hooked on Math products are also especially relevant since research shows summer learning loss is more pronounced with math.

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The switch is on!

By TRESA ERICKSON

You finally got the call you were hoping for. You've been offered a new job, and with the raise in pay and the added benefits, you would be crazy to turn it down. The only problem is it involves a move, and that means switching your child to a new school. You moved to another town and changed schools once when you were a kid and it didn't faze you, so it probably won't faze your child, right? Perhaps. Although most children who switch schools once or twice can usually do so without consequence, studies show that children who don't adapt to change well or who must frequently change schools often suffer.

Almost all children in the United States change schools at least once in their life. Usually it entails moving from elementary to middle school or from middle to high school. This sort of switch in school is expected and rarely causes problems. Changing schools in moderation for other reasons, such as a move or for better programs, also rarely cause problems. For children who cannot stand change, however, or for children who are constantly being moved from one school to another, problems often emerge,

typically in the form of behavioral issues.

Parents considering a switch in schools for their child should think through the issue carefully. Depending upon what their child wants and how easy it is for them to

move to another town, are unavoidable and require a switch in schools. In that case, parents will want to try to make the transition as easy as possible. Here are some tips:

- Time any moves at the beginning of summer. This will give your child a chance to get used to the new area and make some new friends.

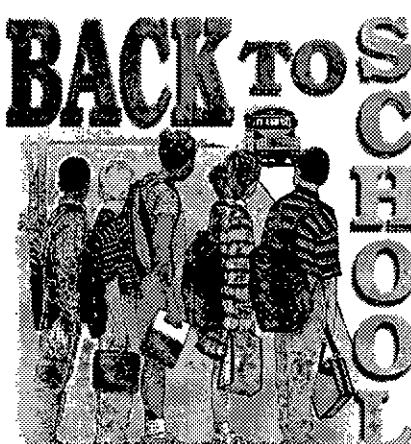
• Pair your child with someone who can show them ropes at the new school. You may find this friend living somewhere in your new neighborhood or through a school program that assigns newcomers a pal to show them around.

• Contact the new school. Arrange for your child to attend any open houses being held at the school for new pupils and get in touch with the teachers, principal and other school officials to ensure they know your child is a newcomer. Follow up on that meeting two or three weeks later and find out how your child is acclimating to the change.

• Encourage your child to get involved in after-school activities. Although daunting at first, such activities can be a great way for children to meet new friends and feel more settled in.

• Be attentive to your child's needs. Making the transition to a new school can be difficult, and your child may need more attention and reassurance than usual. Be there for them. Take the time to answer all of their questions and address any anxieties they may be feeling.

Children take their cues from their parents, so try to be calm and cheerful throughout the transition. If you're nervous about your child going off to a new school, they will be, too. If you approach it like an adventure, on the other hand, they will, too, and may even look forward to the new experiences that lie ahead of them.



adapt to change, parents may want to stay in the area, if at all possible. If that is not possible and their child is in their last years of high school, parents may want to consider having them move in with a relative living in the area or rent them an apartment, especially if the child has many merits at the school such as a high class rank or outstanding athletic achievements.

Some situations, in particular,



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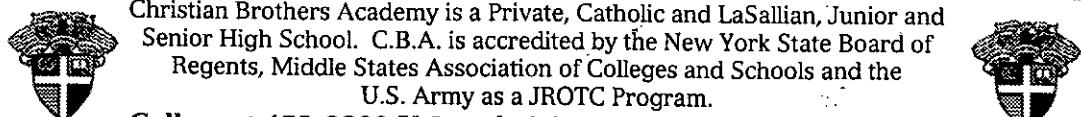
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How very accommodating

By RONDA ADDY

Taking tests can be difficult for college students, especially for those with disabilities. Students with disabilities often require certain testing accommodations based on their disability and the type of test they are taking. The information that students supply to the Office of Disability Support Services at their college helps determine what reasonable accommodations they can expect when taking a test.

Students with learning disabilities often experience difficulties with testing time limit, format and environment. Typical accommodations for such students include:

- Extended testing times
- Alternative testing formats
- Use of tools like a computer with spellcheck or a calculator for math questions
- Testing rooms with fewer distractions

Students with visual disabilities may have difficulty seeing written tests. Typical accommodations for such students include:

- Preferential seating
- Extended testing times
- Large print tests
- Oral administration of tests
- Verbal descriptions of all chalkboard writing and visual aids

Students with a hearing impairment rarely experience problems taking tests. The difficulties for them come in any verbal instructions that may be given. Typical accommodations for such students include:

- Preferential seating
- Written instructions in a clear, detailed manner
- Assistive listening systems

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Get a grip on school paper flow

By TRESA ERICKSON

School will be starting soon, and while you are looking forward to life at home returning to normal, you are dreading all of those school papers that will be coming into your home. From day one, it seems like your kids carry home a dozen papers from school, which they dump here and there the moment they walk into the door.

With each passing day, the mounds of school papers around your home get higher and higher, and while you do your best to keep the clutter under control, your efforts almost always fail. You could use some help!

The first step in keeping the clutter under control is providing a place for your kids to put their school papers the moment they walk into the door. It could be a basket on the table in the entryway, a drawer in the desk in the living room or a file folder hanging on the wall in the kitchen. If your kids are old enough, you may want to set aside another place for papers that must be attended to immediately, like health forms and permission slips. Whatever places you designate in your home for school papers, make sure your kids are aware of them and use them.

With all of the school papers together in one place, you can then move on to the next step of finding a time each night to sit down and sort through the papers. Depending upon how many papers your kids bring home, this task could take you anywhere from five minutes to an hour. Make sure you allot yourself enough time for the task, preferably after the kids are in bed and the chores are done. That way, you won't be distracted or feel compelled to rush through the process.

As you sort through papers, create two piles: one with papers that must be kept and another with

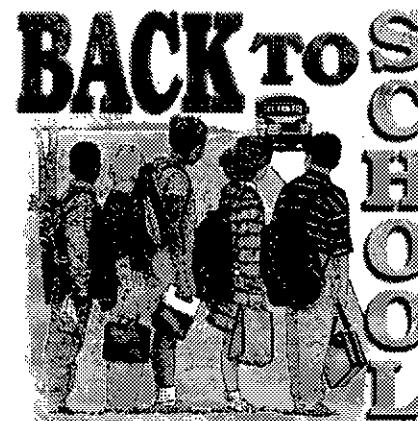
papers containing important information that can be written down elsewhere. Set up a filing system for the papers that must be kept. Place all date-sensitive papers into dated files and kids' artwork into another file. To prevent the artwork file from becoming jam-packed, set up an area in your home where you can display your kids' artwork on a rotating basis. As new artwork comes in, simply replace the old, file any special pieces and throw away the rest. For help in deciding which pieces of artwork to keep, get your kids' input. They probably know exactly which papers are special. As for the second pile of papers containing important information, grab a pen and write down the information useful to you, such as event dates and times or phone numbers, in a personal planner or address book.

Continue sorting through your kids' school papers each night, and when files begin to get full, take a minute to sort through them again. Chances are there are some papers in the files that are no longer useful and can be thrown away.

Make sure you clean out the files again at the end of the school term. That way, you'll be ready for the new influx of papers at the start of the new term.

With some effort, you can get a grip on the school

papers that come floating into your home every weekday afternoon. Be diligent in the task, and before you know it, you'll know exactly where everything is and won't have to spend hours searching for that little scrap of paper containing another parent's phone number or call your kid's teacher and sheepishly admit you lost that important permission slip.



The very first day of school

Maria College Early Childhood Education experts offer tips

Preparing Maria College students for the challenges of the classroom has made the faculty in the college's Early Childhood Education program uniquely qualified to give advice on how to make that very first day of school an enjoyable, memorable experience — for both new students and parents. Here are some of their tips:

Begin preparing a few weeks in advance

- Establish a bedtime and bedtime routine
- Have dinner at a set time everyday
- Create a wake-up schedule based on the school schedule
- Have your child help create a breakfast menu
- Plan a picnic lunch to the school's playground
- Arrange a playdate with a child that will be in your child's class

Use books to start a conversation

• Reading books about going to school is a good way to get your child talking about school and their concerns. Many books about going back to school and the first day of school are available at your local library and feature popular characters.

Be a prepared parent

- Try and clear your schedule

of the most stressful work - your stress can be transferred to your child.

- Create a family calendar in the kitchen and plan a fun dinner or snacktime during which to schedule important dates.
- Base expectations on the individual child, rather than on what siblings have done.

Talk about the school and make a visit

- Drive or walk to your child's school a week or two before school begins.
- Visit the playground to become familiar with the environment.
- Play the "I wonder" game with your child: I wonder how your teacher is preparing your classroom? I wonder if you will have your own cubby? I wonder what kind of crayons are in your classroom?

Play games

- Set up an area where your child can play school, complete with paper, crayons, notebooks, etc.

- To develop math skills, play car games (count different colored vehicles, types of vehicles) and make grocery shopping a game (child makes a list, uses coupons).

With a little preparation and some patience, the first day of school will be a great experience for your child and for you. By taking a few simple steps, you will instill a sense of confidence in your child that will last through elementary school, junior high,

high school and beyond.

For information on the Early Childhood Education program at Maria College, or any of the many other programs offered, please contact Maria College today. Just log onto www.mariacollege.edu, e-mail registrar@mariacollege.edu or call 438-3111 to learn more. Maria College - Start Here. Go Anywhere!

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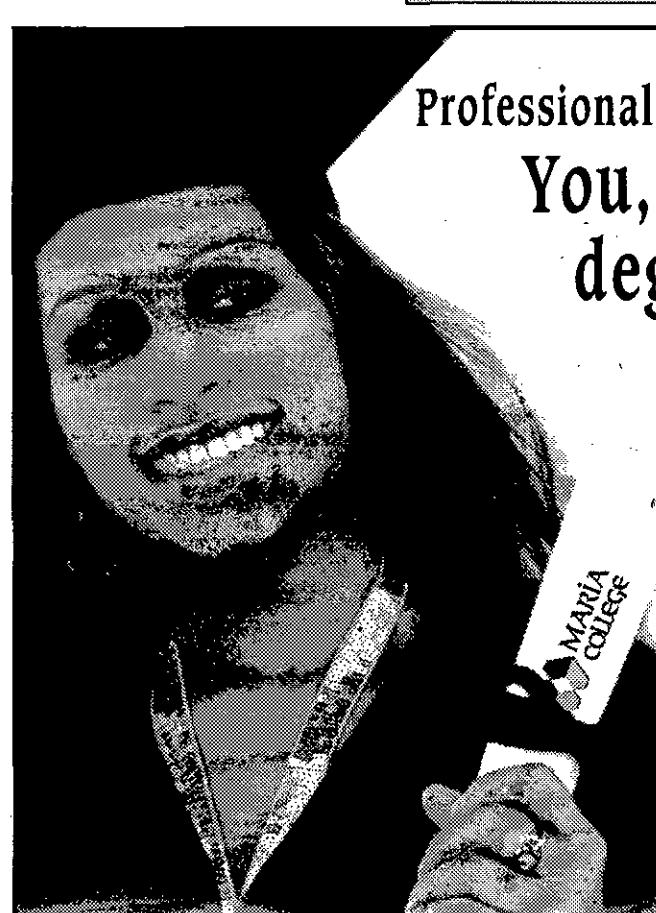
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Just the right style for a good fit

By RONDA ADDY

You're always hearing about people who have their own unique style. Most of the time, the term "style" refers to a person's sense of fashion, but there are other types of styles, including learning and teaching styles. Let's take a look at the learning and teaching styles that are most commonly used.

There are three basic types of learning styles: auditory, kinesthetic or tactile, and visual. Here is a brief description of each:

- Auditory. Auditory learners learn best through verbal, face-to-face instruction and taped lectures. They generally benefit from reading aloud or using a tape recorder. Written material has little meaning to them until read aloud, and noise can distract them easily.

- Kinesthetic or tactile. Kinesthetic or tactile learners learn best through a hands-on approach. They tend to move around when trying to solve problems, hate to sit still and

generally do not have a good sense of time or orderliness.

- Visual. Visual learners learn best through visual instruction. They thrive on written instructions, diagrams and demonstrations, and benefit from taking

remember names and pick up foreign languages easily, while kinesthetic or tactile learners are good at sports and visual learners are good spellers. Auditory learners enjoy music and films with great sound effects, while kinesthetic or tactile learners enjoy adventure-driven books and films, and visual learners enjoy any activity involving color and fashion.

In an ideal world, learning and teaching styles complement each other. There are four types of teaching styles: formal, demonstrator, facilitator and delegator. Here is a brief description of each:

- Formal. This style is teacher centered. The teacher supplies the information and students receive it. This style of teaching requires very little student participation and does nothing to help the teacher build a relationship with their students or the students build relationships with each other.

- Demonstrator. This style is also teacher centered. The

notes. Movement tends to distract them, so they like to sit in front where they can avoid such distractions.

The abilities and tastes exhibited by a person often indicate what type of learner they are. Auditory learners tend to



teacher demonstrates skills and processes, and guides students to develop and practice those skills. This style of teaching fosters student participation by forcing students to ask for help when needed and enables students to take on more responsibility for learning what they need to know.

- Facilitator. This style is

- student centered. The teacher provides the information and facilitates the use of it but leaves it up to students to achieve the desired results. This style of teaching encourages student participation through active learning and problem solving in creative and original ways.

- Delegator. This style is also

Style see Page 7



Good health tips for students

By DIANE TENENBAUM, M.D.

The kids may be going back to school, but it's the parents who have the first homework. Here's a backpack full of good advice from the American Academy of Pediatrics to keep kids healthy and safe:

Health Forms and Medicines: Fill out all the necessary health and emergency contact forms. Immunization records must be up-to-date for various grades. Students in certain grades and those new to the district must present a certificate signed by a New York state-licensed physi-

cian. If your child has developed any new health problems that may affect him/her during the school day, tell the school nurse.

Make arrangements if your child must take medication at school on the first day. Many schools require paper work signed by your child's physician before they may administer medications. Contact the school office before classes start.

New Routines: For younger kids, start to ease back into a school routine before the end of summer. A relaxed nighttime schedule with cuddle time and a nutritious breakfast is a great start.

School Bus Safety: Wait for the bus to stop before approaching it. Check to see that no other traffic is coming before crossing. Make sure to stay in clear view of the bus driver. Kids should not move around on the bus.

Backpack Safety: Pick one with wide, padded shoulder straps and a padded back. Pack light. The backpack should never weigh more than 10 to 20

percent of the student's body weight. Always use both shoulder straps to avoid injuries. Pack heavier items at the center of the back.

Good Study Habits at Home: To alleviate eye fatigue and neck soreness, youngsters should close the books for 10 minutes every hour and do something else. Try to break the TV habit. (Even the Nickelodeon cable channel has a new fitness campaign.)

Eating at School: Remember that each regular soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60 percent.

Parents can ask school districts to replace high-fat and empty-calorie munchies with healthy snacks that include more fresh fruit and low-fat dairy products, as well as water and 100 percent fruit juice instead of sodas.

The author is a pediatrician at St. Peter's Medical Arts at Slingerlands, 475-7000.

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So many choices

By RONDA ADDY

The vast number of educational facilities available today can be overwhelming. You can choose from public, private or parochial schools. As a parent, you want to make the right choice for your child's education. How do you know which is the right school for your child?

Studying the personality, temperament and learning style of your child will help you find a school that fits them. Does your child learn better in a group or alone? Is there a particular subject they need help with? Do they work best in a structured environment or a more open one?

If you are considering certain school districts, call the district offices and request a copy of each school's report card, a standardized test that scores different class levels. Looking at these will give you an idea as to what the schools are like. You can also check out the school district's annual report for the expenditure per pupil, which can be linked to the schools' quality.

When selecting a school, the



best course of action is to schedule a personal visit. When you arrive at the school, take a look around outside. Does the building look like it has been kept up? Is the playground equipment in good condition? Are crosswalks and school safety zones clearly marked?

Upon entering the school, examine the security. Can you just stroll in and wander the halls without anyone stopping you? As you make your way to the office, does the building feel cold or warm and inviting? Are there samples of student work and posters of the week hanging on the walls? Is there a lot of noise coming from the classrooms, or is everything quiet?

When you get to the office, study the atmosphere. Does everything seem to be under control? How are you greeted? Are you introduced to the principal? Do you meet with them or with

the school administrative assistant? Does anyone offer to show you around the school?

If you are given a tour of the school, pay attention to the condition of each area. Are the restrooms, gym and classrooms in good condition? What does the library look like? What kinds of books are on the shelves, and how often do students use them? Are there computers in the library and classrooms? Are they fairly new? What kind of computer skills do students appear to have, and how are these skills used in relation to the curriculum?

Once the tour is over and you return to the office, start asking more in-depth questions. Is the school accredited? Public schools have to meet state and district standards in order to be accredited. The National Association for Independent Schools or the National Association for

the Education of Young Children accredits private schools. Does the school have an on-site nurse, a guidance counselor and a librarian? Do they work at just one school or more than one? Is there an active PTA? Are parent volunteers welcomed or frowned upon? Is there a student government? If so, what grades must students have in order to participate? Are students allowed feedback on issues?

As for its educational approach, find out if the school follows any particular educational or philosophical one. Is it modeled after a specific educator? Does the school offer specialized teaching?

