

Area  
News

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Health

Supplement Inside

Jogging  
our memory

Delmar will host two important races in the month of April: the long-established Delmar Dash and the first ever Timothy J. Moshier 5K run/walk, which was started by friends of the Army captain killed in Iraq last year. Both races begin at the Bethlehem Middle School.

See story on Page 3.

Nothin' but the  
blues at Cap Rep

Capital Repertory Theater comes alive about an hour before showtime. Box office attendants chat between phone calls; the vacuum cleaner starts humming; the ushers begin to arrive; and from the café, there's the sound of clinking glassware and the scent of fresh espresso.

See story on Page 28.



## Baseball preview

The more things change in the Suburban Council baseball world, the tougher the league gets.

See story on Page 42.

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# Spotlight

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VOLUME LI NUMBER 13 75¢ MARCH 28, 2007

## A political report card

State leaders weigh in on Gov. Spitzer's first 100 days

By JIM CUOZZO · cuozzoj@spotlightnews.com

The first 100 days of Gov. Eliot Spitzer's administration is almost complete, and several officials have weighed in with their observations as the April 1 deadline for a new state budget nears.

"It's the most refreshing direction I have seen in my 11 years here," said state Sen. Neil Breslin, D-Delmar. "The governor is out there in front and willing to take a chance."

Others have a different opinion.

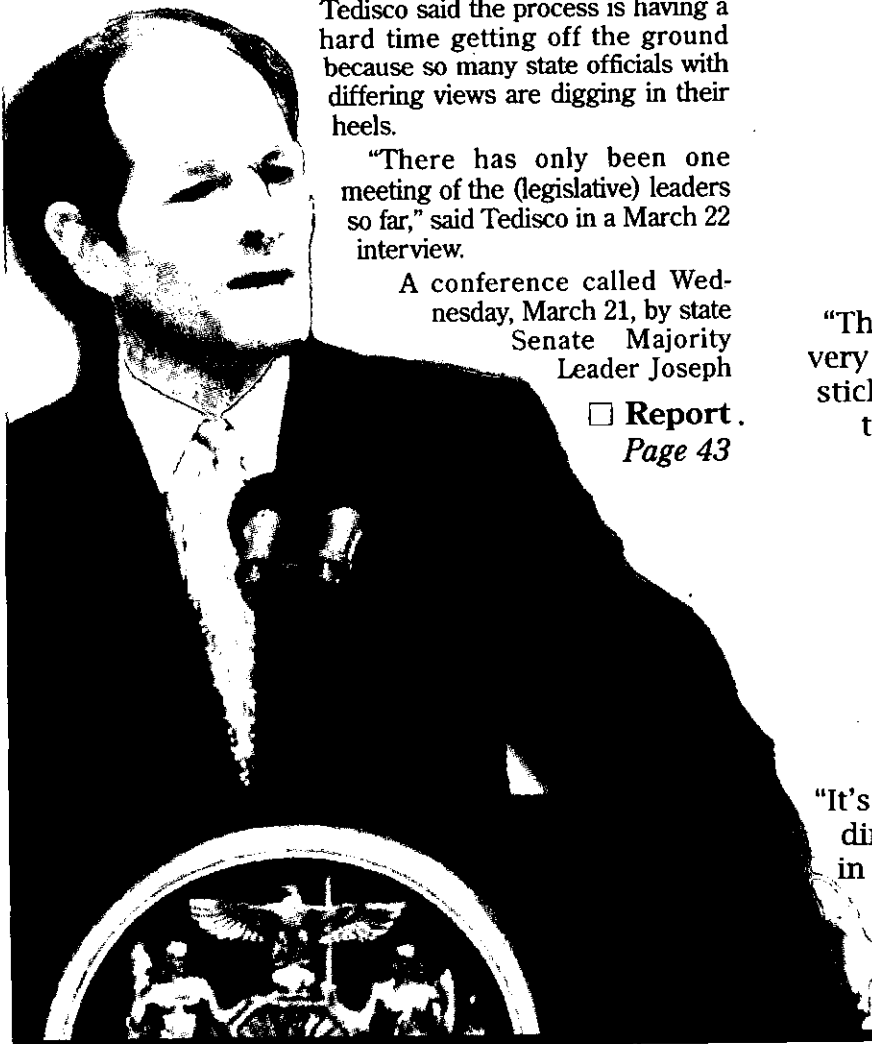
"My fear is Assembly Speaker (Sheldon) Silver, D-Manhattan, and the Democrats, along with Gov. Spitzer, are in their groundhog hole, and if they don't come out, we are not going to get this thing done," said state Assemblyman Jim Tedisco, R-Schenectady, the Republican minority leader, referring to the "open and transparent" process touted by the Spitzer administration.

Tedisco said the process is having a hard time getting off the ground because so many state officials with differing views are digging in their heels.

"There has only been one meeting of the (legislative) leaders so far," said Tedisco in a March 22 interview.

A conference called Wednesday, March 21, by state Senate Majority Leader Joseph

□ Report  
Page 43



Richard Iannuzzi

"Our conversations with the governor ... are very frank and open. For us, the relationship has been positive."



Jim Tedisco

"This governor speaks very loudly, carries a big stick, and hits you over the head with it."



Neil Breslin

"It's the most refreshing direction I have seen in my 11 years here."

Egan  
takes  
state  
job

Bethlehem supervisor  
accepts DMV post

BY JIM CUOZZO  
cuozzoj@spotlightnews.com

Many town of Bethlehem officials believed Supervisor Theresa Egan would receive a phone call to work in a higher level of government with the state of New York after Eliot Spitzer was elected governor. They just didn't expect the call to come so soon.

Egan told *The Spotlight* on Friday, March 23, that she will leave her position as town supervisor to become deputy commissioner with the state Department of Motor Vehicles.

"This was a very difficult decision because I love what I'm doing here," said Egan.

Egan made her decision on Thursday, March 22, and informed town staff later that afternoon.

"I think everybody was in shock," said Town Comptroller Judith Kehoe. "We're happy for her, but sorry to see her go."

Egan has been the supervisor in the town of Bethlehem for the past three and a half years, after being the first Democrat elected to the post in more than 150 years. In January, she had announced her intention to run for another term. Instead, deputy supervisor and town board member Daniel Plummer will

□ Egan Page 20

Two school board  
seats will be open

Departing incumbents  
receive praise  
for their tenure

By JIM CUOZZO  
cuozzoj@spotlightnews.com

Stuart Lyman, D.V.M., current president of the Bethlehem Central school board and Richard Svenson, a past president of the board, will

not be running for re-election in May when their terms run out. Both veteran board members made their announcements at last week's meeting of the school board.

"For me, it was an evolution of 13 years, and serving on the school board is very dynamic, very exciting and stressful," said Lyman. "I came to the

□ Board Page 20

## Path to the future?

Study shows the way  
to make room for  
foot traffic in town

By JIM CUOZZO  
cuozzoj@spotlightnews.com

The town has always wanted Bethlehem pedestrians to feel as important as motorists, and the proof is now public, with a recently released engineering study that envisions a pedestrian-friendly neighborhood in

Slingerlands.

The study, called the Slingerlands Pedestrian Trail Network, was commissioned by the town under the direction of the economic development department.

The report, done by the firm of Edwards/Kelcey, is available online at the town's Web site at [www.townofbethlehem.org](http://www.townofbethlehem.org). It shows a community with vibrant hamlets, attractive neighbor-

□ Future Page 20



# Police Blotter

## Former Verstandig's employee faces additional charges

A former employee of Verstandig's Florist charged last fall with possession of narcotics now faces an additional 30 felony counts of falsifying business records after allegedly stealing from the company.

Bethlehem police report that 52-year-old Amy Louise

Hotard-Gadani, of 50 Woodside Drive, Albany, was arrested on first degree felony charges pursuant to an active warrant issued by Bethlehem Town Justice Ryan Donovan.

Gadani was charged last November with a felony count of criminal possession of a controlled substance while

working as an employee at Verstandig's. Gadani was terminated from her employment and a follow-up investigation revealed numerous acts of larceny that

took place at the business during 2006 including concocting fraudulent business records. Hotard-Gadani was processed on the 30 felony counts of falsifying business

records and four petty larceny charges. She was processed and arraigned in Bethlehem Town Court and released on \$5000 bail bond. Gadani will return to Town Court April 17.



Residents who arrive in Bethlehem Town Court on Monday, April 2, will see a new Magnetometer security scanning system outside the courtroom. Everyone who enters court will first have to go through the safety-screening device. The purchase was made through a state contract from the Office of Court Administration.

Jim Cuzzo/Spotlight

## Ravena man uses home computer to defraud residents in 3 countries

State Police from the town of New Scotland arrested a 27-year-old Ravena man on several charges, including grand larceny and identity theft.

Jose A. Vasquez Jr. was charged following a three-month investigation by the State Police computer crime unit.

The investigation revealed Vasquez had been advertising laptops, game systems, and baseball cards for sale on numerous auction sites, including eBay, and eBid, that he had no intention of shipping and did not possess.

Vasquez, according to

police, would receive payment for these items through a check, money order, or PayPal, and then never ship the merchandise.

State police were able to identify more than 100 possible victims located across the United States as well as Canada and the United Kingdom.

Vasquez was charged with scheme to defraud, first degree; identity theft, first degree; grand larceny, fourth degree; and a variety of other charges, according to police.

He is due in court for his arraignment on Wednesday, March 28.

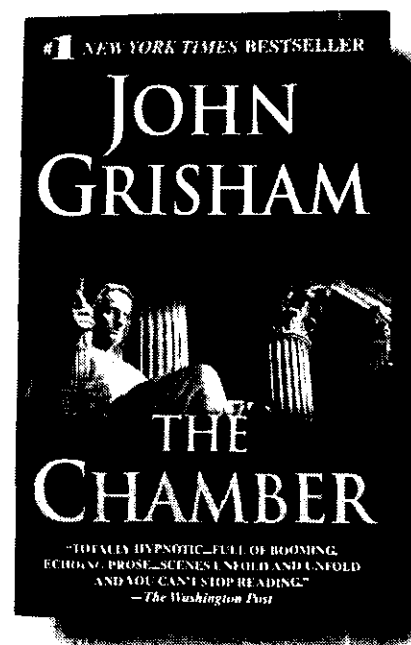
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It's your  
Birthday~



We should go out  
glass of wine!

2



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Little runners make a break for it at last year's Delmar Dash.

Jim Franco/Spotlight

## On your mark, get set ...

### Delmar Dash and Timothy J. Moshier race make April a big month for runners

By JIM CUOZZO  
cuozzoj@spotlightnews.com

Delmar will host two important races in the month of April: the long-established Delmar Dash, scheduled for Sunday, April 1, and, later in the month, the first Timothy J. Moshier 5K run/walk, which was started by friends of the Army captain killed in Iraq last year. Both races begin at the Bethlehem Middle School.

The 5-mile Delmar Dash, now

online at [www.hmrre.com](http://www.hmrre.com).

"Delmar is a great community, and the people have just been wonderful," said Delmar Dash organizer Marcia Adams.

The inaugural Captain Timothy J. Moshier 5K Run/Walk, to be held Saturday, April 28, was organized by former Bethlehem resident Geoff Decker, a childhood friend of Moshier's. Decker said the idea is to keep Moshier's name alive in a positive way that also benefits others.

"After Timothy's funeral, my sister and I were driving back to New York City, where I now live, and there was a sense the book wasn't closed yet," said Decker. "I felt something needed to be done to restore his memory."

Decker said the race is a good way for friends of Moshier to come back to renew their fellowship and to raise money for worthwhile causes.

The race fee is \$15, and proceeds will go to the Timothy J. Moshier Scholarship Fund, a \$1,000 scholarship for a Bethlehem High School student, and to the Fisher House Foundation, which helps support the family members of military personnel. There are more than 100 people already signed up for the race, with several more out-of-state participants planning to come for the weekend of the event.

"He made such an impact on the community that so many people are running in the race," said Decker. "I lost touch with him when he went into the military, but he was really a special person."

Anyone interested in the Timothy J. Moshier run/walk can sign up online at [www.timothyjmoshier.com](http://www.timothyjmoshier.com).

"By supporting this event with a donation or by participating in the run/walk, we can each in our own way keep his memory alive," said Marty DeLaney, Bethlehem Chamber of Commerce president.

Moshier was serving in Iraq when he was killed April 1, 2006, after the Apache helicopter he was piloting crashed just outside of Baghdad.

## Scout hopes to soar to Eagle status

### Teen coordinates town health fair to earn ranking

By JIM CUOZZO  
cuozzoj@spotlightnews.com

Delmar teenager Ethan Christian is attempting to attain the highest rank in the Boy Scouts of America by holding a community health fair at Bethlehem Town Hall.

Since 1918, more than 1.8 million young men, including former President Gerald Ford, have achieved Eagle Scout status. Twenty-one merit badges have to be attained before being earning the ranking, but often the final task of performing a distinguished community service is the most challenging.

"To become an Eagle Scout takes a lot of time, effort and work," said Christian, 17, who has been a Boy Scout since seventh grade.

His first idea was to hold a blood drive for the community,

but he said he opted for a health information fair at Town Hall. The event will be held from 11 a.m.-3 p.m. Saturday, March 31.

"The project has to have a significant benefit to the community, and the health fair is a big project," said Christian, who has spent the past several weeks enlisting the help of everyone from Supervisor Theresa Egan to his friends in Boy Scout Troop 75, who will be volunteering their services the day of the event.

"We get about two or three requests a year from Eagle Scouts about projects," said Egan. "This one is one of the more ambitious projects we have seen. It's great."

Christian is doing everything from making initial contacts to publicizing the event.

"I had to call over 30 different health-care organizations, and it has taken a lot of time," Christian said.

He has enlisted the services of the Red Cross, the American

Cancer Society and several others who will provide information on topics including Lyme disease prevention, cancer screening and prevention, blood pressure screening, dental health and emergency disaster preparedness.

"Most of the organizations jumped at the chance to attend," said Christian. "A lot of them know what an Eagle Scout project involves."

Right now, Christian is busy advertising the health fair through fliers, home mailings and letter drops to let people know about the free information fair, which will include refreshments and door prizes.

"Word of mouth is big," said Christian, who said he intends to pursue a career in medicine when he enters college.

"I will either go in pre-med or pharmacy, but I am leaning toward pharmacy right now," Christian said.



A ribbon shredding ceremony marked the grand opening of Staples in Bethlehem's Town Center on Wednesday, March 21. Above, from left to right, are William Brigham, director of the University of Albany's Small Business Development Center; Marty DeLaney, president of Bethlehem Chamber of Commerce; Bethlehem Supervisor Theresa Egan; and Staples store manager Larry Robbins.

Jim Cuozzo/Spotlight

## Staples opens doors at Town Center

By JIM CUOZZO  
cuozzoj@spotlightnews.com

You've heard of ribbon cutting. It was more like ribbon shredding when the Staples office supply store in Glenmont — which carries paper shredders of all sizes — celebrated its grand opening Saturday, March 24. The store is the latest to open at the Bethlehem Town Center, which is also home to Panera Bakery and Cafe, Five Guys Burger and Fries, and Supercuts. PetSmart is expected to open in a few weeks.

"This is store number 1,705," said Larry Robbins, Glenmont Staples manager, at a community preview event Wednesday, March 21. "This store is a new prototype layout for this area with a different configuration to make shopping easier."

The new, 20,312-square-foot store features 7,000 products and services, including a copy and print center, rebates and a Staples

Rewards program.

"A lot of our customers requested a store here, and we are very excited to be here," said Robbins.

Bethlehem supervisor Theresa Egan, who was one of several people attending the opening, said new direction for the town includes expanding business along the 9W corridor, where Staples is located.

**"This store is a new prototype layout for this area, with a different configuration to make shopping easier."**

Larry Robbins

"School shopping is going to be very different this year than it was in the past," said Egan.

Other Staples are located in Colonie and Latham.

Bethlehem Chamber of Commerce president Marty DeLaney said Staples is already starting off as a business that supports the community with a contribution of \$1,500 to the Glenmont parent-teacher association.

"This is the epitome of a new business coming into town and being a good neighbor," said DeLaney.

Tracey Bonanno, co-president of the Glenmont PTA, said the money, from the Staples Foundation for Learning, will go toward school programs that "foster a sense of community for our students and excellence in learning."

William Brigham, director of the University of Albany's Small Business Development Center, said it's great to have Staples in town as a resource.

"We really need to get out to events like this and let people know that we are here," said Brigham.

The Glenmont Staples store will employ 30 full- and part-time people and be open 8 a.m. to 9 p.m. Monday through Friday, 9 a.m. to 9 p.m. Saturday and 10 a.m. to 6 p.m. Sunday. According to information provided by the company, Staples Inc. began operating as an office supply superstore in 1986, and, with 74,000 employees, it is the world's largest office products company. Sales in 2006 totaled \$18.2 billion.

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# Prairie settlers found joy without Nintendo

By ROBIN SHRAGER SUITOR  
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There's very little mention of the outhouse in the *Little House* book series. That's not to say there was very little use of the outhouse, but it's not an activity highlighted in the text.

Still, the outhouse concept was never far from my mind when I read the books to my daughter.

So I was quite surprised recently when my 10-year-old said she wished she lived back in the time of Laura Ingalls.

"It was so much easier then," Rachel lamented.

"Easier? How's that?" I asked her.

"Well, Laura was so happy the time she wanted those visiting cards and Pa gave her the 25 cents to get them," Rachel said, "And I know that it costs a lot more, but I don't have a Nintendo DS."

So according to my daughter's logic, Laura Ingalls lived in a happier time.

I don't necessarily disagree with this logic.

I explained to Rachel that the lesson to be learned is to be appreciative of what she's got, rather than focusing on what she doesn't have.

## Commentary:



As an example, I talked about how back then they used an outhouse, which is basically like going to the bathroom in a big hole in the ground. She thought this was gross.

Perhaps if there were a bit more outhouse talk in those books, my daughter wouldn't be so disillusioned about the ease of prairie life in the late 1800s.

And yet, there's a whole lot of mention of chores in those books and that doesn't faze her. Every chapter has talk of chores. The people work hard and everything they need requires work. Nothing seems easy about their lives to me.

For example, if they wanted to bathe, they needed to heat up water on the stove, so they only took a bath once a week.

In the "Little House on the Prairie" TV show, Michael Landon played Pa Ingalls. He always looked sparkling clean, his wavy brown hair full and shiny. Yet I imagine that people

who lived during that time did not get quite so clean. Not like today's clean, where we have the luxury of hot showers, myriad cleansing products and fluffy towels.

If the Ingalls wanted to stay warm, they needed to keep a fire burning. In the book "The Long Winter" non-stop blizzards prevented trains from bringing new supplies to town.

There was no coal so the Ingalls had to resort to using hay. They had to form the hay into twisted bundles, which was no easy task with fingers numbed by the cold. The hay didn't burn very long or very hot. Without light or warmth they headed to bed quite early that long frigid winter.

When we read that book, I asked my daughter to imagine how cold it must have felt living in an un-insulated house surrounded by snow to the rooftop. I imagine it felt a lot like being outside. I told my daughter it was the kind of cold that no amount of blankets could fix. I told her she has never felt that kind of cold.

So even though we sometimes get up in the morning and complain, "It's freezing in here," the reality is that our house has never dipped below 50 degrees.

If the Ingalls wanted water, they had to go to the creek or dig a well. They didn't have water for 30-minute showers. They didn't let the water run while they brushed their teeth. They didn't have running water!

We have running water AND flush toilets!

If the Ingalls wanted to eat, they had to hunt for meat, grow their vegetables and raise cows for milk. In the book "Little House in the Big Woods" they make cheese.

One of the ingredients they need is rennet, which the book explains is found in the lining of

a calf's stomach. Young Laura is relieved that Pa won't be killing one of the family's own calves, but will get the rennet from an uncle's calf. Once the rennet is obtained, Laura and her sister Mary spend several hours helping their mother make the cheese.

On the other hand, we go to the grocery store and buy cheese that's not only made,

eating lots of honey?

I guess you have to live a simple life in order to enjoy the simple things in life.

At Christmastime, the Ingalls children each get a single present and maybe a piece of candy. One year they each got a tin cup. They were delighted. Prior to that, Laura and Mary had been sharing a cup.

I realize that these semi-autobiographical chapter books are aimed at children, so much of the hard times may be glossed over. Maybe Laura Ingalls' real-life mother wasn't truly as wise and patient as the character portrayed in the books, but so what?

Everything isn't sugar coated. Laura's character regularly admits to having feelings of impatience, anger and jealousy. She tries to be good, but always falls short of her older sister's proper behavior, at least in her own eyes.

I have a vivid memory of my fourth-grade teacher reading one of the books to our class.

I'm not sure if this is how it actually happened, but in my recollection the class is gathered in the hallway in an area between classrooms and near a stairwell. We are sitting on the floor by a large window, or more likely a group of windows, and the teacher is sitting in a chair. Sunlight is streaming through the window and the teacher pauses to show us the pictures.

It's a peaceful memory of a simpler time in my life.

Yes, I must say my life was easier back then in the fourth grade. I had the luxury of indoor plumbing and no one had ever heard of Nintendo DS!

**If the Ingalls wanted water they had to go to the creek or dig a well. They didn't have water for 30-minute showers. They didn't let the water run while they brushed their teeth. They didn't have running water!**

but also already shredded. That's right, we don't even have time to shred our own cheese. Well, some people do. I have a colleague who told me he carries a shredder and a block of parmesan with him if he's going to dinner at the house of someone who only uses the "cheese from the green can." I pictured the green can in my own refrigerator and made a mental note to never invite him over on spaghetti night.

Not only do I buy pre-grated Parmesan cheese, I also use store-bought honey. In the same book that described the cheese making, Pa comes across a honey tree and scares off a bear that is scooping out the sweet stuff with his paw. Pa rushes home to gather up assorted pails, returns to the tree, chops it down, splits it open and takes home a honey-loaded wagon. At first Ma is disappointed when she thinks there is only a single pail, but then she sees the whole load. The family celebrates by eating lots of honey at dinner.

When was the last time your family celebrated by

## Got views?

Spotlight Newspapers welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing for fairness, style and length and should be contained to 500 words or less.

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

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

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

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

For information about on submitting a Point of View, e-mail Senior Managing Editor Katherine McCarthy at mccarthyk@spotlightnews.com or call 439-4949.



## WEEKLY WEATHER

Chief Meteorologist Mike Bono

### Albany Almanac

#### Record high/low/year

| Day                 | AVERAGE HIGH 51° |          | AVERAGE LOW 31° |          |
|---------------------|------------------|----------|-----------------|----------|
|                     | High/Year        | Low/Year | High/Year       | Low/Year |
| Wednesday, March 28 | 85°/1945         | 3°/1923  |                 |          |
| Thursday, March 29  | 85°/1946         | 0°/1923  |                 |          |
| Friday, March 30    | 86°/1986         | 7°/1970  |                 |          |
| Saturday, March 31  | 89°/1998         | 12°/1923 |                 |          |
| Sunday, April 1     | 77°/1986         | 9°/1923  |                 |          |
| Monday, April 2     | 69°/1967         | 17°/1964 |                 |          |
| Tuesday, April 3    | 79°/1981         | 16°/1954 |                 |          |

**SEASONAL SNOWFALL TO DATE**  
42.3 inches as of Friday, March 23rd  
14.9 inches below average, to date

#### This week in weather

April 2, 2005 A wet late March set the stage for dangerous, record flooding. Low pressure moved up through the Appalachians and slowed down as it reached our area, leaving Ulster and Greene counties soaked. West Shokan checked in with 6.15" of rain while East Jewitt came in with 5.54". Albany only received about an inch.

#### Sun & Moon

| Day       | Sunrise | Sunset |
|-----------|---------|--------|
| Wednesday | 6:45am  | 7:16pm |
| Thursday  | 6:43am  | 7:17pm |
| Friday    | 6:41am  | 7:18pm |
| Saturday  | 6:40am  | 7:19pm |
| Sunday    | 6:38am  | 7:21pm |
| Monday    | 6:36am  | 7:22pm |
| Tuesday   | 6:34am  | 7:23pm |

#### Moon Phases

| April 2nd | April 10th |
|-----------|------------|
| Full      | Last       |
|           |            |

| Planets | When     | Where        |
|---------|----------|--------------|
| Jupiter | Pre-Dawn | Bright South |
| Mars    | Dawn     | Low ESE      |
| Venus   | Evening  | Bright W     |
| Saturn  | Evening  | High South   |

#### Area Ski Conditions

| Resort     | Base Depth | Lifts | Trails | Resort      | Base Depth | Lifts | Trails |
|------------|------------|-------|--------|-------------|------------|-------|--------|
| Gore Mtn   | 35"- 64"   | 7     | 60     | Okemo       | 26"- 48"   | 12    | 112    |
| Belleayre  | 30"- 70"   | 6     | 45     | Smugglers'  | 36"- 70"   | 7     | 73     |
| Royal Mtn. | 20"- 40"   | 3     | 14     | Sugarbush   | 30"- 60"   | 13    | 111    |
| Bromley    | 22"- 43"   | 4     | 44     | Catamount   | 20"- 40"   | 4     | 23     |
| Jay Peak   | 24"- 48"   | 8     | 76     | Jiminy Peak | 10"- 45"   | 5     | 42     |
| Killington | 36"- 44"   | 20    | 193    | Butternut   | 23"- 53"   | 4     | 22     |
| Stratton   | 36"- 48"   | 7     | 87     | Bosquet     | 25"- 50"   | 3     | 18     |
| Mt. Snow   | 30"- 48"   | 9     | 101    | Whiteface   | 34"- 45"   | 7     | 71     |

#### Factoid

Easter falls on the first Sunday following the first full moon in Spring. This year, Easter is on April 8<sup>th</sup>, following the full moon, which occurs on Monday, April 2<sup>nd</sup>.

#### Tides at Albany

| Day       | High           | Low              |
|-----------|----------------|------------------|
| Wednesday | 1:40am, 2:10pm | 8:02am, 8:47pm   |
| Thursday  | 2:39am, 2:57pm | 8:59am, 9:38pm   |
| Friday    | 3:34am, 4:38pm | 9:52am, 10:26pm  |
| Saturday  | 4:23am, 4:35pm | 10:43am, 11:11pm |
| Sunday    | 5:07am, 5:18pm | 11:31am, 11:53pm |
| Monday    | 5:48am, 5:57pm | -----, 12:16pm   |
| Tuesday   | 6:26am, 6:35pm | 12:34am, 1:01pm  |

# Around the County

## V'ville enrollment boost spurs need for teacher

**Board votes to add position to budget proposal**

By ROB IRWIN  
irwinr@spotlightnews.com

Due to increasing enrollment at the elementary school, Voorheesville Central School District officials are looking to add a new full-time teaching position to meet the needs of growing classroom sizes.

According to Superintendent Linda Langevin, the elementary school's population is reaching a point where hiring a new teacher may be necessary to keep class sizes from becoming too large. Enrollment has been steadily growing from 500 students in 2003 to 563 expected to enroll in the fall.

The need for a new teacher caught Langevin's eye more than two weeks ago, when she said she was doing another analysis at the elementary school and noticed the large number of students entering the fourth grade.

"There might be a problem here," Langevin said she thought to herself at the time.

"This is unanticipated growth. The elementary school is growing faster than we

thought it would."

Next year, the fourth grade is expected to be the largest class at the school, with an anticipated enrollment of 103 students. With 103 students, there would be three classes with 26 students and one class with 25. By adding a fifth teacher at that level, it would drop the class sizes to around 20 students per class, and continue to keep the district below its contractual obligation of fewer than 30 students per class.

"As far as teaching these kids well in this day in age, it's very difficult with 30 kids," said Langevin.

"Increasing class size is a dilemma," said Principal Ken Lein. "It is important that we consider the financial impact while realizing the demands of teaching have changed since most of us were students."

Also in response to enrollment issues, a third-grade

teacher is slated to move to a second-grade classroom next year to accommodate the 94 students at that level expected in the fall. That shift will increase the number of second-grade teachers to five.

The proposed position would be added to the 2007-2008 budget proposal at a cost of

approximately \$57,300. At the Monday, March 26, school board meeting, the board voted to add the full-time teaching position to its budget proposal.

According to Langevin, the school district evaluates class sizes each year, and she said she is usually notified sooner of any expected enrollment issues.

"Usually that's something that's brought to my attention earlier in the year," said Langevin.

Fortunately, Langevin said, the problem was noticed early enough in the budget process to

allow the administration to tweak the budget proposal to find room for the additional cost of adding a teacher, with the hope that it doesn't radically affect any of the existing programs.

According to Langevin, even if it had been feasible to only add a half-time teacher to address the growing enrollment, the full-time position would have to be added eventually. The elementary school currently is facing an increase of 20 to 23 students each year.

"It's either pay now or pay later," said Langevin, who said the students are best served by adding a full-time teacher.

Currently, the elementary school has three unoccupied rooms that can be used for classrooms. Two of these rooms would be used for swing space

during the construction that will occur in the next school year. These classrooms will become available upon completion of the capital project if the growth continues.

For the time being, the middle and high schools are able to absorb increases in student enrollment, Langevin said, but at some point, additional classrooms may need to be built at the elementary school.

If trends continue as they are now, the elementary school is expected to reach capacity by 2010, at which time the idea of a new capital project would be considered, said Langevin. One option, she said, would be to demolish the bus garage adjacent to the elementary school to make room for more classrooms.

**"Increasing class size is a dilemma. It is important that we consider the financial impact while realizing the demands of teaching have changed since most of us were students."**

Ken Lein

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# SEFCU

# Matters of Opinion *in the* Spotlight

## Thanks, Sue

She was an anomaly in so many ways, she was really iconic.

In an era of frequent job swapping, *Spotlight Newspapers'* Executive Editor Susan Graves retired last week, after nearly 20 years at the news helm of our organization.

Sue came to the paper as managing editor of *The Spotlight*, the 50-year-old publication that serves the towns of Bethlehem and New Scotland.

Under her leadership, our news coverage expanded as we grew to the 11 newspapers we are now.

Along the way, Sue kept track of town supervisors, town board members, school superintendents and school board members, tax rates and the students who collected canned food at the holidays. She always had time to talk with concerned citizens — and listened equally and with great measure to those with complaints and with compliments.

She trained up a whole phalanx of reporters, from fresh college graduates to seasoned reporters. She would growl at the misuse of a word — “look it up” — and speak encouragingly to the person who just needed a little hand-holding in the pursuit of truth and the correct way to phrase it. She was a menace with a red pen, handing back more than one bloodied proofed page to a cringing reporter.

Her private life was just that, and what most of us know about her is that she loved animals, country music, and The Rolling Stones. Her beloved Scottish terriers were named for Willy Nelson and Patsy Cline; she had a ratty Stones T-shirt that she wore when she worked weekends, and where most of us could quote the first line of a famous Shakespeare soliloquy, she could give us the whole passage.

As if evoking journalists of days gone by, she continued to smoke, and once told a reporter's child who asked why she was killing herself to “mind your own business.” Visiting children got a pretzel from her constant stash, and maybe a bumper sticker from the latest issue affecting the towns we cover.

She marched on Washington in the '60s, and called the terrorist attacks of Sept. 11, 2001, “the most significant event of my adult life.”

Mostly, she took life as it came, ever watchful in the way of a good writer, slightly cynical, but willing to give issues the time, space and fairness they needed to play out.

Her work here made a difference to us, and, we hope you'll agree, to you.

## Editorial

## Malta landmark was novelist's dream

By TERI ULRICH

*The author is historian for the town of Malta.*

March is Women's History Month, and in honor of that, Malta remembers great American novelist Katherine Anne Porter, who made her home in the town in 1941.

This uniquely talented woman — a maverick in her lifestyle, personality, politics and craft — will always claim a special connection to Malta through the beloved modified Georgian farmhouse at 165 Cramer Road, which she named “South Hill” and wrote lovingly about in her short story “A House of My Own” (1941).

Born into poverty in 1890 in Indian Creek, Texas, Callie Russell Porter (her given name) was a bright light on the American literary scene by 1922 and was the subject of public fascination for decades until her death in 1980.

She was an acclaimed novelist (“Ship of Fools,” 1962) and wrote many short stories; her works are said to be largely autobiographical — revealing her own personal turmoil and moral conflicts, but also her acute political consciousness of the international climate of the post-World War I years, World War II, and the rise of Communism and fascism.

Ever the brilliant and sensitive artist, Katherine Anne Porter (as she came to call herself) had alternate stretches of immense productivity as a writer and bouts of melancholia and ill health. Her style and beauty were matched only by her literary genius, making her a widely popular novelist still today.

Always an avid traveler and having grown accustomed to moving frequently to secure writing and teaching jobs, Porter nonetheless longed for permanency and roots. She wrote to a friend in the late

## Point of View

1930s: “The truth is, I want to have a house of my own, where I can put my books and papers and little dear worthless belongings and I want to sleep and wake in that house, and work in it, and fuss with it a little for the rest of my days.” (from Darlene Harbour Unrue, “Katherine Anne Porter: The Life of an Artist, 2005”.)

Biographer Unrue writes of how Porter found her “dream house” in Malta in January 1941 while on retreat at Yaddo, the writers colony in Saratoga Springs. She “reached the summit of the Albany Post Road that overlooked the valley, [and she] saw her dream house, a two-story, seven-room house sitting on a knoll behind tall maples surrounded by rolling woods and meadows and facing a forest preserve [Luther Forest] of 8,000 acres of pine and spruce trees.” She offered \$200 as a down payment; \$1,800 would complete the purchase, due in May. She told the real-estate agent: “...this is my house. That is settled. I am going to have it.”

Porter set about an ambitious remodeling plan — moving walls, demolishing porches, installing plumbing and heating and lighting — preparing to move in on May 15, 1941, her 51st birthday.

The importance she attached to this house emanated from deep psychological longings for independence, stability and security — things she had not had in her fragmented life from childhood to adulthood. The joy she took in buying South Hill and her soulful feelings about how this special place would heal her hurts, inspire her creativity, and ground her, are revealed in the words of a letter she wrote to her fifth husband (whom she divorced soon after) in late January 1941: “And here I am, happy in some way that I was never before ...; if only I can have my place to stay and be able to work to keep it pleasant and to care for it properly, I want nothing more ... and everything I lost before in this world will come back to me there. Just think, when I plant a tree now I can stay to see it grow, when I work and spend what I have on the house, I do not have to leave it just when it is becoming pleasant to live in. Just think, never again do I have to depend upon anyone else for anything and I can make what plans I like, then carry them out in my own time and way, and the house and the whole landscape around it will look as I would like them to, little by little, year after year.”

She worked at making payments on the house by taking

on speaking engagements at colleges, by finding assignments to teach, and by continuing to write. Nonetheless, the cold upstate New York winter, the social isolation she felt, and the overwhelming tasks of rehabilitating and maintaining the house daunted her. She left South Hill late in the year for trips to rejuvenate her state-of-mind and fragile health, while trying to persist in her writing and financially support her fine tastes, her travel, and the “house of [her] own.”