How large are the classes? Do teachers interact with each other and attend regular workshops to keep themselves up to date on what is happening in the educational field? Do teachers use a variety of methods and assign challenging work? What is the policy regarding homework, and what kind of emphasis is placed on homework, tests and projects? Is the curriculum balanced to include art, athletics and academ-

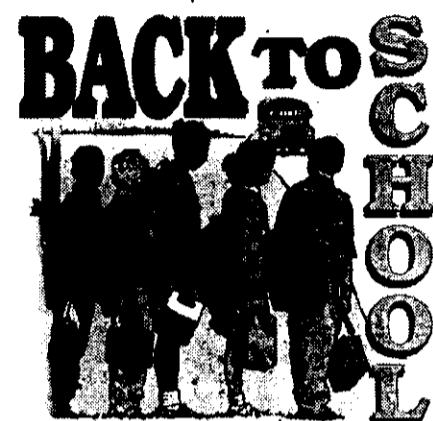
ics? What type of grade system is used? Does the school use grades like "A," "B" and "C" or a point system?

Finally, check out the school's guidelines for handling social and emotional issues. What is the policy regarding discipline? Are students expelled for minor or major offenses? How does the school communicate with parents? Are parent-teacher conferences scheduled on a regular basis? If additional meetings are needed, are teachers readily available? Before you leave the school, ask

for copies of policy statements, homework samples, class schedules, rulebooks and newsletters.

Matching your child with their ideal school is a difficult task to tack-

le, but not an impossible one. Before you make the final decision about what school to send your child to, talk to the parents of current and former students to see what they like and dislike about the schools on your list. Then work to choose the school that best suits your child.



Style from Page 6

student centered. The teacher acts as an adviser and delegates control to and responsibility for learning to students. This style of teaching provides students with the opportunity to design and implement their own projects, and encourages them to work effectively, either separately or in groups.

Rarely does a teacher use only one style of teaching. Most of the time, they use bits and pieces of various styles depending upon the environment in which they are teaching, the material they are teaching and the relationship they share with their students. The learning style of both the teacher and their students also impacts teaching style. If the teacher and the majority of their students are visual learners, the teacher will probably rely a lot on visual instruction through diagrams, drawings and written instructions.

Learning and teaching styles go hand in hand. It is important for students to understand their learning styles and capitalize on them. It is equally important for teachers to recognize the learning styles of their students and cater to them through their teaching style.

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Kick off a stress-free school year

By DONALD CLENDANIEL

For many children, the first day of school doesn't only mean new teachers and new friends, it can also be a source of anxiety with homework assignments and tests just around the corner. Starting the school year off on the right foot can help minimize a child's stress level throughout the year.

The experts at Sylvan Learning Center suggest that parents help their children prepare for the transition to the next grade level, and the return to school, by encouraging a structured routine from Day 1 and staying actively involved in their child's education.

To help children get ready for the new school year and to minimize academic stress, Sylvan Learning Center offers these tips and ideas to make the transition from summer to school easier. Tips include back-to-school suggestions and specific hints for the transitional years:

Back-to-School Tips (for each new school year):

* Get back in the routine. Ease transition from lazy summer days to the structure of the school year by re-establishing bedtime, mealtime, reading and homework routines. Talk with your child about the importance of these routines and how they help ensure that he is not overtired or overly anxious about schoolwork or the next day

of school.

* Set education goals. Help your child set goals at the very beginning of the year. Whether it is striving for an A in reading, handing in all homework on time or preparing for tests well in advance, setting goals can help set the routine for the new year.

* Develop a relationship with your child's teacher. Take the time to meet your child's teachers at the beginning of the school year. Teachers can be the best source for information about your child's scholastic performance, and they can recommend ways to help your child or resolve any difficulties he or she is having.

* Homework routine and place. Designate a specific time and place for homework time and help your child discover a regular, quiet place where he can study. Make sure that the area is free from potential distractions and that study tools are at your child's fingertips to keep him focused on homework and studying.

* Stay on schedule. Your child should keep a schedule of all classes, assignments and key dates, such as project deadlines and test dates. As part of that schedule, she should include specific times for studying, projects and extracurricular activities. The more thorough the schedule, the more efficient your child will be. Organization minimizes late nights completing homework as-

signments, cramming for tests at the last minute and can ultimately reduce student anxiety about school.

* Emphasize organization. For some students, having color-coded binders for each subject helps them stay on track throughout the school year. Keeping notes organized helps test preparation later in the year, so work with your child to determine the best method for him.

* Encourage learning at home. Promoting learning outside of the classroom helps children perform better in school. To nurture reading skills spend at least one hour per week - 10 to 15 minutes a day - reading with your child. To enhance math proficiency, try allowing your child to help plan the next family trip and encourage him to compute miles, cost of gas, expenses for food, hotel and entertainment.

Transition Year Back-to-School Tips (children starting kindergarten, first grade, middle school or high school):

* Visit the school. If your child is changing schools with the new year, make a special trip together to visit the school before the first day of classes. Checking out the new classroom and the new teacher before school starts will help ease feelings of anxiety and help get your child into his or aca-

demic routine. If it's available, review the class schedule with your child and prepare him for the new grade.

* Discuss changes in routine. Talk with your child about how

child's first teacher. The skills that he learns from you - how to get along with others, follow directions and listen to directions - will help him start the year off right.

* Transition into middle school and high school. Transitioning from elementary to middle school and from middle school to high school brings many questions and concerns. Organization becomes even more important in middle school and high school when your child must keep track of multiple subjects, homework, teachers, classrooms and books. You can help him to reduce stress by giving him a calendar/planner to help him organize these new items and encouraging him to build good study habits.

For educational resources for children in grades pre-K through 12, please visit www.educate.com or call 1-800-31-SUCCESS.

Donald Clendaniel is the center director at the Albany Sylvan Learning Center, the leading provider of in-center and live, online tutoring at home to students of all ages and skill levels.

With more than 25 years of experience and nearly 1,200 centers located throughout North America, Sylvan Learning Center has positively changed the lives of over two million students and families. Sylvan's trained and certified teachers provide personalized instruction in reading, writing, mathematics, study skills and test-prep for college entrance and state exams. At Sylvan, students develop the skills to do better in school and the confidence to do better in everything else. For information regarding the Sylvan AdvantageTM, call 1-800-31-SUCCESS or visit www.educate.com/info.



the routine for her new school may differ from the previous year.

It can be difficult for children to adjust to changes in schedules and workloads. Explain how her schedule may differ from last year. Will there be more homework assignments? Does she have to wake up earlier? Will she have more than one teacher this year?

* Provide extra support. When starting the new school year, especially if it's a transition year, a little extra support can't hurt. Talk with your child about her fears regarding school and maintain an open dialogue throughout the year. Discuss what subjects she's anticipating and any areas she finds particularly challenging. Don't forget to talk about homework and tests.

* Transition into kindergarten. Kindergarten is your child's introduction to elementary school and a first opportunity to learn basic math and reading skills, not to mention a first look at routines and expectations of group learning. As a parent, you are your



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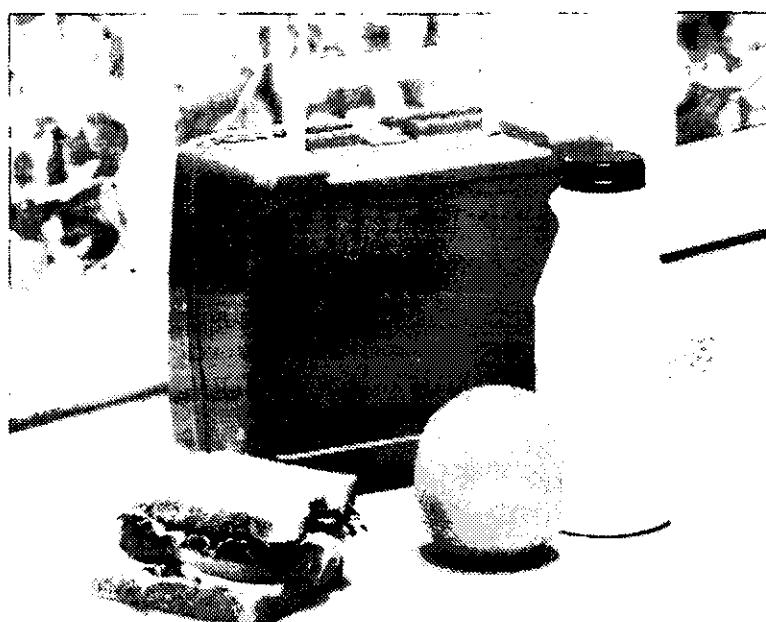
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Tasty and healthy

By TRESA ERICKSON

Remember taking your lunch to school as a kid? Your mom would pack it first thing in the morning while you were getting ready for school, and by the time lunch rolled around, you would be famished and gobble it down quickly. In all likelihood, your lunchbox was packed with all kinds of goodies, some healthy and some not so healthy. You didn't care. It all tasted good to you. Now that you're a parent, though, you do care about what's in your kids' lunchboxes. You want to provide them with lots of tasty, healthy foods in their lunchboxes.

With all of the convenient snack foods available at the market, it can be tempting to grab a few of those to stuff into your kids' lunchboxes. You may not want to do that, though, considering that many snack foods are laden in fat and fail to meet the recommended nutritional guidelines. According to experts, kids should get 16 grams of protein with every lunch, plus two servings of fruit or vegetables, two servings of grains and a small amount of fat from meat, nuts or dairy. This will provide them with enough fuel to get them through the rest of the school day.

When packing your kids' lunchboxes, limit junk food and go for healthier choices. To ensure your kids will actually eat what is in their lunchbox and won't trade it with someone else or throw it away, follow these tips:

- Get the kids involved. Take them shopping with you and let them pick out some of the foods for their lunchboxes. Don't be afraid to turn down unhealthy choices or use them in moderation.

- Respect kids' tastes. Pack foods into your kids' lunchboxes that they like. Don't stick in foods they detest, thinking they won't notice. They will. Don't toss in foods they have never tried before either. They may not find them appetizing and come home with an empty stomach.

- Provide a wide variety of foods. Lunches do not have to consist of a sandwich, fruit and milk. Numerous options are available from soup and crackers to pitas and yogurt to tortillas and trail mix. Beverages may include fruit juice or smoothies, water and more. Get creative and

ensure your kids have a variety of foods in their lunchboxes.

- Make foods easy to eat. Peel and chop all raw fruits and vegetables and any other foods that require it. Your kids are more likely to eat them if they don't have to prep them, especially if pressed for time.
- Turn eating into fun. Grab some cookie cutters and cut sandwiches, cheese and other foods into funny shapes. Tuck in a silly note, toy or some other treat, and voila, you have created a special lunchbox that makes eating fun.

These are just some tips for creating healthy lunches. Keep in mind as you are packing your kids' lunchboxes that you don't have to avoid high-calorie desserts and treats altogether. A slice of chocolate cake or a peanut butter cookie is fine every now and then as long as your kids are eating well otherwise.

There is no one reason why students choose to take time off from school. Some do it for monetary reasons. They work full time for several months to save money so they don't have to work when they go back to school. Others do it because they feel they aren't mature or disciplined enough to go to college or lack the enthusiasm needed to do well there. Some use the time to experience some of the things they've always wanted to do but didn't have the time to do before.

Prior to taking time off from school, there are some things

By RONDA ADDY

It seems like you've spent most of your life in school. High school is finally behind you, but college looms. You know you're going to college, but you'd like to take a little break first. Well, what's stopping you?

Few students take time off from school, so there are quite a few misconceptions about it. The most common misconception is that once a student takes time off from school, they won't be able to get into a school or find a job later. According to admission counselors, taking time off is rarely a disadvantage for future students. In fact, someone who has taken time off may get chosen over someone who has the potential to burn out in a few months. As for employers, they like to see someone who has been involved in activities that show their commitment to learning.

you need to consider. If you go directly to college from high school, you will more likely be with people who share your interests. If you take time off, you

person in the class. If you are planning on going into a competitive job market, it may be better to go on to school since any type of gap could be frowned upon by potential employers. If you can't get into the college of your choice, it may be best to attend another one for a couple of semesters and reapply. Being a transfer student may even improve your chances of admission since you can prove your academic credibility.

If, after taking all of this into consideration, you decide to take some time off from school, make sure you do it for the right reason. Don't take time off just because you didn't get into your first school choice and don't do something during your time off that you think will

Time see Page 12



may not share the interests of your younger classmates, and depending upon how long you take off, you could be the oldest

Newsletter helps parents help kids plan for college

Students planning for college today face different circumstances than their parents did. That's why the experts at ACT—best known for its college admissions exam-created ACT Parent, an e-mail newsletter to help all parents understand college planning in today's world.

This free monthly newsletter provides college and career-planning information to help parents guide their children from middle school through high school. By reading the articles, parents can anticipate the decisions their kids

need to make at certain points as they prepare for college and the workplace.

ACT Parent covers topics including searching for college; taking admissions tests and understanding test results; filing for financial aid; and exploring and planning for a career.

Parents interested in subscribing to the newsletter can find a subscription form and past issues in the parent section at www.act.org. You can find it directly at www.act.org/path/parent/news/index.html.

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A new beginning

By Ronda Addy

Selecting a college is a difficult task for most students. For a student with a learning disability, it can be even more so. When looking for a college, it's not enough for a student with a learning disability to find one that offers a number of quality services and programs. The student must find a college that meets their needs not only as a college student but as a college student with a learning disability.

Students with learning disabilities must take several factors into consideration when selecting a college. First, they should look at the support program offered by the college to students with learning disabilities and find out the following:

- Is the program staffed by full-time professionals? What are the qualifications of staff mem-

bers?

- Is the program evaluated regularly? Who performs those evaluations?
- Who counsels students with learning disabilities during registration, orientation and course selection?

- Which courses provide for tutoring? What kind of tutoring is available, and who does it? Do students with learning disabilities have to request tutoring, or is it provided automatically?

- How well do instructors at the college work with students with learning disabilities?
- Are study and writing skill courses offered?
- Are students with learning disabilities allowed more time to graduate?

When visiting potential colleges, students with learning

disabilities should meet with someone at the Office of Disability Support Services and discuss any accommodations they may need. The Americans with Disabilities Act prohibits discrimination against students with disabilities when applying to college. After being admitted to a college, students with disabilities can request reasonable accommodations so they can participate in exams, courses and other activities. Most colleges have an Office of Disability Support Services to assist students with these accommodations. In order to qualify for support services,

students must disclose their disability to the Office of Disability Support Services. The office will then inform instructors of the needed accommodations.

After choosing a college, students with learning disabilities can prepare for what lies ahead in numerous ways. They can take pre-college classes available to high school students who have completed their junior or senior year. They can enroll in a college class in the summer that will help them redefine their study habits, learn the layout of the campus and how to use the library, and get a feel for what

college campus life is like. They can even spread out their coursework over four-and-a-half to five years, rather than the traditional four years, and take fewer classes per semester.

The prospect of leaving the comforts of home for roads unknown at college is daunting to most students. To a student with a learning disability, it can be downright terrifying. However, with a little foresight and careful planning, students with learning disabilities can choose the college that is right for them and meet all of the challenges that lie ahead of them.



St. Thomas to celebrate 50 years

On Sunday, Sept. 17, at 3 p.m., people from all over the northeast and beyond will return to Delmar and help St. Thomas the Apostle School celebrate its 50th anniversary with a liturgy and reception. Bishop Howard Hubbard will offer the anniversary mass in the parish church at 35 Adams Place.

Invitations have been sent to all alumni whose addresses are known to the school; however, all students who attended the school are invited back to share in the celebration.

While it has become cliché to be reminded of how much the world has changed in the last 50 years, it is at times comforting to know how much has remained the same. When the school was founded, it was created to be a place of learning, a place of re-

spect for life and the individual, and a place of service to others. That remains true today as families choose St. Thomas so their children can experience the connection between who they are as individuals and what they are called to be in service to others. In a community known for its schools, St. Thomas is an example of high academic standards, not only in an effort to achieve a higher score on a test, but more so in recognition of the gifts and talents of its students and their commitment to applying their learning in the areas of leadership, outreach, and community building.

To be sure, St. Thomas the Apostle is a 21st century school, providing opportunities and learning experiences that enable

each child to grow as a student in a community of faith. For example, second language instruction begins in kindergarten, and children as young as 3 years old spend time in the state-of-the-art computer lab. A literacy coordinator, math lab, writing lab, and science center provide children with the opportunities to be successful according to their full potential. Children learn at St. Thomas not only to be the best they can be, but how their gifts can be shared with the rest of the world.

Social justice and community outreach continues to be an integral part of the students, learning experiences. By recognizing that the challenges they face will be best met through the efforts of a community, the students reach out to others, placing others' needs above their own wants. By partnering with Ronald McDonald House with the kindergarten class, or by having the second grade class walk across the street to spend time with the residents of Reilly House, or by seeing a middle school student make his way to Delmar Place after school to shoot pool with the senior members of our community, the school is constantly reminded that the real work of education lies not within the walls of the building, but rather by what takes place beyond.

Celebrate see Page 12

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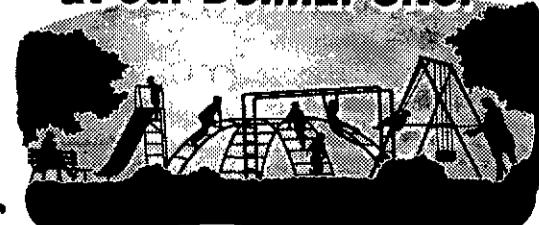
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Paying for college

Are you or your son or daughter heading to college this fall? Are you daunted by the costs and financing decisions? Ponder these facts:

* As reported by the U.S. Department of Education, more than 16.3 million students will be enrolled in colleges in 2006 in the United States – you're not alone in making some tough financial decisions.

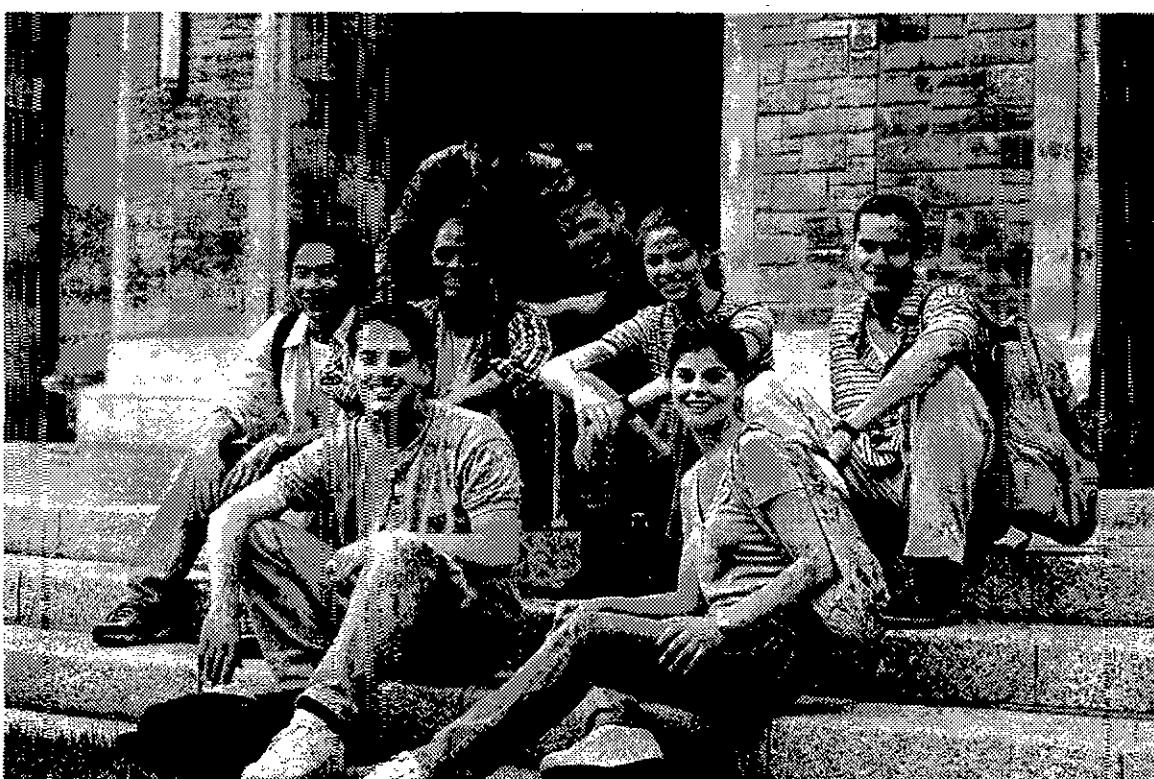
* During the 2005-2006 academic year, The College Board reports that the estimated average annual cost of attendance was \$31,916 at a four-year private college, \$15,566 at a four-year public college and \$11,692 at a two-year college. As the saying goes, paying for college is like buying a car every year – the only decision is whether it's new or used.

* Student loans have proved to play a key role in financing college and university students' educations. The American Council on Education reported in its 2003-2004 survey findings that two-thirds of students, or their family members, currently depend on these loans to pay college expenses.

* Teen Research Unlimited states that teens spent \$159 billion in 2005. When they leave for college, making good financial choices becomes even more important.

As noted by these statistics, handling finances is critical to college success. So how do college students find and manage the money? Here is the most important tip to make sound financial decisions when paying the bills: seek financial aid and good money management tools.

Simply put, financial aid is the money you can get for educational expenses. It's designed to supplement the amount you and your family contribute. You'll encounter four basic types of financial aid: grants, scholarships, work study and loans. Most students rely on federal programs for funding financial aid. To apply you must complete a form called the Free Application for Federal Student Aid, or FAFSA. If you want to take advantage of maximum federal funding for the fall semester,



you must turn in the FAFSA as early as possible after January 1 of that school year.

Applications are available at high school guidance offices, the college the student plans to attend, or the U.S. Department of Education's Web site at www.fafsa.ed.gov. One more thing – even if you think you won't qualify for college financial aid, try anyway. You might be pleasantly surprised.

For example, at www.usbank.com/studentbanking, you can apply to be one of 30 high school seniors to receive a \$1,000 U.S. Bank Internet Scholarship. Over the past ten years, U.S. Bank has awarded more than \$290,000 in scholarship funding for this program. Scholarship award recipients are selected through a random drawing process. You must be planning to attend an accredited

two- or four-year college full-time next fall. The U.S. Bank Web site also features a powerful scholarship search engine that contains approximately 1.8 million awards valued at more than \$7.9 billion.

The Federal Work Study program gives students the opportunity to earn money for school and gain valuable work experience. It's available to both undergraduate and graduate students with financial need. The amount you can earn depends on several factors: need, other aid received, and availability of school funds.

Student Loans – Financing the Big Expenses

Student Loans are some of the most commonly used financial



prised and receive financial aid. The following outlines financial aid and money management resources further:

Grants, Scholarships and Work Study - Finding Free Money

Federal Pell Grants are awarded to part-time and full-time undergraduate students who show financial need. Like all grants, it does not have to be repaid. Fed-

tools. They are funds borrowed from a financial institution or federal or state government. Education loans must be repaid. There are at least three types of education loans:

* Federal Perkins Loan is a federal loan program administered by colleges. It's available to both undergraduate and graduate students and is based on need and the availability of government funds. The annual fixed interest rate is five percent. Repayment begins nine months after the student leaves school or is less than a half-time student.

* Federal Stafford (student) Loans and Federal PLUS (graduate student and parent of undergraduate student) Loans are available through financial institutions, such as U.S. Bank, that participate in the FFEL program or through the federal government in the direct loan program. Most students qualify for these kinds of loans and, depending on financial need, may be eligible to have the interest subsidized by the government while in school. As of July 1, 2006 through June 30, 2012, rates are 6.8 percent fixed for Stafford loans and 8.5 percent fixed for PLUS loans.

* Supplemental loans for students or parents are available at participating colleges or directly to the borrowers. They are not based on need. These variable rate loans can be used as a supplement or replacement for federal loans. U.S. Bank offers a number of supplemental loans where students can borrow up to the entire

College see Page 12

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Time from Page 9

help you get into the school. An engineering school may not be impressed with charity work.



Talk to an admissions officer and find out what they consider to be the most important factors in the selection process. This will help you decide whether taking time off will help you get into the school, as well as what you should do during your time off.

As soon as you are certain that you are taking some time off from school, meet with your high school guidance counselor and let them know about your plans. Then contact the admissions office of the school you will be attending and get a deferral or leave of absence for a se-

mester or two. After that, decide what you are going to do with your time. You could use your time to:

- Ease into college. Try taking a couple of classes at a community college to ease yourself into college work. Make sure any classes you take can be transferred.
- Gain career experience. Try working in a field that interests you to see if it is something you want to pursue.
- Work and save money. If you are going to have trouble paying for college, work and save money for your expenses.
- Travel. Travel around for a while and see the world. You are bound to gain some life experience.

Volunteer. Gain additional skills and experience by volunteering at a local hospital, tutoring or doing some sort of community service.

Real world experience is something schools and employers look for, so there is nothing wrong with taking some time off school. Just remember to consider all of the advantages and disadvantages, decide accordingly and spend the time wisely.

Celebrate from Page 10.

Sports teams and fitness have become a regular part of the St. Thomas experience. Soccer, volleyball, flag football, and running club are all offered to students at St. Thomas. In addition, a full band and drama program round out a complete spiritual, intellectual, physical, social, and emotional education.

When the alumni return to St. Thomas, some of them for the first time since graduation, they will be met by many changes that have occurred since their days at St. Thomas. New classrooms, new technologies, and new programs can be seen by the eye. What has not changed at St. Thomas the Apostle since 1956 is what is felt by the heart.

In 1956, the parish of St. Thomas, with the help of the Sisters of the Holy Names, founded



the school. While the building was being constructed on the corner of Kenwood Avenue and Adams Place, classes were held in the church basement and in a neighborhood house. Since that time, thousands of children have

learned what it means to be a St. Thomas student. On Sept. 17, they will once again return to the school, bringing with them life stories, each connected in some way to the lessons learned at 42 Adams Place, Delmar.

College from Page 11

annual cost of attendance, minus other financial aid received, at competitive interest rates.

Checking Accounts – Paying Everyday Bills

Moving in, finding the dining hall, the first week of classes – students have enough to worry about without having to worry about their day-to-day finances. That's why it's important for students to set up a checking account as soon as they arrive on campus. A checking account, combined with a check card, is the most convenient way for a student to manage finances at school. Not only can students pay bills, but also make everyday purchases – like books at the campus bookstore – with a check

card. When a check card is used for purchases, the money will always come directly out of their checking account, so debt cannot be accumulated.

Plastic Cards – Controlling Spending

College students need money for many things in their busy lives – books, gas, clothes, travel and emergencies. Reloadable prepaid cards are perfect tools. For example, the prepaid U.S. Bank Visa (R) Buxx Card has benefits for both students and parents. It's safer than cash, plus there's no risk of debt because students can only access the funds pre-loaded to the card. Parents load the card, track purchases and balance information online and can even set up an automatic al-

lowance schedule. Students may use the card everywhere Visa debit cards are accepted, including online and at ATMs.

Shopping for everyday needs and larger purchases will probably be a new experience for most college students. Finding a conservative, low-cost credit card may now prove to be a necessity. Be careful of low introductory rates that often increase soon after the cards are used. Instead, find cards with reasonable interest rates and low maximum balances and spending limits. Even more helpful is for students to pay off their balance monthly and incur no interest charges. Newer cards now allow students to earn rewards for all purchases. The U.S. Bank College Rewards Visa Card allows students to manage their own finances, while earning points toward free entertainment and merchandise – as they can earn one point for every net purchase dollar charged. Online access is also important in order to view account balances, and manage and redeem reward points.

Given the students' unique financial needs during college, it is critical to make good financial decisions before setting foot on campus. When students learn to manage finances through financial aid, student loans, and bank accounts, they gain a valuable financial education that will serve them well in college and beyond.

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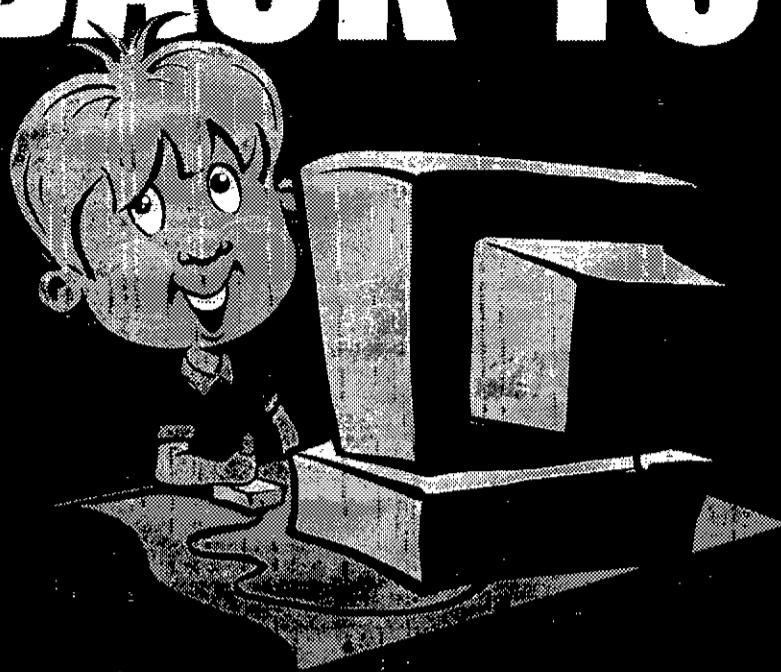
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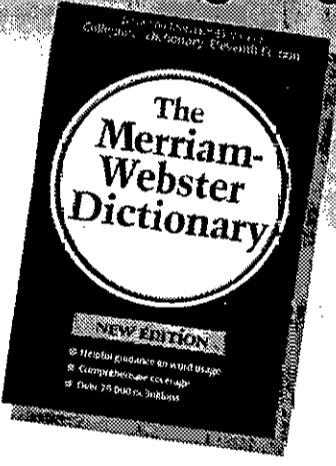
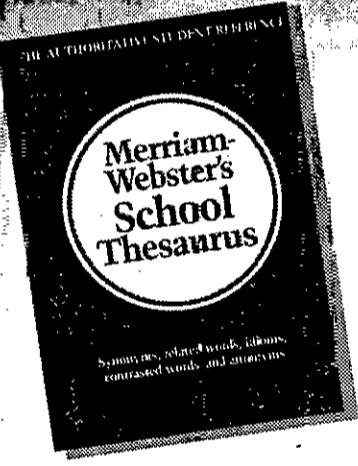
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Obituaries in the Spotlight

Helen Pollack Adler

Helen Pollack Adler, of Delmar, died Tuesday, Aug. 1.

Born in Rankin, Pa., she moved to Delmar in 1956.

She graduated from Carnegie Mellon University (then Carnegie Institute of Technology) with a bachelor's and master's degree.

She taught library science at Albany Teachers College and English at Bethlehem Central

High School, where she developed the Advanced Placement English course.

She founded The Creative Writing Club and its publication, "The Thinking Reed."

Helen enrolled in continuing education programs throughout her career, notably in highly selective humanities programs at Yale University, Williams College and Wesleyan University. She was twice selected to grade AP English achievement tests for the

Educational Testing Service.

She retired from BCHS in 1983 after a 24-year career.

Helen began her free "Books in the Morning" lecture series in Delmar shortly after leaving BCHS, then with her husband, Frederic, founded and guided the Humanities Institute for Lifelong Learning (HILL), pouring their energies into recruiting the best teachers from area colleges and universities. HILL now attracts 1,000 enthusiastic participants annually. HILL and its founders were recognized by the New York State Chamber of Commerce for enriching the lives of Bethlehem's residents.

She was a founding member of B'nai Sholom Congregation in Albany.

She was wife of Frederic Adler, who died in 2004. She was predeceased by her daughter Vicki in 2000. Survivors include two daughters, Deborah Adler of Delmar and Rachel Hayes of Arlington, Mass., and three grandchildren.

A memorial service is planned at Temple Beth Emeth in Albany on Friday, Sept. 8 at 1 p.m. In lieu of flowers, Helen requested that

contributions in her name be made to the Bethlehem Humanities Institute for Lifelong Learning (HILL), c/o the Bethlehem Central School District, Business Office, 90 Adams Place, Delmar 12054, or the American Civil Liberties Union, 90 State St., Albany 12207.

Edith Marx Hellman

Edith Marx Hellman, 96, of North Bethlehem died Friday, Aug. 4, at her residence.

Her family were among the founding members of Congregation Beth Emeth where she was both confirmed and married. She attended Public School 16 and graduated from the former Milne School in 1928.

She was married to the late Neil Hellman for 55 years until his death in 1985. They began a family and together built several business ventures in the Capital District.

Survivors include two daughters, Barbara Iselin and Joyce Bookstein; a brother, Herbert L. Marx Jr. of Manhattan; seven grandchildren; and 16 great-grandchildren.

She was a member of the board

of the Capital District Blind Association, served as a volunteer for the Albany Medical Center Hospital Auxiliary and was an honorary life member of the Parsons Child and Family Center. In 2000, she was honored by the Capital Senior Issues Forum for her lifetime achievements. The family expresses its gratitude to Mrs. Patricia Long for her devotion to Mrs. Hellman and its appreciation as well to all of her caregivers.

Services were from Congregation Beth Emeth, 100 Academy Road, Albany.

Memorial contributions may be sent to Parsons School, 60 Academy Road, Albany, NY 12208 or Edith Hellman Religious School Fund, Congregation Beth Emeth, 100 Academy Road, Albany, NY 12208.

Merle E. Buddy Evangelisti

Merle E. Buddy Evangelisti, 81, died Thursday, Aug. 3.

Born in Albany, she worked for St. Peter's Hospital and retired from the state Department of Education.

Survivors include her husband, Basil A. Evangelisti; three daughters, Mary Beth Watts of Scotia, Linda Evangelisti of Altamont and Lisa Truax of Ballston Spa; five grandchildren; and several great-grandchildren.

The family would like to gratefully acknowledge the care provided by Dennis Gort, M.D. and the staff at St. Peter's Hospital, especially Jeff Stone, Bill Fazioli, Curtis and Pam. A memorial service will be held on Thursday, Aug. 10, at 9:30 a.m. at New Scotland Presbyterian Church at 2010 New Scotland Road, New Scotland. Following the service, the family invites you to attend a gathering in her honor at the church hall. Contributions may be made to the American Lung Association, 3 Winners Circle, Colonie 12205.

Lawrence D. Kennedy

Lawrence D. Kennedy, 63, of Clarksville, died Monday, July 31.

He was a foreman with CSX railroad, retiring after 30 years. He served in the Air Force from 1962 to 1966. He was an avid bowler. Mr. Kennedy was a former member of Third Reformed Church in Albany and Clarksville Community Church.

Survivors include his wife Phyllis Kennedy; four daughters, Christine Petterson of Colchester, Vt.; a son, Scott Kennedy of Hannacroix; three granddaughters; and two brothers, Marshall Kennedy and Dale Kennedy.

Services are from Durant Funeral Home in Glenmont. Contributions may be made to the Society for Super Nuclear Progressive Palsy, 11350 McCormick Road, Suite 906 Hunt Valley, Md. 21031.