The dream of South Hill was not to last for Porter. Despite great, but sporadic, enjoyment of her home — parties with literati like Truman Capote and visits by Eudora Welty (who took memorable photos of Porter there) — the house became too much for her, and she abandoned her initial notion of making this her permanent home.

In 1946, Katherine Anne Porter received a phone call from Toni Willison, wife of another acclaimed American novelist, George Willison (“Saints and Strangers”), some of whose writings Porter had reviewed. Mrs. Willison mentioned that she and her husband were looking for a house in upstate New York — a coincidence that allowed Porter to solve her problem of having to maintain South Hill. Arrangements were made for the Willisons to purchase the home, on which Porter would continue to hold the mortgage. This financial arrangement caused the Willisons and Porter to remain in regular and affectionate contact for decades; their correspondence can be found today at the University of Maryland Library, home of the Katherine Anne Porter Society.

So, the Willisons became Malta residents by the late 1940s and flourished at South Hill. Their son, Malcolm, now a writer and educator of note, wrote a magnificent poem for “Malta Memories” about his mother, Toni, at the family home.

The Porter-Willison House was designated a Malta Town Landmark in 1991, and today is the home of Thomas Nolen.

Driving by this stately home today with its beautiful architecture and bucolic surroundings, it is easy to see why Katherine Anne Porter fell in love with it at her first visit there in January 1941. Her passion for the house drew her heart back to it for years, although her temperament would not allow her to make it her lifelong residence. It is fascinating to reflect on the possibility that the spirit of the mercurial and brilliant Porter is still alive there today — charming us into a walk back in time at a place where one of America's literary icons found a house of her own.

To Malta, Katherine Anne Porter will always, in part, belong.

## THE Spotlight

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# Your Opinion *in the* Spotlight

## Neighbors don't speak for everyone

Editor, The Spotlight:

Regarding the anti-war demonstrations which have been staged by the Bethlehem Neighbors for Peace, and which have been patiently endured by this community for the past four years, please allow me to set the record straight. These people do NOT speak for me, nor, I suspect, for the great majority of loyal town residents.

Not that their antics have gone unnoticed. We have given careful attention to the wording on their placards, their desecration of the American flag (by replacing the

stars with the so-called "peace" symbol), their chants and slogans and their general attitudes toward us and our country. All of which are not so much anti-war as anti-U.S.

Worse, when placed in the context of high-tech communications capabilities available to our enemies as well as to us (the terrorists have satellite TV, PCs, cellular phones and all the rest), it becomes painfully obvious that, rather than serving the cause of peace, the anti-war movement in this country and abroad has actually done

irreparable harm to our military and diplomatic initiatives and reduced our chances for ultimate victory.

In short, while I am duly impressed with the organizational abilities and sheer persistence of this group, I don't share *The Spotlight's* laudatory view of their efforts (in the March 21 article "Anti-war group keeps the peace"), nor of the probable consequences thereof.

John Collier  
Delmar

## Town board member thanked for support

Editor, The Spotlight:

On behalf of the children at Hamagrael Preschool, I want to thank our town board member Joann Dawson for joining us on March 12 in delivering nearly 100 letters to the Bethlehem Public Library board of trustees. The letter-writing campaign asked the library to reinstate story time at Hamagrael Preschool.

Dawson's support really meant a lot to the parents of Hamagrael Preschool. For her to take time and lend her support clearly shows she cares about the community's needs.

Although often taken for granted, public libraries play a major role in helping children discover the love of books and reading. Research studies state

that beginning reading programs at a young age have a direct and dramatic effect on children's reading abilities in later school years. Hard to comprehend why the library cut this program? It's merely a four and a half hour program per year — once a month, for 30 minutes, only nine months of the year.

Hopefully the library will take a cue from concerned parents, and community residents including town board member Joann Dawson, and County Legislators Jack Cunningham and Howard Schaffer in realizing that the smiles on the children's faces during story time are indeed ... priceless.

Christine DeCancio  
Selkirk

## Group homes should be welcome

Editor, The Spotlight:

For many years, Delmar residents have had a proud history of welcoming group homes regulated by the state Office of Mental Retardation and Developmental Disabilities.

That enlightened history has always set our community apart — not so anymore. Some "neighbors" on Orchard Street have embarrassed themselves

and our community by fighting a proposed Living Resources home.

Frankly, I think these individuals owe all of us an apology for their uneducated action. Neither Living Resources, nor the New York ARC, nor the Center for Disability Services

have ever given any of us any reason not to be proud and honored to have their homes in our community. Shame on the Town Board for playing into any part of this hysteria.

Robert G. Wakeman  
Slingerlands

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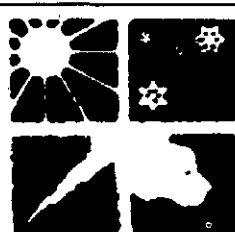
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# Your Opinion

## Play ball, not politics

Editor, The Spotlight:

It is time to play ball and not politics at Tri-Village Little League. Though his letter may sound like sour grapes, there are many parents of players who feel the same way we do.

How is it that players like our son, who is 12 and a half, 5' 9" tall in seventh grade, are still playing in the intermediate levels while fifth and sixth graders are moved up to the majors level?

It is not for the lack of ability. Our son, like many of yours, has hit grand slams, home runs and plays excellent defense, yet year after year the coach's sons and many of their friends make majors, leaving some truly

talented kids behind.

Putting aside our son's baseball ability, I would think by the time you are in seventh grade and 12-and-a-half years old, the TVLL charter should state the automatic advancement to the next level. We are searching for clarity and truly hope our questions are answered with fairness.

Bethlehem parents deserve better for their sons who love to play the game.

Tri Village Little League, it is time for you to start playing the game fairly.

Dale and Pat Setford  
Delmar

# Panel debates school budget

Some worry voters won't buy 4.94 percent tax hike

By JIM CUOZZO  
cuozzoj@spotlightnews.com

Members of Bethlehem's citizens budget committee debated the pros and cons of a tentative school budget that would raise taxes 4.94 percent, and they discussed whether voters would approve it.

By the close of the Monday, March 20, committee meeting, the 2007-2008 budget stood at \$77.22 million, with \$1.2 million dollars of additions and about \$1 million in reductions. Most of the reductions would be in bus attendant and aide positions and through returning 15 board of cooperative educational services, or BOCES, students back to the district.

The proposed additions include \$133,000 for a committee on special education chair, \$117,200 for two middle school teachers, \$210,000 for 3.6 full-time equivalency special education teachers and the restoration of ice hockey, gymnastics, cheerleading and field trips.

"I think some people are going to think it's too high," said Charmaine Wijesinghe, representing the Elsmere parent-teacher association.

The school budget presented to voters last May, which carried a 5.4 percent tax increase, was the first budget defeated in more than 20 years. Information provided by the district at the budget committee meeting showed that, in the past 11 years, school budgets in Bethlehem have been approved by majorities of anywhere between 51 and 69 percent. Voters narrowly approved a school budget in 2005, by only 151 votes.

"Is 4.94 percent for the tentative budget too high, and if that's too high, how would you like to reduce the budget?" asked Superintendent Les Loomis of the group, which has been working since the beginning of February to come up with a solid school budget that voters are expected to approve in May.

Loomis told the committee that it takes about \$500,000 in reductions to decrease the tentative school budget by one percent.

"I represent the older groups in the community, and every year it's another 4 percent, another 5 percent," said budget committee member Carol Portman. "It's very difficult for people to accept that when they are on a fixed income."

Mac Carlton, the district director of technology, and a member of the budget committee, said a 3 percent increase, normally a cost of living increase for most residents, is not a large increase.

Loomis told the committee that the tentative budget increase is slightly above 3 percent when you take out the debt service the district has to pay for the many construction projects in full swing, including renovations to the middle school and high school and

building a new elementary school next year.

"The bottom line is what people see in their tax bill," said vice president of the school board, James Lytle, who presided over the budget meeting.

"Trying to keep costs well below 5 percent would be the preferred outcome here," Lytle added.

The committee once again held a lengthy discussion on the need for the proposed changes in the leadership structure to the middle and high schools. Those proposals included replacing 1.6 full-time equivalency deans at the high school with two full-time deans, considered to be junior administrative positions. The proposed change at the middle school would return 1.4 house leaders back to the classroom full time and replace them with two full-time house leaders, also administrative positions. The proposed cost, including benefits, for the four new administrative positions at both schools totals \$336,000.

At their regular meeting Wednesday, March 21, the school board voted to keep the proposed administrative structure at the high school but eliminate the proposed house leadership at the middle school.

"We want to be proactive and get involved more," said high school principal Chuck Abba, referring to how the high school proposal will assist in the area of student discipline.

Loomis said the middle and high school principals need the extra help.

"So much of their time is taken up with school discipline," said Loomis. "We expect to see the institutional leadership improve with the extra help."

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**Saturday, May 5, 2007**

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## IN BRIEF

Church to host  
Baroque concert

The Clarksville Community Church will hold an Adirondack Baroque Concert Sunday, April 22 at 3 p.m. at the Clarksville Community Church on Route 443, seven and a half miles west of the Delmar Four Corners.

Music by Bach, Boyce, Handel and other classical composers. Cost is \$10; seniors and students \$8.

For information, call 756-2273.

Jubilate group  
to perform at church

The Jubilate Singers and Orchestra will perform "Joy in the Spirit" Sunday, April 1, at 7 p.m. at Bethlehem Lutheran Church in Delmar.

J.S. Bach's motet "Jesus, Priceless Treasure" and J. Rutter's cycle of spirituals "Feel the Spirit" will be performed.

Individual tickets are \$15 and family tickets are \$25. Reservations can be made by calling 478-9476.

Stroke screenings  
planned in Selkirk

Residents living in and around Selkirk can be screened to reduce their risk of having a stroke.

Lifeline Screening Radiology will be at the Bethlehem Grange Community Center, Route 396, in Selkirk, April 2.

Screenings are \$109. Sign-up for the complete vascular package including the osteoporosis screening for \$129.

To schedule an appointment, call 877-237-1344. Pre-registration is required.

Chabad House to  
host Passover Seder

Join the Chabad House of Delmar, 106 Elsmere Ave., for a Passover Seder. The first Seder will be held Monday, April 2, at 7 p.m. and the second Seder will be Tuesday, April 3, at 7 p.m.

Relive the exodus, discover the eternal meaning of the Haggadah and enjoy a community Seder complete with hand baked Matzah, wine and a dinner spiced with unique traditional customs.

For information or reservations, call 439-8280.

Town holding times  
for tax assistance

Bethlehem Senior Services has begun accepting reservations for A.A.R.P.'s Income Tax Assistance Program to be held on Tuesdays through April 10 from 9 a.m. to 3 p.m. at the Bethlehem Town Hall, 445 Delaware Ave. in Delmar.

To schedule an appointment for tax assistance, call 439-4955 ext. 4.

Bring copies of 2005 Federal and State returns with W-2 forms, 1099 forms and receipts for

contributions, interest, medical bills and property and school tax receipts.

Petition forms available  
for library board seat

Nominating petition forms are available for a vacancy on the Bethlehem Public Library board of trustees. The seat is for a full term of five years.

Petition forms and information packets may be obtained at the library information desk.

Petitions must contain at least 118 signatures of voters residing in Central School District No. 6 of the Towns of Bethlehem and New Scotland. Petitions must be filed with the District Clerk, 90 Adams Place, Delmar by 5pm on April 16.

Elections will be held on May 15 from 7am-9pm at Bethlehem Central Middle School.

Voorheesville library  
has board vacancy

Petitions are now available

at the Voorheesville Public Library circulation desk for any school district resident over the age of 18 who is interested in running for the five-year position on the library board of trustees which will be vacated by Catherine Anderson.

Candidates are required to obtain signatures from 25 qualified voters and return the notarized petition to the library by 4 p.m. on April 13.

The election will be held on May 15 at the Voorheesville High School.

Baptist Church  
to hold open house

Albany Baptist Church, 361 Krumkill Road, invites the community to a get-to-know-you open house Saturday, March 31 from 11 a.m. to 1 p.m. following its move from Delaware Avenue in Albany.

The church will hold formal dedication services at 11 a.m.

and 2 p.m. on Sunday, April 1, to recognize and give thanks for God's blessings. Dedication speakers will be Pastor George McDearmon of the Ballston Lake Baptist Church and Pastor Adam Davies of Trinity Baptist Church of Catskill.

Church offers  
Thursday 'gathering'

The Slingerlands Community United Methodist Church, 1499 New Scotland Road, Slingerlands, is offering a new contemporary worship service every Thursday evening from 6:30 to 7. Lay persons of the church will offer "a gathering" for spirituality, which includes meditation, discussions, Christian teachings, music and song.

Children are welcome at the service, and child care will also be provided.

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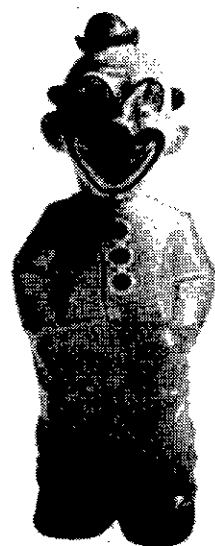


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## Town honors longtime public servant

**New Scotland resident  
sat on zoning board  
for two decades**

By ROB IRWIN  
irwinr@spotlightnews.com

For his 20 years of service to the town of New Scotland, the town board issued a proclamation honoring former zoning board of appeals chairman Ronald Von Ronne.

The proclamation thanked Von Ronne for his leadership to the town, his understanding of the community and his extensive knowledge.

Additionally, the proclamation reads: "Mr. Von Ronne is known for his dedications to the ideal of individuals' property rights as well as the importance to the community of a well designed and enforced zoning code; his knowledge of laws governing land use; his objectivity; and most important, his integrity."

Supervisor Ed Clark called Von Ronne's longtime commitment to the town rare.

"He's been very diligent and persistent in his application of the law and the leadership of the zoning board of appeals," said Clark.

Von Ronne, who grew up in Delmar, has been a New Scotland resident since the 1970s, and said he joined the ZBA in 1986 as a means to serve the rights and needs of the people in his community.

**"I thought it was a good idea to get involved, and I did and I hung around a long time. ... I had an opportunity to help the residents as well as uphold the zoning laws of the town."**

Ronald Von Ronne

In his 20 years, Von Ronne said, the town had grown and the residents changed, but the function of the zoning board had not, although one side effect of the town's growth was an increase in the number of hearings.

"I remember back in '86, we wouldn't have a hearing every month," said Von Ronne. Now, he said, there's a hearing every month with four or five issues brought before the

board. "That's growth."

Von Ronne said one of the biggest issues he faced during his time on the board was the placement of cell phone towers within the town.

"That's become a very, if not popular problem, a very visible problem," said Von Ronne. "That has been the biggest issue of irritation in the case of the zoning board."

With communications technology rapidly developing, Von Ronne speculated that the issue would continue.

Von Ronne left his post Dec. 31, saying it was time to move on.

"You pass it on to somebody younger who has a lot more energy than me," said Von Ronne.

Now Von Ronne said he is focusing his energy elsewhere.

Von Ronne and his wife work for the Double H Ranch in Lake Luzerne, a camp for children with disabilities. Von Ronne is the ski school director and teaches disabled children how to ski, snowboard and other winter sports.

Von Ronne said he was honored by the proclamation issued by the town.

"I love the town of New Scotland; it's a great place to live," said Von Ronne. "I'm happy I could help."

## Soft hands



Andreas Karatsolis and Ares check out a plant at the annual Capital District Flower and Garden Show at Hudson Valley Community College.

Jim Franco/Spotlight

## Seats open on RCS Community Library Board

There are two seats open, both five-year terms, on the RCS Library board of trustees. Candidates must be residents and registered voters of the Ravena-Coeymans-Selkirk Central School/Library District.

Nominating petitions, which require signatures of 30 residents who are registered voters, are available at the library, 15 Mountain Road, Ravena.

Completed and notarized petitions must be returned to the library by Saturday, April 14. Voting for the seats takes place Tuesday, May 15, the same day and place as school district elections.

The seven-member board develops policy, oversees financial affairs, and sets the course for library development.

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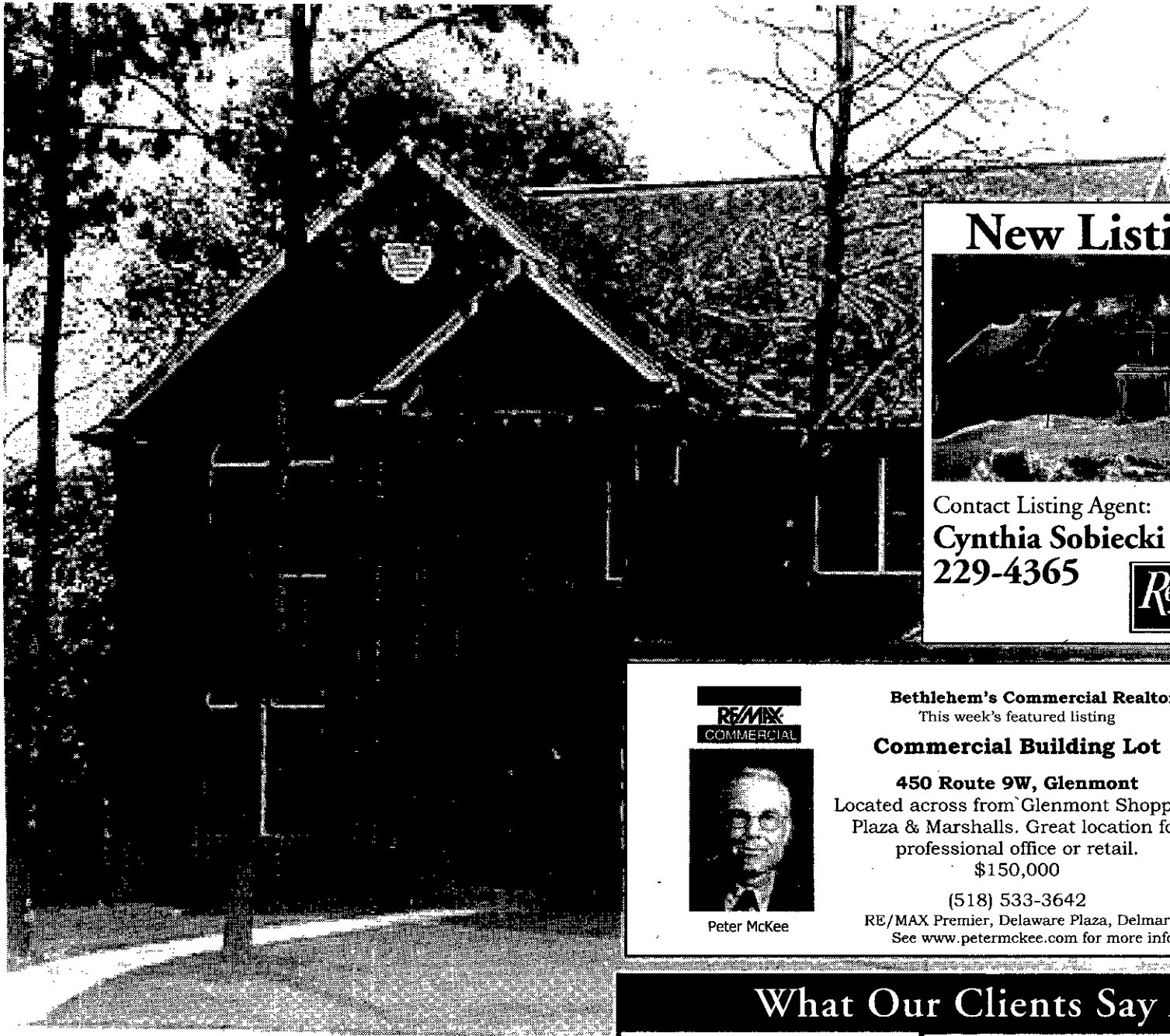
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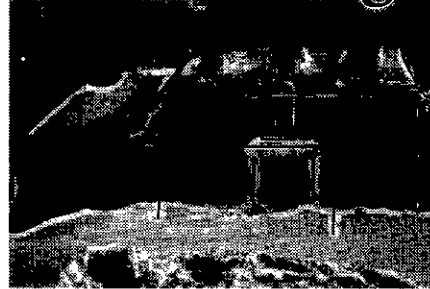
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### Cathy Cooley

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# Parents fight to fix mental health system

**Michael and Lisa Carey ask state to improve oversight of facilities for disabled**

By ROB IRWIN  
irwinr@spotlightnews.com

The parents of Jonathan Carey continued their fight for reform of the state's system of care for the disabled following the death of their 13-year-old autistic son, allegedly at the hands of two workers at O.D. Heck, a facility that cares for the disabled.

Michael and Lisa Carey met with state lawmakers Friday, March 16, to call for an investigation of two state offices, the Office of Mental Retardation and Developmental Disabilities and the Commission on Quality Care, following the alleged mistreatment of Jonathan at the Anderson School in Dutchess County, which led to him being transferred to O.D. Heck.

Jonathan Carey died Thursday, Feb. 15, after he was allegedly restrained inappropriately while being transported from the O.D.

Heck Developmental Center in Schenectady to Crossgates Mall.

"Serious allegations have surfaced about Jonathan's care at not one, but two facilities that his family entrusted with their son's care," said state Senate Majority Leader Joseph Bruno, R-Brunswick. "The state Inspector General should immediately begin an investigation, not only regarding the possible mistreatment of Jonathan Carey at the Anderson School, but into the state agencies responsible for the oversight of these facilities."

Michael Carey said the family is dedicated to bringing reform to these agencies so there's genuine accountability "so state agencies are regulating for the disabled and not trying to protect the people involved."

The Careys contend that this system prevents individuals, schools, facilities and even state agencies from being held accountable by the criminal justice system.

"They don't go to police, they don't let parents know and they seal their findings ... and tell parents it wasn't abuse,"

said Carey. "We think it's happening left and right ... and they're disregarding the law."

In a statement read by the Careys at the press conference, the family said, "The CQC, by their own admission, says that 95 percent of cases they investigate for suspected abuse, are reported to be unfounded."

The Careys also said that they believe the social services law that the CQC uses to investigate and declare unfounded child abuse allegations is weak. The law states that injury or risk of injury leads to "a substantial risk of death, serious or protracted disfigurement, protracted impairment of physical or emotional health or protracted loss or impairment of any bodily organ."

The Careys said that they were told by a CQC representative the agency's definition of "protracted" meant permanent rather than for an extended period.

The Careys cite state law that requires certain individuals, including physicians, school officials, and employees or volunteers in residential care facilities, to report any reasonable suspicion that a child is being abused or mistreated. This is something the Careys said did not happen while Jonathan was enrolled at the Anderson School, where the

Careys believe employees and school officials had knowledge of alleged abuses Jonathan may have suffered while in the school's care.

State Assemblyman Harvey Weisenberg, D-Long Beach, said he thought agencies should not be investigating institutions that they are obligated to regulate.

"Simply put, a crime is a crime, whether it is committed in a school, a state-run facility, or on a public street," said Weisenberg.

"The branch of government empowered to investigate crime is not, and never was, a regulatory agency that lacks the resources and expertise to conduct a criminal investigation."

Careys and some state legislators also believe state penal abuse laws dealing with the disabled need to be toughened.

The state penal law, which deals with the endangerment of

the welfare of a physically disabled person, states that a person is guilty of endangering a child's welfare when he knowingly acts in a manner

likely to be injurious to the physical, mental or moral welfare of that person. Anyone found in violation of this law can be found guilty of only a misdemeanor.

The Careys and legislators wish to toughen this law by introducing legislation that would increase the penalty from a misdemeanor to a class E

felony. The class A misdemeanor status is lower than the penalty for animal abuse.

"New York state law does not provide adequate levels of punishment for those who knowingly place incompetent and physically disabled persons into danger," said state Sen. Thomas Morahan, R-New City, chairman of the Senate Mental Health and Developmental Disabilities Committee. "Many of these vulnerable individuals are unable to protect themselves from harm. ... I feel it is important to introduce legislation to upgrade the level of punishment for those who knowingly endanger the welfare of the physically disabled or mentally incompetent."

The Careys said that in the wake of their son's death, they will continue to fight for reform for what they have characterized as a "broken and failing system."

"We're going to stay active in any way necessary," said Michael Carey.

Last week, the Careys had a meeting with Gov. Eliot Spitzer and Inspector General Kristine Hamann.

The couple had previously sought meetings with the governor and the inspector general in the Pataki administration prior to their son's death.

**"Simply put, a crime is a crime, whether it is committed in a school, a state run facility, or on a public street. ... The branch of government empowered to investigate crime is not, and never was, a regulatory agency that lacks the resources and expertise to conduct a criminal investigation."**

Harvey Weisenberg

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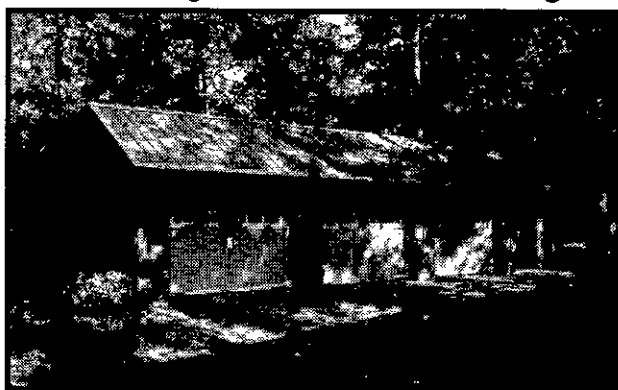
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# Finance *in the* Spotlight

## Demystifying credit offers: A guide for smart home improvement financing

By ANTHONY J. LANZILLO,  
Senior Vice President,  
Retail Banking, KeyBank N.A.

**W**hen it comes to credit offers, the writing is always on the wall. By law, it has to be. The problem is, sometimes the writing can be as cryptic as clues in a Hollywood crime thriller.

Chances are, if you are like most Americans, you know what I'm talking about. Credit offers slide through our mail slots and pop up on our computer screens everyday. And it doesn't matter if we have poor credit, good credit or excellent credit, the advertisements are usually littered with the same enticing catchphrases for everyone: preapproved, prequalified, zero APR, up to, as low

as, no annual fee, no interest and no payments, low money down, free rewards program, cash back, and so forth. The list goes on and on.

You are probably also familiar with footnotes and asterisk symbols—what direct mail pieces call the "IMPORTANT DETAILS." They are usually relegated to the back of offers or hyperlinks and are almost too small to read. However, these details, if you take the time to read them and know what to look for, can be the difference between wasted money and financial freedom.

### Rating offers: Revealing the real value of promotions

With spring upon us, you can expect to begin receiving more direct mail loan and credit offers. Why? Because according to the Remodelers Council of the National Association of Home Builders, Americans spent an estimated \$238 billion in 2006 on updating our houses and sprucing up our yards, and home improvement, credit card companies and banks are eager to grab



Anthony J. Lanzillo

a piece of the pie. This deluge of what many would

call junk mail can be overwhelming. However, if you're looking to borrow money to finance your home improvement project, these competing offers can help you secure the best rates and terms available, provided you know what to look for. Here are a few helpful hints:

1. One of the first things to look for on any offer is your status—are you pre-approved or pre-qualified? This distinction is significant, because it determines whether the offer you are looking at is guaranteed or conditional. Pre-approved offers are bound by law to grant you a loan or line of credit with the terms stated in the promotion, provided your pre-screen conditions do not change. Pre-qualified offers are little more than invitations to apply, meaning that terms and conditions will be based on a number of factors, including income and credit rating.

2. Carefully examine the terms. For example, if a line offers a great introductory rate, it is important to have a clear understanding of how long the rate applies and what the rate will be when the introductory period closes. Other terms to look for include repayment period, fees and prepayment penalties. For credit cards that offer zero percent APR for balance transfers, be mindful that a late payment can trigger the rate to around 20 percent, and that new purchases will carry interest and may not be able to be paid down until the amount of the balance transfer is paid off in its entirety.

3. Consider the reputation and accessibility of the lender. Do they have local offices and people you can speak with who know the needs of people within your region? If you have any questions regarding a company's credibility, you can contact the Better Business Bureau, [www.bbb.org](http://www.bbb.org).

Regardless of whether the loan or line you are interested in is a preapproved or prequalified, you still need to go through the application process. Items you will need to complete your application include:

- current income;
- pay stubs;
- W-2 or two years of tax returns (if self-employed);
- current expenses; and
- the approximate value of your house (if you are interested in applying for either a home equity loan or home equity line of credit)

If you have a loan application denied, you are entitled by law to receive a written explanation as to why from the lender.

**Financing home improvements: Deciphering loans from lines of credit**

For most Americans, financing even minor home improvements out-of-pocket is not possible. This means that financial institutions are backing

### Credit Cards vs. Lines of Credit: The Tale of the Tape

In recent years, due to competition, credit cards and lines of credit have become more creative in their attempt to attract customers. From lower interest rates to fixed rates, rewards to flexibility, financial institutions are pulling out all the stops. To see how these two traditional forms of credit measure up, see below:

#### The Credit Card

**Strengths:** While interest rates continue to drop for credit-qualified cardholders and introductory low rate offers are widespread, the true appeal of the credit card is its convenience. They do not require transfer requests to obtain money or make purchases and, with detailed statements, aid in recordkeeping. Credit cards also offer appealing perks, such as air miles, travel insurance and the money-saving benefit of grace periods.

**What to look for:** Be aware of short introductory periods and cards with stiff missed payment penalties that can cost big dollars. Some cards will even adjust the rate—not in your favor—if you miss a payment with another debtor, regardless of your standing with them. Your best bet is to find a card with a good rate that you can commit to long-term, as card hopping can have a negative impact on your credit rating.

#### The Home Equity Line of Credit (HELOC)

**Strengths:** For many years, homeowners had to decide between a lump sum and the security of a favorable fixed rate versus the convenience of a revolving credit line and the uncertainty of an adjustable rate. With today's HELOCs, which offer fixed rate options, those days are history. In addition, HELOCs offers individuals higher available limits than credit cards do, and the interest can be tax deductible (consult your tax advisor).

**What to look for:** When selecting a HELOC, you'll want to work with a lender who offers a long draw period (some banks, including KeyBank, now offer draw periods of up to 20 years). You'll also want the account to be multipurposeful, with the option to fix some funds while keeping others variable.

a great deal of the more than \$100 billion people are putting into their homes every year.

Among the most popular way people finance these improvements are through home equity loans, home equity lines of credit and credit cards.

Home equity is the value of a home minus any mortgages or liens owed on the property. A home equity loan provides a fixed loan amount that the borrower repays in equal payments over a fixed period of time. Home equity loans are generally considered stable and are ideal for financing projects or events that have a predictable cost.

A home equity line of credit (HELOC) is more flexible and provides cash as needed at various points over time. As the loan is repaid, more funds become available and the line is replenished, much like a credit card (for more on the difference between credit cards and lines of credit, see the sidebar). This makes a line of credit ideal for homeowners who plan to use borrowed funds for home improvements they will make themselves or over a period of years.

The bottom line is that no matter how you pay for your home improvement, you should always be mindful of selecting projects that improve the value of your house, because not only is your home the roof over your head, it is also an investment in your future.

*About the author: Anthony Lanzillo is senior vice president of KeyBank and heads the Capital Region's Retail Banking team. He can be reached at 518-257-8598 or [anthony\\_lanzillo@keybank.com](mailto:anthony_lanzillo@keybank.com).*



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# Business *in the* Spotlight

## If you don't want to say good-bye, say hello

Change is inevitable. That's something we see in the business world on a regular basis. In today's constantly moving world, permanence is fleeting and just when one tends to get comfortable, then everything changes.

At **Spotlight Newspapers**, change seems to come in waves. Reporters move on, the art department staff morphs, and in the more recent year, we have witnessed a turnaround in the management of many departments. There are certain consistent threads that have kept all 11 of our newspapers grounded. Some folks with a sense of history of the papers have remained on board, affording those of us the critical background needed in any long-term business situation. The eyes, ears and mind of

Notes from the  
**Advertising Desk**  
Bill Kellert



the past are, in many cases, as important as the eyes and ears that look to the future.

For nearly 20 years, one of the consistent threads here has been Susan Graves. Sue was one of the foundations of the editorial staff. Executive editor of the papers for years, she lightened her load about a year ago to become the opinion pages editor. As Kathy McCarthy took over the full-time editorial duties, Sue's position kept her in the newsroom, involved with the community, and continuing

to work with the reporting team.

This past week, Sue retired. She made the decision to enjoy herself and see what life has to offer without the pressure of deadlines.

Sue has become a friend during my tenure here. I have enjoyed our discussions about past history that intertwined; I learned about honing writing skills, picked up skills about editing and making each word more meaningful.

That being said, I dislike saying goodbye. While I won't be seeing Sue on a daily basis, or sharing jokes across our common shared office wall, passing along e-mail jokes and swapping office gossip, I hope that she will not pass out of my life permanently.

There was a show on Broadway many years ago called "Milk and Honey." The show has a song entitled "Shalom." It occurs in the play when two of the characters must part and one tells the other to say goodbye with shalom: "It means a million lovely things like peace be yours, welcome home. When your voice says I don't want to go in it, you say good bye with shalom."

So I would say to you, Ma'am Graves, welcome home; don't be a stranger here; enjoy your well-deserved time for relaxation, and exploration ... Shalom.

Around town these days, there's lots going on ... **Hugh Kelley Riley, MD, MBA** has been appointed medical director by CDPHP ... **Senior Whole Health of NY**, a voluntary health care benefits plan for low income seniors, has named **Joseph P. Bryant** of Guilderland team leader for provider services ... On the real estate front, **Weichert welcomes Hilary M. Siranni, Patrick M. Jennings and Lisa Danziger** to their offices ... while **Dan Frichette** joins on at **ProRealty of New York ... Sunmark Federal Credit Union** opened its ninth Capital District branch on March 14<sup>th</sup> with ribbon-cutting ceremonies at 2 Tower Way at the intersection of Routes 9 & 146 in Clifton Park-Halfmoon ... **Capital Communications Federal Credit Union** has secured the services of **Judy Vopelak** as vice president of marketing and business development ... **Rueckert Advertising** will be handling the

PR reins for the New York State Broadcasters Association's 46<sup>th</sup> annual conference this June at the **Sagamore on Lake George ... Tough Traveler, Ltd.**, will be the recipient of the U.S. Small Business Administration's Small Business Excellence Business Award this May ... education is in the air, as **Mark Bryant of Bryant Asset Management** has returned from attending a **Fidelity Advisor Due Diligence Seminar** in Boston, Mass., and **Krista Vasto-Kolar** of the **Rick Schrade Agency** has completed the All State-certified professional representative program... along those lines, most of us here at **Spotlight Newspapers** will be off to the **New York Press Association** annual convention later this week, to hone our skills and learn about the latest and greatest in the newspaper world ... That about clears the clutter from my desk for a few weeks. Be sure to check out my online blog for updates or catch me right here. As always, if you have anything you'd like to see in the column, feel free to e-mail me at [kellertw@spotlightnews.com](mailto:kellertw@spotlightnews.com). We can't guarantee they will all get in, but we'll give it our best shot.

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## Extra helpings program comes to New Scotland

Extra helpings is a cooperative buying program providing a pre-selected menu of groceries to individuals through a host site.