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Recycle

Milestones in the Spotlight

Class of '06

University of Delaware

Jaclyn Pilette of Delmar, bachelor of arts, cum laude

The College of Saint Rose

Jordan True of Altamont, bachelor of arts

Danielle Baccari of Altamont, bachelor of science

Katherine Oboyski-Butler of Altamont, certificate of advanced study

Danielle Rossner of Altamont, certificate of advanced study

Alyssa Craig of Altamont, master of arts

Cassi LaBarr of Altamont, master of science in education

Danielle Rossner of Altamont, master of science in education

Jessica Smith of Altamont, master of science in education

Michelle Emma of Delmar, bachelor of arts

Christiana Limniatis of Delmar, bachelor of arts

Rebecca Matthews of Delmar, bachelor of arts

Seth Odell of Delmar, bachelor of arts

Rachel Bellizzi of Delmar, bachelor of science

Adam Reagan of Delmar, bachelor of science

Gloria Jean of Delmar, certificate of advanced study

Adam Reagan of Delmar, certificate of advanced study

Stephen Schroder of Delmar, certificate of advanced study

Robert Fitzgerald of Delmar, master of arts

David Denning of Delmar, master of science

Jennifer Leary of Delmar, master of science

Suzanne O'Brien of Delmar, master of science

Debra Kottage-Perrotto of Delmar, master of science in education

Kristin Kvam of Delmar, master of science in education

Kimberly Winne of Delmar, master of science in education

Aubrey Spaulding of Feura Bush, bachelor of arts

Heather Leary of Glenmont, bachelor of arts

Nicole Kondrat of Glenmont, bachelor of science

April Rooney of Glenmont, bachelor of science

Matthew Burns of Glenmont, master of science in education

Donna Dawson of Glenmont, master of science in education

Geraldine Logrillo of Glenmont, master of science in education

Michael Decker of Ravena, master of science in education

Colleen Moore of Selkirk, bachelor of arts

Elizabeth Thorpe of Selkirk, bachelor of science

Patrick Lalor of Selkirk, master of science

Kimberly Dulan of Selkirk, master of science in education

Danielle Moreau of Slingerlands, bachelor of arts

Samantha Seim of Slingerlands, bachelor of arts

Tera Weddell of Slingerlands, bachelor of arts

Jami Cotler of Slingerlands, master of science

Kevin Bogus of Slingerlands, master of science in education

Tricia Campano of Slingerlands, master of science in education

Emily Goodreau of Slingerlands, master of science in education

Tovah Keleshian of Slingerlands, master of science in education

Jeanine Smith of Slingerlands, master of science in education

Amy Miller of Voorheesville, bachelor of science

Mark Tidd of Voorheesville, bachelor of science

Michael Canfora of Voorheesville, master of science

Emory University

Jennifer Gerstenzang of Delmar, bachelor of arts

Western New England College

Lauren Schucker of Delmar, bachelor of science in chemistry, magna cum laude

Keith Maurer of Delmar, bachelor of science in industrial engineering

Babson College

Lydia Norman of Voorheesville, bachelor of science in business administration

Meredith Singer of Slingerlands, bachelor of arts in English, cum laude

Bowdoin College

Mark Bulger of Delmar, bachelor of arts in economics

Carter Thomas of Delmar, bachelor of arts in sociology

Real Estate TODAY



by
Cathy Cooley

Licensed
Associate Broker,
CBR, SRES

IT'S A STRETCH

If you are a first time buyer faced with rising home prices and limited financial resources, you may be searching for ways to afford a new home. A limited number of mortgage lenders are coming to such prospective buyers' aid with 50-year adjustable-rate loans. Many lenders already offer 40-year mortgages, which make up about 5 percent of all home loans. These loans may be stretching things a bit for many borrowers, but they do have their place. These long-term mortgages are best suited to those who intend to stay in their homes for about 5 years, during which time the loan's interest rate remains fixed. This at least provides buyers with an opportunity to get their feet in the door. However, be aware of all the details of a loan. For instance, with interest-only mortgages, borrowers run the risk of building so little equity that they end up owing more than the home is worth.

Mortgage lenders, financial institutions, and other lenders are reaching out to first-time buyers with new and innovative loans that may allow a first-time buyer to afford a home. Remember, As a real estate broker with 15 years of experience, I can provide you with the mortgage experts with the most mortgage options.



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Milestones in the Spotlight

Class of '06

Simmons College

Jessica McFarlane of Glenmont, doctorate in physical therapy

Swarthmore College

Emily Wistar of Delmar, bachelor of arts in history

Harris Kornstein of Glenmont, bachelor of arts in sociology and anthropology

Stonehill College

Lauren Stone of Slingerlands, bachelor's degree, cum laude

Colgate University

Jennifer Rodgers of Glenmont, bachelor of arts

McDaniel College

Jonathan Patrei of Voorheesville, master's degree in education

Paul Smith's College

Michael Sullivan of Voorheesville, bachelor of science in business management and entrepreneurial studies, magna cum laude

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Barbara and Robert Jasinski

Jasinskis celebrate 50 years

Barbara and Robert Jasinski recently celebrated their 50th wedding anniversary on June 16 at a party hosted by their children at the Boat House in New Baltimore. The couple was married June 16, 1956, at the Former Our Lady of Angels Church in Albany.

The former Barbara Mehalak is a retired secretary for the United States Department of Agriculture.

Robert is a retired purchasing officer for the state Office of General Services.

The couple's children are Linda and Ted Simons and Stanley and Ann Jasinski.

The couple also has four grandchildren: Stephan,



Benjamin, Zachery and Katerina.

The couple resides in Glenmont.

Dean's List

Northeastern University

Michael Sanders, Eric Zimmer, Cole Andeson and Arie Fishman-Larsh, all of Delmar.

Ian Phillips of Feura Bush.

Peter Privitera and William Agnew, both of Glenmont.

Kate Gansle, Amy Starkman and Danielle Khalife, all of Slingerlands.

Patrick Carey and Nicole Di Bella, both of Voorheesville.

Syracuse University

Shannon McLoughlin, Alyssa Ronkese and Keri Vanderwarker, all of Altamont.

Michael Leveille, Brian McBride, Kathryn VanHeusen, Jonathan Baselice, Timothy Brosnan, Savannah Marion and Mary Plummer, all of Delmar.

Lesley Stefan of Voorheesville.

Virginia Tech

Alex Kopps and Kathryn Mann, both of Delmar.

Roger Williams University

Evan Gall of Delmar.

Messiah College

Tennyson Tippy of Voorheesville.

University of Hartford

Benjamin Greenberg of Delmar.

SUNY New Paltz

Nicole Vitillo, Adam Margolis, Jillian Nolan and Joseph Carusone, all of Delmar.

Robert Babcock-Ellis of Feura Bush.

Adrienne Davis of Glenmont.

Megan Di Maggio of Slingerlands.

Jessica Turner of Voorheesville.

Clark University

Nell Strizich of Delmar.

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Entertainment *in the* Spotlight

Bike tours will be part of Canal Splash, an event premiering along the state's canals this weekend.

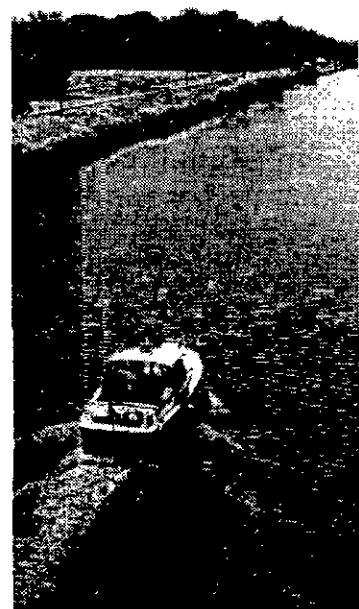


'Canal Splash' keeps history afloat

By ANN MARIE FRENCH

The first Canal Splash is scheduled to take place this weekend. Over 90 events will be held in 20 different counties in an effort to celebrate the New York State Canal System and Canalway Trail. Locally, events will be held in the counties of Warren, Washington, Saratoga, Schenectady, Albany and Rensselaer. Events include kayak and canoe races, live music, photography and museum exhibits, bicycle tours, nature exhibits and walks, and a wide range of other activities designed with family fun in mind.

"This is for anyone and everyone to enjoy," said Carmella Mantello, director of the New York State Canal Corporation. "It is important for people who live here to understand the significance and value of the canal. We have an incredible national treasure right here in New York state."



Boats enjoy some of the 524 miles that make up the state's canal system.

The canal system's more than 524 miles connect hundreds of lakes and rivers along its path which connects Lake Erie to the Hudson River. When the first section, the famous Erie Canal, opened in

1825, the canal decreased both travel time and shipping costs, facilitating westward expansion.

Today, there are 57 locks along the canal, many of which Mantello said will be open and available for tours. Calling the locks "engineering marvels," Mantello noted that they are operated and maintained in the same manner they were 100 years ago.

"So many people in so many communities recognize the national significance," said Mantello. "But there are many who do not. We need to take that asset and tell the world what we have in our backyard."

"The canal system generates over \$384 million to communities all across the canal system. We're hoping folks can recognize that the canal can be the economic engine and the front door to economic revitalization," she said, citing a Canal Corporation study done several years back.

Mantello, who previously served as the executive director for the Hudson River

Valley Greenway, used the Hudson River Valley Ramble as an example to follow when organizing the Canal Splash. She said creating a similar event to support the Canal System was "one of the things I really wanted to do. It will be the cel-

ebration of the history, the culture, the recreation and the other amenities offered along the canalway."

The events are geared to be family friendly with fun for all age groups. If you are going to be in the Schuylerville area, think about making time to watch the Cardboard Boat Races or stop off at General Philip Schuyler's House for a glimpse of life in the 18th century. Over 25 artisans will provide demonstrations of 18th century crafts. The Champlain Canal Tours will also offer riverboat tours.

In Schenectady County, stop by Freedom Park for free musical concerts or take part in a learn-to-ski water clinic behind

Jumpin' Jack's in Scotia. History buffs can participate in a revolutionary bike tour while nature enthusiasts can check out eagles with staff from the Department of Environmental Conservation's Five Rivers Environmental Education Center.

In Rensselaer County, people can take a two-hour walk through Oakwood Cemetery with military historian Michael Barrett.

In Albany County, head to Peebles Island State Park which provides great views, walkways, and a museum that is open to the public.

"It is a fantastic place for the young and the senior citizens," said Mantello of Peebles Island.

Mantello suggested that people check out the Web sites,

www.johnnymilleradventures.com or www.canals.ny.state.us for information about event dates, times, and costs. Some events are free; some have a fee. The Web sites offer details of events occurring out of the immediate area for those who wish to travel to other parts of the Canal System. Mantello suggested the Finger Lakes region as several wineries have partnered with cruise lines to provide special offerings. Another out-of-area event that would likely be of interest would be several fishing derbies in the Oswego area.

"There is so much history along the canal," said Mantello. "We need to keep that history alive."

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Rated PG - 91 min
Aug 17, at 11am & 1pm
Aug 18, at 11am & 1pm
Aug 19, at 11am & 1pm

AN INCONVENIENT TRUTH

Rated PG - 100 min
Aug 17, at 3, 5:15, 7:30
Aug 18, at 3, 5:15, 7:30
Aug 19, at 3, 5:15, 7:30
Aug 20, at 2, 4:15, 6:30

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BEAUTY AND THE BEAST

The Disney musical version, presented by Park Playhouse, Washington Park, Albany, through Aug. 20, 8 p.m. Tuesdays through Sundays, amphitheatre seating is free, call for reserved seats. Information, 434-0776.

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Female Celtic band, Aug. 7, 7 p.m., Music Haven stage, Central Park, Schenectady, free. Information, 382-5152, ext. 4.

BASEMENT BAND

Acoustic bluegrass/folk band, Aug. 8, 11:30 a.m., Ten Eyck Plaza, Albany, free. Information, 465-2143, ext. 17.

LOU GRAMM

Former Foreigner frontman headlines I Love New York Food Festival, with Fastball and others, Aug. 9, 11 a.m., Empire State Plaza, Albany, free. Information, (877) 659-4377.

TITO PUENTE JR. ORCHESTRA

Son of famous Latin jazz performer leads his band into Alive at Five show, Aug. 10, 5 p.m., Riverfront Park, Albany, free. Information, 434-2032.

DION

Famed 1960s rock/doo wop singer returns to the region, Aug. 12, 8 p.m., The

Egg, Empire State Plaza, Albany, \$34. Information, 473-1845.

Visual Arts**NEW YORK STATE MUSEUM**

"Preserving Family History: the Heritage of an Albany County Family," through Dec. 31; "Op Art Revisited: Selections from the Albright-Knox Gallery," through Aug. 13; "Focus on Nature IX," through Sept. 10; "COM.EN.ART," through Aug. 30. Plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

THE CLARK

"The Clark Brothers Collect: Impressionists and Early Modern Paintings from the

Collection of Sterling and Stephen Clark," through Sept. 4; "Delacroix and the Horse," featuring world premiere of Eugene Delacroix work; and other ongoing exhibitions. Information, 413-458-0524.

ALBANY INSTITUTE OF ART

"Common Ground: 200 Years of Washington Park," through Dec. 3, plus exhibits on Hudson River School painting, American sculpture and the history of Albany, 125 Washington Ave. Information, 463-4478.

SCHENECTADY MUSEUM

"Robots Rock!" an interactive exhibit presented by the League of Musical Urban Robots, plus Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

ALBANY AIRPORT GALLERY

"Saving Troy," a photographic exhibit coinciding with the book of the same name by William B. Patrick, plus site-specific installations by Larry Kagan and Cara Nigro, plus installations by Anthony Garner, Baris Karayazan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

EXPOSED

"Equus Vita," through Sept. 5, Main Square Plaza, 318 Delaware Ave., Delmar. Information, 475-1853.

LOCAL COLOR ART GALLERY

"Art of the Harvest Moon," featuring works by 35 members of the Colonie Art League, through Oct. 31, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

NATIONAL MUSEUM OF DANCE

"Dancing Rebels," an exhibit about the New Dance Group, plus ongoing exhibits, 99 South Broadway, Saratoga Springs. Information, 584-2225.

NATIONAL MUSEUM OF RACING AND HALL OF FAME

Ongoing exhibits, 191 Union Ave., Saratoga Springs. Information, 584-0400.

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 exhibits including "East of Detroit" and New York racing, 110 Avenue of the Pines, Saratoga Springs. Information, 587-1935, ext. 20.

TANG TEACHING MUSEUM AND GALLERY

"And Therefore I am," an exhibition about the world of human consciousness, through Sept. 10; "Opener 11: Nina

Kalchadourian: All Forms of Attraction," through Dec. 30, Skidmore College, 815 North Broadway, Saratoga Springs. Information, 580-8080.

THE HYDE COLLECTION

"Decoding the Hyde Collection's Mona Lisa," featuring the museum's drawing of the famous painting, through Aug. 27; plus "Edward Weston: Life Work," a photography survey of the artist, through Aug. 13, 161 Warren St., Glens Falls. Information, 792-1761.

Call for Artists**DELMAR COMMUNITY ORCHESTRA**

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

COLONIE TOWN BAND

Several openings, rehearsals on Mondays at 7:30 p.m. at town hall, Route 9, Newtonville. Information, 783-2760.

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.

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., Shenendehowa Senior Center, Clifton Common, Clifton Park. Information, 372-5146.

ELECTRIC CITY CHORUS

Male singing group, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information, 785-4807.

DOUBLE TAKE

By Mark Szorady



Find at Least Seven Differences Between Cartoons!



MOVED 7 STEPS DIFFERENT
DIFFERENT 1. HAIR DIFFERENT 2. SHIRT STRIPE
HIGHER 3. EXIT CHANGED TO OUT 4. LIGHT
MISSING 6. FOOT
ANSWERS: 1. CATH. OR METH.
2. CATH. OR METH.