Regular orders cost only \$20. There are specialty orders that range from \$16 to \$20, and a meat box is offered for \$30.

Orders must be placed and paid for in cash at New Scotland Town Hall or St. Matthew's Church by noon on April 9. Pick-up is Thursday, April 26, at New Scotland Town Hall between 7:45 and 10:30 a.m.

### Fire Department fish fry

The New Salem Volunteer Fire Department is serving its annual fish fry dinners on Fridays now through March 29, from 4:30 to 7 p.m.

Dinners include fish fry or clams, French fries or baked potato, cole slaw and a beverage. New England clam chowder is also available. Take outs can be ordered by calling 765-2244.

### Ambulance to serve breakfast

The Voorheesville Area Ambulance Service is holding its annual fundraising breakfast on Sunday, April 1, at the American Legion in Voorheesville. Adult price is \$5 and children eat for \$3.50.

### NEWS NOTES

**Voorheesville**  
Betsy Glath  
765-4415



### Thacher walk in the woods

Thacher Nature Center will be holding a spring walk on Saturday, March 31, at 10 a.m.

Bring your preschoolers for some muddy fun. Participants will hear a tale of mud, take a mud walk and look for mud-loving critters, and then make some "mud" to play with. Dress warmly. Call 872-0800 to register.

### New Scotland volunteer day

The Town of New Scotland will hold its annual Town Wide Volunteer Day on Saturday, May 5.

All volunteers will be appreciated as work such as raking yards, cleaning flower beds, washing windows, painting, house cleaning, installing air conditioners and making minor house repairs will need to be done from 9 a.m. until noon.

Individuals needing help with the above chores may be elderly or disabled, with limited finances or no family support.

To sign for help or to volunteer, call Kidder at 439-9038.

## High fives and ...



Christian Mosher, of Glenmont, give high fives to marchers during the annual St. Patrick's Day Parade in Albany, Saturday.

Jim Franco/Spotlight

## Teen-dating talk to assist parents in strategies for safety

The Bethlehem Central Community Organization (High School PTA), the Bethlehem Middle School PTA and Bethlehem Opportunities Unlimited (BOU) presents a talk at 7 p.m. on Thursday, April 19, at the Bethlehem High

School's Library Media Center titled "Teen Dating: Another Coming-of-Age Milestone to Celebrate."

The talk will be given by Norrieda Reyes, speaker founder and CEO of the Latham-based United Holistic Practitioners Association.

Reyes' aim is to assist parents to overcome concerns of their teen dating and to develop open communication, gain strategies for safety, and find ways to enjoy and celebrate this wonderful transitional time between childhood and adulthood.

### Development Site Wanted NYS Office of General Services

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**Submissions are due no later than April 30, 2007.**

Submit detailed property data, including current zoning classification, location map, directions to property, site map, asking price and contact information to:

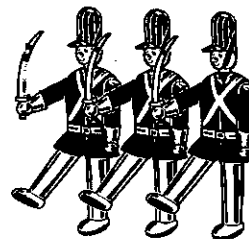
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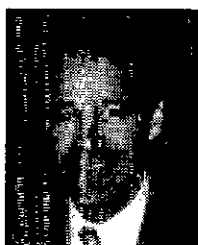
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## ... filled to the brim



Chrissy Phillips during the annual St. Patrick's Day Parade Saturday.  
Jim Franco/Spotlight

## Clarksville students read to feed

**Program raises money to purchase livestock to fight hunger**

For the past several years, Clarksville Elementary students have been participating in a reading incentive program called Read to Feed, which aims to change the lives of hungry, impoverished families throughout the world.

Heifer International, designer of the Read to Feed program, is a nonprofit organization, founded in 1944, that has been working to end world hunger and provide livestock to families with limited income and resources.

"The heifer project provides our students with the opportunity to step outside of their own wants and needs and prioritize the needs of children very much like themselves — but (who are) living, growing and learning under conditions of extreme poverty," said Clarksville Principal Dorothy McDonald.

Students in third through fifth grade who elected to participate in the program were asked to find sponsors for each book they read from Dec. 1 to Jan. 19. During that seven-week period, students tracked their progress by recording the title and author of each book they read.

At the end of the program students collected their pledges, pooled them together at school

and then worked together, with help from board of education president and veterinarian Stuart Lyman, to decide what type of livestock available from Heifer International they'd like to donate.

"You wouldn't believe how the students rationalized choosing the animals, deciding which ones would do the most good — flocks of bunnies, ducks, chicks, or a water buffalo," said elementary teacher Barb Riegel. "In the end, we were able to purchase one of each, and then some."

After the animals are selected, the organization determines where the greatest need is and where the animals would be most appropriate.

Before Heifer International donates animals, it provides

families with extensive training in animal care and earth-friendly farming practices. It also shows families the many ways animals can help them.

For example, families can obtain milk from a cow, goat or water buffalo, income from the sale of eggs and even warm wool from llamas.

"The design of heifer's program is particularly powerful because it is about 'passing on the gift,'" said

**"The heifer project provides our students with the opportunity to step outside of their own wants and needs and prioritize the needs of children very much like themselves — but (who are) living, growing and learning under conditions of extreme poverty."**

Dorothy McDonald

McDonald. "Families who are the beneficiaries of a gift of livestock then become the benefactors of other families, and the cycle of empowerment continues. In giving, our students change the lives of children, families, the world and themselves."

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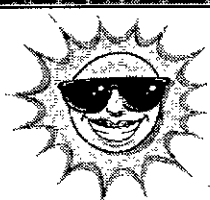
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## Egan

(From Page 1)

assume the position of interim town supervisor on April 12.

"I was surprised when I heard the news and looked forward to working with her on several town projects," said town board member Sam Messina. "It's a wonderful opportunity for her to work with the state because she has leadership, expertise, diligence and honesty."

Messina said the town board will work through the many options available to them to continue to conduct business following Egan's departure.

"We have some real challenges coming up, like how do we bridge the situation on April 11 when Terri leaves up until when an election is held," Messina said.

Egan's new boss at DMV will

**"I think everybody was in shock. We're happy for her, but sorry to see her go."**

Judith Kehoe

be David Swartz, former Erie County DMV commissioner who was appointed to the state post in January.

"He made this such an attractive offer," said Egan. "The commissioner and executive deputy commissioner seem like phenomenal people, and I am excited to be with their team."

Her new salary will be anywhere between \$114,000 to \$140,000 annually. As supervisor, Egan earns \$99,700 annually.

Egan reflected on her past years as supervisor and the people who have supported her

along the way, from town staff to the community.

"I will miss the people I worked with and the initiatives I started," Egan said.

The people inside town hall will miss the supervisor as well.

"She has worked alongside and has been so knowledgeable, so effective," said Kehoe. "I'm going to miss her an awful lot. She is a great lady."

"I really felt in three and a half years we have become a small family, and it makes it hard to leave," said Egan.

Updating the town zoning laws and implementing a new

town comprehensive plan are what Egan feels were her biggest accomplishments as supervisor.

"Uncontrolled growth was clearly the biggest concern on residents' minds when I took office," said Egan. "What came out of that process were public meetings, listening to others, and I believe a confidence I earned with the residents."

Town Economic Development Director George Leveille (whose position was created after Egan took office) said this is a great opportunity for Egan.

"New York State just got a heck of a lot better," Leveille said of Egan's appointment. "It's the loss of a tremendous leader, a person with vision and a great listener to the residents of the town."

Kehoe said Egan has made the difficult job of leading a town look easy because of her skills.

Prior to serving as town supervisor, Egan was a town justice from 1998 to 2003. She has remained in private practice with Waite & Associates, P.C. of Albany. Egan said she will be able to use her legal skills in her new position as deputy commissioner.

## Board

(From Page 1)

point, it was the appropriate time for me."

Lyman has been a member of the Bethlehem board of education since 1994, serving 13 years. Svenson returned to the board in July 2001 after serving a three-year term from 1997 to 2000. Svenson has spent nine years on the board of education. Svenson and Lyman decided to announce their decision jointly at the board's Wednesday, March 21, meeting, when they both came to the realization they each had made the same decision to not run.

"It's been an honor and a privilege to serve this community," said Svenson. "It's been a lot of work and has had its ups and downs, but I like being involved in the community. I think people should consider community service."

The time it takes to fulfill the duties of serving on the board is greater than ever before, and Svenson calculated that a school board member serves at least 300 hours annually. One of the biggest accomplishments under Lyman and Svenson's direction was the hiring of Gregg Nolte as director of operations and management to handle the multi-year \$100 million school construction project in the district.

"It was a big push of mine to have an engineer in charge," Svenson said. "It has worked quite effectively."

Lynne Lenhardt, another long-time member of the board, said Svenson and Lyman lifted the collective level of the board and its many accomplishments.

"They certainly have both contributed a great deal," she said. "They have brought their

unique abilities to the board." Lenhardt said it is becoming more difficult to find people who will spend their free time volunteering and becoming a member of the school board.

"You're in a fish bowl, people are watching," said Lenhardt. "Hopefully, we will have some people willing to serve."

Superintendent Les Loomis

**"(It) has had its ups and downs, but I like being involved in the community. I think people should consider community service."**

Richard Svenson

said the district will lose two outstanding board members in both Lyman and Svenson, and each have contributed in major ways to the district.

"I have always been struck by the depth of Stuart's thinking and his ability to see problems from different angles and to find solutions in different ways," said Loomis of Lyman.

"Dick Svenson brought a clarity of thought to all of the issues the district faces," Loomis said. "He was always dedicated to improving the operations and maintenance department and the school construction projects," Loomis said.

Nominating petitions for

these two open seats on the 2007-08 Bethlehem Central board of education are now available from the school district clerk's office at 90 Adams Place, Delmar 12054.

The terms for seats currently held by Lyman and Svenson will expire on June 30. Each term of office is three years, beginning July 1.

"It serves no one well to come in with individual and personal agendas," said Lyman, offering advice for prospective candidates. "This board has been very successful because they had no obstructionist issue."

Svenson and Lyman both agree having new faces on the school board can be a positive experience for the community.

"It's healthy to have change over a period of time," said Svenson. "There should be some diversity on the board with members contributing different talents and points of view."

Each nominating petition must contain a minimum of 118 valid signatures and must be filed with the district clerk by 5 p.m. on Monday, April 16, which is 30 days prior to the school district's annual meeting and budget vote on Tuesday, May 15. The board of education elections occur at the same time as the district budget vote on the 15th of May.

## Future

(From Page 1)

hoods, successful town centers and a network of sidewalks and trails that allow pedestrians to move about the Route 85 area through a series of interconnected walking areas. The plan also features gateway entrances that let motorists know they are entering a pedestrian-friendly zone.

"There will be sidewalks and crosswalks so motorists know where to look for pedestrians," said Jackie Hague, an Edwards/Kelcey representative who presented the study to the town board at the Wednesday, March 14, meeting.

One aspect of the study is to create a Slingerlands nature trail or preserve that will lead to the proposed Vista technology park on Route 85.

"This trail area near the bypass could possibly connect to the new Vista Park and to the Normans Kill," said Hague.

The firm envisions the rail bridge overpass on New Scotland Road as one of the gateways of the region, along with sidewalks on New Scotland Road. New buildings would be set back from the road with a pedestrian access zone and a transition, or buffer zone, area between the walker and the road.

"The goal is to create a community with economic vibrancy, and we need to have a variety of elements for people to want to walk in," Hague said.

Now that the study is complete, the town's economic development department will use

the document to help procure federal money to make it a reality.

"The report is a basis for funding applications for dollars through the Federal Transportation Act," said town Economic Development Director George Leveille.

Leveille said there is money available for non-motor-vehicle-related improvements in a community.

"Applications can be in excess of \$1 million, but you need to have a plan for an application," said

**"The goal is to create a community with economic vibrancy, and we need to have a variety of elements for people to want to walk in."**

Jackie Hague

Leveille, who said he is not yet sure if grant money is available for 2007.

One major new development in the Slingerlands area is the \$15 million Route 85 bypass project. A groundbreaking for the project has already taken place behind the Price Chopper just west and south of New Scotland Road.

A technology park is also slated for the area, which could potentially create thousands of new jobs and result in several miles of new roads and new construction.

"There is a lot of new development coming into the area, and this study can be used as a guiding principle on how the area can be designed to improve pedestrian safety," said Leveille.

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# Write, eat, sculpt: It's 'Chocolate Night' for teens

How can you go wrong when chocolate is served? Come to eat (chocolate fondue), come to make gifts (chocolate spoons), come to sculpt (edible chocolate clay) and come to write (an ode to chocolate?). Just come! The event is Tuesday, April 10, at 7 p.m.

Registration is required.

## Book discussions

• April is poetry month, so teens are reading a novel in verse called *Shakespeare Bats Cleanup* by Ron Koertge. Faced with months at home because of a bout of mono, 14-year-old Kevin Boland begins to write poems, using a book from his father's collection to guide him.

Join us at the high school library on Thursday, April 19, from 2:35 to 3:30 p.m. to talk about the story. Refreshments are included in our discussion and kids can take the after-school bus home.

Copies of the book are available at either library.

• Kids in grades four and five can sign up now for a hilarious read called *The Best School Year Ever* by Barbara Robinson. When anything goes wrong at Woodrow Wilson Elementary

**Voorheesville Public Library**



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Sign up at the reference desk and pick up a copy of the book to read and discuss on Wednesday, April 18 at 7 p.m. Parents are welcome.

• Grades two and three meet on Friday, March 30, at 7 p.m.

• Adults meet on Wednesday, April 4, to discuss *Intuition* by Allegra Goodman.

## Paws for Reading

After a winter vacation, Sammi is back and eager for children to read to him!

If your child is in first through fourth grade, feeling unsure about his or her reading progress, call the reference desk at 765-2791 to schedule a 15-minute appointment with Sammi and Gail Brown.

## LAPSIIs for Babies

Parents and caregivers with babies (newborn to 24 months) participate in a program that emphasizes sharing books, music, rhymes and playtime together on April 5 at 10:15 a.m. Older siblings are welcome, but the program is geared for babies. Registration is required.

## Beat the crowd

Sign up early for "School's Out - Library's In" April Vacation Programs.

• Jr. Nimblefingers meet on Tuesday, April 10, from 1 to 3 p.m. Grades three and up

• "The Collage Art of Eric Carle" is on Wednesday, April 11, at 10:30 a.m. for ages 5 and older

• "Gargoyles and Grotesques"

will terrorize grades two and up on Thursday, April 12, at 10:30 a.m.

• "Game Day" Play board games on Friday, April 13, from 1 to 5 p.m.

## Irish stories and songs

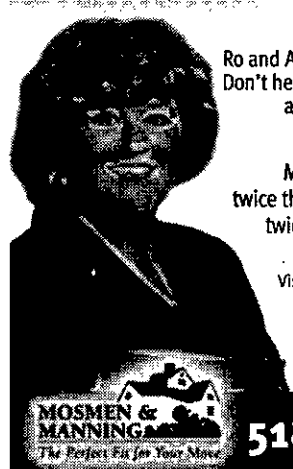
Don't forget the evening of Irish stories and songs with

international storyteller Batt Burns on March 28 at 7 p.m.

Barbara Vink

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

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## County schedules rabies vaccination clinic for pets

The following series of Rabies Vaccination Clinics for dogs, cats and ferrets has been arranged by the Albany County Department of Health in cooperation with the Capital District Veterinary Medical Society. All dogs, cats, and ferrets must be on leashes or in carriers. A record of prior vaccination will be required for a three year immunization. If no record is presented, a one year vaccination certification will be issued. All clinics are open to any Albany County resident. Any inquiry can be directed to Division of Environmental Health Services, 447-4620 or 447-4625.

• Tuesday, June 5, 4 to 7 p.m., Bethlehem Town Park, Elm Ave., Bethlehem

The allotted times for Saturday clinics are:

• 1 to 2:30 p.m. for cats and ferrets

• 2:30 to 4 p.m. for dogs

The allotted times for Tuesday clinics are:

• 4 to 5:30 p.m. for cats and ferrets

• 5:30 to 7 p.m. for dogs.

The donation is \$5 per animal.

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~Barbara, Queensbury

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**Holy Week Service Schedule**  
*All are welcome!*



### PASSION/PALM SUNDAY, APRIL 1<sup>ST</sup>

9:30 AM in Sanctuary; 11:15 AM in Chapel  
A celebration of palms and joyful music

### MAUNDY THURSDAY, APRIL 5<sup>TH</sup>

7:30 PM Candlelight Service of Holy Communion  
*A moving and inspirational service for the whole family*

### GOOD FRIDAY, APRIL 6<sup>TH</sup>

12:00 NOON Service at St. Stephen's Episcopal Church  
7:30 PM Service at Delmar Presbyterian Church  
Sponsored by the Bethlehem Area Clergy Association

\*

### EASTER SUNDAY, APRIL 8<sup>TH</sup>

9:30 AM & 11:15 AM Celebration services in the Sanctuary  
with brass, Easter choir, prayers, litanies, and the Word  
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## *You're invited...* to **HOLY WEEK & EASTER SERVICES**

### **Maundy Thursday April 5<sup>th</sup>**

- 7:30 p.m. Holy Eucharist

### **Good Friday April 6<sup>th</sup>**

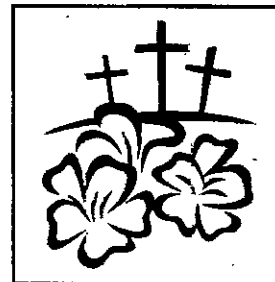
- 12 p.m. Ecumenical Service
- 7 p.m. Stations of the Cross
- 7:30 p.m. Good Friday Liturgy

### **Holy Saturday April 7<sup>th</sup>**

- 7:30 p.m. The Great Vigil of Easter with a reception to follow

### **Easter Day April 8<sup>th</sup>**

- 8 a.m. The Holy Eucharist followed by Easter Breakfast
- 10:30 a.m. Holy Eucharist with music by the St. Stephen's Choir, followed by a Festive Coffee Hour!



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March 28, 2007

# Health

A Guide for your Mind, Body, and Spirit



A Supplement to

*The Capital District's Quality Weeklies*

**Spotlight**  
NEWSPAPERS



# Support your body's immune system



**Y**ou might be surprised if someone told you that one step to a lifetime of good health is as easy as changing what you drink, but it's true. The simple act of including a glass of 100 percent orange juice in your daily diet is one small change that can make a big difference.

A new analysis by the Florida Department of Citrus of beverage consumption among participants of the National Health and Nutrition Examination Survey (NHANES) study shows 100 percent orange juice ranked first in delivering essential nutrients such as vitamin C and folate to support long-term health, even though it was the sixth most consumed beverage.

"Try to incorporate foods rich in vitamin C and folate, as well as vitamin A, vitamin B6, vitamin E, carotenoids, and minerals such as iron, zinc and selenium into daily meals," says Dr. Pamela Peeke, author of *The New York Times* bestseller "Body for Life for Women" and the upcoming "Fit to Live."

"A diet rich in these essential vitamins and nutrients will yield short-term benefits, such as helping the body to battle the common cold, as well as aid in long-term disease prevention, potentially helping the



body fight chronic diseases such as cancer, heart disease, and Alzheimer's," she adds.

The immune system is a complex and integrated series of processes that require a readily available supply of vitamins and

minerals in order to function properly. To help support your immune system for a lifetime of proper function, Peeke recommends incorporating foods with the following nutrients:

- **Vitamin C:** One of the most powerful antioxidants, vitamin C plays a key role in helping to support the immune system's ability to fight routine illnesses such as the common cold. Vitamin C also helps neutralize free radicals that can cause cell and tissue damage that, over a lifetime, could lead to chronic diseases, including cancer and heart disease.

- **Folate:** Lack of folate is a common vitamin deficiency for adults, though it is essential for a healthy immune system. In addition to reducing the risk of certain birth defects when consumed during early pregnancy, folate can also help lower homocysteine levels in the blood. Homocysteine may contribute to inflammation, which is believed to be related to coronary artery disease and cognitive impairment associated with Alzheimer's disease. Also, lower intake of folate as an adult has been associated in some studies with certain types of cancer.

- **Vitamin B6:** The immune system needs vitamin B6 to function effectively. It helps maintain the health of lymphoid organs that make white blood cells, which fight infections. Studies show that a vitamin B6 deficiency can decrease antibody production and suppress immune response.

- **Carotenoids:** Natural pigments found in plants, carotenoids, provide many fruits and vegetables their bright red, yellow and orange coloration. Some carotenoids have pro-vitamin A activity, which has been clearly associated with enhancing immune function and may have an impact on the risk of certain types of cancer as well as anti-inflammatory benefits.

- **Iron:** A lack of iron in the body can slow down an immune response. Iron is an essential mineral for helping to carry oxygen in the blood as well as the formation of red blood cells. In addition, consuming foods rich in vitamin C aids the body in the absorption of iron.



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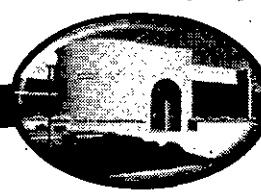
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# Programs encourage healthy living for seniors

Colonie Senior Service Centers serves a dual role - meeting the needs of today's seniors while planning to meet the needs of the baby boomer generation in the future. To fulfill those roles, new and innovative ways to meet all of their needs are explored, developed and implemented. Designed to increase the number of older people who stay active and healthy both mentally and physically, CSSC has reached out to those not yet of retirement age with its Healthy Aging programs to encourage healthier lifestyle choices.

CSSC often works with community partners and health experts to present the Healthy Aging programs, which focus on age-related conditions such as osteoporosis, arthritis, diabetes or heart disease. For many of these health issues, exercise is critical to managing the condition successfully. In addition to nutrition,

education and socialization, one of the core components of CSSC's Healthy Aging programs is exercise, with a focus on strength and balance. Balance is considered a strong indicator of fitness level and declines rapidly without exercise. Studies have shown (Reuters Health Information, Feb. 2, 2007) that "those who began exercising after retirement fared almost as well as those who have been physically active all along, while those who exercised in the past but stopped after retirement, had balance control that was almost as poor as those who had never exercised. Individuals in this study who exercised regularly had balance test scores similar to inactive people who were 10 to 15 years younger."

Starting an exercise program at any age has enormous benefits. It's never too late to start.

Another important aspect of CSSC's Healthy Aging pro-

grams is to encourage positive lifestyle changes. This is important because "many major illnesses of aging, from heart disease to cancer, are life-



style-related. Experts advise all adults to make healthful choices, like not smoking, eating plenty of fruits, vegetables and fiber, and getting at least 30 minutes of moderate exer-

cise a day." (Reuters Health Information, March 31, 2007).

On March 7, working in collaboration with the Arthritis Foundation of NENY, CSSC presented a Train the Trainer program and successfully recruited enthusiastic class leaders.

The next Healthy Aging program being offered is Arthritis Wellness & Exercise in April.

Using the same model as other programs, the main component is exercise designed specifically for people with arthritis. The gentle activities help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. Integrated with the exercises are discussions on a variety of topics aimed at encouraging positive lifestyle changes. Participants also learn techniques for coping with the anger, fear, frustration, depression, stress and fatigue related to arthritis as well as information about the purpose and effective use of medications and the role of nutrition and supplements

in arthritis management.

A new arthritis exercise and wellness class begins on Monday, April 16, from 1 to 2 p.m. at the Beltrone Living Center. The program is modeled after CSSC's osteoporosis exercise and wellness classes that have been so successful in helping participants with osteoporosis. The arthritis version is for those with rheumatoid and/or osteoarthritis. The main component of the program is exercise designed specifically for people with arthritis. Integrated with the exercises are discussions on a variety of topics aimed at encouraging positive lifestyle changes. The suggested contribution for the year-round program is \$30 per year. Call 459-2857 today to sign up.

CSSC's goal with these Healthy Aging programs is to persuade older adults to take that first step and start making some simple lifestyle changes that will benefit them for years to come. Call 459-2857 today to make some positive changes.

## Watch out for household poisons

The statistics can be grim. In her books, "Create a safer and healthy home" and "Know your ABC's indoor pollution," Joyce M. Woods offers some insight into the status of health and pollutants.

The EPA, poison control center Web site, Household Hazardous Waste Project, and greenguard.org, also offer some facts that might make you think twice about how you clean your home.

Each year, more than 1 million children are accidentally poisoned in their homes. About 250,000 of these victims are hospitalized; 3,000 children will end up in intensive care; dozens more will die. Thousands of children and adults are permanently disfigured or injured through contact with chemicals in the home, each year.

Incredibly, the most common substances to poison children are household cleaners. Many of these products are considered safe. Think of your own home. You probably have dozens of bottles of cleaners, containing hundreds of chemicals. Could an accident happen in your home? Check off the products you use in your home and evaluate your risks. According to Poison Control, dishwashing detergent accounts for more accidental poisonings than any other household substance. Dandruff shampoo, if swallowed, causes vital organs to degenerate. Household ammonia, when mixed with bleach, is a deadly substance.

Accidental poisoning is not the only concern. Just by using some of these toxic products could compromise your health. Chemical levels can be up to 70 times higher inside the home than out. More than 100 chemicals commonly found in homes have been linked to allergies, birth defects, cancer, psychological abnormalities, skin reactions, headaches, depression, joint pain, chronic fatigue, chest pains, dizziness, loss of sleep and asthma. Housewives have a 55 percent higher risk of getting cancer than do women working outside the home. This

most likely has to do with the products they use on a daily basis. Nervous disorders and respiratory problems have also been linked to hazardous substances in the home.

Common household cleaners often include chlorine bleach, ammonia, phosphates, ethanol, formaldehyde, lye and phenols. More than 70,000 new chemicals have been introduced since the middle of the 20th Century. Today, thousands of these chemicals are appearing innocuously on the shelves of grocery stores. The next time you stroll down the household cleaning aisle of your local supermarket, take a deep breath. What you are experiencing is called "outgassing." This means that invisible toxic vapors are continuously being released from the closed packaging into the air. The same outgassing happens at home, 24 hours a day from the products stored under your sink!

Cancer in smokers is the result of daily exposure to carcin-

ogens in cigarettes. In the same way, people who are exposed daily to low levels of carcinogens in their cleaning products face the same risks. Chemicals in household products also put the user at risk for nervous system damage, kidney damage, liver damage and asthma. Children are especially vulnerable to the chemical fumes released by these products.

So, the question is, why are we still using dangerous household products? Often the answer is because people feel there is nothing else to do. This is simply not true. To have a business that makes it simple for people to make changes that help them is the best business in the world. Not having to sell things to friends, inventory products or do "parties" to which people drag friends and family is a terrific bonus. For that reason many are now enjoying SweetSuccessAtHome.com, which sells environmentally friendly household cleaners.

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## Healthy Aging

[www.colonieseniors.org](http://www.colonieseniors.org)



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**So, take that first step to healthy living and call us today for a schedule of classes!**



Colonie Senior Service Centers, Inc. Administrative Offices are located at Six Winners Circle in Colonie. Call 459-2857 for more information about Health, Wellness, Education & Recreation Programs near you! Funded in part by the Albany County Dept. for Aging, the NYS Office for Aging, US Administration on Aging, the Town of Colonie and participant contributions.

# Medical assistants can ease patient anxiety

Patient anxiety. There are books devoted to it. Web sites. There's even "White Coat Syndrome," which causes a patient to have high blood pressure and other symptoms only in the doctor's office. The fact is, when it comes to visiting the doctor, anxiety-induced symptoms can range from mild fear to a full-blown clinical phobia.

Is it the medicinal smell? The stark white walls? The long wait? A bad previous experience? Perhaps it's the fear of finding out something you really don't want to know. For some people, it's all of these things.

But there are staff members in every doctor's office trained to help patients feel more comfortable — staff members like the medical assistant. The medical assistant is not only trained to handle both administrative and clinical duties, but is also some-

one who can make or break a patient's office experience. Humor is an important tool medical assistants use to help anxious patients. A patient with breast cancer, for instance, felt that her interactions and run-



ning jokes with the doctor's office staff made her experience much more pleasant, according to Donna Patterson, former

certified medical assistant.

Patterson, now the curriculum manager for the medical assisting program at Corinthian Colleges, which owns and operates Bryman Colleges, Georgia Medical Institute and Florida Metropolitan University, added, "We never treated people like sick patients, but rather like human beings. That's what kept people going."

Ellen McKinely, an instructor at Georgia Medical Institute in Norcross, Ga., agrees.

"A medical assistant uses good eye contact and body language to show the patient he's important and taken seriously," said McKinely.

Medical assisting is a booming field, projected to grow by 27 percent or more through 2014, according to U.S. Department of Labor — growth that is largely due to the increase in the number of group practices, clinics and other health care facilities that need a high proportion of support personnel.

Because the medical assistant is often the first person a patient meets in a medical office, the way the medical assistant speaks, smiles or expresses himself affects the patient, according to Chris Spray, medical assisting instructor at Bryman College's Reseda, Calif., campus.

"A medical assistant can recognize patient anxiety just by observing body language," she said.

In some situations, patients



Medical assisting is a booming field, projected to grow by 27 percent or more through 2014.

actually feel more comfortable talking to a medical assistant or RN than the doctor. Today, as doctors' patient loads become heavier, that sense of comfort with the medical assistant or RN becomes even more important.

"The patient load for the average doctor has increased tremendously over the last 20 years, making it physically impossible for the doctor to spend time reassuring anxious patients," says Fred Valdes, MD, medical program director for Florida Metropolitan University in Pompano Beach, Fla. "In today's typical medical practice, the role of 'comforter' has been assumed by the medical assistant, who can establish a personal touch which is so much a part of the healing process."

Medical assistants also help minimize frustration and anxiety by processing such paperwork as insurance forms and test results, said Debra Lynn Penman, Director of Chiropractic and program chairperson at Bryman College's City of Industry, Calif., campus.

Doctors' offices are working on other ways to make visits more pleasant, as well. Penman, who previously ran a chiropractic office, notes that white walls are the worst thing for anxious patients.

"The office needs to be warm and inviting with walls painted in colors like peach, soft yellow or light tan with contrasting-colored furniture," she said.

Penman adds that keeping kids busy is important too, especially when parents are talking to the office staff.

"At my office, we even had several hand-held video games for adults and older children. Remember the longer that a person has to stare at the same four walls, the more anxious they are going to get," said Penman.

From a little nervousness to increased blood pressure, nearly everyone visiting the doctor experiences some anxiety. A medical assistant can help to allay that anxiety through calming words and actions, and patients should seek out these individuals on every trip to the doctor's office.

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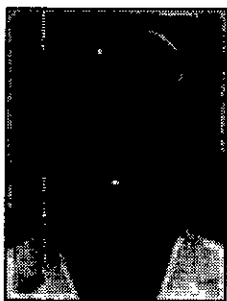
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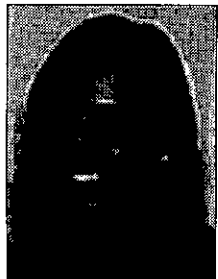
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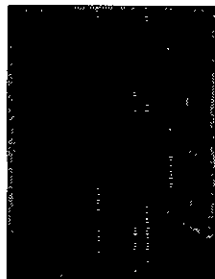
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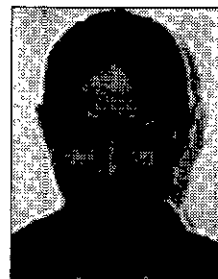
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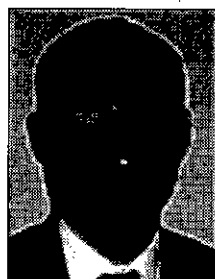
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# Spring ahead into movement and health

Now that we have sprung ahead into daylight-saving time, into longer hours of sunlight and warmer weather, many people also plan to move ahead into action. Spring is the season of rebirth and awakening. It is also the time for many to follow through with New Year's resolutions of exercising, losing weight, improving health and quality of life. Trees and flowers begin to bud, the songbirds return, the animals come out of hibernation and life scintillates with vibrant new energy.

Our bodies feel this stirring as well, do they not? So why not take this opportunity of natural

resting heart rate.

If a general improvement in overall health is desired, which may include having more energy, less fatigue, improved digestion, detoxification, increased strength or flexibility, improved sleep and enhanced immune system, then a world of options of movement are available. The type of movement, choice of exercise and the amount – including duration and frequency – can vary greatly from a very little to hours.

If the reason to spring into action is to decrease pain you are wisely on the right track. Movement is a powerful remedy for pain reduction. Ironically, when in pain, the tendency for most people is to splint an injury because, initially, it hurts to move. Unfortunately as inactivity becomes a habit, the factors that cause pain and disease grow.

Right movement for the type of pain becomes more essential in this case, and seeking the support of a physical therapist or movement health specialist may be indicated, according to DelVecchio.

In the beginning, a commitment to a small, regular amount of movement is the key. A 15-minute daily movement of the body can increase circulation, metabolism, blood flow, respiration, flexibility and energy. Just 15 minutes can do all that, and everyone can find 15 minutes.

People always seem to come up with reasons for not moving: not enough time in the day, too many other tasks on the to-do list, too tired. They blame kids, work, family, weather, pain, fatigue and stress.

It's time to stop blaming and start taking responsibility for your health. Exercise (even a little) can reduce stress, pain and fatigue.

If you have been a couch potato for a long time, then start with five minutes. Then simply add one minute to your routine every day or each time you ex-

ercise. After you have reached 30 to 45 minutes you can add a different challenge in very small increments to keep you moving in the right direction.

Another key to success is to pick a movement/exercise that you enjoy, or think you would enjoy. Exercise can be fun, and there are many activities that count as exercise and that move the body for creating health and well-being. There is yoga,

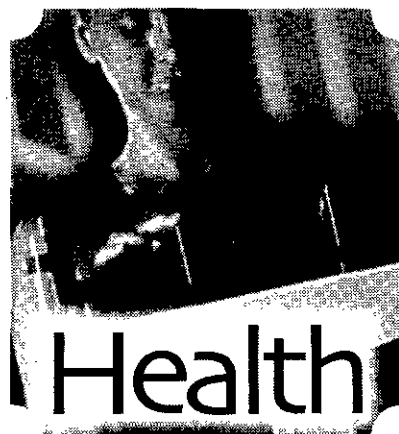
Pilates, walking, aerobics, light weights, swimming, tai-chi, tennis, fitness training, walking the golf course, jogging, feldenkrais, stretching, martial arts, dance class, Qigong, kayaking, bicycling, basketball, playing outside with the kids and so much more. There are exercise shows on TV and tons of videos at the library, bookstore or online.

Create a regular time in your schedule and commit to three to

five times a week. We are creatures of habit; this is particularly true for the body. So regularity and scheduling helps to create success and a good habit.

The natural movement of the season makes it easy to spring into action, now.

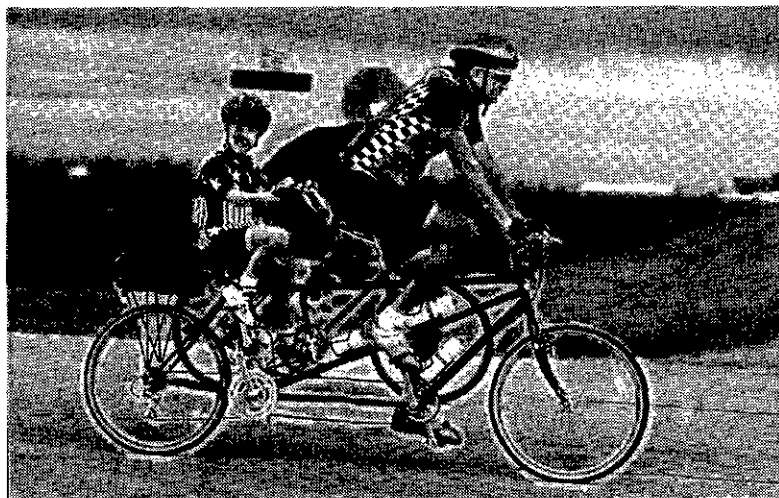
*Kimberly DelVecchio is the director of Integrative Physical Therapy in Clifton Park.*



movement within and use it to your advantage. However, rather than springing ahead into some extreme exercise commitment that may not last, why not inch ahead slowly and with moderation into success.

According to licensed physical therapist Kimberly DelVecchio, movement is vital for the integrity of the organs, musculoskeletal and nervous system, the immune system and more.

Yet how much movement is enough? That depends on the specific outcome desired. For weight loss, the goal is enough cardiovascular exercise to burn fat calories and effect a change in metabolism is necessary. This varies per body type, weight and



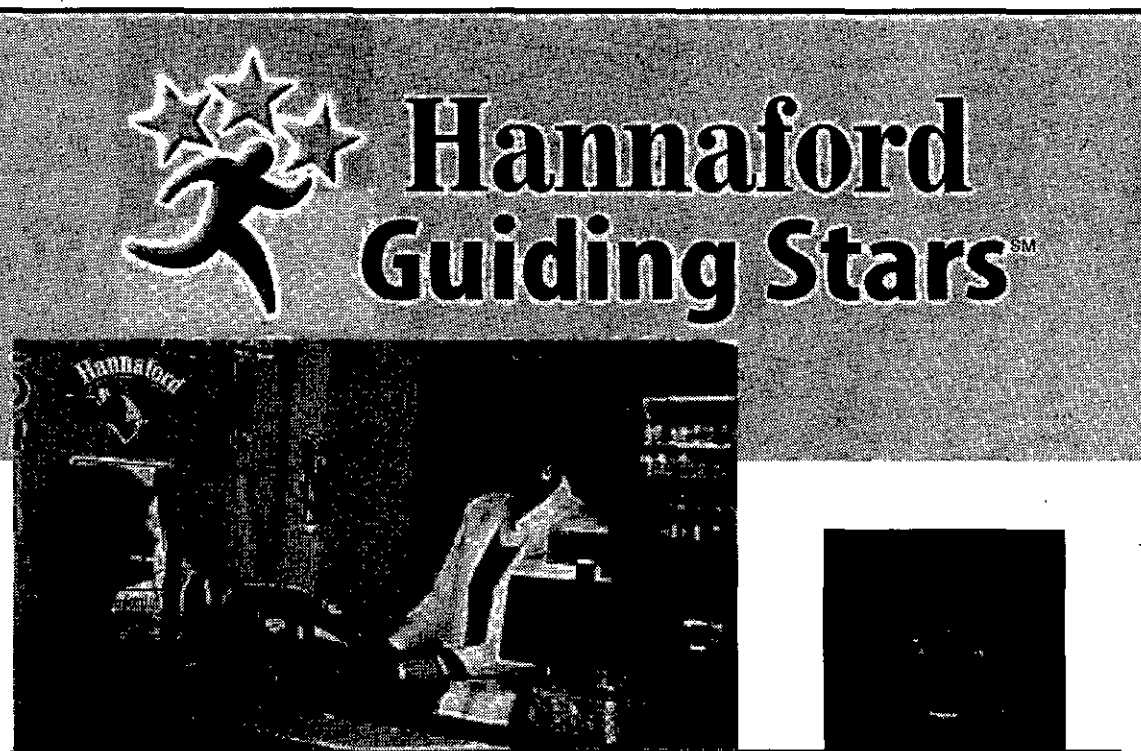
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*Marianne Romano, RD  
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Hannaford's Guiding Stars program will make your shopping experience much easier. We make the complicated process of analyzing the nutritional value in your favorite foods very simple: All you need to do is look for the Guiding Stars symbol on the shelf price tags below the items, and you'll know how an item is rated based upon a nutritional scale. One star is good, two stars is better and three stars is best. Foods without stars only mean the product has either not met the nutritional criteria or has not been rated. Hannaford still encourages you to look at the nutrition facts on foods to find the product best suited for you.

This nutritional navigation system simplifies the comparison of nutrition levels in foods making it easier for you to

distinguish which is the healthier choice. The system is based on the nutritional value of 100 calories of a given food product and supports recommendations from the 2005 federal Dietary Guidelines for Americans. The system was developed by a scientific advisory panel including registered dietitians, nutrition scientists, and medical experts.

Hannaford employs a registered dietitian to help you with your individual shopping needs and she teaches classes on Healthy Heart Shopping, Blood Sugar Management, Reading Food Labels and Portion Control, along with several other classes. Our registered dietitian is available in the greater Albany area and would love to help you or your organization organize a Healthy Store Tour.

We at Hannaford know you will find your shopping experience much easier with the help of our Guiding Stars program and our registered dietitian on hand. We hope to see you soon!

For more information on Hannaford's Guiding Stars program or healthy living initiative, visit [www.hannaford.com](http://www.hannaford.com).

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# Group provides cancer support and education

**Pop quiz:** Are the following statements true or false?

- I don't have anyone in my family who has ever had breast cancer so I don't need to worry about it at all.

- I'm too old to get breast cancer.

Both statements are false.

The majority of women who are diagnosed with breast cancer have no known history of

breast cancer in their families. And the chance of being diagnosed with breast cancer increases with age. The most common age group for women to receive a diagnosis of breast cancer is 50 years of age and older.

To Life is a nonprofit breast cancer education and support organization located at 410 Kenwood Ave., Delmar, that seeks

to dispel these myths. Founded in 1998 by a survivor who wanted to provide reliable information regarding breast cancer and breast health, To Life offers education and wellness programs, peer mentoring, support groups, a library and boutique services including wigs and mastectomy products. At To Life's Abracadabra Boutique in Delmar, women in treatment for any cancer can find wigs, scarves and hats, and women who need mastectomy products are fitted in private and comfortable surroundings.

To Life also offers a satellite wig boutique at the Mollie

Wilmot Radiation Oncology Center at Saratoga Hospital.

To Life strives to offer cancer survivors helpful programs to aid in their progression from diagnosis to recovery to survivorship. Its next education program, Nutrition Concerns for Cancer Patients and Survivors, will be held from 6 to 8 p.m. on Tuesday, April 24, at Dinner Me Quickly on Metro Park Road in Albany. Upcoming wellness programs include yoga, creative art therapy and healing touch, and are held at To Life's office in Delmar.

- A four-week introduction to yoga and meditation series

with Judi England of the Albany Kripalu Yoga Center will be offered from 6 to 7:15 p.m. on Thursdays, March 29, April 5, 12 and 19.

- Mary Bilik, MA, LCAT, will offer The Art of Wellness creative art therapy group from 6:30 to 8 p.m. on Wednesdays, March 21, April 18, and May 16.

- Shirley Unser will offer Healing Touch on the first two Tuesdays of each month by appointment.

All programs are free of charge and first preference is given to survivors. Call To Life to register at 439-5975.



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Health Well Being Balance

**O**steoarthritis – just the sound of the word cries pain and discomfort. Unfortunately, it's an all-too-familiar name to nearly 21 million men and women in the United States.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) confirms that this inflammatory disease is the most common form of arthritis. While most sufferers are older, it can strike people as young as their mid-20s and does not discriminate by gender or race. Everyone is a candidate for the soreness, stiffness and pain that comes with osteoarthritis.

No matter what a person's age, osteoarthritis and joint pain can vary from being a constant nuisance to an outright hindrance in the daily lives of afflicted individuals.

For Sarah, a retired, 58-year-old resident of Tustin, Calif., osteoarthritis isn't just a pain in the neck; it's a pain in the knees and hips, too. Diagnosed with moderate osteoarthritis five years ago, Sarah didn't think the disease would affect her life as much as it did.

"I think the hardest part about it is not being able to pick up my grandchildren or play with them the way I want to," she says.

But living with osteoarthritis doesn't mean you can't do anything about it. A diagnosis can be the starting point to finding ways to enhance your quality of life, from taking supplements to regularly walking and stretching. NIAMS and the Arthritis Foundation both are resources for suggestions to improve



health and maintain happiness while living with osteoarthritis.

People who are overweight are more likely to develop osteoarthritis. That's why staying physically active is one of the best methods to improve joint health. Exercising and committing to a nutritious diet can help people lose weight, strengthen muscles and build bone density to put less strain on joints. Younger people who keep in shape are less likely to develop osteoarthritis as they age.

Staying active is easy. Walking is ideal for people with osteoarthritis because it doesn't stress fragile joints. Aquatic exercises are another great way to build muscles without putting too much strain on joints. Doing simple stretches every day is an easy way to increase flexibility and keep your muscles strong.

Starting off right with some fruit and fiber will give you energy to stay active and strong from the morning on.

Talk to a doctor about what supplements might be right for you, and don't let osteoarthritis hinder you from enjoying life.

Some other suggestions to relieve joint pain while maintaining a happy lifestyle include taking a warm bath – soaking in a rich lather is not only a relaxing indulgence, it can also ease aching joints; get a massage – a firm, but gentle massage can help relax the muscles, increase flexibility and boost your energy; and cultivate a green thumb – gardening and playing in the soil can be fun and therapeutic for people with osteoarthritis.

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## Glove gives support to arms in motion

People whose hands are constantly moving put their health in jeopardy by subjecting their hands and wrists to repetitive motions.

Wrist supports in front of the keyboard and attached to the mouse pad may help for those who are stationary, but what about office workers who go back and forth from typing to writing? Let's not forget about the laptop users, gamers, people who travel for business, students, even wheelchair users. Their hands and wrists go unsupported virtually all the time.

With all that is known about repetitive stress injuries and the effects they have on the tendons and nerves in the hands, it's not a question of if it will happen, but when. It's just a matter of time before the symptoms of repetitive stressors appear.

What are these symptoms? Tingling and numbness in the fingers, aching in the forearm, wrist and hand, reduced strength in the grip - all worsen to the point that using your hands becomes a painful chore and your

livelihood, play time or even mobility are jeopardized. Over time, repetitive stress injuries result in diagnoses like carpal tunnel syndrome and tendonitis. In serious cases, surgery is required to fix the problem and after ward hand and wrist strength are rarely 100 percent.

So what is a full-time repetitive motioner to do? Wrist support, such as the IMAK computer glove, can help.

Designed by Dr. Ian MacMorran, an orthopedic surgeon, and Aurelia Koby, president of IMAK Products Corporation, the glove supports your wrists to help reduce the injuries caused by repetitive motion.

"Trauma to the median nerve causes suffering in millions of people," states MacMorran. "The computer glove provides a soft and very comfortable stabilization system that helps to prevent injury while allowing full use of the hand and fingers."

For information, visit the Web site at [www.IMAKProducts.com](http://www.IMAKProducts.com) or call (800) 231-8226.

## Libraries can help medical Web search

An Internet search for information on a medical condition, drugs or the latest treatments will usually return thousands of Web sites. Many of them are from people trying to sell you something. Their claims sound good. How do you know whose advice to take? Librarians may have the answer.

Librarians are information specialists who are trained to look at the source and purpose of information to decide what is good and what is questionable.

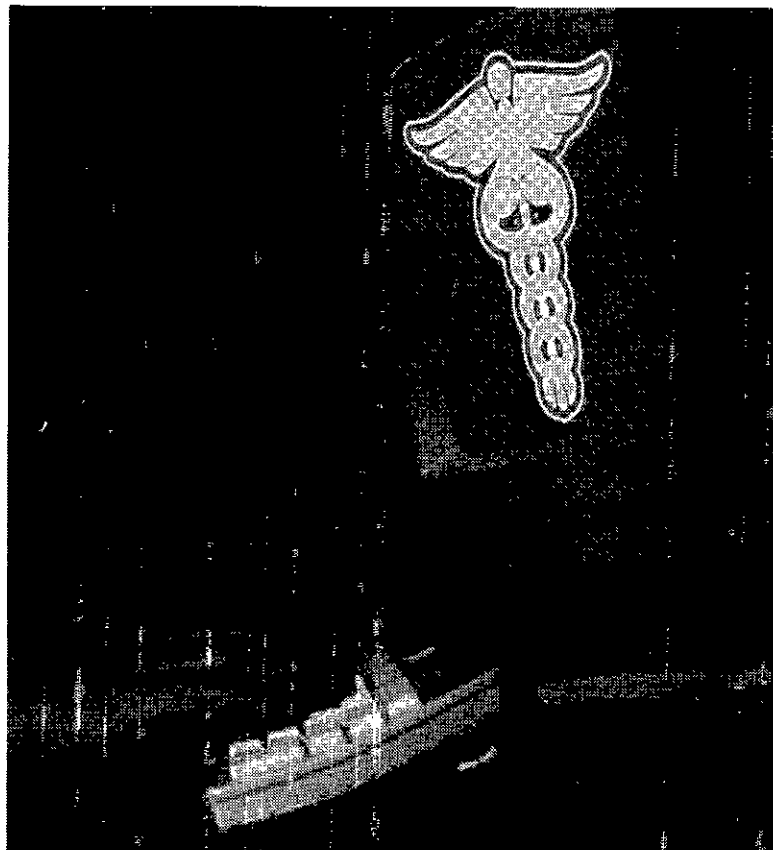
What Web sites do librarians use? For basic information on all kinds of health topics and medicines, the first resource librarians often go to is [www.medlineplus.gov](http://www.medlineplus.gov), from the National Library of Medicine and the National Institutes of Health. The information is accurate and current. Here you can find information on clinical trials, advice for seniors and videos of surgical procedures, current health news.

For cancer information, librarians trust [www.cancer.gov](http://www.cancer.gov) from the National Cancer Institute. Types of cancer, clinical trials, cancer statistics, research and the latest developments in cancer treatment are some of the topics covered.

If you want to do more thorough research on a disease or condition, look for links to databases on your library's Web site. The Voorheesville Public Library's is under "Research A Topic" at [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org). You may need to type in your library card number to get into the databases.

A database is simply a collection of information from published works. The information in medical databases comes from professionals and experts in their fields, unlike Web site content, which is often based on opinion or commercial interests.

Although they may not all be



as easy to use as Google, it's worth spending time with databases when looking for information on something as important as your health. If you're not sure

about the best ways to search, call or e-mail a librarian. They can show you how to use the databases, or find the information for you.

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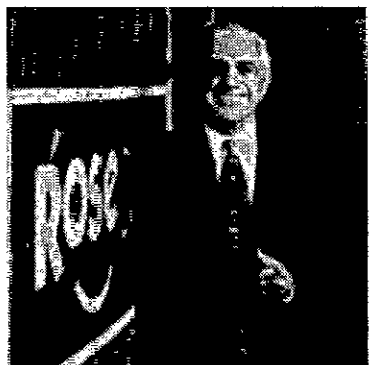
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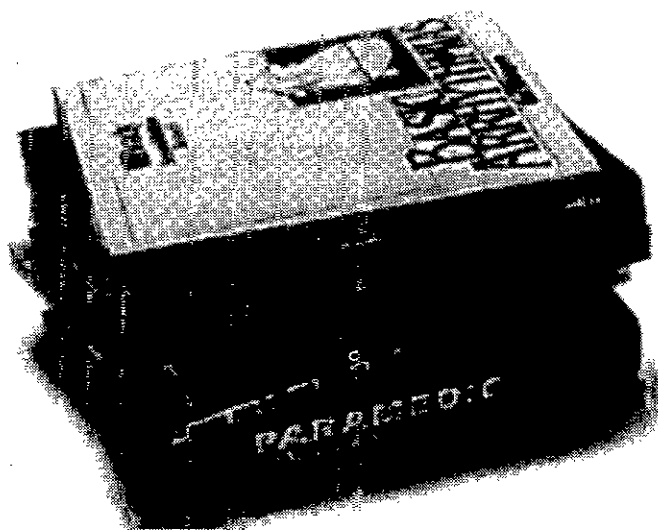
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# Key to good health is all in your head

Is the key to good health all in your head? It might be. Although exercise routines tend to focus on improving areas below the neck, studies have shown that activities we do to shrink our waistlines can be influential – or even detrimental – to the health and functioning of the brain.

"We all know by now that overeating and bad habits like smoking and not exercising can make us look and feel bad," says David Perlmutter, MD, FACN, a neurologist and author of *The Better Brain Book*. "What people may not realize is that other activities perceived as healthy may in fact harm the brain as well as the body."

Perlmutter suggests these five tips for achieving better physical and cerebral health.

## Use your head while browsing the supermarket

Many foods marketed for dieting – such as low-calorie entrees and sugar-free treats – are commonly found in the frozen food aisle, right next to full-fat ice cream, frozen pies and other foods that may be too tempting to resist. By shopping the outer

ring of your grocery store you'll find yourself buying fresh foods and eating a more brain-healthy diet. A diet considered brain healthy is one that also reduces the risk of heart disease and di-



abetes, encourages good blood flow to the brain and is low in saturated fat, cholesterol and calories.

Fruits and vegetables are good sources of antioxidants, which help the body neutralize harmful free radicals and enhance the process by which the brain makes its energy. The more color in the fruits and vegetables, the more antioxidants.

## Be mindful of toxins found in healthy foods

Fruits, vegetables and fish are commonly considered healthy foods. However, according to U.S. government data, strawberries, peaches, apples, sweet bell peppers and imported grapes were among the produce found to have the highest levels of residue from pesticides. Those who are routinely exposed to pesticides have a dramatically higher risk of Parkinson's disease. Look for organic fruits and vegetables whenever possible. And be sure to wash all fresh foods before eating. Certain fish also may be extremely high in mercury, a known brain toxin. Both the U.S. Food and Drug Administration and the Environmental Protection Agency advise pregnant and nursing women, as well as children, to limit their fish consumption.

## Change your fat, change your brain

Most Americans mistakenly believe that the less dietary fat the better. But nothing could be worse for brain health. The emphasis needs to be on the type of fat we consume, not the amount.

Monounsaturated fats are naturally high in antioxidants and are commonly found in olive oil, canola oil, nuts and avocados. Polyunsaturated fats include the all-important essential fatty acids, fats that cannot be made by the body and must be obtained from food. Adequate levels of Docosahexaenoic Acid (DHA), the omega-3 fatty acid found in the brain, eyes and heart, are critical for optimal brain development and function in infants, and ongoing brain function in adults. DHA has also been associated with reducing the risk for Alzheimer's disease, dementia and age-related macular degeneration, a major cause of blindness.

Fatty fish is the primary dietary source of DHA, making it difficult for most people to get enough of this important brain



nutrient from diet alone. (Experts recommend about 220 mg a day for adults). Fortunately, there is a non-fish, vegetarian DHA source that is derived from microalgae known as life's DHA. Today dietary supplements and fortified foods with DHA from microalgae are becoming increasingly available.

## Water your brain

If you're feeling sluggish, this may be a sign that your brain needs water. Drinking at least eight glasses of water a day as adequate hydration is critical for optimal brain function. To reduce consumption of chlorine, pesticides and heavy metals, drink bottled water (spring or distilled) or tap water purified by reverse osmosis.

## Get mental and physical exercise

Physical exercise oxygenates the blood, maintains good blood flow to the brain, and actually encourages the formation of new brain cells. For the most benefit, find an exercise or some physical activity that you enjoy, and challenge your mind by varying your program. Bicycle one day. Walk the dog the next. Try new activities like wall climbing or fencing. But regardless of what activity you choose, always use appropriate head protection. While we can replace a damaged knee, precious little can be done to repair a damaged brain. So wear a helmet when bike riding, snow skiing, or in-line skating is clearly using your head.

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# Prepare for pregnancy

She knew that pregnancy and motherhood are physically challenging to any woman, so when Samantha happily found herself pregnant for the first time at age 40, a lot of attention went into staying healthy, strong and flexible. The fact that she was a dancer and is currently a Pilates instructor definitely gave her a head start. Her goal was to gain a healthy amount of weight and stay as strong and as flexible as possible.

Samantha Binah started each

day with breakfast. She is a believer in eating three small balanced meals a day, as opposed to skipping meals and eating one large meal at the end of the day. Breakfast, for example, usually consisted of a slice of whole-wheat toast and a soft-boiled egg. She often picked yogurt for a midday snack. Lunch was usually a salad with protein, and for dinner she chose a protein with vegetables, rice or potatoes. She allowed herself one sweet each day. Sometimes that meant fruit

and sometimes that meant chocolate. During her pregnancy, there were certain periods when her hunger increased. During those times she definitely ate more, but always tried to make healthy choices.

Normally her exercise program consisted of three, one-hour sessions of Pilates and three, one-hour walks per week. During her pregnancy, she continued these two types of exercises, but varied the time spent and types of movements performed to support the changes in her body. For example, some weeks she opted to do 20 minutes of Pilates a day instead of the three full hours. As a Pilates instructor, she knew that 20 minutes a day instead of three hours would be an invaluable way to safely stay strong and prepare for pregnancy and motherhood. Pilates is a weight bearing and low impact strengthening technique.

Samantha chose four areas of the body on which to focus: legs, back, arms and pelvis. She strengthened all the muscles in her legs and focused on stretching the inner thighs and hamstrings. She worked to keep her ever-growing tummy comfortable, and gently stretched to ease any nagging backaches.

She knew that motherhood would challenge her lower back muscles with constant carrying and lifting of baby and baby gear. As she strengthened the biceps and triceps of her arms, she paid special attention to her posture. Keeping a straight, strong upper



back would assist with the lifting in future months.

The last area of focus was the pelvis. She performed several variations of pelvic lifts and mimicked Kegel exercises to strengthen the pelvic floor. Surprisingly, she did not work to strengthen her abdominals. Due to her body awareness, she knew that she already had very strong and tight abdominals. For her body, it was important to allow her uterus to grow without restricting it with more tightening.

Working with a pregnant client, she might encourage abdominal strengthening for a very short period into the pregnancy. Another reason to be cautious about abdominal exercises is that late in pregnancy abdominal muscles can separate. This is

called diastasis.

When she practiced her own routine for pregnancy and when she worked with pregnant clients she encouraged avoiding the supine (lying flat on the back) position in the third trimester and sometimes even into the second. This is because oxygen may be slightly cut off to the baby in this position. She advises those not familiar with an exercise routine to work with a trained professional if exercising when pregnant. During pregnancy, ligaments loosen due to hormonal changes and special care should be taken.

When Samantha's bundle of joy arrived, she delivered her 6 pound, 9 ounce baby naturally, which was a dream come true.

## Bellevue continues to serve women

Several months ago an independent panel looking to restructure the state health care system recommended Bellevue Woman's Hospital be closed, indicating the hospital is not needed.

The 18-member panel, often referred to as the Berger Commission, released a report recommending many changes that would streamline health care and the delivery of health care services in the state.

Anne Saile, president and CEO of Bellevue, contends that much of the Berger Commission Report contained flawed information, and its recommendation to close Bellevue was misguided.

"For more than 75 years Bellevue Woman's Hospital has provided generations of women - from daughters to mothers to grandmothers - with unique high quality care that can only come from a facility that is dedicated solely to women's medical needs," said Saile. "Some of our doctors have been on staff for decades, becoming experts in their fields."

Bellevue was founded in 1931 by M. Grace Jorgensen, a 28-year-old nurse and mother of two. She had a dream to create a hospital

to meet the special needs of women and their babies and families.

According to Jorgensen, "Women are not simply small men."

To date, more than 110,000 babies have been born at Bellevue, which has grown to become the oldest and only freestanding nonprofit woman's hospital in the state, and one of only two in the country.

"Bellevue continues to thrive. I am happy to say our business is actually up 20 percent since the commissions report was released," said Saile. "Our staff received pay raises in January and continues to be incredible throughout this difficult time - reporting to work with as much passion as ever."

Saile said that another positive has emerged from the Berger Commission report - more people than ever before are learning about Bellevue Woman's Hospital.

"For three quarters of a century, Bellevue has stood tall as a symbol of women's health," said Saile. "I am certain that we will greet the next century stronger than ever, serving women of New York State, America, and the world."

## Mobile Mammography Program

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# Taking the fear out of heart failure diagnosis

The words "heart failure" may be among the most frightening you can hear from your doctor. But if you are among the more than 5 million Americans affected by heart failure, this diagnosis by your doctor is not as desperate as it sounds. Recently, there has been much "success" with heart failure, and it now means you can take control of your disease and still live a full, active, normal life.

Despite its ominous sound, heart failure doesn't mean your heart has stopped working or that you're about to die, according to the Heart Failure Society of America. Heart failure is a common condition in which the heart muscle has changed. Either it has weakened, or has become very stiff and needs to work harder to keep blood flowing through the body. Heart failure is the leading cause of hospitalization in people older than 65. Early diagnosis and treatment can help you manage the disease and its symptoms.

"Many people with heart failure can lead relatively normal, active lives. The key is early diagnosis and treatment," says Dr. Barry Greenberg, HFSA President, and the Director of the Advanced Heart Failure Treatment Program at the University of California, San Diego. "New treatments can be very effective in slowing and stopping the progression of the disease, and in some cases can even reverse the



process."

Here are some answers to questions frequently asked about heart failure.

**Question:** What causes heart failure?

**Answer:** Heart failure develops following an injury to the heart. Heart attacks, long-term untreated high blood pressure or an abnormality of one of the heart valves can all cause the damage that leads to heart failure. You are also at increased risk if you have a history of a heart murmur, suffer from enlargement of the heart or have a family history of enlarged hearts, or if you are diabetic. In some cases, the exact cause of heart failure is not known.

**Q:** What symptoms should I watch for?

**A:** Symptoms of heart failure

include shortness of breath even when the activity you are engaging in is not strenuous; difficulty breathing in a laying down position; weight gain and fluid retention that leads to swelling in the legs and ankles; and general fatigue and weakness. Of course, many other health problems may share some of these symptoms, so it's important to talk to your doctor for an accurate diagnosis. Early diagnosis and treatment are vital.

**Q:** I've been diagnosed with heart failure. What do I do now?

**A:** Take charge. Working with your doctor, you can find a treatment plan that will help you live the healthiest life possible for you. Your treatment will include diet modifications, an exercise plan and certain medications. Limit your salt and alcohol intake. If you smoke, quit. Lose weight if your doctor advises it and exercise regularly. And be sure to weigh yourself daily and report any sudden weight gain

or swelling to your doctor.

Once you've been diagnosed with heart failure, it's important to take good care of yourself and to enlist the support of family and friends. To learn more about how to live well with heart failure, visit [www.abouthf.org](http://www.abouthf.org) to download information or request to have complimentary materials mailed to you. All the information on this site is designed for patients and is easy to read and understand.

## Combat high blood pressure

We all know someone with high blood pressure or may even have it ourselves. High blood pressure, or hypertension, affects more than 65 million people—that's one in three adults in the United States alone.

According to the National Institutes of Health, an additional 59 million are now classified as pre-hypertensive, having blood pressure measurements slightly higher than the norm.

Hypertension usually has no symptoms and, in fact, almost a third of people with hypertension don't even know they have it, which is why it's often called the "silent killer." If left untreated, hypertension can lead to several life-threatening conditions, including heart disease, stroke and kidney failure.

Hypertension has tradition-

ally been treated with medications, such as beta blockers, ace inhibitors or water pills (diuretics). However, seven out of 10 patients can't reach their lower blood pressure goals with medication alone. And some antihypertensive drugs can cause

adequately control the condition or those who experience intolerable side effects from the medication, finding a non-drug option that will work for you and your schedule is critical.

"When treating patients for high blood pressure, physicians need to explore all treatment options," says Joseph Marek, M.D., clinical cardiologist, Midwest Heart Specialists. "Since medications alone don't lower blood pressure in many hypertensive patients, lifestyle modifications and newer treatment options, such as device-guided breathing should be considered."

One such option available today is RESPeRATE ([www.resperate.com](http://www.resperate.com)), a safe, non-drug over-the-counter treatment for hypertension. This portable electronic device consists of a computerized unit, about the size of a paperback book, a breathing sensor that is fastened around the abdomen, and a set of headphones. It works by interactively guiding the user to slow their breathing rate and change their breathing pattern. The result: muscles around the body's small blood vessels relax, allowing blood to flow more easily, thus reducing high blood pressure.

Diana DeAngelis, a RESPeRATE user, says she loves the time of day when she gets to use the device. She says, "Besides lowering my blood pressure, I feel more relaxed. The device is very calming."

troublesome or dangerous side effects, such as impotence, emotional distress, insomnia, tiredness and depression.

Lifestyle changes, including proper diet and regular exercise, are often recommended for the treatment of high blood pressure. There has also been much attention focused on the reduction of salt intake as one step in the fight against hypertension. Ongoing changes to our diets and exercise routines have great health and fitness benefits overall, but can be difficult to incorporate into a busy schedule.

For the 70 percent of people with hypertension for whom medication alone is unable to



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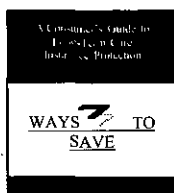
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# A Transplant Experience

Professional snowboarder Chris Klug has been faced with many challenges in his life – whether it be a difficult run or a tough competitor. However, nearly seven years ago Chris faced his greatest challenge, but this time it wasn't on his snowboard. Chris needed a liver transplant to save his life.

In the early 1990s, Chris was diagnosed with a rare liver disease, Primary Sclerosing Cholangitis, or PSC. Over the years

successful transplant surgery performed at Denver University Hospital. Shortly after his transplant Chris began easing back into his strength training routine. He was soon back on his snowboard and participated in the World Cup Circuit only four months after his transplant. Nearly a year and half after his life-saving liver transplant, Chris fulfilled his life-long dream – winning a bronze medal in snowboarding.

Regarding winning the medal, Chris says: "It was truly a dream come true. Those were the best two weeks of my life at Salt Lake. It was so much fun."

## The New Age of Organ Transplantation and Post-Transplant Care

Chris is one of the millions of people in the United States whose lives have been transformed by transplantation. Currently, more than 28,000 life-saving organ transplants are performed in the U.S. every year. Scientific improvements, including the discovery of advanced surgical procedures and the introduction of new immunosuppressant drugs have greatly increased patient and graft (the transplanted organ) survival rates allowing transplant patients to live longer, healthier lives.

Because of the advancements that have been made in the field of transplantation, today post-operative (one year) rejection of the transplanted organ remains



relatively low. Now one of the most common reasons for organ rejection, loss or failure can be attributed to non-adherence to medication regimens. Post-transplant patients are prescribed a multitude of medications that require multiple dosing at various times throughout the day. Most patients require some immunosuppressive treatment for their entire lives. Despite the importance of adhering to treatment plans, recent studies have shown that non-adherence rates for transplant patients vary and, in some cases can be more than 45 percent.

"The complexity of today's medication regimens presents a challenge for transplant recipients, but once mastered health outcomes and quality of life can be excellent," says Donna Hathaway, PhD, FAAN, Dean and Pro-

fessor of the College of Nursing at the University of Tennessee Health Science Center, and an expert in patient outcomes.

For treatments across all disease states, non-adherence is expensive, costing the United States about \$100 billion per year. Non-adherence expenses include \$30 billion in direct medical costs – \$25 billion due to hospital admissions and \$5

billion due to unnecessary nursing home placement costs – and \$70 billion due to lower productivity and pre-mature death. In transplant patients specifically, non-adherence contributes to an increased risk of acute organ rejection, failure and loss. A retrospective analysis found that non-adherence accounted for more than 50 percent of graft loss in one group of kidney transplant patients.

"Adherence to the prescribed medication regimen helps improve health outcomes by reducing the incidence of health problems such as rejection episodes, hypertension, hyperlipidemia and hyperglycemia and in doing so contributes to improving quality of life and reducing costs associated with health-care," says Hathaway.

For information regarding the transplantation process and/or the importance of medication adherence, visit [www.TransplantExperience.com](http://www.TransplantExperience.com).

Read about Chris Klug's latest adventures at [www.chrisklug.com](http://www.chrisklug.com).

## Quick Facts Regarding Patient Adherence

- One of the major factors contributing to patient non-adherence is the complexity of their medication regimen
- A recent study found that up to 50 percent of kidney transplant patients are non-adherent to their medication regimen
- A retrospective analysis found that non-adherence accounted for more than 50 percent of graft loss in one group of kidney transplant patients
- Patient non-adherence costs the United States about \$100 billion per year due to direct medical costs (\$30 billion) and lower productivity and pre-mature death (\$70 billion collectively)

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# Post-radiation swelling can be managed

Women who have had breast cancer surgery involving the removal of lymph nodes or radiation therapy should be aware of a condition called lymphedema.

Lymphedema is a chronic condition characterized by swelling usually in the hand, arm, or trunk. But there are ways to manage lymphedema.

"Areas affected by lymphedema can have visible swelling, or may just feel full or heavy. Limbs can lose some movement. But managing symptoms can help to restore function and prevent further complications," said Heather Carangelo, a physical therapist with St. Peter's Rehabilitation Services.

The lymphatic system removes fluid from the space between tissues, and filters out harmful substances. When the nodes are removed or damaged by radiation, this fluid (lymph) can build up in the soft tissue of the body causing the swelling of the arm, hand, fingers, shoulder or trunk.

There are two types of lymphedema: primary and secondary. Primary lymphedema is rare. It

is caused by the absence of or abnormalities in certain lymph vessels or nodes at birth. Secondary lymphedema is the most common form. This can develop as a result of such things as infection, cancer surgery, radiation, or trauma.

Lymphedema symptoms include: swelling; "full" or heavy sensation in arms or legs; skin tightness; decreased flexibility in hand, wrist, or ankle; or difficulty fitting into clothing, such as a tight bracelet, watch or ring.

While there is no cure for lymphedema, with proper treatment, it can be managed. The goals of treatment are to decrease the swelling, decrease the risk of infection and improve mobility and the quality of life.

Lymphedema treatments consist of manual lymph drainage massage - a gentle massage technique to redirect fluid to intact areas; compression bandaging - a series of non-elastic bandages help reshape the limb; skin care - good hygiene, avoiding cuts, scratches, bug bites, and sunburn decrease the risk of infection; and exercise - a specialized exercise routine helps

move fluid out of the affected areas and helps maintain normal body weight.

Cancer patients who have had surgery need to take extra steps to avoid infection. Keeping the skin extremely clean is a good place to start. Gloves should be worn to avoid burns or cuts while doing housework, cooking or gardening. Be sure to immediately report any signs of infection to your physician. Signs of infection include fever, sweats, chills, skin redness, warmth, and pain. Also, it is best to avoid tight-fitting clothing, shoes, and jewelry.

The Susan G. Komen Breast Cancer Foundation has given St. Peter's Hospital a grant to broaden its lymphedema management services to the community. St. Peter's provides free bandages and education to those experiencing the side effect of lymphedema related to breast cancer.