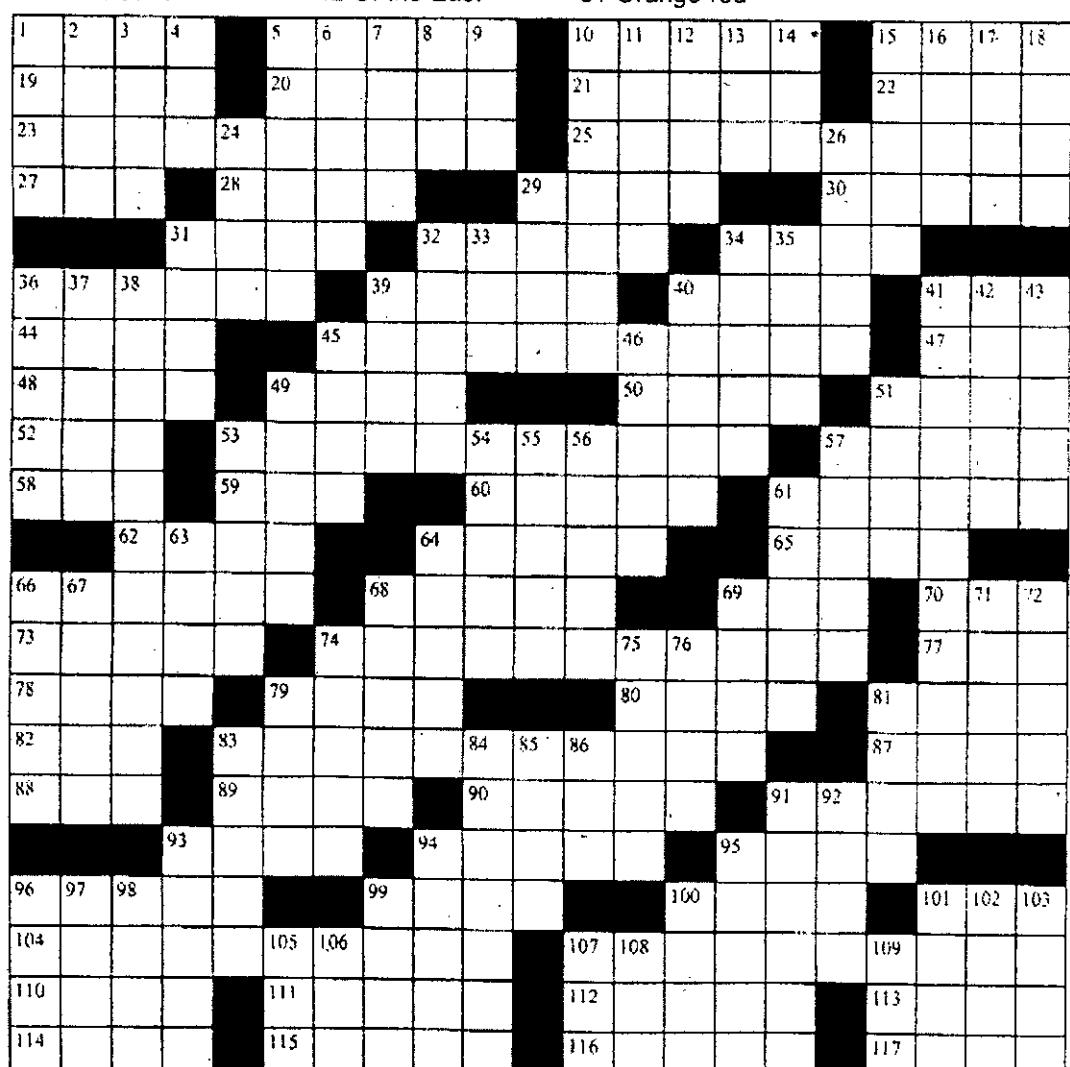
Super Crossword

MISHMASH

ACROSS

- 1 Strikes lightly
- 5 Noodles
- 10 Receded
- 15 Piece of paper
- 19 Thought
- 20 Hastily
- 21 Want badly
- 22 Ciao
- 23 Dawdle
- 25 Singing and dancing game
- 27 Tours season
- 28 Axlike tool
- 29 Nudge
- 30 States
- 31 That madame
- 32 Curie
- 34 Challenge
- 36 Herman, for one
- 39 "Land of the Rising Sun"
- 40 Residue
- 41 Little flap
- 44 Be overly enthusiastic
- 45 Basic facts
- 47 UN member
- 48 Druggie
- 49 Rig
- 50 Hardwood trees
- 51 Jumble
- 52 Second-smallest of fifty: abbr.
- 53 Line for a prestidigitator
- 57 Wicked one
- 58 Wapiti
- 59 10/31 greeting
- 60 Ancient Greek districts
- 61 Smooth fabrics
- 62 Marquee gas
- 64 Prongs
- 65 Musical symbol
- 66 Mohawk or bob
- 68 Of those people
- 69 Digit
- 70 Criticize
- 73 White poplar
- 74 Reckless
- 77 Mysterious craft, for short
- 78 Be generous
- 79 Speed
- 80 Touch
- 81 Octagon word
- 82 Quencher
- 83 Counter's start
- 87 Preposition
- 88 Cath. or Meth.

- 7 Macy's event
- 8 Lit up?
- 9 Word with one or more
- 10 Repeating
- 11 Penniless
- 12 Recipe word
- 13 Preceding period
- 14 Actress Susan
- 15 Major appliance
- 16 Ontario, for one
- 17 Brain passage
- 18 Compensates
- 24 Bush's alma mater
- 26 Bash
- 29 Say grace
- 31 Pitcher
- 32 Ending for auto or semiauto
- 33 Appropriate
- 34 Former coach Mike
- 35 Bugs
- 36 Stuffy one
- 37 Portrait holder
- 38 Daredevil
- 39 Iwo's follower
- 40 Ananias and others
- 41 Ice cream flavor
- 42 Of the East
- 43 Farm buildings
- 45 Notorious emperor
- 46 Garments
- 49 Cher's ex, for short
- 51 Glut
- 53 Dwelling
- 54 Farewell
- 55 Sturdy material
- 56 47 Across residents: abbr.
- 57 Capital city
- 61 Pack member
- 63 Perry Mason's creator
- 64 Proverbial crowd
- 66 Comic strip Viking
- 67 Stay
- 68 Understood
- 69 Sincere
- 71 In progress
- 72 California's state flower
- 74 Briefs maker
- 75 Clever and cautious
- 76 In ; shortly
- 79 Strip
- 81 Orange-red
- 83 board
- 84 Thomas More & John Fisher
- 85 Parts of psyches
- 86 Ending for eight or velvet
- 91 Unwanted growths
- 92 Over
- 93 Traveler's stop
- 94 More adorable
- 95 Exclamation of contempt
- 96 Fictional captain
- 97 Yellow-billed bird
- 98 Small-headed monkey
- 99 Amiable
- 100 Ratio words
- 101 Drifting
- 102 Son of Noah
- 103 Jim Nabors role
- 105 Bather's spot
- 106 "Bravo!"
- 107 Cooking pan
- 108 Holiday
- 109 Gauguin's field



in the Calendar of Events Spotlight

Wednesday, Aug. 9

Thursday, Aug. 10

Saturday, Aug. 12

BETHLEHEM**DELMAR ROTARY**

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

PLAYGROUP MEETING

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

MOTHERS OF PRESCHOOLERS (MOPS)

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

YOUTH EMPLOYMENT SERVICES

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

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.

BC SCHOOL BOARD

district office, 90 Adams Place, 7 p.m. Information, 439-7098.

BETHLEHEM TOASTMASTERS

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

BINGO

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

DELMAR FIRE COMMISSION

firehouse, Adams Place, 7:30 p.m. Information, 439-3851.

HEALING TESTIMONY MEETING

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

NEW SCOTLAND

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, 765-3390.

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.

BETHLEHEM**BETHLEHEM SENIOR CITIZENS**

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

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, 767-2243.

AA MEETINGS

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

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.

INTUITIVE EATING

A series of three workshops, today, Aug. 17 and Aug. 24. Aug. 10: Learn about the pitfalls of dieting and identify your eating style. Aug. 17: Begin to make peace with food (pre-register by Aug. 15). Aug. 24: Discover strategies to overcome emotional eating and practice the principles of intuitive eating (pre-register by Aug. 22). \$5 for each workshop. Cornell University Cooperative Extension of Albany County, 24 Martin Road, Voorheesville. 765-3500.

Friday, Aug. 11**BETHLEHEM****CHILDREN'S WRITING WORKSHOP**

Bethlehem Public Library, 451 Delaware Ave., 9:30 a.m. - 11:30 a.m., Information, 439-9341.

AA MEETING

First Reformed Church of Bethlehem, Route 9W, 7:30 p.m.

CHABAD CENTER

Friday services, discussion and kiddush at sunset, 109 Elsmere Ave. Information, 439-8280.

Q.U.I.L.T.

Q.U.I.L.T. Inc. meeting at Delmar Reformed Church, 386 Delaware Ave.

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, 439-4410.

BETHLEHEM**AA MEETING**

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 p.m.

NEW SCOTLAND**PICKLING FRUITS AND VEGETABLES**

Learn different techniques of pickling and make some to take home. \$10, includes materials. Cornell University Cooperative Extension of Albany County, 24 Martin Road, Voorheesville. 10 a.m. - noon. Pre-register by Aug. 9 by calling 765-3500.

Sunday, Aug. 13**BETHLEHEM****ST. THOMAS THE APOSTLE**

Masses — Saturday at 5 p.m. and Sunday at 7:30 a.m., 10:30 a.m. and noon, 35 Adams Place. Information, 439-4951.

ST. STEPHEN'S EPISCOPAL

Holy Eucharist, 8 and 10:30 a.m., coffee and fellowship, nursery care provided, Poplar Drive and Elsmere Avenue. Information, 439-3265.

BETHLEHEM LUTHERAN

85 Elm Ave., worship services 8 a.m. and 10:30 a.m. coffee/fellowship following worship. Sunday School and Bible classes 9:15 a.m., infant and nursery care, assistive listening devices. Bible class for developmentally disabled, second and fourth Sundays of each month. Information, 439-4328.

BETHLEHEM LUTHERAN

85 Elm Ave., summer communion worship service 8 a.m. and 10 a.m., fellowship breakfast 9 a.m. Assistive listening devices, handicap accessible. Information, 439-4328.

DELMAR REFORMED CHURCH

Traditional style worship 9:30 a.m.; Contemporary style worship 11:15 a.m. Coffee/fellowship following worship, complete children's program all morning. Handicap accessible. Contemplative worship with communion at 6:30 p.m. Information, www.drchurch.org. 386 Delaware Ave. 439-9929.

BETHLEHEM COMMUNITY CHURCH

Worship service 9:30 a.m.; nursery and Sunday School through 5th grade provided. 201 Elm Ave. Information, 439-3135.

SOUTH BETHLEHEM UMC

Sunday school, 9:30 a.m., worship service, 11 a.m., followed by coffee hour, 65 Willowbrook Ave. Information, 767-9953.

DELMAR FULL GOSPEL

Sunday service, 9:30 a.m., with Sunday school and nursery, home groups, women's Bible studies and youth group, 292 Elsmere Ave. Information, 439-4407.

FIRST REFORMED OF BETHLEHEM

Church school 9:45 a.m., worship 11 a.m., fellowship hour after worship; child-care provided, Route 9W, Selkirk. Information, 767-2243.

FIRST REFORMED OF BETHLEHEM

Summer hours, worship service, 10 a.m., child-care provided, no church school for summer. Route 9W, Selkirk. Information, 767-2243.

FAMILY OF GOD NAZARENE CHURCH

Worship 10 a.m. and 5 p.m., Sunday school 11:30 a.m., Krumkill and Blessing

roads, North Bethlehem, Information 439-9953.

FIRST UMC OF DELMAR

Sunday school 9:30, Worship service 9:30 & 11 a.m. (in chapel); adult classes and fellowship 11 a.m., child-care provided, 428 Kenwood Ave. Information, 439-9976.

MOUNT MORIAH MINISTRIES

Sunday school, 9:45 a.m., morning worship, 11 a.m., youth group, 6 p.m., evening service, 7 p.m., Route 9W, Glenmont. Information, 426-4510.

UNITY OF FAITH CHRISTIAN FELLOWSHIP

Sunday school and worship service, 10 a.m., 436 Krumkill Road. Information, 438-7740.

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday school and worship service, 10 a.m., child-care provided, 555 Delaware Ave. Information, 439-2512.

KING'S CHAPEL

Traditional Baptist Bible service, 10 a.m.; contemporary music, full band; 440 Route 9W, just south of Glenmont Road, Glenmont. Information, 426-9955.

BETHLEHEM CONGREGATION OF JEHOVAH'S WITNESSES

Bible lecture, 10 a.m., Watchtower Bible study, 10:55 a.m., Elm Avenue and Feura Bush Road. Information, 439-0358.

SLINGERLANDS COMMUNITY UMC

Worship service and church school, 10 a.m., fellowship hour, nursery care provided, 1499 New Scotland Road. Information, 439-1766.

DELMAR PRESBYTERIAN

Worship service, church school, nursery care, 10 a.m., fellowship and coffee, 11 a.m., adult education, 11:15 a.m., family communion service, first Sunday, 585 Delaware Ave. Information, 439-9252.

GLENMONT COMMUNITY CHURCH

Sunday school and worship service, 10:30 a.m., child-care available, 1 Chapel Lane. Information, 436-7710.

SOLID ROCK CHURCH

Worship service, 11 a.m., 1 Kenwood Ave. Information, 439-4314.

GOSPEL FELLOWSHIP

Service 10 a.m., 10 Rockefeller Rd., beneath the Normans Kill Bridge, Delmar, Information, 482-2132.

ADAMSVILLE ANCIENTS FIFE & DRUM CORPS

Rehearsal, 7:30 p.m., Information 432-1244 or 439-8727.

NEW SCOTLAND**ST. MATTHEW'S CHURCH**

Masses Saturday at 5 p.m. and Sunday at 8:30 and 10:30 a.m., Mountain View Road, Voorheesville. Information, 765-2805.

FIRST UNITED METHODIST

No service at church; visiting New Scotland Presbyterian for joint worship, 68 Maple Ave., Voorheesville. Information, 765-2895.

BETHEL BAPTIST CHURCH

Sunday school, 9:15 a.m., worship service, 10:15 a.m., Auberge Suisse Restaurant, Route 85. Information, 475-9086.

JERUSALEM REFORMED

Worship service and Sunday school, 10 a.m., followed by coffee hour, Route 32, Feura Bush. Information, 439-2363.

UNIONVILLE REFORMED

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by fellowship, Delaware Turnpike. Information, 439-5001.

CLARKSVILLE COMMUNITY CHURCH

Sunday school, 9:15 a.m., worship service, 10:30 a.m., followed by coffee hour, nursery care provided, Route 443. Information, 768-2916.

MOUNTAINVIEW EVANGELICAL FREE CHURCH

Family Bible Hour, 9:15 a.m.; worship service, 10:30 a.m., nursery care provided. Route 155, Voorheesville. Information, 765-3390.

ONESQUETHAW REFORMED

Worship service, 9:30 a.m., Sunday school, 10:45 a

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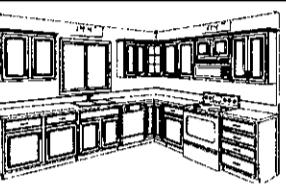
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mercial cleaning company, has positions available for entry level candidates to be trained as team leaders or supervisors. We offer health insurance, paid vacation, sick time, and advancement possibilities. First year salary range: \$20 - \$26,000. For a personal interview, please call (518) 465-4370 or 465-4501. Apply in person, M-F, at 141 Broadway in Rensselaer. EOE.

CHEF, SOUS For full-time days at Huyck Carriage House Restaurant located on The Rensselaerville Institute Conference Center estate, 40 minutes southwest of Albany. Applicants must have fine dining experience, strong kitchen skills and a passion for preparing ex-

ceptional cuisine. Excellent compensation. Call Executive Chef Joe Maloney at 518-797-3222 or email your resume to jmaloney@riConferenceCenter.com

CLEANERS; Environmental Service Systems, Inc., the region's well-known commercial cleaning company, has positions available for entry level candidates to be trained as team leaders or supervisors. We offer health insurance, paid vacation, sick time, and advancement possibilities. First year salary range: \$20-26,000. For a personal interview, please call (518) 465-4370 or 465-4501. Apply in person, M-F, at 141 Broadway in Rensselaer. EOE

DRIVERS EARN \$35,000+ YEARLY! Sage Truck Driving Training in cooperation with MVCC in Rome offers CDL A or B in 5 weeks 888-878-2528 New classes starting. www.sageschools.com

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Family Support Coordinator: For Sp. Inclusion K-5th gd. After School Program in Beth S.D. BA in Sp. Ed or Grad. Student, M-F, 2:30-6:00 pm Exc. Benefits. Resume to School's Out Inc., 239 Delaware Ave., Delmar, NY 12054-439-9300 www.schoolsoutinc.com

Rensselaer. EOE
PLUMBING & HEATING Full & part-time, some experience required. 518-756-2738

Site Manager: Bef & Aft School K-5th gd Prog. in Bethlehem SD, M-F, 30 hr wk AA or BA in Child Dev., Elem. Ed., 1 yr Supervisory exp. & 2 yrs. exp. w/children, Exc Benefits-Health Ins., Pd Time Off, Tuition Reimb. Resume to School's Out, Inc., 239 Delaware Ave., Delmar, NY 12054-439-9300 www.schoolsoutinc.com

SCULPTOR NEEDS MODEL college student or retiree OK. Delmar studio, references. \$10 per/hr 478-9240

SUMMER WORK for students. \$14 base-appt. Secure your position NOW! Fun customer sales/service, no experience necessary, flexible schedules, ages 17+, condition apply. 464-0200 Albany, 587-7020 Saratoga.

TEACHER AIDS - 1-6 or 3-6 PM. Bethlehem Pre-School. 463-8091, EOE

WANTED: Christian person to play piano Sunday mornings in a small Christian Church. Call 482-2132

SITUATION WANTED

AIDE: Certified, mature, excellent references, transportation, reasonable rates. 355-0951, 209-4878.

AIDES AVAILABLE: Mature, Reliable, Specializing in Alzheimer's, stroke, rehab & eldercare. Bonded & insured. Over 30 yrs. experience. Clean background checks. 312-7404.

Automotive Classifieds

AUTOMOTIVE FOR SALE

1995 MERCURY SABLE GS, Good condition, PW, PL, AC, ABS, remote mirrors, cruise, am/fm/cassette, keyless entry, \$1,750. Or best offer. 435-0742.

1995 PONTIAC GRAND AM SE 4-door V6 Air, Automatic, 52K, very clean \$3,100. 518-439-4691

81 MONTE CARLO, 21K Original. Excellent condition. Asking \$4995. 439-1446.

98 SUBARU IMPREZA WAGON; 4/WD. Manual. Sturdy, Reliable. roofrack. exc./tires. 4 studded snows. 175K \$3,195 336-4038

Real Estate Classifieds

REAL ESTATE FOR RENT

850+ DELMAR; 2 bedroom duplex. W/D hook-up, storage, lg yard, quiet, NO pets/smoking. Avail 8/15 858-7502

3 Bedroom Duplex, 1 1/2 bath, no pets, washer/dryer. Security deposit. 475-0138

DELMAR- 2 Bedroom, 2nd Floor, Delaware Ave. Heat/Hot Water Included, References, Security Deposit, No Pets. 465-0613.