The staff at St. Peter's Physical Therapy & Fitness in Slingerlands are specially trained and certified from the Academy of Lymphatic Studies to provide management and treatment. For more information about lymphedema, call 475-1818.



## Flowers are a mood lifter

Got the seasonal doldrums? Too much stress in your life? New research shows that the mere presence of flowers can change people's moods for the better.

A behavioral study conducted at Harvard University shows people feel more compassionate toward others, have less worry and anxiety and feel less depressed when flowers are present in their home.

"Other research has proven that flowers make people happy when they receive them," says Nancy Etcoff, Ph.D., who conducted the study. "What we didn't know is that spending a few days with flowers in the home can affect a wide variety of feelings."

Here are some common questions and answers about blooms:

**Question:** How do I keep my fresh cut flowers alive as long as possible?

**Answer:** Re-cut the stems - about one additional inch - with floral clippers or sharp knife. Dissolve commercial flower preservative in warm water and immediately place the flowers in the solution. Keep them out of direct sunlight and away from drafts.

**Q:** When re-cutting, is it better to cut in warm or cold water?  
**A:** Warm water is best.

**Q:** Which cut flower lasts longest?  
**A:** Flower life is a function of

genetics and environment. Generally, though, chrysanthemums and carnations last the longest.

**Q:** Does removing leaves harm the flowers?

**A:** No. In fact, removing leaves that will be under water will help reduce bacteria and fungi growth that can harm the stems and shorten your enjoyment period.

**Q:** Is a vinegar and water solution better than floral food?

**A:** No. Nothing extends the life of a cut bloom as well as a measured amount of commercial floral preservative dissolved in warm water.



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Tenebrae Service of Lights 7:30 pm

### Easter Sunday

Easter Festival

Worship Services

8:00 am & 10:30 am



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## Delmar Presbyterian Church Holy Week & Easter Services

Maundy Thursday April 5 7:30 p.m.

Good Friday April 6 12:00-3:00 prayer & meditation  
7:30 p.m.

Easter Sunday April 8 10:00 a.m.

The public is invited

Babysitting available at 10:00 am Services

585 Delaware Avenue, Delmar, NY 12054  
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## See you this Easter - GOD

### Delmar Reformed Church

Easter Worship at 9:30 & 11:15 am

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## Church of Saint Thomas the Apostle

35 Adams Place, Delmar Phone 439-4951

### Liturgy Schedule for the Triduum and Easter

#### HOLY THURSDAY April 5th

9:00 a.m. Morning Prayer  
7:30 p.m. Evening Mass of the Lord's Supper  
9:00 p.m. Adoration of the Blessed Sacrament  
*The Repository for the Blessed Sacrament will be in the Chapel. All are invited to visit and keep vigil until 11:00 p.m.*  
10:45 p.m. Night Prayer

#### GOOD FRIDAY April 6th

9:00 a.m. Morning Prayer  
3:00 p.m. Stations of the Cross  
7:30 p.m. Liturgy of the Lord's Passion

#### HOLY SATURDAY April 7th

9:00 a.m. Morning Prayer  
8:00 p.m. Celebration of the Easter Vigil  
*The Easter fire, Sacraments of Initiation and welcoming new members into the Church, and the Easter Eucharist.*

#### EASTER SUNDAY April 8th

Easter Masses at 7:30 a.m., 9:00 a.m., 10:30 a.m., 12:00 noon.

ALL ARE WELCOME



# Spend your spring break at the library

Something's going on for kids every day at the library during spring break; April 6 to 13. Why not pay us a visit?

On Monday, April 9, at 2 p.m., check out images of artist Martin Kersels' gigantic rotating bird's nest, now on display at the Tang Museum in Saratoga. Then Ginger Ertz of the Tang will help you make your own mini-version out of a variety of colorful materials. For grades two to five; call 439-9314 to register.

On Tuesday, April 10, at 2 p.m., stop by to see some gorgeous examples of Russian folk art, brought to you by the New Russia Cultural Center. You'll examine and learn about decorated boxes, the famous nesting dolls, painted trays and other crafts. For grades one to five.

Mr. Twisty brings his Super

## Check It Out Bethlehem Public Library

Silly Magic Show to the library on Wednesday, April 11, at 7pm. Kids age 3 and older and their families are in for some hilarious slapstick comedy, magic, and a special guest.

Therapy dogs Bailey and Cleo bring their owner Iris Bartkowski to the library on Thursday, April 12, from 10 a.m. to noon. The dogs just love to hear a good story, so call 439-9314 and sign up to read one. For grade one and up.

Kick off your boots and sidle up to the chuckwagon at Cowboy Camp on Friday, April 13, at 10:30 a.m. After some

cowboy fun and games, you'll rustle up some grub on an edible campfire. For grades kindergarten to second; call 439-9314 to register.

### Dance dance revolution

We've got something planned for older kids, as well.

On Friday, April 6, from 2 to 4 p.m., we're hosting a dance-off using the music video game "Dance Dance Revolution," played on a dance pad that responds to the movement of the player's feet.

You'll get a workout, so you'll be glad we've got snacks and stuff. For grade five and up; call 439-9314 to reserve your spot on the dance pad.

### Holiday closing

The library will be closed on Sunday, April 8, for Easter.

Regular hours resume Monday, April 9, at 9 a.m.

Visit us online anytime at [www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org), to request or renew books, download audiobooks, reserve a meeting room, check out our calendar, and more.

### Trustee petitions

Nominating petition forms and information packets are available at the information desk for a vacancy on the library's board of trustees. The seat is for a full term of five years.

Petitions must contain at least 118 signatures of voters residing in Central School District No. 6 of the towns of Bethlehem and New Scotland.

Petitions must be filed with the District Clerk, 90 Adams Place in Delmar by 5 p.m. on April 16.

Elections will be held on May 15, from 7 a.m. to 9 p.m. at Bethlehem Central Middle School.

The proposed 2007-08 library budget will also be on the ballot. The budget will be published in the May/June issue of the library newsletter, which is mailed to all households in the Bethlehem Central School District.

### More upcoming events

- Pianist Morey Hall

Sunday, April 15, 2 p.m.

Recital of music by Chopin, Beethoven and Schubert. Free and open to the public.

- After dinner books

Wednesday, April 18, 7 p.m.

The River of Doubt: Theodore Roosevelt's darkest journey by Candace Millard.

New members welcome. Books available at the information desk; other formats may also be available.

Louise Grieco

• All library programming is free and open to the public. The Bethlehem Public Library is located at 451 Delaware Ave., Delmar. For information, call 439-9314.

Got news?

Call Spotlight at 439-4949

or

e-mail: [news@spotlightnews.com](mailto:news@spotlightnews.com)

## IN BRIEF

### Host families needed for foreign exchange students

Host families are needed for 39 American Field Service (AFS) foreign exchange students who will be coming to the Capital District for the 2007-2008 school year. Students from countries all over the world will attend local high schools and participate in all aspects of family, school, and community life.

Interested families who apply early this spring will have the best opportunity to view applications from students with special interests that match theirs, such as athletics or music. Local AFS volunteers provide family orientation and student support, as well as social and educational events for students, host families and host siblings.

For information about hosting, or about intercultural opportunities for U.S. high school students to study abroad for a summer, semester or year, call 439-0016 or e-mail [happy12054@aol.com](mailto:happy12054@aol.com) or call 1-800-AFS-INFO.

### Town encourages use of special needs registry program

The Albany County Sheriff's Department has a program designed to assist the special needs community during an emergency within Albany County, whether manmade or natural.

Registrants should be physically or mentally unable to evacuate themselves from their residence without assistance. Applicant information is entered into the County's E-911 system for retrieval during an emergency.

Local police departments will have the information, as well, and this information allows emergency responders to instantly identify the special needs of callers from their residences. In situations like this, prior medical knowledge of the needs of the caller enhances the response time and efficiency of medical care.

"Currently, we have about 1,000 people registered in the program," said Garry G. Horne, Director of Community and Emergency Services with the Albany County Sheriff's Department. "The unique thing about our registry is that it is the first in the state that incorporates information about people with disabilities into the E911 system. Emergency workers will have valuable knowledge about the person before they arrive which could be life saving."

Applications are available online at [www.albanycountysheriff.com](http://www.albanycountysheriff.com) or by calling Linda Nash at the Albany County Sheriff's Department Office at 720-8030; on the Town of Bethlehem's website, [www.townofbethlehem.org](http://www.townofbethlehem.org). Emergency Management Office, Special Needs Registry Program and forms are also available in the Bethlehem Senior Services Office, 445 Delaware Ave., in Delmar, 439-4955.

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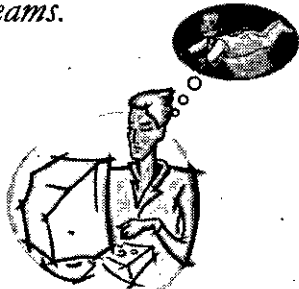
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# Obituaries *in the* Spotlight

## Muriel M. Webster

Muriel M. Webster, 79, of Delmar, died Sunday, Feb. 25.

Born in Hartford, Conn., she was the loving wife of Frederick C. Webster for 57 years.

She is also survived by two sons, Donald F. (Karen) Webster of Rocky Point, Long Island; and Richard S. Webster of Delmar; a daughter, Lori J. (Mark) Platel of Delmar and a son-in-law, Steven Priskey, of Blacksburg, Va.

Mrs. Webster was predeceased by a daughter, Karen W. Priskey.

She was the loving grandmother of Jamie L. and Jared Webster of Rocky Point, Jacob and Michael Platel of Delmar and Tucker and Dustin Priskey of Blacksburg, Va.

Muriel was a life member of the Elsmere Fire Co. Ladies Auxiliary and a longtime member of Normanside Country Club.

She had been a resident of Delmar since 1959 and was a retired sales associate of the former Denby's Department Stores.

Services were at St. Stephen's Episcopal Church, where she had been a communicant for 48 years. Interment was in Bethlehem Cemetery.

Contributions may be made to the Capital Fund of St. Stephen's Episcopal Church, 16 Elsmere Avenue, Delmar 12054.

## Ruth Mary Bouyea

Ruth Mary Bouyea, 86, of Glenmont, died Tuesday, March 20.

Born in Albany, she was the widow of the late Warren F. Bouyea.

She was a graduate of Albany High School and Mildred Elley Business School.

She worked as a cosmetician for Mack Drug Co., Mullen Pharmacy of Delmar, Plaza Pharmacy of Delmar, Corsons Pharmacy of Albany and as a sale clerk for B.Lodge Co. of Albany. She was a communicant of St. Thomas the Apostle Church of Delmar and served as a Eucharistic minister for 13

years. She also was a member of the Senior Citizens of Bethlehem and the Bethlehem Business Women. Survivors include two daughters, Christine M. Bouyea, of Glenmont, and Denise M. Borgo, of Rotterdam. She is also survived by several nieces and nephews.

She was sister of the late Joseph A. Pickel.

Funeral services will be Friday, March 30, at 9:30 a.m. at St. Thomas the Apostle Church, Delmar.

Calling hours will take place on Thursday, March 29, from 4 p.m. to 7 p.m. at the Chicorelli Funeral Home, 331 Delaware Ave., Albany. Interment will be in Calvary Cemetery, Glenmont. In lieu of flowers, donations may be made to the American Heart Association or the American Diabetes Association.

## John J. Brady Sr.

John J. Brady Sr., 75, of Delmar, died Saturday March 24.

He was the husband of the late Della Parker Brady.

Mr. Brady was a self-employed painter and craftsman. He served in the Marine Corps during the Korean Conflict and received a Purple Heart. He was a former member of the Nathaniel Adams Blanchard American Legion Post No. 1040 and a member of their

color guard. He was also a former member of the Bethlehem V.F.W. No. 3185 and an avid bowler.

Mr. Brady is the father of John J. Brady Jr. (Julia) of Texas, Mark S. Brady (Mary), Paul M. Brady, both of Delmar, Gary M. Brady (Gina) of Selkirk, Sharon A. Lam (Sahn) of Delmar, Dean P. Brady (Deanna) of Selkirk, Sandra J. Jacques (Brady), Christopher and Neal D. Brady, both of Delmar; and a brother, John Brady Sr. of Schenectady.

Mr. Brady is also survived by 17 grandchildren and three great-grandchildren.

Services were from St. Thomas the Apostle Church, Delmar, and Durant Funeral Home, Albany. Interment was in St. Agnes Cemetery.

Contributions may be made to the Delmar Rescue Squad, Adams Street, Delmar 12054.

## Wesley H. Demarest,

Wesley H. Demarest, of Naples, Fla., died Friday March 16.

He was born in Nassau, graduated high school and served in the Navy on the USS Bailey during World War II in the Pacific Theater.

Mr. Demarest worked for Distinctive Advertising in Albany for more than 20 years. Wesley lived in Glenmont, later moving to Florida.

He was a member of the

Nathaniel Adams Blanchard Post American Legion No. 1040, Veterans of Foreign Wars No. 3185. He was a charter member of the Bethlehem Elks No. 2233, where he served as exalted ruler, also holding several posts throughout the years.

Survivors include Linda Sickler (Edwin), Wesley C. Demarest (Susan), Stephen Demarest (Cindy), Gail Simmons (David), Cyndy Quagliano (Christopher), Anna Kavanaugh (Kevin), John Demarest (Linda) and Cheryl Demarest, widow of the late Gary Demarest. He is the brother of Richard Demarest (Joan), Betty Despaquale and Margaret Rulison.

He was also survived by 16

grandchildren and 11 great-grandchildren.

Mr. Demarest was predeceased by his first wife, Ruthlyn (Harrington); his second wife, Helen (Carlton); and a son, Gary Joseph Demarest. A special thank you to the V.A. Medical Center, Dr. Mehdie and St. Peter's Hospice Inn.

Interment was in Elmwood Cemetery, Selkirk.

Contributions may be made to the American Cancer Society, 260 Osborne Road, Albany 12211.

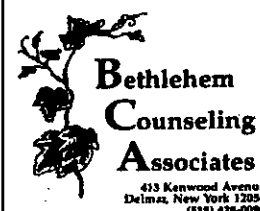
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# Obituaries *in the* Spotlight

## Richard Baldwin

Richard L. Baldwin, 51, of Delmar, died suddenly Friday, March 16.

Born in Watervliet, he was a graduate of Watervliet High School and Hudson Valley Community College. He worked for several years at Norton Research and Development in Watervliet and for the past 22 years at the state Dept. of Taxation and Finance.

For the past 15 years, he was a fire fighter with the Elsmere Fire Company where he held various offices within the fire company. He was an original

member of the Town of Bethlehem Firefighter Assist and Search Team (FAST) and a Son of the American Legion, Nathaniel Adams Blanchard Post No. 1040.

In addition to his father, he is survived by his wife, Deanna M. Baldwin; their beloved Golden Retriever, Lucy; two brothers, Robert C. Baldwin of Glenmont and Steven T. Baldwin of Brunswick.

Services were from the Applebee Funeral Home, Delmar. Contributions may be made to Gilda's Club, 1 Penny Lane, Latham 12110.

## Stephanie D'Angelo

Stephanie (Barone) D'Angelo, 64, of Delmar, died Saturday, March 17, at St. Peter's Hospital after a short illness. Born in Lockport, she was a graduate of Amsterdam High School class of 1960, Albany Medical Center School of Nursing, and The College of Saint Rose, where she earned a bachelor's degree in business communications.

At the time of her death she was the director of health services at The College of Saint Rose where she had been employed for the past 20 years. Previously she worked as a registered nurse at Albany Medical Center for 20 years. She was an avid golfer and ardent fan of the Saint Rose basketball team. She was an accomplished pianist and enjoyed bird watching and writing poetry. She loved to cook and enjoyed lavishing family and friends with her culinary creations.

Survivors include her husband, Nicholas S. D'Angelo; a son, Joseph D'Angelo and daughter, Kristin Clark, both of Rochester; one brother, Thomas Barone of Delmar; two sisters, Linora Terwilliger of Scotia, and Marianne Barone of Amsterdam.

Services were from the Daniel Keenan Funeral Home, Albany. Contributions may be made to The College of Saint Rose Alumni Association, 432 Western Avenue, Albany 12203; or Mohawk & Hudson River Humane Society, 3 Oakland Ave., Menands 12204.

## Teresa C. Lawlor

Teresa C. Lawlor, 65, of Delmar, died Saturday, March 17 at home.

Born in Albany, she was a graduate of The Academy of the Holy Names and held many positions in various organizations and businesses, including advertising for WROW and The Spotlight in Bethlehem; noon hour aide for Bethlehem school district; and director of advertising for the Legislative Gazette.

She was also a past president of the women's league of the Italian American Club of Albany, a member of Bethlehem Tomboys Softball League and a member of the NOMIS Club of Saranac Lake.

A special thank you is extended to her close friend, Joan Dunston, who spent many hours with her and supported her during her life and especially during her final illness.

Survivors include her husband of 42 years, Daniel C. Lawlor Jr. of Delmar; daughter, Teresa Rose Lawlor of Denver, Colo.; son, Daniel C. Lawlor III of Selkirk; and two grandsons.

Services were from the Daniel Keenan Funeral Home, Albany. Contributions may be made to Community Hospice of Albany County, 445 New Karner Road., Albany 12205.

## Paul J. Loomis

Paul J. Loomis, 48, of Bonita Springs, Fla., died Saturday, March 10, after a long illness.

Born in Troy, he grew up in Altamont and graduated from Guilderland Central High School in 1976. He moved to the Bonita Springs

area in 1996. He was in the restaurant business owning his own tavern in New York City. He also worked at Bayside, Roy's and Quail West Country Club in Florida.

Survivors include his sister, Mary Elario of Altamont; nieces and nephews.

Services were from the Fredendall Funeral Home in Altamont. Memorial contributions in his name may be made to Joanne's House at Hope Hospice, 27200 Imperial Pkwy., Bonita Springs, Fla., 34135.

## Ruth M. Bouyea

Ruth M. Bouyea, 86, of Glenmont, died Tuesday, March 20, following a long illness.

Born in Albany, she was a graduate of Albany High School and Mildred Elley Business School. She worked as a cosmetician for Mack Drug Co., Mullen Pharmacy of Delmar; Plaza Pharmacy of Delmar; Corsons Pharmacy of Albany; and B. Lodge Co. of Albany as a sales clerk.

She was a communicant of St. Thomas the Apostle Church of Delmar, and served as a Eucharistic minister for 13 years. She was also a member of the Senior Citizens of Bethlehem and the Bethlehem Business Women.

She was the widow of Warren F. Bouyea.

Survivors include two daughters, Christine M. Bouyea of Glenmont, and Denise M. Borgo of Rotterdam.

Services were from the Chicorelli Funeral Home, Albany. Contributions may be made to the American Heart Association or the American Diabetes Association.

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# Milestones *in the* Spotlight

## Births

### Albany Medical Center

Girl, Chloe Kristen Kosoc, daughter of Kara and Brent Kosoc of Selkirk, Dec. 11.

Girl, Aurora Joan Wagner, daughter of Robin Wagner of Glenmont, Dec. 11.

Boy, Bennett Mason Jackson, son of Jennette and Brian Jackson of Voorheesville, Dec. 17.

Boy, Austin Cale Sutton, son of Anna and Gregory Sutton of Delmar, Dec. 19.

Girl, Mariah Grace Tucker, daughter of Traci Winn of Coeymans, Dec. 19.

Boy, Henry Daniel Tatros, son of Jessica Schreyer and Gary Tatros Jr. of Glenmont, Dec. 20.

Girl, Jaia Anna Marie Hildebrandt, daughter of Deanne Hildebrandt of Coeymans, Dec. 21.

Girl, Madeline Grace Ward, daughter of Kelly Ward of Delmar, Dec. 22.



Justin Daniel Bates and Molly Marie Shultes

## Shultes, Bates engaged

Molly Marie Shultes, daughter of Robert and Janet Shultes of Glenmont, and Justin Daniel Bates, son of Jake and Robin Bates of Knox, are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School, HVCC and University at Albany.

She is a senior training technician for the state Division of Criminal Justice Services in Albany.

The future groom is a graduate of Berne-Knox-Westerlo High School.

He is a shop foreman for John V. Warren Inc. in Rensselaer, and is a member of the Local 7 Plumbers and Steamfitters Union.

The couple plans a Nov. 10 wedding.

## IN BRIEF

### 'Cinderella' coming to The Palace

The Moscow Festival Ballet's performance of "Cinderella" will be Tuesday, April 3, at 7:30 p.m. at The Palace Theatre.

The ballet will perform an adaptation of the full-length ballet of "Cinderella in Three Acts."

Tickets are \$30 and \$40 at the Palace Theatre Box Office at 19 Clinton Ave. or Ticketmaster by calling 476-1000 or online at ticketmaster.com.

### 'Riverdance' steps in to Albany's Palace

Few shows have touched audiences like Riverdance, the Original International Phenomenon, now in its 12th year. The celebration of music, song and dance returns to the Capital District, May 4 to 6 for five performances at the Palace Theatre. Tickets range from \$32 to \$57 and are available at the Palace Theatre box office, by calling Ticketmaster at 476-1000 or online at www.ticketmaster.com.

## Class of '06

### SUNY Fredonia

Joshua M. Rucinski of Glenmont, bachelor of science in environmental studies.

### University at Albany

Samantha Cathers of Delmar, bachelor of art in anthropology, summa cum laude.

Shane C. Cassidy of Slingerlands, bachelor of art, sociology, summa cum laude.

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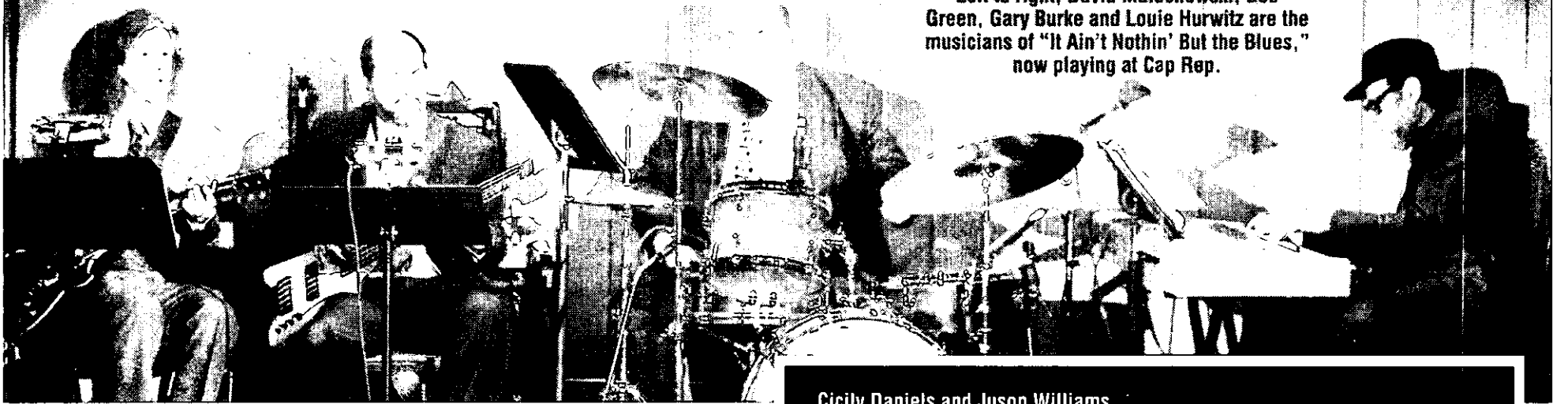
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# Entertainment *in the* Spotlight

## Big-time musicians come to Cap Rep



Left to right, David Malachowski, Bob Green, Gary Burke and Louie Hurwitz are the musicians of "It Ain't Nothin' But the Blues," now playing at Cap Rep.

By KATHERINE MCCARTHY  
mccarthyk@spotlightnews.com

**C**apital Repertory Theater comes alive about an hour before showtime.

Box office attendants chat between phone calls; the vacuum cleaner starts humming; the ushers begin to arrive; and from the café, there's the sound of clinking glassware and the scent of fresh espresso.

The musicians arrive and take their not-at-all-customary seats in the audience to talk about working in "It Ain't Nothin' But the Blues," playing at Albany's

Capital Repertory Theater until Saturday, April 7.

The band usually begins behind a screen on the set, but quickly becomes part of

the show. The first song of the second act belongs entirely to the band, something they're more used to than not.

"There's an inherent tension between playing a spontaneous art form versus theater, which is the same, night after night," drummer Gary Burke, a Troy native, said. "We have to modify what we do a little; it's not like a purely musical setting. We try to give the actors a hook into the music."

"We've played blues festivals and clubs," said bandleader David Malachowski. "That's our vantage point."

Burke quoted keyboardist Louie Hurwitz.

"What Louie said to the director was, 'you direct the actors, but we live this,'" Burke said.

Still, the musicians said, any of the tension has worked itself out, leaving the actors and musicians on the set of "It Ain't Nothin' But the Blues" with a good rapport.

"The music is really good," Hurwitz said. "The actors work really hard. It's interesting to be part of it."

Malachowski is the musician who pulled the band together. He has worked on Cap Rep's numerous stagings of "Always... Patsy Cline," and pressed some of his fellow Woodstock residents into joining him for "It Ain't Nothin' But the Blues."

"To some people, driving back and forth to Woodstock every day may seem far,

but we're musicians used to touring," Malachowski said. "It's not unusual for us to finish a show and drive 800 miles to the next destination."

The band members have impressive resumes. Guitarist Malachowski has played with Shania

Twain and Janie Fricke, and is a member of the seminal British blues band, Savoy Brown. Name a blues festival in the world and he's probably played it. In 2005, he was one of the "British Blues All-Stars." When the Cap Rep run ends, he'll be in Europe, playing with Savoy Brown.

Burke has played on many gold, platinum and Grammy-winning records, and has worked on stage or in the studio for artists like Bob Dylan, Joe

Cicily Daniels and Juson Williams do the chicken dance while Jonathan Rosen plays the banjo.



Jackson, Aretha Franklin and Chet Atkins.

There are two keyboardists in the show; something that Hurwitz said made it easier to take on the Cap Rep gig. He shares the limelight with Pete Levin, who has recorded with artists like Paul Simon, Annie Lennox and Miles Davis. Hurwitz is known as "Professor Louie" and is a Capital District fixture with "Professor Louie

Frank McCourt's "The Irish and How They Got That Way."

For now, the band is putting its heart into the blues on Cap Rep's stage. "It Ain't Nothin' But the Blues" traces the history of blues in America, from African chants to Chicago blues clubs.

"There's been a great resurgence in blues in the 15 years," Burke said.

"The blues have a rawness and simplicity that people like," Malachowski said. "In this day of pre-fab bands, people like hearing real musicians who've gone out and played a lot."

As always at Cap Rep, there's art in the café meant to compliment the show. Wren Panzella's "Blues and Jazz Art" depicts

the vibrancy of these unique musical art forms.

"It Ain't Nothin' But the Blues" runs through Saturday, April 7. Show times are 7:30 p.m. on Tuesday, Wednesday, and Thursday; 8 p.m. on Fridays; 4 and 8:30 p.m. on Saturdays and 2:30 p.m. on Sundays. Ticket prices range from \$34 to \$42. For information, call 445-SHOW or visit capitalrep.org. Cap Rep is located at 111 No. Pearl St. in Albany.



Julie Tolivar sings "Fever" during "It Ain't Nothin' But the Blues."

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Presented by Capital Repertory Theatre, 111 N. Pearl St., Albany, through April 7, \$27-\$42. Information, 445-7469.

### RABBIT HOLE

Presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through April 7, \$20. Information, 877-7529.

### WHY DIDN'T HE TELL ME

An original play by Annette Dominic, presented by Hilton Center for the Performing Arts, 40 Russell Road, Albany, through April 1, \$12 adults, \$10 seniors and students with ID. Information, 453-1048.

North Pearl Street, Albany, \$32.50. Information, 476-1000.

### RASPUTINA

Gothic rock, April 9, 8 p.m., WAMC Performing Arts Studio, Central Avenue, Albany, \$15. Information, 465-5233, ext. 4.

### SEAN LENNON

John Lennon and Yoko Ono's son is now a grown-up musician, April 10, 7 p.m., The Egg, Empire State Plaza, Albany, \$24. Information, 473-1845.

### JIMMY WEBB

Famous songwriter, April 14, 8 p.m., WAMC Performing Arts Studio, Central Avenue, Albany, \$28. Information, 465-5233, ext. 4.

Garner, "Reflected Realities," images by Melody Mason "Encaustics," images by Jeri Eisenberg, through April 24, Main Square, 318 Delaware Ave., Delmar. Information, 475-1853.

### NATIONAL MUSEUM OF DANCE

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

### NEW YORK STATE MILITARY MUSEUM

"Battleground for Freedom: New York during the Revolutionary War," and "Lost Ladies: Women of the Civil War," 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.

### THE HYDE COLLECTION

"Rembrandt: The Consummate Etcher & Other Seventeenth Century Printmakers," through April 8, 161 Warren St., Glens Falls. Information, 792-1761.

### CLARK ART INSTITUTE

"In Search of Lost Time: Ruins in Photography," through May 13, Williamstown, Mass. Information, (413) 458-9545.

## 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.

### SUBURBAN SOUNDS COMMUNITY CHORUS

Openings in mixed chorus, rehearsals Sundays at 7 p.m. at Lynnwood Reformed Church, Route 146, Guilderland. Information, 861-8000.

### FRIENDSHIP SINGERS

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

### A CAPPELLA

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

## Music

### SPARKY AND RHONDA TUCKER

Folk, blues, gospel and ballads, March 30, 8 p.m., Old Songs Inc., 37 South Main St., Voorheesville, \$17. Information, 765-2815.

### BRIDGET BALL AND CHRISTOPHER SHAW

Performing songs and tales of the Adirondacks as fund-raiser for Community Maternity Services, March 31, 7 p.m., Chipshots Restaurant, Town of Colonie Golf Course, 418 Consaul Road, Colonie, \$10-\$15. Information, 482-8836.

### "SIXTIES SPECTACULAR"

Featuring the Turtles, Felix Cavaliere's Rasca's, Mitch Ryder and the Detroit Wheels and the Happenings, March 31, 7:30 p.m., Proctor's Theatre, State Street, Schenectady, \$30-\$47. Information, 346-6204.

### RONI BEN-HUR

Jazz guitarist, March 31, 8 p.m., WAMC Performing Arts Studio, Central Avenue, Albany, \$18. Information, 465-5233, ext. 4.

### SIOBHAN QUINN AND MICHAEL BOWERS

CD release party for former area folk duo, with special guest Ben Murray, March 31, 8 p.m., Caffé Lena, 47 Phila St., Saratoga Springs, \$12-\$15. Information, 583-0022.

### JULIA FISCHER AND MILANA CHERNYAVSKA

Classical music duo performing works by Schubert, Debussy, Bach and Mendelssohn, April 5, 8 p.m., Memorial Chapel, Union College, Schenectady, \$20 adults, \$8 students. Information, 388-6080.

### DOC WATSON AND DAVID HOLT

Two bluegrass musicians, April 1, 7 p.m., Troy Savings Bank Music Hall, Troy, \$25-\$28. Information, 273-0038.

### WIDESPREAD PANIC

Southern jam band, April 1, 7 p.m., Palace Theatre, corner of Clinton Avenue and

## Comedy

### LISA LAMPANELLI

Rising comic superstar, April 14, 8 p.m., Palace Theatre, corner of Clinton Avenue and North Pearl Street, Albany, \$29.75. Information, 476-1000.

## Visual Arts

### NEW YORK STATE MUSEUM

"Ska-Ni-Kwat: The Power of Good Mind," through April 15; plus permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

### ALBANY INSTITUTE OF ART

"Paul Cushman: Thye Work and World of a New York State Potter, 1800-1850," through May 27; "The Autobiography of Bill Sullivan," a retrospective collection, through July 30, 2007; plus exhibits on Hudson River School painting, American sculpture and the history of Albany, 125 Washington Ave. Information, 463-4478.

### SCHENECTADY MUSEUM

Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

### ALBANY AIRPORT GALLERY

"Natural Selection," an exhibition presented by the Pember Museum of Natural History, through April 15, plus site-specific installations by Larry Kagan and Cara Nigro, as well as installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

### LOCAL COLOR ART GALLERY

"Passion for Art," featuring works by Colonie Art League members, through April 30, 961 Troy-Schenectady Road, Latham. Information, 786-6557.