DELMAR: \$790, includes heat and hot water, large 1-2 bedroom apartment. Whole second floor near Four Corners, w/d hook-up much storage and parking, 439-0280.

DELMAR: 3 bedrooms, duplex 1.5 baths, fully carpeted. w/d, no pets, no smoking \$950. 475-0138.13 HANOVER DR.

DELMAR: 1BR, H/W Floors, Porch, Off street parking. 3rd flr. \$605 Heat/Hot water included. Available 8/15. 456-6644.

SCHENECTADY: 3 bedroom flat with garage, porches \$750. Dean St. near central Park NO pets/smoking 518-377-8917

REAL ESTATE FOR SALE

BURNT HILLS - Custom colonial, 5.2 park-like acres, 4BR; 2.5 BA, Family room w/brick FP, French Doors to deck, open floor plan to kitchen. Formal DR. Beautiful woodwork, Pella windows. Plus 3 room apartment. \$465,000. (800) 272-7450 x2011, www.luannnickles.com

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LAND

ASHEVILLE, NC AREA 1 to 8 acre parcels from the \$80s. Custom clubhouse with riverfront hot tubs. Exceptional mountain elevation & views! 4 beautiful seasons. 866-292-5762.

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\$159,990. 5+ ac waterview from \$69,990. Availability limited. Call for appt. Owner 866-880-4024.

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TN- 3.73 ACRES JUST \$69,900 Beautiful 3+ acre parcel. Central to Chattanooga & Nashville. Mature hardwoods. Close to state park, 15 area golf courses. Gated, clubhouse, fitness center, nature trails. 866-645-8245.

LAND FOR SALE

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VACATION PROPERTIES

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TIMESHARES

3, BR Lock out at Westgate Lakes Deeded Property Week #4 Close to Disney 20,000 371-1989

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isting championship golf course ~Great boating & fishing. Lakefront, Golf, Nature Preserve, Resort Homesites from \$100 ~No time limit to build. Close to beaches, medical, shopping, restaurants, 100+ golf courses. 888-243-0133 www.liveatwildwingplantation.com

Spectacular Virginia Waterfront CORBIN HALL Gated, private community on Atlantic side of Virginia's Eastern Shore. 3+ acre lots available from \$130K to \$650K with immediate, deepwater access to Chincoteague Bay. Amenities include community pier, boat launch & beautiful community center w/guest suites, pool, spa & fitness room. PORT SCARBURGH Gated, private community on Virginia's Chesapeake Bay. 1 to 12 acre waterfront lots available with pier access. Priced from \$370K to \$599K.

Location ideal for boating & fishing. Privacy close to quaint villages, shopping & water activities. Both properties feature spectacular views, mild climate, low taxes, abundant wildlife. 757-709-9525 or visit www.corbinhall.com.

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LEGAL NOTICE**LEGAL NOTICE**

Notice of Formation of 151 Meserole Street LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/28/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 151 Meserole St, Brooklyn, NY 11206 Purpose: any lawful activity.

LCD-13874

(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Javits Center Member LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 06/16/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 95 Delancey Street, New York, NY 10002 Purpose: any lawful activity. The latest date the LLC should dissolve is 12/31/2009.

LCD-13696

(August 9, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is WELCOME HOME PROPERTIES, LLC. The Articles of Organization of the LLC were filed under Section 203 of the Limited Liability Law of the State of New York with the NY Secretary of State on June 22, 2006. 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. SSNY shall mail process to: 95 Delancey Street, New York, NY 10002 Purpose: any lawful activity. The latest date the LLC should dissolve is 12/31/2009.

LCD-13693

(August 9, 2006)

LEGAL NOTICE

Notice of Formation of 1850 2ND LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 06/01/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 95 Delancey Street, New York, NY 10002 Purpose: any lawful activity. The latest date the LLC should dissolve is 12/31/2009.

LCD-13694

(August 9, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is 24 RIDGE LLC. The Articles of Organization of the LLC were filed under Section 203 of the Limited Liability Law of the State of New York with the NY Secretary of State on June 15, 2006. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 37 John David Lane, Albany, New York 12208.

LCD-13646

(August 9, 2006)

LEGAL NOTICE

Notice of Formation of DOUBLE BOGEY ASSOCIATES LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 06/01/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2226 1st Avenue, New York, NY 10029 Purpose: any lawful activity. The latest date the LLC should dissolve is 12/31/2009.

LCD-13695

(August 9, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is 7 WALKER WAY ASSOCIATES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 28, 2006. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 5 Walker Way, Albany, New York 12205.

LCD-13654

(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Morningside 126-127 LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 06/01/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 95 Delancey Street, New York, NY 10002 Purpose: any lawful activity. The latest date the LLC should dissolve is 12/31/2009.

LCD-13697

(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Triangle Central LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 06/23/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 95 Delancey Street, New York, NY 10002 Purpose: any lawful activity. The latest date the LLC should dissolve is 12/31/2009.

LCD-13698

(August 9, 2006)

LEGAL NOTICE

CPI INTEGRATED SOLUTIONS, LLC Notice of formation of CPI Integrated Solutions, LLC, a limited liability company (the

Notice of Formation of 1835 Manhattan LLC Arts. of Org.

LEGAL NOTICE

be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13676
(August 9, 2006)

LEGAL NOTICE

Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with Secy. of State of DE, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities.
LD-13684
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Qualification of USA Direct, LLC. Authority filed with NY Dept. of State on 6/20/06. NYS fictitious name: Vertis Communications, LLC. Office location: Albany County. LLC formed in Delaware (DE) on 5/10/06. Secy. of State designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13677
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Qualification of Southern Folger Detention Equipment Company, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/14/06. Office location: Albany County. LLC formed in Texas (TX) on 1/2/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity.
LD-13736
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Qualification of R&C Heavy Mechanical, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/19/06. Office location: Albany County. LLC formed in Pennsylvania (PA) on 2/23/06. 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, registered agent upon whom process may be served. TX address of LLC: 4634 South Presa, San Antonio, TX 78223. Arts. of Org. filed with TX Secy. of State, P.O. Box 13697, Austin, TX 78711. Purpose: any and all lawful purposes.
LD-13741
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Qualification of JJO New York LLC. Authority filed with Secy. of State of NY (SSNY) on 6/23/06. Office location: Albany County. LLC formed in Delaware (DE) on 6/2/06. 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 Street, Albany, NY 12207. Address of LLC in jurisdiction of formation: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with Secy. of State of DE, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities.
LD-13736
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Qualification of Louis Dreyfus Energy Services L.P. Authority filed with Secy. of State of NY (SSNY) on 4/19/06. Office location: Albany County. LP formed in Delaware (DE) on 10/20/2000. 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. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: any lawful activity.
LD-13741
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

NOTICE OF FILING OF ARTICLES OF ORGANIZATION OF DR ADVISORY SERVICES, LLC

1. The name of the Limited Liability Company is: DR ADVISORY SERVICES, LLC.

2. The Articles of Organization of the Company were filed with the Secretary of State on June 21, 2006.

3. The county within New York State which this office of the Company is to be located is Albany County.

4. The Secretary of State has been designated as agent of the limited liability company upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-13761
(August 9, 2006)

38 TRINITY PLACE, LLC

1. The name of the limited liability company is 38 Trinity Place, LLC.

2. The Articles of Organization creating the limited liability company were filed in the Office of the New York Secretary of State on June 30, 2006 and became effective on said date.

3. The principal office of the limited liability company is in Albany County.

4. The street address of the principal business location of the limited liability company is 38 Trinity Place, Albany, New York 12202.

5. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail a copy of any process against the Company served upon it is:

6 Wembley Court

Albany, New York 12205

5. The registered agent of the limited liability company upon whom process against the liability company can be served is: 6 Wembley Court, Albany, New York 12205.

6. The character of the business is to conduct any lawful business activity for profit that is not otherwise prohibited by the laws of the State of New York.

LD-13745
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Qualification of BLP Properties, LLC, App. for Auth. filed Sec'y of State (SSNY) 6/15/06. Office location: Albany County. LLC org. in GA 10/23/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to William Wyrick, 505 Sangables Court, Macon, GA 31220. GA office addr.: 345 Five Acre Rd., Alpharetta, GA 30004. Art. of Org. on file: SSGA, 2 Martin Luther King Jr. Dr., Suite 315, West Tower, Atlanta, GA 30334. The street address of the foreign LLC's office has not yet been determined. Purpose: any lawful activities.
LD-13753
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: BGK ALBANY HOLDING LLC

Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/28/06. The latest date of dissolution is 12/31/2106.

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: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-13753
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

NOTICE OF FORMATION OF PROFESSIONAL LIMITED LIABILITY COMPANY (PLLC)

NAME: DEL GIACCO'S CREATIVE ARTS THERAPY PLLC

Articles of Organization filed with the Secretary of State of New York (SSNY) on June 19, 2006. Office location: Albany County. LLC formed in Delaware (DE) on 6/14/06. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail copy of process to: The LaFave Law Firm 822 Delaware Ave., Delmar, NY 12054. Any lawful business.
LD-13759
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Formation of MT

BROKERAGE SERVICES, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/20/06. Office location: Albany County. LLC formed in Delaware (DE) on 6/14/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. Principal business location: 9242 Beverly Blvd., Ste. 330, Beverly Hills, CA 90210. DE address of LLC: CSC, 2711 Centerville Road, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity.
LD-13740
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Formation of 295 Quail LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/3/06. 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 Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13741
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

Notice of Formation of 295 Quail LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/3/06. 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 Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13741
(August 9, 2006)

LEGAL NOTICE**LEGAL NOTICE**

mail process to: Castro & Remer, P.C., 30 State St., Ste. 100, Ossining, NY 10562. Purpose: any lawful activity.
LD-13760
(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of

R&C Heavy Mechanical, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/19/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 321 Great Oaks Blvd., Albany, NY 12203. Purpose: any lawful activity.
LD-13767
(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of Ad

vantage Life Sciences Partners, LLC. Authority filed with NY Dept. of State on 6/28/06. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 36 Maywood Road, Delmar, New York 12054. Purpose: For any lawful purpose.
LD-13777
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Adelphi LLC Arts. of Org. was filed with SSNY on 02/25/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13779
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Bridgebar LLC Arts. of Org. filed with NY Secy. of State (SSNY) on 3/3/05. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 3 Moline Ct, Kings Point, NY 11024. Purpose: any lawful activity.
LD-13781
(August 9, 2006)

LEGAL NOTICE

The company name is Noble Clinton Windpark II, LLC. The foreign qualification was filed on 6/29/2006. The office location is Albany County. The LLC was formed in Delaware on 5/12/2005. The address for service of process is 301 East 79th St., Suite 24-H, New York, New York 10021. Principal Address of the LLC is 8 Railroad Avenue, Second Floor, Suite 8, Essex CT 06426. A copy can be found at the SSDE, 401 Federal St. Dover DE 19901. The purpose is any lawful activities.
LD-13782
(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of Healthcare Waste Solutions of Pennsylvania, LLC. Authority filed with NY Dept. of State on 6/27/06. Office location: Albany County. Principal business address: 431 Ohio Pike, Ste. 173, Cincinnati, OH 45255. LLC formed in Delaware (DE) on 7/17/03. Secy. of State designated as agent of LLC upon whom process against it may be served. Secy. of State shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: providing contracting and restoration services.
LD-13769
(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of Healthcare Waste Solutions of Pennsylvania, LLC. Authority filed with NY Dept. of State on 6/27/06. Office location: Albany County. Principal business address: 431 Ohio Pike, Ste. 173, Cincinnati, OH 45255. LLC formed in Delaware (DE) on 7/17/03. Secy. of State designated as agent of LLC upon whom process against it may be served. Secy. of State shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity.
LD-13770
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Jambalaya Joy LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 7/6/06. 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 Graph-Racing LLC, P.O. Box 12652, Tucson, AZ 85732. Purpose: all lawful activities.
LD-13797
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Skywatch LLC Arts. of Org. was filed with SSNY on 07/10/06. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13773
(August 9, 2006)

LEGAL NOTICE

Stayreit LLC Arts. of Org. was filed with SSNY on 06/28/06. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13803
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Cello Services LLC Arts. of Org. was filed with SSNY on 07/13/06. Office location: Albany County. SSNY designated as agent of LLC whom

LEGAL NOTICE

process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13804
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Canterbury Animal Hospital, PLLC Arts. of Org. filed with NY Secy. Of State (SSNY) on Apr. 28, 2006 Office location: Albany County. SSNY is designated as agent of PLLC upon whom process against it may be served. SSNY shall mail process to: 88 Delaware Av, Delmar, NY 12054. Purpose: Any lawful activity.
LD-13805
August 9, 2006

LEGAL NOTICE

Notice of Formation of CES Property Management, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on Apr. 17, 2006 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 88 Delaware Av, Delmar, NY 12054. Purpose: Any lawful activity.
LD-13806
(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of Essex Cement Company LLC. Authority filed with Secy. of State of NY (SSNY) on 7/13/04. Office location: Albany County. LLC formed in Delaware (DE) on 8/23/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. Principal office of LLC: 1151 Azalea Garden Rd, Norfolk, VA 23502. Arts. of Org. filed with DE Secy. of State, P.O. Box 898, Dover, DE 19903. Purpose: distribute, market and sell cement and cement products.
LD-13812
(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of Travel Nurse Solutions, LLC. Authority filed with NY Dept. of State on 6/30/06. Office location: Albany County. LLC formed in Georgia (GA) on 2/24/06. Secy. of State designated as agent of LLC upon whom process against it may be served. Secy. of State shall mail process to the GA address and principal business address of the LLC: 3650 Mansell Rd, Suite 300, Alpharetta, GA 30022. Arts. of Org. filed with GA Secy. of State, 315 West Tower, #2MLK Jr. Dr, Atlan
a. GA 30334.
Purpose: any lawful activity.
LD-13813(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of Boise Building Solutions Manufacturing, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 9/16/04. Office location: Albany County. LLC formed in Delaware (DE) on 8/9/04. 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, registered agent upon whom process may be served. DE address of LLC: 9 Loockerman St., Ste. 1B, Dover, DE 19901. Cert. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: all lawful purposes.
LD-13814
(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of 303 Main Residential LLC. Au-

LEGAL NOTICE

uthority filed with Secy. of State of NY (SSNY) on 7/12/06. Office location: Albany County. Principal business location: 2001 Bryan St., Ste. 3700, Dallas, TX 75201. LLC formed in Delaware (DE) on 7/6/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with De Secy. of State, Federal & Duke of York St., Dover, DE 19901. Purpose: any lawful activity.
LD-13815
(August 9, 2006)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CENTURY HOME DEVELOPING COMPANY, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/25/06. The latest date of dissolution is 12/31/2106. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 630 Stream Lane, Slingerlands, New York 12159. Purpose: For any lawful purpose.
LD-13816
(August 9, 2006)

LEGAL NOTICE

Notice of Publication ALLUK TRADING LLC Arts. of Org. was filed with SSNY on 11/19/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13821
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Barnaby Holdings LLC Arts. of Org. was filed with SSNY on 03/10/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: 777 Westchester Ave, White Plains, NY 10604. Purpose: any lawful activity.
LD-13828
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Highbridge LLC Arts. of Org. was filed with SSNY on 12/11/03. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13829
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Kramer Consultants LLC Arts. of Org. was filed with SSNY on 07/14/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13830
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Sport Management LLC Arts. of Org. was filed with SSNY on 12/14/01. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13824
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Marquis LLC Arts. of Org. was filed with SSNY on 03/

LEGAL NOTICE

03/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13825
(August 9, 2006)

LEGAL NOTICE

Notice of Publication MAYBELL TRADING LLC Arts. of Org. was filed with SSNY on 10/25/05. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13832
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Pickwick Associates LLC Arts. of Org. was filed with SSNY on 03/10/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13833
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Pumas Consulting LLC Arts. of Org. was filed with SSNY on 12/01/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13836
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Seasand International LLC Arts. of Org. was filed with SSNY on 12/16/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13838
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Seascout LLC Arts. of Org. was filed with SSNY on 12/15/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13842
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Sport Management LLC Arts. of Org. was filed with SSNY on 12/14/01. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13843
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Yellowbird International LLC Arts. of Org. was filed with SSNY on 11/21/03. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13832
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Yellowbird International LLC Arts. of Org. was filed with SSNY on 11/21/03. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13832
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Wellens Pearl LLC Arts. of Org. was filed with SSNY on 12/15/04. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13844
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Blue Sky Coverage, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/20/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 777 Westchester Ave, White Plains, NY 10604. Purpose: any lawful activity.
LD-13845
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of BCN Provisions, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/10/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 146 Chambers St, New York, NY 10007. Purpose: any lawful activity.
LD-13837
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Clearwater Realty Holding LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/21/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 600 Third Ave, 25th Fl, New York, NY 10016. Purpose: any lawful activity.
LD-13838
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Forsound Enterprises LLC Arts. of Org. was filed with SSNY on 12/13/02. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13842
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of IWISE LLC Arts. of Org. was filed with SSNY on 07/12/06. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13843
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Mesirow Financial Struc-

LEGAL NOTICE

tured Settlements, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 5/12/1998 as amended. Office location: Albany County. LLC formed in Illinois (IL) on 1/1/1998. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 80 State St., Albany, NY 12207. IL address of LLC: 875 North Michigan Avenue, Chicago, IL 60611. Arts. of Org. filed with IL Secy. of State, Howlett Bldg., Rm. 359, Springfield, IL 62756. Purpose: all lawful purposes.
LD-13855
(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of InterTel LLC. Authority filed with Secy. of State of NY (SSNY) on 07/26/06. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 282 Rodney St., Brooklyn, NY 11211. Purpose: any lawful activity.
LD-13872
(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of HD Direct LLC. Authority filed with Secy. of State of NY (SSNY) on 7/19/06. Office location: Albany County. Principal business location: 2455 Paces Ferry Rd., Atlanta, GA 30339. LLC formed in California (CA) on 8/24/95. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste 501, NY, NY 10001. Address required to be maintained in CA: 6920 Koll Center Pkwy #211, Pleasanton, CA 94566. Arts. of Org. filed with CA Secy. Of State, 1500 11th St., 3rd FL, Sacramento, CA 95814. Purpose: any lawful activities.
LD-13856
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Castle Equities LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/26/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 111 Great Oaks Blvd, Albany, NY 12203. Purpose: any lawful activity.
LD-13866
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Cirillo Family Limited Partnership Under Section 121-201 of the Revised Limited Partnership Act: (1) The name of the limited partnership is the "Cirillo Family Limited Partnership". (2) The certificate of limited partnership was filed with the Department of State on July 26, 2006. (3) The office of the limited partnership is to be located in Albany County, New York. (4) The limited partnership has designated the Secretary of State of New York as agent of the limited partnership upon whom process against it may be served. The post office address to which the Secretary of State shall mail a copy of any process against the limited partnership served upon the Secretary of State is: Cirillo Family Enterprises, Inc., having an address at 31 Beacon Road, Glenmont, NY 12077. The names and addresses of the Limited Partners are: Michael J. Cirillo and Alice A. Cirillo, each having an address at 31 Beacon Road, Glenmont, NY 12077. (6) The latest date upon which the limited partnership is to dissolve is July 14, 2056. (7) The purpose of the limited partnership is to engage in any lawful activity for which a limited partnership may be organized under the Revised Limited Partnership Act of the State of New York.
LD-13867
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of 72 Steuben Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/28/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 761 River Ave, Ste 1, Lakewood, NJ 08701. Purpose: any lawful activity.
LD-13868
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of 61 Lynch Street LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/28/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 61 Lynch St, Brooklyn, NY 11206. Purpose: any lawful activity.
LD-13869
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Eldin International LLC Arts. of Org. was filed with SSNY on 07/28/06. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13853
(August 9,

Sports in the Spotlight

Soccer teams lead the way at Empire State Games

By PHIL BLACKWELL

Through summer heat and pouring rain, and inside warm and steamy gymnasiums, Adirondack region teams looked for hardware at the 29th Empire State Games in Rochester.

Most of the time, though, the glory went to other teams — especially to the host Western region, who finished with 351 medals, more than twice the amount of any other region. Adirondack had 144 medals.

Here is how the Adirondack teams fared.

Soccer

This is where Adirondack had most of its success, with three of its four teams earning medals.

Adirondack claimed the gold medal in the open women's division at Nazareth College in Pittsford. It routed Long Island 6-0, then overcame a 2-1 loss to Central to beat Hudson Valley by that same margin to reach the final, where it forged a 1-1 tie with Western and won the penalty-kick

shoot-out for the gold.

In the scholastic women's division, Adirondack and Western also decided the title with penalty kicks after a 2-2 tie — but Western won in penalty kicks, leaving Adirondack with the silver medal.

Prior to the finals, Adirondack had gone 2-1, with its highlight being a 4-0 shutout of Hudson Valley.

Over at Rochester Institute of Technology in Henrietta, the Adirondack scholastic men's team earned a bronze medal in emphatic style by beating New York City 6-0. By contrast, Adirondack's open men's team went 1-2 in pool play and were beaten 4-2 by Hudson Valley in the bronze medal game.

Laura Boucher (Delmar) and Rebecca Lee (Selkirk) played on the scholastic women's team, while Matthew Miller (Voorheesville) and Patrick Kenna (Delmar) were part of the scholastic men's squad. Ryan Banagan (Delmar) was a forward on the open men's division team.

Softball

Through three days of round-robin play at Cobbs Hill Park, Adirondack was the best team in the tournament, going 4-1 and

shutting out three opponents — Hudson Valley, New York City and Central. However, Hudson Valley got its revenge in the gold medal game by beating Adirondack 5-4 in eight innings.

Both of Adirondack's losses were by a single run, the other one being a 6-5 setback to Long Island.

Slingerlands residents Amber Maisonet and Kelly Ogden were part of the Adirondack team.

Baseball

Adirondack started hot by beating New York City 5-3 and Western 5-4, but a rainout slowed the team's momentum. It lost twice (5-3 to Hudson Valley, 8-2 to Central) and was relegated to the bronze medal game.

Adirondack regained its swagger in the medal round by beating Western 5-3.

Basketball

Despite going 1-2 in pool play at the University of Rochester, the Adirondack open women's team advanced to the bronze medal game and won it by beating Western 8-7. Adirondack's scholastic women also got a bronze medal, beating Central 80-67 for that honor.

The Adirondack open men's

team reached the medal round with a 1-2 record, but lost the third-place game to Long Island 81-72 at RIT. Similarly, Adirondack's scholastic men lost the bronze medal contest to Long Island 66-63.

Emily Bango (Delmar) and Kaitlin Foley (Slingerlands) played on the open women's team, while Kevin Stempsey (Delmar) played on the scholastic men's team.

Field Hockey

In a five-team field (New York City did not have an entry) at Nazareth College, Adirondack went 1-3, its lone victory a 2-0 decision over Western. Going for the bronze medal, Adirondack fell to Long Island in a 5-2 affair.

Ice Hockey

An exciting scholastic men's tournament at RIT saw Adirondack open with a surprising 2-2 tie of perennial champion Western. As it turned out, Western would not lose again, going 3-0-1 the rest of the way for the gold medal.

Meanwhile, Adirondack split its last four games, beating Hudson Valley and New York City, but falling to Long Island and Central to miss the medal po-

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LEGAL NOTICE

day of July 2006, duly adopted, subject to a permissive referendum, a resolution as follows:
WHEREAS, the Town Board of the Town of Bethlehem has determined that it is necessary to fund the repair of the pressure reducing valves at Fisher Boulevard and WHEREAS, it is estimated that the costs of said work will not exceed \$36,000.00; and WHEREAS, in recognition of these needs, funds for such purpose are in the Water Fund Capital Reserve Fund; and, NOW, THEREFORE, BE IT RESOLVED that it is in the public interest to complete the repair of the pressure reducing valves at Fisher Avenue as described above; and

BE IT FURTHER RESOLVED, that the Town Board authorizes the expenditure of the reserve moneys to fund this project up to a maximum amount of \$36,000.00 and,

BE IT FURTHER RESOLVED, that the Town Comptroller is authorized to expend from the water Fund Capital Reserve Fund the funds necessary up to \$36,000.00 in said reserve fund; and

This resolution shall be subject to a permissive referendum, as permitted by law.

The motion to adopt the resolution was made by Mr. Plummer, was seconded by Mr. Kotary and duly adopted by the following vote:

AYES: Ms. Egan, Mr. Plummer, Mr. Gordan, Mr. Messina, Mr. Kotary
NOES: None
ABSENT: Absent
DATED: July 26, 2006

LD-13878
(August 9, 2006)

LEGAL NOTICE

rate Services Inc. at the same address. Purpose: all lawful activities.
LD-13879
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of Sunward Medical LLC Arts. of Org. filed with the Secy. Of State (SSNY) on 07/28/2006. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 14 Say Brook Dr., Glenmont, New York 12077. Purpose: any lawful activity.
LD-13880
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of the 3 Corporate Drive LLC. Arts. of Org. filed with the Secy. Of State (SSNY) on 7/21/06. Office location: Albany Co. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 8 South Idaho St., Ste. C, Dillon, MT 59725. Purpose: any lawful activities.
LD-13882
(August 9, 2006)

LEGAL NOTICE

Notice of Qualification of Eye Mail Media (USA), LLC. Authority filed with Secy. Of State (SSNY) on 07/27/06. Office location: Albany County. LLC formed in Delaware (DE) on 1/27/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 875 Ave of the Americas, Ste 501, NY, NY 10001. Address required to be maintained in DE: 160 Greentree Dr., Ste. 100, Dover, DE, 11904. Arts. of Org. filed with DE Secy. Of State, DE Secy. Of State, John G. Townsend Bldg., Dover, DE. Purpose: any lawful activities.
LD-13883
(August 9, 2006)

LEGAL NOTICE

Notice of Publication Veteran RSP LLC Arts. of Org. was filed with SSNY on 07/27/06. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corpo-

LEGAL NOTICE

Hammes Skanska, LLC. Authority filed with Secy. Of State of NY (SSNY) on 07/27/06. Office location: Albany County. LLC formed in Delaware (DE) on 7/24/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 5712 Odana Rd., Madison, NY 53719. Address required to be maintained in DE: 160 Greentree Dr., Ste. 100, Dover, DE 11904. Arts. of Org. filed with DE Secy. Of State, DE Secy. Of State, John G. Townsend Bldg., Dover, DE. Purpose: any lawful activities.
LD-13890
(August 9, 2006)

LEGAL NOTICE

BETHLEHEM CENTRAL SCHOOL DISTRICT NOTICE TO BIDDERS

The Board of Education of the Bethlehem Central School District hereby invites the submission of sealed bids in accordance with Section 103 of the General Municipal Law for the following:

DISPOSAL OF REFUSE & RECYCLING:

Bids will be received until 1:00 p.m. on August 23, 2006 at the Bethlehem Central School District, Operations & Maintenance Department, 65 Elm Avenue, Delmar, New York, at which time and place all bids will be publicly opened at 1:30p.m.

Specifications and bid forms may be obtained at the Operations and Maintenance Department.

The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding for 90 days subsequent to the date of bid opening.

BOARD OF EDUCATION Steven O'Shea, Clerk

Dated: July 31, 2006

LD-13889
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of 1118 Bay 25th Street LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/28/06 Office location: Albany County. SSNY is designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corpo-

LEGAL NOTICE

as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Far Rockaway, NY 11691 Purpose: any lawful activity.
LD-13890
(August 9, 2006)

LEGAL NOTICE

Notice of Formation of 120-12 Liberty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/31/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1969 E 24th St, Brooklyn, NY 11229 Purpose: any lawful activity.
LD-13891
(August 9, 2006)

LEGAL NOTICE

NOTICE OF PUBLIC HEARING

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, August 16, 2006, at 7:00 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of

Benderrson Development (Owner), Marshalls, (Applicant) for Variance under Article VI, Supplementary Regulations, Section 128-54, Signs E (2) of the Code of the Town of Bethlehem for construction of a wall sign that will exceed the minimum signage requirements at premises 384 Feura Bush Road, Glenmont, New York.

Michael C. Hodom Chairman Board of Appeals LD-13895
(August 9, 2006)

LEGAL NOTICE

Avenue, Delmar, New York to take action on application of Angela & Phil Halwick, for Variance under Article XIII, Use & Area Schedules, Section 128-100A, Minimum Side Yards of the Code of the Town of Bethlehem for construction of an attached garage addition, which will encroach into the side yard setback requirement at premises 940 River Road, Selkirk, New York.

Michael C. Hodom Chairman Board of Appeals LD-13898
(August 9, 2006)

LEGAL NOTICES

Notice of Publication BMS-BUSINESS & MANAGEMENT SERVICES LLC Arts. of Org. was filed with SSNY on 07/10/03. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13899
(August 9, 2006)

LEGAL NOTICE

Notice of Publication EQUESTRIAN MANAGEMENT LLC Arts. of Org. was filed with SSNY on 09/08/04. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13900
(August 9, 2006)

LEGAL NOTICE

Notice of Publication KITSAP HOLDINGS LLC Arts. of Org. was filed with SSNY on 12/09/04. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13901
(August 9, 2006)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of Our Townhouse LLC. Arts. of Org. filed with NY Dept. of State on 7/21/06. Office location: Albany County. Secy. of State designated as agent of LLC upon whom process against it may be served. Secy. of State shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207. Purpose: all lawful activities.
LD-13902
(August 9, 2006)

LEGAL NOTICE

Notice of Publication PLATO ALUMINUM LLC Arts. of Org. was filed with SSNY on 10/24/02. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13903
(August 9, 2006)

LEGAL NOTICE

Notice of Publication FIN ASSET LLC Arts. of Org. was filed with SSNY on 02/04/03. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13904
(August 9, 2006)

LEGAL NOTICE

Notice of Publication NEWMEDIA TECHNOLOGY LLC Arts. of Org. was filed with SSNY on 08/03/00. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities.
LD-13905
(August 9, 2006)

Notice of Qualification of National Breast Imaging, LLC. Authority filed with NY Dept. of State on 7/7/06. Office location: Albany County. LLC formed in Florida (FL) on 1/17/06. Secy. of State designated as agent of LLC upon whom process against it may be served. Secy. of State shall mail process to: 277 Broughton Lane, Villanova, PA 19085, principal business address of the LLC. FL address of LLC: 1201 Hays St., Tallahassee, FL 32301. Arts. of Org. filed with FL. Secy. of State, 409 E. Gaines St., Tallahassee, FL 32399. Purpose: management company that will manage mammography centers and any other lawful activity.
LD-13906
(August 9, 2006)

ium. Adirondack finished in fourth place.

Adirondack's women's team had an even better record - 3-2 - and it didn't medal, either. It was the only team to beat Long Island in a 4-1 final, and with a 3-1 record and one game to play, Adirondack had a chance at the gold medal. Those dreams ended with a 5-1 loss to Western, which allowed Long Island to take top honors. Western claimed the silver medal, and Central earned the bronze medal.

Lacrosse

Even with a 2-3 mark during round-robin play, Adirondack's scholastic women's team had a chance at the bronze medal at West Irondequoit High School, but lost a tough 8-6 decision to Central. Long Island routed Western 16-1 for the gold.

The men's team had a more difficult time in Rochester. Adirondack's 0-5 mark at RIT included a porous defense that allowed 74 goals. Its closest game was a 9-6 loss to Hudson Valley.

Several members of Bethlehem's girls lacrosse team played

lacrosse club slates autumn program

Capitaland Lacrosse Club is offering a fall program for boys in grades two through 12 beginning Sept. 17 at Sportsplex in Clifton Park.

The program is open to all levels from beginner to high school varsity. Rental equipment available for a small fee.

For information, call 383-3245 or visit teamz.active.com/capitalandlacrosse.

for Adirondack including Theresa Ladouceur, Caitlin Nevins and Megan O'Donnell. Glenmont's Matt Johnson was part of the scholastic men's squad.

Tennis

In a solid outing at RIT, Adirondack's scholastic women's team went 3-2 and took the bronze medal. It beat Long Island and New York City by narrow 3-2 margins and defeated Central 4-1 to get on the podium.

Meanwhile, in the men's tournament, Adirondack had a tougher time, going 1-4. Its lone win was a narrow 3-2 verdict over Central.

Allison Greenberg (Delmar) was part of the bronze medal-winning scholastic women's team, while Michael Amico (Delmar), Daniel Bakst (Slingerlands) and Scott Greenberg (Delmar) played on the scholastic men's team.

Volleyball

In the hot gym at Roberts Wesleyan College, Adirondack's open men went 3-2, then fought through the playoffs to reach the gold-medal match. There, Hudson Valley — which went 1-4 in pool play — completed a shocking run to the title by beating Adirondack in four sets, the last set going 29-27.

Adirondack's open women's team went 0-5 and did not medal, and neither of the region's scholastic volleyball squads found the podium, winning just one match between them.

Zeke Kubisch (Delmar), Damian Privatera (Glenmont) and Aaron Zakrzewski (Slingerlands) were part of the scholastic men's team.

Saratoga Ugly

(From Page 34)

"I'm friendly with all of them — the ones I use regularly — but I'm not married to any of them," she added.

Barclay Tagg — who counts Migliore and Javier Castellano among his preferred jockeys — said he wants "guts and brains" in any rider he selects, whether they're veterans or a young hot shot.

"A guy that's not really talented — works hard, nice fellow maybe, but he's just not talented — it's gonna be very hard for him at Saratoga," said Tagg. "A good, hard-working guy who had won at the other tracks — he's got courage and tries hard, he doesn't have to be a great natural rider — he can do very well at a lesser track. But here, you've got about 10 Hall of Fame riders sitting in that (jockey) room. They didn't get there because they were chicken."

Jara is one of the young jockeys that are currently challenging the veterans for mounts. In only his third season in Saratoga, Jara is in the top 10 with six winners — equal to his career total from his first two seasons.

"Older jockeys are ... proud," said Jara. "They got the name, they have the experience, they are very good riders. You have to wait for your time."

But once that time comes, jockeys have to remember one thing — it can end just as quickly as it begins.

(From Page 34)

of the world will believe them. Then, the allegations will magically disappear, and they can continue down their path of athletic glory while basking in the fans' adulation. In other words, whatever works for Barry Bonds can work for us, too.

But it hasn't worked for Bonds in America, and it won't work for other American athletes on the world's sports stage. Europeans, Asians, Africans and South Americans aren't going to be conned

into believing that a positive drug test is actually a plot to undermine a champion's career. They see it for what it is — proof of an athlete's guilt. And the only thing they want to hear following a positive drug test is an apology from the guilty party.

After all, everyone is taught that honesty is the best policy. Not all athletes follow that rule as they strive to be the best in the world, but it would be nice if they followed that rule once they got caught.