### EXPOSED AND EXPOSED 2.0

"Icons of Greece," images by Nancy Noble

# Super Crossword

## BOYS TOWN

### ACROSS

- 1 Cushion
- 4 Elevator man
- 8 Govt. agency for little cos.
- 11 Mimic
- 15 Lowland
- 16 This means nothing to Juan
- 17 "That's \_\_\_ different color!"
- 19 Youth activity
- 22 British pop singer
- 23 Altar words
- 24 Reddish-brown
- 25 \_\_\_ León; one of Mexico's states
- 27 Egyptian crosses
- 28 Palmer, for one
- 30 Church feature
- 33 Words from the hard of hearing
- 35 Shopper's delight
- 36 Excuse for misbehavior
- 42 Late Arthur
- 44 Directions
- 45 Preachers
- 47 1st of zillions
- 50 One of Sinatra's exes
- 52 Put forth effort
- 54 Holy book
- 55 Equestrian
- 57 300
- 60 Red \_\_\_ beet
- 61 Jack \_\_\_
- 62 Freshen
- 63 "...There'll \_\_\_ time in the old town..."
- 65 1/1000 inch
- 67 Hesitant sounds
- 68 One asleep under a haystack
- 72 Figure specialist, for short
- 75 Sonny & Cher, once
- 76 Conclusion
- 77 Colder
- 79 Furniture woods
- 84 Negatives
- 86 Supplement
- 87 Put oil on
- 88 Man's name
- 89 RFK's last title
- 90 Tricky

- 92 Playing card
- 93 Church district
- 95 Bradley & Epps
- 100 \_\_\_ up; invigorates
- 102 Family favorites
- 105 Profuse
- 108 Mil. branch
- 109 Small fruit
- 110 \_\_\_ milk
- 112 Early name for Isaac's father
- 117 "I came, \_\_\_ conquered."
- 119 Cash's "\_\_\_ Named Sue"
- 121 Row's need
- 122 Much-admired chap
- 124 Pie choice
- 128 Musical instruments
- 129 Plenty
- 130 Had obligations
- 131 Electronics manufacturer
- 132 Curvy character
- 133 Do a house hold task
- 134 "20 Questions" answer

### DOWN

- 1 Bribe money
- 2 Unser and Hirt

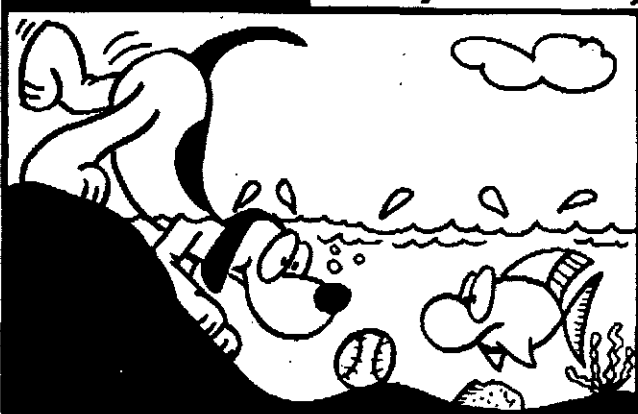
- 3 Laws
- 4 Burden
- 5 Skin marking
- 6 First name in tyrants
- 7 \_\_\_ José, California
- 8 Garden tool
- 9 Words of amazement
- 10 Perón's land: abbr.
- 11 Seeming eternity
- 12 Entree choice
- 13 Connected foursome
- 14 Charlotte & others
- 15 Nitwits
- 17 Presidential nickname
- 18 Vast expanse
- 19 Oversized
- 20 Of us
- 21 Swang upside-down
- 26 Course credit
- 29 Elaborate dessert
- 31 Reuben's bread
- 32 Young ladies' org.
- 34 To be in Madrid
- 36 Silks, to friends
- 37 Nav. trans ports
- 38 Cleansing

- process
- 39 American Indian
- 40 Olden times
- 41 Cádiz fraud: abbr.
- 43 Barn fare
- 46 Pronoun
- 47 Measurement
- 48 Energetic one
- 49 Wheat fibers
- 51 Rayon ingredient
- 53 Meanders
- 56 Hooter
- 58 Stanford's loc.
- 59 Cooks
- 60 Make up
- 61 Actor Gulager
- 63 Heat unit: abbr.
- 64 Kimono securer
- 66 Tahiti or Martinique
- 69 Psyche parts
- 70 Beast of burden
- 71 German article
- 72 51 and 52, in Old Rome
- 73 William or Sean
- 74 Mr. Johnson
- 78 Diplomat
- 79 Club \_\_\_
- 80 Arabic letter
- 81 Malayan boat
- 82 Places

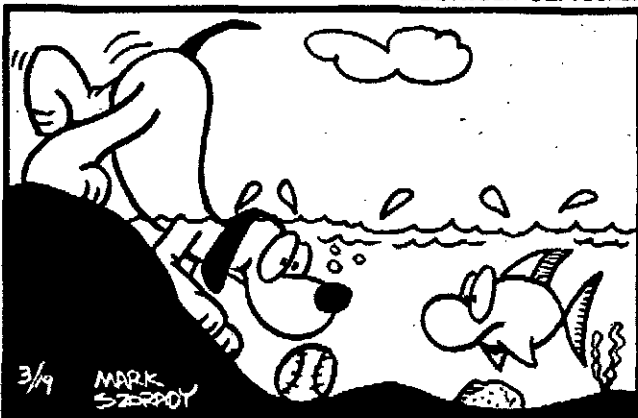
- 83 Observer
- 85 \_\_\_ about; nearly
- 87 Pro's vote
- 89 Shores
- 91 33s
- 94 Egyptian deity
- 96 Cat's cry
- 97 Improvise
- 98 Sporting stat.
- 99 Former British coin, for short
- 101 Roué
- 103 Tiny diagrams
- 104 Rising agents
- 106 Shops
- 107 Used the ears
- 110 Sun's follower
- 111 Wipe
- 112 Child's recitation
- 113 Large knife
- 114 Tatum's dad
- 115 Crooked
- 116 Me, in Marseille
- 118 18th letters
- 120 Finest
- 123 SSW plus 180°
- 125 Out-of-date
- 126 "How are \_\_\_?"
- 127 Bleater

## DOUBLE TAKE

By Mark Szorady



Find at Least Seven Differences Between Cartoons!



ANSWERS: 1. SPOT ON BACK MISSING 2. FISH DORSAL FIN DIFFERENT 3. DOGS TAIL SMALLER 4. BALL MOVED 5. DOGS LEG MOVED 6. CLOUD MOVED 7. SEA PLANT DIFFERENT



# Calendar of Events *in the* Spotlight

## Wednesday, Mar. 28

### 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 child caretakers 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](mailto:info@drchurch.org).

#### YOUTH EMPLOYMENT SERVICES

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

#### BETHLEHEM LIONS CLUB

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857.

#### ALZHEIMER'S SUPPORT GROUP

Northeast NY Alzheimer's Association meetings for families, caregivers, and friends; Delmar Presbyterian Church, 585 Delaware Ave., 7 p.m.

#### SOLID ROCK CHURCH

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

#### CHENREZIG PRACTICE AND MEDITATION

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

#### ZONING BOARD OF APPEALS

Bethlehem Town Hall, 445 Delaware Ave., Delmar, 7:30 p.m. Information, 439-4955.

#### BINGO

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

#### BOY SCOUT TROOP 58

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

#### BC SCHOOL BOARD

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

#### BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 8 p.m. Information, 767-2886.

#### HEALING TESTIMONY MEETING

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

#### NEW SCOTLAND

#### FAITH TEMPLE

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

#### PRAYER MEETING

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

## Thursday, Mar. 29

### BETHLEHEM

#### BETHLEHEM SENIOR CITIZENS

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

12:30 p.m. Information, 439-4955.

#### ADULT BIBLE STUDY FIFTH THURSDAY

### BETHLEHEM

#### BETHLEHEM SENIOR CITIZENS

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

#### ADULT BIBLE STUDY

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

#### BETHLEHEM LUTHERAN (SEPTEMBER THRU MAY)

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

#### AA MEETINGS

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

#### 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.

## Friday, Mar. 30

#### VOORHEESVILLE PUBLIC LIBRARY

Grades two and three book discussion at 7 p.m. at the Voorheesville Library. Sign up.

### BETHLEHEM

Children's Writing Workshop (JULY and AUGUST) 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.

#### NEW SCOTLAND

#### PIONEER CLUBS

For children grades 1 through junior high; Mountainview Evangelical Free Church, Route 155, 3:45 - 5 p.m. Information, 765-3390.

#### YOUTH GROUP MEETINGS

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410.

#### SLINGERLANDS

#### SLINGERLANDS COMMUNITY UNITED METHODIST CHURCH

Slingerlands Community United Methodist Church, 1499 New Scotland Road, Slingerlands offers a contemporary worship service, "A Gathering" every Thursday from 6:30 until 7 p.m. Children are most welcome at the Gathering, and child care will be provided.

### BETHLEHEM

#### BETHLEHEM SENIOR CITIZENS

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

#### ADULT BIBLE STUDY

First Reformed Church of Bethlehem,

7 p.m., Route 9W, Selkirk. Information, 767-2243.

### BETHLEHEM LUTHERAN

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

#### AA MEETINGS

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#### NEW SCOTLAND

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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.

#### V'VILLE LIBRARY

Lapsit stories for newborns to age two at 10:15 a.m. Signup required. Call 765-2791.

## Saturday, Mar. 31

### BETHLEHEM

#### AA MEETING

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

### DELMAR

#### HEALTH FAIR

A Health Information Fair will be held Saturday, March 31 from 11 a.m. - 3 p.m. at Bethlehem Town Hall, 445 Delaware Ave. The event is free and open to public with refreshments and door prizes and over 30 exhibitors on hand.

## Sunday, Apr. 1

### DELMAR

#### DELMAR DASH

The 19th annual Delmar Dash will be held Sunday, April 1, beginning at 9 a.m. at Bethlehem Middle School, 382 Kenwood Avenue in Delmar. Registration will be held the day of the event at 8 a.m. at the middle school.

### BETHLEHEM

#### WORSHIP INFORMATION

Bethlehem Community Church, 201 Elm Ave., 439-3135.  
Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.  
Bethlehem Lutheran Church, 85 Elm Ave., 439-4328.  
Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407.  
Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.  
Delmar Reformed Church, 386 Delaware Ave., 439-9929.  
Family of God Nazarene Church, Krumkill Road at Blessing Road, North Bethlehem, 453-9953.  
First Church of Christ, Scientist, 555 Delaware Ave., 439-2512.  
First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.  
First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976.  
Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.  
Gospel Fellowship, 10 Rockefeller Road, Delmar, 482-2132.  
King's Chapel, 434 Route 9W, Glenmont, 426-9955.  
KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 10 a.m. meditation, 11 a.m. tea, 11:30 a.m. study course,

374-1792.

Mount Moriah Ministries, Route 9W, Glenmont, 426-4510.

Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.

Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.

South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.

St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.

St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265.

St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.

Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

#### NEW SCOTLAND

#### WORSHIP INFORMATION

All Nation's Baptist Church, 2558 Western Ave., Guiderland, 475-9086, ESL and Bible classes, 9 a.m.; Worship Services, 10 a.m.

Clarksville Community Church, Route 443, 768-2916.

Family Worship Center, 92 Lower Copeland Hill Road, Feura Bush, 768-2021.

Faith Temple, New Salem, 765-2870.

First United Methodist Church, 68 Maple Ave., Voorheesville, 765-2895.

Jerusalem Reformed Church, Route 32, Feura Bush, 439-0548.

Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.

Onesquethaw Reformed Church, Tarrytown Road, Feura Bush, 768-2133.

New Scotland Presbyterian Church, Route 85, 439-6454.

St. Matthew's Church, Mountain View Road, Voorheesville, 765-2805.

Unionville Reformed Church, Delaware Turnpike, 439-5001.

United Pentecostal Church, Route 85, New Salem, 765-4410. DAY -

## Monday, Apr. 2

### BETHLEHEM

#### PEACE VIGIL

Bethlehem Neighbors For Peace, weekly peace vigil, Four Corners intersection, Delmar, 5-6 p.m., Information, 439-1968.

#### YOUTH EMPLOYMENT SERVICES

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

#### DELMAR KIWANIS

Tool's Family Restaurant, Delaware Avenue, 6:15 p.m. Information, call Chris at 439-3026 or Gary at 439-9629

#### PLAYGROUP

First United Methodist Church, 428 Kenwood Ave. Meets 10:30 a.m. to noon in the nursery. The playgroup provides opportunities for child care takers and pre-nursery school age children to socialize in a relaxed atmosphere. Information, call 439-9976 ext. 228

#### CLASS IN JEWISH MYSTICISM

Delmar Chabad Center, 109 Elsmere Ave., 7 p.m. Information, 439-8280.

#### INDOOR PISTOL SHOOTING

Albany County Pistol Club, Winne Place, 7 to 9 p.m. Also Tuesday. Information, 439-0057.

#### ELMWOOD PARK FIRE DISTRICT

Board of fire commissioners meeting, North Bethlehem firehouse, 589 Russell Road, 7:30 p.m.

#### DELMAR COMMUNITY ORCHESTRA

Rehearsal, Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-7749.

#### BLANCHARD LEGION POST

Meeting, 16 Poplar Drive, 8 p.m. Informa-

tion, 439-9819.

#### ROYAL ARCH MASONS

Temple Chapter No. 5; Masonic Temple, 421 Kenwood Ave.

#### AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m.

#### NEW SCOTLAND

#### QUARTET REHEARSAL

United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.

## Tuesday, Apr. 3

### DELMAR

#### WEIGHT WATCHER DELMAR MEETINGS

The local chapter of Weight Watchers meets today at 12:15 p.m. at St. Stephen's Church, Delmar.

### BETHLEHEM

#### TREASURE COVE THRIFT SHOP

First United Methodist Church, 428 Kenwood Ave., 10 a.m. to 6 p.m. Gently used brand name clothing and accessories at very low prices.

#### ELSMERE FIRE COMMISSIONERS

Firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

#### PRAYER MEETING

At Gospel Fellowship, 7 p.m., 10 Rockefeller Rd., Delmar, beneath Normans Kill bridge, Information 482-2132.

#### PLANNING BOARD

Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

#### BINGO

at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

#### A.W. BECKER PTA

Becker Elementary School, Route 9W, 7:30 p.m. Information, 767-2511.

#### SLINGERLANDS FIRE COMMISSION

firehouse, 8 p.m. Information, 439-4734.

#### NEW SCOTLAND

#### PRESCHOOL STORY TIME

Weekly at Voorheesville Public Library, 51 School Road, 10:15 a.m. Information, 765-2791.

#### NIMBLEFINGERS/QUILTERS (SEPTEMBER-JUNE ONLY)

Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

#### PLANNING BOARD

New Scotland Town Hall, Route 85, 7 p.m. Information, 765-3356.

#### V'VILLE PLANNING COMMISSION

Village Hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

## Wednesday, APR. 4

### 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 child caretakers 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](mailto:info@drchurch.org).

#### OPPORTUNITIES UNLIMITED

Board meetings first Wednesday of each month, open to public. Bethlehem Town Hall, 445 Delaware Ave., 4 p.m.

#### YOUTH EMPLOYMENT SERVICES

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

#### BETHLEHEM BUSINESS WOMEN

Normanside Country Club, Salisbury Road, Elsmere, 6 p.m.; dinner 6:30 p.m., program and meeting to follow dinner. Information, 439-7237.

#### SOLID ROCK CHURCH

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

#### CHENREZIG PRACTICE AND MEDITATION

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

#### BETHLEHEM LIONS CLUB (NOT IN JULY OR AUGUST)

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857.

#### BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 7 p.m. Information, 767-2886.

#### HEALING TESTIMONY MEETING

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

#### ZONING BOARD OF APPEALS

Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-4955.

#### BINGO

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\*Crossgates Mall  
(Lower level outside of Brookstone)  
(518) 456-6276

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**Colonie**  
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(518) 526-7900  
**Kingston**  
\*1137 Ulster Ave., (Across from Office Depot)  
(845) 336-0710

**Niskayuna**  
\*404 Balltown Rd., (Mohawk Commons)  
(518) 381-7130  
**Queensbury**  
\*74 Quaker Rd., (1/4 mile east of the Rte. 9 Intersection)  
(518) 792-4700

**Glenmont**  
\*241 St. Rte 9W, (Bethlehem Town Center)  
(518) 449-0738

#### AUTHORIZED RETAILERS

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\*Stuyvesant Plaza  
(518) 489-2255  
**Amsterdam**  
Kem Cleaners Plaza  
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(518) 843-4494  
**Clifton Park**  
\*800 Clifton Park Ctr.  
(518) 348-2255  
\*805 Rte. 146  
(518) 348-0700  
**Colonie**  
\*Colonie Center Mall  
(518) 459-2255  
**Delmar**  
180 Delaware Ave.  
(518) 478-2255

**East Greenbush**  
390 B Columbia Tpke.  
(518) 477-2255  
**Poughkeepsie**  
\*712 Dutchess Tpke.  
(845) 485-4416  
**Queensbury**  
738 Upper Glen St.  
(518) 793-2255  
**Rotterdam**  
\*Rotterdam Square Mall  
(518) 393-0933  
**Saratoga Springs**  
\*Shoppes at Wilton  
(518) 581-2337  
3080 Rte. 50, Suite 1  
(518) 580-9355  
\*Wilton Mall

**Scotia**  
123 Saratoga Rd.  
(518) 384-2255  
**Troy**  
\*Brunswick Plaza  
(518) 271-1155  
**Wappingers Falls**  
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a guide to services for your home

Services *in the* Spotlight

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# Spotlight Classifieds

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**ADOPTION:** Linda/Danny Would Love To Adopt A Baby. Legal/Confidential. If you can help make our dream come true, please call us anytime- 800-515-0840

## ANNOUNCEMENTS

Looking for a meaningful long-term relationship? Misty River Introductions are expert matchmakers and can help you find your life partner! Give us a call today! (518) 431-1108. [www.mistyriverintros.com](http://www.mistyriverintros.com)

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**ALL CASH CANDY ROUTE.** Do you earn \$800 in a day? Your own local candy route. Includes 30 machines and candy. All for \$9,995.

CALL 888-771-3496

**WORK AS AN INDEPENDENT CONSULTANT** for a billion dollar a year company. Earn up to \$35,000 monthly. No Experience necessary. Training provided. 1-800-870-1589.

## CHILD CARE NEEDED

**PROFESSIONAL COUPLE** Seeking child care in their Guilderland home. 3-4 days/week. References. 441-4446.

## CHILDCARE SERVICES

**EXPERIENCED ACTIVE STAY AT HOME MOM** is seeking a full time childcare position starting June 24th CPR First Aid certified with quality references. Your house or Mine. 229-2658

**GLENMONT Mother** will care for your Child in Safe, Fun and Loving Environment. Over 10 years Experience. References Available. 427-1031

## CLEANING SERVICES

**CORNERSTONE CLEANING:** Professional, reliable. Free estimates. References. Call 439-0121.

**Experienced Woman** Looking for house cleaning and or companion work, includes cooking, taking mom or Dad to the Doctors or Just out for a ride, I'm not certified for Aid responsibility. I have over 20 years Experience with Alzheimers Patients Please call Linda at 439-8020

**HOUSE PAINTING, HOUSE WINDOW CLEANING & GUTTER CLEANING.** Free estimates, Low prices. Call 452-1551.

**HOUSECLEANING:** Honest, reliable. References. I have Some Openings Available 527-4005

**"J&J CLEANING-HOME OR OFFICE. COURTEOUS QUALITY SERVICE SINCE 1991, DEPENDABLE, HONEST, GREAT RATES. 356-9152"**

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**THE EXTRA MILE HOME CARE SERVICE.** 25 years experience excellent references call Margie, 767-0071 Anytime.

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**3 LADDER BACK CHAIRS** with rush seat. Light wood. Like new! \$70. each. Can e-mail pictures. 885-2637.

**Cherrywood TV cabinet w/ doors** holds up to 32" T.V. \$200. 41x24Wx54H 372-3927

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**FURNITURE QUALITY "NEXT TO NEW FURNITURE"** at low prices 1185 RT9W Selkirk 767-2711

## GARAGE SALES

**GARAGE AND BAKE SALE** To Benefit Tri-Village Nursery School Saturday March 31st, 8:00am-2:00pm (Bag sale at 1:00pm) Pre-Sale Friday March 30th, 6:00pm-8:00pm (\$2.00 admission) First United Methodist Church 428 Kenwood Ave., Delmar, NY 90+ Families participating Items include baked goods, toys, clothes, and household items

## HAY FOR SALE

**Horse hay for sale** Large Bales \$4.00. Call 518-767-3452 leave message.

## HOME IMPROVEMENT

**HAS YOUR BUILDING SHIFTED?** Structural repairs of barns, houses and garages. Call Woodford Bros., Inc. for straightening, leveling, foundation and wood frame repairs. 1-800-OLD-BARN. [www.1-800-OLD-BARN.COM](http://www.1-800-OLD-BARN.COM)

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Are you missing a cat? He/she has been hanging out at all hours at my bird feeder on Mayfair Drive since January. The cat is black with some white on lower face and chest. Very skittish. Please call 478-9973

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**New power wheelchairs, scooters, hospital beds, ABSOLUTELY NO COST TO YOU** If qualified. New lift chairs starting at \$699, limited time offer. Toll free 1-800-470-7562.

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**ITALIAN LEATHER LIVING ROOM SET** in original plastic, never used. Original price \$3,000, sacrifice \$975. Bill 347-328-0651

**DISNEY CHARACTER Music Boxes.** Best offer. 885-2637. Various custom HO-scale model railroad locomotives and rolling stock. All are priced to move. Please call Rich at 785-8751 & leave message or email me at [rwerksen@gct21.net](mailto:rwerksen@gct21.net).

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**STRING INSTRUMENT REPAIR:** Bow Rehairing. 439-6757.

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**GOT GUITAR????** Learn how to play now! Guitar lessons avail. from experienced working Musician. Convenient Location Reasonable Rates flexible times. 452-7727

**GUITAR LESSONS:** Guitarist available for private lessons. Your home or mine. 20+ years experience. Call Rob, 810-6378.

**PIANO LESSONS:** Beg/Int. Your home. \$20/half hour, \$30/hour per-Student Call 253-0345 for schedule.

## PAINTING

**Door frames, windows, railings, & decks.** No job too small. Respectful, neat & clean. Call Flat Stanley Painters at 377-4632.

**FINAL TOUCH PAINTING SERVICES** "We Turn Houses into Homes" Interior & Exterior Wood Frame Windows & Screens Repaired. Satisfaction Guaranteed. Call Joe 432-0891 or cell 369-1924

## PETS FOR ADOPTION

**FIVE PUREBRED PURSHINE CATS.** ALSO one year old Lab/AmStaf Mix dark Brown, Call 356-11500

## SITUATION WANTED

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

**DRIVER WANTED;** miscellaneous rides around town needed. Your car or ours call 698-1412

## SPECIAL EVENTS

**LIA SOPHIA JEWELRY OPEN HOUSE** Saturday march 31, 1:00pm to 3:00pm at Howard

Johnsons 1614 Central Av. Colonie (next to Garcia's) Refreshments door Prizes, and More!!! Cheryl 464-4731

**REWARD YOUR STAFF!** Instead of flowers and lunch, give The 2007 Administrative Professional's Retreat. This educational, fun, and interactive seminar will have lasting benefits and truly demonstrates your investment in your people. Call 518 437-1802 x246 for info.

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**WANT YOUR CHILD TO HAVE BETTER GRADES?** Receive In-Home, One-On-One Tutoring by Qualified Club Z Tutors. K-12. All Subjects - Including SAT/Regents Prep. 518-899-2227.

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**ALL ANTIQUE AND VINTAGE CLOTHING:** Men's & Women's- 1960's and older. Dresses, suits, gowns, bags, shoes, costume jewelry and fancy linens. Maureen: 434-4312.

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

**GOLD AND SILVER COINS** wanted, to buy call Louis 376-8420



## Classified Information



### Office Hours Deadline

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



### Mail Address • In Person

Spotlight Newspapers  
P.O. Box 100  
Delmar, NY 12054  
125 Adams St.  
Delmar, NY 12054



**READERSHIP:**  
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**113,400**  
Readers



### Phone • Fax

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(518) 439-0609 Fax

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## Classified Ads Appear In All Eleven Papers

### In Albany County

The Spotlight • Colonie Spotlight • Loudonville Spotlight • Guilderland Spotlight

### In Schenectady County

Niskayuna Spotlight • Scotia-Glenville Spotlight • Rotterdam Spotlight

### In Saratoga County

Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight  
Malta Spotlight • Saratoga Spotlight

## Classified Rates

**Private Party Classifieds - Line Ads - Eleven paper combo - \$17.00** for 15 words 50 cents for each additional word.

**Commercial Classifieds - Line Ads - Eleven paper combo - \$19.95** for 15 words 50 cents for each additional word. Multiple insertion discounts available. Please call for information.

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

## Order Form

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

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

Number of Weeks: \_\_\_\_\_

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

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

Signature: \_\_\_\_\_

**Would You Like To Advertise  
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**Give Us A Call At:**

**439-4949**

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

# Real Estate Classifieds

## SPACE FOR RENT

Local mosaic artist looking to rent a shop/work space in established Delmar business for weekends. Christine Shea 439-8722

PRIME SCHODACK OFFICE SPACE; 10 X17, 12X17, 17X17. Everything Included, Call for Specials, 477-1438

## REAL ESTATE FOR RENT

COEYMANS: 2/bedroom, washer/dryer hookup, off street parking, \$600+ utilities, & security. Available Immediately. 966-4661.

Convenient Voorheesville location 2/br newly remodeled home fenced back yard pets welcome \$1,300 Lease and References 765-9157

ONE BEDROOM near Delmar,

Country Setting, Washer/dryer. \$565+. No pets. Available April 1. 439-9021 (evenings).

SARATOGA LAKE: 1,100 sq ft apt washer/dryer hookup newly carpeted, electric included W/dock space \$725 587-6734

SELKIRK TWO BEDROOM Quiet dead end street, Off street parking, W/D hkup, no/dogs, security and lease. First Floor, 20 min's from down-town Albany Suitable for one or two non-smokers \$690.00 Plus 767-3076

SLINGERLANDS: Quiet, secure neighborhood. Spacious 1BR Apt. W/D, \$625+ 221-9545. or email us. acevedo.404@hotmail.com

3 Bedroom Duplex, 1 1/2 bath, no pets no smoking W/D, fully carpeted Dish-

washer \$950. 475-0138

## VACATION RENTALS

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## REAL ESTATE WANTED

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# Employment Classifieds

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All employment advertising in this newspaper is subject to section 296 of the human rights law which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, creed, national origin, disability, marital status, sex, age, or arrest conviction record, or an intention to make any such preference, limitation, or discrimination. Title 29, U.S. Code, Chap. 630, excludes the Federal Gov't from the age discrimination provisions. This newspaper will not knowingly accept any advertising for employment which is in violation of the law. Our readers are informed that employment offerings

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PARKS DEPARTMENT LABORER The Town of New Scotland is seeking an individual for Parks Department Laborer. Duties include, but are not limited to, maintenance of grounds and Town buildings. Must have valid driver's license. Deadline for applications is April 13th. If interested, please contact the Supervisor's office at 439-4889.

HIGHWAY DEPARTMENT EQUIPMENT OPERATOR I The Town of New Scotland is seeking an individual for Equipment Operator I. Must

possess a valid CDL or be CDL eligible. Deadline for applications is April 13th. If interested, please contact the Supervisor's office at 439-4889.

PART-TIME OFFICE WORKER, weekday afternoons. Entry level. Data entry, phones, filing. Reply to PO Box 608, Glenmont, NY 12077.

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## LEGAL NOTICE

## LEGAL NOTICE

Notice of formation of Simille Realty, LLC, a Limited Liability Company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 2/21/07. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any such process to the LLC, c/o 344 Torquay Boulevard, Albany, New York 12208. The purposes of the LLC are to own, acquire, manage, lease, develop, operate, buy, sell, exchange, finance, re-finance, and otherwise deal with real estate. LD-15482 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 462 Orange Street, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 10/27/06. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, c/o Piero Law Group, LLC, 20 Corporate Woods Blvd., Albany, NY 12211. Purpose: any lawful activities. LD-15364 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication UNIQUE LUXURY EXPERIENCE LLC Arts. of Org. was filed with SSNY on 2/05/07. 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-15365 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication FARLIN 2 LLC Arts. of Org. was filed with SSNY on 2/08/07. 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-15366 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication YOKE CO. LLC Arts. of Org. was filed with SSNY on 2/08/07. 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-15367 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is BARK BUSTERS OF UP-STATE NEW YORK, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State, under Section 203 of the Limited Liability Law of the State of New York, on February 9, 2007. 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 42 Mansion Boulevard, Delmar, New York 12054. LD-15368 (March 28, 2007)

## LEGAL NOTICE

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is MM HOME DEPOT, L.L.C. The Articles of Organization of the LLC were filed with the NY Secretary of State, under Section 203 of the Limited Liability Law, on December 19, 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 c/o TriCity Rentals, 255 Washington Avenue Extension, Albany, New York 12205. LD-15370 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication N.T.T. TECHNOLOGIES TRADING LLC Arts. of Org. was filed with SSNY on 2/09/07. 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-15374 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BANG TERRACE MANAGEMENT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/07/07. 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, c/o Michael & Swedloff, LLC, 2226 Ocean Avenue, Brooklyn, New York 11229. Purpose: For any lawful purpose. LD-15375 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PAMELA COOPER PRODUCTIONS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/07/07. 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, c/o Krador & Haber, P.C., 1212 Avenue of the Americas, Third Floor, New York, New York 10036. Purpose: For any lawful purpose. LD-15376 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PMB DEVELOPERS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/07/07. 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, 220A St. Nicholas Avenue, Brooklyn, New York 11237. Purpose: For any lawful purpose. LD-15377 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication CHIRON CONSULTING LLC Arts. of Org. was filed with SSNY on 2/01/07. 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-15411 (March 28, 2007)

## LEGAL NOTICE

ny, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-15380 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of Hatch Court Acquisition, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/26/07. Office location: Albany County. LLC formed in Delaware (DE) on 1/9/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-15405 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of High Line Lube, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/26/07. Office location: Albany County. LLC formed in Connecticut (CT) on 1/24/07. 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. CT address/principal business location of LLC: 25 Main Street, 4th Fl., Hartford, CT 06106. Arts. of Org. filed with CT Secy. of State, 30 Trinity St., Hartford, CT 06115. Purpose: any lawful activity. LD-15406 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of Tenaska BioFuels, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/26/07. Office location: Albany County. Principal business location: 1044 North 115th St., Ste. 400, Omaha, NE 68154. LLC formed in Delaware (DE) on 7/27/06. 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. DE address of LLC: 2711 Centerville Road, 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-15408 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication JOY T & CO LLC Arts. of Org. was filed with SSNY on 9/13/05. 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-15409 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication ETECH (ENGINEERED TECHNOLOGIES) LLC Arts. of Org. was filed with SSNY on 2/13/07. 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-15411 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication GLADIATE DEVELOPMENTS LLC

## LEGAL NOTICE

Arts. of Org. was filed with SSNY on 11/05/02. 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-15412 (March 28, 2007)

## LEGAL NOTICE

THE QUEEN OF TARS, LLC Notice of Formation of Limited Liability Company. Articles of Organization of The Queen of Tars, LLC ("LLC") were filed with the New York Department of State ("NYDS") on April 1, 2004. Principal business location: Albany County. NYDS is designated as agent of LLC upon whom process against it may be served. NYDS shall mail a copy of any process to The LLC, 848 Greenhorne Boulevard, Schenectady, NY 12303. LLC does not have a specific date of dissolution. Purpose: All legal purposes. LD-15414 (March 28, 2007)

## LEGAL NOTICE

Notice of formation of Name: enviroSPEC Engineering, PLLC, a professional service limited liability company (PLLC). Articles of Organization filed with the Secretary of State of New York ("SSNY") on 12/20/2006. The existence date of the PLLC is 01/01/2007. Office location: Albany County. The "SSNY" is designated as agent of the "PLLC" upon whom process against it may be served. "SSNY" shall mail a copy of any process to the principal business location of PLLC: 246 Kenwood Avenue, Delmar, NY 12054. Purpose: Practice the profession of Professional Engineering. LD-15415 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication CALL-CENTERNET L.L.C. Arts. of Org. was filed with SSNY on 2/15/07. 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-15416 (March 28, 2007)

## LEGAL NOTICE

Melodia Dolce, LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Department of State of NY on 2/19/2003. Office location: County of Albany. The street address is: none. Secretary of State ("SSNY") has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: Lavelle & Finn, LLP, 29 British American Blvd., Latham, New York 12110. Purpose: any lawful act. LD-15417 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 2339 FOURTH AVENUE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/01/05. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Sciocchetti & Associates, PLLC, 12 Century Hill Drive, Latham, New York 12110. Purpose: For any lawful purpose. LD-15418

## LEGAL NOTICE

(March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: NEXTRIDGE STRATEGIES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/09/07. 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, 12 Elmwood Road, Albany, New York 12204. Purpose: For any lawful purpose. LD-15419 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of World Fashion LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/2/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 301 East 9th St., Ste. 24-H, NY, NY 10021. Purpose: any lawful activities. LD-15423 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RONIN GALLERY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/15/07. 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, c/o Jeffrey L. Levin, Esq., 16 Ridge-dale Road, Scarsdale, New York 10583. Purpose: For any lawful purpose. LD-15424 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: GOOD GROUND ZERO, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/31/07. 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, 2123 Mermaid Avenue, Brooklyn, New York 11224. Purpose: For any lawful purpose. LD-15425 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 44 Elmsere Ave., LLC Art. Of Org. filed SSNY on 01/25/07. Off. Loc. in Albany Co. SSNY designated as agent upon whom process may be served. SSNY shall mail a copy of process to: 373 Beaver Creek Rd, Shelburne, VT 05402. Purpose: Any Lawful Purpose. LD-15428 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication DESPERA - DOS LLC Arts. of Org. was filed with SSNY on 2/26/03. 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-15431 (March 28, 2007)

## LEGAL NOTICE

ARTICLES OF ORGANIZATION OF JAMES A. PORCARO Under Section 203 of the Limited Liability Company Law The undersigned person, acting as an organizer of the limited liability company hereinafter named,

## LEGAL NOTICE

sets forth the following statements: FIRST: The name of the limited liability company (the "Company") is: JAMES A. PORCARO, LLC SECOND: The county within the State of New York in which the office of the Company is to be located is: the County of Albany THIRD: The Secretary of State of the State of New York is designated as agent of the Company upon whom process against it may be served. The post office address within or without the State of New York to which the Secretary of State of the State of New York shall mail a copy of any process against the Company served upon her or him is: 872 Albany Shaker Road Latham, New York 12110. LD-15433 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: TUPPER ASSOCIATES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/16/07. 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, 589 Johnson Avenue, Brooklyn, New York 11237. Purpose: For any lawful purpose. LD-15434 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication VIDE-POINT LLC Arts. of Org. was filed with SSNY on 11/08/02. 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-15435 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication SEAT-RADE-MARINE ENGINES & SHIPS SERVICING LLC Arts. of Org. was filed with SSNY on 2/14/07. 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-15436 (March 28, 2007)

## LEGAL NOTICE

Notice of formation of EBV DEVELOPMENT, LLC a NYS LLC Formation filed with SSNY on 02/07/07. Off. Loc.: Albany Co. SSNY designated as agt. Of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 429 73 Street, Brooklyn, NY 11209. Purpose: Any Lawful purposes. LD-15438 (March 28, 2007)

## LEGAL NOTICE

Notice of formation of TRIBORO PHYSICAL, PLLC a NYS LLC Formation filed with SSNY on 02/07/07. Off. Loc.: Albany Co. SSNY designated as agt. Of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 29-23 24TH Ave., Astoria, NY 11102. Purpose: Any Lawful purposes. LD-15439 (March 28, 2007)

## LEGAL NOTICE

Notice of formation of AVANGARD REAL ESTATE HOLDING, LLC a NYS LLC Formation filed with SSNY on 02/07/07. Off. Loc.: Albany Co. SSNY designated as agt. Of LLC, upon whom

## LEGAL NOTICE

process may be served. SSNY shall mail copy of process to: The LLC, 40 Rector St., Suite 1502, New York, NY 10006. Purpose: Any Lawful purposes. LD-15440 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: DIMENSIONS IN AESTHETIC ADVANCEMENT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/14/07. 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, 1202 Troy Schenectady Road, Latham, New York 12110. Purpose: For any lawful purpose. LD-15442 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication BUSINESS & CONSULTING LLC Arts. of Org. was filed with SSNY on 02/03/04. 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-15446 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication ASHWOOD SERVICES LLC Arts. of Org. was filed with SSNY on 10/03/06. 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-15448 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of EOP VIM L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 2/7/07. Office location: Albany County. Principal business location: Two N. Riverside Plaza, Chicago, IL 60606. LLC formed in Delaware (DE) on 1/29/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: CSC, 2711 Centerville Road, 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-15449 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of Atlas Securities, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/18/07. Office location: Albany County. LLC formed in California (CA) on 12/14/06. 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. CA address/principal business location of LLC: Attn: Corporate Secretary, 794 Davis St., San Leandro, CA 94577. Arts. of Org. filed with CA Secy. of State, P.O. Box 944228, Sacramento, CA 94244. Purpose: securities brokerage. LD-15450 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of Ionic Media Group, LLC. Authority filed with Secy.



**LEGAL NOTICE**

of State of N.Y. (SSNY) on 2/6/07. Office location: Albany County. LLC formed in Delaware (DE) on 12/18/06. 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 St., Albany, NY 12207. DE address of LLC: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-15451 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of Bandwidth.com CLEC, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/5/07. Office location: Albany County. Principal business location: 4001 Waston Parkway, Cary, NC 27513. LLC formed in Delaware (DE) on 1/9/07. 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, 401 Federal St., Dover, DE 19901. Purpose: diversified communications company. LD-15452 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of LGS Innovations LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/7/07. Office location: Albany County. Principal business location: 8000 Towers Crescent Rd., 4th Fl., Vienna, VA 22182. LLC formed in Delaware (DE) on 8/15/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 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-15453 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Northeast Commercial Interiors LLC. Art. of Org. filed Secy. of State (SSNY) 1/23/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to P.O. Box 4843, Clifton Park, NY 12065. Purpose: any lawful activities. LD-15454 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: Diskotekindimki.us, LLC (LLC). Articles of Organization filed with Dept. of State of NY on 2/23/07. Office location: Albany County. Principal business location: 17 Pauline Avenue, Albany, NY 12203. Secretary of State of NY is designated as agent of LLC for service of process. SOS shall mail copy of process to 17 Pauline Avenue, Albany, NY 12203. Purpose: Any lawful act or activity. LD-15456 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MOVING STILLS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/21/07. 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, 144

**LEGAL NOTICE**

Spencer Street, Apartment 212, Brooklyn, New York 11205. Purpose: For any lawful purpose. LD-15457 (March 28, 2007)

**LEGAL NOTICE**

ARTICLES OF ORGANIZATION OF HB ENTERPRISES OF ALBANY, LLC Under Section 203 of the Limited Liability Company Law FIRST: The name of the limited liability company is HB ENTERPRISES OF ALBANY, LLC. The Articles of Organization for said Limited Liability Company were filed on January 24, 2007. SECOND: The County within this state in which the office of the limited liability company is to be located is Albany. THIRD: The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: David Hannoush 12 Park Drive Albany, NY 12204. FOURTH: Purpose of company. The purpose for which the company is formed is to engage in any lawful acts or activities for which limited liability companies may be formed under Section 203 of the Limited Liability Company Law of the State of New York. SUBSCRIBED this 24th day of January, 2007. David Hannoush, Organizer LD-15459 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication CZECH BOOKS - PUBLISHING, CONSULTING, SERVICES LLC Arts. of Org. was filed with SSNY on 8/25/04. 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-15469 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of an LLC: EPS Manufacturing, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 24, 2007. Office location is in Schenectady County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, at 2571 Albany Street, Schenectady, NY 12306. Purpose: for any lawful purpose. LD-15470 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of an LLC: EPS Manufacturing, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 26, 2007. Office location is in Schenectady County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 151 Von Roll Road, Schenectady, NY 12306. Purpose: for any lawful purpose. LD-15471 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is GAINES COMMERCIAL VENTURES, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State, under Section 203 of the Limited Liability Law of the State of New York, on February 27, 2007. The purpose of the

**LEGAL NOTICE**

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 80 Surrey Mall, Slingerlands, New York 12159. LD-15472 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY ("LLC") Name is Port Tire Company LLC; Articles of Organization were filed with Secretary of State on February 9, 2007; Office location is in Albany County, NY; Secretary of State has been designated as agent of the LLC upon whom process against it may be served and Post Office address to which Secretary of State shall mail a copy of process against it served on him or her is Port Tire Company, LLC, 300 Smith Boulevard, Port of Albany, Albany, NY 12202; Purpose of the business of the LLC is to engage in any lawful business. LD-15475 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Cinetic Capital LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/03/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 555 West 25th St., 5th Fl., NY, NY 10001. Purpose: any lawful activities. LD-15479 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: GLOBAL AGAMI CAB LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/16/07. 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, 404 East 66th Street, 7F, New York, New York 10021. Purpose: For any lawful purpose. LD-15485 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PLANET AGAMI CAB LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/09/07. 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, 404 East 66th Street, 7F, New York, New York 10021. Purpose: For any lawful purpose. LD-15486 (March 28, 2007)

**LEGAL NOTICE**

Notice of formation of YOUNG AMERICAN RECORDINGS LLC a NYS LLC Formation filed with SSNY on 01/20/05 Off. Loc. Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail a copy of process to: The LLC, 630 9th Ave., Suite 1200 New York, NY 10036. Purpose: Any Lawful Purposes. LD-15492 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of an LLC: Sharon Lane Associates, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 24, 2007. Office location is in Schenectady County. The

**LEGAL NOTICE**

SSNY has been designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail a copy of Process to the LLC, at 2571 Albany Street, Schenectady, NY 12306. Purpose: for any lawful purpose. LD-15493 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Hu Properties LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/16/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 301 East 79th Street, Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-15496 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication ASHWOOD SERVICES LLC Arts. of Org. was filed with SSNY on 10/03/06. 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-15497 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication PAYTON INTERNATIONAL 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-15498 (March 28, 2007)

**LEGAL NOTICE**

Notice of formation of B & L USA ENTERPRISES LLC a NYS LLC Formation filed with SSNY on 02/22/07. Off. Loc. Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail a copy of process to: The LLC, 57-27 228th St. Oakland Garden, NY 11364. Purpose: Any Lawful Purposes. LD-15499 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Huton Holdings LLC. Art. of Org. filed Sec'y of State (SSNY) 5/25/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to P.O. Box 218, Oyster Bay, NY 11709. Purpose: any lawful activities. LD-15500 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Huton Holdings LLC. Art. of Org. filed Sec'y of State (SSNY) 5/25/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to P.O. Box 218, Oyster Bay, NY 11709. Purpose: any lawful activities. LD-15501 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Maple Hill Holdings LLC. Art. of Org. filed Sec'y of State (SSNY) 5/25/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to P.O.

**LEGAL NOTICE**

Box 218, Oyster Bay, NY 11709. Purpose: any lawful activities. LD-15502 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication PENTEN LLC Arts. of Org. was filed with SSNY on 8/29/05. 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-15509 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PAGE REAL ESTATE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/12/07. 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, 35-20 30th Avenue, Long Island City, New York 11103. Purpose: For any lawful purpose. LD-15513 (March 28, 2007)

**LEGAL NOTICE**

Polito Homes, LLC  
1. The name of the limited liability company is Polito Homes, LLC  
2. The Articles of Organization were filed on February 23, 2007 with the Secretary of State.  
3. The Office of the LLC is Albany County.  
4. The Secretary of State has been designated as agent upon whom process against the Company is to be served. The address to which the Secretary of State shall mail process is: 3 Clinton Square, Albany New York 12207.  
5. The purpose of the business of the LLC is to engage in any lawful act or activity for which the LLC may be organized under the Limited Liability Law for the State of New York.  
Filed By: PARSİ, COAN, & SACCOCIO, PLLC  
LD-15516 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of PAI Services, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/15/05. Office location: Albany County. Principal business location: 1900 Ridge Road, West Seneca, NY 14224. LLC formed in Delaware (DE) on 1/25/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 840 N. Lenola Road, Unit 6, Moorestown, NJ 08057. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-15519 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of EMC Publishing, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/15/07. Office location: Albany County. LLC formed in Minnesota (MN) on 2/7/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. MN address/principal business location of LLC: 875 Montreal Way, St. Paul, MN 55402. Arts. of Org. filed with MN Secy. of State, 60 Empire Drive, St. Paul, MN 55103. Purpose: any lawful activity. LD-15520 (March 28, 2007)

**LEGAL NOTICE****LEGAL NOTICE**

Notice of Formation of Apthorp Carye LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/16/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1776 Broadway, 23rd Fl., New York, NY 10019. Purpose: any lawful activity. LD-15527 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Apthorp Nakash LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/16/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1776 Broadway, 23rd Fl., New York, NY 10019. Purpose: any lawful activity. LD-15528 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of 169-171 Nostrand Avenue LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/16/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 248-07 Jamaica Ave., Bellerose, NY 11426. Purpose: any lawful activity. LD-15529 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Princeton Ventures 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-15530 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of 896 Madison St. Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 7/15/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1274 49 St. #323, Brooklyn, NY 11219. Purpose: any lawful activity. LD-15531 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of 262 Cornelia St. Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 8/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1274 49 St. #323, Brooklyn, NY 11219. Purpose: any lawful activity. LD-15532 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of 655 McDonough St. Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 8/19/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1274 49 St. #323, Brooklyn, NY 11219. Purpose: any lawful activity. LD-15533 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of 657 McDonough Realty, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 12/16/04 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1274 49 St. #323, Brooklyn, NY 11219. Purpose: any lawful

**LEGAL NOTICE**

activity. LD-15534 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of 872 Hart St. Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 3/31/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1274 49 St. #323, Brooklyn, NY 11219. Purpose: any lawful activity. LD-15535 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of 222 Stanhope St Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 6/9/05 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1274 49 St. #323, Brooklyn, NY 11219. Purpose: any lawful activity. LD-15536 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Apthorp Braha LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/16/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1776 Broadway, 23rd Fl., New York, NY 10019. Purpose: any lawful activity. LD-15537 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Apthorp Mann LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/16/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1776 Broadway, 23rd Fl., New York, NY 10019. Purpose: any lawful activity. LD-15538 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Performance Appraisals, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/28/01. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 23 Computer Dr. East, Albany, NY 12205. Purpose: any lawful activities. LD-15539 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Pivotal Pictures LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/06/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 555 West 25th Street, 4th Fl, NY, NY 10001. Purpose: any lawful activities. LD-15540 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Tug Boat Tavern, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/2/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 36 Harvard Rd., Watervliet, NY 12189. Purpose: any lawful activities. LD-15541 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Racing Dreams LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/05/07. Office location: Albany Co.

## LEGAL NOTICE

SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 555 West 25th St., 4th Fl, NY, NY 10001. Purpose: any lawful activities. LD-15542 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Core Equities LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/21/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1979 Marcus Ave. Ste. 209, Lake Success, NY 11042. Purpose: any lawful activity. LD-15543 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 148 Jefferson LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/20/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 431 Willoughby Ave., Brooklyn, NY 11205. Purpose: any lawful activity. LD-15544 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 956 Bedford Ave. LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/20/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 431 Willoughby Ave., Brooklyn, NY 11205. Purpose: any lawful activity. LD-15545 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 160 East 107 Street LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/20/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 160 E. 107 St., New York, NY 10029. Purpose: any lawful activity. LD-15546 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Well Foods LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/21/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 407 Berry St. Unit 2R, Brooklyn, NY 11211. Purpose: any lawful activity. LD-15547 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 79 Audubon Holdings L.P. Cert. of Limited Partnership filed with NY Secy. Of State (SSNY) on 2/20/07 Office location: Albany County. SSNY is designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: 275 Madison Ave. 39 Fl., New York, NY 10016. Purpose: any lawful activity. Last date to dissolve is 12/31/2100. LD-15548 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 100 Audubon Holdings L.P. Cert. of Limited Partnership filed with NY Secy. Of State (SSNY) on 2/20/07 Office location: Albany County. SSNY is designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: 275 Madison Ave. 39 Fl., New York, NY 10016. Purpose: any lawful activity. Last date to dissolve is 12/31/2100. LD-15549

## LEGAL NOTICE

(March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 284 VAN BRUNT, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 2/27/07. 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, 269 Columbia St., Brooklyn, NY 11231. Purpose: any lawful activity. LD-15550 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of Travel Plaza LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/20/07. Office location: Albany County. LLC formed in Utah (UT) on 4/5/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. UT address/principal business location of LLC: 1104 Country Hills Drive, Ogden, UT 84403. Arts. of Org. filed with UT Secy. of State, P.O. Box 146705, Salt Lake City, UT 84114. Purpose: any lawful activity. LD-15551 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Soigne Stones, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 2/28/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to principal business location: Christine Hearst, 5 Momrow Terrace, Menands, NY 12204, registered agent upon whom process may be served. Purpose: all lawful purposes. LD-15552 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BAKER WAY RENTAL GROUP, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/13/06. 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, 974 Albany Shaker Road, Latham, New York 12110. Purpose: For any lawful purpose. LD-15554 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Liberty Group Holdings LLC, Art. of Org. filed Sec'y of State (SSNY) 5/25/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to P.O. Box 218, Oyster Bay, NY 11709. Purpose: any lawful activities. LD-15555 (March 28, 2007)

## LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name of LLC: Transnational Public Policy Advisors, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on November 7, 2003. Business location in New York: Albany County. Principal business location: 505 Wythe Street, Alexandria, Virginia 22314. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to: 505 Wythe Street, Alexandria, Virginia 22314. LLC has been formed to engage in any lawful act or activity. LD-15556 (March 28, 2007)

## LEGAL NOTICE

## LEGAL NOTICE

Notice of Formation of Limited Liability Company (LLC), Steve Allen's PC & Network Support, LLC Articles of Org. filed with NY Secretary of State (SSNY) March 9, 2007. Office in Albany Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 420 Sand Creek Road Apt.418, Albany, NY 12205, which is also the principal business location. Purpose: Any lawful purpose. LD-15559 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RED ROPE PRODUCTIONS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/06/07. 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, 41 Bedford Street, Apartment 5E, New York, New York 10014. Purpose: For any lawful purpose. LD-15560 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BABOO & SINGH, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/06/07. 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, 139 Perry Street, New York, New York 10014. Purpose: For any lawful purpose. LD-15562 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CLEAR USA, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/23/07. 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, c/o Adam J. Dickstein, Esq., 1626 Hampton Road, Abington, Pennsylvania 19001. Purpose: For any lawful purpose. LD-15563 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Jonathan Strauss Casting LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/07/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 252 Seventh Ave Apt 8L, NY, NY 10001. Purpose: any lawful activities. LD-15564 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Roman Ventures LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 5/25/06 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-15567 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of RBI Ventures LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 12/13/06 Office

## LEGAL NOTICE

location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1976 52 St., Brooklyn, NY 11204. Purpose: any lawful activity. LD-15568 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of MYB Ventures Ave. LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 12/14/06 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1976 52 St., Brooklyn, NY 11204. Purpose: any lawful activity. LD-15569 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of OPNY LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/28/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 4512 Farragut Rd., Brooklyn, NY 11203. Purpose: any lawful activity. LD-15570 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 180 Ludlow Development LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/28/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 98 Cuttermill Rd. Ste. 390, Great Neck, NY 11021. Purpose: any lawful activity. (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Kingston Bake Shop LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 3/5/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 380 Kingston Ave., Brooklyn, NY 11225. Purpose: any lawful activity. LD-15572 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Bracha and Mazal Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/23/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1883 Coney Island Ave., Brooklyn, NY 11230. Purpose: any lawful activity. LD-15573 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 2362-64 Nostrand Avenue Realty LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 3/6/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2917 Ave. J, Brooklyn, NY 11210. Purpose: any lawful activity. LD-15574 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Greenfield SSG LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/27/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: PO Box 778, Armonk, NY 10504. Purpose: any lawful activity. LD-15575 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 401 Columbus Associates LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 2/15/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 152 Madison Ave., New York, NY 10016. Purpose: any lawful activity. LD-15576 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Lotus Diamonds USA LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 3/2/07 Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 55 W. 47 St. Ste. 1090, New York, NY 10036. Purpose: any lawful activity. LD-15577 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF CKC Clothiers, LLC. Article of Organization filed with the Secretary of State of NY (SSNY) on 02/01/07. Office location: Albany County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy any process against the LLC served upon him is, 41 State Street, Albany, N.Y.12231. Purpose of the LLC: to engage in any lawful activity. The street address is none. LD-15578 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Name: Gaetano Gialanella, D.D.S., PLLC (LLC). Articles of Organization filed with Dept. of State of NY on 3/9/07. Office location: Albany County. Principal business location: 523 Western Avenue, Suite 101, Albany, NY 12203. Secretary of State of NY is designated as agent of LLC for service of process. SOS shall mail copy of process to 523 Western Avenue, Suite 101, Albany, NY 12203. Purpose: Any lawful act or activity. LD-15579 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SHOW DOG EYES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/07/07. The latest date of dissolution is 12/31/2057. 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, Post Office Box 137, Locust Valley, New York 11560. Purpose: For any lawful purpose. LD-15581 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of ORL GCP, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/12/07. Office location: Albany County. LLC formed in Delaware (DE) on 2/6/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Delaney Corporate Services, Ltd., 41 State St., Ste 405, Albany, NY 12207. Address required to be maintained in DE: 615 South DuPont Highway, Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-15582 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of HMG GCP, LLC. Authority

## LEGAL NOTICE

filed with Secy. of State of NY (SSNY) on 3/12/07. Office location: Albany County. LLC formed in Delaware (DE) on 2/7/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Delaney Corporate Services, Ltd., 41 State St., Ste 405, Albany, NY 12207. Address required to be maintained in DE: 615 South DuPont Highway, Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-15583 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of KSU GCP, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/12/07. Office location: Albany County. LLC formed in Delaware (DE) on 2/6/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Delaney Corporate Services, Ltd., 41 State St., Ste 405, Albany, NY 12207. Address required to be maintained in DE: 615 South DuPont Highway, Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-15584 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Analytics LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/06/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 301 East 79th St. Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-15585 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: DANKER VILLAGE APARTMENTS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/28/07. 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, 129 Lincoln Avenue, Albany, New York 12206. Purpose: For any lawful purpose. LD-15586 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: NATURALLY INTENSE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/26/07. 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, 217 16th Street, Brooklyn, New York 11215. Purpose: For any lawful purpose. LD-15587 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 186 BAY RIDGE AVENUE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/26/07. 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, 1033 86th Street, Brooklyn, New York 11228. Purpose: For any lawful purpose. LD-15588 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 481 5th AVENUE ASSOCIATES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/26/07. 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, 1033 86th Street, Brooklyn, New York 11228. Purpose: For any lawful purpose. LD-15589 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: STEFANO BASILICO ART ADVISORY, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/08/07. 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, 127 Willoughby Avenue, Brooklyn, New York 11205. Purpose: For any lawful purpose. LD-15590 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Think Tank Film, LLC. Arts. OF Org. filed with Secy. Of State of N.Y. (SSNY) on 03/12/07. Office Location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY may mail process to: Allstate Corporate Svcs. Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: Any lawful activity. LD-15593 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 2108 Chatterton, LLC. Arts. OF Org. filed with Secy. Of State of N.Y. (SSNY) on 03/09/07. Office Location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY may mail process to: C/O Allstate Corporate Svcs. Corp., 41 State St., Ste 415, Albany, NY 12207. Purpose: any lawful activity. LD-15594 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of AEW GCP, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/13/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Delaney Corporate Services, 41 State St., Ste 405, Albany, NY 12207. Purpose: any lawful activities. LD-15599 (March 28, 2007)

## LEGAL NOTICE

Notice of Publication CARGO PARTNERS LLC Arts. of Org. was filed with SSNY on 3/13/07. 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-15601 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of HEALING SOLUTIONS, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 9/29/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 64 Fairlawn Dr.,



**LEGAL NOTICE**

Latham, NY 12110. Purpose: any lawful activity. LD-15602 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of New Jersey Sport Environments, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/28/07. Office location: Albany County. LLC formed in New Jersey (NJ) on 3/23/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the NJ address of LLC: 36 Fox Hill Road, Upper Saddle River, NJ 07458. Arts. of Org. filed with NJ Secy. of State, 125 West State St., Trenton, NJ. Purpose: any lawful activity. LD-15603 (March 28, 2007)

**LEGAL NOTICE**

Notice of formation of EXIMPO GROUP, LLC a NYS LLC Formation filed with SSNY on 02/06/2007. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 2376 CLEVELAND STR., BELL-MORE, NY 11710. Purpose: Any Lawful purposes. LD-15604 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: NGF GROUP LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/08/07. 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, ATTN: Cafe, Avenue, 785 Lexington Avenue, New York, New York 10021. Purpose: For any lawful purpose. LD-15605 (March 28, 2007)

**LEGAL NOTICE**

Notice of Foreign Registration of TSA of Massachusetts, LLP. Authority filed with Secy. of State of NY (SSNY) on 9/29/2003. Office location: Albany County. LLP registered in Massachusetts (MA) on 7/30/1999. SSNY designated as agent of LLP upon whom process against it may be served. SSNY shall mail copy of process to the MA address of the LLP: 1030 Massachusetts Ave., Cambridge, MA 02138. Cert. of Reg. filed with: MA Secy. of State, One Ashburton Place, Boston, MA 02108. Purpose: to provide architectural, engineering, landscaping, planning and related professional services. LD-15610 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of an LLC: 686 Rt. 7, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on March 14, 2007. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. SSNY shall mail a copy of Process to the LLC, at 1 Winners Circle Suite 140, Albany, NY 12205. Purpose: for any lawful purpose. LD-15611 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RENOVAZIO, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/13/07. 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, c/o Tri-nergy LLC, 1400 Broadway, 31st Floor, New York, New

**LEGAL NOTICE**

York 10018. Purpose: For any lawful purpose. LD-15612 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RPB, USA LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/13/07. 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, c/o Tri-nergy LLC, 1400 Broadway, 31st Floor, New York, New York 10018. Purpose: For any lawful purpose. LD-15613 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 288 NORTH 8TH ST. L.L.C.. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/13/07. The latest date of dissolution is 04/01/2037. 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, 288 North 8th Street, Brooklyn, New York 11211. Purpose: For any lawful purpose. LD-15614 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SHAT-MALL, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/14/07. 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, 769 St. Marks Avenue, Suite 1-5E, Brooklyn, New York 11213. Purpose: For any lawful purpose. LD-15615 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Bindell Family Enterprises, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/14/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, c/o Pierrro Law Group, LLC, 20 Corporate Woods Blvd., Albany, NY 12211. Purpose: any lawful activities. LD-15628 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of Circle Asset Management, LLC, App. for Auth. filed Sec'y of State (SSNY) 1/9/07. Office location: Albany County. LLC org. in DE 12/29/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to Maria L. Chrin, 26 Northern Dr., Short Hills, NJ 07078. DE office addr.: 160 Greentree Dr., Dover, DE 19904. Cert. of Form. on file: SSDE, Townsend Bldg., Dover, DE 19901. Purpose: any lawful activities. LD-15629 (March 28, 2007)

**LEGAL NOTICE**

TOWN OF NEW SCOTLAND TOWN BOARD MEETING The Town Board of the Town of New Scotland will hold the regular Town Board meeting on April 4, 2007 at 7:00 p.m. at New Scotland Town Hall, 2029 New Scotland Road, Slingerlands, New York instead of April 11, 2007. Diane R. Deschenes New Scotland Town Clerk The Town of New Scotland is an

**LEGAL NOTICE**

equal opportunity provider and employer. LD-15631 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of National City Real Estate Services LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/2/07. Office location: Albany County. LLC formed in Ohio (OH) on 12/4/06. 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 St., Albany, NY 12207. OH address of LLC: 1900 East Ninth St., Cleveland, OH 44114. Arts. of Org. filed with OH Secy. of State, 180 East Broad St., Columbus, OH 43215. Purpose: mortgage lending origination. LD-15632 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of Manor House Capital, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/12/07. Office location: Albany County. LLC formed in Pennsylvania (PA) on 3/2/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the PA address of LLC: One Commerce Square, 2005 Market St., 7th Fl., Philadelphia, PA 19103. Arts. of Org. filed with PA Secy. of State, 206 North Office Bldg., P.O. Box 8722, Harrisburg, PA 17105. Purpose: any lawful activity. LD-15633 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of One Lawrence Street, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 7/15/04. Office location: Albany County. Principal business location: 295 Madison Ave., 2nd Fl., NY, NY 10017. LLC formed in Delaware (DE) on 5/10/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207, registered agent upon whom process may be served. Principal office of LLC: Vista Realty Partners, LLC, 21 E. 40th St., 12th Fl., NY, NY 10016. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-15634 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of Merchant Quarters, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/8/07. Office location: Albany County. LLC formed in California (CA) on 2/20/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 40 Colvin Ave., Ste. 200, Albany, NY 12206. CA address of LLC: 2316 Pierce St., San Francisco, CA 94115. Arts. of Org. filed with CA Secy. of State, 1500 11th St., Sacramento, CA 95814. Purpose: acquisition of real estate. LD-15635 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: WEST PARK EQUITIES NY, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/28/07. 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, 417 7th Avenue, Brooklyn, New York 11215. Purpose: For any lawful purpose. LD-15637 (March 28, 2007)

**LEGAL NOTICE****LEGAL NOTICE**

VOORHEESVILLE CENTRAL SCHOOL DISTRICT NOTICE OF PUBLIC HEARING, BUDGET VOTE AND ELECTION NOTICE IS HEREBY GIVEN THAT a public hearing of the qualified voters of Voorheesville Central School District, County of Albany, State of New York will be held on May 7, 2007 at 7:30 p.m. in the Cafeteria of the Voorheesville Middle School/Clayton A. Bouton High School in said district for the presentation of a budget for the school year 2006-2007. And notice is also given that said vote will be held on Tuesday, May 15, 2007 in the Voorheesville Middle School Foyer. The polls will open at 2:00 p.m. Eastern Daylight Saving Time and voting will proceed until 9:30 p.m. on the following:

1. To elect a member of the Board of Education for a 5-year term to fill the vacancy created by the expiration of the term of Richard K. Brackett.

2. To vote on the Annual School Budget and the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes for this purpose.

3. NOTICE IS HEREBY FURTHER GIVEN THAT at said Annual District Election and Budget Vote to be held on May 15, 2007, the following proposition will be submitted:

PROPOSITION PURCHASE OF BUSES: RESOLVED, that the Board of Education of the Voorheesville Central School District is hereby authorized to pay the cost of the purchase of school buses, including incidental expenses, at a maximum estimated cost of \$207,470, and that said amount, or so much thereof as may be necessary, shall be raised by the levy of a tax upon the taxable property of said School District and collected in annual installments as provided by Section 416 of the Education Law; and, in anticipation of such tax, obligations of said School District shall be issued. And notice is also given that a copy of the statement of the amount of money which will be required for the ensuing year for school purposes, exclusive of public money, may be obtained by any taxpayer in the district during the fourteen days immediately preceding the Annual Meeting, except Saturday, Sunday or holiday, at the following schoolhouses in which school is maintained during the hours designated: Schoolhouses Hours Voorheesville Elementary School Clayton A. Bouton High School 8:30 a.m. to 3:00 p.m. 8:30 a.m. to 3:00 p.m. And notice is also given that the petitions nominating candidates for the office of the Library Board must be filed with the Clerk of the Library Board not later than the 30th day preceding the school meeting. Each petition must be directed to the Clerk of the Library Board, must be signed by at least twenty-five (25) qualified voters of the district, must state the name and residence of the candidates and must describe the specific vacancy for which the candidate is nominated including at least the length of the term of office and the name of the last incumbent. And notice is further given that letters requesting application for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to: Clerk, Board of Education Voorheesville Central School District P.O. Box 498 Voorheesville, NY 12186 Dated: March 28, 2007 Gail Sacco Clerk LD-15640 (March 28, 2007)

Notice of Publication CAR-RAGHER LLC Arts. of Org. was filed with SSNY on 3/16/07. 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-15641 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication PENZANCE LLC Arts. of Org. was filed with SSNY on 3/14/07. 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-15642 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication TRURO LLC Arts. of Org. was filed with SSNY on 3/14/07. 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

**LEGAL NOTICE**

High School in said district, the Public Library budget for the year 2006-2007 will be considered and such other business transacted as is authorized by law.

And notice is also given that said vote will be held on Tuesday, May 15, 2007 in the Voorheesville Middle School Foyer. The polls will open at 2:00 p.m. Eastern Daylight Saving Time and voting will proceed until 9:30 p.m. on the following:

1. To elect a member of the Library Board for a 5-year term to fill the vacancy caused by the expiration of the term of Catherine Anderson.

2. To vote on the Public Library budget and the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes for this purpose. And notice is also given that a copy of the statement of the amount of money which will be required for the ensuing year for library purposes, exclusive of public money, may be obtained by any taxpayer in the district during the fourteen days immediately preceding the Annual Meeting, except Saturday, Sunday or holiday at the following schoolhouses in which school is maintained during the hours designated: Schoolhouses Hours Voorheesville Elementary School Clayton A. Bouton High School 8:30 a.m. to 3:00 p.m. 8:30 a.m. to 3:00 p.m. And notice is also given that the petitions nominating candidates for the office of the Library Board must be filed with the Clerk of the Library Board not later than the 30th day preceding the school meeting. Each petition must be directed to the Clerk of the Library Board, must be signed by at least twenty-five (25) qualified voters of the district, must state the name and residence of the candidates and must describe the specific vacancy for which the candidate is nominated including at least the length of the term of office and the name of the last incumbent. And notice is further given that letters requesting application for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to: Clerk, Board of Education Voorheesville Central School District P.O. Box 498 Voorheesville, NY 12186 Dated: March 28, 2007 Gail Sacco Clerk LD-15640 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication CAR-RAGHER LLC Arts. of Org. was filed with SSNY on 3/16/07. 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-15641 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication PENZANCE LLC Arts. of Org. was filed with SSNY on 3/14/07. 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-15642 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication TRURO LLC Arts. of Org. was filed with SSNY on 3/14/07. 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

**LEGAL NOTICE**

Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-15643 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication RUSH-DEN LLC Arts. of Org. was filed with SSNY on 3/14/07. 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-15644 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication WY-COMBE LLC Arts. of Org. was filed with SSNY on 3/14/07. 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-15645 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication KIN-RADE LLC Arts. of Org. was filed with SSNY on 3/15/07. 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-15646 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication QUETTA LLC Arts. of Org. was filed with SSNY on 3/14/07. 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-15647 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication AZAR LLC Arts. of Org. was filed with SSNY on 3/14/07. 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-15648 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication BARA-SET LLC Arts. of Org. was filed with SSNY on 3/14/07. 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-15649 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication CHE-VALIER LLC Arts. of Org. was filed with SSNY on 3/15/07. 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, Alba-

**LEGAL NOTICE**

ny, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-15650 (March 28, 2007)

**LEGAL NOTICE**

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: FORE-FRONT MEDICAL SERVICES, PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/16/07. Office location: Albany County. SSNY has been designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail a copy of process to the PLLC, c/o Law Office of Jeffrey L. Zimring, 1683 Western Avenue, Albany, New York 12203. Purpose: For the practice of the profession of Medicine. LD-15651 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of 99 South Lake Avenue, LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on Mar 5, 2004. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 99 So. Lake Ave, Albany, NY 12208 Box 13 Purpose: any lawful activity. LD-15654 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Second Arbor Hill, LLC Arts. of Org. filed under sec 203 of the LLC Law with NY Secy. Of State (SSNY) on Oct 5, 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: 99 So Lake Ave, Albany, NY 12208 Purpose: any lawful activity. LD-15655 (March 28, 2007)

**LEGAL NOTICE**

Notice of Qualification of GAL GCP, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/15/07. Office location: Albany County. LLC formed in Delaware (DE) on 2/27/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Delaware Corporate Services, 41 State St., Ste 405, Albany, NY 12207. Address required to be maintained in DE: 615 South DuPont Hwy, Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-15656 (March 28, 2007)

**LEGAL NOTICE**

Notice of Formation of Pharmaker LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/08/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC 301 East 78th St., Ste 24-H, NY, NY 10021. Purpose: any lawful activities. LD-15657 (March 28, 2007)

**LEGAL NOTICE**

Notice of Publication DEAL-ERS SAJM LLC Arts. of Org. was filed with SSNY on 3/09/07. 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-15659 (March 28, 2007)



## LEGAL NOTICE

## LEGAL NOTICE

Notice of Formation of Livingston Arbor Hill, LLC Arts. of Org. filed under sec 203 of the LLC Law with NY Secy. Of State (SSNY) on Oct 5, 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: 99 So Lake Ave, Albany, NY 12208 Purpose: any lawful activity. LD-15660 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of Jento Holdings LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 03/12/07. 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 Allstate Corporate Svcs. Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-15661 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of SHB Consulting Group LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 03/20/07. 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 Allstate Corporate Svcs. Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-15676 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is DAWN GREECE ASSOCIATES LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State, under Section 203 of the Limited Liability Law of the State of New York, on March 12, 2007. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Mark Rosen, 20 Corporate Woods Boulevard, Albany, New York 12211. LD-15679 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 806 PRESIDENT STREET LLC. Articles of Organization were filed with the Secretary of

## LEGAL NOTICE

State of New York (SSNY) on 02/26/07. 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, 804 President Street, Brooklyn, New York 11215. Purpose: For any lawful purpose. LD-15681 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). The name of the LLC is CDP RIDGE LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State, under Section 203 of the Limited Liability Law of the State of New York, on March 7, 2007. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o Capital District Enterprises LLC, 26 Century Hill Drive, Latham, New York 12110. LD-15683 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FRIENDLY EXPRESS TOWING LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/19/07. 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, 95-25 67th Avenue, Rego Park, New York 11374. Purpose: For any lawful purpose. LD-15684 (March 28, 2007)

## 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, April 4, 2007, at 7:00 p.m., at the Town Offices, 445 Delaware Avenue, Delmar, New York to take action on application of JKC Realty for a Variance under Article XIII, Use and Area Schedules, Section 128-100, Schedule of Area, Yard & Bulk Requirements, minimum lot width and minimum highway frontage of the Code of the Town of Bethlehem, for the ability subdivide an existing lot at 448 Rt. 9W, Glenmont, New York. Michael C. Hodom Chairman Board of Appeals NOTE:

## LEGAL NOTICE

The Town of Bethlehem provides reasonable accommodations for the disabled. Disabled individuals who need assistance in order to participate in the public hearing, should contact the Town Clerks Office at (518) 439-4955 ext. 183 LD-15685 (March 28, 2007)

## LEGAL NOTICE

LEGAL NOTICE OF PUBLIC HEARING, BUDGET VOTE AND ELECTION NOTICE IS HEREBY GIVEN, that a Public Hearing on the proposed 2007-2008 Budget for the Bethlehem Central School District shall be held at the Educational Services Center located at 90 Adams Place, Delmar, Albany County, New York, on Wednesday, May 2, 2007 at 7:00 p.m., Prevaling Time. The budget will be available for review commencing on April 24, 2007 at the Educational Services Center, 90 Adams Place, Delmar, New York, and the offices of each Elementary School, the Middle School and the High School of the District. AND NOTICE IS FURTHER GIVEN that the election of candidates to the Bethlehem Central School Board of Education and the budget vote will be held on Tuesday, May 15, 2007 between the hours of 7:00 a.m. and 9:00 p.m., prevailing time, in the upper gymnasium of the Bethlehem Central Middle School, 332 Kenwood Avenue, Delmar, Albany County, New York, at which time the polls will be opened to vote by voting machine on the following items:

1. To adopt the annual budget of the Bethlehem Central School District for the fiscal year 2007-2008 and to authorize the requisite portion therefore to be raised by taxation on the taxable property of the District.
2. To elect two (2) members of the Board of Education to a three (3) year term commencing on July 1, 2007 and expiring on June 30, 2010 to succeed Stuart Lyman and Richard Svenson, whose terms expire on June 30, 2007.
3. To adopt the annual amount to be raised by taxation on the taxable property of the District for the Bethlehem Public Library.
4. To elect one (1) trustee to the Board of Trustees of the Bethlehem Public Library, for a five (5) year term commencing on July 1, 2007 and expiring on June 30, 2012.
5. To vote on the following proposition: PROPOSITION #2 RESOLVED, that the Board of Education of the Bethlehem Central School District, is hereby authorized to (1) acquire school vehicles at a cost not to exceed \$1,134,423, which is estimated to be the maximum cost thereof, (2) expend such sums for such purpose, (3) levy the tax necessary therefor, to be levied and collected in annual installments in such years and in such amounts as may be determined by

## LEGAL NOTICE

the Board of Education, taking into account state aid received, and (4) in anticipation of the collection of such tax, to issue bonds and notes of the District at one time or from time to time in the principal amount not to exceed \$1,134,423, or enter into a lease-purchase agreement at a principal amount not to exceed \$1,134,423 to acquire such vehicles.