Got sports news?

The Spotlight 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.

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Sports *in the* Spotlight

News & Notes

Spots remain for second camp session

The Bethlehem Lady Eagles Summer Basketball Camp still has openings for its second session Aug. 14-18 at the Sydney Albert Albany Jewish Community Center on Whitehall Road.

The session is open to boys and girls entering grades three through five. Each camper will be grouped by age and ability and will be taught individual skills through drills and games. Campers have equal playing time throughout the sessions.

The camp is taught by Bethlehem varsity girls basketball coach Mark Nealon and assistant coach John Hooper. Additional coaches and Bethlehem girls basketball alumni will be assisting Nealon and Hooper.

The cost is \$100 per camper. Registration forms and checks should be sent to Mark Nealon, 6 Terrace Place, Troy 12180.

For information, contact Nealon at 273-1184 or Jeremy Klugman at 526-5276.

V'ville requests physical forms

Clayton A. Bouton Junior/Senior High School athletes participating in fall sports must have a current physical examination and a parent permission/health history form on file in the health office by Aug. 14.

Students will not be allowed to participate in team practices until they submit their forms.

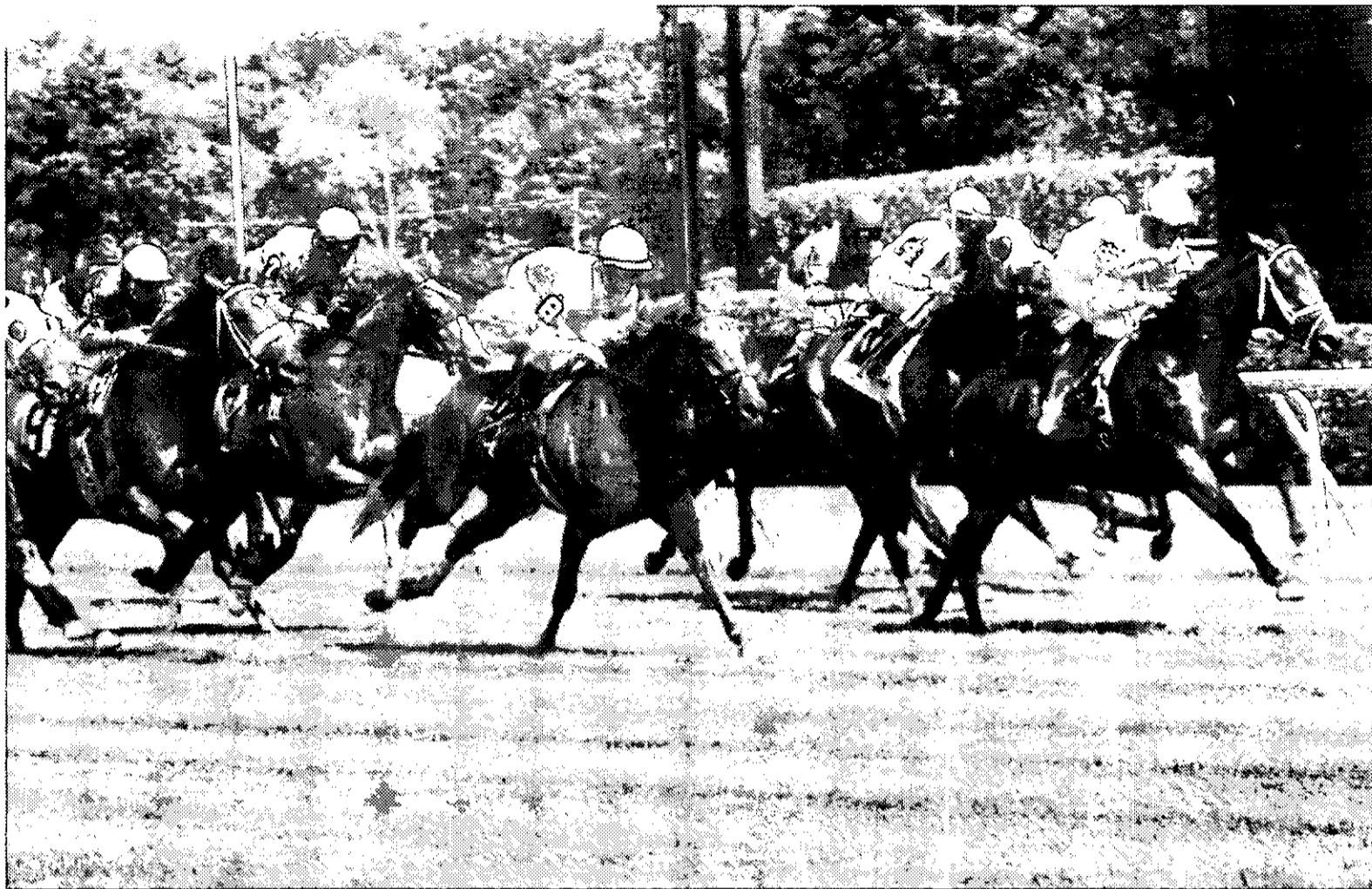
Varsity and junior varsity football tryouts begin Aug. 14, while all other varsity and junior varsity sports begin tryouts Aug. 21. Modified soccer, cross country and girls volleyball begin Sept. 1.

Forms are available in the high school foyer.

For information, contact high school athletic director Joe Sapienza at 765-3314, ext. 208.

Kiwanis slates golf outing

New Scotland Kiwanis is holding its annual golf outing Aug. 14 at Orchard Creek Golf Course in Altamont. The event includes lunch, dinner, contests and team prizes. Proceeds benefit the Children's Medical Center at Albany Medical Center. For information, call Peter Luczak at 482-4425.



Some of Saratoga's top jockeys battle during Sunday's sixth race. Garrett Gomez (5) was leading with Crispy Lights down the homestretch, but Cornelio Velasquez (4) got a nose in front with Darcy's Angel to win in a photo finish.

Jim Franco

The Saratoga Shuffle

Top jockeys must work hard to keep their mounts

By ROB JONAS

Every jockey at Saratoga Race Course strives to be like Angel Cordero Jr.

The legendary jockey won 14 riding titles during his illustrious career at the upstate New York track, including a staggering 11 in a row.

Cordero said there wasn't much of a trick to accomplishing that feat, though.

"Work hard and ride good horses," he said. "They are the ones who run. You can only ride them."

Getting those prized mounts

isn't easy, though. A jockey has to be willing to show a trainer that he willing to work hard with a horse in order to earn the ride, no matter if he is a past riding champion or a relative newcomer. Even then, a jockey may be passed over because someone else who is having a better meet is suddenly available to ride.

"To get on the good horses, it's always been my belief in my 25 years of riding that you come out and work hard in the mornings and work horses out. You see the people and you show them how conscientious and what a good work ethic you have," said veteran jockey Richard Migliore. "But that doesn't seem to be the case anymore. Now it seems like if you're popular or your agent's got the right connections or you're the new face, then you're going

to get the mounts."

Migliore is a case study in how even a big-name jockey can struggle to find a good mount at Saratoga. Migliore has only had 31 mounts through the first 10 days of the meet and has reached the winner's circle once.

"I'm coming back off of a 5-month injury (a broken left leg), so of course you're in a rebuilding process to begin with, and my outfits haven't been winning," said Migliore. "So, the guys that are loyal to me — like Mike Hushion, and Barclay Tagg's been giving me a good play, and Allen Jenkins' been riding me on some horses — really haven't gotten off to fast starts at the meet. They're good horsemen, they've got quality horses. It won't stay that way, but until they start picking up, I'm not going to pick

up either."

Developing good working relationships with trainers is always in a jockey's best interests, but it doesn't guarantee job security — not when tens of thousands of dollars are at stake in even the smallest of claiming races.

"If I have a bad experience with one of them, I stay away from them," said trainer Linda Rice, who primarily uses Cornelio Velasquez along with Migliore, Desormeaux and Fernando Jara. "If they just gallop them around there and give them what I don't feel is a strong, aggressive ride, then I don't want to use them again because I work way too hard in the morning on these horses for them not to make a good effort in the afternoon."

□ SARATOGA/page 33

A new definition for 'ugly Americans'

By ROB JONAS

Remember when East Germany was the center of the blood doping universe? Now, it's the United States that holds that dubious title.

With Floyd Landis' second positive test for excessive testosterone and Justin Gatlin's admission that he tested positive for the same thing in April, international sports fans are probably looking at every American athlete and wondering what artificial performance enhancer he or she is on.

The rest of the sports world certainly has had its suspicions of America's finest athletes in the past. France is still trying to tie seven-time Tour de France champion Lance Armstrong to



steroids. International track fans look at Marion Jones and see a sprinting vial of human growth hormones. And somewhere in Japan, there's probably a baseball fan waiting to hear that Barry Bonds has tested positive for excessive testosterone levels (much like many American baseball fans are waiting to hear that).

We're not the first nor the only country dealing with this issue, though. East Germany spent more than a decade trying to manufacture top-notch athletes

through artificial means before the fall of its Communist regime ended those practices in 1989. China came under similar international scrutiny in the 1990s when some of its divers tested positive for performance enhancers. And just before this year's Tour de France, several big-name European racers including Jan Ullrich and Ivan Basso were kicked out because of a blood doping scandal involving a Spanish doctor.

What makes it unique when an American athlete is caught is that they don't run and hide from the controversy. Instead, they come up with excuse after excuse to explain why they tested positive, which only exacerbates the problem. Rather than admit their guilt, they say things like, "I thought I

was taking an all-natural supplement," or "Someone must have put that steroid in my wheat germ shake."

What those athletes don't realize is that if there's one thing sports fans around the world hate more than a cheater, it's a cheater who lies. We'd rather hear an apology than an excuse because we can forgive someone who comes clean. We wouldn't forget what that athlete did, but we'd forgive that athlete if he or she was sincere in acknowledging guilt. By lying, athletes risk losing the fans' respect forever.

Unfortunately, many American athletes don't see it that way. They feel that as long as they come up with a plausible excuse, the rest

□ UGLY/page 33

Defense's DNA expert refutes evidence

By JIM CUOZZO

An expert witness who admits never having conducted any mitochondrial DNA tests was called by the defense in the Christopher Porco murder trial to refute the prosecution's DNA expert regarding a toll ticket allegedly linking the defendant to the vicious attacks against his mother and father.

Jurors rubbed their noses, scratched their hair, stretched and yawned as the ambiguous battle to refute the prosecution's findings of the DNA toll ticket continued.

SUNY Syracuse College of Environmental Sciences Biology Professor William Shields said Dr. Terry Melton did not use proper data when coming to a conclusion that there was a 99.61 percent statistical chance the DNA on a Thruway toll ticket matched Porco's DNA.

"Dr. Melton used a composite database and not a Caucasian data base," said Shields, who believes that because of that error, the tested DNA sample could possibly match 70 percent of the people in the FBI's database, not .039 percent as Dr. Melton testified. DNA experts used an FBI database of 4,839 samples from all races in North America to test their base profile with a composite list.

"Her (Dr. Terry Melton) application of the guidelines resulted in an error, and the FBI makes the same error," said Shields.

Prosecutor Michael McDermott read off Professor Shields' unusual résumé that states that Shields is a zoologist, ornithologist and researcher of barn swallows and wild turkeys, even writing a published paper entitled "All men are potential rapists," but not a forensic scientist

in the study of DNA.

"Doctor, you never worked in a crime lab," McDermott said.

"Correct," said Shields.

"You never extracted DNA in humans for a mitochondrial DNA analysis," McDermott continued.

"Not in humans, wolves only," said Shields.

"Is it true you never analyzed any piece of evidence that came from a crime scene?" asked McDermott.

Shields said he once analyzed caviar for a case.

McDermott objected to Shields being an expert witness for the defense, but his testimony was admitted by Judge Jeffrey Berry. McDermott told Berry he did not receive Shields' report until the night before his testimony, and asked for more of the professor's notes to support his research. The witness said his notes were in the car, and jurors had to wait several minutes for someone from the defense team to retrieve Shields' notes.

McDermott said even if Shields' theory was used, and compared Porco's DNA base profile to the Caucasian-only base profiles in the FBI database, you would still come up with only 1 percent of the people matching Porco's profile. Prosecutors are trying to convince the jury that the DNA sample tested on the toll ticket from Nov. 15, 2004 matches Christopher Porco's DNA, which would link the defendant to the murder of his father and attack on his mother.

Shields agreed that Melton is an excellent forensic scientist, and said he just happens to disagree with the data compiled in the Porco case.

"She and her crew perform some of the best mitochondrial DNA testing in this country," said Shields. "I think in this case she just interpreted the numbers wrong."

Shields has testified for the defense in many famous cases, including the Scott Peterson and O.J. Simpson trials.

"You testify about once a month," said McDermott.

"That's probably accurate," said Shields.

"Did you testify in the Unabomber case?" McDermott asked.

"I consulted in the Unabomber case," answered Shields.

Defense Attorney Terence Kindlon stood by his witness, and said his testimony is another example of Christopher Porco's innocence.

"I think this testimony, quite frankly, is game over," said Kindlon. "The overall point is Dr. Melton cooked her results."

McDermott, however, said Shields' theories are not accepted by any DNA experts.

"He basically travels around the country criticizing other people's work," said McDermott.

Shields also told the jury the sampling of Porco's DNA was so minimal that the results were not conclusive. Under cross-examination, Shields agreed with the prosecution that you could not exclude Christopher Porco's DNA from being on the Thruway toll ticket in question.

Berry told jurors to hang in there for another few days of testimony.

"You've been wonderful," he told jurors. "I think we're reaching the conclusion of this."

Sources unchecked

Nonprofit animal shelters go essentially unregulated

By JAMIE D. GILKEY

With soft fur and big eyes, puppies can be a lot of fun. Sure, there are the problems that come with house-training a small and sometimes stubborn canine, but there is also the unconditional love that one gets from welcoming a reward if you can keep them from chewing on the carpet and getting into the trash. And puppies are not the only animals that families get attached to.

Kittens have drawn a growing following from families throughout the Capital District and nationwide in recent years. National figures show that cats have outnumbered dogs as the country's most popular pet for nearly a decade.

The enjoyment garnered by having a pet to call your own has helped fuel a burgeoning industry of providers ranging from traditional pet shops and breeders to less visible sources where people get their pets. An apparent loophole in state law is leaving one key source of animals essentially unregulated.

Nonprofit animal shelters are untouched by regulations overseen by the state's Department of Agriculture and Markets, the agency responsible for monitoring the activities of animal breeders. Nonprofit shelters only fall under those regulations if they have a specific contract with a municipality, Ag & Markets spokeswoman Jessica Chittenden said. This is true even if the shelter charges families for adopting an animal, she said.

Like other charitable organizations in New York, nonprofit animal shelters are required to file documents with the state

Attorney General's Office, but according to AG spokesman Paul Larrabee, that filing covers financial records and doesn't include reports on the physical condition or health of the animals they handle. Like other charitable organizations, those shelters also have to file Form 990 with the federal Internal Revenue Service, but its scope is also limited to the group's finances. The result leaves families who have adopted



All photos Jim Franco

unhealthy pets from nonprofit shelters unprotected by state regulators unless financial wrongdoing is involved.

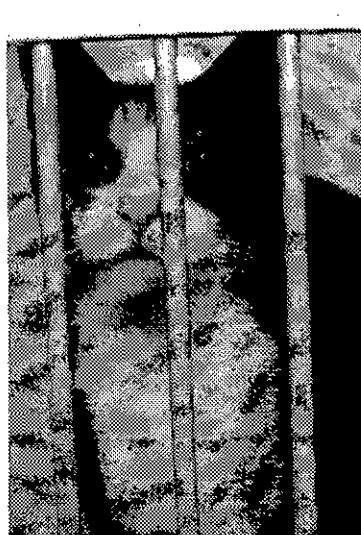
Concerns about the improper treatment of animals surfaced as a major concern in the Capital District last week after a Greene County grand jury declined to indict a pair of Athens men for the felony of aggravated animal cruelty after they allegedly attempted to slit the throat of a 2-year-old English spaniel with a dull knife in May. The dog, named Frankie, survived, and the grand jury reportedly rejected an indictment because the canine's injuries were not life-threatening.

The case is one of the most visible tests of the seven-year old Buster's Law enacted at the urging of state Assemblyman James Tedisco, R-Schenectady. The legislation came to the fore after an Electric City man poured gasoline on a tabby cat and set it on fire.

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the nonprofit organizations to a potential adopter's perception of getting an animal from a shelter that kills animals. In fact, some shelters may call themselves "no kill" for just those reason when, Bobinsky said, they only choose to not euthanize "adoptable animals."

What constitutes an "adoptable animal," a "kill" or "no-kill shelter" and even statistical data of how many animals are euthanized each year are ambiguous, since there is little oversight of shelters.

In an attempt to get everyone on the same page, a group of animal welfare industry leaders convened in 2004 to create the Asilomar Accords to standardize definitions. The document also outlines how shelters should collect and report adoption data, including euthanasia rates, which nationwide hover around 50 percent. It is not mandatory but left up to the individual shelters to follow the guidelines.

There are creative solutions to finding more homes for more animals such as collaborations between groups with specialties and personality assessments to make sure the adopter is right for a particular breed. Marguerite Pearson, spokeswoman for the Animal Protective Foundation, said they even videotape animals alone so the adopter can see how they will act when they are not at home.

Bobinsky would not release the exact number of animals her facility is forced to euthanize a year, but she did say the innovative programs are working. She

furthermore, the "kill" versus "no-kill" moniker affects everything from fundraising ability for

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