6. To transact such other business as may properly come before the meeting pursuant to the Education Law of the State of New York. The election and budget vote shall be by voting machine or absentee ballot. The hours during which the polls shall be kept open shall be from 7:00 a.m. to 9:00 p.m. prevailing time or for as long thereafter as necessary to enable qualified voters who are in the polling place at 9:00 p.m. to cast their ballots. AND FURTHER NOTICE IS HEREBY GIVEN that a copy of the statement of the amount of money which will be required to fund the School District's budget for the 2007-2008 school year, exclusive of public monies, may be obtained by any taxpayer in the District during the fourteen days immediately preceding the Annual Meeting except Saturdays, Sundays or holidays, at the Educational Services center, 90 Adams Place, Delmar, New York, and the offices of each Elementary School, the Middle School, and the High School of the District between the hours of 8:30 a.m. and 4:00 p.m., prevailing time and also at said District Election. AND FURTHER NOTICE IS HEREBY GIVEN THAT petitions nominating candidates for the office of member of the Board of Education and for the office of Trustee of the Bethlehem Public Library shall be filed with the District Clerk at the District Clerk's office at the Educational Services Center, 90 Adams Place, Delmar, New York, not later than April 16, 2007 at 5:00 p.m. Each petition must be directed to the District Clerk, must be signed by at least One Hundred Eighteen (118) qualified voters of the District and must state the name and residence of the candidate. A copy of such petitions may be obtained at the Office of District Clerk in the Bethlehem Central School District during regular school hours. AND FURTHER NOTICE IS HEREBY GIVEN that applications for absentee ballots will be obtainable between the hours of 8:30 a.m. and 4:00 p.m. Monday through Friday, except holidays, from the District Clerk. Completed applications for absentee ballots must be received by the District Clerk at least seven (7) days prior to the vote if the ballot is to be mailed to the voter, or the day before the election, if the ballot is to be delivered personally to the voter. Absentee ballots must be received by the District Clerk not later than 5:00 p.m. on May 15, 2007. A list of all persons to whom absentee ballots

## LEGAL NOTICE

shall have been issued will be available in the office of the District Clerk from 8:30 a.m. until 4:00 p.m. prevailing time on each of the five days prior to the day of the election, except Saturday, May 12 and Sunday, May 13, 2007, and on the day set for the election. Any qualified voter may challenge the acceptance of the ballot of any person on such list, by making his/her challenge and reasons therefor known to the Inspector of Election before the close of the polls. AND FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the School District shall be entitled to vote in said annual vote and election. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen (18) years of age or older, and (3) resident with the School District for a period of thirty (30) days next preceding the annual vote and election. The School District may require all persons offering to vote at the budget vote and election to provide one form of proof of residency pursuant to Education Law section 2018-c. Such form may include a driver's license, a non-driver identification card, a utility bill, or a voter registration card. Upon offer of proof of residency, the School District may also require all persons offering to vote to provide their signature, printed name and address. AND FURTHER NOTICE IS HEREBY GIVEN, that pursuant to a policy adopted by the Board of Education in accordance with Sections 2035 and 2008 of the Education law, any referendum or propositions to amend the budget, or otherwise to be submitted for voting at said vote and election, must be filed with the Board of Education at the Bethlehem Central School on or before April 16, 2007 at 5:00 p.m., prevailing time; must be typed or printed in the English language; must be directed to the Clerk of the School District; must be signed by at least Two Hundred Fifteen (215) of the qualified voters of the District; and must state the name and residence of each signer. However, the School Board will not entertain or place before the voters any proposition if its purpose is beyond the power of the voters or is illegal, or any proposition requiring the expenditure of moneys which fails to include specific appropriations for all such expenditures required by the proposition or any proposition which must be included in this notice of the annual meeting and was not received at least 60 days prior to the annual meeting.

Date: Delmar, New York  
March 22, 2007 Steven O'Shea District Clerk  
Bethlehem Central School District

LD-15686  
(March 28, 2007)

## LEGAL NOTICE

BETHLEHEM CENTRAL

## LEGAL NOTICE

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: ARTS AND CRAFTS SUPPLIES MAGAZINES AND PERIODICALS PHYSICAL EDUCATION & ATHLETIC SUPPLIES SCIENCE SUPPLIES Sealed bids will be received until 2:00 p.m., prevailing time, on Wednesday, April 16, 2007, at the office of the Business Administrator at Bethlehem Central School District, 90 Adams Place, Delmar, New York, at which time and place all bids will be publicly opened. Specifications and bid forms may be obtained at the same office. 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 District Clerk DATE: 3/22/2007 LD-15687 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: GINUZZO REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/20/07. The latest date of dissolution is 01/01/2050. 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, 1356 Bay Ridge Avenue, Brooklyn, New York 11219. Purpose: For any lawful purpose. LD-15688 (March 28, 2007)

## LEGAL NOTICE

NOTICE OF Qualification of IN-ENERGY NY LLC. Authority filed with Secy. of State of NY (SSNY) on 3/6/03. Office location: Albany County. LLC formed in Delaware (DE) on 2/27/03. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: National Corporate Research, Ltd., 225 West 34th St., Suite 910, NY, NY 10122, registered agent upon whom process may be served. Principal office of the LLC: One South Wacker Dr., Suite 2020, Chicago, IL 60606. Arts. of Org. filed with DE Secy. of State, Federal & Duke of York Sts., Dover, DE 19901. Purpose: any lawful activity. LD-15689 (March 28, 2007)

## LEGAL NOTICE

Notice of Formation of 551 French LLC Arts. of Org. filed with NY Secy. Of State (SSNY) on 8/31/06 Office location: Albany County. SSNY

## LEGAL NOTICE

is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 551 Fifth Ave., Ste 3010, New York, NY 10176. Purpose: any lawful activity. LD-15691 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of National Insurance Underwriters, LLC. Fictitious name: NIU, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/21/07. Office location: Albany County. LLC formed in Florida (FL) on 12/5/06. 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 DE: 800 Yamato Rd., Ste 100, Boca Raton, FL 33431. Arts. of Org. filed with FL Secy. Of State, Division of Corporations, Clifton Building, 2661 Executive Center Circle, Tallahassee, FL 32301. Purpose: any lawful activities. LD-15692 (March 28, 2007)

## LEGAL NOTICE

Notice of Qualification of Insurance Quotes USA, LLC. Fictitious name ISQUA, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/21/07. Office location: Albany County. LLC formed in Florida (FL) on 12/11/06. 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 DE: 800 Yamato Rd., Ste 100, Boca Raton, FL 33431. Arts. of Org. filed with FL Secy. Of State, Division of Corporations, Clifton Building, 2661 Executive Center Circle, Tallahassee, FL 32301. Purpose: any lawful activities. LD-15693 (March 28, 2007)

## LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name of LLC: Stonewall Group, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on February 3, 2005. Business location: 17 Stonewall Lane, Delmar, New York 12054, Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to: 54 State Street, Suite 803, Albany, New York 12207. LLC has been formed to engage in any lawful act or activity. LD-15694 (March 28, 2007)

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# Shift

(From Page 42)

Moving up won't be easy at any rate for Ballston Spa. After playing in the White Division the past several seasons, the Scotties are now in the Gold Division with three of the toughest teams in the league — Columbia, Guilderland and Bethlehem.

"The kids know what to expect. Every game, there are no gimmies," said Sunkes.

## Bethlehem Eagles

Head coach: Rob Helm

Key veterans: Mike Carroll (pitcher), Oren Rasowsky (pitcher), Jason Daniels (pitcher), Kevin Dumacich (pitcher), Nick Nardacci (second base), Will DeRuve (shortstop), Kirk Shimkin (catcher), Derek Wolff (centerfielder)

Key newcomers: Matt Nash (pitcher), Lucas Nitsche (outfielder)

Outlook: In order for the Eagles to survive in the tough Gold Division, they will need their pitching staff to hold up.

"We'll see if pitching makes the difference," said Helm. "Pitching and defense — that's what we're going to focus on this year."

Daniels, Carroll, Rasowsky and Dumacich give Bethlehem four veteran arms, and Helm called Nash "one of the best pitchers" in the program. However, Helm also said the rest of the division will have talented hurlers to rely on.

"There's some quality pitchers there," he said. "I think it will be a very even league."

## Columbia Blue Devils

Head coach: George Czerno

Key veterans: Sean Weber

(catcher), Mark Herrington (first base/pitcher), Kyle Moldoff (pitcher), Geoff Proper (pitcher), Jeff McCormick (shortstop), Jeff Salisbury (second base), Ryan Lucas (pitcher), Chris Shaver (leftfielder), Nigel Gorman (pitcher/utility), Tyler Rose (third base)

Key newcomers: Matt Montross (pitcher/infielder), Austin Chase (pitcher), Pat Puentes (outfielder), Bobby Peluss (infielder/outfielder)

Outlook: The Blue Devils are hoping to avoid a drop-off after tying Colonie for the best regular season record last year.

"This year, we have a really good balance and a really good blend of youth and experience," said Czerno. "We have a number of players who can play several positions."

How well everything comes together will determine whether Columbia can remain at the top of a highly competitive division.

"I think the teams within each division will be very competitive with each other. I think it's just going to be so close between everybody," said Czerno.

## Guilderland Dutchmen

Head coach: Doug LaValley

Key veterans: Ben Henderson (first base/designated hitter), Greg Barcomb (pitcher/first base/outfielder), Nick Polsinelli (shortstop/pitcher), Mike Goldstein (catcher), Jake Colavito (third base/pitcher), Andrew Simpson (first base/outfielder/designated hitter), C.J. Sohl (pitcher), Ryan Winne (second base), Joe Lima (outfielder), Steve Anderson (reserve)

Key newcomers: Nick Ranalli (outfielder), Ivan Plata (second base), Jason Westervelt (pitcher), Kyle

LeClair (pitcher), Kyle LaValley (pitcher), Pat Gareau (catcher)

Outlook: The Dutchmen suffered a blow in the pitching rotation when Henderson had surgery to repair a damaged rotator cuff. Luckily for Guilderland, Henderson will still play this season, giving the Dutchmen another powerful bat to an already loaded lineup.

"We'll be good offensively, but we have to pitch and play well defensively," said coach LaValley. "Ideally, you'd like to do all three well, but I'd take two out of three."

Having Polsinelli, Colavito and Sohl back to pitch should give Guilderland a solid veteran core for its staff.

"I think we're going to be better than I thought we would be on the mound (even without Henderson)," said LaValley.

## White Division Averill Park Warriors

Head coach: Mike Conroy

Key veterans: Brien Sheridan (pitcher/shortstop), Justin Brooks (pitcher), Ryan Regan (pitcher/second base), Alex Buck (pitcher), Josh Dill (third base), Sean Lowry (centerfielder), Kevin Dowd (first base)

Key newcomers: Chris Dobert (pitcher), Ben Fil (catcher), Mike Belliveau (catcher), Mike Bermas (outfielder/infielder)

Outlook: The Warriors' strong suit will be its pitching staff, which Conroy said is the best he's had in his coaching career.

"We should (also) be very solid on defense in the infield," he said. "We will be a little bit inexperienced in the outfield, but I have some pieces to play around with."

Conroy said a fast start in the

league will be the key to his team's playoff chances.

"We're going to need some early success because we have some guys who could use some confidence," he said.

## Burnt Hills-Ballston Lake Spartans

Head coach: Paul DeLuca

Key veterans: Eddie Shively (shortstop/pitcher), Bobby Choquette (second base), Billy Nikolski (centerfielder), Billy Purtell (third base/pitcher), David Filak (catcher/pitcher), James Walton (first base), Dave Fischer (pitcher/infielder), Jordan Pennings (leftfielder), Lewis Gelinias (catcher/pitcher/outfielder)

Key newcomers: Steve Childs (pitcher), Josh Gagliastri (infielder)

Outlook: After serving as an assistant coach for the past decade, DeLuca takes the reins of a veteran-laden team hoping to make a run at the division title.

"Definitely, the senior leadership is a big factor," said DeLuca. "The fact that some of them have played the last year or two on varsity will hopefully translate into on-the-field leadership."

DeLuca retained two volunteer assistant coaches that Burnt Hills baseball fans may remember — 2001 graduates Will Horan and Matt Salisbury.

"They came back (over the last three years) and wanted to give back to the Burnt Hills program, which is great," said DeLuca.

## Mohonasen Mighty Warriors

Head coach: Jim Huggins

Key veterans: Steven Palkovic (outfielder), Dan Collins (pitcher/outfielder), Dan Anunziatta (pitcher/outfielder), Nick Clark (first base), Ian Donovan (outfielder), Joe Majkowski (third base), George Lawrence (pitcher)

Key newcomers: C.J. Fonda (middle infielder), Pat Herrington (catcher), Michael

Mora (middle infielder), Alex Massaroni (outfielder), Robert Tedesco (pitcher/outfielder)

Outlook: Though the Mighty Warriors have a veteran core of players, they will still be a young team.

"We're going to be young in a lot of spots, especially in the middle of the infield," said Huggins. "The faster these guys can gel as a team, I think they'll be able to play some good baseball."

Mohonasen is hoping to play well enough to reach .500 in the league and earn a berth in Sectionals without having to make an appeal to the Section II baseball committee.

"It's a good division, and our goal is to do well in the White Division," said Huggins.

## Niskayuna Silver Warriors

Head coach: John Furey

Key veterans: Drew Bartlett (catcher), Will Burkey (pitcher/third base), Dan Furey (first base), Matt Kelly (shortstop/pitcher), Aaron Sapp (pitcher/third base), Chris Okonski (outfielder), Joe Privitera (second base)

Key newcomers: Adrian Mitchell (outfielder), Aaron Stauffer (outfielder)

Outlook: The Silver Warriors slide into a division where they will be the lone class AA team. And though they will be facing class A competition within their division, Furey said that shouldn't influence where they will be seeded come Sectionals.

"Queensbury finished the regular season 19-1 last year playing against class A and B teams, and it didn't affect their seeding," said Furey.

Niskayuna will have a pitching staff that can rival Averill Park's rotation, which should help the Silver Warriors compete for the division title.

"I think we've got some added strength to our offense (as well), and I think we have more speed than we've ever had," said Furey.

# Make A Splash...At The Dash

Sunday, April 1, 2007

Get in on the fun!

SHOW YOUR "NEIGHBORHOOD SPIRIT"

Invite your friends over for brunch • Watch the race from your lawn or porch  
Make lots of noise, play music, encourage the runners as they pass.

Your energy will give them boost!

## 19 Annual Delmar Dash 5 Mile Road Race

ESTIMATED TIME OF RACERS IN YOUR AREA

|                         |   |
|-------------------------|---|
| 9:00 a.m. to 9:15 a.m.  | Kenwood Avenue, Adams Place to Oldox Road                       |
| 9:05 a.m. to 9:20 a.m.  | Mosher Road to Murray Avenue                                    |
| 9:10 a.m. to 9:30 a.m.  | Parkwyn Drive to McGuffey Lane                                  |
| 9:15 a.m. to 9:45 a.m.  | Westchester Drive North, Westchester Drive South to Winnie Road |
| 9:20 a.m. to 10:00 a.m. | Winnie Road, Adams Place to Kenwood Ave.                        |

## Delmar Dash for Kids

|                          |  |
|--------------------------|--|
| 10:15 a.m. to 11:15 a.m. | One Mile: Kenwood Ave, Furman Place, Pineview Avenue, Delmar Place to Kenwood Avenue |
| 11:15 a.m. to Noon       | 1/4 and 1/2 Miles: Kenwood Avenue  |

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**NUTRITION CONCERNS FOR CANCER PATIENTS AND SURVIVORS**  
Tuesday, April 24, 2007 • Program: 6:00–8:00pm  
Dinner Me Quickly, Metro Park Road, Albany

Our panelists will discuss the importance of good nutrition to health, particularly during and after cancer treatments.

Speakers: Jean Bigaouette, MA, RD, CDE, Sandra Varno, RD, and Michael Miller

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## Ravena-Coeymans-Selkirk Indians

Head coach: Bob Dorrance

Key veterans: Adam Winne (second base), Joey Boomhower (shortstop/pitcher/center field), Bob Nolan (third base/catcher/pitcher)

Key newcomers: Geoff Deluca (first base/pitcher), Garrett Frueh (outfielder), Chris Snyder (outfielder/pitcher)

Outlook: The Indians were hit hard by graduation, but Dorrance is optimistic about his team's chances in the Colonial Council.

"I like this team. I think we should be good," he said. "We won't have that dominant pitcher like we did last year, but we do have some good arms."

Dorrance said the players' work ethic will be what helps R-C-S improve this season.

"They come to work every day in practice, and they want to win. I think that will carry them a long way," he said.

The Indians are scheduled to open their season March 26 at Cairo-Durham.

## Sticks

(From Page 42)

the game where fans are implored to get up and dance, though, thankfully not to "YMCA" or "Cotton-Eyed Joe." And for some unknown reason, fans started doing the wave in the third period of Saturday's game, which even puzzled my buddy Gabe. Maybe the people at the game didn't realize the wave had fizzled out a while back — like at the turn of the millennium.

But the thing that matters the most is the game itself, and Saturday's contest was ... well, it was certainly a good one for the home team. Montreal allowed an early power play goal and then dominated the rest of the way for a 4-1 victory against a Washington team that had long given up on the season. Even Ovechkin — a young player renowned in the NHL for tirelessly going to goal and pursuing the puck — disappeared for long stretches of the game, though that was a credit to Montreal's defense.

Still, even with only one team playing well, I could see a big difference between a pro hockey game in Montreal and a pro hockey game in Albany. NHL players move faster, hit harder and are less afraid to charge at the opposing goaltender than AHL players. The latter might be attributed to the fact that NHL players know the best way to score a goal in their league is to

**And for some unknown reason, fans started doing the wave in the third period of Saturday's game, which even puzzled my buddy Gabe.**

be right at the doorstep and knock or redirect it in because the goalies are not as susceptible to long-range floaters as their AHL counterparts.

And from my vantage point at the top of the lower level, I got a great view of it all: the battles for position in front of the goal, the wicked hard hits that rattled the boards, the crazy Canadiens fans that still boo people who dare to walk

into the Bell Centre wearing Quebec Nordiques jerseys — even though the Nordiques moved to Denver more than a decade ago.

All of those sights and sounds are going to be ingrained in my memory for a long time.

I don't know if I'll make this an annual pilgrimage, but I will go back for another Montreal Canadiens home game someday.

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# Sports *in the* Spotlight

## A passion that sticks

There are only a handful of cities where you can experience hockey fanaticism at its best.

Fortunately, there's one only a four-hour car ride away from here — a place where hockey is not only embraced as a sport, but also as part of the culture.

Montreal.

Saturday was my opportunity to experience Montreal's passion for hockey in person. Gabriel Farnesi — a friend who lives across the



St. Lawrence River from the Bell Centre — has season tickets to the Canadiens and offered me the chance to see "Les Habitants" play.

I picked Saturday's game because not only could I see the Canadiens from the lower level of the arena, I could also see them play the Washington Capitals, which feature one of the most exciting young NHL players, Alexander Ovechkin.

The first thing I noticed about the setting inside the Bell Centre is that, for an NHL arena, it is huge from top to bottom, but not so large in total space. That's because the building only takes up one cramped city block, so instead of building everything out like at Albany's TU Center, the construction company built it straight up. The lower level is as steep as the seating area at the Glens Falls Civic Center, and the upper deck is pitched at such an angle that they installed bars along every row for people to hang on to as they stare down at the ice surface.

In other words, if you have problems with staring down from great heights, do not sit in the upper deck.

The next thing I noticed was the crowd. Unlike most American hockey crowds, Montrealers are emotionally attached to everything that happens during a Canadiens game. Every missed scoring chance elicits a loud moan of anguish. Every Montreal penalty creates a cascade of boos at the referees. Every Habs goal is celebrated as if the team had just won a playoff game in overtime. Unfortunately, there are also a few modern elements that creep in from time to time.

Once in a while, the scoreboard has to get the fans riled up — although that usually only happens when the game bogs down with stoppages and too much center-ice play.

There is a moment during

□ STICKS/page 41



Guilderland's Greg Barcomb fields a ground ball during a recent practice. Barcomb is one of several returning players that make the Dutchmen a contender in the Suburban Council Gold Division.

Rob Jonas/Spotlight

## Suburban shift shuffles divisional play

### Baseball squads gearing up for new season

By ROB JONAS  
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The more things change in the Suburban Council baseball world, the tougher the league gets.

Changes in enrollment at four league schools have shuffled the make-up of the three divisions. Defending Section II, Class AA champion Colonie changes divisions with preseason favorite Guilderland, while Ballston Spa and Niskayuna swap divisions after the Saratoga County school grew larger than Schenectady County's largest suburban district.

Did all of that movement hurt either the Blue, White or Gold divisions? Hardly. Colonie joins a Blue Division that features two-time Sectional runner-up Shenendehowa and traditional powers Saratoga and Shaker, while Guilderland and Ballston Spa have to deal with Columbia and Bethlehem in the Gold Division. Niskayuna's presence in the White Division gives the league's three class A teams — Averill Park, Mohonasen and Burnt Hills-Ballston Lake — a formidable foe.

There are other changes, too. Colonie and Shen graduated several key players that helped them reach last year's class AA final, and there are coaching changes at Burnt Hills and Shaker.

Here is a closer look at the Suburban Council.

### Blue Division Colonie Garnet Raiders

Head coach: Greg Lanni

Key veterans: Tim Morrison (pitcher), Tyler Agneta (pitcher), Nick Carnevale (pitcher), Joe Poleto (centerfielder), Chris

Abreu (outfielder), Tyler Moffatt (third base), Andy Kelly (catcher)

Key newcomers: Adam Herman (pitcher), Andy Carucci (pitcher/infielder), Derek Zielinski (pitcher/outfielder), Kevin Smith (pitcher/catcher), Ron Notar (first base), Matt June (infielder)

Outlook: If the Garnet Raiders are going to repeat their run to the state finals this year, they will have to rely on a group of newcomers from a 12-2 junior varsity team. Four of those players — Carucci, Zielinski, Smith and Notar — also played on South Colonie Babe Ruth's state championship team last summer.

"I think this team has some potential," said Lanni. "It depends on how quickly they learn to play at this level."

Lanni will have several strong pitchers at his disposal. Morrison and Agneta pitched well during the team's playoff run last year, while Herman, Carucci, Zielinski and Smith were the JV team's leading hurlers.

"We're pretty deep in arms. That's definitely our strong point," said Lanni. "Hopefully, we'll have enough innings to let them all have a shot."

### Saratoga Blue Streaks

Head coach: Rich Lofink

Key veterans: Andrew Jeffries (second base), Brad Elliott (shortstop), Chris Hackett (third base/pitcher), Nick Torres (first base), Colby Hudson (pitcher/outfielder), Mike Gould (outfielder/pitcher)

Key newcomers: Scott Haladik (catcher), Mike Allen (utility), Joe House (pitcher)

Outlook: The Blue Streaks have a solid pitching rotation and a good defense, but to break into the top half of the Blue Division, they will need to find a way to score runs on a more consistent basis.

"We struggled at the plate last year, but that was a combination of being a young team and playing in the Suburban Council, where there are a number of good pitchers," said Lofink.

Adding Colonie to the Blue Division mix will give Saratoga four games against last year's Sectional class AA finalists, but Lofink said his team would face challenges no matter who was in the Blue Streaks' division.

"Whether you're in the blue, the white or the gold, you're in a tough division," he said.

### Shaker Blue Bison

Head coach: Pete Mravlja

Key veterans: Thomas Kahnle (pitcher), Cody Chaszczewski (first base), John Casey (second base), Thomas McDonald (pitcher/shortstop)

Key newcomers: Brian Cary (pitcher), Mike Petilli (pitcher)

Outlook: The Blue Bison feature several new faces including Mravlja, who was Ed Dopp's assistant the last eight years.

"I learned a ton working with him," said Mravlja. "He's been involved not only at the team level, but also at the league and section levels — and now at the state level. He's been very good to include me in a lot of it."

With so many positions up for grabs, Mravlja said there will be a lot of competition for playing time, which he hopes will make his young players better in a short period of time.

"We don't have one or two standouts. We have a big group of good players who will push each other," he said.

### Shenendehowa Plainsmen

Head coach: Jim Carrese

Key veterans: Morgan Smith (pitcher), Dave Goerold (pitcher/second base), Tim Jones (catcher), Crockett Pack

(shortstop)

Key newcomer: Bryan Marotta (outfielder)

Outlook: The Plainsmen are in another reloading phase after graduating several players from last year's Sectional runner-up team.

"I'm really looking forward to working with these kids," said Carrese. "They are a fun group to work with — very coachable."

Having Smith and Goerold back in the pitching rotation should help Shen. Smith — who has already committed to pitching at SUNY Binghamton next year — and Goerold both can throw fastballs above 80 m.p.h., and Goerold has some effective off-speed pitches he can rely on.

"(Having two veteran pitchers is) the key to the whole thing because in all of Section II, a lot of the top pitchers have graduated," said Carrese. "You can only name five or six quality pitchers who are back."

### Gold Division Ballston Spa Scotties

Head coach: Dave Sunkes

Key veterans: Zach Hartman (pitcher/first base), Kyle Baldani (catcher/pitcher), Kevin Baldani (shortstop/pitcher), Tim Spadaro (centerfielder), Jim Tino (third base/pitcher), Ryan Ostrander (leftfielder), Josh Flint (utility), Nick Croce (second base)

Key newcomers: none

Outlook: Several Suburban Council coaches are already touting Hartman as the toughest pitcher in the league, but if the Scotties are going to move up the standings, they'll need their other veteran hurlers to step up.

"Jimmy Tino has done really well. He's worked really hard in the off-season," said Sunkes. "Both Baldanis have worked hard as well in the weight room."

□ SHIFT/page 40

# Budget's health-care proposals get mixed reviews

By ROB IRWIN

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Adopting a new state budget for 2007-2008 is a top priority of state leaders, elected officials and representatives of special interest, and workers rights groups are trying to reach an agreement on Gov. Eliot Spitzer's proposed health-care budget cuts.

Spitzer's budget would cut health-care spending by approximately \$1.3 billion, including a billion dollar savings in the Medicaid program.

Currently, the state's Medicaid program is the most expensive in the United States. If no changes are made, it could cost the state more than \$48 billion next year, or 35 percent of the state's total budget.

The governor's budget would set up programs to make primary care more accessible to Medicaid recipients, rather than relying on

more costly emergency room visits. The budget also proposes to redirect Medicaid funding from hospitals that don't use Medicaid as often to those that do. The budget would try to make Medicaid more easily available to the state's 900,000 uninsured, by streamlining the enrollment process through public outreach and increasing access.

In the Capital District, local hospitals stand to lose \$180 million from proposed state and federal cuts in the next five years.

Some hospital leaders have railed against the governor's budget, calling it a "quick fix."

Robert Perry, president and chief executive officer at St. Clare's Hospital in Schenectady, called the governor's proposal a "ready, fire, aim approach," or taking action to achieve a goal without thought of the possible outcome of the changes.

St. Clare's is the largest Medicaid emergency room provider in the Capital District.

"First of all, I want to emphasize at St. Clare's ... we are 100 percent in support of revising our Medicaid system and restructuring the distribution system," said Perry. "What we're not in favor of is starting that process by whacking the hospitals by \$1.3 billion."

Perry said the issue is "enormously complicated." His recommended changes include increasing Medicaid reimbursement to primary care physicians, giving physicians more of an incentive to see Medicaid patients. Perry said he would also like to see HMOs reimbursement reform and mandate the choices of prescription drugs available to reduce costs.

"Everybody is looking for a silver bullet - 'Let's do this and all the problems will go away,'" said Perry.

The state cuts as proposed in Spitzer's initial budget, said Perry, would result in a loss of a little more than \$500,000 "for doing exactly what we did in 2006."

"That's a lot of money to us, and we just can't afford it," said Perry.

The losses would have specifically come from the proposed freeze on trend factors, which are increased payments each year that take into account rising health-care costs, and would cost St. Clare's \$200,000 next year. Also, Spitzer wants to continue a gross receipts tax, set to end this year, at a cost of \$300,000.

Denise Soffel, coordinator of Medicaid Matters New York, a coalition of groups representing people who need Medicaid, called the governor's budget "new and very refreshing," and a shift from the hospital-centric approach of the last 10 years.

"This is a great budget for Medicaid beneficiaries," said Soffel. "For the first time, we're seeing a budget with no cuts in Medicaid benefits, no reductions in eligibility and no new co-pays. This budget

strengthens Medicaid and other public programs."

In early March, Spitzer sent a letter to more than 1,000 trustees of New York hospitals, urging those who have influence over the state's hospitals to partner with him to advocate for and implement health-care reform.

"Our budget implements a vision for health care that pivots away from the institution-centered system we have, toward the patient-centered system we need," wrote Spitzer. "That means greater access to health insurance — a commitment to make insurance available to all 400,000 uninsured New York children, and cut in half the 2.6 million uninsured over the next four years."

The letter states that Spitzer's budget proposals would result in a greater investment in preventive, primary, and home and community-based care that "have long been overshadowed by institutional care."

The budget actions on hospitals, a total reduction of \$302 million dollars, is a reduction of 0.2 percent of the state's hospitals' operating revenue.

"We are confident that this minimal reduction in Medicaid revenue can be managed with greater efficiencies and smarter management," wrote Spitzer.

Perry said he takes personal offense at the idea that hospital management is inefficient.

"We work our butts off every day," said Perry.

"Gov. Spitzer is ignoring the fact that hospitals are the economic force in the Capital Region, and cutting funding to hospitals is not reform," said Gary J. Fitzgerald, president of Iroquois Health-care Alliance, which represents 56 hospitals and health systems in 31 upstate counties.

Budget resolutions were conducted in the state Senate and the Assembly, and both made recommendation to the governor's proposed budget that put more money back into the health-care

system.

The Assembly's budget proposal invests \$483 million more to increase access to health care by restoring the trend factor, eliminating the gross receipts tax, rejecting \$45 million in proposed modifications to the prescription drug program, and by keeping pharmacy reimbursements above the wholesale price for both generic and name-brand drugs.

"While providing a new direction for the future of health care in New York, the governor's cuts to hospitals — particularly when they come on the heels of irresponsible federal actions that will be very damaging to New York health-care industries — raised some concerns," said Assembly Majority Leader Sheldon Silver, D-Manhattan. "Our budget makes clear our continued commitment to ensuring any restructuring of our health-care system is carefully deliberated and carried out responsibly, so that no one is left out or shortchanged with it comes to the high quality of care for which New York is known."

The state Senate's health care resolution, supported by Senate Republicans, submitted for negotiation, included a restoration of \$544 million for Medicaid and health programs, including restoring \$241 million for hospitals and \$230 million for nursing homes. Senate Democrats voted unanimously in support of the governor's proposed budget.

"The health-care cuts proposed by the governor do not put patients first, they put patients at risk," said state Senate Majority Leader Joseph L. Bruno, R-Brunswick. "Hospitals and nursing homes throughout the state would lose more than \$1.3 billion as a result of the governor's cuts and that would jeopardize health care, cut caregivers and threaten patient services and programs. By rejecting these cuts, the Senate Majority is putting patients first by taking a stand to protect people's access to quality health care."

## Report

(From Page 1)

Bruno, R-Brunswick, with all the main legislative players was not attended by Democrats.

"We ended two decades of late budgets by using the process that the (Silver) is now protesting by not showing up here today," said Bruno at the conference. "Public negotiations are what broke the string of late budgets — that's the purpose of calling this meeting today."

State Sen. Hugh Farley, R-Niskayuna, said he has seen several new administrations come and go since he was first elected to the state Senate in 1976.

"It's getting a little dicey," said Farley, referring to the possibility of an on-time budget for April 1. "The governor has been saying a good budget is better than an on-time budget."

Comparing the Pataki administration to the Spitzer administration, Farley said this governor seems to be more engaged.

"Gov. Pataki, on some occasions, didn't negotiate or refused to negotiate," said Farley.

State Assemblyman Paul Tonko, D-Amsterdam, said there is a more thoughtful and forceful leadership under Spitzer.

"His goals are supported by policy with a more philosophical, more analytical style," Tonko said.

Tedisco said one of Spitzer's heroes is former U.S. president, New York governor and state Assemblyman Theodore Roosevelt (a Republican), whose administration coined the phrase, "Speak softly and carry a big stick."

"This governor speaks very loudly, carries a big stick, and hits you over the head with it," said Tedisco. "You don't have to club people over the head to convince them."

Powerful union leaders across the state disagree with Tedisco. They said they believe the new administration has their objectives in mind.

"Our conversations with the governor and his staff are very frank and open," said Richard Iannuzzi, president of the New York State United Teachers Union (NYSUT), the state's largest union.

"For us, the relationship has been positive," Iannuzzi said.

Steve Madarasz, communications director for the Civil Service Employees Association, said his organization had already cultivated relationships with many of the governor's key staff members when they worked in other areas of the state.

"We have had a long history with them in other places," said Madarasz. "Overall, we're pleased with the proposed budget that went forward."

Although there are issues that the CSEA and the governor disagree on, including aspects of the health-care proposal and how it affects county-run nursing homes, "We didn't expect to agree with the administration all the time," said Madarasz.

"We don't go into any relationship with any governor thinking it will always be rosy," said Madarasz.

Iannuzzi said this year's proposed budget is historic in the area of education with greater investments in public education.

"For us, we have had the ability to have open dialogue, and there is a willingness to negotiate," said Iannuzzi. "That's all we ask for."

Iannuzzi said the opportunity for dialogue with the past Pataki administration was there, except there was a chasm of differences.

"The prior administration provided an opportunity for conversation, but the starting point was significantly worse," Iannuzzi said.

Breslin said that although he feels the change in administration is a refreshing one, the shroud of secrecy around budget decision-making has yet to be lifted.

"It's not as open as I would like it yet," said Breslin. "There's still a lot of back-door decisions."

Farley said his greatest concern with the governor's budget is what is being proposed in health care and how it affects hospitals in his district.

Regarding the health-care proposal, Breslin said Spitzer is taking the "right chances" and the standards he has set are high.

"I believe New Yorkers will have a better health-care system," said Breslin.

Tonko said legislators proposing to spend money will now have to be accountable.

"It will get people to defend their actions and how public taxpayer dollars are spent," said Tonko.



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